

SHAFTESBURY

CYCLING CLUB

Members Newsletter

JUNE 2024



Despite the weather the 2024 season is well under way!

Welcome to this Mid Season Newsletter. Read on to take in all the great things that has happened so far this season in the name of **The Shaftesbury....**

Included within this newsletter are a number of photos, many of which are also published on our website and on our social media platforms. We are very thankful to club members that take and publish photos!

We would particularly like to thank and give credit to **Martin Cooper (@Omnirocker)** for the amazing photos he produces week in, week out and allows us to use.

Thanks Martin, it is very much appreciated!

Champions of Essex

Robinson and Coyle become Essex Champions 2024 and we win Team Championship

Shaftesbury CC hosted the Essex TT Championships on Sunday 19 May 2024 and took full home advantage on their iconic sporting 'Vipers' course, as the atomic clock based timing system, pioneered by the club in association with HCS Technologies, sent instant split and finish times back to HQ alongside the live video of action out on the course.

Louise Robinson retained her Female TT Essex Champion title on the 25 mile course with a 1:02.35 and said after the event "I'm delighted to have won for the third year in a row. The course was challenging and much harder than in previous years. I gave it everything I had to defend my title and it paid off'.

Debbie Coyle had to face off not only stiff competition in the Road Bike category from defending champion Paulina Mozal (Chelmer CC) but many gremlins determined to deny her a first major title. Debbie was not only battling illness but her light failed just before the start, partner Paul was competing and on hand to pass her a light – punctures struck as she crossed the line, but too late to deny her the title.

The team champions for the fastest aggregate time across Open and Female TT and Road Bike Cats went to the hosts. Individual winners **Robinson and Coyle** combined with club mates **Ramsey Kechacha** on the TT and **Kevin Baumber** on Road Bike to hand the title to Shaftesbury ahead of neighbours Chelmer CC.



Further congratulations...

...go to Louise Robinson on being **National VTTA Female Short Distance Champion** for 2023 with an average speed of 27.472mph. A fantastic achievement, well done Louise!

Oh Captain! My Captain!

It is wonderful to see not just the success of our women and junior riders but also the real value and appreciation the club as a whole has for these super important cohorts. I'm not saying that just because they are better and win more at it than the men (OK it's partly that) but because it is so important to the sport, a traditional club, and its future.

We need to use this platform to expand this decent start though - women are still hugely under-represented, and our juniors are electric but thanks to just three or so families.

So any recruitment (don't poach!) that you can inspire in these categories will make us all the richer.

Wider diversity remains an issue - our members from ethnic minorities are a blessing but far too few. This is a sport-wide problem and I'd like to understand better why that is, but it is clear that it is structural so we have a significant task breaking through what are robust barriers.

Again, your pro-activity is one tool at our disposal - let us blaze our next, most important trail.

Cap'n KB



Membership

Welcome to all new members, our numbers are growing weekly. Your Committee continues to try and do the best for the Club and are very committed to providing a great future for the Club.



Racing

Can you believe we are already halfway through the evening 10 series? The season is well underway now and it is great to see so many faces, both new members and regular testers at the windmill on a Wednesday evening.

The series is turning into a great edition, with members having ridden at least once, participation is up over 30% on last year which means there are some great competitions building up. As a reminder, there are numerous competitions that run on a Wednesday night, all of them points based, details below.

Fastest Points - Four variations: Female Road Bike, Open Road Bike, Female TT Bike, Open TT Bike

In this league, the top ten riders each week are awarded points, 10 for the fastest rider all the way down to 1 point for the 10th place rider. Maximum of 10 events to count.

Handicap Points

This is a single competition for ALL members, the only competition in the club where every rider competes on an equal footing. Your position each week is determined by comparing your time to your fastest time over the past three seasons. With the person performing the best getting 50 points, second best 49 points and so on. This league rewards consistent improvement over time and we regularly see super tight competition for the leaders spot. This is the one to watch!

Handicap Points - Female / Junior

The same format as the handicap points but a separate league. One for Senior Female riders and another for all Junior & Youth riders.

Veteran Points

This is a league for all members over 40, with your time compared to an "Age Adjusted Time". The fastest each week receives 20 points.



At the halfway point the top contenders are...

