

# Charlotteville Cycling Club

Founded 1903



[www.charlottevillecc.org.uk](http://www.charlottevillecc.org.uk)

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## ***Annual Review 2015***

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Summarising a year in the life of a cycling club such as ours is not always an easy thing to do as there are so many things going on each week across the whole year that I am bound to miss out some things and different people will always tend to focus on different areas of the clubs activities. So with that in mind as a massive disclaimer we start the review of the year that the record books will always record as 2015.

There are certainly two very distinct sides of the club with our Rascals Go-Ride section continuing to go from strength to strength each year and as per last year we have a separate section of this report that has been put together by the Rascals Committee summarising the activities that have taken place with our youngest members (and their parents/coaches) during the year. I know that many of you who are members of the club but don't have any links to the Rascals really enjoy this section and will marvel at what has been taking place during the year. However, such is the strength of the Rascals that I will also draw attention to some specific areas in this main club section too so please excuse any duplication.

I would like to start with a focus on some specific individual (or sometimes group) achievements from members of Charlotteville CC who have hit the headlines during the year (well, atleast our headlines across our communication channels, website and social media). I will start with perhaps the 'longest' achievements of the year... The club has a long tradition of members cycling significant distances although Audax riding has, in recent years, been something that only a handful of our members have taken part in. During 2015 there has been a resurgence of what some might suggest as ridiculously long rides which might even have roots in some of the extended club runs from last year. Two particular events stand out during 2015; firstly with a band of hardy souls (Paul Batchelor, Virginia McGee, Jeremy Ray and Nick Walther with DS James Curry) who took on the task of riding from Guildford to Paris in 24 hours. After leaving Guildford around lunchtime and then riding through the night once in France they got within 13km of the centre of Paris after 350km of riding in 24 hours for quite an outstanding achievement, quite why I don't think anyone ever asked but there is [a great video on YouTube](#) if you want to see what went on. Obviously this was not quite tough enough for Virginia because she had her sights set on a slightly longer distance with the iconic 18th Paris-Brest-Paris Randonneur which took place in August and saw her completing the distance of 1200km in 76 hours and 17 minutes along with PBP team mate Chris Batch from Norwood Paragon and Directeur Sportif/Soigneur James Curry. A quite incredible achievement and something that I am sure will stay with her for a very long time. Again, if you have not already read James' updates from the event in [his blog](#) then they are well worth a read.

Next I would like to switch to perhaps the complete other end of the scale in terms of staying more or less in the same place (or atleast the same building) from a member who completed most of her riding on the boards of the various velodromes around the country. Alice M started her riding in the Rascals and has swiftly moved from the Rascals training sessions to racing and increased her speed and experience over the past few years. As is often the case in some of the categories of local racing she often had very little competition with which to compare herself but this year she has certainly been able to do that by taking part in some very prestigious events ranging from track leagues at the Lee Valley (aka Olympic) velodrome to the Sainsbury's School Games, National Youth & Junior Track Championships and Inter-Regional Track Championships. As well as using opportunities to race on the road including riding at the RideLondon Grand Prix on The Mall in London. All this has led to Alice being selected to join the British Cycling Apprenticeship Scheme which will see her getting an opportunity to take her riding to the next level which could even lead to the BC Development Squad and beyond. We wish Alice all our very best for the future and we will be keeping a close eye on what she can achieve.

Most Charlotteville members who race usually only get an opportunity to compete on 'home turf' but for three members this year they had the opportunity to not only ride abroad but also represent Great Britain at the [UCI World Cycling Tour Finals](#) in Denmark (aka the World Masters Road Championships). After putting in qualifying rides at the Tour of Cambridgeshire Gran Fondo Greg Barber, Anthony Roberts and Anna Stedman took part in the Road Race. I think it's safe to say that they had an amazing weekend in what was a fairly unique opportunity (the next

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Worlds is in Australia!) and something that the club were most proud of. Anna continued her road form for the rest of the season to put in a number of consistently strong performances and finish second overall in the Surrey League for 2015.

