



# Merry Christmas!

MEMBER INTERVIEWS  
MORE OLYMPIC COACHING SESSIONS  
AVALANCHE RISKS ON WHEELS  
MOUNTAIN BIKING NEWS  
CHIPO'S LETTERS  
T-MOBILE RIDE TO WALES  
OUR MAN IN ATHENS - OLYMPIC REPORT



## The Sprocket

HIGHWYCOMBE CYCLING CLUB news and information

ISSUE 3  
December 2004



<http://www.highwycombecc.org/>

**amsphere**  
Knowledge Transition Consulting



TT League 2004



CompuCup 2004



## EDITORS PAGE



MERRY CHRISTMAS! 'Another year over and a new one just begun' as a wise man once said to me (and several million others in department stores every year). Did you have a good 'un? Do you know if you had a good year, have you ever listed your achievements or kept a diary to look back on? It's the best way to sort out your goals and analyse them afterwards.

Either way its time to relax a bit and do the ticking over training , so listen , make the most of it , dont train like a lunatic , tick over and make the most of other club members etc , set some goals for next season and plan your season and even better..... tell us about it !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Eight HWCC riders have the Etape as one of their goals. Next edition we'll be starting with your New Years' Resolutions so start thinking and send any resolutions or goals to

**hwcc@switchtechnology.com**

We can print them so you'll HAVE to keep them!

Have a great XMAS and New Year  
from Editors Paul Morrissey and Neil Wragg



### CLUB EVENTS

Every Wednesday @ The Club  
(West Wycombe village hall)

**Turbo training, circuit training,  
Keep Fit 7:30pm and bike chat from 8:30pm.**

Sunday 19th December

**Beer & Pickle run( see club run lists )**

Friday 26th December

**The Boxing Day 10 @ Longwick. Prizes for  
the best fancy dress. Bring a present!**

### OTHER EVENTS

**Outdoor track: Reading Palmer Park.**

**Tuesdays & Thursdays 8pm-10pm £2.50.**

Take your road bike and ride around in circles without  
the need to avoid motorists or charge your lights.  
Also see news elsewhere...

**Hillingdon Winter Series**

Saturdays 13:30

December 4, 11, 18, 24 & 27 January 8, 15, 22 & 29

February 5, 12, 19, 26

Sundays 1100

January 2, 9, 16 & Feb 7

Also Youth events on Saturdays starting at 12:30

### SUNDAY CLUB RUNS & RELIABILITY TRIALS

Get those winter miles in and keep the winter fat away.  
Better than Atkins!

Meet in High Wycombe High Street at 9am on Sunday  
mornings. ALL welcome members and non-members  
alike and if you do them all the ED will buy you a  
teacake! During January and February the club run four  
reliability trials. The 50 mile flat, 50 mile hilly, the  
100kms and the 100 mile. Groups are split into fast,  
medium and steady and riders completing all four are  
recognised by an award.

05/12/2004.....Dinton Pastures  
12/12/2004.....Saville gardens  
23/01/2005.....RELIABILITY TRIAL.....Flat 50 mile  
06/02/2005.....RELIABILITY TRIAL.....Hilly 50 mile  
20/02/2005.....RELIABILITY TRIAL.....100 kms  
26/02/2005.....Bournemouth Training Weekend  
06/03/2005.....RELIABILITY TRIAL..... 100 mile

*Remember, ride two abreast or single file and keep  
together.*

## MEMBER INTERVIEW WITH DAVE ROBERTS

Dave Roberts

Age 52

*Ed, I managed to grab Dave and get an interview on one of the wednesday club nights , i wanted to interview Dave because the guy is so damn positive and encouraging and on club runs he is always helping out any stragelers off the back ( thats me then ) plus i wanted to find out more about the man, so here you go ,,,*

### **Q/What do you do**

I work for BT , a management role , would take to long to explain the ins and outs needless to say its busy .

### **Q/Why do you ride ( cycle )**

I have always done some kind of sport , footy running etc the cyclling started most due to my kids having bikes , so i got an MTB , which i went off road a few times on and needless to say spent more time falling off it than actually riding the thing , I got into road riding by watching the tour , i have known harry for years so he introduced me to the HWCC TT rides at Longwick , the rest is history and here we are today .

### **Q/Why did you join the club**

To get more involved really , the Longwick TT league etc , i used to do some marshalling and was always amazed at the speeds guys went around corners at etc , so i thought "im having some of that " and i wanted to get fitter and meet similiar minded people really.

### **Q/ so , how long have you been riding and competing in events**

Its about 3 to 4 years

### **Q/ do you plan to get BC racing licence next year and road race,et al hillindon/MK Bowl**

Definatley , especialy as we have more riders doing the road/hillingdon/Mk events etc its great to have HWCC on show etc . I still think the BC licence fee is steep , especialy if you compare it with the LVRC fee

### **Q/ What training do you currently do**

At the minute , nowt , im having a break i have had a bit of a heart murmur thing so am cutting out coffee /tea intake so a rest is most likeley in order. My plan though is to just get in the base winter miles , people do forget that the winter is for slow burn and gradual increase in milage and effort not just an extention of the racing season ..

### **Q/Whats your best win.**

That was on the A34 , a 25 and i did a 58.06 , i was rather chuffed , especialy as i had not set my timer correctly so i thought i had gone slower , i was over the moon when i saw what i actually did and slightly annoyed as if i had know the actual time i would have pushed harder and maybe got a better time than that .Also i did a LVRC raod race event were i got away in a break , then with what looked like not far to go someone shot out of the break , i followed him and got on his wheel , thinking i was looking like a second place at worst my blood was pumping and adrenalyn bursting , it was then that i saw the 1k to go sign , obviosly we both died on our arses and the break caught us , i finished in the top end , either way its a race that sticks in the mind .

### **Q/Whats your favorite event**

Its the 50 mile flat reliability , mainly its because we have a big peleton and the atmosphere is great .

### **Q/ Whats your view on the club**

In a word Friendly , its a great mix of all types ,big , small, skinny , large boned ( that must be me then , ed ) and everyones very genuine and wants to help and talk to you .



### **Q/ What improvements would you like to see at the Club**

Hard this one , i guess its more people getting involved in things and a bit more publicity about the club and what we do and achieve.

### **Q/What advice would you give to new members or someone wanting to join the club**

Talk to people , we all want to get better and we are all trying cycling can be a very individual sport when it comes to goals etc so to be honest concentrate on them and ask people in the club advice , we all have an opinion.

