



## Keeping up with the Redmon Cycling Club

### Editor's Comment

J A

2019 has been a particularly strange year for our Club. We've run the evening 10s for a full season after missing them for a while, although not with many riders. We've had some successful activities, but also several cancellations through lack of interest. It's all a bit of a shame, but perhaps it's a sign of the times?

Whilst some cycling clubs, usually based in large towns, or internet cycle teams, continue to be relatively successful, the Redmon has been struggling for quite a few years now. These days, most cyclists now seem to be more interested in riding sportives rather than racing, and time trialling is losing its following. Many such events are struggling to reach a reasonable number of riders, let alone a full field.

Our Open 10 in May ran successfully, but suffered from a poor field of only 40 riders. We will try again, by running another similar event in May 2020, and hopefully get a better field. And sadly, the Redmon Grand Prix des Gentlemen will probably never run again, following its cancellation this year. Instead for next season, we plan to run another 10 around the time we have done previously, in September.

The club events will continue in 2020, starting on 30 April, and hopefully a few more of you will join in, riding, helping or supporting. Turnout this year was very disappointing, with only a handful of riders taking part. If this poor participation is repeated next year, it is unlikely that the club events will continue. So, let's try to make 2020 successful and please make the effort to join in.

I am cheered by this copy of the Newsletter, as I have struggled to fit it all in. I had to edit great Ken Izzard's article about his adventures to fit it in, and have another by David Eccles on hold for the next issue. Ken's full article will be published on the website.

Consequently, I will continue with the newsletter next year. Its frequency, however, will depend upon the contributions received from you, our membership. So please help me. Anything about cycling, club history, reminiscences, race review?

I plan to publish the next copy "pre season", early next year, so I will need contributions by the end of January, please help me. In the meantime, keep an eye on the website, and Facebook as the latest news and articles will always be published there first.

Looking forward to seeing you all at the AGM!

### IMPORTANT: Club Secretary Needed!

As reported in the last newsletter, our Club General Secretary, Eddie Allen has resigned, due to relocation, and we need a new club secretary for next year.

We have not yet received any volunteers, and we need one before the AGM. So, please think about it.

The role isn't particularly onerous, probably one of the least time consuming on the Committee. You are the club's official contact and address. For more details see the 'job description' on the website or contact a current committee member.

Several of our committee members are fulfilling multiple roles for the club, and our current capacity is very limited. **We do need a volunteer**, as without this very important post the club cannot operate.

### The AGM is on Saturday 9 November! J A

The Redmon Annual General Meeting will be at 10:30am, on Saturday morning 9<sup>th</sup> November, at Walliswood Village Hall. This is the same place as last year, and will be a fairly social atmosphere – we hope to have tea, coffee and cakes.

Please spare some time, come, join us and let us have your views and ideas for the coming season.



**REDMONster** – follows a  
strict stretching regime

## Redmon Club Events for 2020

**D W**

Here's some really good news: Derek Wardle has agreed to organise the club events for another year. And furthermore, the committee has decided that to encourage a few more of you to compete – there will be no entry fees for Redmon riders! That's right the events will be free, we plan to fund it from the Pete Reynolds bequest. So, please join us on:

Date	Course	Distance
30-Apr-20	G10/42	10
07-May-20	G10/42	10
14-May-20	G10/42	10
21-May-20	GS/483	15
28-May-20	G10/42	10
04-Jun-20	GS/483	15
11-Jun-20	G10/42	10
18-Jun-20	GS/483	15
25-Jun-20	G10/42	10
02-Jul-20	GS/483	15
09-Jul-20	G10/42	10
16-Jul-20	G10/42	10
23-Jul-20	G10/42	10
30-Jul-20	G10/42	10
06-Aug-20	G10/42	10
13-Aug-20	GH/41	1120 yard

Derek will need all of the usual help, including time keepers, pushers off, marshalls etc. Any offers appreciated. Let's make them a success for 2020, and see if we can get the Redmon rider numbers into double figures?

