



The Dark Side

Doncaster Wheelers - April 2006 Edition



Andy Braisby gets a gentle hint from his coach Sid Scoop about what will happen if he doesn't ride to the race schedule again!

All Roads Lead to...More SNOW!

Elite roadman Adam Weaver opened his account at the 2nd Darley Moor Circuit Race with a brilliant 5th place. There were top 10 placings also for Jack Ibbotson, 9th in the Neil White Memorial Pursuit and Ian Furniss who was 10th in the Jack Granger Memorial RR. Mark Wordsworth was lying 19th overall after 2 stages of the Mersey 2 Day, but unfortunately the 3rd stage was cancelled due to heavy snow. However, it has not been disclosed what it weighed.

Club Evening 10 Miles Series

The new series pushes off on Wednesday 12 April at 6.30pm sharp. Steve Cowlbeck defends his Premier Handicap League title and with the possibility of 2 extra events this year, I reckon it's 4 to 1 on that the points record will go, even though I'm not a betting man. Now is the time to donate those large sums of your easy earned cash to the handicapper to assist in those difficult handicapping decisions. Last year 52 members took part in the series and the fastest time recorded in 2005 was Big Ian Furniss with 21mins 30secs.

They're Off!

Into March, and while Sizzler and the crew were swanning off to York Youth Hostel, Yorkshire Road Race Champ Mark Wordsworth riding in the colours of his first claim club JE James got his season off to a flying start by finishing a creditable 4th in the 1st Darley Moor Circuit Race. Future star Alex Wallis could only finish 6th in the Under 16 years race.

Big Ian Furniss scored the first victory of the year for the club with a blistering 41mins 57secs in the Featherstone RC 17 miles tt on a new circuit based around Sherburn-in-Elmet. His winning margin was a magnificent 1min 30secs over Lee Cairns. Dave Furniss made an auspicious start to his season with a fabulous 48mins 16secs to win the D Category award. Nice one D!

10 Mile Time Trial Series
April to September - Every Wednesday at 7.00pm
Ancient Lane, Hatfield Woodhouse, Nr Doncaster



Rattle those Grey Cells

Due to the archive of Club photographs through the ages on the web site we have been forwarded this photo to identify. All we know is that it's the Askern CC Road Race Champion 1930's. Any ideas? And no...Super Sizzler Siddons was not around at the time!

Answers to the usual contact
postmaster@doncasterwheelers.info

"The riders come out, knights for the tournament, neck to thigh in slippery lycra with the sheen of deep space condoms, faired helmets on their heads like the glans from another galaxy and neoprene pixyboots to slide the air around their feet, mounted on gaudily caparisoned donkeys - the carbon fibre monocoque monoblade."

James Waddington
Bad to the Bone

Gone TO The Dogs in the Vets 18K

In the VTTA 18K, Martin Oliver led a plethora of Wheelers clocking 25mins 56secs in the arctic conditions. This was good enough for 11th place overall and was only 54secs behind winner Richard Oakes. Dave Furniss and his new bike whizzed round in 26mins 34secs and the most improved rider of 2005 was already the most improved rider in March 2006! Rocket Ron Moat clocked 28mins 46secs and he just managed to hold off Tony Brown by 2secs. However, Tony's superb performance saw him collect the 1st Handicap prize. Laura Oliver finished in 30mins 01sec beating little bro Adam by a whacking 57secs. Levi Huck, now riding for Pinarello RT recorded 25mins 44secs for 7th place. John Maughan unfortunately was non-starter due to an abscess, but on positive note, it took his mind off his sore thumb. In an exclusive interview, I couldn't tell a word John was saying, as the abscess severely impeded his speech.

Testing Times Ahead

In the opening 25 miles tt of the year in 025/10 land, Russell Charlesworth finished in an excellent 10th place with an impressive 58mins 49secs, which pleased Steve Cowlbeck immensely after the previous week's battering. Dave Furniss produced an awesome pb of 1hr 0mins 42secs to win the 1st Handicap prize for riders who are affiliated to the NMCF. Dale Coan completed the team with 1hr 5mins 29secs while Tony Brown was successful in updating his pb to 1hr 9mins 20secs.

Martin Oliver showed he is equally adept at short distances by finishing a splendid 8th place in the Cherry Valler RT 10 miles tt in a time of 23mins 31secs. Laura clocked a fantastic 27mins 41secs, but Adam had narrowed the gap to 35secs. In the 3rd Darley Moor Circuit Race, there was another top 10 placing for Adam Weaver, this time finishing 10th.

