

AWheel

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REGISTERED GO-RIDE CLUB



**BRITISH
CYCLING**

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Front Cover: Jacob and Harrison Knight

Rear Cover: Oliver Tandy and William Ryan courtesy of Andy Whitehouse
(andyw39.smugmug.com)

Editor's Corner



Winter is upon us so you may have already taken to the turbo but not Ed nor, as you'll read in this edition, have many of our club members.

Unfortunately this edition again includes obituaries but this is also a sign of the club's heritage and an opportunity to publish some lovely memories of past adventures.

You can't fail to notice that cycle cross continues to grow in popularity in the UK and with this in mind I make no apologies for the cycle cross centric nature of this edition, which includes giving the Knights twins pride of place on the front cover.

Harrison and Jacob, like many youth riders before them, have been great role models for our younger riders, my son included and with them moving onto their next chapter I'll just like to wish them all the best with their riding and University life.

Let's also not forgot those club members participating in less high profile events, young and old, who include a couple of youth riders, Nathan Edensor and Jordan Hall-Wallace both active on the track, I hope to bring you reports of their adventures in the next edition.

I hope you enjoy this edition which also find includes forms for the Annual Dinner and Membership Renewal.

Safe Riding!

Rocky



P.s. Apologies for the few errors that crept into the last edition, Ed had his holiday hat on!

Send copy to: editor@solihullcc.org.uk

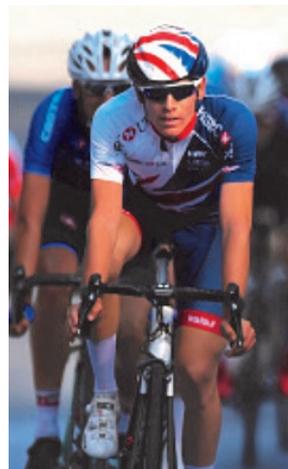
Solihull CC at West Midlands Road Race League 2018

At the SCC Committee meeting on 28 September the issue of encouraging club members to take part in the British Cycling West Midlands Road Race League 2018 as a team came up. In order to encourage members to race (of course in SCC colours) it was decided to pay for entry fees for SCC members as long as three or more people enter each race. It does not matter if you are accepted to ride or not as it is understood that these races are very popular.

Russ Perry | Jan Cowan Racing Secretaries.

I expect you both know by now that Jake Stewart Solihull member who learnt his craft on the TG circuit was 5th in the world Junior championships. Well worth a mention in your next Press release. Following in the footsteps of Danielle Khan.

Harry Reynolds



A photo of climbing Sa Calobra in Majorca, it is a 26 hairpin bend climb.

Pete James

National Time Trial Finals

14 year old Jacob Reid of Solihull Cycling Club put his recent disappointment of finishing down the field at the recent West Midlands Youth Circuit Race by qualifying for the Youth National Time Trial Finals in September with an astonishing time of 21mins and 16 secs for the 10 mile course in Dunchurch at the weekend. On a course the young rider was not familiar with, he averaged 28mph. “I knew I had to pace myself as my Dad and I drove the course a few hours before so I had to go easy on the way out as the way back was a head wind and all uphill!”

Jacob, who is the current Solihull club’s schoolboy Time Trial Champion, has been competing in many of the Club’s Time Trials in Knowle to simulate the national event as much as possible. “My training has been going well and I have been getting some good results in the local Time Trials, but there is still a lot of training to do for the nationals, especially getting used to the extreme, aerodynamic position compared to a regular road bike”.

The young cyclist from Balsall Common will compete in the Under 17 category. He has been riding for 2 years but only competing for just over a year so his improvement has been rapid. His training includes mid week Solihull CC coaching sessions and time trials with circuit racing at the weekends. We wish Jacob every success at the nationals.

Pauline Knight

A Day at the Giro

In May Bob Armstrong was fortunate to be in one of the Trek Segafredo team cars on stage 11 of the Giro.

It's 11.00 in the morning and the sun burns down from a cloudless Florence sky. This is Stage 11 of the 100th Giro; Florence to Bagno di Romagna 161kms described as 'an undulating day in the Appennines'.

'This is Adriano and he will be your driver for today's stage' Nathalie tells me as the Trek Segafredo Team Coach draws to a halt nearby with three team cars in attendance. Adriano is driving one of the team cars and has the dubious pleasure of my company in the passenger's seat for the day. In the back sits Pepe a veteran mechanic of numerous grand tours surrounded by wheels, bottles and spanners.

The riders disembark from the team coach, make final adjustments to their bikes, sign numerous autographs and pedal off to the signing-on. What is striking is how relaxed it all seems and how some of the world's greatest cyclists mingle with the crowds of admirers before pedalling off to sign-on and then go on to the start.

We now creep down to the start in the team car amidst crowds of onlookers. A couple of Trek Segafredo riders have last minute adjustments made to their bikes by Pepe and then suddenly we're off. At what seems like breakneck speeds we join a line of team cars all carrying eye watering hardware and all within inches of one another, mingling with cyclists, commissaires on motor bikes, first aiders, police and ambulances.

In the car Adriano juggles with riders' radios, the race radio,



directions from the Director Sportive and the live TV on the car monitor. No time to talk, eat, drink and definitely not the time to need a comfort break! And there is the additional challenge of team car drivers talking to each other through open windows, cars closing within inches of each as the drivers avoid others on the narrow roads.

