



Carol Langley



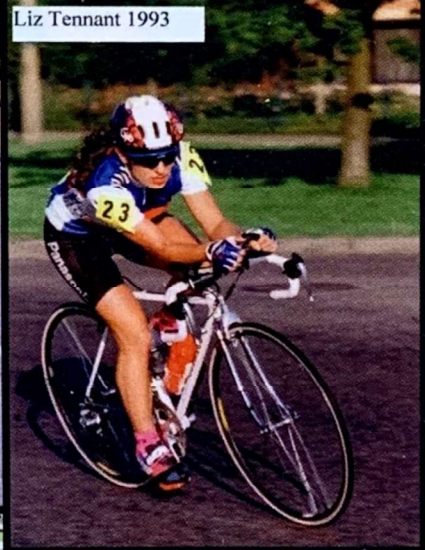
Muriel Maitland TT 1947



Ann Marie, Reliability Trial 2001



Liz Tennant 1993



Solihull Ladies 2003



Solihull ladies

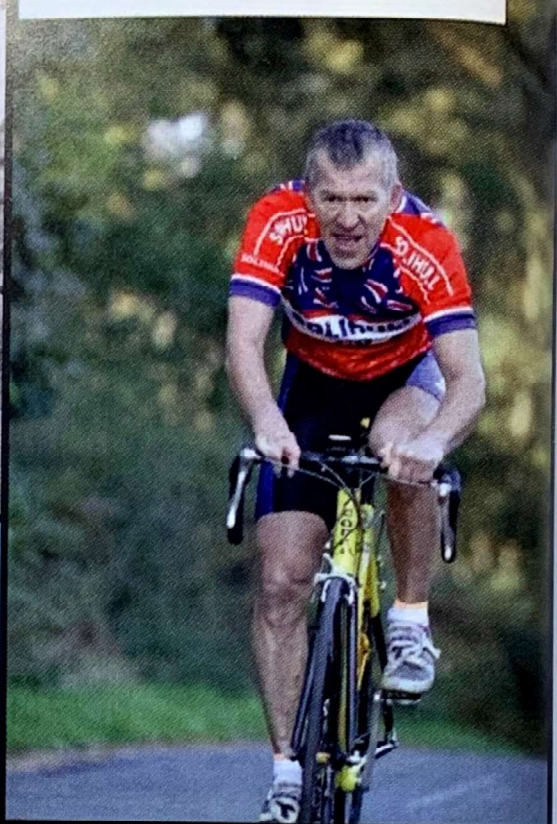




Dick Bowes 2nd, Bob Maitland 1st, Dennis Moreton 3rd  
London Championships 1946



Ivor Thomas - Club hill Climb 2003



Guy and Robin, Bruntingthorp airfield 2003



Barry Goodyear (L)  
Paul Langley (R)



Club run !





# Tudor Grange Circuit History

I always wanted a circuit in Solihull as I had learned all my early riding skills on parks and airfield circuits as massed start racing as it was called wasn't allowed on the open road. Circuits like Handsworth, Dartmouth & Sutton Park, and Airfield circuits Church Lawford, Wellesbourne & Honiley. (Incidentally I won the Junior National Championships 1953 at Church Lawford)



So when I retired a closed road circuit was always on my mind, I looked at several parks in Solihull & eventually ended up with Tudor Grange so along with Martin Stockman who was Solihull Cycling Officer at the time we approached the council early in 2000 & held our first meeting.

John Monk, Fred Towers and myself were involved at the start and several meetings followed but every time we got to know who we were dealing with on the council they either got promoted or left for a new job finally, in about 2006 Robin Fox, Dave Rutherford & myself were left as the main negotiators, we eventually applied for a grant from Sport England to fund a circuit.

The application for funding involved masses of paper work justifying the project plus a 10 year plan. Sport England gave us a model application for a Golf Course! Robin & Dave tackled the Mountain of paper work both being computer literate!



Sport England doesn't dish out cash easily, eventually after 2 years hard work we got the go ahead and £400,000 was lodged with the council and almost immediately we had two enthusiastic members council officers, Alan Brown and Chris Barr both heading up the Parks department.



The first races were held in 2009 and then in 2012 another windfall came our way for the circuit lights with £70,000 from the “Bob Maitland” legacy plus £70,000 from Sport England. Robin and I spent 2012 planning the light locations plus the accessory point at the finishing line. This was enjoyable process working with a superb lighting team from the council and only one problem which required a £2000 Bat Survey.

This is a brief history of how we achieved the circuit; looking back the membership has grown from 100 plus in 2004 to the current level 500 plus. The circuit has helped produce multiple Nationals champions & a World Junior Champion.



Danni Khan

- Danni Khan World Junior Champion 2013 Sprint, Keirin & 500m TT

- Jake Stewart 5<sup>th</sup> Junior World RR 2017 now professional for FDJ a top French Team.

- Matt Shaw, National Circuit race Champion. 2016



Jake Stewart

- Lucy Shaw National Scratch race Champion. 2015

- Jack Ravenscroft - National Junior Cyclo Cross & National Trophy winner. 2010

- Jack Rootkin- Gray on the Olympic development squad at BC , National youth 1st 500m tt-- 1<sup>st</sup> 200m pursuit –1<sup>st</sup> Madison.

All these helped by the superb coaching staff we have now in place, all I had hoped for. Not to mention the cyclo cross coaching which is a bonus.

*Harry Reynolds*



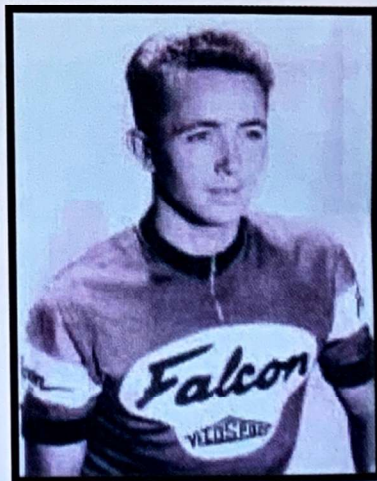
Lucy Shaw



Jack Rootkin-Gray



Matt Shaw



Harry Reynolds



# Youth program and club development

As Harry has written elsewhere about the Tudor Grange circuit, it's no secret that the whole youth and junior development program that has been a big part of club life in the last 15 years has gone hand in hand with having a traffic free facility at Tudor Grange to coach and work with riders of all ages and abilities. A lot of members look at club development as youth development, but this isn't strictly true. There's a lot to be gained by a lot of club members having access to a traffic free environment...whether it's core skills, training efforts etc. But we can't deny the boom in youth and junior members is closely related to the development of the circuit.



Typical Thursday Night

However, for a few years prior to the circuit being complete in 2008, a few of us were running coaching sessions at different venues...Halesowen, Shrewsbury, Newport etc but it was in 2008 where we hit the ground running with a team of coaches. Our 'squad' grew very quickly in the first 18 months and our riders were gaining from the work being put in by the coaches and parents. It's hard to imagine club life without the circuit these days, but back in the 80s, 90s, 00's...the only way we could develop young riders was through the Sunday club run format.



Getting ready for the off at Dorridge Village Hall

One of the great initiatives to come out of the development program was the formation of the "Apple Pie" runs on a Saturday from Dorridge Village Hall. These runs soon became established and provided the perfect vehicle for young riders with parents to get out on the road to compliment their Tudor Grange training. At one point, there were three Apple Pie runs...all converging with the other rides at the Saturday morning café. Integration of the club at this café is hugely important.



