



Bedfordshire  
Road Cycling  
Club

# The Bedfordshire Cyclist

Issue 119

December 2021

## Editorial

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**A  
Happy,  
Healthy and  
Mile Filled  
NEW YEAR  
to all our readers.**

TAB

### Special points of interest:

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Membership of the Club is open to all interested in cycling. Further information is available on the Club's website [www.bedsroad.org](http://www.bedsroad.org)  
Information on subscriptions is on page 3.

**Deadline for copy for next edition.**  
**Monday 7th February 2022**

### **PARKING AT THE CLUBROOM**

We have agreed with our neighbours not to park opposite their entrances. In fact it is not always our members who are responsible but nevertheless we have obtained some "NO PARKING" signs which we hope you will observe .

## Diary of Events

2022

2022

<b>Saturday 1st January</b>	Club Lottery Ride	Clubroom 10:00
<b>Sunday 6th February</b>	Club Reliability Ride	Clubroom 08:00
<b>Sunday 20th February</b>	Club Reliability Ride	Clubroom 07:30
<b>Saturday 13th March</b>	Club SpoCo 10 mile TT 1v10	Clubroom 09:00
<b>Sunday 27th March</b>	Club SpoCo 10 mile TT 1Z12.7	Clubroom 09:00
<b>Sunday 10th April</b>	Club SpoCo 16 mile TT 1Y16	Clubroom 09:00
<b>Thursday 14th April</b>	Introduction to Evening League courses.	Clubroom 19:00
<b>Thursday 21st April</b>	Club Evening League 12 miles	Clubroom 19:00
<b>Sunday 24th April</b>	Captains Ride (check internet for details.)	
<b>Thursday 28th April</b>	Club Evening League 10 miles	Clubroom 19:00
<b>Sunday 1st May</b>	SpoCo King of Hillfoot	Clubroom 09:00
<b>Thursday 5th May</b>	Club Evening League 12 miles	Clubroom 19:00
<b>Thursday 12 may</b>	Club Evening League 10 miles	Clubroom 19:00
<hr/>		
<b>Tuesday Evenings</b>	Social ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Wednesday Mornings</b>	Wecyle Wednesdays meet at Barkers Lane entrance to Priory Park. 09.30	
<b>Wednesday Evenings</b>	Family ride from Clubroom ( Contact Ian McDonnell for details)	
<b>Saturday Mornings</b>	Go-Ride sessions. Various locations, based on Priory Park. 0.900	
<b>Sunday Mornings</b>	Club-runs leave from Swan Hotel at 09.00 (check web site)	

## CLUB MEMBERSHIP

### SUBSCRIPTIONS ARE DUE ON JANUARY 1st

Senior 18+	£20
Couples	£25
Family (Couple +under 18's in full-time education)	£33
Junior (16-17 yrs)	£ 8
Juvenile (12-15 yrs)	£ 6
Under 12 years old	Free
60+ on 1st January	£10

Membership Secretary:- Graham Laming.  
Subscriptions may be renewed in person by contacting Graham at the Clubroom,  
By bacs on line via the Club website,  
by post to :-  
Membership Secretary, Bedfordshire Road C.C.  
Southill Road, Cardington, Bedfordshire,  
MK44 3SX

**Please make cheques payable to 'Beds Road C.C.'**,

Or by Bank Transfer to :-

Lloyds TSB, High St, Bedford. --

Account Name Bedfordshire Road Cycling Club

Account No. 01293926 - Sort Code 30-90-66

Please use the reference **Joe Bloggs-subs\*\*** so that we can identify from whom and why remittance was made.

\*\*Change to your real name (some people didn't)

Members who have not renewed by 31st March are presumed to have resigned. They will need to re-apply for membership after this date.

## Magazine distribution

Please read carefully.

Members for whom we have no e-mail address will continue to receive the magazine in the post.

