



We've got a convoy, WVS driving the train at the recent London Pru ride, impressive or what.

Vikki looking cool in her latest wardrobe addition the WVS

Cap, worn proudly after the recent open 10 mile TT and now becoming our fastest female this season over 10 miles and our 10 mile champion, many congratulations Vikki.

## Editor's news

Some excellent results in July with Simon Hall the man on fire, closely followed by Brian Van-Du, who have been smashing up the local racing scene.

Many congratulations to both Vikki Callum Amor, who both now have achieved 3rd cat status.

Super vet Martin Jones is as ever super competitive at Hillingdon Masters and spare a thought for his upcoming Ironman in Emilia Romagna in Cervia, Italy on 21st September . On a recent Strava post, Martin was pointing out his ankles were aching after running for over 2 hours!

Congratulations to all the members who recently rode the London Prudential ride some amazing rides here.

There is a new feature this month the Big Interview featuring on one of our riders Supervet Martin Jones hope you enjoy this.

The WVS open 10 was expertly run by Thomas Pink, results as follows.  
Best Wishes Tom

## **Time Trials**

Watford Velo Open 10 Sunday 11 August course H10/22 Marlow

Congratulations to our Vikki d'Arcy and Harry Savell our club 10 mile TT champions.

1	Chris	Boddy	Male	AeroCoach	19:50
2	Jonatha	Gildea	Male	Para-T	20:23
3	Pjotrs	Suhovs	Male	Paceline RT	20:50
4	John	Lacey	Male	Hemel Hempstead CC	21:29
5	James	Cadman	Male	Hounslow & District Whs	21:35
6	Philip	Watts	Male	North Hampshire RC	21:46
7	Colin	Mcdermott	Male	Festival Road Club	21:52
8	Mark	Ellis	Male	Team Milton Keynes	21:59
9	Leigh	Schvartz	Male	Team Swindon Cycles	22:14
10	Edward	Mellor	Male	Mapperley CC	22:27
11	Kate	Allan	Female	DRAG2ZERO	22:30
12	Martin	Andrews	Male	Velo Club Venta	22:39
13	Gavin	Stevens	Male	Royal Air Force Cycling Association	22:44

14	Alex	Wilson	Male	Imperial College Cycling Club	23:03
15	Mark	Brambleby	Male	Northover VT / Rudy Project / SCS	23:40
16	Timothy	Budd	Male	Hounslow & District Whs	23:57
<b>17</b>	<b>Harry</b>	<b>Savell</b>	<b>Male</b>	<b>Watford Velo Sport</b>	<b>23:58</b>
18	Andrew	Payne	Male	Maidenhead & District CC	24:01:00
19	Alan	Allcock	Male	Didcot Phoenix CC	24:12:00
20	Jonatha	Chadwick	Male	High Wycombe CC	24:31:00
21	Jaco	Van Gass	Male	Para-T	24:34:00
22	Danuta	Tinn	Female	Maidenhead & District CC	24:35:00
23	Gavin	Draper	Male	North Hampshire RC	24:36:00
<b>24</b>	<b>Laurent</b>	<b>Audibert</b>	<b>Male</b>	<b>Watford Velo Sport</b>	<b>24:39:00</b>
<b>25</b>	<b>Jack</b>	<b>Samways</b>	<b>Male</b>	<b>Watford Velo Sport</b>	<b>25:00:00</b>
26	Paul	King	Male	Verulam CC	25:12:00
27	Katie	Simmonds	Female	Horsham Cycling	25:32:00
28	Mark	Wilson	Male	Berkshire Tri Squad	25:37:00
29	Mark	Montgomery	Male	Tamar Velo	25:47:00
<b>30</b>	<b>Peter</b>	<b>Sibley</b>	<b>Male</b>	<b>Watford Velo Sport</b>	<b>26:04:00</b>
31	Daniel	Goodwin	Male	Hillingdon Slipstreamers	26:14:00

