



## NEWSLETTER October 2020

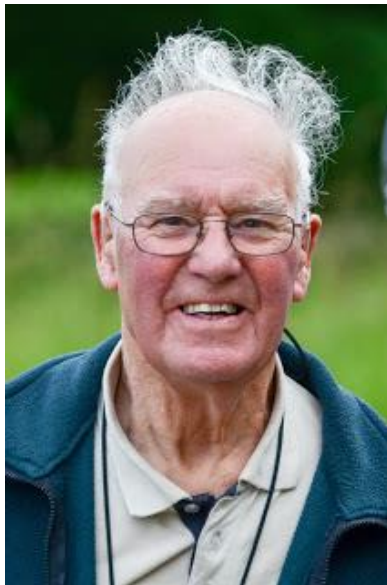
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### *Farewells edition*

*The 2020 season*, such as it is, has more or less petered out from exhaustion and the year itself is one to which we would willingly bid good bye and good riddance, but autumn has brought two very much less welcome and untimely departures:

#### **Ted (Edward) Wells**



It was with great sadness that we learned in mid-September of the death of Ted Wells, who passed away aged 93. Ted was a stalwart of the club and local cycling and was turning out, well into his nineties, to help and time keep for club tens as late as last year.

Many club members have written in with memories of how welcoming and supportive he was of new riders to the club. He was a formidable cyclist himself and still holds an East Anglia age record for the 12 hours (set in 1993 when he was 66).

Scarcely had we had time to grieve for Ted's passing than news arrived of the untimely loss of **Caroline Alexander**.



Carolyn had had a bike accident in the spring and during tests for her accident, she was diagnosed with a brain tumour. Through her treatment she stayed with her son and his family in Hertford.

Fuller appreciations and tributes follow later in this newsletter

## HELLO DARKNESS MY OLD FRIEND

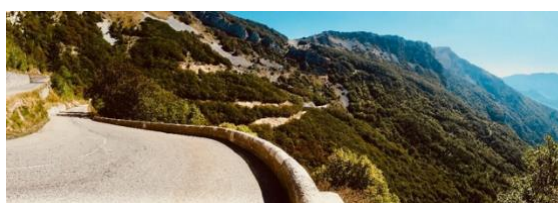
*Daylight is another thing we shall shortly be bidding goodbye for a while. Unwittingly channelling Game of Thrones' John Snow, Club coach David McGaw thoughtfully strokes his chin and writes...*

I hate winter. I really, really hate it.

Don't you dread that feeling at the end of summer? Crunchy brown leaves on the ground. Nights drawing in. A chilly nip in the air. The smell of wood burning fires. Riding to work in the cold. Riding home in the dark, whilst cold.

There's a storm coming. It's going to last six months and it's going to SUCK!

For me autumn always feels like the end of something special. Riding your nice bike, racing (and winning!) and all those lovely evening rides in the shimmery sun. The thing I love most is holidays: epic rides in incredible mountains with a gorgeous electric blue sky.



*That's all over now*

Thing is that because of the way that the earth spins and the trajectory of the sun it would not possible to have summer without winter. Also, if it was always summer in the northern hemisphere it would soon turn into an uninhabitable desert, devoid of life. So, you know, slightly worse than winter.

Too much of a good thing can be sickening, If it was Christmas every day it would quickly become unbearable - seriously, how many times can you watch The Sound of Music and put up with your extended family? In the same way, to fully put into context the cycling highs you need to experience the cycling lows. A win is so much sweeter when it justifies all the pain, hard work and disappointments that preceded it. If it was easy it wouldn't be fun.



*Less of this*

Really, we could maybe think of winter as being the price of summer. Or possibly that every day of winter is like putting away a small amount of sunshine into a bank account that you get to withdraw in 6 months.



*More of this*

Winter is a time for nature to recuperate from the excesses of summer: to gently evolve and get ready for next year. It's time for us to do the same. There's an expression you're "too busy chopping down trees to sharpen your axe". Winter is an excellent time to sharpen your axe. To prepare for the next season so that in spring you can go on an axe wielding rampage (metaphorically of course!). More specifically it's a time to recharge batteries, take stock, regain motivation, get stronger and generally make plans for your next campaign of hedonistic cycling debauchery.

