



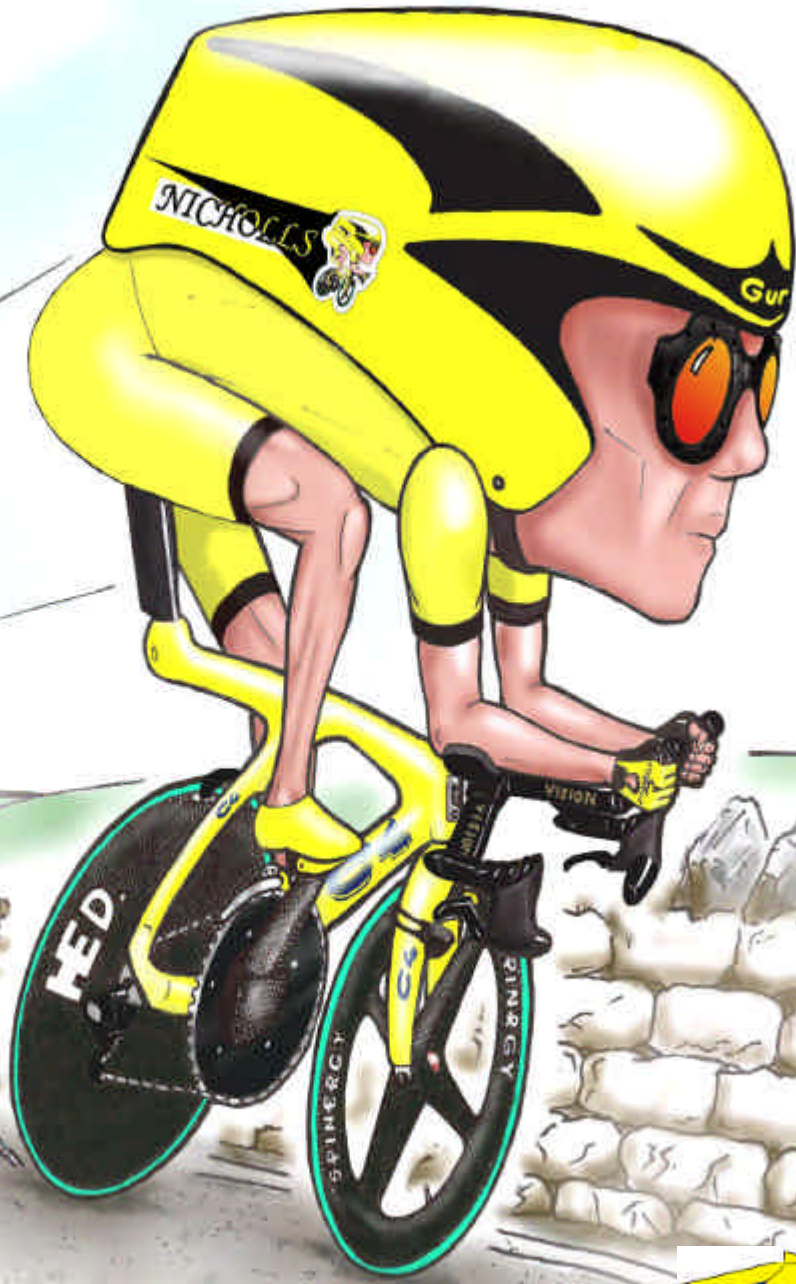
INTERVIEW WITH NATIONAL CHAMP + OLYMPIC COACH
 ETAPE TRAINING DIARY
 JAN'S HELPFUL WINTER DIET ADVICE
 INTERVIEWS - TRIATHLETES & TRIALLISTS
 HEROES-GODS-LEGENDS
 STORIES
 FEATURES
 DROPPED

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The Sprocket

HIGH WYCOMBE CYCLING CLUB news and information

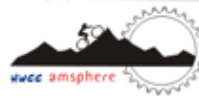
ISSUE 2
 November 2004



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TT League 2004



CompuCup 2004

Issue 2 already eh? We can't believe it! Overall the feedback we've received has been very encouraging and we have had a good response on all of the pieces in the mag so far, so thanks to those who gave their time and effort. But please please please, MORE feedback please! We are just mere cycling mortals with jobs, families and bikes to ride like yourselves so tell us what you want to read. Tell us what you don't like and tell us what you've found boring. Did you just skim the last issue or did you read it all? And unlike the glossy mags, we positively ENCOURAGE unsolicited articles! Just send them to hwcc@switchtechnology.com, drop us an email with anything you want to see, ideas or something you've written yourself.

There is, obviously, a huge amount of varied kit being used by club members. Put your wisdom to good use and share it! Email us with your reviews of kit you love or hate. What is the best thing you've ever bought and what was a complete waste of money? Winter clothing is something that cannot be properly tested in the shop so email us with any kit you rate highly or not. This month's issue is really focusing on winter, from training to commuting to winter diet advice (thanks Jan) also we will have the usual interviews and features .


The club Hillclimb and Downhill club event was well attended and Brendan Divall managed to scoop both events by five seconds and a foot respectively! I myself (Chipo) could not afford the cost of bribing time keeper, Barry Hook as he was asking a pound a second and wouldn't negotiate! Obviously Brendan has deep pockets (only joking Bren!).



The Downhill event, in which David Millar could only manage a 3rd many years ago, was slightly hampered by a cross wind which slowed down some of the riders with, er, a larger surface area shall we say, a bit more than last year. Carl Freeman looked like he was on his way to winning the event with some front wheel wiggling which managed to get him quite a way UP the hill, however Brendan managed to pip him at the post by winning by about a foot. Not bad, I don't believe anyone has ever won both events on the same day so, nice one Bren but that does mean that whilst you are the club's double winning champion you are not allowed a chain on club runs, you'll just have to wiggle that front wheel all the way.



