



Stourbridge CC Newsletter

January 2012 Issue 2



Dear Member,

Welcome to the January newsletter and a new riding year!

This Olympic year is set to be a great profile for our sport, and an exciting time to enjoy cycling both in the saddle and on the TV!

The 'cross season is coming to an end now and the club has had a very successful time with two National champions, and two more members set to finish in the top ten for their age group.

Cross training at Withymoore has been particularly popular this year, with old and new riders improving their skills. A special thanks goes to Tom for his hard work planning and coaching twenty sessions.

We can now all look forward to the spring, the season of reliability trials and longer club rides in preparation for the XC and Road racing season.

Ride Safely

Kevin Payton
(chairman)

We want to hear your news! If you have a club story to tell, please get in touch. From race results to touring achievements, we would love to hear what you have to say. Don't be shy! Contact Carla Lavender-Ward at news@stourbridgecyclingclub.com

CYCLO-CROSS SEASON SUCCESSES FOR SCC

The 2011/12 Cyclo-Cross season has been a particularly successful one for SCC so far, with members of all ages and experiences taking part in the Waldrons Solicitors Cyclo-Cross League, National Events and even World-Class rounds!

The established Waldrons Solicitors Cyclo-Cross League got underway in October and has had a strong SCC presence in the form of first and second claim members, many who were trying Cyclo-Cross for the first time. Club riders have



Bryan Hedges at Sundorne. Picture by Ian Cadwallader

notched up some great results throughout, with Kevin Payton, Bryan Hedges, Roger Allen, George Appleby and Jayne Cheslin all clocking up a number of top ten finishes in their categories.

Louise Robinson and Isla Rowntree also had some great finishing positions at both Nationals and league races

throughout the season, finishing first and second respectively, while Hannah Payton became National Junior Cyclo-Cross champion again, and was also chosen to ride for Great Britain in Belgium!

Great results all round! Well done to everyone who has raced this season.

SCC IN THE NEWS!

Following on from the news that SCC had reached the 200 members mark, we sparked off a whole load of interest in the local media!

Developing on a piece about SCC has grown in the last 12 months, the Express and Star followed up with a photo shoot at the Bonded Warehouse with club members, and a story about how much cycling has grown in popularity.

This sparked off an interview with our very own Roger Allen on the BBC WM Breakfast Show, which was brilliantly executed by Roger, and made for some fantastic profile



building for the club!

Teamed with the race reports from the 'cross season in the cycling press featuring Isla Rowntree, Louise Robinson and Hannah Payton, and a profile piece on Ian Austin in Cycling

Weekly flying SCC orange, it's been a really positive time for the club.

Well done to all involved. If you have a newsworthy Club story you would like to share, contact Carla.

HILL CLIMB REVIEW

The SCC Hill Climb took place on a very cold November 5 2011, with 15 brave souls turning out for the 'Double Clent Ascent'.

A great time was had by all who attended, with a chance to warm up at the end of

the climbs at the Nimmings Wood Café with bacon butties and tea!

Congratulations goes to Tim Goodall who completed the climbs in a fantastic overall time of 8:58 to be crowned 2011 King of Clent, with Louise

Robinson taking the Queen of Clent crown for her combined time of 10:50.

Thanks to all who took part, those who helped to marshals and time-keep and of course to Jackson for organising it.

FIVE MINUTES WITH HANNAH PAYTON



Hannah with Louise Robinson and Isla Rowntree on the podium at National Trophy, Derby

We took five minutes to catch up with club member Hannah Payton, to find out what it's like to ride for Great Britain and to become National Junior Women's Cyclo-Cross Champion for the second year running!

Why Cyclo-Cross?

Cyclo-Cross is unpredictable. It's not always the strongest rider that wins the race. Every course is different and suits different people.

What is your biggest achievement?

Riding for Great Britain as the Junior National Champion at a World cup event in Koksijde has to be my biggest achievement so far. I was 2011 Junior National Champion and Women's National Trophy series winner. I successfully defended both of those titles this year

What do you like about SCC?

The club has produced a number of outstanding cyclists, particularly within my discipline. Louise and Isla have both been world class riders and have been very supportive and an inspiration to me.

What was it like to be picked for GB?

It had always been my dream to ride for Great Britain, but no-one ever thinks their dream will come true. I couldn't quite believe it when I found. The actual race was such an amazing experience. I was stood on the line with the world's best Cyclo-Cross riders. There were thousands of spectators and the whole atmosphere was something I will never forget.

What else do you get up to off the bike?

