



Club Officials

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Bazza's Chat

Well another road season is nearly upon us, and an even colder, more snow covered winter than last year has meant many riders are probably well down on their winter base mileage. Even classic winter road events such as the Christmas 10 down at Bentley and the Watership Down Audax in January fell victim to the weather. However, many club riders have still been managing to race off-road over the winter period in the Wessex Cyclocross league. In total we had 12 riders completing including an Under 12yrs rider - well done to them all for flying the flag for the club. Many thanks to Richie for his 'cross reports, and for those he didn't ride I have been able to get details from Graham Robins excellent website complete with photos (www.grahamrobins.net) and the photos used in this issue are courtesy of him.

We recently held our annual prize presentation this year at the Wheatsheaf in North Walsham. Again numbers were down on recent years but those who did attend enjoyed a good night out celebrating achievements from last year with lots of discussion of plans for the coming year. The list of 2009 trophy winners are shown later in this edition.

On a related note, some of you may know the club have nominated Doug Hitchcock for the 'Service to Sport' award at this year's Basingstoke & Deane Sports Achievement Awards, in recognition of his many years service to the club and the local cycling scene. Good news is he has been selected to attend the final on 26th Feb at the Apollo Hotel. Let's hope he lands the top prize in this the year of his 70th birthday.

Looking ahead to the new season, our first club TT event of 2010 is on Sat 20th February around the Heckfield circuit which can be ridden as a two-up or solo. The results for this event are not included in any club competitions so this is chance to ease yourself into the new season before the competitive events start at Dummer the following Saturday. Our first open TT promotion will be the second round of the national Rudy Project series on 10th April, again around the Dummer circuit but with a change to the start and finish, and the event HQ will be in Preston Candover. Please contact Billy on 07906 065116 if you are able to marshal or ride. He is in need of helpers as well as riders for this high profile event so let's try and make it a day to remember for all those involved with it.

In the same fashion as last year we will again be making our first '10' of the year on Aldermaston a 'non-aero' event, but before this we have this year added in our first Micheldever event on 6th March to use the same format. Don't worry if you only have a machine with tri-bars/aero front/rear disc wheels fitted you will still be able to ride and get a time, but this won't be included in club competition calculations. Details of all these events are/will be on the website under the 'Whats On' and 'Club Events' sections and will include course descriptions and meeting points.

Lastly, if you have not done so already don't forget to pay up your subs to Maggie otherwise you won't be able to compete in any club or open events.

Wessex Cyclo-cross League Rnd 3 - GS Europa - 18th October

Bit of a killer this round, taking place at Crow about a mile out of Ringwood in the New Forest. It combines a short section of a very churned up but rock hard Moto-X circuit, and I think a national mountain bike race circuit which is very technical and gives you a real all over body beating, due to its location and maybe its difficulty. Volumes of entrants were down on previous rounds, but this didn't dampen the racing, and there was a mini celebrity gathering in the field, several Cycling Weekly folks and a Cervelo Test Team rider I think, whose name I forget, but I am sure Anthony or Billy will enlighten you all, anyway thankfully he didn't ride.

Only three of us from NHRC for this one, and sadly for Anthony a pulled back muscle made riding impossible, although he did start but pulled out shortly after the start. The race was dominated by Adrian Lansley, who made it 3 out of 3, Stu Bowers ended up 20 seconds down at the finish, doesn't sound much but at that level it is a fair gap. I managed to lap a few riders before Adrian caught me, but it was the kind of race where it broke the riders down into lots of individuals and the odd rare group, such was the nature of the course. Billy didn't have his usual incident free race, taking a couple of tumbles with scratches and bruises and sprains as a reminder that he had visited Crow!

1st Adrian Lansley (PedalOn)
8th Nick Onslow (PedalOn)
18th Karl Norfolk (PedalOn)
24th Billy Girvan
38th Damien Comgen (PedalOn)
49th Richie Bremner

- Richie B

Wessex Cyclo-cross League Rnd 4 - Reading - 25th October

Approximately 90 riders for this event on another bright warm afternoon for this local event, a grind you down course this one with several climbs which pushed you well beyond comfort zones. The start wound its way up hill for 200 yards before going down a off camber hill which was greasy and claimed scalps on the first lap. This was followed by a quick dash to the bottom of the climb which if you could climb was a hard blast but do-able, however for some like me you were so knackered by the time you reached it the tank was empty with no quick blast in the legs! On the first time up that banking it felt like I had already done a 10 mile TT effort just to get there and it was only about 400yards!

