



# SOUTH WESTERN ROAD CLUB

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## Annual Report – SWRC 2010

### Purpose of Report

This Report summarises Club activities and achievements in 2010 for reference by SWRC members and potential new members.

The Club is strong, vigorous and growing. It is financially sound, is involved in a wide range of activities and has in the order of 150 members, including 20 new members in 2010.

### Committee Activity

Elected Committee members met 6 times in 2010 to agree club activities and respond to needs as required. The AGM is an opportunity to thank all Committee members for giving their time for the benefit of the Club at Committee meetings and for fulfilling their individual responsibilities.

### Club Runs

The centre of club activities remains our Saturday morning Club Runs. These are more popular than ever. Four groups are well established now as we have moved towards groups riding at average speeds of about '20 mph', '18 mph', '16 mph' and '14 mph' so regular riders of all abilities are catered for. Roger Jackaman also takes occasional Saturday 'Uppers & Downers' runs into the Surrey Hills for 3 hours of non-stop riding.

All Road Groups, continue to start at 09.30 from Cobham (or Betchworth on the first Saturday of each month). In the Summer months the A Group depart from the same location as the other groups but at 0900hrs. We benefit from the amazing knowledge of our Runs Leaders about the side roads and lanes of Surrey, Sussex, Hampshire and Kent, giving us access to some of the best cycle rides in the UK. Those with "the knowledge" include Trevor Lenthall, Patrick Cangle, Dave Pinder, Sabin Gaztelua, Mark Packman, John Harris, Ant Friend, Paul Foster, Tony Sayers, Dave Jordan, Gary Smith, Alan Brunnsden & Bob Maylin. Thank you to all of them for the rides we have all enjoyed - and for their knowledge of the best tea stops.

As a result of the increase in ride groups, we are always looking for new people to learn a few routes and lead rides occasionally. Hopefully the advent of the Garmin will facilitate a new

breed of runs leaders. We have seen riders like Clinton Askew & Peter Dewis emerge as the route masters of the future.

Club Run numbers have remained buoyant throughout the year with sufficient riders for all four groups on virtually every Saturday, even on occasions when the weather has looked far from promising. The only exception to this was during the ice and snow of January which saw the organisation of a number of alternative mountain bike rides (and even resulted in a number of members buying mountain bikes to join in). The A Group switched to a 09.00 start time for the summer, which relieved congestion in Cobham and allowed some longer 100 plus mile rides over this period. The current Autumn/Winter list sees the addition of named leaders for the B- Group thanks to some willing volunteers. As ever we are on the lookout for alternative Club Run destinations to add to the variety of the lists.

### **Time Trials**

We have ridden over 120 events this year and represented the club all over the country. The most events according to the records were ridden by Colin 'The Leicester Tester' Parkinson, narrowly beating Jonathan Thomas by a few rides. Colin rode a total of 35 TTs which amounted to 1888 miles during the season.

The fastest 10 was ridden by Colin Parkinson, a 20.40 in the City RC (Hull) event in April. The fastest 25 was also ridden by Colin Parkinson, a 52.18 in the BDCA event also in April. The fastest 50 was ridden by - yes - Colin Parkinson, a 1.50.38 in the Pennine CC event in August.

The fastest 100 was ridden by - yes - Colin Parkinson, a 3.47.39 in the Team Swift event during September.

Colin also completed 259.85 miles in the Kent CA 12-hour event in September.

Colin placed 8<sup>th</sup> in the 4 distance Vets BBAR and 30<sup>th</sup> in the 3 Distance Vets BBAR. The 4 distance BBAR is judged on 25, 50 & 100mile TT's & distance covered in 12 hours. The 3 distance BBAR does not include the 12 hour event. Both positions being improvements from last year. Well done Colin ! He is currently leading the Notts & E. Mids VTTA BBAR.

On 10<sup>th</sup> October, four Club members joined the 104 participants who rode the Bec CC Open Hill Climb event staged on White Lane "Titsey", near Westerham in Kent. Alan Parkinson was the fastest South Western, with a time of 2 minutes 24 seconds, one second quicker than his 2009 time.

Onto the 'Inter-Club' events with Epsom CC where we had 23 rides. There were new faces at the competition, which continues to be a great way to introduce new riders to time trialling or for those looking for an intense workout against friendly opponents. Jonathan Thomas rode the fastest 10 at 22.53 and Keith Garbutt rode the fastest 25 at 58.28. But a good candidate for the best ride is Simon Howard, who rode a 59.18 in his first ever 25.