I don't want to sound like a total heretic but, you know, I think there are some less sucky aspects of winter...

I find it's a great time to stuff my face with cake and become more "rounded". You know, with all that cold it's important to have some extra layers of fat. Just ask Jan Ullrich who (legend has it) would come back from a ride, put a jar of Nutella in the microwave then drink it through a straw. Or Adam Hansen who would drink maple syrup, straight from the bottle.

Some people like sitting at home, alone, in front of their computer, all sweaty, Zwifing away. I tried that once but didn't like it. I much prefer a kind of turbo'ing kata (go on, look it up on Wikipedia) where I repeat the same sessions again and again. For me turbo'ing can become like a lovely groove that you can get into. Also, since turbo sessions are shorter it means that there is more time in the evenings to do other things.

With all that spare time it gives the opportunity to do maintenance and prep for next season. Did I tell you about that time I totally dismantled my TT bike then re-greased every bolt, replaced every

bearing and put it all back together again? Oh. I guess I just did.

Since there's no racing in winter it's nice to have a long lie-in and then go for a gentle pootle with my training buddy instead of having to get up at stupid o'clock on a Sunday. Plus there's no need to fret about the weather because it's basically guaranteed to be rubbish (either too dark, cold, wet or all of the above).

However, if someone says "there's no such thing as bad weather only bad clothing" you need to punch them in the face, really hard. I'd never say that, although I have found a few things that can make bad weather slightly less awful. Specifically: woolie boolie socks, Assos base layers, mudguards and winter shoes.

Winter is going to suck. But that doesn't mean that cycling has to suck too. We can use it as an opportunity to rest, recover and plan out our next chapter. Normally by the end of winter I find that it actually was not that bad after all and I'm all fired up for next season.

When a storm starts it can be so cold, grey and wet that it feels like it will never end. That it's inconceivable that things will ever get better. However as surely as day follows night, summer will return. The storm will eventually pass and the sun will shine again. So let's just enjoy the journey.

## **YOUR CHANCE TO BE A MOVIE STAR**

Last month I received an approach from David Spurdens of Rapt TV <http://www.rapt.tv/> who are "a sports filming outfit specialising in high quality filming."

David lives in Bottisham, has seen our local time trials and is looking for a couple of riders who would be interested in filming. He would gift all the clips to the riders for their own use and would offer the Club the footage for promo too.

I think what he wants is some high quality sample footage to use in marketing his own product by broadening his range of sports, but it could be useful for us too.

I guess it would probably be better if his subjects were under 60 and reasonably athletic-looking, so I haven't volunteered, but I'm reliably informed that we do have some members who might meet those criteria.

If that might include you, David invites you to text him on 077769-970933 and he will call you to set something up.

He has been a keen mountain biker for 30 years and a sample cycling tracking shot can be seen on his website [www.Rapt.Tv](http://www.Rapt.Tv)

It would all be filmed on broadcast quality 4K and with super slow motion and David says his [Instagram@rapt.tv](https://www.instagram.com/rapt.tv) posts get 50-80K views each time.

[info@rapt.tv](mailto:info@rapt.tv) / 07771-290603

### **RAPT TV LIMITED**

**55a, Lode Road, Bottisham,**

**Cambridgeshire, England CB25 9DJ**

[www.Rapt.Tv](http://www.Rapt.Tv)

## **PLATTS BROTHERS INSPIRE INEOS TOUR STAGE WIN**



Imitation being the sincerest form of flattery, it was good to see Ineos's Carapaz and Kwiatkowski copying their Tour stage-winning finish from the club's Ken Platts and his brother Geoff, seen here winning the Leicestershire Road Club-promoted Christmas Road Race by 2½ minutes some 44 years ago.

Dave Brailsford's legendary attention to detail has clearly led him to seek inspiration from our club legend. Even now the aerodynamic qualities of woolly hats and gloves will be under test in some secretive wind tunnel...

