

# Charlotteville Cycling Club

Founded 1903



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

## Annual Review 2016

The top story is that its been a record breaking year for time trials within the club although this was certainly not the case in terms of the numbers of people taking part in time trials (which were quite low for the club time trials). However, given that the last time that a club time trial record was broken was in 2003, this year we saw 8 club records fall and one of them was broken twice! Not only that but 5 of them fell across one weekend at the end of May.

Record	Name (Event)	Time	Previous Record
Men's 10 miles	Matt Parfitt (Team Swift '10')	00:19:30	2016 James Wright
Men's 10 miles	James Wright (Hemel Hempstead CC '10')	00:19:48	1991 Derek Cottington
Men's 25 miles	James Wright (Team Axiom '25')	00:50:34	1992 Derek Cottington
Women's 12hr	Virginia McGee (Newbury RC '12')	250.83 miles	1968 Jenny Noad
Juvenile 10 miles	Ieuan Woods (Team Axiom '10')	00:21:03	1998 Chris Edwards
Juvenile 15 miles	Ieuan Woods (Newbury RC '15')	00:33:28	1997 Chris Edwards
Juvenile 25 miles	Ieuan Woods (Team Axiom '25')	00:54:56	1998 Chris Edwards
Team 25 miles	James Wright, Matt Parfitt, Ieuan Woods (Team Axiom '25')	02:37:36	1996 Cottington/Wells/Stonebanks
1km Track (Standing Start)	Ieuan Woods (Lee Valley Youth Omnium)	01:10.5	1982 Paul Wheeler



Its really very difficult to say that any one performance outshone the others as they stand alone in their own right as amazing performances from the speed of Matt and James' time trialling (beating club testing legend Derek Cottington's records in the process), to the sheer number of records that Ieuan broke across many distances (inc. track too) to the staggering distance that Virginia rode in the Newbury RC 12-hour event. Amazing!

Not content with breaking all those juvenile club records Ieuan Woods also finished as 4<sup>th</sup> Juvenile in the National Junior 10 championships and there are more details on his racing within the Rascals section of the report. Ieuan will unfortunately be leaving us for 2017 (although he will still be 2<sup>nd</sup> claim and riding our

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club 10's) as he has been invited to race for Catford CC/Equipe Banks in their Junior Squad as part of the next stage in developing his cycling ambitions for which we wish him all the very best.

In club TT events notable winners were Ben Hopwood in the Club Hilly, Matthew Cove in the Novice Cup and, that man again, Ieuan Woods in the Hill Climb.

We continued to promote two Open Time Trials in 2016 with our 50 and 10 mile events (organised by Daniel Sharp/Virginia McGee). The Open 50 events were won by Peter Harrison (GS Henley) and Alice Lethbridge (Starley Racing) and the Open 10 winners were James Boyman (Farnham RC) and Kate Allan (Drag2Zero). In addition, the team of Ben Hopwood, Gareth Barnes and Jon Saunders won the team prize and showed Parfitt, Wright and Woods that they weren't the only speedy testers in the club and were all in the top 10 overall for the event.

On the road racing front there were also some great performances by club members across the year with Anthony Roberts gaining his 2nd category licence and then Julian White and Anna Stedman competed in the World Gran Fondo Championships in Perth, Australia as part of the Great Britain team.

The Guildford Town Centre Races are always a highlight of the year and this year organiser Jon Lewis was never really convinced that the event would take place even up to the day itself. This was due to the much delayed relaying of all the setts on Guildford High Street which meant that whilst we have a lovely new surface in place now there were sections of the course where the width of the course was reduced as the contractors still had not quite completed the works in time. Racing on the night was delayed following a crash in the youth races involving some of the older girls but everything eventually completed before it got too dark with Rory Townsend (Pedal Heaven RT) taking the title in the Elite event. Other winners included Mathilde Pauls (Sigma Sport) in the Women's event, Jake Yarranton (Excel Pedal Heaven Academy) in the Local Heroes event as well as 3 Rascals on the podium across the various Youth races.