Members for whom we have a current e-mail address will receive an e-mail containing a link to the Club web site, where the magazine can be read or downloaded. If this does not happen it means that we do not have your correct address and you should contact the Editor as soon as possible.

Members with an e-mail address, but who prefer to receive a paper copy, can still do so by contacting the Editor (details on back page.)

### British Library

A copy of this magazine is kept in the British Library and forms an important part of the Club History. It is vital therefore, that accounts are as complete as possible. Would you all please send results, reports and stories to the Editor so that a true picture of Club activities is recorded. (See back page for addresses)

**Deadline for copy for next edition. Monday 7th February 2022**

**Evening League**

(Continued from 15th July)

Thursday 22nd July 1Z/10

10 miles

Pos	Name	Club	Time	Pts
1	Matt Donovan	BRCC	23:08	1
2	Thomas Robb	BRCC	23:19	2
3	Jason Macrae	BRCC	23:22	3
4	Richard Kenninton	BRCC	24:21	4
5	James Lawler	BRCC	24:23	5
6	Mark Gray	BRCC	25:32	6
7	Christian Cormack	BRCC	26:17	7
8	Mim Taylor <i>f</i>	BRCC	26:31	1
9	Jon Friend	BRCC	26:40	8
10	Marco Lattughi	BRCC	27:12	9
11	David Cook	BRCC	27:44	10
12	Daniel Hutchins	BRCC	27:57	11
13	Juliet Smith <i>f</i>	BRCC	29:36	2
14	Thomas Godfrey	BRCC	31:58	12
15	Nick Porter	BRCC	32:10	13
16	Lydia Swift <i>f</i>	BRCC	36:05	3
17	Jo McDonnell <i>f</i>	BRCC	39:08	4
18	Emma Weisblatt <i>f</i>	BRCC	39:32	5
19	Phil Bierton	BRCC	40:06	14
20	Terry Sykes	BRCC	40:15	15
Ptt	Ashley Cox	BRCC	20:13	--
Ptt	William Smith	VeCC	21:40	--
Ptt	B.BozwoodDavies <i>f</i>	BRCC	38:45	--

Thursday 29th July 1Z/12.1

12.1 miles

Pos	Name	Club	Time	Pts
1	Jason Macrae	BRCC	26:44	1
2	Matt Donovan	BRCC	27:04	2
3	Richard Kenninton	BRCC	28:20	3
4	Louis Tate	BRCC	29:10	4
5	Mark Gray	BRCC	29:55	5
6	Marco Lattughi	BRCC	30:15	6
7	Christian Cormack	BRCC	30:19	7
8	Simon Goodwin	BRCC	30:49	8
9	David cook	BRCC	32:27	9
10	Ed Stivala	BRCC	34:49	10

11	Jonathan Roots	BRCC	35:40	11
12	David Heath	BRCC	37:39	12
13	Nick Porter	BRCC	39:12	13
14	Natasha Ha-Cheng <i>f</i>	BRCC	40:39	1
15	Lydia Swift <i>f</i>	BRCC	42:45	2
16	Emma Weisblatt <i>f</i>	BRCC	44:14	3
17	Phil Bierton	BRCC	45:19	14
18	Terry Sykes	BRCC	47:46	15
Ptt	Alan Galloway	CC Lu	30:54	--
Ptt	Sam Bullen	VERC	31:19	--
Ptt	B.BozwoodDavies <i>f</i>	BRCC	44:21	--

Thursday 5th August 1Z/10

10 miles

Pos	Name	Club	Time	Pts
1	Thomas Robb	BRCC	23:52	1
2	Richard Kenninton	BRCC	24:45	2
3	Christian Cormack	BRCC	26:25	3
4	Mark Gray	BRCC	26:48	4
5	David Cook	BRCC	28:20	5
6	Jonathan Roots	BRCC	30:34	6
7	Ed Stivala	BRCC	31:32	7
8	Emma Weisblatt <i>f</i>	BRCC	39:25	1
9	Phil Bierton	BRCC	42:01	8
Ptt	Adrian Gower	HNCC	26:08	--