Yet another lesson from Adrian in how to race cyclo-cross saw him after an initial spell of close racing, ride away from the opposition and make it 4 out of 4 - Well done that man.

1 st Adrian Lansley (PedalOn)	21 st Karl Norfolk (PedalOn)
4 th Mark Cracknell (PedalOn)	37 th Anthony Dyment
7 th Chris Minter (PedalOn)	50 th Andy Murphy
11 th Nick Onslow (PedalOn)	56 th Richard Bremner
16 th Sam Allen (AW Cycles)	58 th Peter Graham
18 th Billy Girven	77 th Chris Mison

- Richie B

Wessex Cyclo-cross League Rnd 6 - Crabwood - 8th November

Round 6 was appropriately at Tatchbury Mount hospital near Southampton for the Memorial Sunday event, this hospital famous for trying to sort out soldiers suffering from shell shock and all the other nightmares those poor men and women had to suffer.

Anyway this course is not so technical, employing grass fields and ploughed fields to wear the riders down, compared to last year the whole circuit was much more ride-able with only the occasional mud/soil patch to worry about, but having said that you had to choose your lines and keep your concentration to avoid a roll in the mud.

Adrian Lansley again made it to the finish first, it looked a bit closer for a while, but Adrian seems able to pick his moment to attack, with no one able to stay with him. There were great rides from Billy, Anthony, Tony and Andy, with Chris and myself having no reply to their abilities, Chris sadly had to abandon the race, with a crank deciding to come off his bike, he did however spend the rest of the race shouting encouragement which was much needed. Tony Parker seems to be finding his legs after a long illness, which is great news for the club and Tony! Hopefully this recovery will last...

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|---|--|
| 1 st Adrian Lansley (PedalOn) | 20 th Karl Norfolk (PedalOn) |
| 2 nd Crispin Doyle (Swindon RC) | 22 nd Anthony Dymont |
| 3 rd Mike Cotty (Wheelbase) | 25 th Steve Jones (AW Cycles) |
| 5 th Chris Minter (PedalOn) | 32 nd Tony Parker |
| 10 th Billy Girvan | 35 th Andy Murphy |
| 11 th Sam Allen (AW Cycles) | 39 th Damien Corrigan (PedalOn) |
| 12 th Stu Bowers (Hargroves) | 45 th Richard Bremner |
| 15 th Mark Cracknell (AW Cycles) | |
| 19 th Nick Onslow (PedalOn) | |

- Richie B

Wessex Cyclo-cross League Rnd 7 - NHRC/PedalOn - 15th November

Our own event sponsored by Pedal On attracted over 100 riders of all ages and was held around the grounds of the War Memorial Park, Basingstoke. Following two days of heavy rain and gale force winds, the course, surprisingly enough, was in very good condition. Based on hard packed grass football pitches with a technical wooded section, the riders rode a circuit which was fairly dry and mud free which had been the norm for the previous six rounds. The course for 2009 was enlarged this year following a successful first use last year and all of the riders were saying how pleased they were to be riding this course again.



The main race was eventually won by pre-race favourite Adrian Lansley, but was pressed in the early laps by Crispin Doyle (Swindon RC), and Michael Cotty (Wheelbase.co.uk). On lap four however, about 20 minutes into the race, Adrian open up a gap which he increased to about 20 seconds and he carried on increasing his lead before crossing the line first from Crispin by 31secs with Michael coming home a further 57secs down

on the leader. Afterwards he explained "I had to make up time in the technical sections as I seemed to be losing time on the flat fields. I wasn't the strongest rider out there today but once I got a lead, I was able to keep my gap."

This was round 7 of the Wessex Cyclo-cross League with all six previous rounds of the senior category being won by Adrian who also rides for us in road events during the summer.

The children's Under 12s and Youth under 16 races were well supported making up around a quarter of the total number of entrants. Kirsty Posthuma flew the flag for NHRC finishing 4th in the Under 12 Girls category.

