

## Editor's news

Welcome to the 1st edition of the year, March 2019. It's been a long hard winter and the sun is more than welcomed, fast bikes are having their tyres pumped up checked over in anticipation of the warmer and sunnier days.

Our open WVS Hardriders event was wonderfully well supported and well organised by Thomas Pink. Full marks to all that rode, on such a vicious course. With such an enthusiastic bunch of helpers from the Velo, it made you proud to belong to the club.



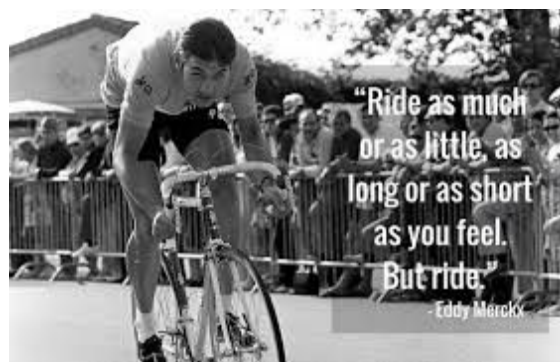
Big word of thanks to Nick Lilley who at the AGM volunteered to take over the website and revamp it, and what a wonderful job he's done. Check it out and keep the results and stories coming so that it's up to date and informative. We've a full program of events coming up so please consult the website and of course the Facebook page as well.

Over the winter, the mudguards rule with mudflaps seemed to have worked well with many of us not as spattered as we were previously and protecting our nice new tops.

Bikes now seem to be evolving at a such a rapid pace, 10, 11 & 12 speed. What to purchase? Mechanical or electric gears, wireless or cables and the rise of the gravel bikes add to the selection dilemma fitted with the seemingly now standard disc brakes.

Being a dinosaur, back in the 70's when I started clearly remember the new 6 speed block as being a ground breaker, with 42" being the lowest gear you'd probably get with the double chainset, grinding up the steepest Chiltern Hills how times have changed. But one thing hasn't you've got to be fit, mind you how long before the first member turns up on their electric bike, that will be a game changer!

Remember, if you want news for inclusion please email me [tom@capitalcyclecoaching.co.uk](mailto:tom@capitalcyclecoaching.co.uk) many thanks in anticipation. **Cheers and keep Cycling Tom Newman**



## **Time Trial Results**

Tom Pink reports- WVS in action at the Hemel Hempstead CC Sid Latchford hilly 22mile TT Sunday 24 March. Kev 1:06:56 and I 1:01:20 rolled in to place 67th and 40th respectively out of 78 finishing riders, 13th and 24th on road bike standings. Neither of achieved a PB on the course, but even so a huge roaring applaud must go to Mr Chandler completing his first competitive race since his crash in June 2018 and spinal surgery which followed. Really proud to have Kev racing in WVS colours, you have shown true strength and courage to get back on the bike in just 9 months Chapeau and here's to 2019! Winner Josh Crow-Stewart 50:01.

Not only is Kevin racing again, but was our timekeeper at the Hardriders event as well. Great to see him back.



## **Watford Velo Hardriders Sunday 31 March - Result**

position	firstname	Last name	club	time
1	Josh	Crow-stewart	Arctic Tacx RT	55:32:00
2	Luke	Clarke	TMG Horizon Cycling Team	55:51:00
3	Richard	Gildea	Didcot Phoenix CC	56:09:00
4	Danny	Axford	Arctic Tacx RT	57:38:00
5	Leigh	Smith	JCA Equipe Velo	59:19:00
6	James	Taylor	Berkhamsted Cycling Club	59:44:00
7	Sam	Hucks	High Wycombe CC	01:00:35

8	Henry	Farrell	Full Gas Racing Team	01:00:59
9	Elliott	Joseph	Watford Velo Sport	01:01:19
10	Harry	Savell	Watford Velo Sport	01:01:23
11	John	Jones	Verulam Really Moving	01:01:50
12	Robert	Abbey	Hemel Hempstead CC	01:02:22
13	James	Goward	Farnborough & Camberley CC	01:03:25
14	Phil	Lisher	Hemel Hempstead CC	01:04:05
15	Hugh	Madeley	London Dynamo	01:04:15
16	Peter	Fry	Cowley Road Condors CC	01:04:19
17	Gordon	Hobbs	Verulam CC	01:05:29
18	George	Edwards	Cowley Road Condors CC	01:05:36
19	Andrew	Ware	Watford Velo Sport	01:05:45
20	Jon	Friend	Bedfordshire Road RT	01:06:00
21	Thomas	Mead-herbert	Watford Velo Sport	01:06:01
22	Ian	Markham	Chronos RT	01:06:30
23	Nathan	Woodhouse	Leighton Buzzard Road Cycling Club	01:06:34
24	Richard	Moule	Bossard Whs	01:06:41
25	Peter	Anstey	Welwyn Whs	01:07:03
26	James	Schofield	Cowley Road Condors CC	01:07:11
27	Darryl	Green	Watford Velo Sport	01:07:36
28	Tim	Warrell	Berkhamsted Cycling Club	01:08:07
29	Shaun	Wood	Team Bottrill	01:08:53
30	Alex	Peeke	Welwyn Whs	01:09:21
31	Sinclair	Easton	CC London	01:10:02
32	Alan	Crane	Chronos RT	01:10:37
33	Joel	Parsons	Watford Velo Sport	01:11:48