It's like a kaliedoscope of cheering crowds with pink everywhere; rows of school children with pink hats, pink banners, pink balloons and even a field of cows with pink ribbons round their necks! And centre stage the relentless toiling of the riders especially those losing contact with the peloton.

It's only when you are alongside riders on the uphill sections that you see at such close quarters the huge effort which riders are putting into even staying in the peloton. Drink after drink is



passed onto riders all with the firmest of grips! And then disaster strikes-the DS radio crackles into life, a Trek rider has crashed. We race to the scene and await the ambulance. Now conscious the rider is taken to hospital.

Adriano has to catch the peloton which is now far ahead. Round hairpins at breakneck speed, tyres screeching, roadside crowds cheering as corners are taken at what seems an impossible pace-and there at last the peloton and circulation returns to whitened knuckles.

In seemingly no time but in fact over 5 hours later we arrive at the finish. Riders are being ushered into hotels, bikes cleaned and tales swapped.

And it's all to do again next day, and the day after and the day.....

No ordinary day in the office and for this lucky front seat passenger and thanks to Trek Segafredo and Adriano a lasting smile and admiration for riders and team support members alike.

And Adriano? Adriano Baffi was a 6 times Giro stage winner and wearer of the Maglia Rosa. Rode for US Postal, Mapei and other professional teams and in another life could be a top class rally driver. Most respected rider of his generation in Adriano's opinion Miguel Indurain.

The legacy of Coppi, Bartali, Pantani and others of their ilk live on in the hearts of the Italian aficionados



Bob Armstrong

Annual General Meeting

**AGM - THURSDAY 25 JANUARY 2018 AT 7.30 PM -
FUNCTION ROOM, RED LION, KNOWLE**

The meeting is open to all club members and if you are interested in the progress and future of the club and feel you could make a difference by either taking on a vacant committee/non-committee role or offer input at the AGM then we'd like to hear from you. Non-attendance assumes that you are quite happy with the status quo or are not interested in how the club functions behind the scenes.

Any formal proposals for inclusion on the agenda should be notified to the club secretary (Margaret Gordon) in writing by Thursday 4 January 2018

Is It Goodbye to the Tandems?

Many new and young members of the club may not even know of the **Tandems For The Blind**, with the hard work of club members maintaining and riding these machines.

The money to purchase these bikes was raised in the mid 80's with charity rides organised by club members.

We negotiated with DAWES CYCLES (very successfully I must say) saving nearly £1000 pounds on the retail price.

Many hours of pleasure was given to sight impaired men and women in this area but interest has waned over the last years and the tandems have suffered wear & tear – but not completely useless.

One of the charity rides I remember very well, it was held in Earlswood and I made 15-20 arrows to show the route, which I went around on the Saturday fixing the Arrows on stakes on change of direction.

I awakened early the next morning (Sunday) and opened the curtains to see 4" of snow; you would think that was bad enough but it was not long before I remembered that I had painted all the arrows with white paint!

I hope the tandems find good homes where they will be appreciated and they may be used for a similar purpose for which they were purchased.

Ray Batchelor



Why CycleCross

Why cyclocross? Why is it so good for developing athletes ?

Firstly... it's safe... Followed very closely by the fact that it a lot of fun. Then you add in all the other elements...the races are relatively short (compared to road racing), the riders get involved in 'racing within racing' Then there are other important facets... it teaches fantastic bike control, it helps develop awareness, it helps develop anticipation...coupled with the skill of adaptation to changing circumstances. Physically it help develops strength and strength endurance. Technically... riders develop more empathy with their bikes...they start to understand the significance of where and when to change gear, where the braking zones are, the impact of correct tyre pressures, Clipping in without looking.

When you look back at the last few years... Quite a few Solihull CC riders have been at the top of the pile since about 2009... winning National Trophy races, national championships, representing GB and winning their age categories in WMCCCL events. But from a clubs perspective, success is also very much about participation figures and retention.... and from my own perspective... the fantastic Tuesday night training sessions when riders from all categories and abilities come together for a 90 minute session.

It's great to see this progression and it's great to see that the interest in cyclocross remains as high as ever within the club.

Robin Fox
Head Coach



2017 WMCCL Round Up

Record numbers of Solihull CC members are taking part in the 2017/2018 West Midlands Cyclocross League this season with 48 riders in total. Not all of them race every week, but many of them do. With 7 rounds down, well done to those riders who have taken part in all 7 races: Rose Neely, Teddy Wright, Max Saunders, Ben Woodhouse, Ella Tandy, Patrick Neely, Josh Pearson, Jacob Jones, James Ralph, Keith Jones, Michael Harrison and I will include Gary Rowing Parker as he has only missed Round 4 at Fillongley as he was the race organiser and was at the venue all weekend!

Cyclocross racing is growing in popularity and there is a waiting list for youngsters to join our Club, but despite having numerous



Cyclocross training on Tuesday evenings are always well attended.

coaches, whom we thank wholeheartedly for giving up so much of their time on a regular basis, we do not have the capacity to cater for more riders - an item for the Youth Development Council to discuss.