## Racing Results

**J A**

Its nearly the end of the racing season, and here's the last few open results for the team of Redmon time trialists, and some very good times too:

J Mcglashan	15-Sep VTTA 25	1:03:13
P Horsfield	07-Sep Utage RT 10	25:15
P Horsfield	01-Sep SCCU 25	1:18:19
E Allen	26-Aug Sussex CA 25	1:02:30
E Allen	25-Aug Southdown 25	56:34
J Frost	25-Aug Southdown 25	1:04:42
E Allen	24-Aug Sussex CA 10	24:10
J Mcglashan	24-Aug Sussex CA 10	26:34
J Allen	18-Aug Bec CC 25	1:07:21
P Horsfield	11-Aug East Sussex CA 100	5:20:43
J Allen	08-Aug VTTA 10	24:36
E Allen	03-Aug South East. RC 10	22:17
J Allen	28-Jul Reading Cycling 10	25:25
E Allen	28-Jul Reading Cycling 10	22:14
P Horsfield	28-Jul Sussex CA 30	1:27:07

## Final Club Events Results for 2019

**J A**

Unfortunately, one of the last three club events was cancelled, the 10 on 1 August due to road works.

Eve 10 G10/42 8 August 2019 (8 Riders/3 Redmon)

1	Eddie Allen	21:53
2	John Allen	24:44
3	Jon Frost	24:54

Hill Climb GH483 15 August 2019 (8 Riders/4 Redmon)

1	Eddie Allen	3:02
2	John Allen	4:01
3	Peter Horsfield	4:06
4	Richard Hoskin	7:31

So there we go... the final club event results for 2019. Roll on 2020, and more competition...

## Open Events for 2020

**J A**

Unfortunately, we will not be running a Grand Prix in 2020, due to the lack of enthusiasm for it over the last few years. However, instead we will be running two Open 10s on 9<sup>th</sup> May and 12<sup>th</sup> September.

Richard Hoskin has agreed to act as the event secretary for both of these time trials, but will obviously need all of the usual helpers, so please keep these dates free and let Richard know if you can help.

## South Downs Way and Provence

**K I**

Two big rides planned for 2019: the South Downs Way in one day, and Mont Ventoux. But I suffered an ankle injury after tripping over some kids' stuff, but carried on regardless!

The South Downs Way was my 'practice ride' for Ventoux. 160km, 3800m of climbing, off road, July. A 4:30am start at Winchester to ride to Eastbourne on my steel framed mountain bike. I have used it on some South Downs Way paths but never the whole thing in one day. The gearing is generally okay, but repeated 18% gradients, in 32°C, took its toll on me and my injured ankle. 50 miles east of Worthing I retired. The ride is well supported, but you must be match ready! Also equipment must be chosen to match the terrain!

To graduate to the closed club 'Club des Cingles du Mont-Ventoux' (Brotherhood of the Nutters of the Windy Mount), one must: ascend by bicycle, Mont-Ventoux from all three main asphalted roads (Bédoin, Malaucène and Sault) at least; climbs must be in the same day (between 0 and 24 hours), sequence and date as you prefer. No easy feat for the best of us, but I do like a challenge. I left at 7:15 am from the hotel at the foot of the climb from Malaucène. The markings on the road showed the gradient: 11%, 12%, and so on: the higher the number the better my mind, as the average

gradient is 7.4%, meaning later the gradient would be less. After a few hours I had completed 21km to the top. The temperature climbing was quite reasonable in the shade, but round the final few hairpins it was clear that the rest of the day was going to be very hot. It was a beautiful descent into Bédoin to get a stamp on my card and to return to the top. At this point it was 34°C and through the forest the humidity was high too. Balancing my heart rate, cadence and temperature I continued to ascend to Café Reynaud where the routes from Bédoin and Sault join, and Ventoux's familiar Lunar landscape starts. It was 4:30pm and time for lunch. I had reached my goal for one climb, with only 6 (hard) km to the top. I felt surprisingly good, my legs had the third climb in them, but I figured that a third ascent would mean that I would reach the top of my third ascent at about 10:30pm, completely unsupported. Normally a 20km ride unsupported wouldn't be a problem but as you can imagine from the days efforts and the temperatures it was quite out of the question. After my stop at Café Reynaud I continued to the top. At 1km from the top is the memorial to Tom Simpson, and I, along with other riders stop to pay their respects. A timely reminder to know your limits, listen to your body and don't ride when you're not 100% (amongst other things). By 5:30pm I was at the top (again) achieving my second ascent. This was by far the hardest single climb I have ever done. I have ridden 4000 metres climbing in a day before, but not in these temperatures. The conditions I climbed Ventoux were favourable. It was kind to me, but this climb is brutal. The lessons learned from this climb would be to start it earlier, probably before sunrise and be prepared to ride past sunset.