32	Helen	Roby	Female	Spirit Bikes CC	26:15:00
33	Luciano	Brunette	Male	Watford Velo Sport	26:17:00
34	Gillian	Reynolds	Female	Willesden CC	27:09:00
<b>35</b>	<b>Steve</b>	<b>Pitt</b>	<b>Male</b>	<b>Watford Velo Sport</b>	<b>27:20:00</b>
36	John	Froud	Male	Festival Road Club	27:38:00
<b>37</b>	<b>Vikki</b>	<b>D'arcy</b>	<b>Female</b>	<b>Watford Velo Sport</b>	<b>27:57:00</b>
38	Joanna	Wells	Female	Hounslow & District Whs	28:55:00
39	Barry	Packman	Male	Dorking Cycling Club	30:02:00
40	Les	Gardner	Male	Maidenhead & District CC	30:52:00
41	John	Hoskins	Male	Westerley Cycling Club	31:48:00
42	Jill	Bartlett	Female	Hounslow & District Whs	31:49:00

## **Road Races**

### **British Masters Road Race Champs Sunday 11 August**

Masters G+ (60+)

- 1 Roy Holmes Bott Cycle Team
- 2 Stephen Wilkinson Element Cycling Team
- 3 Robert Cowie Aberdeen Wheelers Cycling Club
- 4 Graham Balshaw Team ASL-Bolton
- 5 Alan Forrester Graham Weigh Racing
- 6 Geoff Wiles Abellio – SFA Racing Team
- 7 Joseph Williams
- 8 James Rutherford Team Lusso
- 9 Hilton Armstrong Fietsen Tempo

- 10 Iain Turnbull Prima Team Racing
- 11 Stephen Bunn Welland Valley CC
- 12 Neil McNamee
- 13 Martin Jones Watford Velo Sport**
- 14 David Barker Chorley Cycling Club
- 15 Alan Dent Nevis Cycles Racing Team
- 16 Roger Crouch Dulwich Paragon CC
- 17 Vincent Ellis Velo Schils – Interbike RT
- 18 Haydn Davies Giant Cycling Club – Halo Film...
- 19 Tony Couchman
- 20 Alistair Cameron Chevin Cycles.com Trek
- 21 Clifford Featherstone MTS Cycle Sport
- 22 Tony Rees Team Ribble
- 23 David Broadbent Kuota – GSG
- 24 Mark Sims DHCyclesport Cycling Club
- 25 Brian Cookson OBE
- 26 David Lang Pro Vision Cycle Clothing

Martin reports: The hardest race I have ever done. Brutal course. 4 times up the climb with a final finish at the top. Wind, rain. A privilege to compete with some amazing riders, pros and past champions. Gave it my all.

### **Hillingdon Tuesday league 13 August**

#### **3rd Cat only**

- 1 Adam Reynolds Mono CC
- 2 Harry Savell Watford Velo Sport**
- 3 Luke Stratford Farnborough & Camberley CC
- 4 Brian Van-Du Watford Velo Sport**
- 5 Shaun King Kingston Wheelers CC
- 6 Joe Lockett Cardiff University Marmots
- 7 Amir Eshtehardi Finsbury Park CC
- 8 Tarquin Robbins GIRO Race Team
- 9 Will Scott VC10
- 10 Benjamin May Paria CC
- 11 Thomas Ward Mono CC
- 12 Ben Richardson Team Milton Keynes

### **6 August, Team LDN - Rapha Crit (3rd Cat):**

Jack Samways (27) and Brian Van-Du (22) raced at Hog Hill on a hot sunny Bank holiday Monday.

### **31 August, Team Milton Keynes Points chaser (cat 3/4):**

Callum Armor and Brian Van-Du raced at the Milton Keynes Bowl and Brian finished with 3rd and Callum in the back of the bunch sprint finish

## **Triathlon**

Vikki reports; Great morning at the Triathlon England National Age Group Sprint Championships, in Box End. The rain held off (mostly!) and I managed a surprising Bronze Medal in my age group, despite a terrible swim!

