



LINCOLN

WHEELERS CYCLE CLUB

THE CHAINLETTER

LINCOLN WHEELERS MONTHLY NEWSLETTER ISSUE 144

Festive Fun with the Wheelers

There was plenty of festive fun for the Wheelers in 2015. We organised a Christmas Lunch Ride and a Mince Pie Run, both of which were very well attended with the Wheelers encouraged to go in Fancy Dress. The Boxing Day Time Trial was also raced in fancy Dress. Getting the most out of their elf costumes were Jo Johnson and Nicola Casburn who were pictured on all the fancy dress rides and races throughout the season. Sharing the front page with them this time is Paul Hennessey and Kim Bartle. Well done to everyone that organised an event over Christmas and let's look forward to lots of miles in 2016.

Rider of the Season

- 1 Andy Newham 110
- 2 Jon Clarke 110
- 3 John Noone 94
- 4 Jon Moody 85
- 5 Paul Clarke 83
- 6 Euan Adamson 80
- 7 Neil Winter 74
- 8 Richard Sheldrake 72
- 9 Peter Brumpton 69
- 10 Roger Mitchell 62



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Boxing Day TT

1. Andy Newham 19:22
2. Jon Moody 20:06
3. Peter Brumpton 20:54
4. Greame Patchett 21:29
5. Neil Winter (Father Christmas) 21:44
6. John Lindley (Santa) 22:10
7. John Woolley (Flo Man) 24:57
8. Ben Ashcroft 25:34
9. Nicola Casburn (Elf) 27:22
10. Jo Johnson (Elf) 28:03
11. Dave Capps (Downtown Wheelers) 31:52
12. Pete Holland (A 1910 Trikie) 36:22

New Years Day TT

1. Richard Sheldrake 18:06
2. Andy Newham 18:56
3. John Noone 18:58
4. Neil Winter 19:31
5. Jon Moody 19:35
6. Jon Clarke 20:12
7. John Lindley 20:14
8. Peter Brumpton 20:23
9. Doug Malcolm 20:25
10. Greame Patchett 20:35
11. Ben Swain 20:38
12. Paul Clarke 20:57



Congratulations to Eddy Loftus who got the Bronze Medal in both the Lincs Cyclo Cross league and trophy series for the 50+ category. Well deserved after an excellent season.

The big Rider of the Season points on New Years Day went to Richard Sheldrake who put in an excellent time to beat Andy Newham by 50 seconds with John Noone just edged out into third by 2 seconds. All 3 riders are looking in great positions to challenge Sean Hunt for the Rider of the Season. On Boxing day Neil Winter was the fastest man in fancy dress in his father Christmas skinsuit. Nicola Casburn got the better of her elf counterpart Jo Johnson by 40 seconds, but top fancy dress was Dave Capps who came as a member of Downton Abbey wheelers.

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Bardney Round 1

In the vets race it would be Jon Clarke who would be 1st Wheeler beating Phil Garland, John Noone and Roger Mitchell. There would be a big battle near the back of the field between 3 Wheelers who were enjoying a great scrap. Peter Brumpton would be the victor after a last gasp effort to beat Steve Batt with Jon Moody not far behind. In the seniors Ed Burkitt got an excellent result grabbing 10th overall.



Bardney Round 2 Handicap

With the slower Riders getting a headstart over the faster riders there was a chance for a great result for the Wheelers. Top Wheeler would be Ed Burkitt finishing 8th who would tackle the filthy conditions very well. Last Wheeler to start was Jon Clarke who got 16th overall. Next up was Wheelers new boy Jonathan Backhouse followed by Roger Mitchell with another Wheelers new boy David Webb close behind. Eddy Loftus was next, followed by Jon Moody who had an excellent sprint finish with top cross man George Thompson. Thompson didn't realise he was lapping Jon who put in a massive effort to keep himself from being lapped but just missed out.



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Another Convert to Cyclo Cross By Richard Sheldrake

I'd never seen the point of Cyclocross. I had a fixed, negative and stereotypical view that bikes are made for riding not carrying whilst running and there was quite a lot of this in Cyclocross. I had no background in technical, off road riding and I didn't have a cross or mountain bike so couldn't take part anyway – I'd just stick to road riding.

This changed when I bought a 29er back in the summer ostensibly for a bit of winter off road riding and accessing more remote mountains to climb in Scotland. My time trialling season had started late due to a knee injury so my fitness was peaking just as the season was finishing. It seemed a waste of fitness to stop racing and follow the traditional path of rest and then base training ready for the following season. I'd heard how challenging the racing is from a cardiovascular point of view – 45-60 minutes of red-lining with very little respite with plenty of sprinting and climbing and of course running and jumping over obstacles.

