



Keeping up with the Redmon Cycling Club

Editor's Welcome

JA

Welcome to the second edition of our quarterly newsletter. I hope that you enjoyed the first. There hasn't been much feedback so we have no idea of your views. Is it useful? What else could be included? Please let us have your comments, and get in touch with us.

In this issue: thanks to Geoff for his reminisces, Alistair Lang for his training series and David Eccles' racing report (looks like he's taking the Spoco competition pretty seriously) and his Redmonster cartoon. You'll also find details of future events, and the Pete Reynolds bequest update. And don't forget to order your Pete Reynolds commemorative kit on time. The deadline is 19 May. We've also got some Redmon kit bargains.

Our President's Update

RH

Redmon CC Prize Presentation Lunch, Saturday 24th March 2018 at The Parrot Inn, Forest Green.

Twenty-five Redmon members and partners sat down to lunch in the cosy surroundings of the billiard room at the Parrot Inn. The roast lunch was very good. It was nice to see Doug and Penny Conroy who turned up as a surprise and ordered from the bar.

My thanks to Mick and Della Deen for organising the engraving, cleaning and preparation of the trophies. Also thanks to Chris Brewer for collating the statistics and providing us with a list of winners. We are listing the winners in this edition of the Redmon Quarterly.

We enjoyed seeing so many familiar faces especially David Boyd, ex-President and his wife Pat. John and Jan Chatterton were celebrating their 56th wedding anniversary and brought along a cake to share - they certainly don't look old enough for 56 years!

The President's Run is on Saturday 9th June. The Parrot Inn are able to provide a burger meal or similar. Please save the date and let me know if you would like to come along either to ride or just the meal. We need to have numbers by Saturday 2nd June so let me know.

Pete Reynold's Bequest Update

JA

The only ideas submitted for Pete Reynold's kind bequest so far have been from Committee Members. Come on everyone, let's give it some thought - you must have some ideas for events or activities!

Until we receive more ideas, we are working on the committee's, the first being club kit. This will ensure that all riders have Redmon kit, and whilst riding together we all wear club kit - some have been known

to participate in club rides in team or plain kit! This will be a 'classic' style with a commemorative graphic in his name. And for those of you that no longer ride, and don't want cycling kit, you have the option of a casual commemorative shirt. This will be paid for out of the Pete Reynold's bequest fund, at no cost to members.

You will need to send me your requirements by **19 May** on the enclosed form specifying the size required and what you would like. Each currently paid up member will be entitled to order two items from the list, eg. a racing shirt and a winter jacket; or a polo and hoodie.

The sizing is detailed on the order form. Please ensure that you complete your name and all other details. Any orders received after 19 May will be too late, and you will have missed out. You have been warned!

We are also looking into the feasibility of the club to participate in the Duo Normand in 2019. We are planning to enter several teams and support crews for the race. So if you are interested in racing, helping or just supporting please let us know.



REDMONster – might have had
too many Easter eggs this year

Bargains? Club Kit Sale

JA

We have a stock of club kit for sale at very discounted prices. Some kit when Pearsons were the supplier:

Bib Shorts: XS; XL; rrp £60 - sell £25

Short Sleeve Shirts: L; X;; rrp £40 - sell £20

And the current Impsport kit:

Short Sleeve Shirts: S; M; L; XL; rrp £70 – sell £35

Rain Gilets: M; L; rrp £135 – sell £55

This is first come first served until sold out, so you need to be quick. Let me know what you want, and send your cheque to avoid disappointment!

Chairman's Thoughts

C B

For those that want to join us on 9 June, the President's Run will meet at 9:45 leaving the Parrot Inn at 10am sharp, coffee stop on route 45-ish miles max 50 but probably closer to 45 or just under.

Sorry if you missed the prize presentation, where congratulations were given to the Trophies winners, and Eddie Allen awarded a plaque for setting three new club records in one season.