34	Scott	Taylor	Hemel Hempstead CC	01:12:01
35	Trevor	Hook	Team Milton Keynes	01:12:11
36	Jody	Conibear	Hemel Hempstead CC	01:13:17
37	Richard	Thompson	Verulam CC	01:13:32
38	James	Johnson	Welwyn Whs	01:14:25
39	Howard	Ashmore	Welwyn Whs	01:17:07
40	Kristin	Stolpe	Lovelo Cycle Works	01:17:58
41	Heidi	Gibbens	Hemel Hempstead CC	01:19:07
42	Jenni	Lake	Lovelo Cycle Works	01:19:11

## Road Races

### Hemel Hempstead Spring Chicken RR - Saturday 9 March I

24th Darryl Green

41 Tom Pink

Winner Aaron King- Spokes Racing Team

Picture of the guys who competed in this event below, left to right, Elliot Joseph, Darryl Green, Peter Sibley and Thomas Mead-Herbert,



### West Drayton MTB crits - Hillingdon Circuit Saturday 4th cat

16- Joel Parsons

25- Leroy Goodman

28 - Brian Van-Du

Joe Parson reports; Lee Cannodale, Leroy Goodman and Brian Van-DU raced in the Cat 4 at Hillingdon for West Drayton / Specialized Crits on Saturday 23rd. Leroy was persuaded to enter his first race during the commute home on Friday night. Brian wanted to come along to watch initially but ended up entering for the hell of it. He even removed his

mudguards! It was a 'relatively' easy pace for much of the race, ramping up towards the end. A number of breakaways came to nothing and there was a spectacular crash during the mass sprint finish which I narrowly avoided. I think all concerned were generally ok although one poor chap broke his collarbone and one poor bike received a split top tube. Joe - 16th, Leroy 25th, Brian 28th. I would like to take this opportunity to apologise to all members for sprinting from the hoods. With your help I hope I can overcome this terrible affliction!

**17 th March 2019**

**Race: Paul Simon Homes Road Race, Eastern Road Race League**

**Category: 3/4 th Category**

Team: Elliot Joseph, Harry Savell, Simon Hall, Thomas Pink

Harry reports; A team of four WVS stalwarts made the trip to Chelmsford to race in Finchley Racing Team's Paul Simon Homes Road Race. Spirits were high as Harry and Simon looked to capitalise on a week of warm-weather training at the inaugural Martin Jones Mallorcan boot-camp; Thomas was keen to get stuck in to the racing scene after his 3,300 mile warm-up ride across America and Elliot was excited to try out his new wheels, acquired from Classics Legend and (rumoured) WVS fanboy Luke Rowe.



The remnants of Storm Gareth made for an interesting race, with the bunch strung out in Flandrian-style echelons from the gun. Elliot pushed the pace in the early stages before Harry found himself in a 12-man breakaway – a move more by luck, than design. In the Peloton behind, Thomas was forced into an early withdrawal with mysterious leg spasms - proving there is such a thing as 'too much cycling'. Meanwhile, Elliot and Simon held firm in the peloton behind as it whittled down to 10 or so riders in the tough conditions. With a strong ride under his belt and the points being decided up ahead, Simon dropped out with a lap to go to make an early return to Dad-duty.



the finish.

Meanwhile, the breakaway came down to a group sprint to the line, with Harry opening-up early into a strong head-wind, getting swamped just before

Unknown to the rest of the race, the win had already been decided up ahead, after a 2-man break snuck clear on the first lap of the race. The duo built an unassailable lead of 4 minutes

with the race ultimately won by time-trial specialist Sebastian Dickson, riding for Cambridge University. Chapeau! Harry finished-up 12th and just outside the points, Elliot finished just behind, with a solid top 20 result. A good day was had by all, with much more racing to come. Onwards and upwards!



**Sunny climes - 2 parties were getting the miles in one in Majorca and the other in Cyprus - pictured**

in Majorca are: Simon, Harry, Martin, Rob and Leroy. On their return life is going to be even more tricky for us not so fit G1's in the coming weeks.