- 5th Nick Onslow (Pedal On)
- 34th Peter Graham
- 36th Tony Parker
- 50th Richie Bremner
- 68th Susan Parker



Wessex Cyclo-cross League Rnd8 - Hargroves - 22nd November

After several days of rain the Southampton Sports Centre course was soft, muddy and soon cut up making for some very interesting lines. The course was a mixture of parkland and a small technical wooded section. After a couple of very heavy showers throughout the morning, the racing got underway under blue skies. This was a local round for the Wessex League, however event sponsor Pete Hargroves had managed to attract a quality field to grace the National course.

The race got underway with Crawforth and Field pulling away from Jamie Newell (VC Meudon) and Wessex League riders Matt Macdonald (Hargroves Cycles) and Crispin Doyle (Swindon RC). Several riders came to grief on the off camber section around the edge of the cricket pitch, and gaps soon started to appear.

After a couple of laps the leaders had pulled out a good lead over a distant Jamie Newell who was in a race on his own. The next battle was between Matt Macdonald and teammate and junior rider Daniel McLay. Meanwhile at the head of the field the lead seemed to change hands on different parts of the course, but it soon became clear the win would come from either Field or Crawforth.

The pits were kept busy all race cleaning bikes, even Pete Hargroves was manning the jet wash making sure all his riders had clean bikes when they needed them. We did lose a couple of riders with broken chains and Michael Cotty (Wheelbase-Cannondale) looked like he broke his rear mech with a couple of laps to go.

With a lap to go both Field and Crawforth took clean bikes from the pits and headed out to complete the rest of the lap. As they exited the wooded section there was still nothing between them and the next time they came into view there was still nothing to separate the two after nearly an hour's racing. On the last corner before the uphill finish Crawforth pulled out a slight gap and headed for the line, just out sprinting Field. Jamie Newell finished third with Daniel McLay finishing in fourth and first Junior.

1st Jody Crawforth (Arctic Premier)
9th Sam Allen (AW Cycles)
19th Will Girvan
39th Anthony Dymont
44th Peter Graham

49th Chris Mison
52nd Richard Bremner

Wessex Cyclo-cross League Rnd 9 - Oxonian CC - 28th November

Back to Oxford for this event, after the mud of the previous week at Southampton, it was with some relief that the majority of the course in Oxford was fairly dry, with just a couple of hundred yards of severe gloop to contend with. Again 5 NHRC riders took part with varying levels of success, the banks that this course is notorious for, proved not to be too much trouble although while warming up quite a few riders stopped and stood on the edge of the banks peering down with a fair amount of fear on their faces.

The race turned into a disaster for Billy, who, well up in the top 10 had to pack with a gear failure, to say he was a bit fed up would be an understatement, the rest of us had our own little battles. Andy Murphy faded a little half way through allowing me to eventually catch him up, Tony had a steady ride enjoying the race without blowing a gasket. Anthony was his usual power house and got in the prize money, big smile factor, on a personnel note I was happy with me box of Jaffa cakes!!

6th Nick Onslow (PedalOn)
18th Anthony Dymont
21st Karl Norfolk
35th Tony Parker
42nd Damien Corigan

58th Richard Bremner
60th Andy Murphy
DNF Billy Girvan

104 Starters 15 DNF's

- Richie B

Wessex Cyclo-cross League Rnd10 - South Of England Champs - 6th December

Stuart Bowers riding for Hargroves Cycles retained his South of England Cyclo-Cross crown winning the race at a canter. This was Stuart's fifth South of England win and he made it look deceptively easy in the very tough conditions. Overnight rain coupled with the rain of the past week made parts of the course, based at a sports centre, waterlogged in places. By the time the seniors started their race it had cut up quite badly in places.

As the top riders lined up on a pleasant Sunday in December under bright blue skies a large crowd had gathered and they were soon watching some fast, hectic and muddy racing.

