

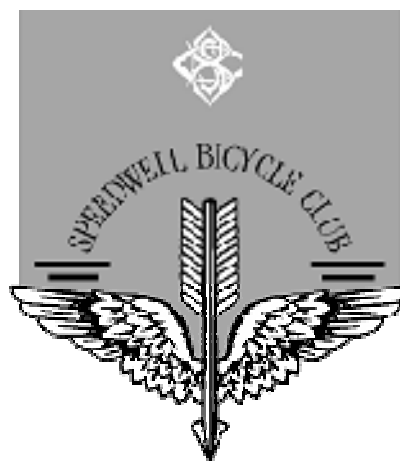
# Speedwell Bicycle Club

Founded 1876

President: Mr. R. L. Male

## Winged Arrow

Newsletter January 2008



I can't believe its 2 years since the last "arrer" but checking my records it is.

News of members beyond the "Redditch 3" is sketchy. However, I can tell you that Margaret Matthews has moved to Feckenham to be nearer the centre of the known universe – The Rose and Crown (which is up for sale, if you fancy buying the "club room").

We continue to meet there on the first Tuesday in the month, if you'd care to join us.

Steve Lockwood has moved to Studley, from Bromsgrove – joining long time partner Ana. Other than that sightings include Alan and Rob in Worcestershire lanes and cafés – usually about 3 times per year.

### Even more

In this edition you will find attached a notice for the AGM, and the club report. The accounts we will make available as soon as we have some audited.

It would be great to hear people's news...

### Subscriptions

It's about time we asked for some subs.

Everyone owes for 2008, so let's start with that! Subs are still £5. If you could let either Secretary or Treasurer have them, that would be great.



### There's Life in the Old Dog Yet....

It was always a great regret of my "first cycling career" – the one that lasted from 1973 to 1986 – that I didn't break the hour for '25' miles or 23 minutes for a '10'. So it was with some trepidation that at the tender age of 47 and for the first time in a cycling career of over 35 years, I decided to get a coach and see if it was possible. I bought one of those heart rate thingies, subjected myself to a torture known as a "ramp test" and attempted to add a little science to the art of training. That was 2 years ago now. Funny bikes and hats followed.



The result has been a structured training programme of steady, hard rides with a repertoire of excruciating interval sessions. However, off just 7 hours a week training it seems to have paid off with some of the

best form I've ever enjoyed. All rather alarming really and I wish I'd found out all this a bit earlier.

I rode the track in 2005 at Halesowen and was just making up the numbers, but in 2006 and 7 have found myself getting "up there". The short sprints are hopeless but the longer events – 2 miles up to 10 have been better. A couple of wins, when things have gone in my favour, have been particularly rewarding. Beating and being beaten by guys a third your age is interesting!

By the end of 2006, I'd managed to get inside 23 minutes for a 10 and had a 1:1 for a '25'.

2007 began OK, 22:46 in late April in Vets National 10 (good for 24th!). Then work got very heavy meaning 3 weeks with virtually no riding in June and July. No track with the bad weather, wet training rides. "Is this worth it?"



Then I got "that float afternoon", you know, the one you dream about – a balmy September Saturday, Indian summer, 22°C and not a breath of air on a fast course down in Andover. I knew I'd started fast (although the downhill start helped). I reached the turn at 5 miles in 10:21. "Goodness, might get inside 22 here". Return leg got a bit "grippy" and there were a couple of drags with the now head wind rising a little. Caught by my minute man with 500m to go. "No disgrace there though he's got a pb of 19 something". I give it my best flat out "track finish", red mist and everything. Clicked my watch - 21:45. "Hell's teeth, that's a club record".

The following day I rode the '25', clocking 57:45. So, broken the hour at last. What next? Thought I might give the National Vets Track Champs a go. When you're 50 the distances drop!



### **Information**

#### **Club secretary**

Jeff Matthews

8 The Square, Feckenham, Worcs, B96 6HR

01527 892180

[jeff@the-madison-group.co.uk](mailto:jeff@the-madison-group.co.uk)

#### **Club website**

<http://speedwellbc.org.uk>

## CRUISE HILL

I stand at the gate and look upon  
This green and pleasant land  
And spread out there before me is  
The work of the Good Lord's Hand.