Name	1st Place	2nd Place	3rd Place
Handicap Points	William Barlow (365)	Isabel Beale (320)	John Butcher (314)
Handicap Points (Senior Female)	Debbie Coyle (298)	Sarah Wenham (295)	
Junior Points	Isabel Beale (297)	William Barlow (294)	Oliver Beale (292)
Veteran Points	Gary Jackson (124)	Andrew Wenham (115)	Kevin Baumber (99)
Fastest Points - TT Bike (Open)	Andrew Wenham (57)	Kevin Baumber (48)	Gary Jackson (39)
Fastest Points - TT Bike (Female)	Debbie Coyle (20)		
Fastest Points - Road Bike (Open)	Fred Barlow (64)	Mark Thurlow (54)	Pablo Beale (40)
Fastest Points - Road Bike (Female)	Sarah Wenham (56)	Debbie Coyle (40)	



There are over 40 competitions within the club, you can see the details of all of them on our website: <https://www.shaftesbury.cc/competitions>. Details are updated daily as new results come in.

In other news, we have run two very successful open events this year. The first was the Shaftesbury 25 in April. With roadworks on the planned course, 45 riders ended up racing the Vipers on a cold but sunny Sunday morning. The event was very well received and some great times posted as a sign of things to come for the big event a few weeks later. Congratulations to the 12 Shaftesbury riders who took to the start line.

The next event was a big one, The Essex Championships, again held on our very own Vipers course, this event attracted 80 riders from across the county to compete for the coveted Essex Champions jerseys. With a capacity field the course was super busy and it was great to see so many spectators congregating on the course to support the riders. It was even better to see that three of the champions were in Shaftesbury colours. Congratulations to Deborah Coyle for winning the Female Road Bike competition, Louise Robinson for winning the Female TT Bike competition and of course, Debbie, Louise, Ramsey and Captain Kev for winning the Team Competition. **It's official folks, the Shaftesbury are the fastest in the county!**

It goes without saying that there is a huge amount of work behind the scenes to make any of our events run smoothly. I'd like to say a massive thanks to all of those that help with organisation, marshalling and more. The club would literally not operate if it were not for your help.

Which leaves me to talk about our last open event of the season, **The Shaftesbury Open 50**. This event has over a century of history and is one of the longest running time trial events in the nation. It always attracts the best in the country to compete for the "Shaftesbury Centenary Trophy" which has been awarded to the winner of the open 50 every year since 1988. Since 2023 the award is jointly awarded to the fastest competitor in both the open and female classifications. Claire Emons was the first, and current, winner of the female classification after winning the 2023 event. Current male holder is Jack Levick. The event is being held in Cambridgeshire on the F2/50 course near Cambourne, on Sunday, 14th July. As always, we need help! Andrew Wenham is organising the marshalling for this event. Your help is critical to ensuring the continued running of this event, please put your hand up to help now!

See you on the Vipers!

Phil

**OPEN 50,
SUNDAY 17 JULY**

**PLEASE LET
PHIL HODEY OR
ANDREW WENHAM
KNOW ASAP IF YOU
CAN HELP MARSHAL
THIS EVENT**



Torq 3-6-9 MTB Race.

Amazing feats of endurance by **Phil Barlow**, **Fred Barlow** and **Pablo Beale** at the Torque MTB 3-6-9 (hour!) race.

Fred fought his way to 8th in the 9 hour solo race and Phil and Pablo achieved top half placing in the 6 hour Vets Pairs race.

East & South East MTB XC Championships (aka Beastway)

The Beastway series was been reduced to one day of races for all categories – and was also the British Cycling MTB XC East and South East Championships.

Shaftesbury riders featured strongly with **Olly** and **Issy Beale** winning their events, **Will Barlow** podiuming with a 3rd in the Juniors, **Phil Barlow and Bob Pisolkar** taking 7th in Vets and Grand Vets categories with the day rounded off by **Fred Barlow** racing to 12th in the prestigious Senior Mens Championships.

Travers MTB SERIES

After 4 rounds its all to play for for our own regular Travers riders **John Harrison**, who is in the top 3rd of L2, **William Barlow** is Top 20 L1, **Fred Barlow** is 8th in the Elites, **Issy Beale** is leading the Youth Cat, Ollie Beale and Lochlan Dyer are 2nd and 3rd in the Youth (male) cat.

Last 2 races are on 23rd June 24 and 7th July 24.

There's still time to enter the final round on the 7th July or just enjoy a day in a great locations cheering our fantastic MTB ers.

<https://www.traversbikes.com/datestimings.html>

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AUDAX

What is Audax?

Audax also known as 'Randonneur' events or 'Brevets' emphasise long-distance non-competitive cycling.