Wonderful Weaver

Adam Weaver finished in a respectable 19th place in the Tour of the Reservoir in Durham, the opening round of the Premier Calendar series. Kevin Dawson & Graham Briggs were 8th & 9th respectively while Mark Wordsworth came home 33rd. Interesting to note that this race was screened on Eurosport on Thursday 6 April at 4.00pm. If you have the Interbet it is also available on www.cycling.tv

Read further as Adam revelas all in our Rider Cam

Brrr.....

In the Hull Thursday 2up 24 miles ttt, Russell Charlesworth & Steve Cowlbeck clocked 1hr 1min 06secs in the blizzard conditions. Alex Wallis & Charlie Hindley were non-starters due to the latter suffering with man-flu. "I think he was scared to go to the frontier of pain" said a disappointed Alex. Further south, over the river, Dale Coan produced a nippy 26mins 54secs in the nippy conditions that prevailed in the Scunthorpe RC 10miles tt.

British Cycling National Rankings

In the first published list of the new ranking system, Doncaster Wheelers are currently in 54th place as at the end of March. However, 4th position in the Yorkshire Region sounds slightly more impressive. Well done to the "points scorers" which include Adam Weavers 19th place in the Tour of the Reservoir & Ian Furniss' 10th place in the Jack Granger Mem RR. I don't think we're in top gear yet so come on lads lets get in those points, no more puncturing, no more packing

In the singles charts, Revvin Kevin (Dawson) goes straight in at No 23 with A Change while The Rosso Rocket (Graham Briggs) is close behind at No 31 with Take a Chance On Me. Also heading up the charts is Adam (Weaver) & the Aunties with Ride & Deliver while Mark Marky (Wordsworth) & the Markettes are down at 44 with The Only Way Is Up, More chart news next month, unfortunately.

My First Race - Dale Coan

After receiving this request from Sid Scoop, I noticed he had suppered my plans by adding a footnote "Don't say your records don't go that far back! So here goes...

My very first test against the watch, was a Club MG 72" 10 mile time trial March 16th 1980 on the Scrooby course. Toggled up in rugby jersey and a quickly borrowed fixed wheel I managed a 30:40 (The winner was good ol' John Beaumont in a time of 26:00. I can say that my placing of 10th out of 16 riders did not stop my interest but I seem to have not moved on since as I still finish in the bottom half of most events I enter!

I was introduced to Road Racing by the very same John Beaumont who won the 10". It was a series of Junior crits around Norfolk Park in Sheffield. I can't say that it wasn't a road race for me as by the time the buch crossed the start line for the second lap (and that was not very far) I had taken up my usual place at the back on my own watching out for any stragglers who may have wanted to sneak an attack from the rear of the bunch, and that's how my view or road races have usually been...from or off the back!

Track Racing..John Beaumont has something to answer for, as yet again he introduced me and a few others to the delights of grass track racing on Cantley Park and then in my first open event at the Winterton Show. Grass track racing is a particular skill and as with most of the other racing facets of this sport, another one I have yet to master, so I took up my usual position at the back.

As you have read, John Beaumont has a lot to answer, for but from me a lot to thank, as he was there to pick up the pieces when I again failed to master the art of getting off Scunthorpe track when being about to be lapped, as I fell, broke my collar bone and shoulder blade, but who was there to keep me company at the hospital and drive me home in the early hours...you guessed it...John Beaumont.



"I still feel that variable gears are only for people over forty-five. Isn't it better to triumph by the strength of your muscles than by the artifice of a derailer? We are getting soft... As for me, give me a fixed gear!"

Henri Desgrange
Father of the Tour de France

Club Clothing

A new batch of club clothing has now arrived at Don Valley Cycles. The prices are as always very competetive. As certain items bibshorts etc. are usually in high demand we must limit purchases to one per type of clothing per member initially so that all members will have the chance to buy. Once we feel that everyone has had the chance to buy, the rest of the clothing will be available to whoever wants it in whatever quantity so long as they part with the required amount of cash! So roll up, roll up and get it while its here!!!

Rudy Project TT Series 23 April

Doncaster Wheelers are promoting the 3rd of this 8 race series on the "Gringley" circuit. A plethora of time trial stars have entered including Gethin Butler, twice British Best All Rounder, former 100 miles, 12 hours & 24 hours champion and the first winner of this competition in 1995. Gethin was also a convincing winner of the opening round of this series promoted by San Fairy An CC. Challengers include comeback man Richard Prebble who is a former champion at 10 25 & 50 miles, Julian Ramsbottom the 1990 Junior 25 miles champion & a member of the winning quartet in the 1997 National 100km 4up tt & Matt Bottrill the 1995 Junior 25 miles champion & Best All Rounder who was also a member of the winning 1997 100km 4 up team.

