

RR & Membership Secretary

Issue 4, March 2014

Welcome

From Tom Knight

Dear All, it was really pleasing to see the number of members who took part in (or supported) the racing last weekend at the San Fairy Ann Crits @ Cyclopark. See the report below for more details, it's a really positive start for the club and let's hope we can keep this up throughout 2014.

I want to take this opportunity to talk about how important it is that you not only support the club in its weekend club runs but those of you who are looking to race or time trial this year should consider giving some of your time back to support the running of these events. Without volunteers many of these events would not be able to happen. With this in mind there are a number of key events that the club is promoting this year for which we need support from you.

Most importantly, on the Sunday 27th April the club is putting on its first series of criterium races for many years. The club will be looking for a people to help out with signing-on, marshalling and line judging. I will hopefully be able to provide more accurate requirements at the end of March, but for the time being please keep this date saved. I would also like to see as many of our club members participating in this event so it would be good to have as many members as possible who don't think they will be racing supporting this event.

We will also be promoting two other road race events this year, one for SERRL on Sunday 29th June, and one for the Surrey League on Sunday 12th October.

We also need to provide marshals for either of the following 2 KCA time trial events this year; KCA 100 on the 15th June or the 12hr on 7th Sept. With good number of teams entered into to the club 3-up championship this year I think we are going to have a good year on the TT front also. Please let me know ASAP if you can help with either of these events.

It has been a really good start to the year and we as a club have a very positive and busy year ahead, I am just hoping that I will be able to get out on my bike with you all soon.

Tom

Top prize money on offer for Medway Velo Crits

The club will be hosting three crit races at the Cyclopark on the 27 April 2014. The event has kindly been sponsored by Robert Philbrook in memory of his father Bill. The event is also supported by Sufferfest, Kapz and Bio-Racer.

There will be very generous prize money on offer in all races with £70 for first and cash all the way down the line to 10th. There will be a Cat 2/3/4 race, a cat 4 event and a women's race. The prizes will be equal for all races.

For more information and to enter go to:

<https://www.britishcycling.org.uk/events/details/104838/Medway-VC-Crits>



MVC strong at SFA crits

Five Medway Velo riders took part in a day of racing at the Cyclopark on Saturday, 1 March 2013. Rob Kennison, Andy Hawes, Steve Smith, Matt Fearn, Steve Nixon and Lee Pilcher represented the club in three races hosted by the San Fairy Ann Cycle Club. The event was well supported with both the cat 3 and 4 races fully subscribed by 70 riders.

First up for team were Rob and Andy who were riding their first race of the season in the vets league (riders over 40-years). Both rode extremely well in the respective categories. In Rob's race a break by two riders early on in the race saw the top two spots taken, Rob attempted to cover this, pulling clear of the peloton with his friend Craig Wilson. Though the pair battled hard to catch the two on the front, their chase came too late but still Rob managed a very commendable 3rd place after edging ahead of Craig in the sprint. Andy also rode well, though a surge within his race left him chasing the main field, he kept his pace high, repeatedly racing up the hill at an impressive pace. Looking back on his lap times he showed the overall speed was good, nearing a 22mph average.

Next up in the Category 3 road race was Steve Smith, who was having his first outing in red, white and green for over a year. The race was full on and very busy with 70 riders jostling for position. Steve kept on it for the first half of the race before losing contact and after recovering continued to look strong at the finish.

The end of the day saw an impressive line up in the 4th category race with three riders from the club, Lee, Matt and Steve taking part. The pace was immense with many strong riders. Matt did really well, positioning himself in the top third of the field throughout. Unbeknown to the group a rider had broken away and claimed the top spot, with Matt keeping in the bunch and taking 4th in the sprint. Lee and Steve finished well and everyone riding did the club proud.

The next two events will see Phil Booth flying the MVC flag at the VTTA 10-mile time trial this Saturday 8 March at Harrietsham and there are 9 MVC teams hoping to ride in the KCA 3-up time trial on Sunday, 9 March.