The success of the youth development program can be measured in many way....competition success...we've had a fair bit of that, but also young rider retention, general club diversity and continued delivery of well disciplined, talented bike riders. The number of our bike riders who have gone on to represent their country, or get Pro-contracts is amazing. Long may it continue.



Harrison, Ben & Jacob

## CycloCross

Whilst the club has had fantastic success in cyclocross over the decades, the last 10-12 years has seen a resurgence of interest in this discipline...which is mirror'd all over the country...not just in Solihull CC. To see over forty Solihull CC riders registered for the West Mids league is utterly fantastic.

The development of Tudor Grange road circuit has, as a by-product, given us a great cyclocross training environment and the provision of lights has enabled us to use it all year round. The winter CX training sessions are very



Tuesday Night Cross Training

well attended. But just looking back over the last 10 years, we've had multiple West Mids race winners in youth and junior categories, but we've also won multiple National Trophy races (Jack Ravenscroft, Danny Fox, Joe Fox), National Championships (Jack Ravenscroft) and a National

championships team gold for Ben Healey, Jacob and Harrison Knight. We've had representation at International level (world cups and world champs). It's a great sport and a great way to spend the winter !

*Robin Fox*



# Time Trialing

Where on earth do you start with this discipline in the SCC as we've had so many riders who've performed at the very top at this branch of the sport.

There can be so many distances to choose from 5,10,25,50,100,12H,24H,then if you prefer longer events you can ride Paris Breast Paris (technically not a race) 750 miles in under 90 hours or the ultimate challenge Lands End to John O'Groats .You don't have to be mad to do these last two events but if you are it certainly helps !!!!!

The records for these events go way back into the mists of time and even in the early days SCC had someone on the top step.

|                            |  |              |
|----------------------------|--|--------------|
| 10 miles                   | 1972 W.Moore Merseyside Wheelers         | 20.30        |
|                            | 2016 ;M Bialobloki One pro Cycling       | 16.35        |
| 25 miles                   | 1946 ;Baz Francis SCC                    | 59.18        |
|                            | 2016 ;M Bialobloki Nopinz                | 42.58        |
| 50 miles :                 | 1946 ;Baz Francis SCC                    | 2.2.19       |
|                            | 2018 M Bialobloki Nopinz                 | 1.30.31      |
| 100 miles :                | 1938 H Earnshore Monkton CC              | 4.20.48      |
|                            | 2017 .:A Duggerby Vive Le Velo           | 3.16.51      |
| 12 Hours                   | 1937 :C Hopleton Yorkshire RC            | 251.62 miles |
|                            | 2018 :A Duggerby Vive Le Velo            | 321.44 miles |
| 24 Hours                   | 1935 :E B Seeley Calleva RC              | 444.75 miles |
|                            | 2011 :A Wilkinson Port Sunlight Wheelers | 541.17 miles |
| Lands End to John O;Groats |  |              |
|                            | 1886 :George Mills On a Penny Farthing   | 121h .45m    |
|                            | 1908 ;Tom Peck                           | 70h .42m     |
|                            | 2018 :Michael Broadwith Artic Taxt RT    | 43h.25m 13s  |

In 1979 our very own Paul Carbutt held this record with 47h.3m



He was riding as a Pro rider with Viking Campagnolo and held this record for 3 years CHAPEAU !!!

Also not to be outdone by the men the Ladies also set records going back to the mists of time .

|           |   |              |
|-----------|---|--------------|
| 10 miles  | 1952 ;C Brown South Shields Vivtoria RC | 25.11        |
|           | 2016 ;H Simmonds Aerocoach              | 18.36        |
| 25 miles  | 1942 ;E Jordan Addiscombe CC            | 1.06.17      |
|           | 2016 ;H Simmonds Aerocoach              | 49.28        |
| 50 miles  | 1944 ;S Rimmington Meersbrook CC        | 2.21.02      |
|           | 2016 ;H Simmonds Aerocoach              | 1.42.20      |
| 100 miles | 1939 ;M Ball Yorkshire RC               | 5.07.07      |
|           | 2018 ;A Lethbridge Drag2zero            | 3.42.03      |
| 12 Hours  | 1938 ;M Wilso West Croydon Wheelers     | 215.50 miles |
|           | 2018 ;A Lethbridge Drag2zero            | 290.07 miles |
| 24 Hours  | 1967 ;C Moody Birdwell Wheelers         | 409.16 miles |
|           | 1993 ;C Roberts Crewe Clarion Wheelers  | 461.45 miles |
| Lejog     | 2002 ;Lynn Taylor                       | 52h.55m      |

As you can see there is plenty for you to get your teeth into whether you like a sprint up to a 100 miles or fancy an epic journey of 12,24 hours or you fancy a crack at PBP or Lejog there is something for everyone .

SCC ran an Invitation 25 from 1936 to 1971 where the field was the best of the day ,SCC won it in 46 with Baz Francis and 3 times in 62.64 +65 with Graham Webb who famously went on to win the Worlds RR in 1967 ,so it just goes to show it's a good idea to be able to go fast by yourself as you never know when it will come in handy .

In 1987 Steve York won the National 10 + 25 Champs with times of 20.04 + 54.44 and SCC won the team prize with Rob Langley + Gary Chapman with 1.3.51 + 2.50.57 accordingly ,then he went on to win the junior BAR .

Not to be outdone Carole Langley won the National junior ladies 25 champs with 1.3.06 and then went on to win the BAR as well in 1984.





There are too many riders to list over the years who've put SCC's name up there so I won't and I'm very sorry I can't but we haven't enough space anyway !!!!!

If you fancy a go all you need is a bike ,not even a TT bike ,just turn up on a Thursday evening from

Easter through to September on a Thursday night with £3/£3.50 and have a go . You can race from the age of 12 through to 100 if you feel that way inclined .Its a great way to have competition against others and it is also the cheapest branch of cycling to race in !!!

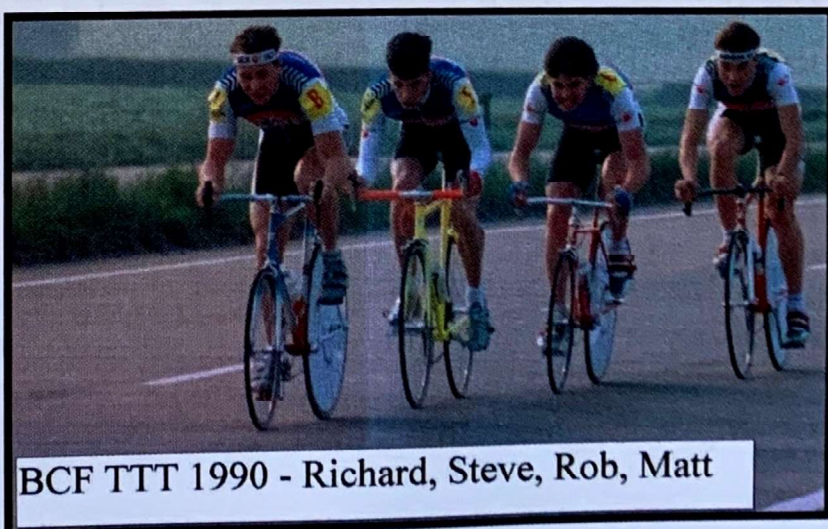
We have teamed up with Birmingham Midland Cycling Club this year for our promotions predominately on the K1 course (Knowle) over 5,10,16 + 25 miles and there will be champs over 5,10, 25,50 +100 miles (open events). There will be a total of 32 events this year (on the TT web page shortly) with the 13 SCC event counting towards our season long competition ,so as you see there is plenty to ride if you want too .