The vale of Severn sweeps away  
As far as eye can see  
With trees and fields in verdant hues  
And borders wild and free



How many shades of green are there  
That crowd within this vale  
How many times have God-like feet  
Left footprints in the dale.

The gentle slopes of Bredon Hill  
Rise onward to their Crown  
The trees and fields bloom ever thus  
As yearly they have grown

Like a sleeping Dragon lies  
The sweep of Malvern's spine  
Placed there by the mighty Sword  
Of George in ancient times.

The blue remembered hills stand proud  
Above the bounteous plain  
That mighty Severn's meandering course  
Has cleaved from earth and rain

And did that Countenance Divine  
Shine forth upon this view  
That is by fortune and design  
Preserved for me and you

Do not rush past in your great haste  
But take the time to see  
Stand at the gate and breathe in deep  
What the good Lord keeps for thee.

## **Secretary's Report, 2006-7**

### **Social Events**

The regular informal club rides held on Sunday mornings throughout the year were attended by at least three members – Ed Matthews, Steve Lockwood and Jeff Matthews. The published runs list continues to act as a focus for this activity.

A club tour was held in August, attended by three members and two guests. Andy Seabourne continues to provide excellent service, with a well organised 4 days round Dorset.

A number of members continue to support the CTC Section based on Wythall.

### **Racing**

Jeff Matthews has continued to race during 2006 and 7. The strange rush of blood to the head has resulted in placing second in the Vets section of the track league at Halesowen, 3rd in B Cats overall and actually winning a number of events. He has also been seen riding Madison races and the Newport wooden indoor track.

More startlingly, Jeff broke the club 10-mile record in September of this year, recording an all time personal best of 21:51, taking over 30 seconds off the previous record set by Phil O'Hara in 1973 and nearly a minute off his PB. He then went on to record 57:45, just 18 seconds off the 25-mile record, the following day.

### **Open Event: Mountain 36**

The club promoted the Mountain 36 Time Trial, which attracted only 25 riders this year. This is a serious drop in numbers. We are reviewing this event and although promoting it in 2008 will take a decision if it can be sustained. A number of riders have said they are prepared to join in efforts to increase awareness and promotion of the event. The event itself was won by Daniel Soltys in 1:33:06, a course and event record. The club was represented by Jeff Matthews who got round in 1:56:04.

### **Membership**

Membership stands at 33 no change over 2005.

### **Committee Meetings**

None were held again during the year. This has become the pattern of recent years and seems to work. The Secretary would be pleased to hear from any members with other views. With our current level of activity there seems little reason to change this, unless there is a view otherwise.

### **Forthcoming Events**

Following our success of a few years ago, the club has been asked to promote the GHS 10 mile National Time Trial Championships for school age riders up to 16 years of age. This will be in September 2009.

The 2008 Mountain 36 is scheduled for May 18th. It will be based on Cleobury Mortimer as in previous years. Your support will be very welcome.

