

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!

Not much Time Trialling going on as I've had no recent results from anyone. Is anyone secretly riding them?

I've added a new section Coaching corner imparting some of my wisdom, hope you find this useful.

The TDF was compelling viewing shame both days in the last week on the Friday and Saturday were curtailed (especially for Neil J and family) as I agreed with Sean Kelly that "G" had an outside chance of winning but we'll never know - I'm sure Matthew James would agree with that?

Best Wishes Tom

Road Races

Berkhampstead 28 July Cheddington 3/4

- 1 Robert Attreed
- 2 Rodolpho Neils Gervaiso
- 3 Joe Nixon
- 4 Matt Dunsbier
- 5 Gregory Holmes

- 6 Joshua Denton
- 7 Christy Tabrett
- 8 Simon Hall**
- 9 James Timmis
- 10 Brian Van-Du**
- 12 Jack Saways**

Hillingdon Masters Road Races

Thurs - 18 July June Age group 50+

Masters 50+

- 1 Gavin Francis London Dynamo
- 2 David Turton BIKESTRONG-KTM
- 3 Jose Soler Sarmiento Lky7 SD Racing Team
- 4 Jeff Lamb VC Meudon
- 5 Kieran Dineen VCEquipe/FlixOralHygiene/Propu...
- 6 Andrew Lowe Team Corley Cycles
- 7 Edmond Irwin Lky7 SD Racing Team
- 8 Mark Hughes GS Henley
- 9 Andy Bathe Cambridge CC
- 10 Martin Jones Watford Velo Sport**
- 11 Malcolm Freeman GS Vecchi
- 12 Richard Miller Watford Velo Sport
- 13 Bernard Bunting London Dynamo
- 14 Andrew Barnes Hillingdon Cycling Club
- 15 Warren Vye Farnborough & Camberley CC
- 16 Rob Morton Berkhamsted Cycling Club
- 17 Jonathan Donald Handsling Racing
- 18 Stuart Elvins Ashmei Musette Race Team
- 19 Andrew Granger Twickenham CC
- 20 David Gayler Kenton RC
- 21 Ralph Carter London Dynamo
- 22 Ian Cooper

Thursday 1 August 50+

- 1 Andy Bathe Cambridge CC
- 2 Gavin Francis London Dynamo
- 3 Jeff Lamb VC Meudon
- 4 Ralph Carter London Dynamo
- 5 Andrew Lowe Team Corley Cycles

- 6 Edmond Irwin Lky7 SD Racing Team
- 7 Spencer Nash Bishops Stortford CC
- 8 Jose Soler Sarmiento Lky7 SD Racing Team
- 9 David Turton BIKESTRONG-KTM
- 10 Kieran Dineen VCEquipe/FlixOralHygiene/Propu...
- 11 Paul Dutton Lky7 SD Racing Team
- 12 Nigel Stephens Team Terminator
- 13 Mark Hughes GS Henley
- 14 Malcolm Freeman GS Vecchi
- 15 Bernard Bunting London Dynamo
- 16 Russell Wingfield Paceline RT
- 17 Huw Watkins Look Mum No Hands!
- 18 Philip Gallagher VC Meudon
- 19 Martin Jones Watford Velo Sport** (Martin followed this up by running 15 miles the following morning according to Strava in preparation for his Ironman soon- phew!)
- 20 Andrew Granger Twickenham CC
- 21 Desmond Gayler Kenton RC
- 22 Patrick Warren Ellmore Factory Racing
- 23 Daren Austin Twickenham CC
- 24 James Butterworth Twickenham CC
- 25 Mario Manelfi Blazing Saddles Cycles
- 26 Andrew Deans
- 27 Ian Leeding Norwood Paragon CC
- 28 David Gayler Kenton RC
- 29 Andrew Barnes Hillingdon Cycling Club
- 30 Ian Cooper
- 31 Tom Silverlock London Phoenix CC

Hillingdon Tuesday league 31 July

4th Cat only

- 1 Cameron Brown Loughborough Students CC
- 2 Giovanni Luongo London Dynamo
- 3 Jay Brasier-Creagh Fireflies Cycling Club
- 4 Robert Whichelow Lky7 SD Racing Team
- 5 Callum Amor Watford Velo Sport (congratulations to Callum on achieving 3rd cat status now)**
- 6 Tom Wilson Chiswick Cycling Club
- 7 Damien Preece
- 8 Remigiusz Kolosowski Thames Velo
- 9 Gavin Booth Chiswick Cycling Club
- 10 Trevor Davis VC Londres