## **TIME TRIALS**

Such racing as there has been since lockdown has been pretty much confined to a time trialling, a form of competition, in which COVID-safe behaviour is inbuilt to the extent that failure to observe social distancing leads to disqualification.

Our Strava-based "10"s on the E33 Bottisham-based course continued to attract good numbers and several new



second-claim members, starved of opportunities elsewhere.

No doubt for similar reasons the Club's own Open 25, organised impeccably as ever by Chris Dyason, himself temporarily grounded by foot surgery (of which more anon) attracted an unprecedentedly high quality field and proved the potential of the course with very fast winning times.

It will now probably be horribly oversubscribed in perpetuity.

Below is an edited version of Chris's report to the Committee following the event, together with a summary of the results:

*The event was a great success despite the restrictions imposed for social distancing. With so many other events being cancelled I had 257 entries: almost three times last year's figure. I got permission from CTT to increase the field from 120 to 150 and had 15 reserves but still had to reject a large number of entries. With the compulsory allocations to women and para entrants, all women and the single para entry got accepted but men had to have done a short 55 previously to qualify.*

*On the day, the weather was fine, the wind was in the best direction: SW, though stronger than ideal, but 54 riders set new PBs including 9 of the fastest 10 riders. The winning times were 46:25 for men and 51:28 for women. With such a*

*large field and by charging a higher-than-average entry fee (£14) I was able to offer £900 in prize money spread amongst 28 winners.*

*Apart from the many complimentary comments on the Time Trialling Forum, I received a couple of dozen emails thanking the club for putting on such a good event. Many of those remarked about how many marshals we had out and several said how enthusiastic the helpers were.*

*It was a shame we couldn't have the usual tea, cake and banter around a result board but without exception distancing was maintained and riders dispersed after finishing. I checked with the HQ manager later and he'd had no complaints from local residents so we're welcome back in 2021.*

*Proposed Open events for 2021 are as follows:*

- Open 15 - Easter Monday April 5th.*
  - Open 50, the Viking Trophy and VTTA National Championship 50 - Sunday June 13th.*
  - Open 25 - Sunday September 12th.*
- The 50 is on a new (it was to have been used first in 2020) course, 4 laps of the usual bit of A428, and has been chosen to be the National Championship VTTA event. We'll get some outside assistance from VTTA members but will still need CCC helpers for this flagship event.*

**Prize winners:** (adjusted for one rider, one prize, highest value, excl. team)

<b>Fastest</b>	<b>£75</b>	<b>Ashley Cox</b>	<b>Team Bottrill</b>	<b>46:25</b>
2 <sup>nd</sup>	£60	Alexander Royle	Manchester Bicycle Club	47:20
3 <sup>rd</sup>	£45	Michael Gill	Aerolab Ward WheelZ	47:23
4 <sup>th</sup>	£35	Sebastian Garry	Aerolab Ward WheelZ	47:31
5 <sup>th</sup>	£25	Ollie Hucks	Aerolab Ward WheelZ	48:00
6 <sup>th</sup>	£20	Alex Pritchard	Aerolab Ward WheelZ	48:08
7 <sup>th</sup>	£15	John Wingfield	Team Signum	48:17
<b>Fastest Woman</b>	<b>£50</b>	<b>Hayley Simmonds</b>	<b>Aerocoach</b>	<b>51:28</b>
2 <sup>nd</sup>	£35	Jenni Millmore	Islington Cycling Club	54:40
3 <sup>rd</sup>	£25	Mathilde Pauls	1904RT	54:58
4 <sup>th</sup>	£20	Laura Massey	Cambridge CC	57:48
5 <sup>th</sup>	£15	Denise Burrows	Aerocoach	58:04
<b>Fastest Jun/Juv</b>	<b>£25</b>	<b>Thomas Day</b>	<b>Zannata Galloo Team</b>	<b>48:11</b>
2 <sup>nd</sup>	£15	Harvey McLean	Velo Club St Raphael	48:47
<b>1<sup>st</sup> Vet on Std</b>	<b>£75</b>	<b>Jackie Field</b>	<b>CC Ashwell</b>	<b>+ 18:27</b>
2 <sup>nd</sup>	£60	Claire Emons	Newbury RC	+ 18:25
3 <sup>rd</sup>	£45	James Fawcett	...a3crg	+ 18:14
4 <sup>th</sup>	£35	Andy Grant	Cambridge CC	+ 17:54
5 <sup>th</sup>	£25	Neil Mackley	...a3crg	+ 17:52
6 <sup>th</sup>	£20	Colin Lizieri	Cambridge CC	+ 17:47
7 <sup>th</sup>	£15	Mark Ellis	Team Milton Keynes	+ 17:41
<b>1<sup>st</sup> Improvement</b>	<b>£30</b>	<b>Graeme Church</b>	<b>Team Milton Keynes</b>	<b>19:00</b>
2 <sup>nd</sup>	£25	Elsbeth Grace	Cambridge University CC	9:53
3 <sup>rd</sup>	£20	Chantel Coetzer	Redbridge CC	7:18
4 <sup>th</sup>	£15	Aaron Freeman	Chelmer CC	5:57
<b>1<sup>st</sup> Team</b>	<b>£15e</b>	<b>Aerolab Ward WheelZ (M Gill, S Garry &amp; O Hucks)</b>		<b>2:22:54</b>
2 <sup>nd</sup>	£10e	Peterborough CC (B Stancombe, P Pardoe & M Smith)		2:30:36