Many ride Audax for the sheer joy of riding in different terrains or riding with like-minded cyclists but for others it is about challenging yourself against time, distance, personal goals etc.

The term 'Audax' means 'bold' or 'courageous', highlighting the challenging nature of these events. Originating in France and closely connected to the origins of the Tour de France (History – Audax Club Parisien Randonneur (audax-club-parisien.com)), audax events, emphasise endurance and self-sufficiency. Riders must complete a set route within a specified time limit, focusing on the journey and personal achievement. Times are given but completion order is listed by name rather than time.

Probably the ultimate challenge for many in the Audax world is the 1200km (746mile) Paris-Brest-Paris which has been completed by several SCC riders in recent years, including Richard Parrotte, Paul Haxell and Alan Clements. Richard is also known for his love of very mountainous events that include many thousands of metres climbed. Our SCC events offer more accessible distances of 100, 150 and 200km.



Audax or Sportive - what is the difference?

All Audax events could be called 'sportives' but the reverse is not true as Audax UK has it's own regulations. However, I think UK cyclists understand a "Sportive" to be an event with a much higher level of organisation such as timing chips (I just use a digital clock), a fully signed route (Audax events have written route sheet but nearly everyone follows a GPS track these days). Sportives tend to be more expensive than Audaxes but often include food in the price. Our Audax events are only £6 to enter and food is provided at low cost, in typical SCC style. Medals are available for finishers.

Audax impose a maximum 30kph (about 18mph) average speed to stop it becoming a race but there are usually a few "hard riders" who are quite competitive against the clock. I have never had anyone finish my Audaxes at the maximum permitted speed of 18mph so there's a challenge!

Essex Lanes - Bye Bye Bungalow - SCC Event Saturday 28th September 2024

This is likely to be the last ever event at the SCC club hut, known to many as "The Bungalow" so don't miss the opportunity to visit this iconic venue. For those not familiar with the venue, it has bags of character and is steeped in the history of Shaftesbury and the UK cycling scene.

The location is an ideal opportunity to get away from your usual routes to ride the quiet lanes and view the beautiful villages of North Essex.



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Did you know.....?

The Shaftesbury have strong relationships with a number of suppliers and partners both local and nationwide.

Many of our partners offer generous discounts to members upon presentation of our digital membership card. Don't yet have a digital membership card, then please speak to Phil Hodey.

See our new website for further details:

<https://www.shaftesbury.cc/partners>

A reminder for all that we are supported by High 5 energy and with our code, we get 40% off any items through their online site: H5#SHAFTESBURYCC. Visit <https://highfive.co.uk>

Future newsletters

Please let Richard Austin have any input, words and/or photos for future newsletters. As much as I am happy to pull the information together, I cannot come up with all of the content. Many thanks to Kevin Baumber, Bob Pisolkar, Tim Stout and Phil Hodey for their input this month. Thanks and credit to Tim Stout for the photos..

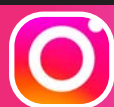
I hope to produce the next one in early September so get those race reports to me please. You can provide the information via e-mail to richardaustin@btinternet.com

Hopefully see you at a Club Event soon.

Please email richardaustin@btinternet.com

We have a strong presence on Facebook and Instagram, please **FOLLOW** and **LIKE** us on both. Liking posts helps to boost the awareness of the Club and its activities.

Also, If you are not already a member of our WhatsApp group and would like to be, please let **Phil Hodey** or our Club Captain, **Kevin Baumber**, know.



Follow us on Instagram - [shaftesburycc](#)



Follow us on Facebook - [shaftesbury cycling club](#)



Follow us on Twitter/X - [shaftesbury1888](#)

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Officials for 2024

Chairman: Richard Austin

General Secretary: Laurence Bellamy

Treasurer: Richard Austin

Time Trial Secretary: Phil Hodey

Road Race Secretary: Vacant

Club Captain: Kevin Baumber

Off Road Secretary: Bob Pisolkar

Social Secretary: Paul Looke

Media Secretary: Ramsey Kechacha

Audax Secretary: Tim Stout

Welfare Officer: Jim Poulain

Marshalling Secretary: Andrew Wenham

Bungalow Secretary: Mick Dodge

Junior Committee Member: Vacant

Handicapper: Phil Hodey

Club Member Reps: Geoff Fletcher, Brian Hurrell, Norman Hurrell, Helen Pople and Barry Tucker-Vincent



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