



## Keeping up with the Redmon Cycling Club

### Editor's Comment

J A

Welcome to the last quarterly newsletter for 2021, and it's been a busy one. We've got quite a few things to report about the Club, but you really need to come along to the AGM to find out and discuss them.

There's been some great race results, records broken and PBs. It's a jam-packed issue, so much so, I've had to edit some articles and hold others over to the next issue. That said, I still need your contributions please! You've got four months to put pen to paper, just a paragraph or two will do. Something about cycling in general, the Club or your memories, please. Thanks to Geoff Goat who writes an article for nearly every newsletter and has sent me several this time. Any contributions by around 10<sup>th</sup> February. Thanks. Don't leave it to the last minute.

Lastly, my apologies to Geoff, as I haven't managed to include one of the articles that he has kindly sent to me.

### 2021 AGM – 30<sup>th</sup> October

J A

The Club's 2021 AGM will take place on Saturday 30<sup>th</sup> October 2021 at Walliswood Village Hall at 10:30am. It has been held here for the past few years, so you ought to be able to find it. The post code is RH5 5RJ.

We encourage you to attend as there are several important matters that need to be discussed. Input from the membership is important and without it you can't blame the Committee! Please do come along.

### The Club Event Programme

R H

I propose to apply to organise an Open 10 on the afternoon of Saturday June 4<sup>th</sup> or Saturday June 11<sup>th</sup>. It will be similar in structure to this year, that is, a section for TT bikes, for Road Bikes and Hub Gear Bikes. I'm not going to bother with Tandems. If anyone has any comments/suggestions let me know asap.

This year's Thursday Evening 10's finished on 5<sup>th</sup> August with a rained-off Hill Climb, a small group of us, Susan, Malcolm, John and Eddie Allen, Chris, Clive and Peter, complete with full waterproof gear, stood around in the rain with glasses of 0% alcohol beer or French dry white wine. This season we averaged nine riders each week. I ran the time trials with the help of two people, Clive and Malcolm. There was occasional help from other members who acted as marshals. The whole thing was run on a shoestring and it would be good to have some more help next year.

I hope to run the Evening 10's next year, that is 11 events, two 15 miles and eight 10 miles. They will start at the end of May and finish at the beginning of August.

### Racing Results

J A

Our racers have continued in the last few months with some great rides, more records broken by Eddie and a few PBs. Congratulations to John McGlashan for a new PB at ten miles, with the excellent time of 22:36. Eddie has been flying this season. Latterly, he was 2<sup>nd</sup> in the Hounslow 100, with a new club record of 3:42:42 and set another ten miles record of 19:38 on the A3 course. Find out about his 100 miles ride later in the newsletter.

Date	Rider	Course	Result
26-Sep	P.Horsfield	H25/8	1:11:12
12-Sep	P.Horsfield	H25/2	1:10:21
04-Sep	J.McGlashan PB	F11/10	22:36
28-Aug	J.McGlashan	G10/45	27:04
22-Aug	J.Allen	H25/8	1:06:05
22-Aug	P.Horsfield	H25/8	1:12:45
15-Aug	E.Allen 10 <sup>th</sup> /PB	P881/10	19:38
14-Aug	P.Horsfield	H10/8	27:28
01-Aug	E.Allen 2 <sup>nd</sup> /PB	H100/88	3:42:42
01-Aug	P.Horsfield	H100/88	5:12:34

Although, we've only had a handful of riders competing in 2021, there have been some very good rides, as they say – come on the Redmon!



**REDMONster** – got tired of  
falling off the e-scooter

(David Eccles)

## Cycling to the City

**G G**

Over the 15-16 years I cycled up to the city to work, I had one or two interesting incidents.

One day my day at work had just finished, I went down and changed into my cycling rig, went to the basement, alas no cycle to be found. I went back up to our office, ask if anyone had moved my bike, no came the answer. So, I went back downstairs to security. They had not touched my cycle either. They looked at the security camera, no sight of my bike, but it had gone. So I went back up to change my clothes again ready to go home by train. Next day back up to the city different bike.

