



Newsletter August 2022

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One of the first landmarks on our stumbling return to normality this year was the revival of the annual spring training camp, held jointly with the Cambridge Tri Club and organised by coach Tim Williams. Here, he reports on the ...

MALLORCA TRAINING CAMP 2022

After a two year COVID hiatus we finally made it back to Mallorca for our spring training camp. This year’s hotel, the Pabisa Bali, was new to us, though it is where we were planning to go in 2020. The changing hotel landscape in Mallorca meant that none of our previous hotels were available and the Bali offers excellent facilities for cyclists (a staffed bike station) and triathletes (a 25m swimming pool).

The camp didn’t start on the highest note – arriving in Mallorca in rain after leaving the UK



in sunshine, however while the UK went on to have rather wintry weather we got in a full week of riding with just one wet morning.

The structure of the camp saw us setting off each day in our regular Touring, Intermediate, Sporting and Sporting Plus groups, with not

just a route and a planned stop, but guidelines on the purpose of the day. The routes reinforced the purpose – no big climbs on easy days! The route planning and navigation worked a treat, with the groups meeting at café stops and passing on the roads each day.

The roads of Mallorca never disappoint. The mountain roads are spectacular with stunning views, beautiful villages, friendly gradients, smooth surfaces, enough twists and turns to keep them interesting... ..and few cars. And it's easy to get away from the traffic across the rest of the island too, on roads that are fast and straight and on roads that meander across the countryside.

A few late withdrawals meant that we were finally a party of 37 and, though nobody was unable to travel due to Covid, we did have a Covid case on day one and another two days before the finish. Unfortunately there were also a few cases after the camp too, which brought our infection rate up to the national average ☹. This despite the hotel operating under Spanish rules, which were slightly stricter than those in the UK and meant that everyone was obliged to wear a mask when moving around the hotel and collecting food from the buffet.



From an organiser's perspective it was great to be able to hold the camp again, and a relief that it all worked well. Whilst the threat of Covid still hangs over everything, its impact on the significant aspects of the camp was minimal and, poor Terry excepted, it was pretty much business as normal.

Looking ahead, Easter 2023 is safely in the middle of April so next year's camp will again start on the weekend that the clocks change: Pencil March 25th into your diary.

The annual Cambridge Cyclists' and Triathletes' training camp is organised and run by Tim Williams (Perfect Condition) with the support of the Club. The idea of the camp is to take the regular Cambridge group rides to the cycling paradise of Mallorca. Great riding, great roads, great company!

CLUB RUNS

Club runs have continued to attract more participants than any other aspect of our activities and a welcome development in the last month has been the resurrection of the Sporting 18 Group. If that might be the group for you, contact our Club Runs Captain, Will Lockhart, at clubruns@cambridgecc.co.uk and he will put you in touch with the right WhatsApp group.

Below, Will writes about one of the more challenging excursions:

CCC/ESPRESSO LIBRARY RIDE TO HUNSTANTON



CCC and Espresso Library cycling clubs successfully ran a joint club ride to Hunstanton on Saturday 2nd July. It's a simple idea, it's just a day trip to the seaside, by bike. The more challenging part is the 150 miles of riding involved to get you there and back. The route is well established, heading out to the northeast through familiar territory - Burwell, Fordham, Mildenhall and then on to Swaffham for breakfast, before turning north to Great Massingham and then northwest to head into Hunstanton, where we stop for lunch. The route then turns south to Kings Lynn, via Sandringham, then on to Downham Market, and along Ten Mile Bank, then either through Welney or Ely, and now we're back on familiar territory as we return to Cambridge.

This year, 19 riders set out from Cambridge at 7am, splitting into two groups just outside Cambridge. A brisk southwesterly blew us to Swaffham at an average of 20mph. Once past Swaffham we were mostly on quiet country roads and fairly sheltered from the wind so made good progress to Hunstanton. The morning had been relatively sunny, but Sunny Hunny wasn't living up to its name this year and after lunch the cloud thickened and there were a few showers which fortunately didn't last long, although they were threatening enough to cause stops to put rain jackets on. On the way out of Hunstanton a few riders became detached from the group, but new technology saved the day; everyone on the ride was in a WhatsApp group, which allows people to share their locations with the rest of the group, so we were able to round up all the strays and then head on to King's Lynn.

At King's Lynn eight riders opted to take the train back to Cambridge having covered around 90 miles. The remainder carried on to Downham Market for the last café stop.



