



AYR ROADS CYCLING
CLUB
Newsletter

September 2005

75TH CELEBRATION DINNER DANCE.

Past and present riders will join to celebrate the successes of the 2005 season and the clubs preceding 75 years at the North Beach Hotel, Prestwick on **Friday 18 November**. The proceedings will start at 7:30pm prompt with a meal, followed by the 2005 presentation before the band starts playing for those who can dance.

Tickets are priced at £15 and can be bought from Vic, Alex, Blair, Arnie or Bobby. A raffle will also be held donations for which would be gratefully received by any of the above.

Doing Business

The Annual General Meeting of the club will be held on Friday 4th November. A venue and time is still to be confirmed. All members are welcome.

The McKenzie Quaich

To mark its 75th year South Ayrshire's Provost, Gordon McKenzie has presented the club with a new trophy, a silver quaich. It will be up to the club to decide how this trophy should be awarded and all suggestions should be tabled at the club's AGM.

Fancy a spin at Manchester

Following on from the clubs first visit to the track in Manchester, Vic has offered to arrange a two day trip for members this winter, possibly during November. If you are interested please contact him soon. Spaces are limited.

The Roads to Ruin

Throughout the country poor road surface conditions as well as a general increase in traffic has made many roads unsuitable for cycling. This has led to a concentration of cycling activity on the quieter rural routes around South Ayrshire, with Straiton fast becoming a Mecca for cyclists from all over the west of Scotland. While the quiet roads of South Ayrshire may have little traffic in comparison to many other rural areas not all its road surfaces are cycle friendly. The 2005 Scottish Road Maintenance Condition Survey has calculated that "55% of the road network in South Ayrshire requires attention." During the last year South Ayrshire Council managed to deal with only 3% of this network at a cost of £906,500. It also logged 6879 defects and approx 54% were repaired at a cost of £427,000. If you see a pot hole report it to the road and lighting faults telephone number 01292 612302.



Ayr Roads riders competing in the Scottish Vets & Womans' RR series at Meigle

Ayr Roads Cycling Club

Vic Possee (Chairman) tele 01655 770661

Alex McAllister (treasurer) tele: Tel 01292 316336

John Mason's joy of marshalling.

My early season time trial form had hardly been noteworthy. This was probably due to me only hearing part of the wisdom given to me at the tail end of the previous season "A winter of long, slow rides will provide the solid base for a good season" said one fellow veteran. Well I managed the "slow" bit. So a break from the start sheets was called for. This gave me the opportunity to marshal road races on two consecutive June weekends in "sunny" Straiton. Straiton is a lovely tranquil village, particularly on a Sunday morning. It slowly and quietly comes to life as the Sunday papers are collected and Kirk goes congregating. Then by mid-morning dozens of racing cyclist descend on it in their cycle carrying cars, expensive cycles made from carbon-fibre, aluminium or titanium are unloaded, assembled and stacked up outside the MaCandlish hall. The competitors' sign-on, change and eventually emerge from the hall in their loud team colours, wearing the mandatory crash helmet and the almost obligatory sunglasses. As the race starts peace returns to Straiton when the peloton races away and the marshalling begins. So does the rain. Like stair rods. Stranded in the middle of a junction with a pose like a scarecrow and only yellow jacket to protect me from the thunderous down pour I wondered what was happening in the race....and why was I doing this?

The bust of excitement as the race went by abated as quickly at the thunder storm and the midges came out for their Sunday lunch of "cycle marshal"

Marshalling single handed at a crossroads can be a problem. Nothing happens for ages andages, then the convoy of lead cars arrive with judges, commissaries, timekeepers all warm, dry and smiling in their air-conditioned midge-free cars. Your left once again stranded in the middle of a junction pointing with one hand the direction for the cyclist, stopping traffic with the other hand, and dancing a jig in a pointless attempt to shake off any midges that have got their teeth into you. And the judges and commissaries wonder why I don't smile and wave to them as they pass!

Not all local residents share our enthusiasm for cycle road races. In fact they can be incredibly vociferous about the extent of the intrusion.

Riders did, apparently over and under take cars. Drivers, somewhat irritated by these antics found the nearest marshal and went ballistic! On both weekends I was that marshal.

I will be marshalling again in the hills next year and have the car ready for a speedy departure after the lantern rouge has passed. On a more serious note I hope I succeeded in pacifying the irate members of the public with my profuse apologies. We do need their co-operation for future events. On a positive note it was particularly gratifying to have Jim Cusick compliment the Club on the high standard of marshalling. Straiton has been used by several clubs this season as a base for road races and we must ensure cycle racing doesn't overstay its welcome in the village. (Ayr Roads prompted just two of the 10 road races that started from Straiton this year.)