Up to the end of October, the Club has been running three cyclocross sessions – Monday nights for the very young, Tuesday night for the experienced racers and Thursday evenings for those in between. Some riders attend more than one session. I know Robin and Gary's session on a Tuesday regularly has 25 -30 riders attend, no matter the weather. The riders are diverse in age

and ability yet all who attend get the maximum out of the session for themselves and that's why attendance at these sessions is consistently high.

Riders take part in races for their age group which differ in length. The U8s race for 10 mins right through to the senior race at the end of the day which is for 50 minutes plus. Up to the Junior (U18) age category, riders are either first year or second year riders in their category and generally they perform better as second year riders as they are older. This explains why one year a rider is on the podium and the following year, just outside the top places.

It is good to see the number of younger riders flourishing with 6 U8s, 6 U10s and 6 U12s all thoroughly enjoy their racing, which is important as we want to keep our young people involved in the sport. It is also great to see our young girls doing so well with Rose Neely achieving first U8 girl 5 times this season, Holly Saunders on the podium 4 times so far in the U10s and Ella Tandy twice in the U12s as



Some of our U10s being gridded at Pype Hayes Park in September

a first year – so watch out U12 girls next year! Many of our young male riders, whilst not making the podium, are improving week after week with Seb Rogers regularly getting top 10s, William Mansell in the top 15 after finishing 21st in his first race, Matthew Hitchmough with two top 10s after finishing 26th in his first race, Ben Woodhouse achieving two top 10s and steadily improving his position week after week.

Young riders James Caine, William Garner, Teddy Wright, Daniel Brownsword, Ben Woodhouse, Patrick Neely, Samuel Brownsword all regularly post consistent positions in their races. The improvement shown by Max Saunders in the U12 race has been phenomenal with 4 podiums in the last 5 races after finishing 12th and 7th in his first two races of the season. He will step up to the Youth races next year as a first year U14 and continue to learn and enjoy cross.



Max Saunders consistently finishing near the front of the field in the U12s

We have 8 youths (U14 and U16) regularly racing on Sundays with three of them stepping up and entering their first ever national at Derby – Conor Jones, who is technically very good, Jacob Jones, a very determined young rider and William Ryan. William is profoundly deaf and has been posting amazing top 5 results this season at WMCCCL and finished 25th in his first ever U14 National Trophy. Oliver Tandy has also been impressive this season, improving his position race by race.



Josh, Kasim and Akhil waiting to be gridded in the U14s at Baggeridge Country Park

Josh Pearson races week after week and tells me he loves it, but his race face tells a different story! We have three new riders in the youth category this year – Akhil Lone, Kasim Kolnaty and Lucas Cook and all are doing well.

There are now five juniors in the main race (junior/senior/Vet40) with Alex Harper, Tom Green and James Ralph joining as first years having stepped up from the youth category last year, all performing well. The field is most probably the largest of the day with 130+ riders regularly on the grid. It was a wonderful moment for our family and the club when Jacob Knight won Round 2 in Birmingham and Harrison, his brother, came in 2nd, and then Jacob went onto win the Notts and Derby League the following week. At Misterton they were both looking strong again and although they came in 4th and 6th, the ex GB senior national champion Liam Killeen was the winner and what a privilege for all the riders to be in that race. The senior/junior vet 40 race is where Dad Dave Green, races against son Tom. As the Vet 40s set off 1 minute behind the main field, it is Dave's aim to catch Tom and Tom's aim not to be caught. Dave has caught and overtaken Tom just the once - at Baggeridge Country Park.



Father and son, Dave and Tom are now in the same race

There is a plethora of red, white and blue in the Vet 40 field and with the juniors, there are as many as 14 riders which is brilliant. Some of them are Dads of our younger riders (Mike Brownsword, Dave Green, Phil Hitchmough and Keith Jones - Keith gets my vote for the best race face) and others are regular League riders (Michael Harrison, Tim Gordon, Neil Taylor and Daniel Reid).

Cyclocross racing sees a number of 'races within a race' and the Vet 50 finish at Misterton was a good example. (Oliver Tandy and William Ryan in the U14s battled it out for 5th and 6th place the

whole race at Shelsley Walsh). Neville Gunn crossed the finish line just a few seconds in front of Gary Rowing-Parker. Neville had a good lead from the start but Gary clawed it back and it was brilliant to see Neville hanging on by just a few seconds. Andrew McGowan, Bernard Wareing, Pete Ward and Rocky Pearson are in the Vet 50 race. Our AWheel Editor has completed 6 of the 7 rounds and he always gets a cheer from the Solihull crowd. Judith Harper is our sole lady representative.

Pete Ward recently completed The Three Peaks Cyclocross Race staged in the Yorkshire Dales National Park every year at the end of September. It is the toughest and biggest cyclocross event in the UK and Pete exceeded his target to raise money for Cancer Research UK. Well done Pete.

