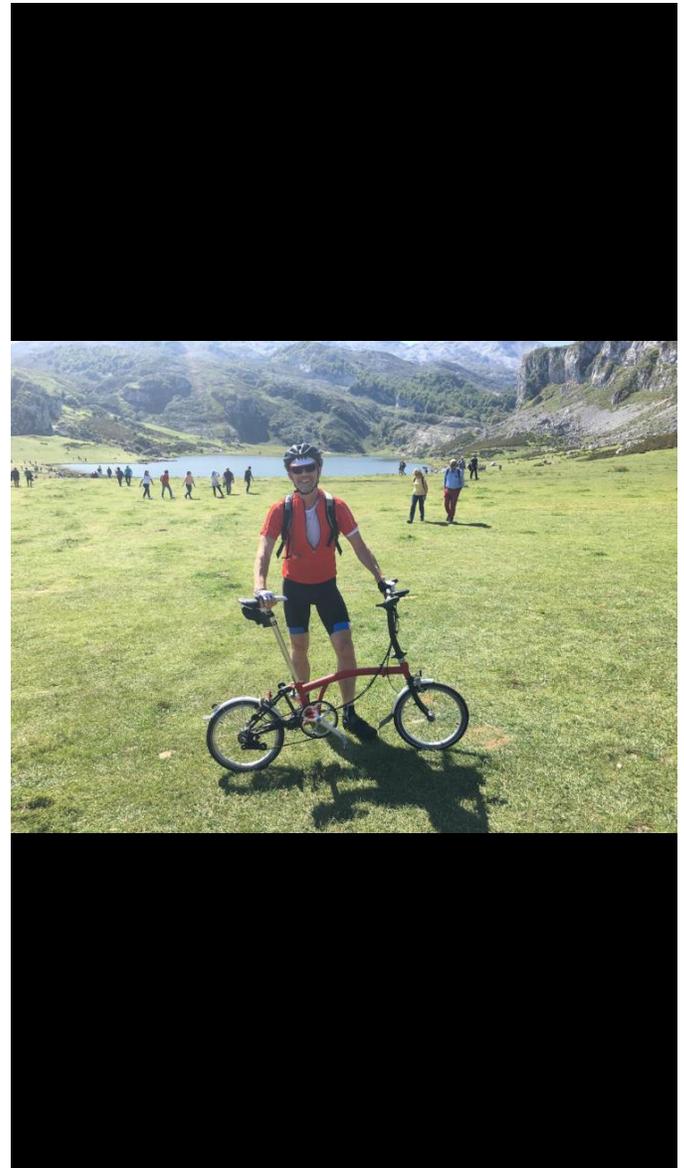# Newsletter

Good day cyclists

Welcome to the August issue at the height of the British summer – don't forget your waterproofs.

Other stuff is a report on the Ride London in early August, attended by a number of GCC riders this year.

Hopefully, all being well we will be travelling to the Alps, actually in the next few weeks. So I should be posting some fabulous pictures in the next issue.

What can I say about our exploits this month – well they've been interesting. I needed a cover photo, so this will have to do!

First up Rob Blair

For 2019 he decided to race more crits and also given the earlier starts at the beginning of the year hasn't yet been to many evening 10's. However, he has with the GCC jersey 12 times this year with mixed results. His first race was a 1-4 cat race at the Cyclopark in February, which was a rude awakening and after getting dropped on lap 3 it was a lonely hour ride to the finish. However, after upping the training both in the garage and up and the Cyclopark on Wednesday nights has seen improving results. All this extra work has seen him able to stay with the main group in most other races although positioning and timing have let him down at the end. He finally got a win after traveling over to Redbridge cycling centre for a 4th cat race – a downpour 5 minutes before the off made for some nervy racing at the start but meant the field split quickly and after getting into a 10 man break this slowly whittled down to 3 going into the last lap. After thankfully being towed into the last climb, he managed to make a break with about 50 meters to go and take the win. Since then it's been back to 3/4th cat races at

the Cyclopark and still aiming for his first win there on 'home' turf.