Pot holes and road works are a curse to us all. Finding out who owns one is a problem. An incident near the Elephant and Castle, I remember well. I hit a patch of uneven road and came off, damaged my front wheel, and broke some spokes. I took the details of the area and managed to get home alright.

It was time to put pen to paper for a letter to the local council with details of the incident and an estimate of the cost of my repairs. In due course I received an acknowledgement and letter asking if I would like to meet one of their representatives at the area of the incident to decide who the hole belonged to: gas, electric, water or telephones. Whoever's hole or bad patch it was I cannot remember, but in due course I was reimbursed for the repairs to my front wheel.

Over the years of cycling to the city I sampled the A&E departments of many South London hospitals, thanks to the number of incidents.

## Redmon Committee – 6<sup>th</sup> September **R H**

*With the recent difficulties and lack of Club socials we felt it important to keep you informed of discussions.*

Three Redmon committee members met at 7.30 pm on 06-Sept: Chris Brewer (Chairman); Richard Hoskin (Gen Sec); and John Allen (Treasurer).

The following matters were discussed: 2022 Open 10; 2022 Club Events; AGM; membership fees; Club kit; Cooperation/affiliation with Morden CRC; affiliations.

Open 10: RH has applied to CTT, London South to run the event on either Saturday 4<sup>th</sup> or 11<sup>th</sup> June 2022, on the course G10/42. The event will include TT Bikes, Road Bikes and Hub Gear Bikes.

Club Events: RH will be applying to CTT London South to run a series of Thursday Evening 10's from late May to early August. G10/42 and GS/483, no Hill Climb.

Redmon AGM: RH has written to Walliswood Village Hall to book the hall. The AGM will take place on Saturday 30 October 2021. The hall is booked from 10am to 12 noon.

Club fees: The subject was discussed and the final decision will be left to the AGM.

Club Kit: Spare and unclaimed kit has been distributed to members by JA.

Club cooperation with Morden CRC: CB and RH will be meeting with Shaun Underhill, Gen Sec of Morden CRC, later this month, at his request, to discuss the above subject, that is how the two clubs might possibly cooperate running events.

Club Affiliations: RH will forward the completed CTT form to JA for payment. It was decided not to renew the club's affiliation to British Cycling as there was no benefit to the club.

## This Season's Club Events **J A**

As you must know, this year's series of club events were run in Derek Wardle's memory, with no entry fees at all for competing riders, the costs funded by his legacy.

Unfortunately, the last event of the season was rained off, so there are only one set of results to report in this issue – the last event in July, on 29<sup>th</sup>. We had eight riders including three Redmon: Peter Horsfield 28:34, John Allen 25:50 and John McGlashen 25:15.

Many thanks to Richard Hoskin (organiser), and to Clive Walton and Malcolm Pearson for helping every week.

## Club Co-operation with Morden CRC **R H**

We met with Morden on Friday 17 September 2021 in at Dinton Pastures Country Park, those attending: Chris Brewer – Chairman, Redmon CC  
Richard Hoskin – Gen. Sec. - Redmon CC  
Shaun Underhill – Gen Sec – Morden CRC.

The purpose of the meeting was to discuss future cooperation between the two clubs. During the Summer months Shaun had contacted Chris suggesting that there may be a possibility of merging the two clubs, given that both clubs have a declining membership, are of a similar size and engage in similar activities. There was an exchange of email information. The two clubs are indeed similar in size and their financial positions are also similar. Morden do not run any Open events but they do run Saturday Morning Club events on the Holmwood course and at Hungry Hill. Morden CRC do not have a website.

At first sight a merger of the two clubs may seem a good idea. However, there are a number of obstacles, eg: what to call the club? What kit would we wear? How would our finances be shared? What would members think of the idea? The main stumbling block would be the Pete Reynolds' legacy of £10,000. This was given for the benefit of Redmon CC members and presumably not to be shared with other cycling clubs.

We had an amicable discussion with Shaun and he understood that a club merger was not really a possibility. He suggested that Redmon riders may like to ride their Saturday morning events. The start times are around 7am and due to the diaspora of Redmon members we felt that there may not be many takers!