We hope you enjoy this issue and remember - TELL US!

 Regards, Chipo & Raggy
 aka **Paul Morrissey & Neil Wragg**
 Editors Extraordinaire

CLUB EVENTS

Saturday 20th November
The Club's 80th Dinner & Awards Ceremony @ The Holiday Inn

Every Wednesday @ The Club (West Wycombe village hall)
Turbo training, circuit training, Keep Fit (07:30pm) and bike chat.

Sunday 7th November
Special track training session for HWCC members @ Newport Velodrome. Contact Malcolm Freeman

Tuesday 30th November
Visit to the private motor museum at Williams F1 HQ

Sunday 19th December
Beer & Pickle run(see club run lists)

Friday 26th December
The Boxing Day 10 @ Longwick. Prizes for the best fancy dress.

SUNDAY CLUB RUNS

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.

- 17/10/004 Windsor Excellent turnout of 25 riders for a gentle flat run to the picturesque Saville Gardens cafe in Windsor Great Park
- 24/10/2004.....Another pleasant social run with a diversion!.....Aldbury
- 31/10/2004.....No loose spooks on this one.....Tring
- 07/11/2004.....Goring
- 14/11/2004.....Benson
- 21/11/2004.....Winslow
- 26/11/2004.....Waterperry
- 05/12/2004.....Dinton Pastures
- 12/12/004.....Saville gardens

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

TUNING PORSCHEs WITH LEAKING TAPS

An Interview with HWCC President Dr Gordon Wright

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You cannot say that The Sprocket doesn't cover every angle. In the last issue we gave one of the newest members of the club, myself, a chance to voice their initial impressions of the club. In this edition I was put directly in the firing line to interview the man right at the top, the president of the High Wycombe Cycling Club, Dr Gordon Wright.

As the coach of Great Britain's current national 10 mile and 25 mile National Champion I asked Gordon for the name of any other cyclist he would have loved to have coached. The answer might surprise you so I'll tell you at the end.

Gordon qualified as a British Cycling coach over 30 years ago and has had a few successes training club cyclists up to a high level of competition. One ex-pupil of Gordon's was Peter Keen who went on to coach arguably Britain's greatest time triallist Chris Boardman.

Up until 1995 Gordon considered himself essentially, just a club coach but an introduction by a mutual friend to Stuart Dangerfield changed all that. Stuart didn't have a coach at the time but although he was performing at a high level he wasn't having a very good season that year. Since then Stuart, together with Gordon as his coach, has held around 19 National titles, competed at 4 World Championships, 3 Commonwealth Games, one Olympics and is the current British record holder of the 10 mile time trial - 18 mins, 19 seconds set in 2001.

Stuart has, no doubt, an enormous natural talent but it is Gordon who has "channelled" this talent. "I sometimes liken it to being given a Porsche that is totally all out of tune and being told to fix it! And I thought", says Gordon, "oh my god, where do I start? I knew I could help him although I never knew how much impact I would have." Gordon continues, "it has been a journey of discovery with Stuart and I owe him an enormous debt because with him I have learnt something every year".

With an athlete performing and achieving at such a high level this places a great deal of responsibility on the shoulders of their coach. If a sportsman performing at club level doesn't peak at the right time or an event doesn't go as well as hoped then, at worst it is a huge disappointment. To Gordon and Stuart however, it is much more serious. Getting it wrong can mean not getting selected, no National Championship jersey or lost revenue.

Gordon "devours great chunks of sports science literature every year" to help him get it right for Stuart. Although he does say that he "chucks a lot of it away and only keeps the interesting bits"!

Due to the constant learning and experience gained since 1995 Gordon now has his own sports science articles published for the Association of British Cycling Coaches.

See <http://www.abcc.co.uk/wright1.html>.

In 2002 Gordon thought that this might be Stuart's final season to compete at this level but an inspired performance to finish 4th fastest in the 2002 Commonwealth Games (only to have it taken away by disqualification) spurred him onto a superb 2003 season on British soil. This in turn led to thoughts of Olympic qualification for the following year.

Quite rightly so, as to finish 4th in a world class event such as the Commonwealth Games is a great achievement and one that Gordon still regards as a legitimate 4th place, (one commissar decreed that Stuart had 'taken pace' from a supporting vehicle and even though the other two commissars and a watching Chris Boardman disagreed the disqualification stood).

Gordon probably couldn't have manufactured a more effective motivation tool though as Stuart went on to win both the 10 mile and the 25 mile National Championships, the Rudy Project National Circuit Championships and the European Masters Road Race Championships as well as becoming the British Time Trial Champion in 2003.

Selection for the Olympics though wasn't straightforward and British Cycling decided to take only one Time Triallist to Athens. Originally this was David Millar but after admitting to using EPO his place was given to Stuart at the last minute.

Gordon then had the almighty task of preparing an athlete for the biggest event ever in just four weeks. Unfortunately, Stuart didn't "do his best ride" and finished 30th, a few minutes down on what he expected himself to achieve.

Even though he is performing at the highest level in the UK and Australia, moving up to the world stage is a big jump and it was a pity that Stuart didn't have the same amount of time to prepare as his competitors in Athens. As Gordon says "the gap between the world's best such as David Millar (even when clean) and Stuart is large but there isn't anyone in between. After David, Stuart is still the best short distance time triallist in this country by a long way and a lot of people in the UK overlook that".

Gordon's advice to Stuart would be to now concentrate on building a career for himself as there is very little money to earn in cycling here but, maybe, there is still some unfinished business for Stuart in the next Commonwealth Games?

Certainly for one of Stuart's closest competitors, Michael Hutchinson, there is the unfinished business of the blue riband event in world time trialling – the Athlete's Hour Record. On two occasions Michael has attempted to beat the hour record but has failed on both. He has come close but, Gordon feels, has made too many fundamental errors in his strategy and preparation, especially for a rider the calibre of Michael, a Cambridge PhD graduate and one who has been a close competitor of Stuart's for several years.