The two ups did not happen this year but there have been strong representations to run them next year. The proposal will be to exclusively use the two evening events in May and June as the two up handicapped competition.

### **The 2010 results are:**

- Club TT champion – Colin Parkinson

- Fastest 10 – Colin Parkinson
- Vets TT champion – Colin Parkinson
- Hill Climb trophy – Alan Parkinson

## **Road Races**

Paul Alderson is Road Race champion for 2010. In a busy season 2<sup>nd</sup> cat Paul rode 33 races and amassed 100 BC points. While not getting a win he did get several other podium places, picking points up in a wide variety of rides – circuit races at Hog Hill and Thruxton, on the road in Surrey League and other BC races, and memorably the Tour of Dengie Marsh over farm tracks in windswept Essex. Unfortunately his season was curtailed in September when his racing bike was nicked!

Other participants were Nick Allen, season best a 2<sup>nd</sup> place in a Surrey League handicap and promotion to Cat 3; Simon Howard and Richard Gordon, going from 4<sup>th</sup> to 3<sup>rd</sup> cat in their first season, Richard getting a win at Hillingdon and Simon, opting to ride with 2<sup>nd</sup> cats and above, got a decent 10<sup>th</sup> in our own Surrey league race. Also showing their faces were Joe Frend (7<sup>th</sup> in the SWRC race), Simon Jordan, Keith Garbutt, Karl Halliday, Dave Reynolds, Niall Clutton, Colin Parkinson and Matt Berry. Tom Nason rode a couple of junior events at Goodwood, Ann Marshall two women's events there. More importantly Ann was part of the GB squad in the European Duathlon Championships in France and won a bronze medal.

Andy Hicks is the Vets Road race champion for 2010. In probably his finest season, Andy achieved four wins, eight 2<sup>nd</sup> and two 3<sup>rd</sup> places, was 2<sup>nd</sup> in the National RR Championship race at Dunsfold, 1<sup>st</sup> overall in the Percy Stallard National Series and 2<sup>nd</sup> overall in the MSTina SE England Series. This was in spite of various mishaps throughout the season – a time penalty for a late start in a prologue, punctures and wheel changes in three events, a pedal falling off in another, and to cap it all a disqualification for unknowingly passing the lead car (that is how fast this man can go) in the Festival Finale race.

Bob Mason took part in several LVRC events, and the Nationals at Dunsfold (organised by Richard Williamson of Kingston Wheelers and SWRC) saw Roger Jackaman and Eric Palmer competing.

Roger Jackaman continued to have much success throughout the season with 5 wins, and 4 second places at Hillingdon. In LVRC events he achieved, a 6<sup>th</sup> & 7<sup>th</sup> place plus a couple of 8<sup>ths</sup> and 10<sup>ths</sup>. His best result was 7<sup>th</sup> overall in National Police Mountain Bike championships which included beating all but one of the over 40s!!!

The SWRC Surrey League event took place on October 3<sup>rd</sup>. Despite bad weather forecasts there were fields of thirty for both races, with club riders in both (Joe 7<sup>th</sup> am and Simon 10<sup>th</sup> pm). With a full complement of marshals and helpers the event went smoothly.

### **The 2010 Champions are :**

- Road Race - Paul Alderson
- Vets Road Race - Andy Hicks

## **Club Activities**

As usual, the Club had a very full calendar of events in 2010 including:

- Club Early Season 'Spring Onion' Cyclo sportive 14<sup>th</sup> March – thanks to Dave Pinder & Geoff Redhead who organised it and to all the helpers. Many letters of thanks received from riders. This was the last time that the Spring Onion will be run as a Club event.
- Training Weekend with overnight stay in Eastbourne 27<sup>th</sup>/28<sup>th</sup> March organised by Ted Collins.
- 25<sup>th</sup> April – 2<sup>nd</sup> May saw the annual Training Week trip to Puerto Pollensa, Majorca, thanks to Gary Smith (alias our sponsor "Evans Cycles"). A, B and C Group level rides were undertaken this year in the company of riders from other clubs.
- Throughout the season there were a series of Club Time Trial Events, including InterClub events with Epsom CC. We were unfortunately beaten by them again!
- 9<sup>th</sup> May – the "May Flyer" Cyclo sportive; thanks to Steve McCormack and a host of Club helpers. We had good weather for this event and the route and organisation received accolades from many participants. Riders on the 50 mile route were frustrated by vandals who removed direction signs between Hydestyle and Cox Green the night before; but most persevered and completed the route. Measures are being put in place to ensure that this does not happen again next year. The May Flyer received four pages of coverage in Cycling Weekly.
- Richard Williamson organised the annual Follically Challenged Road Races on August 8th as part of the prestigious LVRC Jersey series. The race was held on the 6.4 miles Dunsfold Circuit. The afternoon race for E, F, G & H riders was the National Championships for those groups. F Category riders also competed for the SWRC's John Bromley Memorial Trophy. This was won by Tony Woodcock (Kingsnorth International/Nico Sport) with our own Andy Hicks taking second place.
- The club undertook a trip to Italy from May 20<sup>th</sup> to May 27<sup>th</sup> to see the Giro, once again organised by Dudley Samuels.
- The SWRC Surrey League Road Race was held on October 3rd, thanks to Alan Parkinson & Mark Packman for organising.
- Trip to Majorca in October - thanks to John Major for organising the now well established "Tapas Tour"
- Annual General Meeting on 7<sup>th</sup> December 2010. Attendees provided with free Fish & Chips, beer/soft drinks.
- November 27<sup>th</sup> – Annual End of Season Party Night with the "Expanding Waistband" led by SWRC's very own Ant Frend performing live, supported by the South Western Horns with Ted Collins supreme on the saxophone. 'Hot vinyl' provided by the SWRC President, entertaining those present with the disco sounds of the 'Flying Phonograph'. Our thanks to all involved in the organisation of the evening for a great night's entertainment.
- Club Nights are now held every first Tuesday of the month at Hook and Southborough Parish Hall, Hook Road, Chessington between 8.30 pm and 10.00 pm.

## Track

Reigning European Champion, Colin Parkinson could only place 4<sup>th</sup> (17pts) in this years point race (45-50) championship at Manchester velodrome. Then at the British Masters Championship he placed 6<sup>th</sup> in the pursuit and 8<sup>th</sup> in the points race.

We do our best when you consider we live a long way from any velodrome. We aim to organise at least two weekends at Newport each year. The first at the end of the season and the second at the beginning of the next season, hoping to persuade novices to join us, indoors, warm and dry, at a time of the year when it is cold and wet outside.

The number of riders from SWRC would not cover the costs of track rental, so members are encouraged to invite guests. This brings the numbers up, adds to the fun and most importantly, spreads the name of the club. We know of no other club that offers this as a club activity.

This year's events in March and recently November, were a great success, judging by the positive e mails Roger Jackaman has received.

We await confirmation for next year's dates, as we are dependent on BC demands for the track, We will be known within the month.

## Mountain Biking

In August, Alan Parkinson won the vets category in the Gore Bike Wear - Trans Wales 7-day Mountain Bike Challenge race. The event, which launched in 2006 and is now in its fifth edition, started in Builth Wells and is run over 500km with special timed sections along the route. Stage finishes were at Knighton, Llanidloes, Machynlleth, Cwmystwyth, Cilycwm, Brecon and then back in Builth Wells. 180 Riders competed from 15 different countries.

Closer to home and Alan also took part in the 10 week Beastway summer series that took place at the Hog Hill circuit in East London, finishing 4<sup>th</sup> overall.

Small groups of riders will get together throughout the winter for off-road rides in the Surrey Hills.

## Cyclosporives

Cyclosporives have become ever more popular and the Club has some outstanding performers. The year saw another increase in club participation at all levels of ability with members travelling to events across the UK and Europe.

**Richard Gordon is Sportive champion for 2010.** Riding six events, he was fastest rider in the SWRC Spring Onion, 2<sup>nd</sup> at Pearson's 150, 6<sup>th</sup> at the Chiltern 100, 7<sup>th</sup> at the Great Western Sportive, 16<sup>th</sup> overall at Etape du Dales, and achieved a gold medal time at the Marmotte. Running him close were Simon Howard with 1<sup>st</sup> at Pearsons 150, 2<sup>nd</sup> in Tour of the Surrey Hills, 3<sup>rd</sup> CTC Hilly 50 and 15<sup>th</sup> at Etape du Dales; and Trevor Lenthall with 3<sup>rd</sup> TOTHS, 3<sup>rd</sup> (unofficial) Pearsons 150, 25<sup>th</sup> at EdD and 11<sup>th</sup> Tour of Wessex 3<sup>rd</sup> day.