Last years events were dominated by Dave Fellows and Penny Wilkin who the 5,10,25,+ 50 events convincingly Chapeau !!!!! So this year can we have some new challengers ,especially Women to make their jobs harder please .

Dave said he's going to have a serious go at open events this year and with times of 20.51 ,54.00 +1.48.32 this year we're expecting great times from him perhaps putting SCC back on the top step of the podium once again (No pressure Dave !!!)

Looking forward to seeing you all out there and some new faces as well so keep your heads up !!!!

*Mounty*





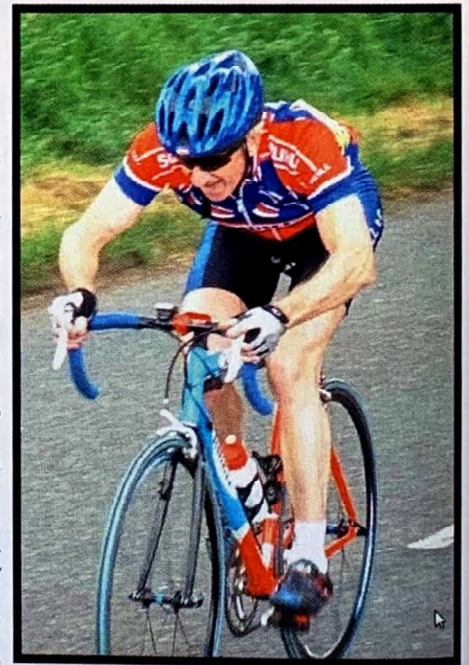
# Vets in Solihull CC

## Russ Perry

I joined Solihull CC in 2008 - having cycled as a schoolboy and junior with Coventry Road Club. Cutting a long story short I built a road bike to do a 100 mile sportive. One thing led to another and then I decided to join a club. So rather over ambitiously I turned up for a Solihull CC chain gang on my rather heavy alloy bike—not quite realising what I was getting into and a whole lot slower than I remember. From what I remember Scott Wharton, Conor O'Brien and Shay McKeown were out. I kept up for about a mile and I was hooked. As I met more club members then I became aware of several vets around my age who were fast riders who were racing or thinking of racing. There have been several vets racers who have enjoyed considerable success and there are many with potential still to deliver. I have collated several reports here that outline some of the clubs successes in the past few years. I apologise for anyone who has been missed.

## David Rutherford

The highlight of my racing career was in 2011 when I won the World Track Masters Scratch Race at Manchester in my first World Championships. I was in good form, as I recall, but did not expect to win against good sprinters in a 20 lapper. I had good success before that date though, winning two British Road Masters titles back to back as well as a couple of Silvers at other attempts. I luckily won my first LVRC Time Trial Championship in 2006, Cat 'E', when the horrendous rain caused the great Roger Iddles not to start. It wasn't a flat course, which helped. Success in this event continued also in 2011 when I won 'F' Cat and again in 2016 winning 'G' Cat.



Dave Rutherford LVRC  
Championships 2004

2012 wasn't a good year for me at the World Track Masters, as they now knew me and hung to my wheel. I got knocked unconscious in the Scratch Race and trashed my good Casc helmet. I still had track success at the LVRC Champs though, winning the Scratch race at the Champs and a Silver in the



Pursuit. That same year I also became LVRC Criterium champion and won three Bronze medals in Track and Road.

In the World Road Championships in St. Johann, Austria my placings improved from the 44<sup>th</sup> I got in my first race and I was pleased with 9<sup>th</sup> as my best placing against much better sprinters. The field size was over 110 riders. I also destroyed two helmets in those events and visited their nice Hospital. In 2013 the UCI changed the Road format to include a qualifying event and I picked the GranFondo Eddy Merckx in Eastern Belgium as it was hilly. Start and finish was Huy and the finish, after 95 miles, was at the top of the Muur De Huy. Brutal. I won that and got the coveted UWCT World Tour Jersey, which I was pleased with. I got third in it the next year and qualified again. Unfortunately I did not have the same fortune in the World Finals in Trentino in Italy or Ljubljana in Croatia.

2015 was an enjoyable one on the track as I teamed up with three others to race the Team Pursuit in the Track Worlds in Manchester. I loved being involved in the training for it with the guys and also loved it when we won it. We rode it again in 2016 but came against a very good American team and had to settle for Silver. That year I won my second Bronze in the Individual Pursuit; this one being earned by right as the first was due to a disqualification. The World Track Masters moved to L.A. for 2017/18 so I didn't bother going. At home I continued to win Silver and Bronze at both the LVRC and National Champs and after a poor year for me in 2018 a Silver in the LVRC Crit Champs at Milton Keynes, when form began to return, was very satisfying.

Away from the track I love riding hills and rode the famous Tyneside Vagabonds Mountain Time Trial in the 65+ category. I had ridden this 47 mile event as a teenager so I was riding my old stamping ground again. I won this 3 years in a row then got 2<sup>nd</sup> to a lad from Teeside. Closer to home (Midlands) I rode the Beacon Hilly 3 times and got 3 Seconds. Over the Channel in France I have ridden the brutal Marmotte 3 times and finished 4<sup>th</sup> once and 8<sup>th</sup> twice.

In all I have 11 World/National/LVRC Gold Medals, 17 Silver and 18 Bronze and am hoping to add further to this in the years to come. The good news is that the World Track Masters is back in Manchester in 2019/20 so I am keen to have another go, planning for a fuller year of competition.



## Paul Mann



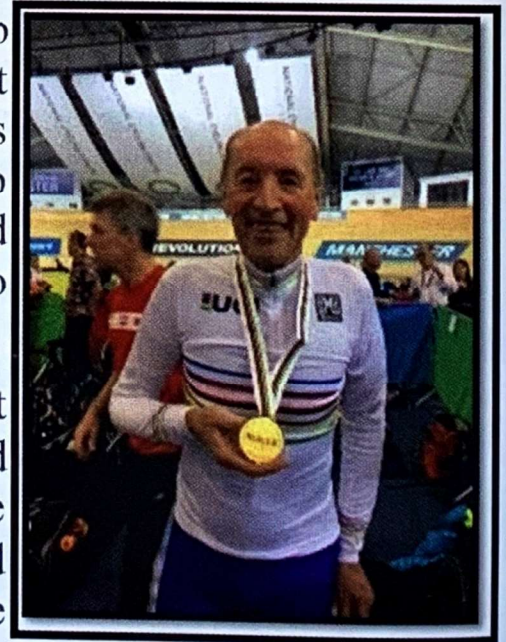
The 2016 LVRV national track championships took place at Newport Velodrome in October of that year. Having come to cycling late in life (at 44) and road racing a few years after that, I didn't start track cycling and racing till my early 50s. 2016 was my first attempt at a track Nationals and the event took place a week after my 55th birthday making me the youngest rider in the D category race. Each event in the National champs earns a gold, silver and bronze and the rider with the best three events goes on to be awarded the LVRC National champion jersey for that age category. I won gold in the points race, bronze in the individual pursuit and

4th in the matched sprint. This was the best set of results in the D Category and I was awarded the National jersey for 2016. I'm now looking forward to 2021 when hopefully I'll be the youngest E category!