Despite these highs there have unfortunately been some lower levels of activity with limited turnout for our social events and the ongoing struggle to encourage members to volunteer in helping out. I would like to finish by paying particular focus and appreciation to all our event organisers across the events already mentioned here as well as our commitments to the Surrey League (Glenn Smith), Cycle Jumble (Carol Golsby), Evening 10's (James Curry) and all other events that we have held.

*Matthew Legge*  
General Secretary

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## **Rascals Review 2016**

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As we come to the end of another Olympic year with the usual huge haul of medals from the GB Cycling Team, a World Championship win for Lizzie Armitstead (now Deignan), another Chris Froome win in the Tour de France, as well as a clean sweep from Rachel Atherton in the Downhill World Cup, it is time to reflect on our own successes through the year with the Rascals.

### **Club Development & Volunteering**

It is now over six years since the Rascals Go-Ride club was set up, and now the first riders who joined are coming to the end of their time with the club as they reach 16 years of age and move in to Junior level and hopefully to be members of the main Charlotteville club, or perhaps to other teams to continue their racing career.

Naturally, that also means parents of those riders can no longer dedicate the time to volunteering to help run the Rascals. So it is with Claire Woods, who has been a lynchpin for the club from the very start, very ably supported by Mike along the way too. Claire has decided to step down as the main administrator and point of contact for Rascals members and their parents. Many of us fellow volunteers probably didn't realise quite how much Claire covered until it was all written down in a list, so it will be a hard act to follow! So, even more than usual at this time of year, we are calling for parents to step forward and give some of their time to help, though not necessarily to take over Claire's role completely (most likely we will have to split the various tasks between two or more people). The success of the Rascals over the years has been down to the volunteers and the time put in, so please consider what time and skills you can contribute.



This year we have been lucky to be able to welcome some new potential coaches, including James Morris who has just completed his coaching course. Also we have had Simon Jackson from Cranleigh assisting with coaching some of our sessions recently. Some existing coaches have been helping out at Regional School of Racing and Club Cluster sessions, which are led by British Cycling coaches and so are a very good way of developing coaching skills further. Coach JonG was coach/manager for the South-East MTB team at the Inter-Regional Championships, held in Scotland this year, while Jon Lewis had a similar role at the road championships, held as part of the School Games in Loughborough.

Five Rascals have completed sections of their DofE Bronze awards this year. Over a three or six month period the Rascals have either focused on the volunteering or physical sections. They have shown great commitment to either developing their riding skills or assisting the coaches with sessions and being

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positive role models for the younger riders. Well done to BenM, MaxS, HughJ (volunteering) and GiacomoL, CallumS (physical).

### **Participation**

The Saturday morning sessions have been well attended, with approximately 50 riders per session, and with many more riders coming through the 6-week induction programme this year, further reducing the waiting list which currently stands at approximately 30 riders. Our current membership stands at over 100. Go-Ride Racing events have been held throughout the year, with the last one due just before Christmas. We have an average entry of 60 riders per event. These events 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.



### **External Sessions**

Towards the end of last year we started offering sessions at Cyclopark, where we are able to make the most of the purpose-built road circuit to provide coaching sessions with more advanced content than normally possible at our regular venues. Thanks to the hard work of coaches Julian and Rob, these sessions have continued monthly this year with good attendance and great progress from the riders.



Several Rascals have been giving track riding a go at the regular BC South East cluster sessions at Lee Valley Velodrome. Riders from beginners to those already racing are able to work on their track skills in a fantastic environment, and recently we have seen a few more new riders hitting the boards for the first time as they reach the minimum age limit of 12. It is easy to join in as all equipment can be hired at the velodrome so hopefully we will see more Rascals there in the future. For younger riders there will be further sessions at Calshot in the future.

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One very popular event this year was the ride to Shoreham along the Downslink route. Three different lengths of ride were offered, organised by coach Rob with support from other coaches and parents to make what was a challenging but highly rewarding ride.