There is an equally star studded veteran entry led by Ray Hughes who is the defending series champion. This 1993 12 hours champion is also the current Circuit tt Champion & finished 2nd in the San Fairy Ann event. His main challenger could be Roger Iddles who became the first man aged 60 years to ride a sub 20 minute 10 miles tt. Favourite for the Vet's target time is John Woodburn who's long career includes winning the British Best All Rounder in 1978, breaking the 12 hours record in 1979 with 285.51 miles, winning the National 24 hours championship in 1980 & 81 and breaking the Land's End to John O'Groats record in 1992. However the anticipated crowd of around 30 are probably more interested in our own Veteran stars led by Ian Furniss, Martin Oliver & John Maughan. Alan Mattinson & Ron Moat present a formidable challenge in the Vet's Target Time category.

Three time winner of the Ladies series in 2002, 03 & 04 Julia Shaw is the favourite to repeat her win in the San Fairy Ann event. Dr Helen Carter & Ann Bowditch are likely to be her closest challengers, but don't rule out Laura Oliver who recently finished 3rd in the Kiverton Park 10 on the 010/2.

In the Espoir Category there was a surprise entry from Graham Briggs who was the Espoir tt champion in 2003. Now a member of the Agisko team, he will be the hot favourite to win this category and he should also be in the frame in the Senior competition. Another former Doncaster Wheeler Levi Huck, 3rd in last years Junior Best All Rounder will be hoping to finish on the podium.

Doncaster Wheelers are assured of a 1 - 2 in the Juvenile category as Alex Wallis & Adam Oliver have the race to themselves.

Five times Premier Calendar winner, 2 times National Road Race Champion & Olympian John Tanner is our special guest and will be presenting the prizes. It should be a great day of racing and don't forget, Cycling Time Trials will be filming the event. This x-rated extravaganza will be available on DVD next year.

The Club Season Starts Here

The 1st classic race of the season was the Club 13 miles tt at Beckingham. On the start line there was 1 question to be answered, who was going to stop Dave Furniss? 33mins 26secs later the answer was an emphatic no-one as he scythed a massive 6mins 33secs off his 2005 time to send shock waves down the San Andreas fault. Runner up with a breathtaking time of 33mins 53secs was debutant Andy Chadwick who was clearly benefiting from some training with Graham Briggs. Completing the podium was another prospect also making his debut Andy Braisby. He finished with a bloody nose in 35mins 29secs. In an exclusive interview he revealed "It would have been much closer but I crashed into a bunch of cows." "Herd" I replied. "Heard of what?" Andy asked. "Herd of cows" I responded. "Of course I've heard of cows" he said as he sought medical attention from Dr Siddons.

Other riders and times were Steve Cowlbeck 35.43, Alan Mattinson 36.44, Tom Stewart 37.38, Ron Moat 38.40, Dave Walker 39.56, Alex Wallis 41.01 & Fred Easton 41.24. It should be added that Tom & Alex were at the last moment forced against their will to ride and Tom rode on a training machine where it was obvious that the back wheel had not been maintained at Don Valley Cycles.

Thank you to Maureen for timing the event and all the marshal's who sadly outnumbered the riders. And of course Sizzler for organising this early season lung buster.

Compared to last years times there were massive improvements for Dave & Steve while 'Big Al' is another year older! I asked club statistician Mr Sizzler Siddons if he had ever witnessed such a dramatic improvement in the history of the wheelers to compare with Dave. Sizzler replied "I haven't got a clue."

Rider Cam – Adam Weaver

You finished 19th in the opening round of the Premier Calendar series. How do you assess your performance?

i was pleased with 19th as i had not done any races that long and expected to pop my brains out

What impact do you think you can make in this years series?

i will have very little impact on the premier callender

Describe a typical training week i.e 27 Mar - 2 Apr

mon, rest tue, tuesday run wed, chaingang or tt thurs, chaingang fri, rest sat ,rotherham chaingang sun, race

What is your major aim for 2006?

major aim to have fun and no hassles and learn to spellll

Last year you were 5th in the Yorkshire Road Race Champs. Can you improve on that this year?

I may be riding the RAS rather than doing the Divs but if i do he Divs i will try to beat 5th as I have been 5th the last 2 years

What is your best performance?