Thursday 12th August 1Z/12.7

12.7 miles

Pos	Name	Club	Time	Pts
1	Thomas Robb	BRCC	30:05	1
2	Richard Kenninton	BRCC	31:20	2
3	Louis Tate	BRCC	31:47	3
4	Alex Ranscombe	BRCC	33:44	4
5	Mim Taylor <i>f</i>	BRCC	33:57	1
6	Simon Goodwin	BRCC	33:58	5
7	David Cook	BRCC	35:42	6
8	Keith Black	BRCC	37:12	7
9	Jonathan Roots	BRCC	38:48	8
10	Ed Stilvala	BRCC	39:49	9
11	Emma Weisblatt <i>f</i>	BRCC	50:16	2
12	Phil Bierton	BRCC	51:12	10
13	Terry Sykes	BRCC	52:40	11

Ptt Simon Cannings	Eq Ve	29:54	--	18	Steve Mussett	39:00	50:47	11:47
Ptt Nigel Byrne	CCLu	32:57	--	19	Chris Martell	52:00	39:47	12:13
Ptt Alan Galloway	CCLu	34:43	--	20	Louise Clark	29:00	42:21	13:21
Ptt Julie Byrne	CCLu	39:09	--	21	Lydia Swift	35:00	50:00	15:00
Ptt Neil McAndrew	TeMK	46:57	--	22	Nick Porter	28:00	45:03	17:03
Ptt B.Bozwood Davies <sup>f</sup>	BRCC	50:13	--	23	Gwen Warren	31:00	50:17	19:17
Ptt Jo Parker	TeMK	54:43	--	24	Jerry Godwin	30:00	53:12	23:12
				25	Andy Maddox	46:00	71:11	25:11
				26	Terry Bush*	40:00	71:11	31:11

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**New Year's Day Lottery Ride**  
**2022**

Many thanks to Oswin Grady, who came forward to run a modified event. No "Le Mans" start was possible as in previous years, but a covid dictated individual ride. 26 riders rode the old 11.3 mile time trial circuit via Hillfoot, Old Warden, Ickwell Green, Northhill and Cople. The rules are simple - each rider is allocated a number, which has an undisclosed target time associated with it. At the end of the event target times are compared with actual times.

Pts	Name	Results	T'get	Act	Diff
		Mins	M:S	M:S	M:S
1	Nick Hickman*	38:00	37:47	00:13	
2	Juliet Smith*	37:00	36:42	00:18	
3	Steve Morgan*	44:00	46:55	02:55	
4	David Cook	45:00	41:42	03:18	
5	Ade Gower	43:00	39:38	03:22	
6	Steve Robinson	34:00	37:47	03:47	
7	Gary Rudd	48:00	52:00	04:00	
8	Richard Kennington	41:00	36:48	04:12	
9	David Gibbs	49:00	53:37	04:37	
10	Rupert Gates	53:00	46:55	06:05	
11	Ed Stivala	32:00	38:42	06:42	
12	Thomas Godfrey	47:00	39:52	07:08	
13	Mark Gray	42:00	34:47	07:13	
14	Simon Doyle	50:00	42:46	07:14	
15	David Heath	36:00	43:15	07:15	
16	Leanne Doyle	33:00	42:42	09:42	
17	Duncan Godfrey	51:00	39:51	11:09	

Prizes\* were awarded as follows:-  
 Closest to target- Nick Hickman,  
 £45 Car Valet Voucher (Donated by Ade Gower)  
 2nd Closest to target- Juliet Smith,  
 Book, "Epic Cycle Rides".  
 3rd Closest to target- Steve Morgan,  
 Pair of Pearl Izumi Arm Warmers.  
 Furthest from target- Terry Bush,  
 Cycle Light.  
 Thanks again to Oswin and to those who  
 generously donated prizes.