## Bob Richards

At the sprightly age of 75 in October 2016 Bob Richards won the gold medal in 2000 metre pursuit at the UCI Track Cycling World Championships in Manchester. Bob won gold in the eight-lap men's pursuit for individuals aged 75 plus and managed to beat 11 worldwide competitors to claim the top spot.

He said: "I am already a road cyclist so I thought I would have a go at the velodrome. I started cycling 70 years ago and will continue to cycle for as long as I can. A big part of my life would disappear if I didn't continue to ride my bike. The velodrome track is on a 42-degree angle, it was like riding up a wall. It was great to hold the union jack flag and sing the national anthem after the race had finished."



The energetic cyclist, who described his win as exciting, battled against competitors as old as 80.





Wayne won the season long 2018 Percy Stallard trophy run by the LVRC for the 45-50 age category. Points are awarded for top 6 finishers in a series of vets road races throughout a season. His results were as follows-

- 5/4/18 Flèche Waltonne 9th overall 5th B 2 points
- 15/4/18 Luton CC RR 2nd overall 1st B 6 points
- 13/5/18 Enville RR 5th overall 2nd B 5 points
- 17/6/18 Bridlington CC RR 8th overall 4th B 3 points
- 15/7/18 Tour of the Wolds RR 6th overall 5th B 2 points
- 16/9/18 St Ives RR 10th overall 6th B 1 point

As the season progressed it became clear to Wayne that he could win the competition. Therefore he decided to go to the Yorkshire races as he was clear on points after first 3 rounds. He picked up 5 points in Yorkshire so going into final round only Simon Bridge (Manchester Wheelers) could catch him on points but Simon needed to win final race. A plan was hatched with Solihull CC team mate Stuart Jameson and the two Solihull men marked Simon closely in the last race of the season at St Ives leaving Wayne with the jersey.



### The potential champions

In 2019 we have a strong Vets team. Ian Cowan has moved up to the 60+ category so should be one of the stronger riders in his age group, he will surely deliver some good results to add to his pursuit success in the LVRC track championships – Andrew Simpkins is a strong rider in the over 60s who will form a strong team with Ian. We are never sure if and when Kev Wilson will make another comeback but he is to be seen riding strongly on his brand





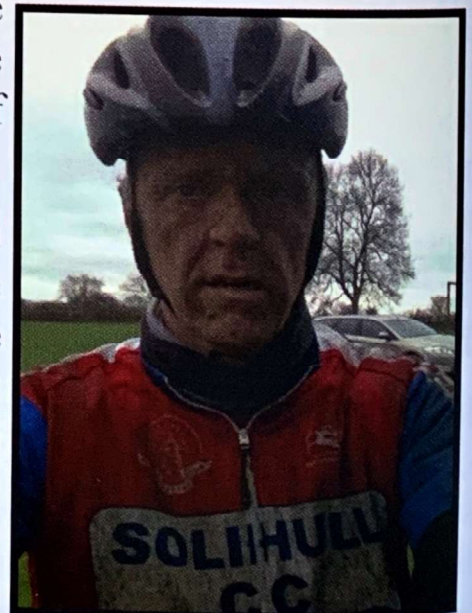
Stuart Jameson 2nd 2018 Hill Climb

new 'steel is real' steed. Richard Blackman will be difficult to beat in a sprint – he just needs to find the right race and to get in the right position. Stuart Jameson is another strong sprinter who is working hard on his W/Kg for the coming season and the numbers are looking good. Adrian Byrne has showed great promise in 2018 and with the confidence of a Tudor Grange win behind him he should be unbeatable in 2019. The SCC evening training rides are a breeding ground for new talent – this year we have seen Phil Lovell and Mike Pridmore-Wood making early winter appearances and putting in strong performances. Neville Gunn is

another guy with lots of experience from his younger days on Merseyside and who needs to deliver on his promise. Chris Bodremon is another unfulfilled talent – lots of power and gallic drive! Phil Hitchmough has raced this year and showed early promise but crashed out at Martley and therefore has unfinished business on the road. Mike Harrison is another strong rider who will improve his results with more road racing.

I have spoken about several of the more regular vets that I see and there are many others on the fringes – for me it is all about trying to improve your speed and power – so if you are interested in making new friends and improving your cycling then chat to one of the Vets or come on the Saturday run from Dorridge Station at 9am. Even moving up to a road race if you get really ambitious.

In hindsight I feel I have written a male focussed article and that cycling should be an inclusive activity so if there are any Vets ladies who are interested in racing in 2019 the LVRC is planning to run a ladies only race (for over 40 women) – again speak to any of the cyclists mentioned above if you are interested.



*Russ Perry* Racing Secretary



# A Run Leader's History

Having been a run's leader for well over 20 years I have seen many changes in the club, both on club runs and in the changing population.

I learnt from the older generation of the club when Garmin's were yet to be invented. In those days you got the map out, studied it and plotted a route in your mind, bringing the map with you just in case it was needed.

I must mention the leaders of my earlier years, Jim Smythe, Fred Hopkins, Fred Towers, Trevor Bayliss, Dave Stephenson, Barry Goodyear, Roy Gordon and Harry Reynolds who come immediately to mind. Barry and Fred Towers are no longer with us but their routes are legendary. Fred Hopkins was noted for always putting in a long, challenging hill more to test his own ability, to prove to himself he was still able to do it!

Jim and Trevor were my first leaders back in the late 90's and early 2000's, stalwart leaders of the Sunday C rides. At that time there were only three runs on a Sunday morning compared to the six we have now. Both held the group together and if you transgressed you were told in no uncertain words to behave yourself. I can always remember Roy Gordon grabbing people's jerseys to hold them back if they were beginning to pick up the pace.

When I moved up to the B run I met the two Fred's and Dave. I tried desperately to hang on to these rides and often struggled to keep up but with the determination to become as good a rider as I could be. I recall being told, after the group had to wait for me again to, 'go on another ride if you cannot keep up with this group!' As this is a family magazine I cannot say precisely how this was put to me. But the point was taken, I had to up my game or clear off.

Roy and Harry were 'A' riders and way above my standard of riding. I always admired them when we met after the ride on a Sunday morning at the old clubhouse in Lady Lane, coming in after 90-100 miles, looking tired but fulfilled, a good job done.

It was on these rides that I began to take an interest in where we went and always looked at the map when I got home to take a closer look at lanes we had ridden. I tried to note in my mind the lanes they took and why. My confidence grew and I was asked if I would like to take a few rides. I planned



my rides well in advance and asked for advice on which were the best routes to take.

I soon realised it was not as easy as it seemed; you had to keep a close eye on the back of the group as well as knowing where you were going. It was always important to remember short cuts as you had to take into consideration mechanicals and punctures if you wanted to get to the café on time.

During the holidays I participated on the Tuesday rides. These were an all-day run and we often rode well over 100 miles, stopping out to lunch and often a tea stop towards the end. It was on these rides that I really got to know Roy, Barry, Dave and Harry. They proved they were expert 'map men', not a Garmin in sight. My knowledge of routes increased with Holt Fleet, Emley Castle, Cropredy and the Rollrights becoming regular stops.

As the club grew, we realised that we had to introduce another ride so the D run was born. We also introduced a B+ ride to accommodate riders who were not quite up to A standard but too fast for a regular B ride. Eventually the committee realised that we had to rejig the system as there was confusion between the B+ and the B so our present system came into fruition.