Personally, we are coming to the end of an era for the Knight family. Due to National Trophy races and other cycling commitments, Jacob and Harrison completed their last WMCCCL event at Misterton. They are taking A Levels next year and hope to go to University so will probably not be living locally next season. As the parents of two boys who started training with Robin from about the age of 9, and they celebrate their 18th next year, it is with muddy fondness I look back at cyclocross. Pete and I (but particularly Pete) have worked hard in the pits over the years – it is challenging having two boys in the same race and normally next to each other within the race but we have got through, somehow! We would like to thank



Jacob Knight winning senior/
junior race at Pype Hayes
Park

Robin and Gary for all their support over the years. We have made many friends being members of the club and the cyclocross family and are planning a trip to Belgium to race between Christmas and the New Year with two Lichfield CC riders and their parents. We are extremely grateful to the WMCCL for awarding a bursary to both Jacob and Harrison for the second year running which has helped enormously with travelling and accommodation costs for national events. Road and circuit racing beckons after January and now they have both passed their driving tests they will no longer be forced to spend their weekends with Mum and Dad - they can take themselves to races!

In previous years we have had as many as 14-16 rounds of WMCCL but this year there is only 10 rounds which finish at the end of November. Here are the main events remaining this season for the Solihull crossers :

- 5th November – One Bike Quarry Cross
- 11-12th November – National Trophy Round 3 at Shrewsbury
- 19th November – WMCCL Round 8 at Baggeridge
- 26th November – National Trophy Round 4 at Gravesend
- 26th November – WMCCL Round 9 at Blackwell
- 3rd December – BC Regional Championships at Worcester (the Old Top Barn)
- 10th December – National Trophy Round 5 at Bradford
- 10th December – WMCCL Round 10 at Pooley Country Park, Tamworth
- 26th December – Boxing Day Cross (non League and online entry)
- 7th January – National Trophy Round 6 at Ipswich
- 13-14th January – National Championships at Hetton Lyons, Sunderland

Mud and Sand

In spite of the changeable weather this Autumn, we again managed to find a dry and warm September day for the Solihull CC round of the West Midland Cyclo-Cross League. We also maintained our reputation for putting on one of the best events in the calendar – with a challenging course and very exciting racing.

This was our fourth year at the Heart of England Conference and Events Centre between Meriden and Fillongley. It provides an ideal venue for cyclocross and Robin Fox designed a course that really tested the riders' skill and fitness. There were the usual fast sections on grass and gravel, steep banks to be ridden up and down, tricky sections in the woods, a bit of mud and, for the first time, a short stretch of sand. Sand is a feature of cyclocross races in the sport's heartland: Belgium, but it is rarely seen in British races. I don't know if you've ever tried to ride through deep, dry sand. It's extremely difficult. Fortunately for our competitors, the sand was firm and damp, and they loved it. We got lots of compliments afterwards – both for the organisation of the event and for the design of the course. One seasoned veteran rider said to me afterwards that he thought the course worthy of a National Trophy event.

One additional challenge this year was the number of competing cycling events on the same day. Locally we had Velo Birmingham, the Tommy Godwin Challenge and the Cycle Show, and up North the iconic Three Peaks Cyclo-Cross. Nevertheless 460 riders took part in seven separate races. I am very grateful to the



volunteers who turned up on the Saturday to help set up the course and on the Sunday for the races. It is testament to this great club that we can put on a great event even when there are lots of competing attractions. However, next year we will have to consider whether this early slot in the cyclocross calendar (with its likelihood of fine weather) should be given up in favour of a later (less busy) date.

It was also another successful day for riders from the club – in spite of the absence of our current leading riders: Harrison and Jacob Knight. They were taking a well-earned day off, but the rest of Team Solihull stepped up to the plate. We had one race winner: Rose Neely in the Under-8 girls’ race, and everyone else in red, white and blue did us proud.



Some of our Under 8s experiencing first race season in the WMCC

The day started well with Rose winning the Girls’ Under-8 race in convincing style. William Garner was eighth in the boys’ race behind winner Louis Inman from Bolsover & District CC.

We had five riders in this race, who finished as follows:

Category	Placing	Category
	1	Rose Neely
	8	William Garner
	10	Seb Rogers
	14	James Caine
	16	William Mansell
		U8 F
		U8 M

Another of Solihull CC's great team of girls (Holly Saunders) came second in the Under-10 race. The boys' race was won by George Cooper (Pines Cycles) and the girls' race by Rose Lewis (Halesowen).

The club riders in this race were:

Category	Placing	Category
2	Holly Saunders	U10 M
10	Matthew Hitchmough	U10 M
11	Teddy Wright	U10 M
23	Daniel Brownsword	U10 M



Holly, Ella and Rose - our trio of girls regularly podium at West Mids Cyclo-X League

In the Under-12 race, Ella Tandy (in her first year in this age group) finished second girl and Max Saunders was fifth Under-12 boy. Spencer Corder from Stratford CC won the boys' race and Tia Carr from Lichfield City won the girls' race.



Our Under 12.s

The Solihull CC riders were:

Category	Placing	Category
5	Max Saunders	U12 M
13	Ben Woodhouse	U12 M
2	Ella Tandy	U12 F
24	Patrick Neely	U12 M
28	Samuel Brownsword	U12 M

Conor Jones made the top-ten in the Youth race (which comprises Under-14s and Under-16s) and William Ryan was fifth in the Under-14 category. The race was won by Daniel Barnes from Lichfield City from his club-mates Matthew Kingston and Emile Alexander.