## Runs List 2008

Date	Time	Meet		Destination	Sunset	Notes
Sunday 06 Jan 2008	09:00	JR	11	Worcester - Poppins		
Sunday 13 Jan 2008	09:00	SI	11	Stratford-upon-Avon - Cox's Yard		
Sunday 20 Jan 2008	09:00	JR	11	Stourport - Goodnight Sweetheart		
Sunday 27 Jan 2008	09:00	F	L	The Admiral Rodney, Berrow Green, Martley	16:42	
Sunday 03 Feb 2008	09:00	JR	11	Norton - Garden Centre		
Sunday 10 Feb 2008	09:00	F	11	Wooton Wawen - Heron's Nest - Yew Tree Farm		
Sunday 17 Feb 2008	09:00	F	11	Upton-on-Severn - Pepperpot		
Sunday 24 Feb 2008	09:00	F	L	The Talbot, Newlands, Pershore	17:35	
Sunday 02 Mar 2008	09:00	JR	11	Holt Heath - Bramleys		
Sunday 09 Mar 2008	09:00	F	11	Bidford - Bickmarsh Airfield		
Sunday 16 Mar 2008	09:00	F	11	Evesham - Butlers		
Sunday 23 Mar 2008	09:00	SI	11	Warwick - The Tuckery		
Sunday 30 Mar 2008	09:00	F	L	The Anchor, Eckington	19:38	DST Begins
Sunday 06 Apr 2008	09:00	JR	11	Kinver - Maori Tearoom		
Sunday 13 Apr 2008	09:00	F	11	Chipping Camden - Bantam Tearoom		
Sunday 20 Apr 2008	08:00	JR	11	Bewdley		
Sunday 27 Apr 2008	08:00	SI	L	The Talbot, Knightwick	20:26	
Sunday 04 May 2008	08:00	F	11	Tewkesbury		
Sunday 11 May 2008	08:00	F	11	Lavender Farm - Near Broadway		
Sunday 18 May 2008				Mountain 36 mile time trial - Cleobury Mortimer		
Sunday 25 May 2008	08:00	SI	L	The Manor Arms, Abberley	21:11	
Sunday 01 Jun 2008	08:00	JR	11	Malvern - The Kettle Sings		
Sunday 08 Jun 2008	08:00	F	11	Stow on the Wold		
Sunday 15 Jun 2008	08:00	JR	11	Clee Hill		
Sunday 22 Jun 2008	08:00	SI	11	Leamington Spa, The Birdcage		
Sunday 29 Jun 2008	08:00	F	L	Stanway	21:34	
Sunday 06 Jul 2008	08:00	JR	11	Great Witley - Villa Fiore		
Sunday 13 Jul 2008	08:00	F	11	Moreton in Marsh		
Sunday 20 Jul 2008	08:00	JR	11	Bridgnorth		
Sunday 27 Jul 2008	08:00	SI	L	Priors	21:08	

				Marston		
Sunday 03 Aug 2008	08:00	F	11	Winchcombe		
Sunday 10 Aug 2008	08:00	JR	11	Ledbury		
Sunday 17 Aug 2008	08:00	SI	11	Wellesbourne - Watermill		
Sunday 24 Aug 2008	08:00	JR	11	Six Ashes		
Sunday 31 Aug 2008	08:00	JR	L	The Huntsman Inn, Green St, Nr Kempsey	19:59	
Sunday 07 Sep 2008	08:00	F	11	Broadway - Rendezvous		
Sunday 14 Sep 2008	09:00	JR	11	Bromyard		
Sunday 21 Sep 2008	09:00	JR	11	Stourport - Goodnight Sweetheart		
Sunday 28 Sep 2008	09:00	F	L	The Old Oak, Drake's Broughton	18:53	
Sunday 05 Oct 2008	09:00	F	11	Wellesbourne - Airfield		
Sunday 12 Oct 2008	09:00	JR	11	Broadheath - Laylocks		
Sunday 19 Oct 2008	09:00	F	11	Evesham - Riverside		
Sunday 26 Oct 2008	09:00	JR	L	The Bell, Pensax	16:50	DST Ends
Sunday 02 Nov 2008	09:00	SI	11	Kenilworth		
Sunday 09 Nov 2008	09:00	JR	11	Worcester - Charlies		
Sunday 16 Nov 2008	09:00	F	11	Stratford-upon-Avon - Hathaway Tearoom		
Sunday 23 Nov 2008	09:00	F	11	Fladbury - Craycombe House		
Sunday 30 Nov 2008	09:00	F	11	Chipping Camden - Bantam Tearoom		
Sunday 07 Dec 2008	09:00	F	11	Upton-on-Severn - Marina		
Sunday 14 Dec 2008	10:00	JR	L	Camp House Inn, Grimley	15:53	
Sunday 21 Dec 2008	09:00	F	11	Pershore		
Sunday 28 Dec 2008	09:00	F	11	Dunnington - Hillers		

F = Feckenham

JR = Jinney Ring

SI = Studley Island

11 = Eleveses

L = Lunch