

Last Chance Points Grabber Road race

A slight frost meant that a cool start awaited the riders at the Event HQ - Fellowship hall in Whitwell. But there was no wind, and a cloudless sky soon provided a warm morning.



Race officials get ready at HQ

The start-sheet showed a full field of 60 riders with 15 reserves. Yet there were 19 DNS, including 6 of the reserves, so all the remainder and a further 3 entries on the line meant we could start with 59 riders. The total distance was 108 km made up of 7.2 laps of a testing, 15 km three-cornered circuit of short hills and bends.



An early break heads out of Whitwell

New Members

This month we welcome Victor Borg of Cheshunt and Lawrence Upton of Hertford. We hope both will enjoy club activities throughout this winter and beyond.

The reserve rider who had travelled furthest (from Warrington - he slept in his van), Paul Thursfield of Tunstall Wheelers, was the first rider to jump away. He took the prime prize at the end of laps 1 and 2 and went on to contest the lead with two or three others for the rest of the race.



The bunch accelerating after the Whitwell turn

Jonathan Shubert, another reserve rider, from local club Verulam CC, was first over the prime line for laps 3 and 6, while James Fox of Team Milton Keynes, took the primes on laps 4 and 5.

At the finish it was Thursfield who held off his chasers to win in just under 2¾ hours. The next seven riders were given the same time and were led over the line by Shubert. Scott Holmes of Hillingdon CC was 3rd and Piers Brown (Finchley RT) at 4th was the best-placed ERRL rider. The bunch came in over a minute later.

Many, many thanks to the many members and BC officials who helped to make this event a success. Please see the website for a full list of helpers, together with the full results. JP

Happy Club Runners

New Scientist reports that training in a synchronised group gives a heightened endorphin rush compared with training alone. So, improve your happiness by joining the club run.

Xmas Lunch

This year's Xmas Lunch and Awards Presentation will be held at The White Horse Hotel, Hertingfordbury. 

This is our opportunity to honour those who have made a special effort in their chosen branch of cycle sport or have shown service to the Club. We hope that as many of you as possible can attend.

Please select your choices from the menu on the back page and return them to Peter Walton at yakowaa@hotmail.com or tel/fax 01992 558700 (asap). Cheques to be made out to Herts Wheelers.

Cost is £15.50 per head. Drinks are extra. We have exclusive use of the Hotel's dining room, which has been booked for a minimum of 40 people to sit down at 1 pm. Please respond early to ensure all necessary arrangements can be made.

Would you all bring along a raffle prize (or two). It does not need to be cycling related. PW

Many thanks to Liz and Peter for taking over the organisation!

New Record



Photo Angelo D

Congratulations to Phil Young who recorded a Club Age Record at age 60 of 22:27.



The Braughing peleton manages to keep to the left (mostly). (Photo Andy C)

Club Runs

Sun 6th Sep – Morning Ride

Andy C, Barry P, Peter W, Steve M, John F + guests Shakeel & Luke.

The riders set out from Hertford via Bramfield, Datchworth Green, Knebworth, Nup End, Shilley Green and Hitch Wood, where Steve turned for home due to a wobbly cassette. The rest continued through Gosmore, Offley Holes Hill, Preston, Kings Walden, Lilley Bottom and Tea Green to Wandon End. Here they made a tea stop at "Tea Green Golf" which ticked all the boxes - cyclist friendly, good tucker, sensible prices. The return leg was through Breachwood Green, Lilley Bottom, Whitwell, Codicote, Rabley Heath, Oaklands, Bulls Green, Bramfield and back to Hertford. (42 miles). JF

Sun 13th Sep – Off-road Ride

Cathy P, Jane P, Lawrence U, John F.

The off-road ride from Sawbridge-worth started out on the road - through Little Hallingbury, Wood-side Green, Hatfield Forest, Hell-mans Cross, Great Canfield, Well-stye Green and Barnston to Great Dunmow. Here the group picked up the Flitch Way off-road route to Rayne. "The Booking Hall" at the former Rayne station again served up some fine food. The return route was along the Flitch Way via Dunmow, Little Canfield and Takeley to Start Hill. It was then

back on road again through The Hallingburys to Sawbridge-worth. (43 miles). JF

Sun 20th Sep

Tim and Angela D, John F, Cathy P, Andy C, Alex P, Bob B

On a lovely sunny morning the group set out via Hatfield Forest, Bampers Green, Great Easton and Lindsell to Great Bardfield's Blue Egg for a nice alfresco lunch. There they were joined by Peter W who had driven out after his 50 and also by John and Rosemary Cannon who had ridden out on their tandem. The return route took

the group through Thaxted, Henham, Rickling Green, Manuden and Little Hadham. AD

Sunday 4th Oct – Invitation ride

Valdis B, Bob B, Andy C, Bruno C, John Cl, Brian (and Lewis) E, Geoff G, Graham and Sonia K, Adam and Steve M, John P, Jane P, Peter W, Danny M