A notable error, Gordon believes that Michael made was to attempt the Athlete's Hour in between the 10 mile and 25 mile National Championships, both of which he wanted to win. That meant that Michael had to peak for three separate events three weekends in a row. Peaking and tapering for two is difficult but, according to Gordon "there is no way you could be successful at all three".

With Gordon, Stuart won both the National 10 mile and 25 mile Championships this year but even together with all of Stuart's other British titles if Michael was to attempt the Hour Record again and gain or even come close to owning the record that has been held by Chris Boardman, Miguel Indurain, Eddy Merckx, Jacques Anquetil and Fausto Coppi then which of the two British riders would history remember? Maybe Stuart and Gordon's partnership has a little way to go before they have finished achieving all they can.



Stuart Dangerfield performing at the Australian National Championships in January this year

TUNING PORSCHEs WITH LEAKING TAPS (cont.)

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Gordon still loves to ride but due to increasing pressure at work, which now also means a commute into London each day, and the intensity of coaching a National Champion, the bike riding has suffered over the last few years. With a bit of determination and, by the sound of it, a lot of desire, Gordon has still managed quite a few Tuesday evening club TT's and has surprised himself by racing into "half decent shape". However, with a possible retirement from his current job looming in just a year's time this will give Gordon the time to spend cycling and coaching even more. When I mentioned that a group of HWCC riders are doing the Etape du Tour this year I'm sure I could detect a hint of envy and so I don't doubt that finishing a stage of the Tour de France could also be on Dr. Wright's list of achievements before his wheels finally go square.



Club president Gordon racing in 1994

Competing is still something that Gordon would like to do and with all this experience of coaching the Nation's best, his peers should be afraid! However, at the moment in Gordon's words: "I feel like a plumber who is doing everyone else's plumbing but back at home I've got leaking taps"! But if he got serious then he would apply a structured program to his own training.

Elsewhere in this issue and in future issues we will be bringing you training advice and tips courtesy of Gordon and other experts.

Talking to Gordon about structured training it is obvious that, in a nutshell, it comes down to two things: 'overload' and 'recovery', and both aspects must be given equal importance. We will be showing you his pyramid approach to winter training, which could help you for next season. Gordon has been president of HWCC now for 22 years and the time must have flown by because he couldn't remember himself how long he had been president (either that or modesty must have prevailed!) Before Gordon, the president was a member who joined HWCC in the early 30's. Jack Pearson is now in his 90's and will be the special guest of honour at the club's 80th dinner this year. "The club is a good club and has survived well," says Gordon. "There have been highs and lows and I've noticed that things tend to go in cycles within the club.

People tend to come and go relatively quickly although there are a few who have been around a long time. I reckon it's a different club around every seven years." The club membership is currently at around 100 members but he says: "come back in seven years and it could be a completely different 100." Let's prove the Doctor wrong eh?

"Predominately the club has always been a time trial club but over the years there has always been a pocket of road racers". According to Gordon this is not due to any design but simply down to the members. "Some periods there may be only one road racer but this year there has been a boom of road racing which is good" because, Gordon believes, "it broadens the interest of the club." Gordon has a great empathy with road racing as this was how he started, only coming to time trialling in later years. "The trick is to make everybody feel that they are all part of one big homogenous club. At the present time there is a good mix but there were times when some road racers wanted to split and form their own 'breakaway faction'. In fact many, many years ago this was how Thames Velo was formed".

I asked Gordon what he would like to see changed about the club. Without too long to think he replied that he would like to see more people getting involved.

"Running the club today is like running a small business and too much falls on too few shoulders. You would be surprised how much work is involved. It's very demanding. The same old faces do the same old job year in, year out which must make newcomers to the club think that a few people tightly control the club and have a stranglehold on it, but that's not the case. It's usually because we cannot encourage people to join the committee".

You won't get a stronger plea for you to support your club – it does need your help!

And the answer to my question of who would Gordon choose to coach if he had the choice of any rider? Chris Boardman, Eddy Merckx, Jan Ullrich? No, no such romantic notions as those. I mean, why choose a rider that he couldn't improve I suppose? His answer is Michael Hutchinson of course. Quite a logical choice as Gordon is a realist, a scientist and a do-er. If he sees something that could be improved, you can bet that with a bit of science and a pyramid or two, he can do it!



MORE CLUB EVENTS AND HAPPENINGS

Friday 5th November
HWCC Social. Pizza and beer and chat.
Contact Trish.

Sunday 5th December
Cycle Market @ Aylesbury
Contact Paul Burnett

After Christmas
Kingcycle testing.



MORE CLUB EVENTS AND HAPPENINGS

November & December
Night MTB XC races at Gorrick. Contact Brendan.

Spring 2005
Winter Training Camp in Spain.
Contact Paul Burnett.

Summer 2005
HWCC Evening MTB XC Race Series @ Wycombe Summit. Contact
Brendan

DROPPED AGAIN

OK, we all get dropped at some point and we all like to blame this on something but in the end we all know the reason why and we all deny the facts, so lets not hark on this, here is some help on how to deal with being dropped this month with a winter feel about it.

Answer - Never eat too much food before a hard training ride

Reality - come on, you are so stressed about blowing half way through the ride you feel the need to stuff yourself silly, bagging up on the first climb is the end result, yuk.

Answer - a good layering system of clothing will ensure you are never too hot or too cold

Reality - man, its cold it's early morning it's winter, layering means I look like the michelin man and I have to take off and carry loads, nope lets just go for the thermal windproof boil in the bag cyclist instead.

Answer - Windproof /Waterproof overshoes will ensure that your feet dont go numb and are kept dry

Reality - Rubbish, have you ever been into a shop with overshoes on, man little kids point and laugh, with the rest of your bike gear on we look like aliens, yes they do keep your feet warm and for that they seriously rock but when wet they all weigh a ton.