Training session at the Velodrome

The session for the Olympic Velodrome is now full but some members may have to drop out so if you are still keen to go speak with Track Secretary Tom Kennison or publicity secretary Sally Smith.

In preparation for this event Tom Kennison has been successful in securing two sessions at Calshot track to take place Sunday, 13 April between 3.15pm and 4.45pm and Sunday 25 May between 3.15pm and 4.45pm. The sessions will be a slightly different format than usual with smaller groups as we only have the track for an hour and a half. The event in April will be for novice riders to learn basic skills and grow in confidence and will be coached by Rob Kennison. The May session will be for intermediate to advanced riders and will use a Calshot based coach.

We are currently working out the costing but it will likely be in the region of £15 for members and £20 for non-member (TBC). Contact Tom to secure your place.

Cool for Kapz

Having been mighty impressed with the personalised head cap order I had made from Kapz, I enquired about the possibility of the Mighty Medway Velo having their own version made up.

Not only did they get back to me incredible quickly with an awesome design but also offered the club a great deal for making a bulk order. For just £15 members can have their very own personalised Kapz (pictured right), the normal cost is £25. Orders have come in thick and fast with over 30 members ordering theirs. We will also be offering 'Club Champion' Kapz for the 2-14 club championship winners, so there never has been a better time to enter an event.

For more information log onto www.kapz.co.uk to see their amazing fun designs - *Sally*



Club Kit

New club kit is in but has sold fast. If you need some more, please contact Rob Kennison.

MVC Hoodies

The hoodies are selling well and we are looking at getting some club T-shirts made for the summer. If you would like one, speak with Rob K.

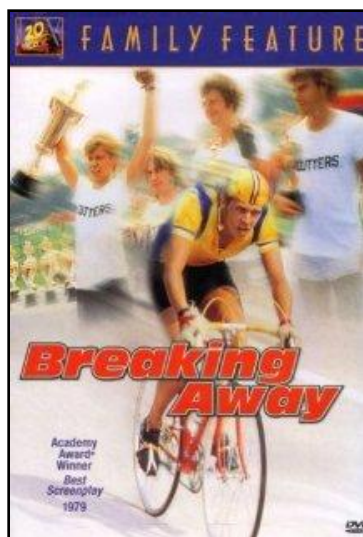
Club Champs

The hilly time trial is the next club championship on the racing calendar and will take place on Sunday, 23 March. Details on how to enter can be found on www.medwayvelo.org.uk in the events calendar.

MVC cinema night

The club will be holding a private screening of the 1979 Oscar award winning film '**Breaking Away**' at the Avenue Theatre, Central Avenue, Sittingbourne on **Saturday, 12 April 2014.**

The film is suitable for all the family regardless of interest in cycling and stars Dennis Quaid and Daniel Stern and is ranked 8th in America's top 100 most inspiring movies. It is directed by Peter Yates.



It is said to be the greatest sports movie about cycling ever made. The story follows four friends who graduate from high-school and find themselves looking at an uncertain future in small-town America. Dave's passion is cycling and his dream is to be a world-class champion like the Italians he idolizes. Despite being disillusioned when he finally races against his heroes, his passion for cycling takes on new meaning when he and his friends face a team from the local college in the town's annual bike race, the Little 500. Looked down on by the students Dave faces his greatest challenge yet, one that will test his endurance and spirit to the limit.

Tickets are just £4 each, please contact Sally Smith or Rob Kennison to book your place.

Member cash-back scheme

All members are entitled to take part in the members cash-back scheme. Riders can select an event they participate in to claim £5 cash-back on their entry. Cash-back forms have been emailed to all with T&Cs but if you have not received a form, please contact Sally Smith.

Sunday Club run time change

There are now 2 Sunday club runs. A faster paced ride leaving at 9am run by Mick and Harv and a steady paced social ride led by Rod leaving at 9.30am.

Contact us

To share your news and views e-mail publicity secretary Sally Smith on sallyrmsmith@hotmail.co.uk