

## **Editor's news**

Some stand out performances, ranging from long range efforts to the short fast stuff.

Thomas Mead- Herbert's 240 mile 12 hour mentioned later in this publication was an outstanding performance - well done Tom.

Although not racing, Darryl Green rode the 253 mile from Blackpool to Watford in 13 hours 46 minutes averaging over 18 mph for the distance. A long way to go for a stick of rock, but hats off to Darryl, maybe make up a 12 hour team next year with Tom and another?

Short stuff, Peter Caro has been dominating this side with nearly all his rides being 25mph plus efforts, incredible consistent performances.

Bikes now, I wonder what type of bike you'd recommend now to a new member? The recent rise of the go anywhere gravel bike seems to fit the bill maybe? With powerful disc brakes (though must confess I'm not a fan of them on road bikes) bags of clearance for wider tyres, good range of gears with a single chainring and frame fitted with mudguard eyes as well for the mucky winter rides seems to fit the bill. I say this as the other week on a clubrun Jason a new chap turned up riding one of these. I know he was very fit but all I saw was his back wheel most of the way and the bike looked good and went like a rocket, food for thought.

Whilst on the grim subject of Winter as it's looming up sadly after a terrific summer, can we equip our bikes with mudguards please to cut down on spraying your clubmates with filthy road water. On a serious note, I read some time ago about a rider drinking from their water bottle which had been sprayed by road water contaminated by weevils disease - a rare occurrence indeed but nevertheless something to avoid. And whilst on the subject of winter, looming up is:

The now Classic

### **Watford - Oxford - Watford**

<https://www.strava.com/routes/1149563>

25th November Meet 7.45am Leaving at 8am

Watford Central Leisure Centre.

This will be in place of the regular club run so if you are leading this day / or do not fancy it feel free to prepare a route which heads along the same course and turns off some of the way in.

And still harping on about Winter, the new high visibility jacket sourced by Laurent looks very tasty indeed. This as mentioned on FB is being supplied by a new supplier, TMG replacing Endura. Watch out for a swarm of Hornets on the local roads! (even more an argument for using mudguards to keep this jersey respectable!)



Our open Hillclimb using Whiteleaf as per last year, is on **Sunday 14 of October**, if you're not competing Thomas Mead-Herbert would appreciate some help or even being there, cheering the competitors on.

Next years proposed events 2019 are as follows (awaiting confirmation from CTT London West):

### **WVS OPEN TIME TRIALS 2019**

**10am Sunday 31st March**

Hardriders

Whiteleaf Hilly 7mile circuit (3 laps - 21miles)

**7.30am Sunday 11th August**

10mile

Marlow bypass

**10am Sunday 13th October**

Whiteleaf Hill Climb.

**Christmas Dinner-** provisional date Friday 30th November.

**Cheers and keep Cycling Tom Newman**



## **Time Trial Results**

### **Hemel Hempstead 10's TT - Thursday 23 August**

9	Elliot Joseph	23:23
10	Peter Caro	23:30
Winner	Ben Stowe	20:46

Good to see Elliot stamping on the pedals with anger again, great rides by both Pete & Elliot and getting close to Ben Stowe as well.

### **Bedfordshire RC 25 F1B/25 - Sunday 5 August**

27	Peter Caro	57:35
Winner	Simon Norman - Beds RC - 49:52	

### **CC London 25 F10/25- Sunday 19 August**

18	Peter Caro	1:02:21
Winner	Luke Clarke	53:53 TMG Horizon

### **WCTTCA 12 hour D12/1**

22	Thomas Mead-Herbert	240.05 miles
Winner	Andy Jackson	284.58 AeroCoach

Amazing ride by Tom, on such a difficult day, incredible result.

### **Icknield RC 10 F11/10- Saturday 1 September**

	Peter Caro	21.33 PB
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### **Westerley 25 H25/2 Sunday 16 September**

36	Peter Caro	58:20 (and went off course)
Winner	Chris Boddy	Didcot Phoenix 48:01

Pete, wrapped his season up with another outstanding performance despite going off course losing valuable seconds.

There seems to be no Road racing performances so nothing to report sadly

### **Triathlon England National Middle Distance Triathlon Championships Saturday 8 September**

Congratulations to Vikki d'Arcy who was 3rd in her F45-49 age group.

## LEJOG

Massive congratulations to Matt James, Derek Walker and Paul Weiss, for completing Deloitte ride across Britain. We've been following their adventures on FB and have been amazed by the stunning scenery and sheer graft these guys have put in.