Answer - In the winter Months its always advisable to wear brightly coloured clothing so that motorists can see you.

Reality - yes, thats right wear brightly coloured clothing so that motorist can point and laugh at you more like. Of course it is advisable to wear bright colours, its a nice clear target for motorists to aim at as well.

Answer - Night riding offers a whole new outlook to your riding in the winter.

Reality - Batteries running out, riding into/onto dead and living animals, car drivers trying to knock you off for kicks, freezing, getting soaked and lost in the dark, the fun is endless.

Answer- In winter always ensure that you take on as many liquids as you would in the summer

Reality - Its freezing, I want a nice warm cup of tea not that sports drink muck I drink all summer. Anyway it's heavy, when that winter racer kicks in I have to carry that extra water on my tank of a winter bike to catch the swine.

Answer- to keep in top condition and your legs ticking over setup you turbo trainer and get some intervals in

Reality - After much deliberation you setup and get on the turbo, it's OK. I will listen to some Ibiza sounds and get my legs pumping but after 5 minutes you are bored silly peddaling to nowhere. To make things better you setup the video in the garage and watch the tour vids. It helps, but Duffield waffeling on and on and the adverts you forgot to edit out are grinding you down. You cant find the remote ahhhh, it's so tedious, the only solution is HWCC Turbo sessions on Wednesday nights.

Answer- carefully plan your winter training and gradually increase your miles and efforts during the winter months

Reality - Carefully plan a route to the nearest indian restaurant (don't forget a starter) and die on your arse once the sun comes out in the spring (like we all do).



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NEW MEMBER EXPOSE

We have all seen Heather at the 10's at Longwick and being the curious type I am I thought it was time we found out more about one of the HWCC girls.



Heather Spittles Age -28 Single

Q/ What do you do?

A/ I'm a PE teacher in Tring. I teach 11-18 year olds, it's great I really enjoy it.

Q/ Why do you ride (cycle)?

A/ Basically it's to improve my Tri results, cycling is the discipline I'm best at and I always make up time when I get into this part of the event, plus I enjoy cycling. Also I have taken part in 3 marathons London, Paris & New York.

Q/ Why did you join the club?

A/ To meet people who had a similar interest, to get quicker and to pick peoples minds on nutrition/training ideas etc. Nick Caulkin has given me some great tips on nutrition.

Q/ So, how long have you been riding and competing in events?

A/ About 3 years, I have been running since I was at school though.

Q/ Why triathalons, I asked Nick Caulkin the same question however what's your reason?

A/ They are really good for your body (tone/fitness etc) and it's 3 very different disciplines. I want to know how far I can push my body and what my limits are, see if I can improve and push it further. Plus the mental side, it's really mentally hard to compete and complete these events.

Q/ Do you plan to get BC racing licence next year and road race?

A/ Yes, maybe at Hillingdon or the MK Bowl but I don't know what to do. (After a long conversation here it was decided that a piece on how to apply for a licence and what to do will appear in one of the Sprockets before next season, ED). I'm a bit nervous riding in a large peloton at high speeds but I suppose it's the only way to learn, the winter club runs will cure that one.

Q/ What training do you currently do?

A/ Well, I have had a month off and am just ramping up some running and cycling now so basically it's going to be long mileage until January.

Q/ Whats your best win.

A/ Coming 3rd in the London Tri. Getting loads of encouragement from the crowd and my Mum and Dad who were at the finish. It was a very special moment. I came out of the water in 10th place so finishing overall 3rd was, for me, fantastic.

Q/ What's your favorite event?

A/ The Windsor Tri. It was the first real Tri event I did, it was just great. In front of the castle a massive crowd, excellent!

Q/ What's your view on the club?

A/ It's a great club everyone is very encouraging and helpful. Initially I felt like a right amateur with all those guys in aero helmets and skin suits. I thought, what am I doing here? However, like I said everyone is so nice, it's just a bit daunting at the start.

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

A/ The club could do with more publicity and visibility, it's a really great well run club after all. Increased visibility in local magazines or bike shops etc also it would be good to see more social events, the club has a great foundation to build on.

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

A/ Don't be put off or intimidated by all the guys who look the biz (it doesn't mean they are any good!). Just get involved.

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

A/ That easy. It's my Mum, she always knows what to do and is always right.

Q/ OK.... pop star type question now, what music do you like?

A/ Umm a mixed bag really, from Embrace (Good album, ED) to Natsha Bedingfield, pop to classical.

Another Hard Tri athlete here in the club, the good thing about Tri riders is that have a real fresh and open view on all aspects of the sport not just cycling. Heather is a very interesting girl and her comments of club publicity are something we as a club are looking into improving.

Her piece on her mum being her hero is the best though, thanks Heather.

JAN DULLRICH'S VINTER TRAINING AND DIET ADVICE



Guttentag mein comrades.
As you all know I have a very special and keen interest in my dietary requirements over ze vinter months, zese keen attention to a balanced diet and training has enabled me to finish 2nd in the TdF. So I have decided to share zis secret with you, my friends at HWCC.

Autumn

Throw away all zose tight trousers and tight tops, the season is over, you need to rest and recover.



Preparation

Give T-Mobile back ze pink bike.

Go shopping at FAT FRITZ in Bonn and stock on some trousers and shorts that are designed for ze bigger boned rider.

Apply for a season ticket at all good eateries in ze Uber Deutschland.

Dust off ze turbo trainer and set it up in your garage (ze reason will become clear soon).

Ze Diet Plan

OK mein Friends, I dont mess about vid a zilly plan it can be summarised in von beautiful acronym C.A.K.E vich is
C- Chocolate A- Apple streudel K- Kentucky Fried Chicken E- Egg fried Rice

This is my staple diet for the for ze vinter, zat vid a good base of indian and thai food will ensure a good start to ze early classics. Ze stuffed crust Quattro Formaggio pizza iz perfect for ze Milano-San Remo.