The coda to this was a message Chris posted on *Time Trialling Forum* the day after the event:

*RESULTS UPDATE - Best laid plans...*

*Firstly thanks to the Cambridge club members who turned out as usual to make this event possible. Thanks also for all the comments here on the forum, much appreciated, and thanks to those riders who couldn't start but let me know in advance so I could place the reserves.*

*This may be the first TT ever where all riders got home safely but the event organiser ended up in hospital! When I was collecting signs with David McGaw I got chest pains and when we finished it was crippling so I drove to A&E and got rushed in! Nine hours later they kicked me out (no beds) after being diagnosed with a bilateral pulmonary embolism - multiple blood clots on both lungs. Consultant said it was linked with my foot surgery a month ago but probably caused by my switch from being a turbo hamster to a couch potato. No long term issue thankfully.*

*So that's my excuse for failing to publish results yesterday - pretty good one. Planning to work on them this morning.*

Thankfully, Chris has made a full recovery and is now back on the turbo enduring elective rather than involuntary agony.

## OTHER COMPETITIVE SUCCESSES

A recent recruit from CUCC, and former rower, Dave Bell has the size of engine you might expect of someone who rowed at bow in the Blue Boat. He has been flying this season, regularly beating the 20 minute or 50 minute mark at 10 and 25

miles respectively and was the club's only, and highly honourable, representative in the National 25, taking 40<sup>th</sup> place.



The previous week, in one of his sub-50 minute excursions, Dave had led Andy Grant and Colin Lizieri to the team win in the ECCA 25 on the Norfolk stretch of the A11. Andy was fastest veteran on standard in that event, one of five such wins he has recorded this year. The same stretch of road, a month earlier, had witnessed perhaps the only fast conditions of the year (albeit the wettest, in East Anglia at any rate) for the East District Championship 50, organised by CC Breckland, where Andy recorded 1:45:56 to set a new national age (67) record and take the win on standard.

Last weekend, our home E33/25 course saw a good number of members finishing their season in the RTTC National Circuit Championship. In cold, overcast, but almost still conditions, the event was won in an astonishing 48:50 by Ribble Weldtite's John Archibald. Fastest Cambridge rider was Martin Reynolds in 57:39, for 39<sup>th</sup> place, with Andy Grant, four seconds and one place behind, winning his age group championship.

Though there will be no Club Championships this year, the trophies for fastest performances at each distance will be assigned as usual, even if it is impossible to award them physically, so please do let the General Secretary, Colin Lizieri, and/or the Records Secretary, Ken Platts, know of your performances over the year.