Sporting TT Points

1st	David Eccles	45
2nd	Eddie Allen	18
3rd	Mick Dean	17

Evening Series Points

1st	Eddie Allen	90
2nd	Peter Horsfield	69
3rd	Alasdair Wylie	63

Open Events Shield

1st	David Eccles	16
2nd	Eddie Allen	10
2nd	Peter Horsfield	10

New Vets Trophy

1st	Peter Horsfield	19
2nd	John McGlashan	10
3rd	Chris Brewer	9

Club Events Championship

1st	Peter Horsfield	49
2nd	Alasdair Wylie	41
3rd	Eddie Allen	40

Championship 10

1st	Eddie Allen
2nd	Alasdair Wylie
3rd	Peter Horsfield

Hill Climb Championship

1st	Eddie Allen	2.53
2nd	Tony Tuohy	3.27
3rd	Alasdair Wylie	3.33

25 Mile Trophy	Eddie Allen	51.59
30 Mile Trophy	Jon Frost	1.14.48
50 Mile Trophy	Eddie Allen	1.50.36
100 Mile Trophy	Peter Horsfield	5.05.30
12 Hour Trophy	Peter Horsfield	213.5mls
185 BAR	Peter Horsfield	
Club BAR	Peter Horsfield	
VETs BAR	Peter Horsfield	
Randonneur Trophy	Mike Wakeley	
Marshalls Trophy	Geoff Goat	
Triers Cup	Richard Hoskin	
Bert Lowe Trophy	Mike Wakeley	

No Club Handicap Trophy or Club Championship Handicap was awarded. The 2017 Interclub event against Kingston Phoenix was not raced. There were no claims for Track Cup, Ladies 10, Junior Cup, Junior BAR, Cyclo-Cross Trophy or Maurice Hens Trophy.

Race Results: the SPOCO Diary

D E

18-Feb-18: Kingston Wheelers '14' and out of the chill blur of early morning on Hungry Hill emerges the familiar figure of a grizzled veteran on an antique machine, snorts of steam issuing from the nostrils, handlebars vibrating to the potholes. Fortunately the

course is free of ice this year, but the customary oceans of lying water send muddy spatters over the livery of a once-proud cycle club. For yes! two Redmon riders keep the colours flying: Sean Taylor and your own correspondent [59th out of 63].

25-Feb-18: Redhill C.C. '18' and out of the chill clarity of early morning on Westcott Hill emerges the familiar... Your correspondent, grinding his way up Coast Hill, is passed by his minute-man just short of the summit; a severe blow to one's self-esteem so early in proceedings. Most of the ice has melted on the sheltered parts of the course and for once it is a fair morning with the dazzle of a low Winter sun blinding the riders as they plunge down the rocky descent from Holmbury St Mary. On the return leg from Ockley a lone figure wheeling a punctured machine is seen in the distance (should a Good Samaritan stop and disburse spare tubes, tyre levers and pump? or perhaps the unfortunate is on foolish tubs? Or maybe...) but alas it is too late, sweep on regardless, thoughts of *saive qui peut*, and *diel tak* the hindmost jostling with shameful (but someone surely will pick him up) twinges of guilt. [37th out of 42]

11-Mar-18: East Surrey R.C. '30' and out of the chill... but stop: not so chill this time, and despite some seriously scary potholes which have appeared in the fast bit of the A25 the course is generally no worse than previously. But inexplicably that nasty little climb short of Rusper has somehow been made just that bit steeper this time and why is there always a photographer lurking at the precise moment of maximum fatigue? With a mere mile and a half to go yours truly hits a cunningly disguised pothole and the chain comes off. It's reassuring to note that no good Samaritans are available. [19th of 22, on road bikes]

17-Mar-18: Southern Counties '10' which, falling on St Patrick's day, is honoured with appropriately Irish weather. Sheets of water out of the sky, sheets of water on the road and a biting North-East wind. In defiance of this, and of the reckless 4x4s needing all of the crown of the road and of the ever-deeper gravelly furrows on the drop after the 'Punchbowl' the course is covered without injury. [18th of 22]

18-Mar-18: Southern Counties '25' cancelled because of meteorological armageddon. (and Robin Johnson never cancels!) Grizzled vet much relieved.

30-Mar-18: Crawley Wheelers '42'. This is a lumpy old course which never seems to get any shorter. Nor does the bit on that Eastwards loop round Henfield resemble anything other than a corrugated iron roof. Good Friday traffic causes a couple of holdups (in fact rather welcome in the circumstances) but a rare fit of daydreaming means missing one of the turns, though only for some 15 yards; at least the marshal is awake.