The day following Ventoux was a ride around the great mountain. This part of France is absolutely stunning. It was worth the trip to France just for this and even without climbing the mountain itself. Cycling through the vineyards with bulging ripe grapes, olive groves and the scent from the recently harvested lavender fields of Provence. The real highlight of this final day in Provence was the descent through Gorges de la Nesque, a spectacular route hugging the cliff face on a narrow (quiet) road. The descent goes on for some 20km through the gorge amongst stunning scenery, occasionally revealing the weather station of Ventoux and its desolate landscape in the distance.

The tour company I used for this was Marmot Tours, and they really do look after you with support and local knowledge. This was my fifth ride with them the others being "Raid Pyrenean" (X2); "Classic Cols of Corsica" and "Classic Cols of Picos" (Spain). Marmot clientele are generally fall into the 30 – 60 years age bracket, but sometimes much older folk there too. One of my fellow 'Marmoteers' was 79. On a classic Cols holiday you pick and choose what you'd like to do, and it's about

enjoying the ride rather than completing a particular challenge.

## Lost in Translation

DE

Your correspondent lives in a street with some nice Italian neighbours a few doors away. They have a medley of bikes chained up front and they all speak good English. Once in a while – Christmas or Easter – a relative comes to stay, a decent friendly guy, but he has no English. Your correspondent has no Italian. Meeting him on the street can go like this:

Me: 'Bon, er, giorno.'

He: 'Bon giorno, bon giorno parlahralalarla...'  
(rapid stream of Italian)

(Pause while desperately wondering how to continue)

Me: 'Ah (pointing)... er, bi-ci-cletta?'

'Si, Si! Bicicletta, molto bella bicicletta'

'Um, ah...' (sudden inspiration) 'Giro d'Italia?'

'Giro si, Giro d'Italia, si, bene, bene!'

'Milano-St Remo?'

'Milano-St Remo bene', molto bene'

'Giro Lombardo?'

'Lombardo, Lombardo!'

'Um, er, Coppi, Fausto Coppi?'

'Coppi, si, viva Coppi!'

'Bartali?'

'Bartali, Gino Bartali!'

'Gimondi?'

'Gimondi, Gimondi!'

'Chiapucci, Gianni Bugno, (getting into stride)  
Cancellara?'

'Cancellara, Cancellara!'

'Aha, (triumphantly) Pantani! Marco Pantani'

'Pantani, Pantani l'Elefante!'

(Pause; where to go now?)

In desperation: 'Er, um... Campagnolo?'

'Campagnolo, bellissimo! bellissimo  
Campagnolo!'

'Gran Turismo? ah, Nuevo Record?'

'Campagnolo, molto bene, benissimo!'

'Cinelli? Fiamme? Binda...?' (silence...)

(hopefully)

'Vittoria? (Vocabulary now drying up)

'Pinarello?'

'Pinarello, si!'

'Bianci?'

'Eh, Bianci!'

'Colnago...?'

'Colnago!'

(Seems I've nothing left now, panic ensues)

'Aha, oh, um, er... Macaroni? Pavarotti, dry Martini...?'

'Martini?' (bemused) 'eh... drymartini...?'

He: (final worried look) 'alora... ciao'

Me: (with great relief) 'Ciao, ciao!'

See, Italian is easy.

## Geoff's Reminiscences: Two Ups & Grand Prix G G

A new innovation to my cycling, was riding a two up TT with Keith Brock. This was different, being helped along, but I did most of the work up front.

The following year I rode the club two up with Don Taylor, a fine morning and a little wet and cold, well it was March. This time I had my work cut out keeping on Don's wheel.

I was getting to enjoy two ups and my old club, Ely City RC had an annual event. I made enquiries with the club, when I was up home and they paired me with a guy, Tony Fielding. Three years I rode this event, but as you know the Fens are flat and when its windy, it's a \*!?!\*. We used to do a bit and a bit to shelter each other on the causeways or river bank roads.