At the end of the year we have also received some very exciting news which is worthy of mention here with another of our former Rascals taking his sporting ambitions to the next level. Andrew Pink (aka Pinky) started out with the club a number of years ago and raced in our club TT events, the TCR etc. and then was involved in both taking part in and then helping out with the Rascals sessions. Still only 19 Andrew now runs the WyndyMilla Kids Go-Ride club as well as helping out with Rascals sessions from time to time and was just recently awarded the Sport UK Coaching Young Coach of the Year Award. A very significant award for a great friend of the club and we look forward to seeing where he takes his talents next. Again, please refer to the club website for [his interview](#) at the awards dinner which gives you some of the background to his achievements.

Moving on to more routine matters the club promoted its traditional calendar of events with just a couple of minor changes. Starting off with the Club Hilly in March where Matt Parfitt took the honours from Ben Hopwood and then Matt managed to better his time again by 40 seconds in a new event (the second Hilly of the year) that took place just before the Duo Normand with the aim of allowing pairings racing in France to try their hand on our hilly course (for those who have not been to the Duo it has its own lumpy bits). Ben Hopwood and Gareth Barnes set a very strong time (ahead of Parfitt) in preparation for their 5th placing in the 3rd Category in Normandy. The numbers signing on for the Evening 10's this year have been down on previous years for no clear reason but whether it's down to weather, traffic or just plain lack of interest in time trials on a Wednesday night I am sure that the racers will return. In the season ending hill climb in good weather on a Sunday morning in October Ben Hopwood took away the crown from previous years winner Darren Heath with a convincing win.

A full programme of Open Time Trial events took place with the winners as follows:

Open 50: Adam Topham (High Wycombe CC) and Cynthia Kunschke (High Wycombe CC). Adam went on to win the BBAR for the second season in a row and Cynthia came second in the ladies BBAR

Open 25: James Boyman (Farnham RC) and Kate McNeill (Drag2Zero.com) with a popular win from James who is well known to many in the club after starting out with Farnham RC when he was still at school returning to competition this year after a long break from racing. He went on to come 2nd in the Open 10 too. There was also a notable performance from Ben Hopwood who came 9<sup>th</sup> with a 53:33 and Natalie White came 4<sup>th</sup> in the ladies event

Open 10: Kevin Tye (VeloRefined Aerosmiths) and Laura Bartlett (Newcomers CC)

However, more importantly we should thank the organisers of these events without whom these races could not have taken place namely Daniel Sharp, Jim Pitt, Natalie White and Rachel Przybylski.

The club traditionally promotes the two Surrey League Handicap Road Races at Kitsmead Lane each year and this year was no different with Glenn Smith and team putting on two strong events. The numbers of riders were down on previous years after a change in rules for the Surrey League which now requires all 4<sup>th</sup> category riders to complete an accreditation course before being able to race on the roads. Wins for David Kennett (Addiscombe CC) and Nick Sturman (London Dynamo) were well earned none the less.

The 2015 Guildford Town Centre Cycle Races were, as always, a highlight of the calendar with the promotion from Jon Lewis bringing some great racing to the setts of Guildford High Street. This year did not see the problems with the course itself that were experienced the previous year however the (dis)organisation of the council contrived to make the organisers planning tasks significantly more difficult than before. Additional help with sponsorship and promotion is vital to ensure that this event can continue to take place in 2016. As described in the Rascals report there was a large turnout of riders from the club and in the Local Heroes event Ben Hopwood reached the podium with a 3rd place behind three time support race winner Paul Hopkins (Merida Factory Racing) who loves to come back to this event despite not racing much on the road elsewhere. Emma Grant (IKON Mazda) took the womens race with Alex Paton (Pedal Heaven) winning The Guildford Cup in a race dominated by the strength of Pedal Heaven RT, our local domestic pro team, who filled all three podium positions.