Correspondent is awarded a T-shirt for something – being very old? [52nd of 60]

31-Mar-18: Brighton Mitre '10' is a course of three parts: the first simply requires that the rider stays on board over all the chasms and dragons' teeth, the second is the 'mustn't-get-off-and-walk' Fox Hill and finally the long downhill 'could-use-another-gear' sweep to the finish. Some slight form of satisfaction might be derived from this little ride were it not for the legs being in shreds from the previous day. The scheduled suicidal plunge off Devil's Dyke on Easter Monday was considered a piece of masochism too far. [25th of 31]

So out of this miniature saga the inevitable question bobs to the surface like a rotting corpse (hey, steady on there) in the cold stagnant lake waters of one of those TV Scandi thrillers: namely, where were all the other Redmon riders? *The Puzzled Vet*

Training: Goal Setting and Planning **A L**

No one chooses to enter a Time Trial (TT) because it's good fun, and if anyone does tell you a TT is fun then they are either lying or they don't push hard and aren't setting the times that they are capable of.

So, if it's not fun and it hurts so much then why do so many people get up at ungodly hours of a weekend to race in TTs. Well the fun bit is getting back to the HQ and seeing your time up on the results board, and if it's a PB it makes it even better. So, it's the satisfaction of setting a good time or better still a PB that draws people into the sport whether they are the young guy trying to win overall or the octogenarian trying to beat his fellow octogenarians or better still the ubiquitous MAMILs.

But how do you go about being able to set those good times or PBs? Just getting out on your bike regularly and getting the miles in is a good start and could provide the results that you desire but just plodding along mile after mile week after week won't enable you to reach your full potential. In my experience in order to be satisfied with your results over a season you need to plan your training and set some targets.

With a target you know what you want to achieve, and with a plan you then set out a way to hit that target. But you need to make both the target and plan realistic and achievable.

So now you have set a target what's the best way to create a plan to try to achieve that target? For me it's to look in the events calendar and choose an event that you want to hit a target at, then work back 12 to 16 weeks and from then you start your focussed training. If you are reading this at the beginning of May, 16 weeks away is the end of August and historically some of the fastest times are set in August, so what's stopping you?

Why 12 to 16 weeks? For me that is a time frame in which you can achieve significant fitness improvements but it's not so long that you could start to get bored. I then break the 12/16 weeks into 4 week blocks, these are broken down into 3 weeks Hard and 1 week Easier/Adaptation. By breaking the 12/16 weeks in this way you can train hard but not at the expense of a normal home and social life, and it helps if you to tell your family when the Easier/Adaptation weeks occur so that they know when you will be more sociable!

So now you've set your target and created a plan that involves bite sized blocks of training how do you fill those blocks? There are a number of schools of thought and methodologies regarding the optimal training method for endurance athletes. Examples being High Intensity Interval Training (HIIT), Sweetspot Training and Periodised Training. You may well have heard or read about some or all of those.

Personally, I follow the Periodised Training model as it is relatively simple and there is plenty of research and evidence to back up that it works. So, what is it? As the name implies, polarised training emphasises the opposite ends of the training spectrum, so in any given week you do both really hard efforts and easy aerobic rides.

I know you are thinking that all sounds great but what does it mean in reality, so here are some basic definitions. Easy aerobic rides are any ride that your heart rate doesn't go above 80% of your maximum heart rate. An easy indicator that you are under 80% of MaxHR is that you can hold a conversation. The 81% to 100% of MaxHR range is from being unable to hold a conversation to feeling as though you are about to pass out.

So, in real world terms for someone who can train for 10 hours a week they would do 8 hours of Easy Aerobic riding and 2 hours of Hard Efforts. That 2 hours of Hard Efforts would be spread out over the course of the week and would be made up of efforts ranging between 5seconds to 20minutes in duration. That's all I'm going to give away here, but if you are interested in finding out more then just ask.

Until next month safe riding and remember your most enjoyable and satisfying race season could be this year with planning and realistic goal setting.

(Editor: email Alistair at coach@redmoncc.co.uk.)

Letter from Jean **J W**

Wanted – new members: This is a difficult one - reading the 2017 Gen. Secs Report on lack of club members in the last newsletter: volunteers are hard to come by; and many people working longer hours are finding it harder to train and race regularly. However, congratulations to Eddie Allen for finding time to race

and organise the odd event. Eddie has also achieved breaking three records – the 10 mile event – in 19:57 (no, not the year, but the time he recorded)! The 10 is often thought of being the hardest event as there's no time to get a second wind, it's too short. His 25 time of 51:59 and the 50 record in 1:50:36 are now also the new club records. A very big well done to Eddie, and may he keep competing.