29th in the 2004 Lincoln GP

What is your favourite:

Cyclist: *Jan Ullric*

Sportsperson: *Forrest Gump*

TV Programme: *Simpsons*

Musician/Group: *White Stripes*

Song: *1st song on new white stipes album can't remember the name of either
(Get Behind Me Satan, Blue Orchid)*

Meal: *Chocolate sponge and chocolate custard from the hospital canteen*

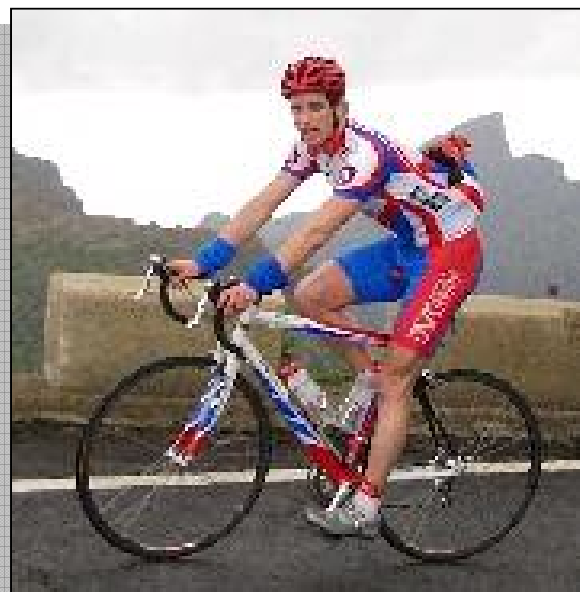
Place visited: *Button Moon*

What is your lifetime ambition? *Win the lottery*

How do you like your coffee? *Weak like me with 5 sugars*

What animal describes you best & why? *A fraggle off fraggle rock just cos its the first one i could think of.*

Describe yourself in 5 words: *reasonably placid with a hidдон fire (6 words...Can't spell...Can't Count as well!)*



Nudy..Rudy

Martin Oliver & Levi Huck made the long trip south for the opening round of the Rudy Project Series at Tenterden, Kent. It wasn't the luckiest of days for Martin. Firstly the race distance was cut from 24 to 11 miles due to roadworks. Secondly when he started to get changed he realised that his skinsuit was still in South Yorkshire. And finally he was arrested by the fashion police after the race for wearing illegal racing attire. Despite the reduced distance, Martin can be satisfied with his tremendous 27mins 04secs time which gave him 12th place in the Veterans category. No such problem for Levi who finished 3rd in the Espoirs category, smearing his chamois for 27mins 19secs before handing over the aforementioned garment for further abuse to our shortless hero. It would be reassuring to know if Levi was referring to the road conditions when he commented "I was skidding all over the place."

Rider of the Month - David Furniss

Name: David Furniss

DOB: 01/02/1972

Personal bests:

10 miles 25.29

25 miles 1.0.42

50 miles Entered one in Warwickshire end of April.

As I want to do the national 50 in South Wales for family reasons.

100 miles 4.32.55

12 Hour 216.42 miles



What are your aims for 2006?

2006 has been a very pleasant surprise to date, probably the result of keeping the weight off and the fact that I'm at the beginning of the improvement curve which as we all know begins steeply and then starts to flatten off as the incremental increases in power and weight loss become harder to achieve.

The winter has been quite difficult for me as I've had a lingering illness which began on 12th December, after a lengthy seventy miler with Trev et al in sub zero weather. This illness, mainly cold like symptoms and a throat that required a double dose of antibiotics to shift, has seen me inactive for three two week periods. When training however I rely on training to a pulse rate whether on the turbo or the road. On average I have done 2 hours turbo and 7/8 hours on the road.

My pb prior to the NCMF ride was in the club 25 in 2004 where I clocked 1.10.26 which I was very pleased with at the time.

I have to say that clocking 1.0.42 was great; however it was tinged with a little disappointment as I was working to an average speed from my watch, which was telling me my average was 25.1mph. Having said that I think beating the hour was beyond me that day.

I think winning the club 13 was most satisfying as I didn't expect to win with the likes of Steve Cowlbeck racing. It was also my first win on a bike and as the great profit Belky says "a wins a win".

My dietary strategy is to try to take in fewer calories than I burn and to eat only good wholesome foods which are fairly low in fat content, before a race however I make sure that I have eaten plenty but not too close in time to the start. I can still remember vividly the spag bol TT.

Goals for 2006

Clock a low 23 min ten.

Below the hour for 25

Below 2 hours for 50

Below 4.15 for 100

To be a team member of the glorious Doncaster Wheelers winning National 12 Hour squad for 2006 with more than 240 miles.

Become a third cat at road racing, my first race is at Bourne Wheelers next weekend

I want to wish all my fellow Wheelers a cracking season, "Make it happen".

"The main thing is to not cut yourself and bleed to death in the tub."

Frankie Andreu (Retired USPS Racer) on leg shaving advice

"Marriage is a wonderful invention; but then again, so is a bicycle repair kit."

Billy Connolly

The Final Word.....

'Nothing ever happens in the Wheelers'