## 2020 AGM

For anyone who missed Colin's recent calling notice for the AGM, here it is:

*The AGM of Cambridge Cycling Club will take place - online, given the current situation - on Monday 16th November at 7pm (prompt). We will send out a link for the event along with the agenda and papers later, but please save the date now!*

*We will try to keep the meeting as short as possible, with reports circulated in advance. The Committee will be proposing adoption of a revised Constitution and Rules for the club, and there are vacancies for club officers and officials: all positions are up for re-election each year so we welcome nominations and offers of help. We will need a new Trophy Secretary and must appoint a new Welfare Officer in place of Phil Horton, who is leaving the area (we are grateful for his taking on the role to date).*

*It is a requirement of our British Cycling affiliation that we appoint a Welfare Officer. The Welfare Officer's role is to assist with the safeguarding and protection of children and young people within a club, and to promote the club's policies and procedures on this. They also*

*act as the main point of contact to deal with any concerns around safeguarding within the club - given our structure and activities, this is not onerous.. They will need a DBS check and the club will support any necessary training. We would very much welcome nominations or offers to take on this role.*

*Please send apologies, nominations and any questions to me at [gensec@cambridgecc.co.uk](mailto:gensec@cambridgecc.co.uk)*

The Welfare Officer role might suit someone who is, or has recently been, a teacher, since they will necessarily already have an enhanced DBS clearance. What Colin means by "not onerous" above, is that in practice, Phil never once had to do anything at all in his capacity as Welfare Officer during his entire tenure.

The roles of Assistant Time Trial Secretary and Off Road Secretary also remain vacant at the present time and, as this season has proved, neither of those need be onerous, either. It is perhaps worth noting that the role of any Officer or Official discharges, at a stroke, the obligation all members have, under the club rules, to give their services to the club on at least two occasions per year.



*Ken Miller marshalling the Open 25*



## OBITUARIES

### Carolyn Alexander (1945 – 2020)

In the first week of October, Carolyn's son Marcus called a club member to let the club know that sadly she'd passed away. Carolyn had had a bike accident in the spring and during tests for her accident, she was diagnosed with a brain tumour. Through her treatment she stayed with Marcus and his family in Hertford and then she moved back into her own home in Hertford, where she'd moved



to be near Marcus (her other son living in Switzerland).

Carolyn joined the club back in 2009 and quickly became a regular and a ride leader for the touring group and the GTs. Carolyn was also a regular on the century rides that the touring group hold each September.

Carolyn was young at heart and didn't look her age, nor was she keen to advertise it, only saying "I'm older than you think". She was kind and generous

and I remember her giving me some sound relationship advice based on her experience. Once she was on a ride with a young lad of about 13 or 14 who was out with us for the first time. On the road out of Shelford, the lad's tyre blew out with a huge bang.

Missing her own ride, Carolyn stayed with the lad until his Dad came to pick him up. She could also be very direct. She once told another club member that he didn't look his age because he still had a lot of fat cells and so didn't look haggard!

Carolyn took great delight in her children and grandchildren whom she would visit regularly and they would come to stay with her too. She once brought her grandchildren out to a TT when her son Duncan raced.

Those that cycled with her before she moved to Hertford were shocked and saddened to hear of her passing. Her enthusiasm and character will be missed and we will miss her comments on the direction of the wind!



**Debbie Hooker**

## Ted Wells – 1927-2020



It is with great sadness that I am writing this for you to remember a dear friend and clubmate who passed away at his home on 14<sup>th</sup> September. He was 93 and will be missed by so many cyclists as well as by his family, son John and daughter Lesley who have our best thoughts.

I believe Ted started his racing life with the University cycling club before moving to St Ives CC where he spent many happy years, finally changing to Cambridge CC in the 1990's to join the vets time trial team of John Morley and Freddie Whipp among others with whom he went on to win many vets team awards.



A fond memory is of riding the Luton Wheelers 12hr time trial along with John Morley. We missed the team award being short of a third counter. Ted was riding but was still with St Ives CC. He would have given us more than enough miles to take the award if only he'd joined Cambridge CC a bit sooner. Plenty of teasing over the years ensued.

He was one of those evergreen cyclists who well into his later years still kept good speed and strength. Best pal Freddie Whipp who was no slouch himself says he never once managed to beat Ted on standard. Ted still holds a 12hr East Anglian age record set when he was 66 years old in 1993.