Conor Jones

Photo Courtesy of Andy Whitehouse (andyw39.smugmug.com)

The Solihull CC riders were:

Category Placing		Category
9	<u>Conor Jones</u>	U16
12	Jacob Jones	U16
5	William Ryan	U14
8	Oliver Tandy	U14
16	Lucas Cook	U14
22	<u>Akhil Kolnaty</u>	U14
23	Josh Pearson	U14

Make a note of the youngsters' names above. Cyclocross is where most of our leading riders start out. We can expect great things from them in the future on and off-road. They really do know how to ride their bikes fast.

There were no Solihull CC riders in the Women's race, but former member Sophie Faulkner (now with Ride Coventry) finished a very creditable third behind Hannah Payton (Team Kinesis) and Melissa Baker. It would be great to get more female participation in cyclocross. The West Midlands Cyclo-Cross League is one of the few that has a separate race for women in all categories.

The race for men over 50 was won by Steve Knight (Team Jewson) with Kevin Payton from Stourbridge CC in second place and Kirby Bennett (Team Jewson) in third place. Nev Gunn led the Solihull CC contingent. But it is Rocky Pearson who gets my vote for club hero of the day. He was there from first thing organising the car park; raced, and then stayed until the very end to help pack-up and return all the club gear to Tudor Grange.

Category Placing		Category
21	Neville Gunn	V50
19	Andrew McGowan	V55
7	Bernard Wareing	V65
45	Rocheford Pearson	V50

The final race of the day, for Junior, Senior and Vet40+ men was won by Toby Barnes from Lichfield City CC with Stourbridge CC pair Tom Payton and Anthony Neave in second and third place respectively.

The Solihull CC riders in this race were:



Keith Jones and his race face

Category Placing		Category
8	Alex Harper	Junior
10	James Ralph	Junior
25	Ashley Wright	Senior
21	Phil Hitchmough	V45
26	Mike Brownsword	V40
25	Neil Taylor	V45
26	Dan Reid	V45
27	Michael Harrison	V45
12	Tom Green	Junior
30	Keith Jones	V45
34	Tim Gordon	V45
DNF	David Green	V45



Alex Harper

Photo Courtesy of Andy Whitehouse (andyw39.smugmug.com)

Well done to all of our riders. If you want to join them and give cyclocross a try yourself, there are floodlit coaching sessions held every Tuesday evening from 6:30pm at Tudor Grange between September and January.

Finally, on behalf of the event's organising committee below, I'd like to say a huge thank you to everyone who turned up to help over the weekend of 23rd/24th

September. It was a fantastic team effort. We hope to see you all again next year.



Riders & Volunteers after a long day at Fillongley

*Gary Rowing-Parker, Robin Fox, Keith Jones,
David Green, Peter Knight*

Obituaries

John (the Barber) Paling

John died on 11th August after a suffering from lung cancer.

John joined the club in the early 80s. He was an active member on all club runs and it was John that was a pioneer of the now established Tuesday run as that was his day off.

Although John never raced himself he was always one of the first to volunteer to help or marshal at any club events. A He attended many of the Club trips to the Semaine Federale and also recently the springtime trips to Brittany.

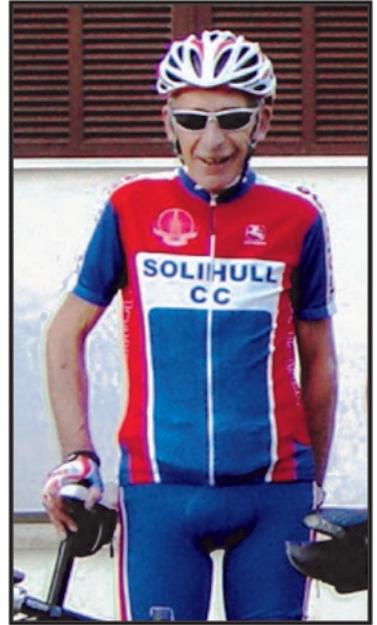
John was a dapper dresser whether it be in civvies or his cycling gear. One such outfit being the Spanish Kelme trade team kit which was predominantly fluorescent green, which sounds horrendous, but John being John looked just like one of the team!

Since retiring he and Kay have joined up with a group of close friends to enjoy the cycling in Majorca, where on one occasion he bought the 'bright' kit of the local cycle hire shop where the owner complimented him on how good he looked in her kit.

Right up to his illness John enjoyed 'Club Nights' with a few of the other stalwarts of the Club at the Red Lion where there will be an empty seat that cannot be filled. He will be sadly missed by his friends and family.

R.I.P. John never to be forgotten.

From Pete King



Dave Kirby

I first met Dave Kirby around 1978 at a gentleman's keep fit class at Arden School in Knowle. The evening always ended with a roughly 7 a side football game and if you wanted to go home uninjured it was best if Dave was on your side. It was around this time that he had moved his family to Bentley Heath with his wife Jill and young sons Marcus and Damian following a promotion with Cornhill insurance as a motor engineer. It was in this role that he was able to agree his own company car a write off following a disastrous attempt to cross a flooded ford.

The keep fit quickly progressed to road running and to the Knowle Joggers of which he was a founder member. He went on to run in a number of events up and down the country to include two marathons completed with very creditable times.