South of King's Lynn the roads are much more exposed and we were now riding into and across the wind. On arrival at Downham Market I decided I wouldn't be able to hold on to the strong pace still being set so I hopped on the train there along with another rider who had a back tyre that would no longer remain inflated, leaving just nine prepared to tackle the last leg of the journey.

All in all a very enjoyable day's cycling. Thanks to everyone on the ride, but in particular to Anna from EL for organising the day.

MEDIA STARDOM BECKONS

In June, the services of our midweek Inters group were enlisted by Hannah Pettifer from Anglia TV to explain, to an eagerly expectant viewing public, the delights of Finchingfield.



Bribed by the promise of free tea and cakes the Group duly rocked up and got the shoot done in not too many takes and "without too much faffing".

Neil Dyson's reflection on the experience was that "I reckon Anglia TV should employ us to do a review of all the cafes in East Anglia. I can review the quality and quantity of the tea on offer



and Terry can do a cake review and see how many cakes it's possible to consume in one sitting and then get back on the bike."

The programme is due for broadcast sometime around now and we can only hope that our clubmates haven't done such a wonderful job that tourists descend on the village in their thousands and ruin it for ever as a café stop.

CHARITY RIDES

Regular Inters rider Bill Barber has been busy over the summer. Back in May, he wrote:

Whilst many club members will be watching the Tour de France again this year, one part of the event you won't see on the TV is the Prostate Cancer UK-arranged Grand Depart Classic – a fundraising event in which 100+ of us will be riding Stage 2 just one day before the professionals set out to demolish our times . . . This'll be the fourth such event I've taken part in and my own fundraising started last month with 7½ hours spent on an exercise bike outside Waitrose, raising over £900 in the process so thank you to all the generous Waitrose shoppers! I'd love to raise more of course, so if you'd like to sponsor me for this 180km ride here's the link to go to.

<https://www.justgiving.com/fundraising/bill-barber6>



Just to up the ante this year I'm also raising money for a charity I'm personally very involved in. Care for Wild Rhino Sanctuary has spent the last 10 years rescuing baby rhinos orphaned by the barbaric poaching that's taking place in South Africa. So far we've saved over 100 of these iconic animals, and this year saw the first babies actually born in

the sanctuary of two orphaned parents – a World first. The 'up the ante' part is me cycling from Cambridge to Copenhagen, leaving on 20th June, so all in all I'll be riding over 1,000km, which must be worth a few quid of sponsorship? Here's the link for the Care for Wild fundraiser and thank you, whichever cause you choose to support.

<https://www.justgiving.com/campaign/C2CforCfW?invite=true>

Bill completed his challenges and his Just Giving pages are still open, so do please consider donating.

SUMMER SOCIAL

In glorious sunshine on Sunday August 7th Chris and Paula Dyason again welcomed around 50 club members to their beautiful garden in Histon for an idyllic garden party. Thanks are also

due to Sue Taylor, who orchestrated the event and arranged catering by *Delicious* and to Paul Mc Mahon who sourced a marquee that provided very welcome shade in the prevailing heatwave.



(Left) Club Run Captain and General Secretary sample the menu

(Below) Life Vice President and CCC legend Freddie Whipp, with fellow legend Ken Platts and Hilary Platts.



Not all attendees may have been aware that Chris and Paula, trading as *Strictly Daylilies* are the country's leading growers and suppliers of daylilies and regularly feature in such august



publications as *Country Life* and the NGS magazine *The Garden*.

No one could fail to be impressed by the acres of planting and equally by the timed sprinkler system which, as an additional attraction to the party, offered a spontaneous free bike washing service as the afternoon drew towards its close.

TIME TRIALS

A committed group of riders and helpers, including notably Jan Eric Ertner, Ken Miller, Colin Lizieri, Will Burton, Mick Draper and Ian Bell has seen the club evening time trial programme



maintained throughout the season, with some welcome new faces discovering the delights of solitary, self-inflicted pain. Many members will be aware that Colin was hit by a car close to the start in a mid - season event on the Bottisham course, but thankfully he is back riding again and has braved the tri-bars, albeit on the Barton course.

(Left) Bob Watson is momentarily distracted by the sound of a disc wheel approaching fast from behind

The bank holiday on Friday June 3rd saw the second of the Club's Open Time Trials, the Viking 50, again promoted by Chris Dyason and again based on a version of the F2 course using the A428. There was an excellent turn out of club members to help with the promotion, which was gratefully appreciated by a full field and recognised by Chris on the result sheet where he writes:

The Viking Road Club Open 50 was one of the classic Essex time trials reliably producing fast times from top riders on the Southend Road and later on the A12. Sadly the event had its last running by Viking RC in the 1990s and in 2017 the club was disbanded. Cambridge CC resurrected the classic event in 2019.

