

Thank you!

The committee would like to say a huge thank you to all those who volunteered with our crit races on Sunday, 27 April at the Cyclopark. With over 200 riders taking part it was an extremely busy day and the club has had a wealth of positive feedback as a result. Thank you to all of you for giving up your time to help the day pass so smoothly.

Great rides by **Ian McMillan**, **Jacob Kennison** and **Donna Hopper** who were all awarded prizes for being the highest placed members representing the club on the day.



The first race of the day, for 4th Cats, had over 80 riders throwing their hats into the ring. The pace was fast and furious with riders dropping off the back frequently. It all came down to a large bunch sprint which was convincingly won by Bradley Meacham of Velo Virtuoso BRC. 2nd was Ian Cullen riding for Army Cycling Union with Gregory Andrews of Colchester Rovers CC in third.



Jacob Kennison in the 2/3/4 race

Next off was a very strong field of over 70 cat 2/3/4 riders and the out and out favourite for the win was Alex Panton who frequently attacked throughout the race, riding off the front several times. The main bunch kept together with the Pedal Heaven rider taking a well deserved and convincing win. Frank Longstaff of Team Terminator came in for 2nd with High Wycombe CC's Jerzy Kuzminski in third.

The ladies race drew the biggest field of women ever experienced at the Cyclopark with 38 entrants. After a few quick opening laps the pace settled and a few little digs were covered by the peloton. As the group stayed together the bunch sprint was won by some distance by Harriet Owen of Matrix Fitness Vulpine with Jayne Paine of London Dynamo 2nd and Boom Cycle's Hisayo Kaneko 3rd.

Strava Challenge

Congratulations to Shaun Robinson (pictured), who not only won the Presidents Strava challenge up Thurnham Hill but also claimed the King of the mountain! Kudos to all who gave it a go.



Go Donna!

Well done to Donna Hopper, placed 2nd in the ladies go-race at the cyclopark Twilight series recently.

Ghent 6-day

The tickets are booked, have you got yours? Speak to Rob Kennison now to secure your spot on this awesome trip to the Ghent 6-day in November. £165 for MVC members £175 non-members. rob.kennison@me.com

Speedy Sam

On 20 April (in hideous rain) Sam Farely competed in the 3rd Cats, finished in the bunch in a race averaging 41.4kmph

Well done Phil

Tour of the Weald 100KM hilly sportive on 20 April, Phil Booth in 4hr23mins

KCA 25

KCA 25 on 13th April, Dom Campbell in 1.00:25. Steve Smith DNF (Puncture)

TT PB

West Kent RC TT, 10 miles on 12 April on Harrietsham. Steve Smith 14th in 23.06 and Phil booth with a massive PB in a time of 26.02.

Windy 10

Gravesend CC 10 at Isle of Grain 9 April, Steve Nixon 35.34

Leaderboard // Medway Velo

MY CURRENT PLACE		MY BEST TIME		All-Time		Men and Women	
- / 11		-					
Rank	Name	Date	Speed	HR	Power	VAM	Time
1	 shaun robinson	4 Apr 2014	17.8km/h	178bpm	428w	1,712.3	2:51
2	Lee Pilcher	15 Mar 2014	15.5km/h	179bpm	304w	1,486.3	3:17
3	David Campbell	10 Apr 2014	14.4km/h	-	353w	1,387.7	3:31
4	Neil Ord	21 Apr 2014	12.6km/h	-	248w	1,215.0	4:01
5	Alex Woolley	5 Apr 2014	12.0km/h	-	228w	1,148.3	4:15
6	Cai Jarvis	7 Aug 2013	11.3km/h	-	224w	1,088.5	4:29
7	Vicki Strila	6 Apr 2014	11.3km/h	166bpm	209w	1,084.5	4:30
8	Phil Booth	17 Apr 2014	10.9km/h	-	-	1,049.5	4:39
9	nigel smith	25 May 2013	10.3km/h	-	-	992.6	4:55
10	Tom Kennison	15 Mar 2014	6.4km/h	199bpm	155w	619.0	7:53
11	Matt Fearn	6 Apr 2014	5.5km/h	163bpm	393w	523.8	9:19



What's that coming over the hill is it a Velo?