Vinter Training

OK in ze vinter it is always best to begin slow and burn off ze fat zat vay, I begin with a sharp knife and chip away at this from the side of the bacon, then fry it in a good quality lard, the taste is superb especially vid de HP Sauce zat you Englanders luv so much. Going into your garage and looking at your turbo trainer is also good motivation, I do zese for 3 hours a day in ze vinter, always ensuring zat I take a good hot cup of hot chocolate with me and a TV/DVD so I can watch myself vinning the TdF in 19...er...zumsing years ago.

Early new year training is ven it gets serious, I und my team always head off to ze sun so zat ve can get the best out of ourselves und maximise ze training hours in ze sun, so ve often find ourselves cycling for up to 20 minutes down to ze bar, I know it sounds hard but to vin ze tour you must suffer, I suggest you do not follow zese plan as it can be a level to far for some Club cyclists .

Lastly, dont over do your vinter training, eat ze ride food, exercise at ze right level und like me you vont stink in pink when beating ze yank !!!

 JAN 'AKA MORRISSEY' ULLRICH

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

Tony Briggs This guys is Audax king of the club. A 200K in one event, also I know for a fact that he does the Longwick TT's in a fixed gear with no brakes, you're a hard man.

Trish Hicks This girlie climbs like a goat, she even impressed the almighty David Johnson on the recent HWCC Audax, what more can I say? You are Paola Pezzo, don't tell me you dont know who she is please!

John Day A hip operation and he still rides and descends like a stone - No fear Day ay.

David Kingsbury Junior Tour of Wales, well played.



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Margaret Wright Club Member of the Year 2004
We are not worthy !!!

Brendan Dival Winning the Club hill climb and down hill. Nuff said but we all know he would go faster with a short back and sides.

Neil Coventry and Clive Nicholls

They will hate me for nominating them but they are an awesome two up TT pair and they have just finished a top long long season.

Trish, Chris Greig & Margaret Winners of the ladies, mens & vets evening league TTs.

INTERVIEW WITH CLIVE NICHOLLS

When you talk about High Wycombe cycling a few things spring to mind that iconise the club. The colours blue & yellow and strong time trialling. The subject of this interview features strongly in both, have you seen this guy's bike? Clive Nicholls has been a member for about four years and in that time has been consistently one of the fastest riders over short distance time trials. If you want to find out what makes this guy tick then hold on to your chair, this is going to be a fast ride!



This interview was conducted at a pub after an HWCC committee meeting. It was your Sprocket Editors' first meeting so whilst being dutifully attentive absorbing all the information being discussed I realised that this wasn't Clive's first meeting by the doodling on his agenda!

So Clive, tell us about yourself. Who & what are you?

I'm 29, pimping (he means single, ED) and sharing a house in Aylesbury on the edge of a lake. I work for a medical company near Oxford as a product designer. It's a new job and the hours are long as I like to be the first in and last out.

So why did you join HWCC and not a cycling club nearer to home?

The other clubs are no fun there are no young people.

How long have you been a member of HWCC?

About 3½ years. I've been riding bikes for about five. I started competing about two years ago but last year was my first 'proper' season of racing.

So what events do you compete in? I enjoy anything that is short and technical. I ride mainly 10mile and 25 mile time trials, nothing longer. I do enjoy road racing as well but I'm more suited to time trialling.

Why are you more suited to TT's? I'm too heavy for road racing and sprint like a girl with weak legs so that rules out the track.

Do you have to compete?

Well, I prefer to ride with my friends than do faster races which my friends aren't in. For instance, this year I rode 3/4th Cat races at the Milton Keynes bowl so I could race with Trish, Chip, The Macester and Harry.

It took quite a bit of effort not to get any more points on my licence. I had 29 points for most of last year. 30 moves you to 2nd Cat. Unfortunately I'm a second cat now.

"At the MK bowl the Elite, first and second cats go off first followed a minute later by the third and fourth cats, who have different coloured numbers to identify them from the higher cats."



The races are supposed to be separate but the 3/4 always jump in when the elites come past. This puts an end to the 3/4 race as it becomes a test of who can hang on to the elites. The increased speed would also cause many of the 4th cat and novice riders to immediately get dropped, thus ending their evening's entertainment.

In one race Clive went off the front of the 3/4 cats from the gun and due to his strong time trialling ability created a significant gap of nearly a minute, enough to get 1/2 a lap up and well out of sight. However, since Clive was not aiming for a win or even to gain licence points in this race he ducked out, literally!

He noticed that the elites had caught the 3/4 cats, which would soon put an end to his escape and would cause some of his team mates to get dropped from the pack. So, while out of sight he pulled over to the side of the track, hid behind a hedge and waited for the chasing bunch of riders to pass. The pack kept chasing and getting more concerned as to why they couldn't catch this 3rd cat rider who had gone off at the start, 'how strong is he?' After a rest Clive rejoined the race at the back of the pack and continued the race. This caused all sorts of bewildered looks among the 3/4 cats in the chasing group as they assumed that they had been lapped!

This seems to typify Clive's attitude of taking cycling seriously with a sense of humour"

What are your PB times for the 10 mile and 25 mile distances?

20' 36" and 52' 32"

Do you need to win?

Definitely.

Give me a tip for going faster.

Train harder. I literally murder myself during training.

Which events have hurt the most?

The Amersham 25 recently and the 10 at the beginning of October. Both were 2-Ups with Neill Coventry and I'm not performing well at the moment due to a virus I've had for about four months now. It doesn't stop me keeping up with Neill but I'm killing myself in the process staring at his bottom bracket weaving all over the road behind him.