The club now has over thirteen weekly rides. The A, B, C, D, E and F rides on a Sunday morning are currently still the most popular with well over fifty riders turning up, even more on a good day. The Thursday ride from the Punchbowl in Lapworth is proving to be increasingly well attended many of whom are over sixty, of which can I happily say I am one.

I know the vast majority of club members appreciate the work that the leaders do, but we do find that there are the odd few who, during the ride, half wheel, go off the front and go on the front at the end of the ride pushing the pace up after sitting in the pack all day, never taking their turn on the front. It's hard work up there! So please listen to your leader as we are a dying breed and if you are feeling confident put your hand up and begin to understand all that's involved in taking a ride. For me it is not an onerous task providing the riders stay in the group and are aware that others may not be as fit as you. If you are asked to ease off take it as compliment. After all it is a social run.

*Pete James*



The club has always had a tradition of "off runs list" rides, either by individual club members or groups, and over the last 20 years as the number of members has increased so has the "touring" activity blossomed.

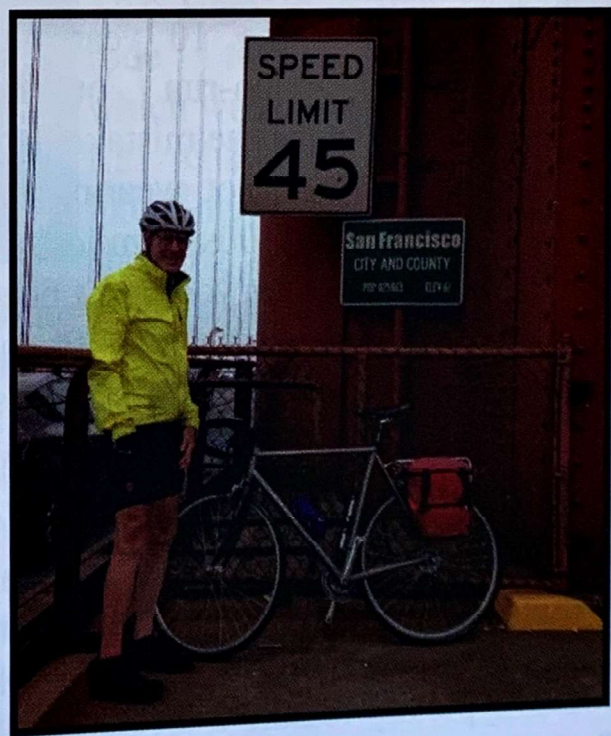
There are still the old favorites such as the Semaine Federal in France but sadly the Gentleman's Spring Tours, long standing annual excursions by senior club members, these have faded away together with their members.

But now new groups have been emerging to join the regular and traditional UK rides, be these from coast to coast, Lands End to John O'Groats or wherever. Other groups slip away to the European mainland for trans Alpine and Pyrenean journeys as well as single center stays in Brittany, the Dolomites and the Alps. Others to the US to tackle the mighty climbs in the Rockies. And Mallorca, where groups regularly visit the island in the Spring and the autumn - there cannot be a country road there that hasn't seen a Solihull top at some time.

Then there are the brave club members who seek solo challenges, some for charities, others just for the fun involving thousands of meters of climbing, as well as mega miles, both in the UK and the Continent. Whether it's from the Irish Sea to the North Coast or from the Med to the Channel, Solihull members have achieved spectacular performances.

However, the daddy of them all, standing out from everyone else over the past 20 years, the nonpareil, the master globe trotter, with rides in Cuba, Sri Lanka, Newfoundland, Tasmania, New Zealand, Japan, eastern Europe, the US (including 2 months coast to coast) it's hats off to Mr Geoffrey Sales. Any award to him for touring would be like giving a prize in physics to Albert Einstein.

## *Dave Stephenson*



Geoff Sales in San Fransico



# Memories of Audax

My introduction to Audax was with Phil Rosenbloom and Rob Hampton on our club Audax way back in the late nineties. It was on that ride we suddenly found we were lost and came across another Solihull rider – one Dick Law who, it turns out was well prepared with a map. The organizer [one Dave Stephenson no less !!!] had missed out a line on the route sheet !! Despite that, I was hooked and rode Audax rides most weekends in the summer.

I used Audax rides for training, interest or just fun. The appeal of these rides is fairly simple. They cover all parts of the country, all year, very low cost (compared with Sportives), a challenge and full of interesting characters. Audax rides date back to over 100 years and some of the current riders look like they were inaugural members. In this country Audax riders are often accused of modelling 10 year old second hand hobo-run outfits.



Club Audax 2003

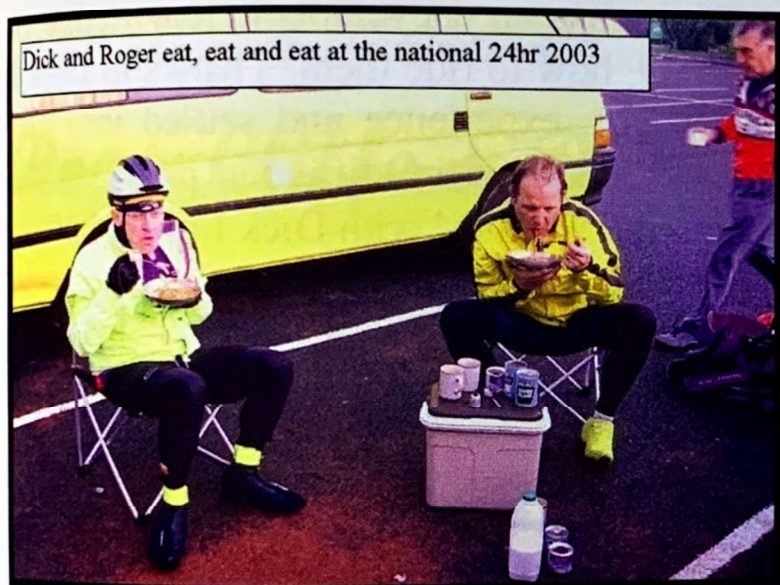
However don't make the mistake, as I did, thinking that these guys can't ride just because they're not wearing Assos & riding carbon bikes. They ride almost non stop for 100s of miles often sleeping rough by the roadside or in church halls. However you don't need to ride those sort of miles or dress like a tramp, there are Audax rides to suit all tastes. When wife Annie was first introduced to the Audax movement she described it as a bit like the military wing of the CTC.

The first thing to remember is that Audax rides are NOT races. People ride them more in the spirit of an event like the London Marathon, everyone riding to their own limitations with the primary objective to just 'get round'. Size of entry varies greatly but is typically less than 100 starters and the routes typically feature a lot of quiet, scenic lanes. Some events are noted for the quality of home-cooked food and tender loving care supplied along the way. But most are not - self-sufficiency is a highly-regarded quality in AUK. There are maximum and minimum time limits, which are designed to suit



everyone from the fittest of recreational riders, to more occasional riders who have plenty of determination. Each rider is given a route sheet (or a GPS route depending on taste) and all carry a 'brevet card' which is stamped at intermediate checkpoints and at the finish. The card is validated and recorded by Audax UK and is later returned to the rider as a certificate of their achievement.