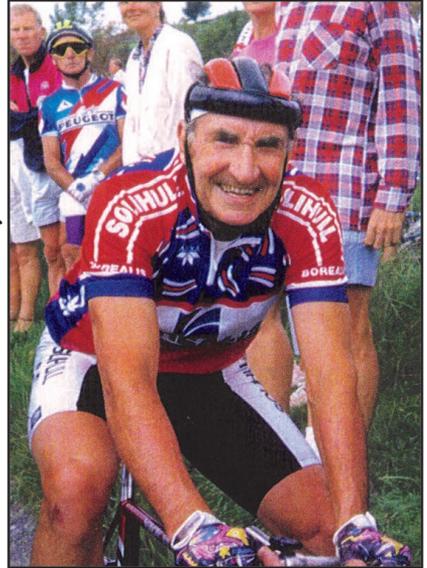
The outdoor life appealed to Dave and he always found time to join boy's trips away skiing, golfing, hill walking in the Lake District and cycling in the Cotswolds or mid Wales. It was on one such trip that I can recall him losing control on a forest road and colliding with a tree causing some considerable damage to the alignment of his frame. Typical of Dave the next day he returned his bike to Halfords complaining and they rather surprisingly promptly exchanged it for a new one.

I am sure Dave would agree that he was never going to be an elite athlete or cyclist but what he lacked in natural ability he more than made up for with his enthusiasm and determination. He was a popular member of Solihull cycling club which he joined around the late nineties and became a regular Member of the Gentleman's Spring Tour to France where his cooking exploits became legendary. Unfortunately his Parkinson's illness progressed rapidly in recent years which ultimately led to dementia, but despite his numerous problems he was never heard to complain.

From Bill Groom

Alan Boden

Alan was a good friend we rode many vets races together we were both 1st cats at plus 40. We rode all over the country chasing the Pete Fryer a season long competition. But prior to that chapter in his life Alan was one of the top time trialists in the country he did 3hr 53min 45secs in 1968, 3rd in the National 50 champs in 1970 1hr 55min 15secs, won the Manchester Wh 12hr in 1967 posting 419km (262miles). He was Veterans National RR champion in 1977.



A good memory of Alan who won the national Vets RR championship in 1977 and we were riding the Shirley RC vets race at Ullenhall now Alan who had been partying the night before had a bit too much to drink (he was renowned for his drinking exploits) and the organiser delayed the start for Alan, he turned up much the worse for wear so the race got underway, on the last lap Alan was nowhere to be seen and John Perks and myself had a lead of 3 minutes with 6 miles to go! I could never beat Perks in the sprint so we started to finesse at the Km sign I was determined to make Perks lead me out, suddenly Alan who had made a remarkable recovery from his hang over came hurtling past when we were doing a track stand John Perks managed to beat him but I lost a certain 2nd place and was 3rd.

From Harry Reynolds

I'm not sure when I met Alan for the first time somewhere about 1980 I suppose . We were both riding the A run, which was led by Dave Lucas at the time. He was prodigiously strong and looked it. A big bloke, not tall but broad shoulders and hefty legs, must have weighed 12 stone but fit with it. Impossible to get past him on a hill. He was a national vets road race champion and BAR one year. Under the hour for most times he road a 25. I rode a two up with him once: which we won. I made just one attempt to come through - he just went harder - so I thought, stuff it and sat in.

I remember him telling me of his medical for national service; I think he'd been Warrington Mister Universe and the doctors laughed when he tried to pull some wheeze that made his pee blue. Off you go son, you're in the army.

As well as club runs we rode quite a few events in Europe together, with Harry Reynolds and Chris Moseley. One weekend we were having a little warm up ride near Aix les Bain before some little Haute Savoie event (200k, 4000m), we stopped for lunch - a pasta and the patron made the mistake of leaving the bowl of grated parmesan cheese on the table. Alan ate it all. Once we stopped for a few days near Alp d'Huez and the lady hotel owner soon discovered that we would eat everything left on plates by the other guests. We met up with Tony Pierce on that trip and another warm up ride was over the Galibier and the Glandon culminating in the climb half way up to AdH.

With Harry we road a Super BAR starting from Grenoble, 300k, 5400m. I've looked it up, Galibier, Croix de Fer. Unfortunately, Alan was off the front and missed the split in the Maurienne valley so didn't do the "Super". I came across Harry later sitting at the side of the road asking whose stupid idea was this?

He had a few accidents - who hasn't? Released from Coventry A&E he got the bus home to Kings Heath, still in his cycling kit including shoes, covered in blood. What a character

I never heard Alan complain about anything, he just seemed to get on with it. Oh, and he did like his beer. I still smile whenever I think of him.

From Dave Stephenson

One incident that sticks in my memory involving Alan, was a 50 mile race around the Matchborough circuit in the early 70s. A tough windy day and circuit, I got in the break with Alan, Bill Painter and Paul Carbutt and we were 2 minutes up, when the bonk struck, having overslept and missed both a drink and breakfast. I lost contact, when Paul attacked into the wind and drifted around the last lap in total oblivion (we all know the bonk symptoms)!

Approaching what I thought was the finish, there was no marshal but there was a lot of arm waving, from the left turn off the circuit, to the finish. I turned left and with 50 metres to go, heard a swishing from the rear and assumed the bunch had caught me, only to be passed by Messrs Carbutt and Painter! It subsequently transpired that on the last lap, the marshal at the next roundabout, should have relocated to the left turn but failed to do so.