Finally, within the committee we have been working hard to drive the club forward this year with the membership numbers continuing to increase year on year. At year end we have 332 members in our membership database (which we moved to the British Cycling offering this year which provides us with a better management capability and ease of online subscribing for both existing members and potential new members). Of this we have 221 seniors and the remaining 111 coming from the Junior/Youth/U12 categories which are mostly the Rascals. With only 19% of the membership being women/girls we still have a lot to do to maintain a better balance of the membership. The primary focus for the committee this year has been to find a new home as we felt that our years spent at Old Woking Cricket

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Club were coming to an end and we wanted to find somewhere that could better suit us longer term and also provide more opportunity to put on events and regular activities. After trying out a few events at Jacobs Well Village Hall we have now committed ourselves to a new home at the Old Guildfordians Association of Clubs in Stoke Park where we share the clubhouse with the Old Guildfordians Rugby, Football and Cricket clubs. With a bar area complete with satellite TV, kitchen, changing rooms and club kit storeroom we hope to build a home for ourselves over the coming years with the club runs already leaving from the clubhouse carp park and an extremely successful Tour de France BBQ held during the summer which saw perhaps the biggest turnout for a club social event in recent years. The committee have also tried to ensure that we support (financially or otherwise) some of key activities taking place during the year including many of the riders that I have already mentioned in the first section of this report. We hope to continue more of this in 2016. Finally, it is also worth highlighting that as a club we are involved in helping to run the sport too with Jim Pitt being a member of the London West District Committee (CTT) and three of the current club committee (Jon Goodge, Jon Lewis and Anna Stedman) now being on the board of the British Cycling South East Region which gives the club a strong voice in the sport within the region and nationally. Roll on more of the same in 2016 – keep safe on the roads and no half-wheeling!

*Matthew Legge*  
General Secretary

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## **Rascals Review 2016**

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As we come to the end of another year for the Rascals, it has to be said that the club's youth section continues to go from strength to strength in many areas, and we have had our most successful year yet. Increased participation in Saturday morning sessions, many new rider members introduced to the club, successes in racing on the road, time trials, cyclocross and track, and one rider achieving selection on the next step of the British Cycling talent identification programme - quite a year!

### **Participation**

Our regular Saturday morning sessions continue to be well attended, with approximately 50 riders per session and numbers have been swelled by 15 new riders coming through our 6 week induction programme which was introduced this year. This has helped to reduce the length of the waiting list for new members, but unfortunately the list remains closed for the time being. Our current membership stands at over 100, with a further 56 on the waiting list.

Our regular Go-Ride Racing events have proved ever popular, with an average entry of 60 riders per event. We hold a total of 4 events throughout the year, and they are as much about participation as racing, with everybody encouraged to enter and have a go. The events are also open to riders from other clubs in the area.

### **Rider development**

British Cycling has rebranded its talent program as the "Rider Route", which extends from Go-Ride clubs like the Rascals at the base of the 'pyramid', through specific development programs for the various cycling disciplines, right up to the Olympic team. At the official base of the pyramid are the Regional Schools of Racing (RSR), where selected riders typically aged 14-16 are invited to attend regular all-day sessions run by the GB Cycling Team coaches. Once again we have had several riders attending this year at Track and Circuit RSRs, notably AliceM, LewisH, IeuanW and BenB, and we are delighted to report that AliceM has been recently selected for the next level as a GB Cycling Team Olympic Development Apprentice! This means she is one of around 100 riders across the country at this level, and it is an indication of the talent she has shown as well as reward for the hard work put into her training. Congratulations to Alice from us all on an amazing achievement. We trust she will make the most of this wonderful opportunity, and she is hopefully an inspiration for other Rascals to follow in her wheel-tracks in the future.

To further underpin this pyramid from within our Go-Ride club, we have recently introduced our [Rascals Awards scheme](#), thanks to the hard work of Coach Rex. The scheme allows us to assess riders on a graded scale and to give awards as they pass each stage, from the basic Ride level, through Bronze, Silver and Gold right up to Rainbow at the top level. There is also an award for volunteering. It is early days for this scheme but it has already been well received by riders wishing to measure their development, by British Cycling South East Development Coaches and the scheme will continue to progress throughout next year.

The Rascals Rider of the Month award this year has been given to Hannah M, Daniel C, Ewan B and Emma K - according to the coaches, each of these riders has demonstrated the spirit of the Rascals, excelling in the key areas

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of Attitude, Attendance, Technique/Skills Progress, Rascals Development and External Rascals Activity, and receives the 'Rascals Rock' for their efforts. The full list of awards is always available [on the website](#).