A second place on 04/07/2019 – photo clearly from WFrenchPhoto

Date	Event Title	Type	Cat	Pos,
11/07 /2019	Cyclopark Summer Series #12 (3/4 Category)	Closed Circuit	Regional C+	7
06/07 /2019	Crits at the Park #6 (Cat 3/4)	Closed Circuit	Regional C+	9
04/07 /2019	Cyclopark Summer Series #11 (3/4 Category)	Closed Circuit	Regional C+	2
27/06 /2019	Cyclopark Summer Series #10 (3/4 Category)	Closed Circuit	Regional C+	7
22/06 /2019	Crits at the Park #5 (3/4 Men)	Closed Circuit	Regional C+	8
08/06 /2019	Crits at the Park #4 (3/4 Men)	Closed Circuit	Regional C+	25
09/05 /2019	Cyclopark Summer Series #3 (3/4 Category)	Closed Circuit	Regional C+	13
04/05 /2019	ECCA Crits 2019 (4th Cat only)	Closed Circuit	Regional C+	1
02/05 /2019	Cyclopark Summer Series #2 (3/4 Category)	Closed Circuit	Regional C+	5
25/04 /2019	Cyclopark Summer Series #1 (3/4 Category)	Closed Circuit	Regional C+	12
20/04 /2019	Spring Rumble 2019 (3/4)	Closed Circuit	Regional B	14
16/02 /2019	Chill Factor Series - Race 7 (1/2/3/4 Category)	Closed Circuit	Regional C+	0

Clearly I have used Rob's photo here that we have borrowed from W French. I imagine that this may infringe their copyright but it is a good photo of one of our riders at our home venue.

Anyone else got race results get them to me as soon as possible or send them to Mike Coulter.

Mike Coulter:

My Open result from July 14th

VTTA 50 2.14.50

I did a 25 but punctured half way round!

The Gravesend time trial 10 mile season has finished this week and the committee will meet to discuss the awards for the season. I would like to urge you all to send in all of your results be that sportive or time trial to me asap and I can then put all of these to the committee and hopefully we can then ensure that all contenders are accounted for.

There are still a few riders involved in Sportives later this year and there are some other time trial events as well. So if you want to be considered and are taking part then please send in your results as soon as possible.

You can email me on:

breadcrumbs@live.co.uk

Ride London

This year we took part in Ride London again. A strong ride from Steve Harrington, Jack Wade, Jason Radmore and Steve Bushell and a rather disappointing ride from myself.   Although we did stay together for the first 10 miles, I was unable to keep up with the pace of the other guys and elected to ride at my own pace for the last 90 miles of the event. Not that it wasn't without issue – I crashed once, and tore a hole in my shorts.

However, the guys looked the part riding in close formation and finishing with a sprint at the end. I have entered the ballot for next year and if unsuccessful may ride the 46 mile event instead and aim at a 2 hour time if I can get enough riders involved.

Could be good fun with enough riders from the club as the course is flat bar 2 hills (1 in Richmond Park and the other at Wimbledon). Meanwhile, we did manage to secure a club entry in the Amstel Club challenge but unfortunately did not manage to get enough riders together to fill the places. I hope that we still try to get places in future events but I appreciate that our time is precious and that participation is sometimes not as straight forward.

high art yet these poorly remunerated Banksie's do it every day. This is an example of what the Tour means and how much everyone contributes to make the spectacle so complete.

So this year when I'm climbing up the Galiber this year I'll look on the roads and maybe see some of this artwork for myself, that's of course if I can remember to look.

Take care everybody – ride safe.

Well I said this issue would be brief. So on a lighter note to finish, let us look at the exploits of a team of painters at the Tour de France.

Every year there is an advance team, who 24 hours before each stage travel the route to search for pictures of genetalia. When they spot this, they spring into action – paint pot in hand. Their skill is considerable. The obvious thing might be to simply paint over them with black paint. However, as this is the Tour de France, they adapt each outline of the male member into a creature or a wall or whatever inspires them.   This is