This resulted in my break companions going straight on, realising their error and retracing but not before I'd finished 3rd! Poor old Alan only needed one more point to reclaim his first cat licence and the chief judge's refusal to reverse the placings, despite my protestations, meant he had to wait a couple more weeks! The injustice of it all!

Alan was also a member of the Oldbury CC team of time trial stars, with Dave Blount, Roger Iddles, Brain Hayes and Ray Ward, winning national championships with them. Alan was a real character, a great bkie and a gentleman and will be sadly missed by all who knew him.

From Steve Tonry

5 Mile Scratch Race

Eleven riders turned out for the inaugural 5 mile scratch race on Wednesday 6 September 2017 at our Circuit in Tudor Grange Park.

With good weather and nearly as many club members acting as marshals, it was a disappointing that there weren't twice as many entrants.

Five miles is 10 laps of the circuit which took less than 12 minutes to complete. Jack Rootkin-Gray pulled away from the other 10 riders on lap 2 and had a 12 second lead for 3-4 laps before it all came together. McKeown, Binchet, Jameson and Rootkin-Gray managed a small gap but this again came back together until the last 2 laps where the four pulled away again to finish strongly, before McKeown took the championship win, Binchet was second and Jameson 3rd. McKeown managed 11.35 for the 10 laps. He will be awarded with the 5 mile scratch race trophy at the club dinner and awards evening on 3rd February next year. The defending champion and race organiser Paul Mann was unable to defend the trophy through illness.



Based on the finishing positions, teams of two were selected by the chief judge Russ Perry for a two up team sprint. This event was won by Jameson and Harrison. Full results for both races below.

Results

5 Mile Scratch Race

- 1, Wayne McKeown
- 2, Claude Binchet
- 3, Stuart Jameson
- 4, Jack Rootkin-Gray
- 5, Mark Eaton
- 6, Neville Gunn
- 7, Andrew Simpkins
- 8, Graham Halford
- 9, Mike Harrison
- 10, Mike Pridmore-Wood
- 11, Richard Blackman

2-up team sprint

- 1, Jameson and Harrison (1.11.38)
- 2, Jack RG and Simpkins (1.14.34)
- 3, Binchet and Mike PW (1.14.85)
- 4, Eaton and Halford (1.18.02)
- 5, McKeown and Blackman (1.18.73)

Thanks to all the riders and the marshals who helped out. Hopefully we can make this an annual event and continue the traditions of this trophy which has been awarded to club members on and off since 1938.

Paul Mann

Solihull Cycling Club Annual Dinner

Saturday 3rd February 2018

A new venue this year, Robin Hood Golf Club, St Bernards Road, Solihull B92 7DJ

The cost is £25 per adult, but is being subsidised by the Club so will cost £15 for an adult and £7.50 for a child under the age of 11. The children's menu is the same as the adults – but just smaller portions.

Please use the form included with the magazine to send the menu options with names and a cheque (made payable to Solihull Cycling club) to: **Pauline Gunn, 76 Crophorne Road, Shirley, Solihull, B90 3JN**

Deadline for return is Saturday 6th January 2018

Starters <i>All with crusty bread roll & butter</i>	Main Meals	Desserts
<p>Cream of honey roasted parsnip & potato</p> <p>Names</p>	<p>Chicken Forestiere</p> <p>Names</p>	<p>Pear, almond & chocolate cake with vanilla ice cream</p> <p>Names</p>
<p>Stilton filled breaded button mushrooms with lime mayonnaise (veg)</p> <p>Names</p>	<p>Salmon with tomato, garlic & basil salsa</p> <p>Names</p>	<p>Cheese & biscuits</p> <p>Names</p>
<p>Thai fishcakes sat on a minted apple & carrot salad</p> <p>Names</p>	<p>Spinach, basil & ricotta cannelloni bake with salad</p> <p>Names</p>	

Membership Renewal

Subscriptions for 2018 are now due

Options for Payment

1. Cheque
2. Direct Debit
3. BACS : Sort Code 09-01-54 Account No 44 0334 83
4. Complete form and direct debit mandate and return

If you already pay by Direct Debit, simply inform the Membership Secretary (by email or post) that you wish to renew advising what method of payment you will be using.

If you have any questions please email Pete James the Membership Secretary at membership@solihull.org.uk or call 0121-444-3537

Membership Category		
New Members or Lapsed Members not paid by 28th FEB	Annual Fee	✓
Adult	£30	
Family (at same address)	£42	
Social/ under 18 / Old Sols	£19	
Existing Members	Annual Fee	✓
Adult	£25	
Family (at same address)	£37	
Social/ under 18 / Old Sols	£14	
Tudor Grange Track Fees	Number of riders	✓
£40 per member who will take part in any coached sessions at TG track during the year		

Station Run

A very brisk run starting at Dorridge Station at 9:00am, with a coffee stop at Mappleborough Green GC.

Distance Approx 43miles

This is not a led ride, riders do not always stop for puncture and such like, and every rider is responsible for the own navigation and safety.

Solihull Cycling Club accepts no responsibility for any person on this ride.

Riders ride at their own risk!