### **Q/ Everyone has a mentor /hero in life that they either look up to or aspire to etc , do you have one if so who and why??**

I have never given this one a lot of thought , but if im pushed i guess its the sprinter Japarov and the Z team of the 80s



PAUL MORRISSEY





## GOING FOR GOLD

HWCC stalwart Paul Burnett visited Athens this summer to give his support to a close friend and Britain's top cyclist, Nicole Cooke.

"At twelve, Nicole was already beating boys of fifteen. At sixteen, when I first met her, and still a junior, she won the women's senior National Road Race. Last year, at only twenty years old, she won the World Cup. This Olympic year, despite keyhole surgery to an injured knee, she'd still won the British National Championship and the gruelling *Tour of Italy* - the biggest event in the women's calendar - even before the Games began in Athens.

It was when I got her thank you note after the British Championships where we'd supported her that I suddenly decided that the next logical thing to do was support her in Greece.

For a week before the Games we stayed on the island of Poros, hiring bikes and cycling round it - most of it unsurfaced rough track, it made our local lanes seem quite smooth!

The people were honest, friendly and trusting; the food was good and the accommodation magnificent and inexpensive. Then it was over to the mainland for the Olympics.



The men's and women's road races were some of the first events of the games held on Saturday and Sunday 14th and 15th August on a 13.2km circuit based on the centre of Athens. The men had to complete seventeen laps and the women nine. In Saturday's men's race conditions were humid, little wind but extremely hot with temperatures nudging 40 degrees. The weather for the women's race on the Sunday was much cooler but very windy. Before the race started, a gust of wind blew over some of the barriers onto the course itself. Officials quickly removed the advertising hoardings so the wind could pass straight through.

Nicole Cooke was clear favourite to win the race and probably a bit nervous, being closely marked by her rivals. With three laps to go she was with a small leading group of seven and I felt then that she had it in the bag.



As the bell sounded the last lap, Australia's Sara Carrigan attacked just as Nicole had pulled over after doing a typically huge turn on the front.

Germany's Judith Arnett was the only rider to make it across to Carrigan. It was now clear that Cooke - having failed in her attempt to make it across the gap herself - would be left to scrap for bronze. In the sprint for third place she tried and failed to squeeze between Slynasneva of Russia and Wood of Australia so finishing a creditable 5th place. Her dream had gone but at 21 she has at least another two chances for Olympic gold.



PAUL BURNETT

**email: [hwcc@switchtechnology.com](mailto:hwcc@switchtechnology.com)**

***"Why you don't see me on the Winter Club Runs."***

**Part One** *"Cos I'll get a cold."*

A class of viruses called the Rhinoviruses give the symptoms we term the common cold. The virus enters the body through the cells lining your nose and get in through the throat or even eye if the virus is on your hands when rubbing at them.

Simply getting a cold won't make you ill. However, getting cold does weaken the immune system. If your immune system is weakened by a variety of factors - including getting cold - and you come into contact with a virus which you are less able to fight off, then it could result in you getting ill. Cold weather can dry out the nose and throat and without their layer of protective mucus, a virus is better able to get in.

So being cold doesn't directly make you ill, but it does contribute so wrap up and avoid the snotty riders!



NEL WRAGG



A lead Bus in T-Mobile colors was followed by the riders who would be sandwiched by a support vehicle, driven by an ex-T-mobile Pro Rider Guido Ekenbecker

As much food that could be eaten was engulfed that evening and a small amount of drink (for medicinal purposes) quaffed, then to bed zzzzzzzzzzzzzzzzzzzzzzzzzzzzzz

## Day 2

After a hearty breakfast of carbs and fruit juice (full English, black pudding and frosties and tea actually) we headed off toward Monmouth (our destination for the day).

Today was a day of power sprints and myself Trevor Gornal (Tiger, this will become clear later) and James Varnish contested, 30mph signs, cows and pie shops (all of course won my myself, and won in glorious Technicolor Magenta). Several rare sites and experiences were had along the way,

Smiling and friendly drivers, waving and the first utterance of "hey look Pinkies " was heard

A fox hunt (a soon to be rare and band site) with lots of finely bread dogs and friendly red faced toffs on "Broon" horses waving hurrahs, the hunt seemed to involve hundreds of riders and the traffic melee caused by horse riders, dogs, walkers and bikes (us) resembled rush hour in oxford street rather than jolly leafy Cotswold England

The long climbs hated by any large sprinter types in the group (myself tiger Gornal, james and Phil) loomed as we approached Monmouth, long, draggy and energy sapping the first drag got us up to Birdlip with a fantastic view over Cheltenham causing even the hardest soul in the group to sigh like a poet over the beauty that is England (on this climb we caused a minor traffic jam as drivers rubber necked our peleton, one driver skidding and almost crashing into the back of another, it must have been the site of Simons Norra Batty leggings methinks ), after a photo opportunity we headed off, mostly down hill and then onto the next climb which would take us up and up and then onto Monmouth .

Up and up, that's how i remember it, all that seemed to loom were houses in the distance at the top of a very big hill which seemed to go on for ever, the climbers in the group, Simon and James mainly contesting these with Jo and Tig attacking constantly, with Tiger Gornal (ok Tiger got his new knick name by as he belted out a roar on this climb, what for i have no explanation, but a tiger he was and shall remain) not far behind (not bad for a sprinter), myself, James and Phil struggled for survival, motivating each other around each corner swearing at every twist and cursing the day we agreed to do this ( Thanks for getting me into this Jo ), however survive we did , no walking took place that day ,just pure pain and agony as we rode closer and closer towards the summit of the satanic hill , in the distance the climbers could be seen waiting , we reached that van as pink as our kit and with emotionless faces just glad to see the support van and the warm smile of Siobhan and will ( support van team ) offering food water and respite.

Monmouth loomed, all downhill beautiful a descent to arrive in the town to the sound of "PINKIES mam look at em "

The hotel we stayed in looked Spartan and slightly seedy, however im sure its the same kind of place pros stay in (professional riders that is) after showers and the usual 30 minutes kip (i watched Harry hills TV Burp with James and cried like a baby laughing myself) we headed to the restaurant for food and drink (for medicinal purposes). In the bar before food I managed to give out a few CDs of the band I play bass in (DRIVE LIKE JANE), and left one in the bar which the honest and saintly waitress tried to return, obviously i let her keep the said CD (after signing a copy, bless).