First to make a breakaway from the bunch was Mike Cotty (wheelbase.co.uk), making good headway in the tricky conditions, but Stuart Bowers showed his intent and soon caught and passed Cotty. Another rider looking good was seven round winner Adrain Lansley (Pedal On) back from a mid season break and looking refreshed. Behind him, Crispin Doyle (Swindon RC), Matt Macdonald (Hargroves Cycles), and Sam Allen (AW Cycles) were also looking strong on the opening couple of laps.

Those with a pit crew and wash down were changing bikes as often as they could - the small time-loss from the bike change was well worth it as those without a second bike found themselves struggling with the mud. When the race settled down after a couple of laps it was Stuart Bowers out in the lead, followed by Mike Cotty, with Adrian Lansley and Crispin Doyle in pursuit. On the next lap Lansley passed Cotty and set about chasing down Bowers.

As Stuart opened up a large gap between himself and Adrain, Adrain soon became an isolated figure but able to close Stuart down but strong enough not to be caught. So the interesting part of the race was for the third podium place. With Mike Cotty, Crispin Doyle and Matt Macdonald all very close together the 'blanket' was about to appear. Sam Allen was doing his best to hang on in there but seemingly unable to make up time.

At the midway stage spectators had some fun speculating when Mike Cotty slipped back behind Matt by some distance. His anxious pit crew were not sure what had happened but he soon appeared muddied from a fall just out of sight of the pits. He came into the pits, collected a clean bike and set about closing the others down. As they came into sight again Bowers had big lead over Lansley with now Cotty in front of MacDonald and Doyle. Cheered on by friends and family Cotty was riding strong but was too far away from Lansley to do anything about it. Sam Allen did manage to pass Matt MacDonald in the closing stages to record a fine fifth place.

The podium places were sorted with about two laps to go and Stuart Bowers crossed the line in front of the massed crowd to retain his crown he won last year in Swindon.

Senior Men

1st Stuart Bowers (Hargroves Cycles)
2nd Adrian Lansley (PedalOn)
3rd Mike Cotty (Wheelbase)
4th Crispin Doyle (Swindon RC)
5th Sam Allen (AW Cycles)
14th Nick Onslow (Pedalon)
21st Karl Norfolk (Pedalon)

Vets

5th William Girvan
20th Peter Graham
21st Anthony Dymant
32nd Richard Bremner

Wessex Cyclo-cross League Rnd 11 - Reading ATC/ AW Cycles - 20th December

Adrain Lansley picked up his eighth victory of the season in the snow in Reading. More overnight fall on the course did not deter many from attending the 'CROSSMAS RACE' and the penultimate Wessex League race of the season. The hard working team from AW Cycles had sent a lot of time on Saturday setting up the course ready for an early start; however a further two inches of snow fell on the course overnight. The course had been moved from its original venue to a new one for this race, and despite the weather all the riders enjoyed the snow. The race was held on farm land, with a wooded section, two dismounts and even a 'magic' spiral to make the riders dizzy.

The seniors got to ride the course as the temperature had started to drop again. The riders rode across the unused snow section as they run out and away from the arena. As the riders came into view there were three together, Adrian Lansley (PedalOn) Michael Cotty (wheelbase.co.uk) and Jamie Newell (VC Meudon). These were to stay together for a couple of laps with Crispin Doyle (Swindon RC) and Matt Macdonald (Hargroves Cycles) having a tussle behind the leaders.

Adrain was having trouble getting away as he was dismounting at the logs where as Jamie and Michael was hoping over them. Adrian knew he had to get a gap if he was to win, and on the third lap he attacked. However, Michael was strong and it was Jamie who slipped back. On the next lap Adrian opened up a gap over Michael and it looked like the race was over, but Michael had other ideas and the next time they came into view he had caught up again. As they arrived at the last corner they were together and Adrian had the extra recourse to out sprint Michael by less than half a bike length.

1st Adrian Lansley (PedalOn) 50:18
 2nd Michael Cotty (wheelbase.co.uk) @ST
 3rd Jamie Newell (VC Meudon) @53
 4th Matt Macdonald (Hargroves Cycles) @1:35
 5th Crispin Doyle (Swindon RC) @1:36
 1st Vet 40+ Keith Sheridan (Corinium)
 1st Vet 50+ Dave McMullen (Evans Cycles)
 1st Lady Claire Smith (Swindon RC)

Wessex Cyclo-cross League Rnd 12 - Crabwood - 26th December

For the third consecutive year Stu Bowers emerged victorious in the Wessex League Christmas Cross, held on Boxing Day at Southampton Sports Centre.