To get technical my heart rate anaerobic threshold is about 176 bpm, the whole of that last 10 I was riding constantly at 185+. My max is 190! *Note: Clive won the Stevenage 2-Up with Neill by over a minute!*

Which events have you done that you are most proud of?

That's a difficult one to answer as I'm never pleased with my performance. After I've finished one I'm looking at how to do well for

the next one. Any praise I get means more pressure to perform better.

Saying that I am proud of the Bicester 4-Up which we won last year.

What picks you up when you are down then?

Nothing, time I suppose! Maybe a big

tub of ice cream, the bigger the better or any Ben & Jerry's flavours.

What are your weaknesses?

My mind! When it's bad it's bad but when it's good it's great. On the bike? Railing corners too fast! I keep coming off but I like the thrill.

Why did you start bike racing?

I just wanted a cool bike. The first bike I bought is the yellow carbon bike that I ride now. I bought a full yellow kit helmet, shoe covers, the lot and did a 22'16" in my first ever race.

What is your dream bike?

I haven't designed it yet but the original Lotus bike that Chris Boardman rode is lovely.

Who are your cycling heroes and who inspires you?

No one famous, it's the people I know and ride with for various reasons. Guys at the club like Paul Morrissey (chippo) for his enthusiasm and dedication to his family, Phil Ward and his fiancée Sam for their devotion to each other, that's inspiring.

Dave Johnson, he is an awesome competitor and very dedicated. Neill Coventry is someone who I feel really has it together, he is a sound guy and a brilliant 2-Up partner. Gordon has been important to me. When I was going to jack it in we sat down and he worked out some goals and targets with me. He would come to many of my races with Margaret and shout encouragement from their car whilst following behind.

You are doing the Etape with HWCC next year, what is your goal?

To ride with my friends and take the piss out of the French along the way!

LETTERS TO CHIPPO

My Uncle Chip has been very busy this month (test driving models etc) but has managed to answer the below questions for this Month edition

Dear Chippo, I have lost so much weight this year because i have been training and racing so much girls find me unattractive, what can i do?

Ahhhhh , my child , you have come to the master , i used to suffer from the same affliction , the answer to you problem lies in your place in the pack , being a skinny boy you obviously aspire to be a climber , i suggest you stop this silly ambition and become a glory limelight hogging moody sprinter like myself , so have an easy winter , do the base miles you need , eat plenty of good food and practise your sprinting . You will need to do some weights and get a bit of a tan , get some white kit for the summer and bingo a sprinting god you will become with more admiring glances for the ladies than you can handle .

Dear Chippo, I want to buy that new Giro helmet that all the cool teams are wearing in the tour this year , the problem is i have a perfectly good Giro Phnemo please help me out here .

Umm , I tough problem this we have to wear helmets these days so its good to have one thats ice cold cool , i say , go get it boy, donate the other one to someone , break it , loose it ,do something , but whatever you do dont be seen wearing last year also ran helmet its soooo passe.

Dear Chippo, I'm doing the etape this year , what training tips can you give me?

Training ??? This depends on the location of the Etape , whatever you do make sure you pack when you get to the mountains , loosen a screw or fain illness but whatever you do dont finish it just not the done thing , you can then get in the broom wagon with any lady riders(who dont want to ride anymore) and make friends telling them all about your mishaps etc etc

Dear Chippo, I'm a woman rider in HWCC and want to know why so many of the riders in HWCC are so damn handsome and what tips can you give me in getting one of them interested in me?

Yes, I'm informed by my Cousin Paul (ED) that the club is blessed with an array of handsome fast and strong riders, all i can suggest to you is that you flatter them, take the ones you lust after most out for meal (paying for this of course) and buying them expensive cycling gifts (Assos gear, Giro helmets and Oakely shades etc), the guys will be falling at your feet like leaves of the autumn trees.

Dear Chippo, What are your thoughts on triple chain sets?

These are an excellent idea and very usefull , Im informed that some british riders look down and mickey take anyone riding these types of low gearage , however these are the same guys who have to pack in the sport early because they have dodgy knees and backs, i suggest you get one, i use them and i never complete a mountain stage (unless pushed by my Tifosi) .



L'ETAPE DU TOUR 2005

Each year ASO, the organisers of the Tour de France hold the **Etape**. This is a chance for mere mortals to ride a stage of that years tour. For 2005 it is in the Pyrenees from Morenx to Pau, is 178km in distance and includes the Col de Marie Blaque, Col D'Aubsique & the Col du Soulor. At the last count eleven riders from HWCC plan to ride the Etape. We will be introducing these riders to you through Sprocket and will be charting their training progress right up until next July. Here is one of the rider's initial assessment questionnaires. His name 'Paul Morrissey' (chippo) has been changed to 'la tortue' to protect his identity, we will keep you updated on progress of this rider and all the others doing the Etape for HWCC

On Mondays, in November, December and January, how much training can you do, expressed in hours? At home or on the road?

Answer – as many as you like at home being the preference

Same question for Tue, Wed, Thu, Fri, Sat and Sun.

Answer- same as above, evenings are not a problem Sat is limited to afternoons or mornings, I cant do a whole day and Sunday is in the majority fee all day, my family fully support what im trying to achieve etc

What is your max HR % Personal best Time Trial Times?

Answer – 185. My 10 is 25 .15 and my best 25 is 1'7"

Is your job mainly sedentary?

Answer – Pretty much so im afraid, I drive to the office 45 to and 45 (miles) back about 3 days a week (although this could involve driving to London or Birmingham or anywhere else I have a client appointment, I try and work from home 2 days a week at least.

Any health issues, which may kill you?

Answer – no apart from a fat arse

How many hours per week training have you done over the last three months?

Answer – One hours turbo every night at about 45 % 3 hours Saturday and normally 5 on a Sunday so about 13 to 14 a week effort is depends on route at the moment.