Later after much discussion about the final leg of the rides Profile (very very hilly and a mountain) Guido (the ex pro remember) convinced Ian ( colleague ) that a vintage Cigar was in order and Ian, with beer in hand and Cigar in another began his unique training quirk which he seemed to enjoy immensely, the rest of us relaxed or in my case and Simons got our egos kicked at pool by Siobhan (i haven't played since college, my arse).

DRACULA , the hotel manager recanted a story of a charity organization who dress up as well known historic and fantasy characters (and raise money for doing so acting and dressing like them all weekend) who stayed in the hotel one weekend, however it appears that one of the characters took the whole thing to another level and seems to seriously believe he was the character, namely DRACULA, with his black scraped back hair, cape, pasty face and FANGS, this guy took to drinking copious amounts of Jack Daniels , the end result being he was insulting the other guests and scaring people in the toilets and getting the strop with anyone wearing a crucifix ( he also handed out loads of business card , yep Dracula @ AOL.com ) , the locals in the hotel bar took slight offence to this and ended up fighting with him outside , obviously , Dracula , king of the undead had the power of Satan on his side and managed to get away from the local guys and after scaring the Monmouth Saturday night revelers ended up in the local police cells , were he refused to give a statement , apart from hissing at the local constables , resigned to the fact that they would get nothing out of the COUNT the officers did the best thing and left him in his cell with the lights out , as he seemed to like that very much , a weird story , almost as weird as what we were doing .

The evening was finished off by a proper massage by a proper masseur, it was fantstastic and certainly made a huge difference, much screaming was heard from the massage room and i managed not to fart once, a gent and a hero till the end.







### Day 3

The end loomed, we all felt tired 50 miles over hilly terrain could we make it or would we fail and end up in the bus. The first few miles seemed ok, a few power climbs for the sprinter, c'mon this was going to be easy, Nope we had climbed 600 feet and we had more to go, then out of the blue the peaks appeared, they seemed to creep up on us like time share salesmen, we went up a 20% climb/mountain, Simon and James hit the hill like pantani and Armstrong on the ventoux these guys were racing for the peak, mountain top win, it was fun, it was serious it was about who was the stronger in mind and body, Jo, tig and Ian, climbed behind them, not with the same strength but defiantly with the same passion, at the back myself, James and Phil got about halfway up were the power to weight ratio ( my very scientific excuse ) got the better of us and we ended up pushing our bikes up, this was the climb from hell 22 % and up a mountain taking us up 1, 400 feet, come on, you don't get these climbs in the chilterns guys, who won the climb, im told Simon, i was a close thing though, all i remember about that climb was the peripheral vision going and the beautiful site of Siobhan walking down the hill offering to give me a lift in the van to the top ( god i was tempted ).

Downhill to Merthr was a fantastic buzz. James and Simon speeding like crazy men down the descent eyes and brains out, this was a superb rush, Simon hitting drains covers and almost coming off land rovers not moving over, scary and fantastic.

As we approached the call center in Mythr the two Merthy men, James and Phil led the peloton in, it was a proud and emotional moment it has to be said, we had been through a lot over the 3 days and we all as a team made it, the crowd at the end as we entered the parking area thrilled us all, just like in the real tour and for a few minutes we all felt like pros, and we all felt proud.

One thing that has stuck with me is that im very proud to wear the Kit now, im very proud of our brand and our company, it may sound a bit corporate and fluffy but that's how it effected me, im sure im not alone.

Come on you PINKIES

Paul Morrissey



## Cyclo-cross Race Report

By PAUL MACE

As I am the only HWCC member riding cross at the moment, it is more of a report of the races that I entered.

### **8<sup>th</sup> September Rugby Floodlit Evening Series 1**

**Weather: Fine and dry but a bit chilly**

My first race of the cross season turned out to be a bit of a disaster. Didn't have a very good start, it was one of those races that I just wanted to end. With 2 laps to go, the jockey wheel of my rear mech disappeared, end of race. I was in top 20 at the time. No floodlights were needed as it was still daylight (just) when the race finished.

Results Me: DNF.

### **11<sup>th</sup> September Eastway Cross/Eastern round league 2**

**Weather: Fine and dry but quite windy**

This race was gridded in favour of the regular Eastern and London league riders, so I started at the back. The whole course was rideable, and I had a trouble free ride.

Results Me 8<sup>th</sup>

### **12<sup>th</sup> September Swindon Cross/Western League Round 1/Wessex League Round 1**

**Weather: Fine and dry and warm**  
A cavalry style start, everyman for himself, which is a more fun type of start, obtained a reasonable position early on and maintained it. Parts of the course were quite rutted, which is not very good for the old back.

Results Me: 8<sup>th</sup>

### **15<sup>th</sup> September Rugby Floodlit Evening Series No. 2**

**Weather: Fine and dry, quite cold though.**

This one was weird, got a good start, but the shorter evening meant that part of the race was by the end, almost dark, you couldn't see how far the riders were in front, all you could see were silhouettes of riders. Had a sprint for 5<sup>th</sup> place with two others which I won.

Results Me: 5<sup>th</sup>

### **19<sup>th</sup> September Bletchington Cross/Wessex League 2**

**Weather: Overcast but dry.**

At the start we were all raring to go, then living legend Steve Knight turns up, to the utter dismay of the masses, but we did make room for him at the front though. Hats off, he lapped quite a few riders including myself.

Results Winner: Steve Knight Me: 8<sup>th</sup> @ 1 lap

### **26<sup>th</sup> September 43<sup>rd</sup> Three Peaks.**

**Weather: Wet and windy**

300+ riders took part in what is thought to be the toughest cross race in the world, up in the Yorkshire Dales. You carry your bike up Ingleborough, then Whernside and finally Pen y Ghent. The weather conditions were terrible. At the top of each summit, carrying your bike was almost impossible; the wind kept trying to blow the bike off your shoulder. I missed the start due to a soft front tyre needing to be pumped up, but thankfully the first 5Km were neutralised so getting back on was no problem.

Ingleborough was quite steep, and probably the toughest of the three hills. Whilst the top lads were running, I and many others were walking. This set the scene for pretty much the rest of the race, the riding part was O.K, but the walking, my calves were screaming and lower back was in pain.

Whernside was the second worst of the hills. You reached the top, which was very windy, you didn't look over your right shoulder for fear of being blown over the side it was that windy and there was quite a big drop. If you were expecting to ride down the other side think on, the steps that are there, were really greasy thus you were running down the other side.