On a course which survived a night of heavy hail storms there was little in the way of deep mud - the ski slope side of the Sports Centre far more resistant to weather, thanks to a gravel base and woodland sections covered in leaves. In contrast to the 2008 layout the course omitted the fence line climb and bomb hole descent - something the field of 67 riders were probably thankful for, especially when heavy rain blew in for the first two laps of the event.

In these early stages Mike Cotty (Wheelbase) and Stu Bowers (Hargroves Cycles) distanced themselves from early leader Mike Groves (Hargroves Cycles), emerging from the first passing through the woodland - which featured a stream crossing, steep run-up and fallen logs - with a lead of several bike lengths over a field which had still to establish its chasing order.

As Junior Steve James (PedalOn) made his way past team mate Nick Onslow on lap two that order was decided and James looked to exit the woodland on the second occasion with leaders Cotty and Bowers. The Hargroves rider however had other ideas, attacking and breaking the group into three individual riders. From this point on the race stagnated somewhat, Bowers in a class of his own, before James joined with Cotty, both riders circulating together until the final half lap where James made his attack and secured second position

1. Stuart Bowers (Hargroves Cycles)
2. Steve James (PedalOn) JUN
3. Mike Cotty (Wheelbase)
4. Sam Allen (AW Cycles)
5. Mike Groves (Hargroves)
6. Antony Green (GA Cycles) VET

Wessex Cyclo-cross League - Final Results

After 12 rounds (8 count)

1st	Adrian Lansley (Pedal-On)	=106th	Jim Griffiths	1 event
2nd	Mike Cotty (Wheelbase)	=119th	Chris Mison	4 events
3rd	Crispin Doyle (Swindon RC)	=134th	Andre Posthuma	2 events
6th	Nick Onslow (Pedal-On)	=151st	Les Parker	1 event
10th	Sam Allen (AW Cycles)			
15th	William Girvan 4 th Vet	U12s		
19th	Karl Norfolk (Pedal-On)	29 th	Kirsty Posthuma	2 events
21st	Antony Dymant 8 th Vet			
55th	Richard Bremner	Teams:		
58th	Tony Parker 6 events	1 st	Hargroves A	
=60th	Peter Graham 7 events	2 nd	PedalOn A	
64th	Andy Murphy 6 events	8 th	NHRC A	
=82nd	Fraser Kenneth 2 events	20 th	NHRC B	

Trophy Winners 2009

Paul Hadfield Memorial Cup - Hill Climb Champion	Andy Hibberd
Leo Gipson Challenge Bowl - 10 Miles Champion	William Girvan
Gifford Challenge Cup - 25 Miles Champion	Nick Onslow
Victory Challenge Cup - 50 Miles Champion	Phil Watts
Arthur Ramsey Century Cup - 100 Miles Champion	Robert Watson
Dave Swan Memorial Cup - 12hr Champion	Robert Watson
Barnes Cup - Under 16 B.A.R	Adam Savage
Benwell Cup - Ladies B.A.R	Mandy Hibberd
Charles Rice Cup - Senior B.A.R	Robert Watson
Veterans Cup - Veterans B.A.R	Robert Watson
MagnifiCat Cup - Cycling Endeavors	Chris Mison
Club Events Shield - Club Events - Handicap	Andy Hibberd
Over 40s Pedal Trophy - Club Events - Vets Std	Robert Watson
Circuit Series Shield - Club Events Hilly's Scratch	Robert Watson
Ken Walton Senior Trophy - Senior Road Race Champ	Karl Smith
Cyclo-Cross Cup - Cyclo-Cross Champion	William Girvan
Emberton Cup - Best Improvement at 25 miles	Jonathan Hobby
Leo Gipson Mem Handicap - Nominated 10 Mile event	Adam Savage
Frith Handicap Cup - Nominated 25 Mile event	Mandy Hibberd
Benwell Cup - Club Lady of the Year	Peggy Hitchcock
Lancaster Cup - Club Man of the Year	Doug Hitchcock