We agreed to organise a joint event on Saturday 11 June 2022, (a week after our Open 10) on the G10/42 with a start time of around 8am. If this event is a success, then others could be arranged in the future.

## **My journey to the 100 miles Club Record EA**

After writing my previous article about breaking the club 10 record I lined up a few more events before getting to the start line of my first 100 in August.

However, before those events I tagged along with a local club on their annual tour of the Isle of Wight by bike – certainly a fun way to unwind and take my mind off racing for a while. We rode to Portsmouth from Alton and got an early ferry to Fishbourne, rode round the Isle (with a couple of café stops) then back on the ferry and rode home again. Unfortunately, the weather was not on our side, starting in torrential rain and didn't get any better for most of the day. Overall, it was my longest ever ride, at 136 miles in over eight and a half hours riding time, good training for the 100.

An easier week after that, and I squeezed in a Redmon evening TT and chain gang with the Alton group.

My first real test to see if I could finish the 100, and whether I needed to change my TT position to accommodate the longer distance, came in the form of the Shaftesbury CC 50 at Cambourne. It meant a very early start to there for the 8 am start, but in the end it was definitely worth it! I managed 1 hour 42 minutes and 38 seconds, taking 8 minutes off my PB from 2017. It was a very hot day (26°C by the finish) with little to no wind - so I think I will struggle to better my time. Most importantly, I found out that I could get away with my relatively aggressive TT position for the 100, as I didn't really suffer any ill effects during the 50.

One week to go to the 100 was my only 25 of the season on the P881 A3 course, at an unsociable hour. Unfortunately, the weather was not on my side with heavy rain on my ride to the HQ from home. It meant that over half of the field either did not bother to come or DNS'd once they got to the HQ. I was not one of them, and I am very glad I rode the event. Despite the road spray from cars and poor visibility, I managed to clock 50 minutes and 42 seconds to take 77 seconds off my PB – a good omen for the following weekend!

I didn't really have an ideal week leading up to the 100 as my recently adopted cat went missing. She had only recently started going outside – one day she

disappeared over the neighbour's fence and did not return. After several days of looking for her (and not getting much sleep), she eventually came home on Thursday night through a small hole in the fence my neighbour and I had cut. She had been under their shed all along! She is very nervous and I believe she went over the fence and couldn't get back, so she hid...and hid and hid until it was quiet and dark.

It was a tough decision whether I should start the 100 as I was exhausted and had not been out much on the bike all week. However, I decided to (at least) start and just see how it went. My performance expectations had to be reset after the week I had, but I was just glad I to be racing with a huge worry off my shoulders!

On the morning of the 1<sup>st</sup> August I rode to the HQ from home wondering what on earth I had got myself in to! It is about eight miles from home so it's quicker to ride there than pack the car and faff around taking wheels in and out of the bike. The ride to the start from the HQ was another three miles and it was nice to just spin the legs before starting. Dad very kindly offered to hand me bottles and gels from the roadside.

I started off gently, no max effort to get up to speed like a ten! I got my head down and got into a nice rhythm. I knew I was not going to be able to keep the same low position as for short distances but wanted to for as long as possible to be as fast as I could. I had a target power that I believed was achievable for around 4 hours.

After the first lap, I was still feeling comfortable and in control when disaster struck – I missed the first bottle from Dad. I think I just did not slow down enough so the bottle bounced out of my grasp. Luckily the course was five laps so I would not have to wait too long before I could try again. Half a lap later I passed Dad, this time heading in the other direction on the dual carriageway. I slowed much more and successfully took the bottle this time.

I aimed to keep consistent pacing throughout the event and tried to eat and drink constantly too. The first four lap times were all within a minute of each other (around 43 minutes), but by the time I got onto the last lap I was on my last legs. My neck was hurting, my feet were hurting, and I was starting to run out of energy - I had not eaten for nearly a whole lap as I was feeling sick. It is not a natural position for eating and drinking!

I crossed the line in 3 hours 42 minutes and 42 seconds. The was way beyond my expectations and I even managed second overall. I don't think I have ever before been so glad to finish an event - I remember thinking never again! The pain was over, and I could sit down on something other than a saddle.