Pen y Ghent, the last and the easiest mainly because you could ride up most of it and it had the fastest and most dangerous descent. This is where you would have a mechanical especially on the rocky section of the descent; you took your chances here and just went for it.

Results Winner: Rob Jebb in 3hrs 08mins Me 38<sup>th</sup> in 3hrs55mins

### **29<sup>th</sup> September Rugby Floodlit Evening Series No. 4**

**Weather: Dry, cold and dark**

The last of the series, but probably the funniest, it was totally dark unless you were at the start/finish area where the floodlights were. The rest of the course was marked out by tape and flashing LED lights, which indicated when a corner was coming up.

Results Me: 9<sup>th</sup>

### **3<sup>rd</sup> October Bletchington Cross 2/Wessex League 4**

**Weather: Wet and windy.**

With all the big hitters riding the National Trophy I fancied my chances of doing well. Got a reasonable start. And by the end of the first lap I was in a clear 3<sup>rd</sup> place. After 25 minutes of racing disaster, my rear mech. managed to entangle itself in the back wheel, chain snapped, rear mech. broke, rear hanger bent, spokes snapped, gear cable snapped, end of race, went home and cried.

I did do two other races, but finished way down the field, so are not worth mentioning.

Future Events.



PAUL MACE

31<sup>st</sup> October, Bill Higson Memorial Cross/Wessex League 8, Newbury Showground, 12:45.

6<sup>th</sup> November, Broadribb Cycles Cross/ Wessex League 9, Oxford School, Glanville Road, Cowley Oxford, 13:15.

14<sup>th</sup> November, Tatchbury Mount Cross/Wessex League 10, Tatchbury Mount Hospital Catmore, Southampton, 14:00.



## PERIODISATION, THE WORK/LIFE INTERFACE, AND HAVING INFINITE THINGS TO DO IN A FINITE TIMESCALE.

### Clear off!

We read it all the time, in all the magazines, on every Internet site “dedicated” to getting us to go fast, train progressively and ‘be the best we can’. And all the time, it seems to say, “Give up everything and concentrate on your sport”. Kids, job, partners – pah. Racing, competing and doing all the training sessions on the plan. That’s where its at, and if you can’t stick to the schedule, then clear off and be feeble and pathetic somewhere else.

A bit harsh.

So, can we look at periodisation and the training schedule from a different perspective? I can, because I’ve got funny eyes...

Yes!

As we all know, training doesn’t make you fit, just knackered. It’s the resting that makes you react to the training and accommodate the physical changes required. I think it’s therefore worth the very slight risk of potential overtraining by putting together a training plan with no rest days in it at all, and relying on the fact that the unexpected will rear up and bite you on the bottom, leaving you unable to train on at least one day each week.

Large wobbly but...

“What do we actually do, you rambling fool,” I hear you enquire, accusatively.

Well, I dunno, do I? It depends on what your aims are.

Ho, Ho, Ho-

-wever, there are some basics that we can adopt if your season starts in the spring, and you’ve got a winter to get the traditional ‘base’ put down.

Get, or make yourself a calendar, with a box for each day on it. The more days you can see at once, the better, as then a clearer overview can be, er, viewed.

Also, get a pencil with a rubber at the end without the point. Now, write in all your known, unavoidable commitments.

Add your ‘sacred days’ – those things, sport-based or not, which are yours and are not negotiable, whether it be a holiday, a party, or the club run.

### Bright pink girlie highlighter pen.

Now, using contrasting colours, highlight the first twelve weeks, from Monday 1st November, in a specific colour. This is the 60% of the time until the spring when your focus is on endurance. Using the pointy bit of the pencil again, write in all training sessions, which you want to do on the days when there isn’t a commitment, which will stop you doing ANY training, or a ‘sacred’ time. Of course, some of the ‘sacred’ times may be sport-related, so, again, have the focus of these turned to endurance. You’ll want two other colours, to pick out the 6 weeks of power endurance work that follow, and then the two weeks of speed work that end the first training cycle of the year.

### Not talking

But we’re not talking about those two other bits yet. We’ll do that next time.

Sessions

These can be anything you want, but some examples follow:

Ride to and from work.

Turbo training

Keep fit or circuit training.

Weights

Cardio work in the gym

Going for a run

Solo training

Club training

A bit of a swim

Going to the pub

No

Ignore that last one



## Dog Paddle

Might the next few weeks look a bit like this?

Mon 1 Nov. Recovery work such as core abdominal strengthening, or a nice swim. Perhaps a bit of a walk from one train stop further away from work

Tue 2 Nov. Run for a bit, or turbo train steadily for a bit more.

Wed 3 Nov. Club circuits, or club turbo.

Thu 4 Nov. Ride to and from work

Fri 5 Nov. A quick jog or turbo before or after the firework party

Sat 6 Nov. Swim with the kids, run with the dog, or vice versa, or ride the bike to get away from all that

Sun 7 Nov. Club ride.

## Dirty and Wet

And this will progress, in terms of time and perhaps effort, and have holes knocked in it as things are impossible to do on specific days, creating opportunities for rest and recovery, to:

Mon 13 Dec. Recovery work like an easy 40 minute turbo going up to no more than 80% of you max HR

Tue 14 Dec. Turbo session including 4 long intervals at 90% of your maximum HR

Wed 15 Dec. Club circuit training

Thu 16 Dec. Run 4 miles steady

Fri 17 Dec. Ride to and from work, and put on your filthy, soggy kit at lunchtime to do a workout in your local gym.

Sat 18 Dec. 2 hours vigorously out in the frost.

Sun 19 Dec. 4 hours with the club training group.

And so it goes on.....

## Help!

If any one wants more detailed training preparation assistance, get in touch with Dave Johnson with your aims and aspirations for next season, and we can put a schedule together.

Tel 01494 603021 work 01494 489858 home

or grab me at a club evening.

## Pint

You'll have to buy me a pint, though....

**What does the future hold? It ain't pretty** (Phil Lynott – Thin Lizzy - The Warrior) misquoted and paraphrased.

Well, I thought I'd blather on about power endurance, with some sample sessions, and speed work, and perhaps what to do next. It depends on when the next Sprocket falls, like a shot pheasant dropping from a November Sky, onto your e-doorstep, via your e-letterbox, which is presumably in the middle of your e-front-door, underneath the Windows



DAVE JOHNSON

## THIS MONTH'S QUIZ QUESTION

The effervescent Mr Morrissey did an epic charity ride across the country in early November with the T-Mobile pro team.