Club Runs

Saturday

All runs commence at 9:00am

B Run starts Railway Inn Dorridge

Apple Pie Run starts Dorridge Village Hall

All rides have a coffee stop at :-

Studley Garden Centre,

Mappleborough Green

Thursday

DATE	A RUN	B RUN	C RUN	D RUN
		Led By Pete James	Led by Dick Law	Led by Trevor Bayliss
02-Nov	Wellesbourne	Charlecote	Wooten Wawen	Blackhills GC
09-Nov	Dunnington	Astwood Bank	Clifford Chambers	Charlecote GC
16-Nov	Wellesbourne	Bidford	Stoneleigh	Alcester
23-Nov	Dunnington	Charlecote	Alcester	Mappleborough Grn
30-Nov	Wellesbourne	Clifford Chambers	Mappleborough Grn	Kenilworth
07-Dec	Dunnington	Blackhills	Briar Croft	Hatton Craft
14-Dec	Wellesbourne	Xmas Lunch	Xmas Lunch	Xmas Lunch
21-Dec	Dunnington	Wellesbourne	Kenilworth	Blackhills GC
28-Dec	Wellesbourne	Astwood Bank	Charlecote GC	Astwood Bank
04-Jan	Dunnington	Bidford	Long Itchington	Wellesbourne
11-Jan	Wellesbourne	Dunnington	Wellesbourne Airfd	Hatton Locks
18-Jan	Dunnington	Clifford Chambers	Bidford/Dunnington	Shottery
25-Jan	Wellesbourne	Blackhills GC	Hoar Park	Alcester
01-Feb	Dunnington	Astwood bank	Blackhills GC	Stratford

Runs Co-Ordinator Dick Law 01926 427200

A Run starts Dynamic Rides Hockley Heath at 9:15 am

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

Sunday

DATE	A RUN	BRUN	C RUN	D RUN
05-Nov	Hartlebury	Blakedown	Jinny Ring	Dunnington
12-Nov	Long Itchington	Draycote Water	Wickhamford	Hunningham (Hobo)
19-Nov	Evesham	Martin Hussing	Clifford Chambers	Battlefields
26-Nov	Napton on the Hill	Evesham Ferry	Neptune	Clifford Chambers
03-Dec	Blakedown	Long Itchington	Wellesbourne	Wellesbourne
10-Dec	Flyford Flavel	Battlefields	Craycombe Farm	Lowsonford (Mince Pie)
17-Dec	Newton Regis	Stourport	Flyford Flavell	Briar Croft
24-Dec	Blooms	Whickhamford	Blackhills GC	Kenilworth
31-Dec	Clifford Chamber	Long Marston	Dunnington	Haton Craft Centre
07-Jan	Craycombe Farm	Newton Regis	Clifford Chambers	Alcester
14-Jan	Martin Hussing	Kineton	Jinny Ring	Botary Bay
21-Jan	Draycote Water	Spetchley	Flyford Flavell	Wooten Wawen
28-Jan	Kinver	Shipston	Wellesbourne	Blackhills
04-Feb	Battlefields	Chasewater	Clifford Chambers	Charlecote
Rides start from Clock Tower, Warwick Road, Solihull				
All runs start at 09.15				
Beginners E Run also available - Contact Alan Thomson 01216-808322 or alt492@hotmail.com				

Tuesday

B Run			
DATE	A Run Coffee Stop	Coffee Stop	Pub Stop
07-Nov	Lighthorne	Long Itchington (PB)	Hampton Lucy
14-Nov	Whickhamford	Flyford Flavel	Barton
21-Nov	Wellesbourne	Clifford Chambers	Ardens Grafton
28-Nov	Wolverley	Chipping Campden	Bretforton
05-Dec	Wolveleyr	Arrow Mill	Wilmeote (Xmas Lunch)
12-Dec	Shipston	Illington	Wellesbourne
19-Dec	Pershore	Evesham TC	Barton
02-Jan	Hoar Park	Kineton (PB)	Hampton Lucy
09-Jan	Churchfields	Atherstone (E)	Shustoke
16-Jan	Long Itchington	Lighthorne (PB)	Shottery
23-Jan	Whitlenge	Flyford Flavel	Barton
30-Jan	Chipping Campden	Long Itchington (PB)	Wellesbourne
06-Feb	Ilmington	Shipston	Ardens Grafton
A Runs info: Mike Baggott mike.baggotthoc@talktalk.net			
B Runs info: Dave Stephenson davidjks@icloud.com			
A Run is faster with coffee stop, starts from Reservoir pub at 9:15. Leader agreed on day			
B Run is an all day ride with coffee & lunch stop. Leaves Reservoir pub at 9:15 am			
Except (PB) from the Punch Bowl pub, Lapworth and (E) from Xrds at Eastcote.			
C Run Coffee Stop		C runs info: Trevor Bayliss anntrev@talktalk.net	
Alcester		Starts Punchbowl 10:00	
Stratford			
Hatton Locks			
Charlecote			
Arrow Mill (Xmas Lunch)			
Blackhills			
Kenilworth			
Stratford			
Alcester			
Stoneleigh			
Charlecote			
Blackhills			
Astwood Bank			

Main Club Contact Details

President	Guy Elliott gielliott@btinternet.com
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