### **Racing – MTB XC**

SamB continued his excellent progress in MTB XC competing at national level races and also representing South East at the Inter-Regional Championships, and has been attending British Cycling Regional School of Racing (RSR) sessions this year. It has been encouraging to see some of the newer Rascals trying out racing at Southern XC Gorrick Series, and also at a Summit MTB event recently.

### **Racing – Cyclo-Cross**

Coach JonF has again been proactively encouraging Rascals (and their parents) to have a go at CX racing. Through the Summer and Autumn months, CX-specific coaching sessions were able to be run at both George Abbot and Goldsworth Park. Although only part-way through the CX race season at the time of writing, 17 Rascals in all age & gender groups have raced in the Wessex League, London & SE League and the Central league, the majority choosing to attend the Wessex events (although a few have competed in both). Last year 12 Rascals competed... so CX participation is on the up!

Out of the 13 or 14 scheduled races – riders count their best 9 results towards determining their league positions. There is a 'hard core' group of around 6 riders turning up to each race in U10G, U12B, Youth B and Junior B categories. SamB is currently 2<sup>nd</sup> in the Youth League and all being well will retain this position to the end of the season. Sam has also participated at National level. Club Team league placings are based on the top three riders' results in each category. Currently Charlotteville are 8<sup>th</sup> placed Junior / V40 team and 7<sup>th</sup> Youth team.

There is a great atmosphere and camaraderie at these races and the mutual support among the Rascals is very satisfying to see. After each race JonF has endeavoured to generate interest by posting a short race report on the Rascals Facebook page including photos and videos.



### **Racing – Road & Track**

Probably the biggest disappointment for many Rascals this year was the cancellation of the popular Eelmoor race series in the summer. In past years this race series has been important in getting those new to road racing to have a go in a welcoming and friendly environment, without having to travel too far. However, instead some riders have been making the trip to Hillingdon for the Monday night summer series, with LaurenC, EdwardC and KikiW all picking up series awards this year. Others have travelled further afield for their racing fix including to Cyclopark, Winchester, Anmering, Goodwood and others. IeuanW and LewisH raced in the South East regional championships held at Eastbourne this year, finishing 3<sup>rd</sup> and 4<sup>th</sup> respectively. On the same day, EdwardC raced to a fantastic win at Winchester Criterium, which is surely just a warm-up cobbled event ahead of our own Guildford Town Centre Races

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in July, held under trying circumstances due to the delayed relaying of the setts, but brilliantly organised as ever by Jon Lewis. As usual there were large numbers of Rascals racing, with some excellent results across the board.

On the track, the winter track league at Lee Valley Velodrome bookends the year, and leuan and is currently leading the Group 1 classification. leuan also qualified for the national omnium final in Cardiff in the summer – a great effort to maintain consistency over four omniums, each of which require great versatility, and against some tough opposition. He capped the year off in style by being invited to ride for the Hoy Future Stars at Revolution just recently.

To further underline leuan's range of abilities, he has managed to break no fewer than 4 club records in time-trialling. Hopefully this could inspire more Rascals to give time-trialling a shot – any over 12's are welcome to come along to the Wednesday night club 10 mile event held through the summer. Given notice, Rascal coaches would be very happy to accompany younger riders around the course.

Three riders have attended road-circuit Regional School of Racing (RSR) sessions, while EmmaK has recently been invited to her first road-circuit and track RSRs which is a great achievement and a reward for the hard work and training she has put in.



### **Looking ahead**

There are surely many other great performances throughout the year, which are regularly reported through the Facebook page. We would encourage parents to add reports and photos where possible to show where Rascals have been riding or racing, to celebrate their achievements and also to help inspire others in the club to join in at future events.

Once again, please consider whether you can help fill a volunteer role at the club. There are many different tasks so wherever you might be able to help, it would be gratefully appreciated and will help your club to continue to flourish!

*The Rascals Committee*

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