Four Rascals; BenM, GiacomoL, MaxS & HughJ have chosen cycling as their physical and volunteering sections as they work towards their Bronze DofE awards - we are very happy as a club to support this, as well as those who want to follow the British Cycling Young Volunteers program - currently our Young Volunteers are LewisH, IeuanW & EleanorS.

### **Club Development**

The area of Woking and Guildford is still in desperate need of a suitable facility for cycle training and racing, and, despite efforts from various individuals and groups, there is little concrete (or should that be tarmac?) progress. The proposed development of a cycle track at Woking's Goldsworth Park still appears a long way off, although there is hope of using the Park and Ride area near the Surrey Sports Park once the longer days return. One recent advance has been the acquisition of a small secure area at Goldsworth Park for the storage of Rascals training kit.

Several coaches have taken discipline-specific Level 2 coaching courses this year, meaning we are now able to coach more advanced content at MTB, CycloCross and Road & Time Trial disciplines. Our coaches have also developed their knowledge by getting involved at Club Cluster, RSR and Regional Team development sessions. Nevertheless, there is always a need for new coaches to be trained, particularly female coaches as well as other volunteers, so if you are thinking about it, get in touch and we can help you get started.

Together with help from the main club, this coaching development has been partly funded from the Rascals session fee increase that was introduced last year. We also now have to cover the increased cost of hiring George Abbot School, and the club is keen to continue to contribute to some of the costs of those representing the club at higher levels of racing. So your weekly fees are being put to very good use!

Clubs like the Rascals rely on the hard work of volunteers, including welfare officers, administration, sign-on team, coaches, etc. With most of us being parents of current Rascals, there will come a time when our children move on so we need more volunteers to come forward and fill the gaps. Please consider how you might be able to help, and speak to any of us to get more information on the various roles and what they involve.

### **External Sessions**

Given the limited facilities we have at Goldsworth Park Woking and George Abbot School Guildford, it is important that we give riders the opportunity to ride at other venues to further their development. With the support of the main club, we have had a trip to the Calshot velodrome, and have been running some Road & Time Trial specific sessions at CycloPark in Kent. This helps in a number of ways at each end of the age spectrum - riders under 12 years are not permitted on the Lee Valley Velodrome, so the Calshot trip gave some younger Rascals their first go at riding an indoor velodrome. Conversely, the CycloPark sessions were introduced to hopefully maintain interest from older riders who perhaps do not feel they always benefit from riding and coaching on a playground.

Rascals have also been able to access other sessions, such as Club Clusters at CycloPark and Lee Valley Velodrome (as arranged by BC South East), the monthly Power-Pack (also at CycloPark) and the new weekly VC Meudon youth sessions at Eelmoor/Blackbush. If anybody is interested in more details of these various sessions, please speak to the coaches at any time.

### **Racing - Road and Track**

Once again, Rascals have been racing in large numbers at Road, Time Trial, Track, Cyclocross and Mountain Bike, with high levels of participation and some good successes. Eelmoor proved to be as popular as ever (25-30 Rascals racing each week) with many getting their first taste of road circuit racing. We had brilliant series wins for AliceM (U16 Girls), LewisH (U16 Boys) and WillF (U8 Boys), with five other podium finishes overall - some great results! Well done to everyone who competed and those trophy winners below.

- U16 Boys LewisH 1<sup>st</sup>, BenB 4<sup>th</sup>
  - U16 Girls AliceM 1<sup>st</sup>
  - U14 Boys MalinC 3<sup>rd</sup>
  - U14 Girls EllieC 2<sup>nd</sup>, EmmaK 3<sup>rd</sup>, EleanorS 4<sup>th</sup>
  - U12 Boys BenF 2<sup>nd</sup>, SebE 4<sup>th</sup>
  - U10 Boys EdwardC 4<sup>th</sup>
  - U10 Girls ElectraM 2<sup>nd</sup>, KatieK 3<sup>rd</sup>, DetiC 4<sup>th</sup>, SophieL 5<sup>th</sup>
  - U8 Boys WillF 1<sup>st</sup>, EdwardF-W 4<sup>th</sup>, AlfieJ 5<sup>th</sup>
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There has been a regular few racing at Hillingdon's Monday night summer series, with a series win for AliceM and second overall for leuanW.