I registered for the Lincolnshire Cyclocross League aiming to give it a go but still not truly believing that A, it was for me and B, that I'd be any good at it. This lack of confidence dictated that I wanted to watch a race before I took part in one so biked over to Sleaford to watch the first race of the season. I was bowled over by how slick most of the riders seemed in dismounting for obstacles and remounting afterwards but was reassured that although the best riders seemed insanely quick, my overall cycling fitness from a mixture of timetrialling, road racing, circuit racing and running should mean that I wouldn't be last – every competitor's worst nightmare!

I made my debut at Stroxtun on a course which seemed perfect for a novice due to its non-technical nature albeit seemingly designed to take in every available cow pat produced by the usual occupiers of the fields! I was adamant I didn't want to race my first race but just ride round and finish. I therefore started at the back but realised quickly that with a couple of long straights on each lap I would be able to overtake several slower competitors. Aside from a comedy dismount fail at a set of boards and struggling to remount with one sided SPD pedals, I picked my way through the field to finish 39th out of 62 in

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the veteran's race. I loved every minute of it including exchanging banter with clubmates, spectators and my wife who was also curious to see what it was all about and was roaming around taking action shots of me and other Wheelers.



'Cross' had me hooked and over the following weeks I completed 7 more races culminating in the Regional Championships in Shropshire in early December. Each course is so unique. My favourite was my second race at Broughton with some fast, narrow paths through woods and a WW2 bomb crater feature to ride down into, dismount and run back out of. Another high point was the race Wheelers hosted at Nettleham where helping set up the course at first light meant better familiarity with the course and a

better race outcome.



There were challenges along the way including 'the humps' at Ostler's plantation, getting knocked off in a melee 50m after the start at Winterton and therefore having to charge from dead last at the first corner to finish 40th/73 and being utterly out of my depth both in terms of the class of rider

and technical nature of the course at the regionals in Shropshire.



Lincoln Wheelers have never had so many riders riding the Cross league as this season which made for great banter and rivalries to develop with some very close racing. I was well chuffed to finish as 10th best Wheeler in my debut season and will definitely be back for more in September!

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Mileater

- 1 Ben Reilly 1190
- 2 Neil O'Brien 916
- 3 Kim Bartle 862
- 4 Phil Bartle 862
- 5 Carl Ashcroft 855
- 6 Alex Broadhurst 821
- 7 John Lindley 787
- 8 Jo Johnson 739
- 9 Chris Faulkner 717
- 10 Sandie Bentham 681

Dated 6th February

There are already 24 riders who have reached the Bronze award of 500 miles with Ben Reilly already reaching Silver. 102 Riders have taken part to date.

All Time Mileater

- 1 Lou Hounslow 14968
- 2 Jon Clarke 13438
- 3 Peter Jones 13358
- 4 Rod Oglesby 12430
- 5 Karen Brooks 12378
- 6 John Lindley 12137
- 7 Richard Parker 11430
- 8 Ben Reilly 9632
- 9 Neil Kenworthy 9585
- 10 Mike Bird 9469

As the Mileater reaches its tenth birthday Lou Hounslow has a massive lead over the others getting miles in every single year.

Reliability Trial Review

On January 10th 2016 the residents of Potterhanworth must have thought there was a Professional race starting there that morning. It was actually the Lincoln Wheelers Reliability Trial from Steve Batt's house. On a cold sunny day there were 59 riders in attendance from all range of abilities and ages. I've done 10 year's of Reliability trials and I have never seen the like, it must be a club record turnout for a club ride. I was in the A- group which headed out to the wolds going up the steep Tetford Hill, before returning to Potter, via Bardney and Heighington. Afterwards Steve with the help of Mark Osbourne had prepared a feast for the 5000 which was well received by many members who were stumbling in after a tough last 20 miles into the headwind. A fantastic ride for myself and all who participated, and long may it continue. The excellent turn outs have also continued even in the poorer weather. There was heavy rain towards the end of Neil O'Brien's ride. There were damp conditions on Jon and Gaby's ride and icy conditions for Peter Brumpton's but we still continue to get 30+ Riders.

Reliability trials continue all the through Feb and March. All details including routes will be on our facebook page each week.

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Xmas Rogues Gallery

There are some definite rogues in this gallery. Pete Holland turned up to the Boxing Day TT in the classic Yellow Lincoln Wheelers Jersey from the 90s. Alex Broadhurst, Sandie Bentham and Richard Sheldrake entered the Brigg Festive 50. Ben Reilly joined the mischievous elves Jo Johnson & Nic Casburn, while John Noone and Neil O'Brien take a selfie at the Xmas Lunch Ride.



This Newsletter was made with the help of Jon Clarke, Steph Turner, Neil Winter, Nicola Casburn, Richard Sheldrake, Richard Howes Photography and Brian Penney.

Paul Clarke