The Redmon had now launched the Grand Prix des Gentlemen, thanks to Alec Wingrave. I rode the first one with Don Taylor on 16<sup>th</sup> October 1976, and we did 53:23. It was won by J Lyons, Unity CC and M Coward Redmon CC.

I had now got the bug for two ups. The next year, I rode the Grand Prix des Gentlemen, again, this time with Chris Roberts.

To start the 1978 season, I rode a two up with Alec Wingrave, this was fun as Alec kept calling out "slow down!". We got around the 29 mile course in 1:28:27.

By now it was plain that I enjoyed this type of event, and Bill Ollis, an old club member, asked me if I wanted him to find me a pacer. Yes please! And I was introduced to Alan Steinle from Tonbridge in Kent. We had not even met, let alone ridden together. And early one Sunday morning in London, we met, loaded both bikes into the car, and off we went to Oxford for our first event together. We had entered the Oxford CRC event on 21<sup>st</sup> September 1978.

On arriving at the event, we changed and proceeded to test each other for a while. Then it was time for the off! Alan had said keep your eyes on my seat pin, after a while I lost his wheel, but he eased up and I was there again. We finished our first event in 1:02:20 for the 25 mile course.

Our partnership went on for several years and many events, both two ups and the Redmon Grand Prix. We also rode a few times in France. Riding a two day two up event – the Mid Veteran Coventry – Alan and I achieved the award for the "Best Dressed Pair". The only break in the partnership, was when I had an accident, but once I was back on two wheels again, we picked up where we left off. Alan was a great pacer and

made me work hard. At times he almost pulled my legs out!

One year when I was away doing my R.N. Reserve training and had my cycle with me in Germany, I rode a two up with a guy at RAF Brüggen. The course was on the perimeter track.

Over the years I have ridden many of these events, with many different partners. It was a great second string to my cycling. Next time, I will bore you all with riding my Grand Prix in France!

### Website J A

As mentioned in the editorial, the updated website is the place to look for the latest news about the club. I am still working on the archives, but as and when new articles and information is available it will be on the website first.

The racing results of the 2020 club events (evening 10s and opens) will be reported regularly, as this year.

Hopefully it is easier to use, and please if you have any ideas and suggestions to be included on it, or notice any mistakes or typos, please let me know. You know the email address! Thanks in advance.

### Diary Dates

09-Nov-19	2019 AGM
30-Apr-20	First club 10 for 2020
09-May-20	Early season Open 10
12-Sep-20	Late season Open 10

### Contributions and Views to the Editor? J A

Please email articles, letters or news items to [news.letter@redmoncc.co.uk](mailto:news.letter@redmoncc.co.uk), or post to: 15 Ellis Avenue, Onslow Village, Guildford, Surrey, GU2 7SR. Email is preferable, this avoids retyping.

Next Edition: **31-Jan** Copy date: **15-Jan.**

### Committee Members

Chris Brewer (CB)	<a href="mailto:chris.brewer@redmoncc.co.uk">chris.brewer@redmoncc.co.uk</a>
Eddie Allen (EA)	<a href="mailto:eddie.allen@redmoncc.co.uk">eddie.allen@redmoncc.co.uk</a>
John Allen (JA)	<a href="mailto:treasurer@redmoncc.co.uk">treasurer@redmoncc.co.uk</a> or <a href="mailto:webmaster@redmoncc.co.uk">webmaster@redmoncc.co.uk</a>
Richard Hoskin (RH)	<a href="mailto:richard.hoskin@redmoncc.co.uk">richard.hoskin@redmoncc.co.uk</a> (020 8642 4778/07748 835907)
Alistair Lang (AL)	<a href="mailto:coach@redmoncc.co.uk">coach@redmoncc.co.uk</a>
M Wakely (MW); D Wardle (DW), J Chatterton (JC)	

### Newsletter Contributors

David Eccles (DE), Geoff Goat (GG), Ken Izzard (KI)

**Data Protection:** the presumption for GDPR is being as a paid up member, you consent to receiving communications from the Redmon Cycling Club relevant to your membership. To opt out you must contact one of the committee members in writing.