11 Abdul Wasay Willesden Cycling Club

Bovingdon Bomber Criterium Series 13 Tues 30 July

3/4 Men

- 1 Peter Blencowe Cambridge CC
- 2 James McCormick Finchley Racing Team
- 3 Ben Smith Welwyn Wheelers CC
- 4 Simon Hall Watford Velo Sport**
- 5 Clement Palozzi Walden Velo
- 6 Daniel Rootes
- 7 Peter Shaw VC Revolution
- 8 Brian Van-Du Watford Velo Sport**
- 9 Paul Settle
- 10 James Woodbridge Lee Valley Youth Cycling Club
- 11 Gareth Wood

Bovingdon Bomber Criterium Series 13 Tues 16 July

3/4 Women

- 1 Elizabeth Danckert Army Cycling Union
- 2 Donna Dale Walden Velo
- 3 Haddi Conant Datalynx-Parenesis Cycling
- 4 Lucy Reed Kent Velo Girls CC
- 5 Heidi Gibbens Hemel Hempstead CC
- 6 Holly Ritcher
- 7 Vikki D'Arcy Watford Velo Sport**
- 8 Rachel Jenkins North Hampshire RC

Bovingdon Bomber Criterium Series 9 Tuesday 2 July

3/4 Men

- 1 Matthew Vallis Ashmei Musette Race Team
- 2 James McCormick Finchley Racing Team
- 3 Peter Blencowe Cambridge CC
- 4 Simon Hall Watford Velo Sport**
- 5 Simon Halloway Paceline RT
- 6 Jonathan Gamwell Oxford University Cycling Club
- 7 Robert Flynn Verulam – reallymoving.com
- 8 Robert Abbey Hemel Hempstead CC
- 9 Ian Swinscoe Royal Air Force CA

3/4 Women

- 1 Amy Shilliday Lovelo Squadra Donne
- 2 Chloe Vickers Team Milton Keynes
- 3 Donna Dale Walden Velo
- 4 Hannah Kitchen VC Meudon
- 5 Melinda Atkinson Lovelo Squadra Donne
- 6 Vanessa Taylor Hillingdon Triathletes
- 7 Sue McIntyre Walden Velo
- 8 Vikki D'Arcy Watford Velo Sport**
- 9 Harriet Haseler
- 10 Stephanie Wheatley Full Gas Racing Team
- 11 Charlotte Barnes

Womens Masters Circuit Championships Sunday 14 July Hillingdon

1.	<u>Maryka Sennema</u>	<u>Paceline RT</u>
2.	<u>Alicia Lisle</u>	<u>OVB</u>
3.	<u>Claire Whitworth</u>	<u>Team JRC</u>
4.	<u>Melinda Atkinson</u>	<u>Lovelo Squadra Donne</u>
5.	<u>Suzy Bell</u>	<u>Blazing Saddles Cycles</u>
6.	<u>Tamala McGee</u>	<u>Assos Equipe UK</u>
7.	<u>Lisa Rogers</u>	<u>Shutt Ridley RT</u>
8.	<u>Lisa Lait</u>	<u>Peterborough Cycling Club</u>
9.	<u>Vikki D'Arcy</u>	<u>Watford Velo Sport</u>
10.	<u>Stephanie Wheatley</u>	<u>Full Gas Racing Team</u>

Coaching Corner - keep it simple is the key to most coaching plans and have a goal no matter how simple. For example getting on Strava leader board or aiming to keep up with a WVS G1 ride! The simpler a training plan is the more you're likely to adhere to it. Consider this.



Old stuff	Why?	Modern Version	Why?
Race yourself fit	Easiest and best way to get high-intensity effort. But too much leads to fatigue	HIT	High Intensity interval training and easily controlled unlike racing.

Level 2 ride	Endurance ride while upper level 2 similar to sweetspot work used now	Sweetspot	20 minute sustained effort a good fitness builder use 1, 2 or even 3 blocks in your endurance ride or stand alone sessions with at least 5mins between efforts
Four-hour endurance ride	Simply put a leg over the saddle and you got the miles in	Endurance	These haven't changed much but with HR & power the correct effort can be maintained. Unless of course it's a G1 ride and everything goes out of the window!
Inner ring ride	Only could ride on the inner ring with the big ring banned	Active recovery	Gentle ride simulating blood flow but not fatigue so same as inner ring ride.