In the Audax events which Ted also liked very much he was still completing up to 400km events in a good time over hilly courses well into his 70's. No mean feat. He travelled to events all over the UK to ride different roads from the South of England to the North of Scotland having some great adventures on the different events. He never dallied long in the café's and used to tell me off for hanging about drinking tea too much instead of getting up the road. I have tried to improve on this!

He kept balance in his cycling, giving a lot back too. He served as secretary of the Cambridge CC for several years always with a calming influence and continued timekeeping for the midweek club time trials almost until his last days.



I know in the last couple of years Freddie visited Ted regularly with the Cycling Weekly to spend time sharing the pages of the comic and understandably did eventually find it very difficult seeing his close friend declining towards the end after being such an active person.

Ted will be very greatly missed by all who knew him and if we can take one thing from knowing him it is the example of making the most of every day and always with an air of good humour and banter

mixed with kindness. Whatever cycling you take part in enjoy every minute.

We are deeply honoured to have known him.

**Lucy McTaggart**

I was sad to hear the news about Ted, but not surprised as he had become quite frail. I remember Ted fondly as he was one of the people I made contact with first when I arrived in Cambridge in 1990. He was very friendly and welcoming. He must have been my current age, early sixties, when I first met him. Despite that he was very strong on the club rides and still competitive. However, he also looked after us newbies. He must have stopped coming out on the club rides early in the noughties after he moved to Over.

**Terry Dickerson**

## **Farewell to my Dear Friend Ted.**

**from Freddie Whipp**

I joined Cambridge Town & County Cycling Club when we moved here from Warwickshire in January 1979. I had been a member of Evesham & district Wheelers Cycling Club for the previous ten years and the Earlswood Road & Path Cycling Club from 1948 until 1954 when I started my National Service and served in the Suez Canal Zone – Egypt.

I met Ted Wells in 1982, who was a member of the University club then I believe, when I started racing seriously again in Cambridge colours. In the 1980's and early 90's I often rode time trials with Ted, who was eight years older than me on the start sheet and I never beat him on standard. We became good friends and always socialised after at the result board. I often described Ted, much to his amusement, as "My Youth Opportunity Cycling Friend"

I stopped racing in June 1995, when I started playing banjo in traditional jazz bands, forming Freddie & Friends New Orleans Jazz Band in 1998 and lost touch with Ted for a few years, except for Christmas Cards and Birthday Cards. Then, around spring 2007, I started social cycling again with Ted in the week and riding a set circuit to finish at the coffee shop by the Cattle Market in St. Ives meeting up with Mick Yates and others and for about three months Ted had to slow down and wait for me. We then went out together on St Ives club runs. I stopped riding again after a minor crash and hurt my shoulder, which made playing the banjo uncomfortable, and the jazz band was more important than cycling at that time, so I sold all my bikes and cycling equipment.



When I learnt that Ted had had a stroke I visited him at in hospital and then at home and this became almost every week from early February 2019. Originally I went on a Friday late morning, but someone else started coming on Fridays so I moved my day to Mondays or Tuesday. Originally, I would take my copy of Cycling Weekly, having read it over the weekend and each month would take my copy of the monthly Pro-Cycling magazine and I would go through it with him reading some of the highlights.

After a fall, where Ted cut his fore arm rather badly, no ambulance came and no family were available, Aubrey, his regular carer, who is a gem, rang me for help, so I took him to Hinchinbrook Hospital with Aubrey in my car. It was a bit tight getting him in the front passenger seat, with Aubrey in the tight rear seats, then after treatment some three hours later we brought him home again.

Visiting Ted every week, I found it painful talking to someone whom I knew and had admired for well over thirty years, but who now could barely engage in conversation. Seeing my dear friend declining in his faculties almost every week, I stopped going on my weekly visits in February this year, but still delivered Pro-Cycling magazine throughout the lock down period once I'd read it until earlier this month.

Ted was a dear friend whom I have missed for quite a long time. It was sad to see such a fine man decline so much when there was nothing I could do to help him.

Rest in Peace Dear Friend.