When I first started, I decided to do one big ride each year, My first was the Gran Fondo Millenio from Rome to Bergamo, the next big Audax ride was the London -Edinburgh- London where I clocked 1500 Km in 4 days, being in the saddle about 18 hours a day. It was on that ride I had a major mechanical and wasted hours in York getting a new front mech. I foolishly decided that I'd cut back on the sleeps to make up time. When riding through Lincolnshire I began to hallucinate thinking I was in a roman amphitheater with wild animals about to come & get me. I'd been warned about this



'feature' of extreme rides and told that the important thing was to stop, get off the bike and eat – in that order. Fortunately I had 1 mars bar left which got me to the next control & sleep. Two years after that Dick & I rode the Paris-Brest-Paris which was quite different to the LEL challenge. The PBP was like a huge party. With locals cheering and offering food &

drink as you went through the villages at any time of day & night. Dick & I did many outstanding rides together. Moments that come to mind were when we'd just come over a series of breathtaking climbs when Dick, who'd ridden this route many time before, said "you'll be ok now Rog it's all down hill to Clun. Inevitably as we turned the next bend a massive hill like a climbing wall appeared in front of us. "Why do I listen to this man" I thought? Our trip north of the border to do the Daylight 600 was another epic with Dick, Dr Andrew & me. We came across a weird character who was known as McNasty to other riders. He latched on to Dick & I. We wondered why until it got dark and we realized that he didn't actually have any ruddy lights! When we got to the control in Fort William then McNasty quickly went round and grabbed the available air bed, blankets & pillows and dropped into



a noisy snoring sleep. Leaving Dick & I to sleep on the floor covered by our rain capes. I was quite fit then and was on the front most of the way round but when we came back over the Forth Bridge Dick said that the zip had gone out of my legs and shot off into the distance. Oh the life of a humble domestique! When we got back to the start near Edinburgh, we could see no sign of Dr Andrew who decided that stopping at controls was a waste of time so he had his carrier stuffed full of energy bars & gels and planned to graze as he rode. We asked around and phoned the intermediate controls but Dr Andrew was nowhere to be found. We were about the leave and drive route in reverse when he drew up in a taxi. It turns out that at the extreme western part of the ride He'd stopped off in a pub in Acharacle. The locals asked him where he'd ridden from and when he told them near Edinburgh they said he needed a wee dram then another & another to the point he decided to stay the night & return the next morning by taxi.

I am greatly indebted to Dick Law who has an encyclopedic knowledge of the Audax routes, and, more importantly, how to ride them. Thanks to Dick I had no repeats of my hallucinogenic LEL experience and settled into just enjoying great rides through fantastic scenery in different parts of the country. One special memory is riding the 'Elenith' with Dick Law in 2003.

This is the picture I like to remember



This is the picture of me being dropped that Dick shows everyone!

It's been 6 years since my near death experience on the C run and sadly I've not managed to regain my Audax fitness but the aim is to do a short (100k or 150k) Audax ride this year as a goal to get me back on my bike.



Dick Law writing:.....My only additional bit to add to the above is to say that Audax rides have enabled both of us to see parts of the country that you normally wouldn't come across as well as lanes that you would never normally ride on. Stories abound of makeshift repairs to get you home, getting lost in the dark for hours, as well as telling tales of deering-do.....such as Rog descending into Rhayader from the Elan Dams at about 60 MPH .....or suddenly remembering he'd left his mobile phone at a Control!

The phrase "character building" keeps coming to mind!

And don't forget that our club member Len De Vos was the International Events secretary of Audax UK for many years.

And finally its worth remembering that although AUK now has around 5000 members, the number of rides local to the West Midlands has sadly decreased in numbers over the years.....still, they do represent excellent value for money and a great way to see the countryside for a Fiver !!

## *Roger Cliffe & Dick Law*



The 24hr Team



## Life Member

After having listened intently on more than one occasion, I realise that David Stephenson does have some exceedingly good points.

David has been a long standing member of Solihull Cycling Club and during that time a lively and spirited member on the club committee. In addition to developing the long overdue club etiquette guide he was also a great campaigner for an insurance policy for club members.



Being a successful runs leader for well over twenty years David has undoubtedly earned a great reputation for incorporating the most challenging of routes which would often include hills that could easily outsmart some of the youngest and fittest of riders.

Although he has stepped back a little from club committee duties he still continues to co-ordinate the Tuesday rides.

David is an influential member who can readily see the potential in others, quietly encouraging them to step up to the next level.

For David's exemplary service to Solihull Cycling I nominate him for Life Membership.

*Pete James*



# To Fred's Children

Fred Towers was not my friend, he was my hero.

I came to live in Solihull in 1986. I was 38 years old, a non athlete, overweight and smoked. I had three young children and a busy job. For obscure reasons I had a bicycle and I had, by accident more than anything else, cycled a couple of times in France.

For the next few years I occasionally ventured out at some point over the weekends around the lanes. I thought Earlswood Lakes was a long way and coming home from Lawsonford was a mountain tour. I did though manage a couple of further rides in France.

As I approached 40 my general idleness resulted in my lovely wife encouraging me to look for a local cycling club. The Solihull CC had a card on the notice board at Solihull library and after much arm twisting I rang up.

Fred Towers answered the phone. I explained my general non-athleticism and the very limited amount of cycling I had done. He said to come along to the Barley Mow on Sunday morning and join the B run. He told me he led the ride and **I would be OK.**

He was economical with the truth.

We went to the Little Chef at Long Itchington on the 4th January 1992. Ray Bachelor nursed me through the first unfamiliar miles of riding in a bunch. I somehow got to the tea stop but I will never know how, although I suspect the pace was adjusted to accommodate me. The return was horrendous. I was pushed home from Leek Wootton.

I rode the B run until 2004.

Why is all this relevant?

All these B runs were led by a calm, totally unflappable, quietly spoken chap called Fred Towers. I was taken to places I had never heard of and I had no idea how I got there or got back. His knowledge of the lanes within 40 miles of Solihull was astonishing.

The Fred Towers runs were never easy. If we went west there was none of the 'cycling for softie's routes' like today. Out through Alvechurch meant



straight up Scarfield Hill and the same coming back, up Holloway Hill then Weatheroak.

With Fred Towers at the front there was no shouting. Everything he said was in his quiet unassuming manner “wait at the top lads”, “next left”, “mind the car”. I will avoid naming names for fear being sued for libel, but that B run had some very cantankerous riders. Many are still around, god bless ‘em, but to a man and a woman they all did uncomplainingly what Fred asked.

It did not take me long to realise I was never going to be as quick or as strong as this famous peloton but this man who led never let me get dropped and never left me struggling. With Fred Towers leading a ride, I discovered I **could ride a bike**.

For me this has been profound and life changing.

For the next 26 years I have ridden a bike across countries and continents, through mountains and plains and in some glorious and equally appalling weather conditions. I have been to places and seen landscapes and cultures that in my wildest dreams I never thought I would see.

I have been able to do this because one man’s calm, unhurried leadership gave me that confidence.

**I can ride a bike** and I have Fred Towers to thank for that. That is why he is my hero.

*Geoff Sales*





# 81st International week of Cycle Tourism

The 81st Semaine Federale in 2019 will be in the Charente, in west costal France from Sunday 4th to 11th August. It will be based in Cognac, in the Bordeaux region. The distance from Calais of c650K probably requires an overnight stop in France on route.