No fewer than 19½ joined the last afternoon ride of the season. There were two tandems (Roger Akers and Emma; Graham and Sonia) and young Lewis rode the pillion seat of Brian's machine (sleepily quiet out, chatty on the return - Lewis that is). The traditional route was taken via Fan-hams Common, Wareside, Much Hadham and Westland Green to Braughing. The hall was packed as usual, so the good ladies said they would put up another table or two in the back room. "How many? ...19 ... you're pulling my leg! Better get some more tables set." Another pair of riders turned up and they asked if we were all from the same club. "Yes, said Andy, the other two thirds will be coming along later". If only! However, John Cl did arrive and joined us for the return ride.

Club Run Schedule

<i>Date</i>	<i>Time</i>	<i>Start</i>	<i>Destination</i>	<i>Dist.</i>	<i>Pace</i>	<i>Lead</i>
October						
11th	11:00	Harm.	Tea Green Golf Club	40m	Med	AP
18th	TBA	TBA	Speed judging competition	TBA	Med	JP
25th	09.30	Ware.	Off-road – take own food	30m	Med	JF
November						
1st	09:30	Puck.	T Potts Café, Wheathampstead	50m	Med	JF
8th	09:30	TBA	Free-wheeling competition	TBA	Med	JF
15th	09.30	Much H.	Clavering Lakes	45m	Med	T&AD

Leaders: Bruno Cartwright (BC), Andy Crawley (AC), Tim & Angela Dobson (TD, AD), John Farnham (JF), Paul Fennell (PF), Barry Page (BP), John Pearson (JP), Alex Powell (AP), Peter Walton (PW), Sarah Wren (SW).

Start Locations:

Much Hadham: bus shelter north end of High Street

Puckeridge: outside White Hart pub in High Street

Ware: Broadmeads car park near level crossing

Harmer Green: Top of New Road at junction with Harmer Green Lane

Note that details are occasionally subject to change. See the website for the most up-to-date information.

It was gratifying to see so many on an afternoon ride and good to see Danny and Geoff riding again. There were our two newcomers from last month, Steve and Adam, and a new prospect in Chris who had discovered us on the website. We hope to see them on some slightly longer rides this winter. The return ride was the usual route via Puckeridge, Barwick and Cold Christmas. (25 miles) JP

Club Run Points

Points up to end September.

Andy C	82
John F	71
Peter W	52
Alex P, Graham K	50
Cathy P	48
Bob B	45
Barry P, Jane P	42
Patrick D	38
Angela D	24
Tim D, John P	22
Bruno C	21
Steve B	18
Valdis B	16
Steve Wh	14
Sarah W	9
Bill C	6
Paul F, Steve Wa, Lawrence U	4
John Cl, Brian E	4
Steve M	3
Geoff G, Angelo D	2
Danny M, John Ca	1

Audax

In wonderful late-summer weather, Andy C, Lawrence U, Peter W and Graham K completed the "Autumn Tints" 100k audax on 26th Sep. The first three beefed up the event by riding to and from the start.

Graham, Lawrence and Andy set off from Henham on the first leg at a furious pace, finishing in under 2 hours. Lunch, realism and several

up-hill navigational errors by Graham moderated their speed on the second leg. Peter, nursing a bad back, proceeded more steadily.

An excellent day, especially for Lawrence who completed his first 100 mile day. GK

Time Trials

30th Aug - VTTA National 30

Merv rode this Sunday morning event at Newmarket. The weather was very cool with a strong, rising south-west wind. This made it a hard ride to the turn at Sawston. Merv finished in 1:18:53, which put him in a fantastic 6th position on standard out of 91 riders! BE

4th Sep – Track League

Brian Evans decided to put his overweight, out-of-shape carcass (his description) on his track bike and race the last round of the track league at Welwyn. In the opening scratch race he managed to shelter behind some of the bigger riders until half a lap to go and finished 6th. Things went downhill from there and he did not finish any of the remaining events! He was happy considering he has only ridden 750 miles this year. BE

5th Sep - Wheelers' Revenge 25/Norlond Combine 25

This annual event was held on a sporting double circuit, at Guilden Morden, near Ashwell - this year incorporated in the Norlond Combine 25. Whilst the weather was bright and sunny there was a strong north-west wind blowing, making things difficult in places.