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Mim's COVID Metamorphosis.

The following Blog was submitted in September 2021. We apologies for the delay in bringing it to press. *Ed.*  
 You may or may not know that Mim came back to cycling about 4 or 5 years ago. Having always loved her bike, it took second stage to a rowing boat for 20 years of her life. Having raced internationally she is no stranger to the start line. So having sorted her injuries out, completely unfit having had 5 years out, she gave herself a talking to. A rebirth was needed to fill the hole that sport should fill. Saying 'just enjoy being part of a club. No pressure to race, no performance monitoring, not even a HRM, just ride'. She allowed herself the local evening TT league racing and that's it, and decided

to build distance to a goal of 100 miles. All was well for over 2 years, the plan was going great.

Year 1, 100 miles ✓ Eve League win ✓

Year 2, 200 miles ✓ Eve League win ✓

Hmmmm

Along comes COVID.

Mim's wings are clipped. Without the club rides she gets restless.

She'd been running a weekly trainer session in the clubhouse through the winter, and wasn't afraid of dripping.

Maybe Mim could get the trainer out again. She spots Zwift, and there the transformation begins.

After a few rides she's loving it, finds regular rides each week, @ GNM\_cycling being a Wednesday favourite.

Then she works out you can race.

Christmas pressie #1. Heart Rate monitor.

Then comes TTT, along with a virtual race team WTRL, WattsUP

Birthdays pressie #2. New trainer.

She joins forces with another local IRL rider and promotes a Virtual Interclub League, racing each Thursday at the Zwift British Cycling TT, and carries on the Wednesday club trainer sessions.

Virtually following a warm up at the #NGNMRIDES. All this trainer work sparks an idea for a combined Bike Trainer and Rowing Ergometer session the 'TurbErg'.

Mim has reignited her racing fire. Her plans change, she decides to invest in training up for Time Trialing as that will return first when we get unlocked from COVID.

All of a sudden Mim is Cat A.

Year #3 10 mile TT 24:02

Better set some new goals for the next 2yrs

• race and succeed top 100 world age

groups 1 yrs (that has been shelved 'til COVID lets us)

• av 22 mph on eve league.

• Sub 23' 10 mile tt f11/10 av. 25.5 mph

• Sub 1:03 25mile tt f1b/25

Mim is back, she is setting goals and blasting through them, but there's another side to it. This time she wants to pull as many women along with her to challenge themselves to set and meet their own goals and fall in love with sport and all it's glories.

So the current list is:

10 mile TT Sub 22'

25 mile TT sub 60'

Can she do a 100 mile TT??

Then has the realisation that she could try to qualify for the UCI age group Road Race Worlds. Mim is properly hooked once again, most possibly obsessed, but that's what it takes to win.

How do you get into Road Racing?

She needs a shove so asks a few questions and gets the answer, "Mim you need to do some Criteriums, learn some group racing skills"

Gulp, and enters a weekly IRL Cit race.

She enters her first road race...

Not doing too badly, but still needs to keep it real so volunteers to Join the NGNM bandwagon, being an NGNM Ambassador. Fine ideals and a great group, Mim thinks she'll fit right in.

"I may be vulnerable, but never a victim. I dance with fear & doubts, but I never stop!"

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Update:

Sept 2021:

How broad can Mim's effort to be a GC Allrounder be?

She's added BBAR (British Best Allrounder 25/50/100mi TTs), Crits and

Road Races to the calendar.

Mim's getting a little race tired.

After setting all those goals she is ticking them off nicely, but it takes a toll.

After winter training on Zwift, taking in a bonus goal of V(irtual) Everesting (12:07) 8.5 times up & down Alpe du Zwift (based on Alpe D'huez) she has her mileage goals done by the end of March. She conquered Chase the Sun by 8pm (205 mi from East to West coast in the time it takes the sun to set) she did miss her buddy Ian, but made new ones in Charlie and Colin.