The Clubs own Guildford Town Centre races saw a total of 25 Rascals competing across the categories, again with excellent performances all round and with a 1st place for WillF (U8 Boys). LewisH showed how to race a criterium taking a well earned 6th place and being the highest placed first-year U16 rider. Well done to everyone who competed below.

- U8 Girls: EvaA 4<sup>th</sup>
- U8 Boys: EdwardF-W 4<sup>th</sup>, Milo 7<sup>th</sup>, BenL 8<sup>th</sup>, AlfieJ 9<sup>th</sup>
- U10 Girls: LaraT 4<sup>th</sup>, HonorA 5<sup>th</sup>, ElectraM 6<sup>th</sup>, SophieL 7<sup>th</sup>, KatieK 9<sup>th</sup>, EmilyB-L 10<sup>th</sup>
- U10 Boys: EdwardC 4<sup>th</sup>, JoshJ 7<sup>th</sup>, JoJo 9<sup>th</sup>, MorganC 10<sup>th</sup>
- U12 Boys: SebE 10<sup>th</sup>, BenF 11<sup>th</sup>
- U14 Girls: EmmaK 4<sup>th</sup>
- U14 Boys: SamB 5<sup>th</sup>, MalinC 9<sup>th</sup>, EwanB 11<sup>th</sup>
- U16 Boys: LewisH 6<sup>th</sup>, HughJ 13<sup>th</sup>, MaxM-R 14<sup>th</sup>, GiacomoL 19<sup>th</sup>

At a slightly higher level, Rascals have competed at National Circuit Series events, leading to AliceM, leuanW and LewisH being selected to represent the BC Southeast Region. Alice and Lewis raced for the Southeast Regional team at the RideLondon Grand Prix, and on that occasion coaches Jon L and Jon G had to step in at the last minute to manage & coach both the girls and boys teams. Once again leuan competed at the week-long Assen race in the Netherlands - this is a very popular event with highly competitive racing across all youth categories, and it would be great to get some other Rascals entering next year.

On the track, the first London Youth Track League at the Olympic Velodrome came to a conclusion earlier in the year, which was a great success in introducing many riders to track racing, and the league now in its second season is well under way every other Thursday, so if you are in London it might be worth a trip to watch! Over the summer, several Rascals also represented their club at the regional track Omniums all seeking a place in the National final.

### **Racing - Cyclocross & MTB**

Following one of our coaches gaining the BC Level 2 CX discipline specific award, we have been able to run regular CX themed coaching sessions at both Guildford and Woking coaching venues over the summer and autumn. This has resulted in an increased number of Rascals regularly taking part in races in both the London and Wessex CX Leagues (some competing in both leagues). In total 12 Rascals have been competing and continue to do so this year - in all age categories - both male and female. Of particular note, Edward C is currently placed 2nd U10 and 7th overall in the Wessex League U12 Category. Sam B is currently having an outstanding season in the Wessex League - Sam is the leading U14 and 9th overall in the Youth category which includes the U16 riders. When Sam moves up to the U16 next year - he looks set for another very successful year.

In the Youth category in particular, four of our Rascals are so very close to each other in terms of speed and ability - it's been fantastic to watch and although they might be fiercely competing with each other on the course, they are very much supportive of each other - in fact, all of our Rascals display a great sporting attitude and behaviour at these league races.

Sam has also been selected for the South East regional MTB squad (as previously coached and now managed by Coach Jon G). Also this weekend we have learned that SamB has also been accepted to race at the National Cyclocross Championships in January. This is a superb achievement Sam, keep up the hard work & good luck in the New Year we will be following it closely.

### **The Future**

Looking forward to next year, we hope to continue to work through our waiting list, though we are largely limited by available space to coach in. We also have to continue in our efforts to engage and retain older riders, with more external sessions and further development of the Rascals Rides. Other plans include more Cyclopark and Calshot sessions, turbo training at the club house, and hopefully a Go-Ride race league which has been proposed by BC Southeast.

As ever, all of us involved in running the Rascals are inspired by the enjoyment and progress shown by all our riders, and we challenge you all to build on your successes and once again enjoy a fantastic year of riding, racing and having fun!