First place went to Phil Young with a fine 1:2:44 leaving the other

three Wheelers trailing. They were Barry Page 1:5:52, Merv Player 1:8:53, Peter Walton 1:8:56. Phil also won the Handicap section of the Revenge 25.

In the Vet on Standard section in the Norlond event, Merv managed first place with Phil 3rd. BE

12th Sep - Cambridge CC 25

On a warm, breezy afternoon Chris Walker rode the two lap E33/25 near Newmarket finishing in a time of 1:14:13 against the winner's (Ken Platts) time of 56:30. Of the 41 entries, 3 others just managed to creep inside the hour. BE

13th Sep – Eagle 50

Barry Page rode this on the E1 on a cold, windy morning. He clocked 2:16:03. The winner was Peter Balls who finished in 1:50:06, close to the course record! BE

20th Sep – Norlond 25

Two Wheelers rode in the final Norlond 25 on the A1 from Tempsford to Baldock - and they both won Norlond medals!

Chris Walker in recording 1:13:25 won the 2nd Handicap award, although this will probably be changed to 1st due to the winner of that position not disclosing a faster time on his entry form.

Merv Player recorded 1:7:00 to win the 1st Vet on Standard award, thereby in the process winning the Edgar Mascall Trophy for the fifth time in the seven years since it was started. MP



Restricted gear and Scrubbers. Left to right: Renato Davies, Steve Watson, Barry Page, Ian Hayter. (Photos PW)

26th Sep – E. Counties 10

Four Wheelers rode this event near Six Mile Bottom. The afternoon turned out to be quite warm but with a rising west wind. Phil Young recorded a Club Age Record @ 60 of 22:27. Steve Watson kept up his present good form with a better than 25 mph ride of 23:32. Merv Player recorded 24:41 and Chris Walker a personal best time in the past three years of 26:34. MP

4th Oct - Restricted Gear & Scrubbers 10

Pleasant weather greeted the final Club 10s of the season. Barry twiddled his way to a win in the Restricted Gear event whilst Ian defeated all other participants to win the "Scrubbers" event, open to all who had not previously raced in 2009, on his mountain bike.

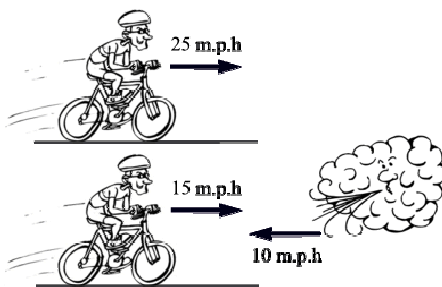
81" Restricted Gear 10

Barry Page	25:46
Steve Watson	26:26
Brian Evans	26:31
Paul Fennell	27:08
Renato Davies	27:44

Scrubbers 10

Ian Hayter	33:38
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Trivia Corner Solution



Re. last month's question; the upper cyclist is working harder. Of course both face a 25 mph wind-force but, according to Mr Newton:

$$\text{work} = \text{force} \times \text{distance}$$

Thus the first (25 miles in an hour) is working harder than the second (15 miles). By my (dubious) calculation, the second would manage about 18.8 mph if he worked as hard as the first and about 32 mph with the wind behind him. This would give him a 25 mile out and back time of 1:03:14. GK

Product Placement

Mudflap has been targeted (a first?) for a commercial promotion. "Wind Meter" (www.windapp.com), I learn, is a \$0.99 "app" that turns the noise of the wind blowing past your i-Phone into a wind-speed reading. Possibly useful for those looking for good excuses for poor TT times. GK

Phil Waterton

I have passed Phil's fine UCI Masters article to JP for the annual *Mudguardian* – so you must wait until Xmas to read it. No doubt JP would welcome similar contributions ... GK

CHRISTMAS LUNCH

1.00 pm, SUN 13TH DEC

Menu

- Tomato & Basil Soup with Herb Croutons
or
Fantail of Melon with Fruit Compote
or
Chicken Liver Paté, Caramelised Onion Chutney, Toasted Flutes

Roast Turkey, Sage & Onion Stuffing, Chipolata Sausage, Cranberry Sauce, Roast Gravy
or
White Fish, White Wine and Chive Green Sauce
(Subject to availability, this will be either Cod or Haddock)
or
Brie, Redcurrant and Spinach Tart with Dressed Salad

Christmas Pudding with a Brandy Sauce
or
Dark Chocolate Torte with Chocolate Sauce
or
Fruits of the Forest Cheesecake

Coffee & Mince Pies

There will also be a Cheeseboard, available to all. You do not need to select this as an option.



Name the village competition

Geoff Green triumphed again last month with a lone identification of Wyddial viewed through the gloom. That's three wins for him – two more than anyone else!

This month's is a topical choice.



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