A busy first season for Tom

With his first full season almost behind him, Tom Dempster has had time to reflect on a summers cycling. A busy season has flown past.....just like Tom in a final sprint on the club run.

In April he attended an SCU youth training camp, working with other youth riders on race tactics. It was good fun, and it gave him an insight to the level of competition he would face during the coming season.

By May, he started racing the club ten mile time trials, and saw his times improve to a personal best of 25.14. He also came fourth in the youth 10 mile championships, and fifth in a criterium in Glasgow in late May

July saw Tom in his first 25 mile TT, and at the time he swore it would be his last. Finishing in 1 hour, 6 minutes and 8 seconds, he had never found a race so painful. However, by August, he was back for more, aiming for a good time for the junior BAR competition. On a day that 20 of the 60 man field did not start and experienced veteran 12 hour riders like Sandy Wallace abandon due to high winds, Tom persevered. Spinning his restricted youth gears in a fierce tailwind so fast he was all but sapped of energy when turning into the opposing headwind. Due to an error by the organiser, Tom was set off as second last man with Jim Cusick behind him. Finishing 28th out of the 32 finishers might not sound great but Tom took 48 seconds out of our own John Mason and was only 1:48 behind

Ayr Roads Cycling Club

Vic Possee (Chairman) tele 01655 770661

Alex McAllister (treasurer) tele: Tel 01292 316336

Chairman Vic. Great credit must go to Tom for this very determined effort and for flying the club colours so well in such difficult conditions. To finish the season Tom has entered a few hill climbs, but is already focusing on next year.

Sean Kelly to ride Ayrshire Roads

Saturday 22 October is a date that should be in all Ayr Roads riders diary. It presents an unbelievable opportunity to go for a spin in the company of two legends of the sport and one Olympic champion.

Two rides, of 30 and 50 miles, are being organised by, and held to raise funds for, the Braveheart Cycling Fund, (www.braveheartfund.com) which was set up two years ago to raise money to assist aspiring young Scottish racing cyclists. Leading the rides will be Irish cycling superstar Sean Kelly, Scotland's former world champion and record holder Graeme Obree, and Olympic champion Chris Hoy.

In the 1980s and early '90s Kelly was known as the king of the classics – he excelled in the biggest one-day races in the world and earned a reputation as one of the toughest competitors the sport has ever known. He also won the Tour of Spain and finished fourth in the Tour de France, a race in which he won numerous stages and the green jersey for best sprinter on no fewer than four occasions.

Obree is the man from Ayrshire who built his own bike and smashed the prestigious World Hour record before going on to take the world title. While Hoy, who is the official patron of the Braveheart Fund, won gold in Athens last year.

To get all three together on Scottish roads is a coup, but to have the chance to ride alongside them is, almost certainly, a once in a lifetime opportunity. Both of the rides start at Queen Margaret Academy in Ayr at 10.30am, heading into Ayrshire on routes of 30 or 50 miles. The courses stick wherever possible to quieter roads, and there will be full back-up and support, including first aid and mechanical assistance.

A strong presence from club riders in club colours is expected

TRACK NEWS

Chairman Vic has had a busy and successful year, both on and off the track. His two targets for this year were to win the age related veterans' road race series in Scotland and to win the age related world track pursuit championships at Manchester in September.

The road racing series started well with a second place in April on the Moscow circuit. Races in Dundee and two on his home patch at Straiton, one of which Vic won, was enough for him achieve his first target of the season with ease.

Ultimate success on the track was not so easily won. A combination of weather disrupted track meetings at Meadowbank and travelling to family commitments in Somerset forced a re-scheduled training programme to feature more turbo-training, before the National Track Championships at Welwyn Garden City. Here Vic won a silver medal in the pursuit race and bronze in the points' race.

Edmonton, Canada, hosted the 2005 World Masters Games. The games had 21,100 competitors from all types of sports include 1000 cyclists. Vic rode various events from the 19km time trial (7th) to 500m track races (3rd). Riding against former Tour de France rider Otto Altweck (*we all remember him!*) in the scratch race he won yet another bronze, followed by another two bronze medals for the Pursuit and the Criterium races. Arriving at Manchester for the UCI world masters championships with 4 bronze medals from his Canada a confident Vic had high hopes for a medal.....any colour other than bronze.

Vic started the week slowly with 7th place in the 500m time trial and just missed the medals in the flying 200m Sprint. By the middle of the week another bronze was in the bag for the Points' race. Determined to do better in the Pursuit race than the bronze he won at last years' championship, Vic beat last years gold winner Brain Dacey to eventually win a silver on the last day.

Great credit must go to Vic for all his efforts and for raising the profile of the club at home and abroad.

Ayr Roads Cycling Club

Vic Possee (Chairman) tele 01655 770661

Alex McAllister (treasurer) tele: Tel 01292 316336