Thanks: What a great gesture by the late Peter Reynolds, who donated a large sum of money to the club in his will. But, how to use at least some of the cash, wisely! Does anyone know of a local young rider (he or she) for sponsoring? Pearsons Cycles could probably help. There has been talk of giving the 'Redmon' a new look in the clothing area. By all means, but will it bring in new members if the guys showed a bit more leg? However, we mustn't be too despondent, but it is hard to swallow when you read in 'Cycling Weekly' interviews of clubs with well over 1,000 members. A thousand! Shouldn't be allowed!

Happy riding, and mind the pot holes.

The Club Room **GG**

When I joined the Redmon in 1958-59, thanks to Jim Burrow, we used the Working Mens' Club at Wimbledon as our club room. If I remember in those days Friday was the club night, and it was a hive of life.

There would be Keith and Marg Jones, who ran the tea and biscuits corner, then there were the rollers being used by two or three members. In another group would be bent over the RTTC Handbook, sorting out what events to ride, and picking a team of three who would try for the team prize.

One special group of our members, only about four or five of them, are the deaf and dumb. They sit in the corner with their hands going ten to the dozen in hand signs. One of them, Peter Mayhew rode for England in Helsinki. He was a very good rider. And the Beckwiths continue to be members of the club.

Up the steps from the club room, was the bar – there would be Alec Wingrave, Jim Walsh, Jim Beard, Jim Burrow, Bill Hens and one or two more. Around about 9:00pm, Jim Walsh would whistle for attention, and would do the announcements of what was happening and the results of members' rides the previous week end, along with the Thursday ten results.

Over the years the club room has moved – to the Central Tavern Morden, The Sun Carshalton, Red Lion Sutton, the Greyhound Carshalton, all these venues the routine was as before, a hive of activity.

The last club room was at Hill House, Rose Hill, although here facilities were restricted. It was here that attention sadly fell, and it was decided to call it a day on club nights.

However, the evening tens on Thursday nights basically took the feeling of a club night with the racing, tea and cakes after, then all the chatter and announcements. Sadly, too this has come a temporary halt. The club still continues, our committee have built in a programme of events for 2018.

On a final note, our rollers, I believe are with the Surrey Road Club, at their club room, behind St Barnabas Church in Sutton.

(Editor: who's going to claim them back?.)

Redmon on the Internet **JA**

The last newsletter reported that we will no longer update the forum. We have also decided to only update the website infrequently. In future Facebook and Twitter will be used for member results, news, updates and feedback. The Redmon Facebook page is **redmoncc**; Twitter is **@RedmonCycling**.

Diary Dates

Sat 19 May	Closing date for PR kit orders
Sat 09-Jun	Presidents Run: Bike ride and Barbeque
Sun 24-Jun	Herne Hill: practice session 3-5 pm
Thurs 26-Jul	Club 10 Championship
Thurs 16-Aug	Club Hill Climb with Fish and Chips
Sun 19-Aug	Herne Hill: Pete Reynolds Track Championship 3-5 pm

Like to Contribute to the Newsletter? **JA**

Would you like contribute to the newsletter? Please do, as we cannot fill the newsletter without help. Email your articles to news.letter@redmoncc.co.uk.

Not IT literate, perhaps a friend could email it? Alternatively use the post office, my address is: 15 Ellis Avenue, Onslow Village, Guildford, Surrey, GU2 7SR. Note that posted contributions may not get published immediately, as they will have to be retyped.

Committee Members

Chris Brewer	CB	chris.brewer@redmoncc.co.uk
Eddie Allen	EA	eddie.allen@redmoncc.co.uk
John Allen	JA	treasurer@redmoncc.co.uk
Richard Hoskin	RH	richard.hoskin@redmoncc.co.uk (tel: 020 8642 4778)
Alistair Lang	AL	coach@redmoncc.co.uk
Mick Deen	MD	Mike Wakely MW

Other Newsletter Contributors

Geoff Goat (GG), David Eccles (D E) and Jean Walsh (JW)