Can you name the rider second from the right in the photo above? Prize for the correct name sent to [hwcc@switchtechnology.com](mailto:hwcc@switchtechnology.com)

## HIGH WYCOMBE CYCLING CLUB REPORT 1/11/04



High Wycombe Cycling Club 'Hill Climb Champion' in 2002, Tom Crouch finished 8<sup>th</sup> in the British Universities National Hill Climb Championships held last Saturday over the 1,796yd 'Curbar Gap' course near Baslow, Derbyshire.

Tom who is studying at Sheffield University for a degree in Urban Studies, prepared well for the event by riding the 10 miles from his college to the start of the Championship as a critical warm up. The tactic paid off, ensuring he was ready for the severe load imposed by a demanding hill climb competition.

The good conditions with a slight tail wind over the final section, helped the 99 competitors taking part, and last year's winner Danny Axford from Oxford University clinched the title for a second year running with a clear winning time of 5.29, whilst Ben Greenwood riding for Lancaster University came home in 5.41 for second spot. 3<sup>rd</sup> was Matt Clinton Leeds University in 5.53

Tom's excellent 8<sup>th</sup> position in a time of 6.11, was over half a minute improvement on his time last year when he finished in 19<sup>th</sup> place and he was also the best placed rider from Sheffield University. He will be back in Wycombe for the Wycombe Club's 80<sup>th</sup> Annual Prize Presentation on November 20<sup>th</sup> when he will receive the Club's Road Race Championship Trophy for 2004.

Taking part in Round 1 of the Gorrick Autumn Mountain bike Series held in muddy conditions at Surrey Hills Bagshot at the weekend, Harry Henley finished in 4<sup>th</sup> place in the Grand Veteran category while in the Master category Brendan Divall finished in 13<sup>th</sup> place.

Peter Turnbull was the only Wycombe rider taking part in the Stevenage 100km Audax event on Sunday. Over 200 competitors took part with Peter completing the course in 4 hours.

***See important news regarding Tom Crouch later in this edition - ED***



## HIGH WYCOMBE CYCLING CLUB REPORT 8/ 11/ 04

Sean Bannister, former coach to Olympic gold medallist Bradley Wiggins, put members of the High Wycombe Cycling club through their paces on Sunday as the lead coach at a track training session, at the new indoor Cycling Velodrome in Newport South Wales. This training day had been organised by Malcolm Freeman on behalf of the Wycombe Club.

15 members benefited from the track experience by developing their confidence and track cycling skills on the steeply banked wooden track which has a reputation of being one of the fastest in Europe. The riders followed a structured and progressive programme drawn up by Sean Bannister as they rode in one of two groups. One for the novices and the other for those with some previous track experience.

The improvement from all was very impressive to watch as they built up their confidence and riding skills.

The novice group was taken by Sean whilst both Karl and Martin Freeman rode with the second group which included Clive Nicholls, Steve Gola and Keith Snook, Claire Rutherford also joined this group.

The session climaxed with a 50 lap race for the stronger riders and 30 laps for the novice group which was won by Neil Wragg.

The experience proved a great success for all riders and it is hoped that the club can finance more of these sessions in the future. Taking part were: Neil Wragg, Trish Hicks, Simon Henley, John Day, Paul Morrissey, Paul New, Harry Henley, Paul Mace, Steve Gola, Alasdair MacVarish, Keith Snook, Martin Freeman, Karl Freeman, Claire Rutherford, and Sean Bannister.

Many Thanks  
Yours in Sport  
Margaret Wright  
Press Secretary High Wycombe Cycling Club  
01844 217517





## HWCC TRACK DAY AT NEWPORT VELODROME SUNDAY 7TH NOVEMBER 2004

*Forget bunjee jumping, forget base jumping,  
Forget the luge or the half-pipe.  
None of these sports will now cut any slack.  
Be patronising to the super-crosser,  
And sneer at the freeclimber.  
Because you are the Daddy, you've ridden the track.*

Extreme sports sells millions these days and we think we invented (well, us 'Kids' anyway). Go back over a hundred years to the 1880's and you'll find a sport that is extreme as it gets that is still as exciting now as it was then but call it an 'extreme sport' and you'd be laughed off the vert ramp. Travelling at 30mph on a 42 degree incline with wheels just inches from yours in all directions is unnerving to say the least. Remember, these are on bikes that you are clipped into, cannot freewheel and have no brakes.

We've all seen track cycling on the telly at the recent Olympics since the UK is, arguably, the best in the world at it but if you thought it was just about leg power & stamina it's not. The skills required are enormous and the tactics rival any Kasparov vs Karpov chess game.

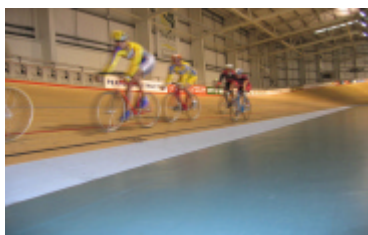
Just over a dozen HWCC members went to the Velodrome at Newport for track training session to have a go ourselves and experience the 42 degree banking. If you snowboard or ski then you'll know from the avalanche warnings that snow doesn't stick very well to 42 degree slopes let alone 23 mm bike tyres!



After stocking up on the way to Wales with energy



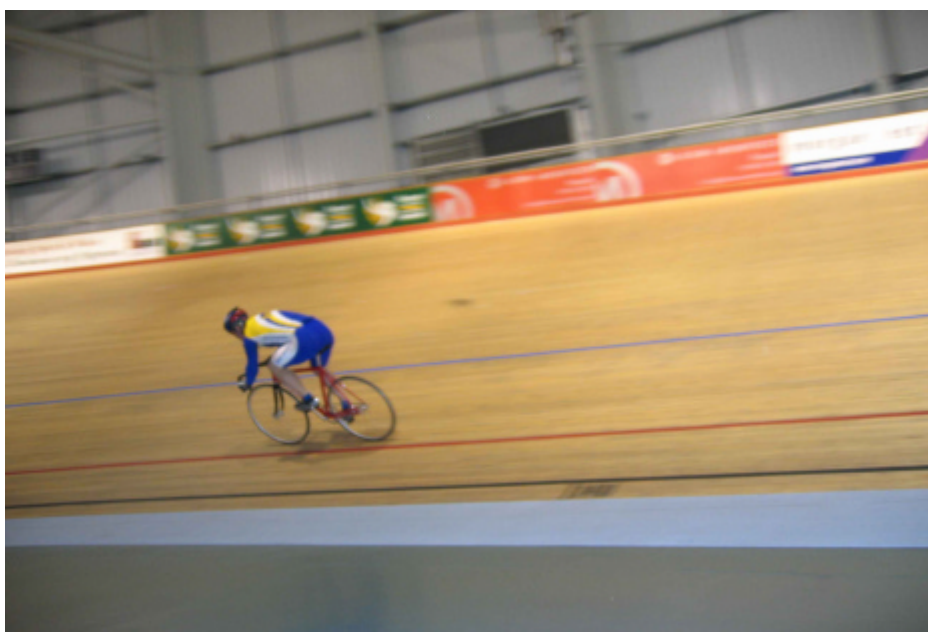
food the Dream Team  
HWCC Trackstars were  
ready to rock.