Many other club members achieved good results. Alan Parkinson (3<sup>rd</sup> SWRC Spring Onion, 4<sup>th</sup> Pearsons 150, 33<sup>rd</sup> overall Tour of Wessex 3 day, gold EdD); Nick Allen (gold EdD, silver Magnificat), Cliff Dent (1<sup>st</sup> both days of the Mallorca sportive); Ken Dolman (silver Mont Ventoux sportive and L'Eroica, a 12 hour slog on "strade bianche"); Jeremy Nason (Flanders and Roubaix sportives); Peter Dewis (Spring Onion, Dragon Ride, Southern Sportive and Evans King of the Downs). The Marmotte was ridden by Ann Marshall and Gordon Beveridge, both in silver medal times, and Richard Gordon who did a tremendous ride to get Gold!!!. The Etape du Tour was ridden by Niall and Will Clutton.

SWRC feature prominently in sportives across the country now. We did well in two events in particular – the Etape du Dales where we achieved 15<sup>th</sup>, 16<sup>th</sup> and 25<sup>th</sup> places (out of some 900 entries, the top ten places being mostly taken by semi-professional riders) and two further gold, one silver medal times; and the Pearsons 150 where we had 14 entries and took 3 of the top 4 places (had Trevor Lenthall actually paid to ride, it would have been 4 of the top 5!).

Two groups rode Lands End to John O'Groats – Barry Harwood and friends in 8 days in May, and Mariana Packman, Mandy King and Bob and Maggie Waller over a dry fortnight in June. Jeremy Nason rode the Raid Pyrenean.

Club Sportive Champion this year is **Richard Gordon**

Other club members took part in the many sportives that are now available throughout the year.

All in all, a bumper year in what is currently the most popular branch of the sport. More reports and pictures can be found on the club blog at <http://southwestern-swrc.blogspot.com/>.

## **Audax**

Special mention should be made of Club riders who have successfully decided to take up this branch of the sport.

Alan Parkinson decided at the start of the year that he would attempt to ride the 'Super Randonneur' series which involves completing the 200, 300, 400 and 600 km rides, in anticipation of riding next year's Paris-Brest-Paris. He completed the 600km ride over 10<sup>th</sup> and 11<sup>th</sup> July, covering 635km in 33 hours. In August's 'Bottom Gear' Alan explained the complexities of preparing for such a ride, ending with the mind-boggling understatement "Now riding the 600km was the easy bit ...".

Ann Marshall set her sights on qualifying for the newly announced AAARTY (Audax Altitude Award Round the Year). To qualify, you have to ride one hilly Audax every month for 12 consecutive months. Ann completed the series in April (a tough call given the terrible winter we had), becoming the first person overall to qualify for the new award in 2010. In total, Ann rode 20 hilly events, including two of 200k with 3 gold medal times, 9 silver and 8 bronze. As a result, Ann has accumulated 40.75 Audax Altitude Award (AAA) points, making her the second highest placed woman in the UK, 14<sup>th</sup> overall.

Jeremy Nason also rode 11 hilly audax events.

## **Social Events**

A Club 'Quiz Night' was held in the clubroom on February 8<sup>th</sup>, organised by Dudley Samuels.

Recent efforts to organise curry nights and pasta evenings have not proved as popular as in previous years, so we have dropped them for the moment. It is a pity as they are easy to organise and the informal atmosphere is enjoyed by all.

The Presentation Lunch and Walk continue to be fairly well attended. Roger & Dawn have organised these lunches for around ten years & now feel that fresh blood is needed.

The forthcoming lunch will be at the Hurtwood Inn Hotel, on Sunday, 5<sup>th</sup> December. The walk, hilly and muddy, will leave the hotel car park at 10.30, returning in good time to freshen up for lunch, which will be at 1.30 pm. We encourage those on the walk to bring a hot drink and maybe mince pies, for elevenses (otherwise watch Dawn and I enjoying ours).

The menu choices are in a recent club e-mail and on the website. Cost £20 per person, all welcome.

Roger has advised that he is prepared to remain as Social Secretary but would like a year off from the above. We need a volunteer!!!

## **"Bottom Gear" – the voice of the SWRC**

Steve McCormack produces the Club magazine "Bottom Gear", a job made much easier by the increasing amount of input received from the membership. This year we have issued three editions. "Bottom Gear" continues to be a compendium of cycling stories, tips and news where all members have the chance to contribute their thoughts and experiences. What is particularly pleasing is that club members of all ages and abilities contribute their stories.