She entered her first 100 mile TT, unfortunately her first attempt was abandoned at 75 mi due to a horrendous crash closing the road. Av speed was promising at 23.2 mph.

Mim is tempted to abandon the BBAR, but her bunch of driven athlete friends egg her on to book another. The CTT calendar is fairly bare of 100's, there's 2 left the only one that fits is a hilly one in Yorkshire.

She heads up the A1 to Harrogate with Team TC in tow. The course is somewhat rolling, and windy to boot, with plentiful RABs, but lovely & quiet with only two potholes! From the get-go she is not comfortable on the bike following a long drive. 70 miles in it's mind over matter. The av speed was never going to be up there, but she's even fighting for 20mph. Dig in Mim, you've got to 70 miles, you'll only have to do another if you ditch it!

The finish eventually appears at 4:50:01, av. 20.7 mph.

She completes the planning, booking the final stage of the BBAR, the only feasible 50 miler being a Welsh mountain stage lapping Abergavenny to Monmouth later

in September.

10 mile TT goal of 23min achieved at ETTA on F2. 22:56

25 mile TT goal of 63 min achieved at H25/A near Reading at 61:50.

BRCC eve league goal of sub 22 mph av. achieved at 22.67 mph.

Onto the next challenge - The Road Race.

After racing Bovingdon Bomber (my favourite, but too stressful to get to), she completes 5 Crits.

Mainly at MK Bowl Master's series, having being first lady a couple of times, she is satisfied.

The entry is in for Nomads Autumn RR 12th Sept.

We have a team !! Jo Woodcock is also on the start line Yay!

Mim is bricking it, looks around to a sea of 46 teenagers less than half her age, mostly in teams of 4 or 5, some looking like pro teams. GULP.

Off we go to fight it out on the tiny lanes of North Beds, that are lined with amazing BRCC support. After 47 miles Mim digs out a sprint up Barford hill to come 8th overall and is quite elated to have kept the rubber side down.

Next up, the final race of the year- 50 mile TT Monmouth to Abergavenny and back.

In the final blog we will have the BBAR round up PB's and photos of the season. Thanks to all my BRCC riding buddies, Virtual team mates, family and friends and especially Cindy for supporting my wacky endeavours.

Going for the North CTS route next year taking along a bunch of women, hopefully with a few well wheeled chaps to pull us along. *Mim.*

**Deadline for copy for next edition.**  
**Monday 7th February 2022**



# Committee

President:-	Terry Bush	01234 857131
Chairman:-	Ian McDonnell	
Secretary:-	Stephen Musset	
Treasurer:-	Jackie Popland	
Membership Secretary:-	Graham Laming	BRCC Membership Sec., Southill Road, Cardington, Bedfordshire, MK44 3SX
BRRT Captain	Simon Norman	
Captain - Men:-	Mark Gray	
Captain - women:-	Miriam Taylor	
Go-Ride Secretary	Peter Coblenz	
Time Trial Secretary - Club & Open	Oswin Grady	
Evening League Co-ordinator	Andrew Wilkins	
Road Racing Co-ordinator	Simon Norman	
Sunday Rides	Ian McDonnell	
Results Recorder:	Steve Smith	
Clubhouse Secretary:-	Ian McDonnell	
Social Secretary:-	Jo McDonnell	
Communications Secretary	Vacant	
Kit & Clothing Secretary	Steve Musset	
Welfare Officer	Des Roberts	
Website Home Page	Graham Laming	
Webmaster	Graham Laming	
Editor:-	Terry Bush	01234 857131
<b>Written magazine</b>	<b>contributions to</b> —	59, Ridge Road Kempston, Beds. MK43 9BS
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To contact any Committee Member  
 Go to  
[www.book-to-ride.com/brcr\\_contact\\_us.php](http://www.book-to-ride.com/brcr_contact_us.php)

website:- [www.bedsroad.org](http://www.bedsroad.org).

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