The next trip is planned for  
early in the New Year so  
contact Malcolm if you  
think you're hard enough!



NEIL WRAGG



**email: [hwcc@switchtechnology.com](mailto:hwcc@switchtechnology.com)**

## MOUNTAIN BIKING NEWS



Nick Calkin competed in the Trailbreak Fat Tyre Navigator race on Sunday 14th November which started in Kintbury near Hungerford. It was a cold start with a hard morning frost so the trails were in excellent condition. The dry trails made for fast riding but the complex course layout made route planning difficult. Nick started strongly and covered ground quickly gaining early points in the process before he needed to work out which of the 25 checkpoints to miss. With the final route decided he continued at a good pace, but started to suffer after some 2 hours of hard riding. Nevertheless Nick completed the route in a very credible 3 hours 32 mins with 810 points amassed, after losing a mere 10 points for being 2 minutes late. This result was good enough to give him 1st Vets place and 3rd place overall. With this result Nick has won the Vets category in the 'Autumn series' and achieved a second place overall. He is also currently leading the overall rankings which includes a rider's best 5 results of the previous 6 events. See <http://www.trailbreak.co.uk/navigators/index.php> for details of the events and how to enter.

Brendan Devall finished 8<sup>th</sup> from a field of 50 starters in the Gorrick Mountain bike race held at Crowthorne. Riding his Specialized Epic with smart full suspension technology he managed to hold off stiff competition from three other pursuing competitors in the final 2 laps. Those four places being split by just eleven seconds.

*Reminder.....*

**Southern Exposure Evening Race xc1 – [Heath Warren Wood](#)**  
Bramshill Road, Eversley, Hampshire.

Be prepared, not scared... for racing in the dark as Gorrick and [USE / Exposure Lights](#) brings you short course night racing! Combining the best features of 24hr enduros (the nighttime bit) and the 'Beastway' style of racing (short fast laps) with some great prizes from our sponsors. The plan is for only two starts as follows with special categories to be defined:

- 7.15pm for 40 minutes
- 8.15pm for 60 minutes



**GET YOUR HAIR CUT AND  
STOP IT WITH THE CIRCUS  
ANTICS ON CLUB RUNS  
DIVAL !!**



### HIGH WYCOMBE CYCLING CLUB REPORT 28/11/04

High Wycombe Cycling Club's off road men, Brendan Divall and Nick Calkin, took part in the Gorrick Mountain Bike Club's morning and first ever night time events held in East Stratton, Hampshire.

Nick Calkin competed in the 'Trail Trax' Mountain Bike Orienteering event held on the Sunday morning. It was a wet morning for the race, which involved picking up as many points as possible from the 20 checkpoints and getting back within the allotted official 3 hour time limit.

In form Nick made a speedy start and picked up a high tally of points from most of the checkpoints. He maintained a good pace throughout and managed to avoid any penalties by finishing just inside the cut-off limit with a time of 2 hours 59 mins. This was enough to give him a superb 2<sup>nd</sup> place in the Men's solo event behind Rick Fetherstone who managed to clear the course with a faster time.

A jammed chain in the closing metres cost Brendan Divall a top placing in the Gorrick MBC's first ever night race. Persistent rain for the whole day meant that by the evening the course was extremely muddy, which increased the difficulty considerably. Despite this, Brendan finished in a respectable 12th in the over 35 category.

## LETTER FROM HWCC MEMBER TOM CROUCH

13<sup>th</sup> November 2004

Dear High Wycombe CC

It is a mixture of excitement (for the future) and fond memories (of the past) with which I write this letter. I felt it was appropriate to inform you of my recent cycling development.

Over the past month I have been in discussion with Team Synergy RT and have now signed an agreement with them for the 2005 season. After many conversations I have decided that this is the best move for me in order to continue to progress in my cycling career. I will be part of a sponsored 5 man Under 23 squad within a 10-rider team. We will be tackling many events throughout next season, with a particular interest in the National Under 23 series. I felt this would be a good learning experience being part of a team with tactics, leaders and team roles.

I would like to thank HWCC for your support over the past 4 years, which has seen me on many high and lows of the world of cycle racing. I would like to share some memories.

Firstly my racing career started in 2001 with the Archer Junior support race that no doubt the Henley's will remember as my chain came off in the neutralised section and after a furious chase behind their car I got back to the bunch for the start only to be dropped within the first 5 miles. Other memories of my first season were the two junior tours I attended (Lancs, Wales) of which I finish last and 1 off last respectively.

Since then I have progressed through from 4<sup>th</sup> to 2<sup>nd</sup> cat with the highlight of this year being a close fought battle with Daniel Martin (National Junior Champion) at the Didcot Phoenix race where I lost by 10metres to finish 2<sup>nd</sup>.

I would like to thank the following people:

Harry Henley: ***for convincing me to try racing***

The Henleys: ***for all your support and encouragement throughout the years***

Malcolm Freeman: ***For your advice and encouragement in my development***

Gordon and Margaret Wright: ***For your encouragement and support***

Paul & Peter Dean: ***for your friendship, training and all the support***

John Day & Barry Hook: ***for your support in my early cycling years***

C. Nichols, G. Marshall, D. Roberts: ***for your interest in my development***

Karl Freeman & Simon Henley: ***For your inspiration to become as good as you two (still trying, maybe next year, watch out Simon!!!!)***

Mum and Dad: ***for all the support and encouragement (you'll never beat me dad!!!!)***

Simon Winfield: ***for your support and Sponsorship***

This list is by no means exhaustive, as many others have supported me, for which I am grateful. I will still be around so do keep in touch and will see you all around in the future.