On the same day, Kevin Wlden came 8th in the National Sprint Champs - Kevin pictured below:



## **The Big Interview with Supervet Martin Jones**

### Questions

#### **1 So Martin, what got you into cycling and a bit of information about your upbringing?**



I first cycled in Swansea where I was brought up. I can't recall much about my first bikes back then but I was keen! I lived in California between '85 and '87 and bought a steel framed road bike which was probably my first proper bike. It was the time of the Jane Fonda fitness boom and I got into the idea of triathlons and cycling.

#### **2 Tell about your cycling history and other clubs you've been in?**

When I came back to the UK in '87 I helped run Triathletes London and our club cycles were from North London up into Hertfordshire. It was my first introduction to 'proper' cycling but I only did triathlon events. When I moved to Ricky in 1991 I bought a Roberts steel bike and joined the Quest rides from Denham because I came across their shop in North Harrow. They had some very good riders including elites and past national champions and I learnt a lot from riding with them. At various points I have also belonged to West Drayton, a very good club run by Chris Denman and Hillingdon Triathletes which is also well run. I've now been at Watford Velo for around 2 years.

#### **3 Tell us a bit about your palmaris and what you consider to be your best ever ride?**

I did some racing but gave up over 10 years ago after some close calls with crashes. I won a fourth cat race and did OK at cat 3 level but didn't race enough to push any further. My nicest riding memories are from our family holidays by ferry over to France with the bikes. I would go off and explore. Some of these rides in rural France were amongst the most enjoyable I have ever done when you just set off with a map and make it up as you go along. I've had some great trips to Majorca and done the Etap many times and they were all quite special. I rode with Quest for a week in Majorca with ex pro Gert Jan Theunisse and it was quite special to see him go up climbs. The Fred Whitton was amongst the hardest rides I have ever done. This year has been a good one with a trip to Majorca and Cyprus with groups from WVS. The bikes are better now and I enjoy riding as much as any time in the past.

#### **4 What do you remember fondly about your early cycling days?**

Well there was less traffic, obviously, but there was also an innocence about it all, perhaps it was just naivety! I think I am faster now because I have less hair and less drag!

#### **5 Cycling heroes do you have any?**

I don't really have any sporting heroes. I respect many sportspeople for their achievements and determination. Real champions are usually born that way, but the fire and determination comes from within. I admire Froome for his quiet dedication and quite like G for his laid back approach.

#### **6 How many bikes do you own, I'll keep it quiet from the wife?**

Not that many!. We moved last year and I had a clear out. I sold a full sus mtb, a Cervelo P3 and got rid of a Giant TCR I bought in 2015. I now have a 2005 TCR Advanced which I am fond of and is used as a winter bike with mudguards. Last year I bought a S-Works Tarmac disc and it is ridiculously good. Apart from that I have an old clunker mtb which is worth nothing but works and is perfect for errands or riding around in London. I quite enjoy this and do it regularly.

#### **7 What advice do you have for budding racers?**

Speak to others in the club who are racing and get some advice. Dive in and try it. Join others in the club at races and watch and learn. It takes a while to get used to riding in a group at speed and at effort. The close proximity to other riders at 25+mph can be off putting. Circuit racing is about position so you use as little energy as possible. This way you save it for when it is needed, usually in the last lap or two.



## **8 Finally, what do you like about the Watford Velo and your future plans?**

WVS has reignited my cycling interest and motivation. There are so many good young riders with lots of enthusiasm. I think the club has a good ethos and is very friendly. I would like to see the club grow and have more club events, overseas trips etc. I dislike cliques, so am keen that everything the club does is open to all, trips, training etc. I would also like to see the club engage with the local community to encourage new cyclists to get started.