Electronic copies of the magazine are available on the Club website, where you can now also read copies dating back to 1945 ([http://www.swrc.org.uk/bottom\\_gear.html](http://www.swrc.org.uk/bottom_gear.html)). The newsletter from February 1945 contains advice which remains very pertinent today: *'There appears to be some misapprehension about contributions to the News-Letter. Please don't wait to be asked; do your stuff when the spirit moves you and send it along. We can always make room for more'*.

## **Press Coverage**

Andy Hicks, our Press Secretary, managed to get the Club valuable space in some of the local papers in 2010. SWRC members have had a successful year leading to various local newspaper articles which referred to South Western Road Club. These included articles on Ruth Hutton's gold medal win in the World Triathlon Championships in Budapest, Andy Hicks' win in the London & South East Road Race Championship and Alan Parkinson's win in the Trans Wales MTB Stage race.

## **Club Kit**

Dudley Samuels managed the club kit during 2010. We are currently using Kalas clothing which is extremely well made. Club kit is subsidised by the Club who pays the VAT.

## **Other 2010 Activities**

In addition to the activities noted already, your SWRC Committee has overseen the following:

- Ant Frend and Roger Jackaman continue to play active roles in training school children in 'on the road' skills.
- The SWRC Website continues to be developed and improved. Special thanks to Peter Wright for all his work on this. Alan Parkinson has now taken over as Web Master from the middle of 2010.
- The Club BLOG is now over three years old and continues to show topical Club activities, pictures, and short video clips complete with sound. All SWRC members can register and upload reports onto this site (e-mail [alan-parkinson@supanet.com](mailto:alan-parkinson@supanet.com) for details).
- Club race and cyclo sportive equipment has been increased and renewed where necessary. The club now also has a bike box for rent, which can be done through the club website; where there is a calendar to check availability dates. (e-mail [alan-parkinson@supanet.com](mailto:alan-parkinson@supanet.com) for details).

## **Donations**

The Club donated £200 to the Dave Rayner Fund for young racing cyclists & and £60 to the Betchworth Hall whose Car Park is used when departing from Betchworth.

## **Sponsorship**

The Club's Spring Onion and May Flyer sportives were used to sponsor the Full Circle Fund which provides an award-winning Supportive Therapy Programme for premature babies, children and adults with life-threatening illnesses at St George's Hospital. Club member and former cyclo-cross regional champion Alan Brunsten was instrumental in this choice because, as a leukaemia patient, he benefited from the hospital's and the Fund's services.

Rider donations and Club sponsorship enabled the Club President, Geoff Redhead, to hand over a cheque for £2,200. In addition to this sum, Alan also raised £544 from personal sponsorships. Full Circle Founder, Suzie Ruggles, said "We are extremely grateful to have the support of SWRC and to have been part of these wonderful cycling events". The Club will continue to sponsor the Fund in 2011.

## **Financial Position**

The SWRC remains financially strong, with a healthy margin of assets over liabilities which enables it to offer subsidised clothing to members, make charitable donations, and promote cycling events. Many thanks to Ted Collins, Treasurer and to Niall Clutton for auditing the accounts.

## **Club Affiliations 2010**

British Cycling, CTT, Surrey League, WLCA (West London CA), Southern Counties Cycling Union, SERRL & LWCRC.

## **Plans for 2011**

Expect a similar set of activities in 2011 to those held in 2010, but specifically:

- Training weekend to Eastbourne in late winter/early spring – organiser Geoff Redhead
- April 24<sup>th</sup> to 1<sup>st</sup> May - Training Week in Majorca – contact Gary Smith.
- Spring and autumn velodrome visits are planned – organiser Roger Jackaman
- There will be a full inter club (with the Epsom cc) schedule of TT's in 2011 - organiser Martin Koester who will advise dates when confirmed.
- The SWRC have applied to organise an open 10 on the Bentley course. We await confirmation.
- There will be 2 evening rides on the South Holmwood course which will potentially be 2 ups. Organiser Martin Koester
- May 8<sup>th</sup> – The 'May Flyer'. Dudley Samuels will organise the Club's (now) single annual cyclosporive.
- Richard Williamson is organising the LVRC Follicly Challenged Road Race in August. Date to be confirmed.
- SWRC-sponsored Surrey League Road Races in October 2011 – organisers Alan Parkinson & Mark Packman
- The Club Hill Climb will be incorporated into the Kingston Wheelers Hill Climb as per 2008.

**Remember that each member of the Club should commit to helping out in AT LEAST ONE Club event in 2011. Please put the dates in your diaries now and contact the organisers to volunteer your services.**