The Semaine Federale is a very French version of cycle tourism and organised by the FFCT (equivalent of the UK CTC operating from a central base with a choice of 4 or 5 daily rides of distances varying between 30 and 100 miles commencing on Sunday 4 August. Registration opens on Friday 2 August and the SCC group usually arrive then or the next day. Maps, road profiles and ride options are provided upon arrival/registration and daily rides are signposted. It makes for an enjoyable week with participants from overseas including SCC, other British cycling clubs, regional CTC branches and people from all over the world.

The Solihull CC group usually consists of a group of 20 people camping in own tents, caravan or camper van for the week on one of the FFCT campsites. I submit a consolidated group application on our behalf so that we are grouped together on the campsite.

Application forms and instructions will be available from me in early January and interested members can also obtain further information from the website [www.sf2019.ffct.org](http://www.sf2019.ffct.org).

People can book themselves directly via the website onto the event. This allows the options of choice of more comfortable accommodation and catering rather than the rigours of camping.

To gain additional information also talk to others who have attended in the 25 years in which the club have attended.

If Club members are interested in joining us then please contact me.

**Harry Balmer**

07770 957674 -

[hbalmer@btinternet.com](mailto:hbalmer@btinternet.com)





# SCC 2018 Awards

2018

|                                      |                       |                    |
|--------------------------------------|-----------------------|--------------------|
| The Paveley Vets RR Cup, St Johann   | Vets RR Champion      | Wayne McKeown      |
| Dunlop Trophy Club RR Champion       | Club RR Champion      | Stuart Jameson     |
| Club TT Champion                     | Club TT Champion      | David Fellows      |
| S Payne Mens Club 5m TT              | Club 5m TT Champion   | David Fellows      |
| Ladies 5m Champion                   | Ladies 5m Champion    | Penny Wilkin       |
| Solihull News Mens Club 10m TT       | Club 10m TT Champion  | David Fellows      |
| C F Dawes Mens Club 25m TT           | Club 25 m TT Champion | David Fellows      |
| D Jones Mens Club 50m TT Champion    | Club 50m TT Champion  | David Fellows      |
| J W Bryant Mens Club 100m TT         | Mens 100 m Trophy     | Andrew Simpkins    |
| Ladies 100m TT Champion              | Ladies 100 m TT       | Penny Wilkin       |
| Clarkes Cables 10m Ladies            | Club Ladies 10m TT    | Penny Wilkin       |
| Cath Ward 25m Ladies Club TT         | Club Ladies 25m TT    | Penny Wilkin       |
| Frank Wells Ladies 50 m Champion     | Ladies 50 m Champion  | Penny Wilkin       |
| C A Lovegrove Schoolboys 5m TT       | Schoolboys 5m TT      | Jack Rootkin-Gray  |
| Schoolgirls 5m TT Champion           | Schoolgirls 5m TT     | <i>not awarded</i> |
| A Freeth Schoolboys 10m TT Champion  | Schoolboys 10m TT     | <i>not awarded</i> |
| Schoolgirls 10m TT Champion          | Schoolgirls 10 m TT   | <i>not awarded</i> |
| F Knight Club cyclocross Trophy      | Cyclocross Champion   | William Ryan       |
| Youth Male Cyclocross Trophy         | Male CX               | Oliver Tandy       |
| Youth Female Cyclocross Trophy       | Female CX             | Holly Saunders     |
| Schoolboys RR bowl                   | Jack Rootkin-Gray     |                    |
| Schoolgirls RR Bowl                  | Ella Tandy            |                    |
| Vets Cyclocross Champion             | Vets CX Champion      | Claire Hughes      |
| T J Camplin Club Hill Climb Champion | Hill Climb Champion   | David Fellows      |
| W E Wright Club 5m Track             | Club 5m Track Champ   | Stuart Jameson     |
| Tian Franklin Go-Ride Plaque         | Tian Franklin Go-Ride | Patrick Neely      |
| Ian Franklin Youth Trophy            | Ian Franklin Youth    | Ben Shuttlewood    |



Alistair Cave Crc – Most Improved Youth Rider

Ivor Goodman Club MTB Champion

J Waterson Most Promising Member

Most Promising Junior

Mrs HH England Femina Ladies Club Runs

P Bennett Shield Mens Club Runs

Jarrett Cycles Touring Cup

Powergen Stay Active Cup

HN Brearley Tray – Most Magazine Articles

Yabber Gabber Best Magazine article

Michelin Puncture Trophy

D Osmond Shield – Chief Hobo

Chief Ladies Hobo

H Musgrave Marshalling Trophy

Eric Arthur Official of the Year

Glass Crank

Presidents Awards

Most Improved Youth

Club MTB Champion

Most Promising New

Most Promising Junior

Ladies Runs Attendance

Mens Runs Attendance

Jarrett Cycles Touring

Stay Active Cup

Most Mag Article

Best Mag Article

Puncture Trophy

Mens Chief Hobo

Ladies Chief Hobo

Marshalling Trophy

Officials Trophy

Glass Crank Award

Oliver Tandy

Daniel Charton

Hari Vikram

Tom Green

Ailsa Neely

Pete James

Nick Hartland

Dave Stephenson

Pauline Knight

Esther Barnes

Tony Baker

David Abosch

Sandra Turner

Margaret Gordon

*Chairman's award*

Harry Reynolds

Jake Stewart

Jack Rootkin-Gray

Paul Mann

Wayne McKeown

David Back

Steve Mountford

Alison Mountford

Ian Cowan

Pauline Gunn

Paul Mann

Harry Balmer

Geoff Sales

Rose Neely

Holly Saunders

Merit Awards



# Club Runs

## Saturday

A run from Dorridge Station at 9:00am

B run from The Railway Inn Dorridge 9:00am

Apple pie run from Dorridge Village Hall at 9:00am

All these rides have a coffee stop at Studley Garden Centre Mappleborough Green

## Sunday

| DATE   | A RUN             | B RUN            | C RUN             | D RUN             | E RUN             |
|--------|-------------------|------------------|-------------------|-------------------|-------------------|
| 03-Feb | Battlefields      | Wickhamford      | Wellesbourne TC   | Clifford Chambers | Middleton Hall    |
| 10-Feb | Chipping Camden   | Hartlebury       | Clifford Chambers | Dunnington        | Stratford         |
| 17-Feb | Stourport         | Battlefields     | Jinny Ring        | Wellsbourne TC    | Clifford Chambers |
| 24-Feb | Reliability Trial |                  |                   |                   |                   |
| 03-Mar | Willoughby        | Onley            | Long Marston      | Blooms GS         | Astley            |
| 10-Mar | Evesham           | Blakedown        | Dunsmore          | Ilmington         | Charlcote         |
| 17-Mar | Napton            | Defford          | Wickhamford       | Craycombe Farm    | Stoneleigh        |
| 24-Mar | St Peter's GC     | Chasewater       | Clifford Chambers | Snarestone        | Astwood Bank      |
| 31-Mar | Bishampton        | Stretton U Fosse | Dunnington        | Draycote Water    | Alcester          |
| 07-Apr | Ilmington         | Mickleton        | M Hussingtree     | Middleton Hall    | Dunnington        |
| 14-Apr | Long Itchington   | Wolverley        | Long Marston      | M Hussingtree     | Middleton Hall    |
| 21-Apr | Toddington        | Shipston         | Battlefields      | Hunningham        | Wellesbourne      |
| 28-Apr | Hunningham        | Staverton        | Jinny Ring        | Charlcote         | Clifford Chambers |
| 05-May | Rosliston         | Moira            | Chadd Corbett     | Clifford Chambers | Shottery          |