Thanks once again.

To keep in touch with me either email me on [mzungu\\_crouch@hotmail.com](mailto:mzungu_crouch@hotmail.com) or write to me at 14 Hoole Road, Broomhill, Sheffield, S10 5BH

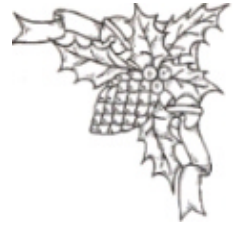
Tom Crouch







## CHIPPOS GROAN CORNER



### SUPERB NEWS XMAS NEWS

I HAVE A LOAD OF LIQUIGAS BOTTLES AND AND SPEAK , UNCLE CHIP HAS AT LAST WRIGGLED GLORIFIED CHALET PUSHING TEAM ( DOMINA TEAM ( LIQUIGAS/BIANCHI ) THAT APPRECIATES HUGGING PRESS ATTENTION UNCLE CHIP BRINGS). BAGSTEDT A CRACK AT THE CLASSICS IS A REAL WILL NO DOUBT GET FREE VIP PASSES AND GET DRINK FREE CHAMPAGE ( THIS WILL NOT INTERERE YANG ETC ) ROCK .



SOME BIANCHI GEAR FLYING MY WAY AS WE OUT OF HIS RUBBISH CONTRACT WITH THE VACANZE ) TO MOVE ONTO A SUEPRIOR NEW THE TALENTS HE CAN OFFER ( AND LIMELIGHT LOOKING AT HIS NEW TEAMATES , WEGLIUS AND POSSIBILITY WHICH IS EVEN BETTER NEWS AS I TO HANG ROUND WILL GAGGING PODIUM GIRLS AND WITH MY ETAPE TRAINING DAVE JOHNSON , YING/

PUNCTURES, IM SICK OF THEM , MIND YOU WHO ISNT , I WENT THROUGH ABOUT 3 INNER TUBES ON A RECENT CLUB RUN TO SAVILLE GARDENS , MIND YOU I DID HAVE CHEEP TYRES ON EITHER WAY , WHEN WILL THEY INVENT TOTALLY PUNCTURE PROOF TYRE , COME ON . ANYWAY SAVILLE GARDENS , HA , WHILE I WAS FIXING AND CHANGING TYRES ( THANKS STEVE GOLLA , NEIL WRAGG AND JOHN DAY , WHO ACTED AS ASSISTANT TYRE GIMPS FOR ME ) THIS 400 YEAR OLD GUY IN A VOLVO SOMETHING DECIDES THAT CYCLISTS HAVE NO ROAD RIGHTS AT ALL AND STARTS BLOWING HIS HORN AT ABOUT 30 OF THEM ( THE CLUB RUN ) , THE GUYS DID TRY AND GET OUT OF THE WAY BUT THIS GUY WAS NOT SATISFIED AND THOUGHT HEY , I KNOW , IM 400 + I WILL GET OUT THE CAR AND HAVE A GO AT THESE 30 + YOUNG ( WELL MOSTLY ) RIDERS , SHOUTING ABOUT HOW HE KNOWS THE QUEEN AND WHAT LOOTS AND YOBOS WE ARE , THE GETS BACK IN THE CAR AND DRIVES OFF ( WHY HE DIDNT DO THIS IN THE FIRST PLACE I WILL NEVER KNOW ) . SO YEAH PUNCTURES ALL THAT HASSLE CAUSED BY A FLINT , WHAT CAN YOU DO .

MTB, GRIMMS DITCH , NIGHT RIDING , WHATS THAT ALL ABOUT , HADA GO FELL OFF 3 TIMES , THE 2ND TIME MY LIGHTS DIED AND I ENDED UP IN THE MIDDLE OF THE BLACK NIGHT WET FACE IN THE MUD LAUGHING THINKING , MUM , BUT WHAT A CRACK , I WAS TALKED INTO HAVING A GO AT HIS SUPERB BIT OF RIDING BY JOINT EDITOR NEIL WRAGG . MEETING UP IN THE MIDDLE OF HENLEY WE VENTURED OFF ( ABOUT 6:30 ) , ABOUT 7 OF US . VARIOUS EXPERIENCE , AND VARIOUS LIGHTING . I STARED MY RIDING LIFE ON MTB AND HAVE NEGLECTED MY TITANIUM GT XZIAN FOR ABOUT A YEAR NOW ALL I CAN SAY IS IF YOU GET THE CHANCE JUST DO IT , THESE GUYS MEET UP EVERY WEDNESDAY IN HENLEY , NOTHING FORMAL ETC, BUT IT WAS SOMETHING THAT GOT THE MIND TICKING REF MTB , SO KEEP YOUR EYES OPEN FOR MORE INFO IN THIS MAG REF MTB , ITS SOMETHING WE CAN ALL DO AND THE CLUB NEEDS IT .

CHOW  
DE CHIPPO



PAUL MORRISSEY



### AN EMAIL RECEIVED RECENTLY AT THE SPROCKET NEWSDESK.....

I was browsing the web today and came across your excellent magazine. My interest in HWCC stems from the fact that I joined the club in 1957 whilst doing my National Service at RAF Naphill. It was my introduction to club cycling and I rode a few 10's and 25's. I still have my certificate for the club 100 in 8 reliability trial... one of the signatories is Paul Burnett... is he still around? I was demobbed early in 1958 and went home to join the Southern Paragon CC where I was club champion that year... all downhill after that with Test RC and then Southampton Wheelers.

Anyway  
congratulations on your website

Regards  
Peter Young, Lymington  
Tue 30/11/2004

<http://www.highwycombecc.org/>

## HEROES-GODS-LEGENDS



Heroes as far as this MAG is concerned are HWCC riders and personalities that have come to mind and have been of note, I have listed a few below. Now obviously these are people the editors of the mag feel have done really well, I'm sure you all have someone in the club you feel has had a great season or contributed something to the club and goes unmentioned, so what can you do about this. What you can do is tell the Editors of the Mag who they are, we can get a piece on them in the mag or even if it's just a mention etc, then we all get to see what they and we have achieved and at the end of the year we can vote for our ZEUS or ZEUSESSSE. As per usual, email us or talk to us

hwcc@switchtechnology.com

*Octobers Heroes/Gods Legends are*



### **Dave Roberts + Johnathan smith + Barry hook**

on most occasions these guys manage to control the club runs, Dave keeping an eye on the stragelers and Jonathon ( with trusty whistle ) ensuring we all dont the pace is right and we all dont shoot off the front with Barry keeping an eye on the rest , so with the increasing size of clubs runs ( 35 and counting ) its a big , thank you to these guys .