Great photo here of Roger Maddams, who rode stage one of the TDF. He appears incredibly chipper despite climbing 18500 Feet in 3 days. By the way - the jersey is looking great Roger. Awesome effort, well done.

Kudos is heading your way!



Not the Tour of Flanders

On a sunny but cold Easter Saturday the Club did itself proud with a turn out of 30 members for this years Not The Tour of Flanders, based of course on the Flandrian classic. This years event features 14 steep climbs of The North Downs as well as some really awful lanes.

Setting off from 44Two the view was of a sea of riders in red white and green, the sea was soon however to become many smaller groups as the hills took their toll.

With few rules to the event other than ride and enjoy yourselves, and be back for chips and beer, numerous riders took the opportunity to ride as much, or as little as they could manage. A good number of us did manage to complete a version that was about right and included 80 miles of suffering, 2,000m of climbing and 14 climbs.

There was a superb atmospheres at 44Two, where Mark Barton had his fan club, and everyone enjoyed chips, drinks and the chance to tell everyone else how heroic they'd been!

For those who took part well done, you are all Flandrians now, for those who didn't make it, hopefully we'll all be there to do it again next year.

PS for Alex Woolley it was his first century ride, having ridden from Sheppey to the start, well done Alex.

Velos get a soaking at the Catford 10

On Saturday, 26 April four members of the Medway Velo CC travelled to Tonbridge to take part in the Catford CC 10 mile time trial.

Early start times meant that the team had to be up at 4am to ensure they were not late for their race. As the quartet of Rob Kennison, Dominic Campbell, Rob Sapp and Sally Smith neared the venue they were greeted with torrential rain, but as the Medway riders are made of tough stuff, they all decided to ride, even though nearly a third of the field chose to stay in bed and miss the soaking.

First off was Rob Kennison who seemed completely undeterred by the conditions, putting in a fantastic performance to finish in 22.53. Next off was Rob who was on good form with a 24.15. Sally knocked 17 seconds off her PB to ride a 26.30, which was good enough to be placed 2nd in the ladies competition. Fourth off was Dominic who flew home in 23.35.

Records tumble at 2-up TTT Champs



Rob & Cassie



Ian & Rob



Jacob & Tom



Karen

14 teams took part in the Thanet RC 2-up Team Time Trial at Manston on Easter Monday, 21 April. The event, which is a club championship, was held in good conditions in Manston and involved two laps of a sporting course totalling 9.5-miles.

A warm reception greeted the Mighty Medway Velo riders from members of the Thanet RC, whose marshals and helpers cheered on all riders as they passed on course. A special mention must go to Rodney and Barbara Kennison of MVC who marshalled the whole event and did a great job in encouraging the teams.

The velo managed to get into the prize money in three categories. Taking the club championship and 2nd place in the mixed team were Rob Kennison (50) and Cassie McGoldrick (18). This is the first time in the clubs history that a lady rider has won this championship. The duo completed the course in 22.17.

Winning the category for a senior rider and junior rider were Sydney Hawes (18) and Sam Farley (17). The young-guns did an exceptional ride of 22.47.

A new club record was set in the women's event which was also won outright by Sally Smith (34) and Victoria Strila (33) in a time of 24.51. The record had previously stood at 25.37.

Karen Florey rode with Richard Stokoe to complete in 27.26, this is the first time Karen has exceeded the 20mph mark, a massive personal improvement demonstrating how riding with the club regularly can benefit riders speed and fitness.

Medway Velo Club Championships

1st Cassie McGoldrick & Rob Kennison (22.17) ***The Champs!**

2nd Steve & Andrew Smith (22.33)

3rd Sam Farley (17) & Sydney Hawes (18) *** Junior Champs**

4th Ian Stephens and Rob Sapp (22.56)

5th Jacob and Tom Kennison (23.18)

6th Matt and Andy Fearn (23.26)

7th Tom Knight and Cai Jarvis (23.35)

8th Mark Barton and Paul Daniel (24.24) *** Vets Champs**

9th Geoff Graham and Harvey Pope (24.32)

10th Gordon Chambers & Shaun Robinson (24.35)

11th Victoria Strila & Sally Smith (24.51) ***Ladies Champs**

12th Nigel Wharton & Michael Florey (25.26)

13th Richard Stokoe & Karen Florey (27.26)

14th Lee Kingston & Steve Nixon (28.33)



Syd & Sam