How many hours training per week can you do over the winter? In the spring? In the summer?

Answer – Winter, below

In the evening (most nights, depends on light if outside, either that or Turbo) I can increase to whatever is required Saturday winter I can do about 5 hours,

Sunday as many we required. Spring and summer is similar to the above although I would have to tailor in a bit of flexibility for family and work bits

What are your favourite bike and training based activities? Also, I'll need details of the etape itself - date, route, climbing and your aimed-for time to peruse some time over the winter

Answer – the date of the etape is announced on the 28th, so we will see then, its looking like the alps so long draggy switchback climbs are looking like being involved I would like to get a medal placing but to be honest not getting picked up by the broom wagon is the real target,

My favourite training based activities, riding in a group and sprinting for signs, I love but I guess you mean what competitions types, if so, that's road racing (with other HWCC RIDERS), im crap and still a 4th CAT but that's not the point, so road racing, sprinting and I love short sharp climbing as I can use my power to get over them etc

I guess my problem is im looking at training for a long draggy mountains and my body is built for power bursts and sprinting, I have as im sure you know been doing loads of club runs and trying to race also, I have slightly improved but im sure I can improve, loosing weight is something im working on at the moment, this involves cutting out about 500 calories a day and burning about the same on the turbo as 3,500 calories equals 1lb of fat so approx a pound a week is a nice slow target, we shall see its something I MUST do .

Also , im doing T-Mobile (work thang) sponsored 3 day ride from Hatfield to Merthyr Tydfil(Wales office) so im sure this will help also (12,13,14 November)



CHIPPOS GROAN CORNER

Hey, it's like this AUDAX rides, they are not races, it's not about going off too fast at the start, getting lost and eventually completing the course. I tell you I was only talking to Simioni (Gilberto) and Tyler (Hamilton) last week and they have the same opinion. To be honest I have always been put off by Audax, I don't know why, it could be that it's got a bit of a woolly hat image or the fact that getting lost is easy, who knows, either way I was obviously wrong as the HWCC event rocked although I did go off too fast at the start and I did die on the hills and I did get lost. Thanks to Jon Day and Barry Hook for getting me back on track.

Drugs Tyler hamilton, what's all that about? It does make you wonder who in the sport is clean but then again it also makes you wonder how the testing is undertaken and policed, it's all a bit odd. Tyler was and has always been an honest and clean guy so all you can do is go on what you know of the guys who are implicated in scandals like this. What needed is everyone gets sampled before an event and **all** samples to be tested asap not weeks later, we need to demonstrate that in this sport that we take the issue seriously. Half measures have been seen to fail and don't answer the question, yes it's an admin nightmare but it's either that or was he wasn't he? Which does more damage.

Anyway, my Uncle Chippo hasn't been paid since June, that Domino Vacanze lot had better sort it out otherwise he is going to send the models around, all he wants is a fair day's pay for a fair day's sun bathing - it's not much to ask is it? Plus I haven't had any free stuff off him for ages. Rumours are that they will only pay my uncle if he doesn't ride next year, what's that all about? He doesn't ride much anyway cos he is fed up with beating everyone, plus he just wants to get out of the way of some of the boring winging Australian riders who are always crying about him getting in the way.

Lance called me again last week, that guy doesn't half go on, he wanted 6 of my CDs (Drive Like Jane, the best band you've never heard of yet), 6 HWCC caps, 6 yellow t-shirts, I don't know what the guy is on but 666, that's not a good sign, anyway he was bleating on about Sheryl giving him a hard time over training for the Tour De France, what am I supposed to do I have a hard enough time as it is myself, anyway the crux of what he was getting at was "Gee Paolo Chippo are you Etaping or not"? Or, in English, am I doing the Etape in 2005? ..., Yes man, I am as are 8 other HWCC riders with me who will all look fantastic in club kit.

My training has already started, I am without a doubt a big fat arsed rider (a quote from Dave Johnson, I thank you) and need to start now, so I'm going for the cut out 500 calories a day in food and burn 500 a day plan. Then burn loads more at the weekend by riding up and down Aston hill 20 times, I don't find motivation an issue as the thought of having my nice Trek chucked in the back of the broom wagon (read articulated lorry run by French baggage handlers) if I don't ride quick enough is the best motivation to finish that I can have, plus I will have the club colours on and am very proud of them so (God/legs willing) I will finish in a respectable place, we shall see.

Anyway, enough, get out and ride in the rain wind and snow, it's really fun and you won't stop smiling (Irony).

Chow

De Chippo

 PAUL MORRISSEY



HIGH WYCOMBE CYCLING CLUB REPORT 25/10/04



With the largest number of members attending the High Wycombe Cycling Club Meeting for several years and a full compliment of 16 committee posts filled, together with a large number of riders attending Sunday morning club runs things look very encouraging for the future.

With new members bringing new ideas together with the experience of the older members the Club now in its 80th year can enjoy a fresh and positive outlook for 2005.

President Gordon Wright congratulated the Committee for their sterling work over the 12 months saying that on all fronts the High Wycombe Cycling Club, was a well respected Club and one of the largest in the South offering members a choice of racing, touring, off road, club runs, training and coaching. He also congratulated the new racing members that had improved their performances throughout the year.

Club Treasurer Paul New gave a good bill of financial health stating that there would be no increase in the club subscriptions. Chairman Alan Hillier thanked Ann and Harry Henley for their success in running the Club Points League over the past few years. They are standing down for 2005 and the post will be filled by Dave Roberts. Margaret Wright was voted 'Club Member of the Year' by those members attending the meeting.

Looking ahead Road and Track Secretary, Malcolm Freeman, is organising a training day at the Newport Cycle Velodrome, South Wales on November 7th where High Wycombe Cycling members will have coaching sessions by Sean Bannister the former coach of gold Olympic medallist Bradley Wiggins.

