

Editor's news

Our road race went off smoothly superbly organised by Thomas Pink and so well supported by the riders and our ace crew of club members a production to be proud off. Well done everyone. Vikki, competed in the women's event later in the day, starting and finishing her first ever road race, huge congratulations to her. Since learnt that current British cycling Zwift champion Rosamund Bradbury also competed in our event no pressure.

Man of the month Harry Savell is on fire, winning the Bovington Bomber twice in May and a taking a fine 8th place in the Thames Velo Road as well. Darryl and Martin Jones have really competed well in the Hillingdon Master's road races, with Martin turning back the clock and riding at the circuit for the first time in 12 years. Amazing well done fellas. Age does not dim your considerable talents.

tom@capitalcyclecoaching.co.uk many thanks in anticipation. **Cheers and keep Cycling**
Tom Newman

Time Trial Results

Hemel Hempstead 10 mile TT's - Leighton Buzzard Road

Thurs 2 May

25:46 Kevin Chandler

Thurs 23 May

25:15 Kevin Chandler
 Mark Lansbury

Good to see Kevin after his nasty crash last season turning the pedals in anger once again

Road Races

Hillingdon Masters Road Races

Thurs - 9 May Age group 40-49

10th Darryl Green
Winner Graham Crow WyndyMilla

Thurs - 9 May Age group 50+

12th Martin Jones
Winner Andrew Lowe Team Corley Cycles

Thurs- 23 May Age Group 50+

16th Martin Jones
Winner Jeff Lamb VC Meudon

Hillingdon Tuesday league 14 May

4ths event

5h Callum Amor
10th Brian Van-Du

3rds event

4th Harry Savell



The “Team” pictured at Hillingdon on Tues 14 May

4ths event Tues 23 May

4 Callum Amor
8 Brian Van-Du

Watford Velo 2/3/4 Sunday 5 May

56 Elliot Joseph
Winner Gregory Titzek -Zero BC

Tough race on rolling circuit, extinguished many riders out of the back and to be honest event to finish or at least hang in for a few laps was an achievement, so full marks to Luciano, Darryl and Martyn for competing

Thames Velo Road Race 3/4W/J Sunday 12 May

8th Harry Savell

Winner Robert Atreed
Thames Velo

Report: The 35th edition of the Thames Velo Spring Road Races proved to be a special day for the Thames Velo club on Sunday 12th May 2019. Not only did they celebrate another consecutive year of hosting road racing over the past three and a half decades, but also celebrated the first time a member of the club has won the race.



In the morning's 3/4/W/J race a couple of breakaways got away at points but with 16 kms to go the race was back together. The ensuing bunch sprint saw Thames Velo's Robert Atreed power to the line to take the win by a bike length ahead of Carl Farrell (Sussex Revolution) and Thomas Price (Avid Sport). This year, to attract more women to enter the race, Thames Velo offered an extra prize to the first woman and were delighted that thirteen women raced for the prize, won by Mathilde Paul from 1904 RT. A fine ride from Harry who can just be glimpsed in

the middle of road sprinting for a splendid 8th place. Luciano also competed finishing with the fast moving bunch, well done fellas.

Bovingdon Bomber 3 / 4 Tuesday 7 May

- 1 Harry Savell Watford Velo Sport
- 2 Daniel David LBRCC (Leighton Buzzard Road C...
- 3 George Olive Finchley Racing Team
- 4 Matthew Vallis Ashmei Musette Race Team
- 5 Matthew Davey Verulam – reallymoving.com
- 6 Steve James High Wycombe Cycling Club
- 7 James McCormick
- 8 Robert Abbey Hemel Hempstead CC
- 9 Toby Hunt Verulam – reallymoving.com
- 10 Ben Stowe Hemel Hempstead CC
- 11 Samuel Davey VC Norwich
- 12 Patrick Brown
- 13 Louis Francis Watford Velo Sport
- 14 Jack Samways
- 15 Simon Hall
- 16 Hugh Madley
- 17 Andy Vickers
- 18 Matt Verinder
- 19 Ben Nixon Ashmei Musette Race Team
- 20 Daren Nel Lovelo Cinelli RT
- 21 Nick Porter Team veloccino
- 22 Simon Hanrahan
- 23 Stan Nwaka Verulam – reallymoving.com
- 24 Conrad Holland Verulam – reallymoving.com
- 25 Mathew Devine
- 26 Mark Chicken Hemel Hempstead CC

Terrific win for Harry pictured, who outsmarted and out-sprinted the bunch ably assisted in the race by Louis, who what with his lack of riding achieved a superb result.

In the women's event Vikki (pictured) raced and reports in her words: "Balls out for 35 minutes plus 5 laps. 2 races in 3 days so legs a little tired but I finished in



© Judith Parry Photography

6th place (out of 8!). Need to learn the corners on the course but it was so much fun. I can highly recommend giving it a go"



Result: Bovingdon Bomber Criterium Series 3

3/4 Men

- 1 Harry Savell Watford Velo Sport
- 2 Toby Hunt Verulam – reallymoving.com
- 3 Ben Stowe Hemel Hempstead CC
- 4 Matthew Davey Verulam – reallymoving.com
- 5 George Olive Finchley Racing Team
- 6 James Lloyd Oxonian CC
- 7 Benjamin Spencer Beds Road Race Team
- 8 Tim Cox Hemel Hempstead CC
- 9 Ben Nixon Ashmei Musette Race Team
- 10 James McCormick Finchley Racing Team
- 11 Robert Abbey Hemel Hempstead CC
- 12 Simon Hall Watford Velo Sport
- 13 Kieren Jarratt Royal Air Force CA
- 14 Rider Unknown
- 15 Daniel Gullefer Beds Road Race Team

Louis reports: He's done it again, Harry attacked and stayed away 10 minutes into tonight's Bomber 3/4 Crit along with a Verulum rider Toby Hunt and out-sprinted him for the win. In my opinion man of the match goes to Simon Hall for chasing down every subsequent attack,

keeping the race under control
and allowing Harry's gap over
the bunch to grow. Chapeau
(Simon pictured far left with
the crew)



According to Andy Fleet of the Hemel Hempstead CC there is a lovely community volunteer run cafe/shop in Wigginton, great looking cake, loads of bike parking and nice seating ... ripe for a few coffee stops this summer.

<http://wiggintonshop.org.uk/?fbclid=IwAR28NZiAAdJuVrv8tXrcuJm2xD80SiPcVCPusFBIszGpWBkK-i34VAC14vs>