Now it is over, and I am starting to forget how uncomfortable it was, I cannot help thinking...maybe never year I can find another 100 on a faster course?

## Four for Andalucia (Part 3)

G G

It was around El Higueral that we hit a very enjoyable long, even downhill stretch towards ALGARINELO and MONTEKIO. In our enjoyment somehow Chris Roberts and myself became separated from Ivan Cass and Ken Day. Chris and I went back to a junction where a Senorita was white washing the walls of a house. We asked if she had seen two cyclists, but no joy. We continued tack the way we came, back to MONTEFRIO, passing through a giant ravine. The sides hung out over the road, looking very dangerous in places. At the end of the ravine, the road climbed up very steeply into the town. Being hot and thirsty Chris filled his water bottle from the local fountain. Farmers were doing the same, with much larger bottles used to take water to the fields on the backs of donkeys. No Ken and Ivan yet, so on we went. After the crossroads at ILLORA with the SIERRA NAVADA now visible it was feeding time. Chris and I had all the food with us. We chose the shade of a walled Spanish cemetery for our feast. Chris asked if I minded if he had the tin of tuna, I was happy with cheese again. I've never seen anyone enjoy tuna fish so much, but he was to pay for it later!

The main road into GRANADA was reached, and we now had to contend with the heavy industrial and commercial traffic, and tram lines as well. We searched for digs and then two cyclists came into view, Ken and Ivan, also looking for accommodation.

After a very enjoyable walk and evening meal under the walls of the famous ALHAMBRA PALACE, we returned to our digs. Chris and I had a wonderful view of the city. In the morning we met Ken and Ivan, and we were soon pushing our cycles up the hill to the palace.

The delights of the Alhambra Palace are not grasped in one visit, the odd post card and snap shot taken can only but prepare you for your next visit.

The main palace is the 9th century Moorish Fortress of ALCOZOBA. The inscription 'Allah alone is Conqueror' is in many places as a lasting imprint left by the Moors. Everywhere is a maze of rooms, halls and corridors. The Hall of Benediction, The Ambassadors Hall, The Council Room, the names go on and on. The beauty is unbelievable. Every door and window, in fact every room is adorned by unusual carvings and patterns. Even in the heat of the day this work of architecture retains a permanent coolness.

Leaving GRANADA we did our shopping, called at the bank, (gun guards in case we needed assistance were in attendance) as funds were getting low, then out of the built-up areas again and into the country. After our hectic sightseeing morning we were soon to stop for

'nosh'. The spot we selected gave us a lovely view of Granada and the snow-capped Sierra Nevada standing as a backdrop. Our route today took us through ARMILLA, where we turned off the main road and then on to GABIA la GRANDE. A stretch of rough stuff then YENTAS de HUELMA. It was here that we dropped down to a lake, PANTANO de BERM-EJALES. There was a gale blowing and it felt cold enough to be back in the U.K. during a snow storm. We were nearing our night stop ALHAMA de GRANADA and the welcome of a warm bed and hot meal were inviting.

We looked over our rooms on the first floor where a number of men were playing cards. Chris was now feeling the effects of the tuna fish he had eaten and had to rest. We passed the men - the blanket covering the table was tucked up under their arm pits. Later we came down to the very same table for our meal.

We sat down to an enormous meal a bowl of veg. soup for starters, followed by an equally large main course. As we sat enjoying our meal the landlady came round us, and signified that we afix the edge of the tablecloth and table cover under our arms as we had seen previous (handling a knife and fork now difficult). We became very warm, but the evening was very chilly. Being inquisitive, I looked under the table and saw at the centre of the table was a support enclosing an oil stove. How's that for your central heating.

Whilst enjoying our meal, we had a grandstand view of the village square where a religious procession was taking place. Lines of young children carrying lighted candles, were wending their way to the local church. We decided to go down to watch. In the square stalls were selling sweets and candies, and more. Obviously, the local Saints day.

*Final part next quarter...*

### Diary Dates

30-Oct-21      Club AGM

Next Edition: **28-Feb-22**      Copy date: **10-Feb-22.**

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