Rides start from Clock Tower Solihull

All runs start at 9:00. Throughout the year

Beginners F Run also available - Contact Alan Thomson 01216808322 or alt492@hotmail.com



Tuesday

| DATE  | B Run             |                   |     |                 | C Run            |
|---|-------------------|-------------------|-----|-----------------|------------------|
|   | A Run Coffee Stop | Coffee Stop       | (*) | Pub Stop        |                  |
| 05-Feb  | Blakedown         | Shipston On Stour |     | Ardens Grafton  | Hoar Park        |
| 12-Feb  | Blooms            | Long Itchington   | PB  | Hampton Lucy    | Kenilworth       |
| 19-Feb  | Fladbury          | Clifford Chambers |     | Ardens Grafton  | Alcester         |
| 26-Feb  | Clifford Chambers | Fladbury          |     | Broom           | Shottery         |
| 05-Mar  | Hoar Park         | Oxhill            | PB  | Wellesbourne    | Hatton Locks     |
| 12-Mar  | Evesham           | Wickhamford       |     | Aston Cantlow   | Blackhills       |
| 19-Mar  | Ilmington         | Mickelton         |     | Aston Cantlow   | Stratford        |
| 26-Mar  | Whitlenge         | Ilmington         |     | Barton          | Stoneleigh       |
| 02-Apr  | Draycote Water    | Battlefields      | E   | Shustoke        | Hoar Park        |
| 09-Apr  | M Hussingtree     | Lighthorne        | PB  | Norton Lindsey  | Alcester         |
| 16-Apr  | Wellesbourne      | Churchfields      |     | Broom           | Mappleboro Green |
| 23-Apr  | Wickhamford       | Snaresone         | E   | Ratcliffe Culey | Astwood Bank     |
| 30-Apr  | Flyford Flavel    | Shipston On Stour |     | Ardens Grafton  | Shottery         |
| 07-May  | Churchfields      | Chadd Corbett     |     | Flyford Flavel  | Blackhills       |
| Runs info Dave Stephenson 01564 776064, davidjks@icloud.com                   |                   |                   |     |                 |                  |
| B Run is an all-day ride with coffee & lunch, starts Reservoir pub at 9:15 am |                   |                   |     |                 |                  |
| A Run is faster with coffee stop, starts from Reservoir pub at 9:15           |                   |                   |     |                 |                  |
| (*) Runs marked P start Punchbowl, E start from Eastcote X roads @ 9:15       |                   |                   |     |                 |                  |
|   |                   |                   |     |                 | Starts Punchbowl |
|   |                   |                   |     |                 | 10:00            |



Thursday

| DATE   | A RUN        | B RUN             | C RUN            | D RUN           |
|--------|--------------|-------------------|------------------|-----------------|
| 07-Feb | Wellesbourne | Clifford Chambers | Kingsbury        | Astwood Bank    |
| 14-Feb | Dunnington   | Astwood Bank      | Wellesbourne AF  | Charlcote       |
| 21-Feb | Wellesbourne | Charlcote         | Kenilworth       | Stoneleigh      |
| 28-Feb | Dunnington   | Clifford Chambers | Stoneleigh       | Blackhills      |
| 07-Mar | Wellesbourne | Dunnington        | Dunnington       | Stratford       |
| 14-Mar | Dunnington   | Lighthorne Heath  | Wellesbourne TC  | Dunnington      |
| 21-Mar | Wellesbourne | Astwood Bank      | Charlcote        | Hatton Locks    |
| 28-Mar | Dunnington   | Wellesbourne TC   | Long Itchington  | Wellesbourne TC |
| 04-Apr | Wellesbourne | Clifford Chambers | Alcester         | Briar Croft     |
| 11-Apr | Dunnington   | Dunnington        | Mappleboro Green | Astwood Bank    |
| 18-Apr | Wellesbourne | Charlcote         | Kenilworth       | Shottery        |
| 25-Apr | Dunnington   | Lighthorne Heath  | Wellesbourne TC  | Alcester        |
| 02-May | Wellesbourne | Hoar Park         | Stoneleigh       | Charlcote       |
| 09-May | Dunnington   | Wellesbourne TC   | Hunningham Hill  | Stoneleigh      |

Runs Co-Ordinator Dick Law 01926 427200

A Run starts Dynamic Rides Hockley Heath at 9:15

B,C and D run start from Punchbowl at 10:00 am



# Main Club Contact Details

|                                   |  |
|-----------------------------------|--|
| <b>President</b>                  | <b>Roger Cliffe</b><br><a href="mailto:chat2rog@gmail.com">chat2rog@gmail.com</a>  |
| <b>Chairman</b>                   | <b>Dick Law - 01926 427200</b><br><a href="mailto:chair@solihullcc.org.uk">chair@solihullcc.org.uk</a>   |
| <b>Secretary</b>                  | <b>Margaret Gordon - 0121 778 1884</b><br><a href="mailto:secretary@solihullcc.org.uk">secretary@solihullcc.org.uk</a>   |
| <b>Membership Secretary</b>       | <b>Pete James - 0121 444 3537</b><br><a href="mailto:membership@solihullcc.org.uk">membership@solihullcc.org.uk</a>  |
| <b>Treasurer</b>                  | <b>Phil Rosenbloom - 07939 067367</b><br><a href="mailto:phil.rosenbloom@blueyonder.co.uk">phil.rosenbloom@blueyonder.co.uk</a>  |
| <b>Press Secretary</b>            | <b>Pauline Knight</b><br><a href="mailto:press@solihullcc.org.uk">press@solihullcc.org.uk</a>  |
| <b>Welfare Officer</b>            | <b>Ailsa Neely</b><br><a href="mailto:welfare@solihullcc.org.uk">welfare@solihullcc.org.uk</a>   |
| <b>Coaching</b>                   | <b>Robin Fox</b><br><a href="mailto:coaching@solihullcc.org.uk">coaching@solihullcc.org.uk</a>   |
| <b>Club Runs Co-ordinator</b>     | <b>Tony Baker</b><br><a href="mailto:clubruns@solihullcc.org.uk">clubruns@solihullcc.org.uk</a>  |
| <b>Time Trials Secretary</b>      | <b>Steve Mountford - 0121 745 4758</b><br><a href="mailto:timetrials@solihullcc.org.uk">timetrials@solihullcc.org.uk</a>   |
| <b>Track Secretary</b>            | <b>Robin Fox</b><br><a href="mailto:track@solihullcc.org.uk">track@solihullcc.org.uk</a>   |
| <b>Cyclocross Organiser(s)</b>    | <b>Gary Rowing-Parker</b><br><a href="mailto:gary.rowingparker@gmail.com">gary.rowingparker@gmail.com</a>  |
| <b>Clothing Officer</b>           | <b>Mick Edensor</b><br><a href="mailto:clothing@solihullcc.org.uk">clothing@solihullcc.org.uk</a>  |
| <b>AWheel / Newsletter Editor</b> | <b>Rocheford Pearson</b><br><a href="mailto:editor@solihullcc.org.uk">editor@solihullcc.org.uk</a><br><a href="http://www.solihullcc.org.uk">www.solihullcc.org.uk</a> |
| <b>Website</b>                    |  |
| <b>Web Administrator</b>          | <b>Gareth Lewis</b><br><a href="mailto:admin@solihullcc.org.uk">admin@solihullcc.org.uk</a>  |