Quite a lot! I'm at college doing A levels in Maths, Biology and Music. I play clarinet, saxophone and piano and I'm in four orchestras. I also do a bit of cross country running, walking and swimming.

How do you fit your training in?

When I'm training hard I get up at 5am to train and then I fit in training in the evenings around music rehearsals and school work. I'm pretty lucky because I do all my training with my brother and dad. We all motivate each other. There's times when one of us has had a bad result and is on a bit of a low but we pick each other up. If one of us goes out training, the other two will follow!

What advice would you give to people just starting out riding?

Cycling is a sport for everyone. It's great fun, it keeps you healthy and it takes you places you would never normally go. Ride your bike to enjoy it and not just as a training regime.

CHRISTMAS RIDES AND MINCE PIES!

The closing club night of 2011 saw lots of club members gather at the club room for mince pies, nibbles and of course the famous Christmas Quiz!

There were then lots of opportunities over

the Christmas period to blow the cobwebs (and the mince pies!).

The annual 'Holly Run' went ahead on the December 27, with off road and road rides converging at the White Harte for a few beverages.

The annual New Year's walk went ahead too on Monday January 2, for a chance to stretch those legs with friends and family.

CLUB HOLIDAYS AND TRAINING CAMPS



Plans are underway for the 2012 annual club excursions to Mallorca and Les Carroz.

Roger Allen and Warren Neate (Washa) are pulling together the plans for the Les Carroz trip. The likely dates for this are July 8-15. The Tour de France will be at the nearest point on the July 12, and possibly daily

rides include Megeve, Rhone Alps Haute Savoie, or maybe the Etape route.

For those who fancy a spring training camp with a chance to clock up some warm training miles, try for a last minute deal to meet the club in Mallorca.

Bryan Hedges has full details of the current arrangements, and dates are from

Tuesday 13– Saturday 24 March.

All who attended last year had a great time, some clocking up training miles and others kicking back and enjoying the holiday and social rides, and of course the warmer temperatures!

Further details for both trips are on the forum.

STOURBRIDGE CYCLING CLUB

Come along to the
Club Room Meets:

Every Monday from
8PM

The Roy Archer Room
Oakfield Community
Centre
Brettell Lane
Amblecote
Stourbridge
West Midlands
DY5 3LT

DATES FOR YOUR DIARY 2012

Dates and events are now filling up the SCC Calendar for 2012, so make room in your diary for:

The SCC Reliability Trial

Sunday February 5
2012

Starting from the D&K Rugby Club, this is a 44 mile ride with three differing speed starting groups.

Full details are on the SCC website and forum, along with details of other local reliability rides throughout February.

SCC Club 10s

This year's Club 10 schedule kicks off on April 17 from Halfpenny Green.

SCC organised Local Road Races

There will be at least one SCC organised local road race this year. This is scheduled for June 10 and takes place at Astley.

The SCC SSSCCRRL race will be on June 28.

We will need volunteers' to make all this happen. Please contact Derek Mason or Roger Allen for more information.

Monthly Off-Road Trips

Jackson and Matt are organising a range of off-road specials.

They will be selecting start venues that are no more than 2 hours from Stourbridge, but offering something a little different to the

local weekly rides.

The aim is for one per month, kicking off at the end of January. Venues so far include Coed Y Brenin, Ladybower Reservoir and Ludlow. For more information, check out the forum or contact Matt or Jackson.

Roller Race Evening

The last roller training evening takes place on February 6, with the roller racing evening taking place on March 5. Everybody welcome!

AGM

The 2012 AGM takes place on March 26 in the clubroom. Further details will follow closer to the time.

DO YOU NEED TO RENEW?

Don't forget club subs run on a calendar year basis, so subs need to be renewed each January. See Bryan Hedges to carry on your subscription for 2012.

ABOUT STOURBRIDGE CC

Stourbridge Cycling Club was formed in 1964, as an amalgamation of Audnam Wheelers and North Worcestershire Road Club, and has been serving the community ever since.

While able to boast many achievements in recent years, including national championship titles, record holders, extraordinary touring achievements and a host of successes at road, cyclo-cross

and time trials, the club continues to encourage and support all levels and abilities of cycling.

The club currently has 200 members from across the Black Country and while the club has a particular presence in cyclo-cross, members also enjoy both recreational mountain biking and road riding, as well as racing, and have a strong touring group too.

Road, off-road and touring groups meet weekly, and club coaches run a Go-Ride scheme for children at various points throughout the year.

For more information on the club, visit
www.stourbridgecyclingclub.com