The series of winter Reliability Trials will take place throughout January, and a training day in Bournemouth will also take place on the 8th February. The Open promotions planned for 2005 include the Lesley Cole memorial 10 mile time trial on Good Friday. But there will be a change to the Open 'Wilkinson Sword 25 mile time trial which is usually held on the Maidenhead Thicket course, this has been replaced by a double weekend of racing. Saturday 21st May the club will promote a district round of the National Rudy Projects time trial series, to be run on a hilly course at Brill. The following morning Ann & Harry Henley will run the Central Division Road Racing Championship using the same roads as Saturdays hilly time trial.

OFFICERS ELECTED TO OFFICE FOR 2004/5

President: Dr. Gordon Wright, Vice Presidents: Jack Pearson, Peter Lee, Alan Hillier, Scott Paterson, Brian Murphy, Paul Burnett, Tony Briggs.

Chairman & Time Trial Sec. Alan Hillier, Treasurer: Paul New, General Sec.& Press Sec. Margaret Wright

Minutes Sec. Ann Henley, Club Captain: Jon Smith. Road & track Sec. Malcolm Freeman, Magazine Editors: Paul Morrissey & Neil Wragg. Coaching Sec. Dave Johnson, Club Points League & Clothing : Dave Roberts, Mountain Bike & Off Road: Brendan Divall, Web Master: Phil Ward, Social Secretary: Trish Hicks, Ex-Officials: Paul Burnett, Harry Henley, Colin Fury.



Compiled by
General Sec.& Press Sec. Margaret Wright



Club Runs Club Bums

October Club Rides

Sunday 3rd October

Having taken part in various time trials on September Sundays, October was my first venture back into Club runs territory. No better way to start, then, than with a 100km Audax! This was my first ever Audax, and it was quite a culture shock to be forced to stop cycling and note various landmarks en route. Thankfully I made sure I was in a group with some people who had ridden the route before – so at least my map reading skills weren't put to the test (otherwise it might have been a 150km Audax!). I think there were about 40 riders (about a third being HWCC members) that took part which was a good number considering the torrential rains that had been predicted for that day (& thankfully didn't arrive until near the end of the ride). & whilst Audax's aren't races, our group did make sure we "beat" the tandem riders back to base! A good event though – well planned and organised by Colin Fury &

Tony Biggs (HWCC).

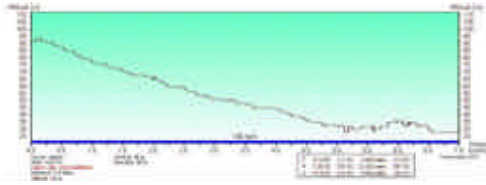
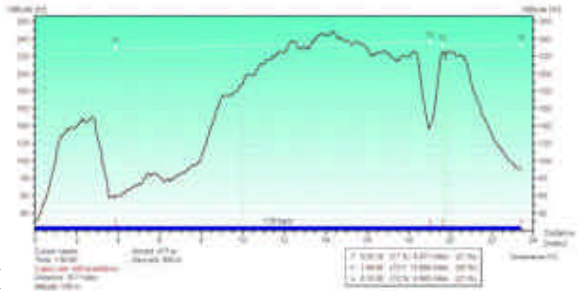
Sunday 10th October

The week after was the Club Hill Climb and Downhill event. Again, this was my first time at this event (I managed to time my introduction to HWCC to miss all these last year!). The Hill Climb was over at Britwell Salome – a hill which I've only ever cycled down before, and the thought of climbing up it, let alone racing up it, was not a pleasant thought! I think there were more observers than participants at that event – and I could understand their reasons why when I was halfway up the hill and my legs were burning and lungs collapsing! Still, we all survived so it couldn't have been all that bad! Brendan Divall won the event, with Paul Dean coming a very close 2nd. I was first (and last) in the women's category!

So then on to the Downhill, and an event which everyone took part in.

An event somewhat misnamed, though, I

think. My expectations of the event were a fairly steep downhill in which bravery and descending techniques would be tested; instead the event is more of a gentle downhill with no pedalling allowed (so gentle, that us lightweights in the club almost stopped partway down!), round a level corner at the end, then gradually come to a stop – with the longest distance winning. Distance was



achieved by wiggling the front wheel at a fast pace – quite an amusing technique to watch but not one to practice in public! Karl Freeman set an impressive target, surpassing Gordon's record from last year, and was partway up a hill when he stopped. Peter Dean was a considerable distance up on the rest of the field when he came to a stop (although I think he was just getting bored of the wiggling!). The last rider was Brendan. He almost came to an early impromptu ending with a car coming towards him but John Day did a very good job of putting his own life on the line to divert the car! And Brendan managed to just beat Karl by a matter of inches before he came to a stop (next year, Karl is allowed to start after Brendan to seek revenge!). So Brendan claimed both cups on that day – and we all cycled off to Henley and back to celebrate!

Sundays 17th & 24th October

The last 2 club runs have been more standard affairs – Windsor one week, then Tring garden centre the next. We've had a good turn out of riders so far (20-30) which makes it a very sociable ride, but harder to keep people together when they're of different abilities. However, our new club captain, Jonathan Smith, is now employing the use of a whistle to keep everyone in order (*Ed, Damn Good Idea*)! It's worth reiterating that the club rides are of a level which the majority of riders can participate in – people do climb at different rates, but the faster riders only have to wait for a minute or two for everyone to regroup, then everyone can carry on cycling at the same pace on the flat. We meet at the Guildhall, Hight St at 9am, cycle about 40-50 miles with a coffee stop half way round and are back in Wycombe between 1 and 2. So I hope to see some more of you on the club runs during November!



TRISH HICKS (HWCC SOCIAL SECRETARY)



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The Next Issue

HIGH WYCOMBE CYCLING CLUB news and information



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