### **The Mountain bike guys ( you know who you are )**

Now we have kicked into winter the sunday rides have increased in size , mostly swelled by our MTB fraternity with nice winter bikes , its great to see you guys out with the roady bunch and , it would be event greater if you all joined HWCC think of the possibilities etc .

### **Tom Crouch**

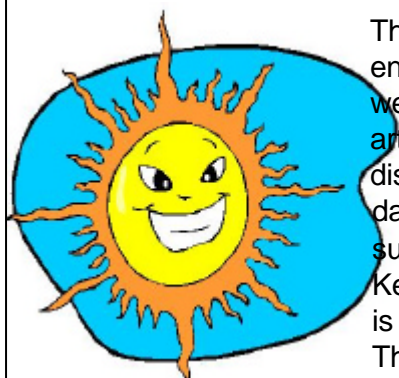
As you may have read earlier Tom is off to a new club with a great deal ( bike kit etc ) im sure we will see him at races and when i race past him in a sprint i wont knock him off , this guy has been racing in HWCC colours for 4 years now and im gutted to see him go , either way , its the best for him and he will always be welcome at any HWCC ,Tom Crouch , you rock sir ,and we all wish you every success in the future .

Paul Morrissey



***"Why you don't see me on the Winter Club Runs."***

**Part Two** *"Cos it'll give me Arthritis."*



There is some evidence that persons with arthritis have symptoms influenced by changes in the weather. However, there is no evidence that weather changes have anything to do with whether an individual gets arthritis in the first place. The weather cannot cause any rheumatic disease but it can make a difference to how you feel. Cold, greyness and damp may lower our resistance and aggravate pain whilst warmth and sunshine can have the opposite effect.

Keeping warm will, in most cases, ease mental and muscle tension. Heat is used by physiotherapists to sooth pain.

The answer is, keep warm by taking plenty of turns at the front on Sunday mornings. Sit by the radiator in the cafe and, most importantly, buy a villa in Spain where you can take all of us on warm Spring training camps next year.

 NEIL WRAGG



## LETTERS TO CHIPPO

Uncle Chip has a new Team , he is so chuffed he has headed to the beaches of South Africa to celebrate and get in some sunny training rides in preparation for the classics , as usual he has managed to fit in responses to letters sent by his favorite british Club HWCC .

### Dear Chipppo

I find winter Club Runs boring so to entertain the other riders on the run i duck and dive in and out of traffic and ride about like a circus clown to give the the benefit of a club run and a show , am i fantastic or what ( lonely , High wycombe ) .

*Ah , yes i know the kind of chirpy chap you are , always shooting up the hills on fat burning club runs and weaving in between traffic making the car drivers hate us more than they already do , look guy STOP IT , your going to end up with a VW sign in your cranium , your funny entertaining and your stupid as well , what a combination, ever fancied running for president .*

### Dear Chipppo

I have just bought a pink ( Magenta ) Bike , its a T-Mobile replica full carbon everthing , in to scared to ride it in case my club mates ignore me with embaresment , what can i do ?? ( Big Steve ,High Wycombe )

*Whats all the colour thing about my friend , get in touch with your pink side ( maybe not ) would you rather a dull grey and just blend into the road surface , that pink "aint so bad ",my good friend Jan rides one and he only gets dropped by that Lance guy , i suggest you go the whole hog and get the kit to go with it , you will look magnificent proud and bold like a strutting peacock in season , dont do things by half , get out on the thing NOW.*

### Dear Chipppo

I want to do a late winter ( jan/feb ) training camp but cant get anyone to go with me , what would you suggest i do ??? ( lonley , High wucombe )

Hey , what sort of a question is that to ask me , getting time to train alone , wow i should be so lucky , if your so called friends dont want to go with you then they aint friends my friend , what you could do is email them to death and that way brain wash them into going ( it works for the CIA and a couple of religious sects ) , i suggest you just book one up and go , it , im sure will be chick heaven , you wont get any training in and end up in a sauna/hot tub with a couple of very fit triatheletes ( ladys of course ) , we all know that these "training camps " are actually a ruse for an ibiza type party get away with the lads , so , book one now , just GO!!!

### Dear Chppo

Kylie or Britney ( gigalo , High wycombe )

Please my Friend , you dont have to make a choice , its like DVD /MP3/VIDEO , you understand ???



Paul Morrissey

### FOR SALE !

Colnago C40 art decor (mapei). 56cm Carbon fibre frame and forks. 9 spd Dura ace thro-out. Mavic open pro rims 24/28. About 5 years old. Very light and very fast (with the right rider aboard!). Regularly maintained. Talk to Phil Crouch for more info on 01494 812428 or e-mail [phil@crouch70.freemove.co.uk](mailto:phil@crouch70.freemove.co.uk)

### FOR SALE !

Kona Muni Mula mountain bike. Aly hardtail, light fast and strong. Middleburn chainset, SRAM wavey shifters, X-Lite bards, Pace RC35 forks. £500 neil.wragg@switcht.com 01628 473419

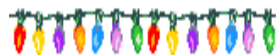
Useful roadbike seeks good home. 24" Peugeot Izoard in poser purple and turquoise, Shimano equipped, 21 gears, about a year old and lightly used. £50, as space needed.

Audrey Hughes, 40 Coppice Farm Park, St Leonards, Tring HP23 6LG, 01296 696229, [audrey.hughes@care4free.net](mailto:audrey.hughes@care4free.net)

<http://www.highwycombecc.org/>







# The Next Issue

HIGH WYCOMBE CYCLING CLUB news and information

MEMBER INTERVIEWS  
MOUNTAIN BIKING NEWS  
CHIPPO'S LETTERS  
CYCLO PRO CROSS TINATION  
CLUB RUN EXCUSES  
SCIENTIFIC WINTER TRAINING  
YOUR NEW YEAR'S RESOLUTIONS  
FREE MILES! COMMUTING TIPS

email us at [hwcc@switchtechnology.com](mailto:hwcc@switchtechnology.com)



<http://www.highwycombecc.org/>

**amsphere**

Knowledge Transition Consulting



TT League 2004



CompuCup 2004