Time trials can't happen without a bunch of people giving their time to help and a 50 with 111 entries is a long event. Thanks are due to all those helping today: Tim and Wally Groves (timekeeping), Ade Gower (assisting timekeepers and reporting times), Bob Watson (start entertainer), Martin Reynolds (pushing), Sue Rogers, Ann Shuttleworth and Susanne Hackenback (all checking riders did all 4 laps!), all the marshals: Ken Platts, Ian Bell, Bruce Williams, Will Rogers, Ken Seamon, David Green, Ian Short, Pete Smith, Dave Nock and Ken Miller, and lastly, my wife Paula doing the tea and cakes as a special anniversary treat (not impressed).

Thanks also to our loyal club snapper, Davey Jones, flashing everyone at Caxton Gibbet.

Well, my enthusiastic pre-race comments that a NE wind was the best direction for the 50 course turned out to be a bit lacking in precision. There was way too much wind and unfortunately although it could be described as "generally NE", the reality was more Easterly which meant that the shelter expected on the eastbound legs was non-existent. Sorry!

It was indeed a tough day and Drag2Zero's Matt Smith's winning 1:39.09 in the rising easterly that had everyone grovelling and whimpering their way four times to Madingley, was little short of other-worldly.



(Left) Matt Smith

It was a particularly piquant win for Smith as the newly-crowned VTTA National 50 champion, Chris McNamara (Nuun Sigma Sport/ London RT) was last man off and fastest on qualifying time. Meanwhile, there was a parallel race going on, since the East Anglian VTTA Group 50 was integrated in the Cambridge CC promotion.

That, of course, was decided on the age-weighted veterans' standard, and on that basis Cambridge CC's 69-year-old Andy Grant, with 1:53:41, got the better of both Smith and McNamara to take the top veteran's award in both the Group Championship and the main event.



It confirmed Andy's good form at the distance, following his setting of a new national age record of 1:48:39 in the ECCA event a couple of weeks earlier and was grounds for considerable smugness, since he was Chris MacNamara's immediate predecessor as VTTA National 50 champion but had chosen not to travel to Wales to defend his title.

All photos: Davey Jones

LITERARY SUPPLEMENT

Recent research in the English Faculty of Cambridge University has uncovered the following hitherto lost fragment of Chaucer's *Canterbury Tales*: **The prologue to the Prime Minister's Tale**

A premier there was with hair lyk hay
 And bulging suit with buttones givng way
 For he wolde eaten cake and yette it keep -
 Him rated solemn promises but chepe.
 This premier of himself was gretly fond
 And was yclept proud *Borys Roi-du-Monde*.
 Of glotonnye and every mortal synne
 He was absolved for his election wyne.
 In lecherye he was an exponent -
 Of his offspring none knew the full extent.
 False witnessse had he maad his special strength,
 Whereto his nose grew every day in length.
 At Oxenford had he been in his yowthe
 Where he had lernéd manners much uncowthe
 And slothfulnesse in club of Bullingdonne
 With premier schoolfellows from Etonne.
 Ful coveytous he was of furnishings
 At Number Ten and rich and costly things
 He got with others' gold and on the wall
 Hung paper of the finest in Whitehall.
 For Muscovites, his wrath could scarce be told
 Excepting those who cross'd his palm with gold.
 His fellowes knew each pledge nat worth a toord
 And atte the last they haf him over-boord.

CLUB WHATSAPP GROUP

To help improve communication across the club we are going to trial a club-wide WhatsApp group, available to all members with WhatsApp access. The purpose of the group is to disseminate information more rapidly to club members, i.e., to alert members to club events or cancellations of events, and to direct members to new information about events or news on the club website. We realise that many of you are already members of multiple WhatsApp groups for individual ride groups, however, this group would not be for general conversation, only administrators will be able to messages to the group. We therefore anticipate a maximum of one or two messages a week at most. Committee member Emma Harris will be running this initiative.

This is entirely opt-in and will not replace email of club news, club emails will be sent as they are now. It is hoped that this WhatsApp group will enable wider, more rapid dissemination of news as email is not always read quickly and some members have reported issues with mail being filed away by spam filters.

Please WhatsApp Emma on 07730010708 if you would like to be included. In the message, please give your full name, confirm that you are a member of the club and that you wish to be added to the group and Emma will do the rest.

Privacy: please be aware that, as with any WhatsApp group, your number and the name as it appears in your WhatsApp profile will be visible to group members (be assured, though, that only club members will be allowed to join and activity will be carefully monitored and only admins will be able to post).