

## Witham Wheelers Sportives - 2008

To help celebrate its 50<sup>th</sup> anniversary year the club will be holding a number of social sportive style club runs in various locations across the Midlands and Yorkshire. Planned dates are as below: -

1. Sunday 20 April 2008 - Echo Challenge
2. Sunday 18 May 2008 – Tour of the Lincolnshire Wold's
3. Sunday 15 June 2008 – Tour of the Peaks
4. Sunday 6 July 2008 – Tour of the Yorkshire Dale's

Each ride will be approximately 100 miles in distance and will become progressively more difficult as fitness and endurance improve throughout the season.

The rides are intended to be social and not a race and there will be regular food stops at prescribed times. It is intended to run one group at an average 14mph and another group at 16-17mph.

Whilst each sportive is designed to be challenging and an individual challenge for each rider the motto will be 'no-one gets left behind' and the challenge should be seen as a group challenge so that everyone, within each group, at least arrives at the last food stop together. This needs to be viewed as a series of social rides for the club rather than training rides for individuals. If you want a competitive training ride it is probably better that you go and do your own thing.

It is intended to run a support vehicle which will be in phone contact with both group leader's and this will be available for riders to take spares, clothing, food and drink, as well as acting as first aid vehicle and broom wagon.

The rides will be planned so there will be set stop times at approximately 25 miles, 50 miles and 75 miles for refuelling. Other than the final stop at 75 miles, the rest stops will not be at café's so riders will need to bring their own food and drink along, although the support vehicle can carry these. Start times are to be staggered as there will be two groups with the 'A' group going off an hour before the 'B' group.

It is intended to make a small charge, to cover the cost of fuel for the support vehicle and some basic provisions, for the rides and this will be as follows:-

Juniors	FREE
Club Members	£5
Non-Members	£10

## **Sunday 20 April 2008 – Echo Challenge**

This ride of approximately 100 miles will start and end at the Cricket club ground on Gorse Lane.

A full map of the route is attached and this will be ridden in a clockwise direction.

The start time for the 'A' group will be 8am and the start time for the 'B' group will be 9am. Jake Doughty has kindly offered to lead the 'A' group and Phil Etches will lead the 'B' group. Approximate timings of arrival at and departure from rest stops have been issued to the group leaders and, whilst it is not the club's intention to 'control' the ride, we would like to reiterate that this is a social ride for the whole club, not training rides for a few individuals, and if we can roughly keep to the times set then everyone gets an enjoyable ride and both groups arrive back to the clubhouse at around the same time. If anyone thinks the times are too slow then they can always go and do the 'hilly 13' the day before.

Riders have been placed into the respective groups using their grouping and performances in the reliabilities as a guide. We hope that no one is offended but please speak up if you have an issue with the group you have been placed in. Apologies again if there are any omissions from the list – please let Phil Atherton know and he will gladly place you in a group, after checking that your membership is up to date of course.

The route will initially take the riders to Little Ponton, Old Somerby and Ropsley before heading south to Grimsthorpe, Swinstead and Pickworth on the '50' course where the first (roadside) rest and refuelling (R & R) will be taken.

Under the A1 and then heading down to Edith Weston, North and South Luffenham and through (several times) the arches of the impressive Haringworth viaduct. Rockingham (Rockingham Forest café may be open) will be the site of the second R & R stop.

The third quarter of the ride is probably the toughest and takes us from Rockingham to Ashwell via Hallaton and Launde Abbey (watch out for the sheep) and what will be a welcome main café stop at Ashwell.

Phil Etches has planned the route so the final quarter of the ride has a sting in the tail (well it is a challenge) and this takes us from Ashwell up to Wymondham and onto Garthorpe and Waltham before heading onto Eastwell and home through Knipton and Denton.

Arrival time back at the Cricket club ground is anticipated to be between about 4pm for both groups, depending on the number of puncture's and repair stops etc. It is hoped that the club will be able to lay on some refreshments and we can all help Phil Etches celebrate his 60<sup>th</sup> birthday, which is the day before the ride.

<b>ECHO CHALLENGE 20TH APRIL 2008 - GROUPS</b>		
<b>GROUP A</b>		<b>GROUP B</b>
Jake Doughty	GROUP LEADERS	Phil Etches
Patrick Cutmore		Phil Atherton
Chris Crawford		Pete Pain
Paul Letchworth		Simon Cocker
Toby Kiely		Rich Edwards
John Newman		Anthony Conneely
John and Christine Hill		Shaun Culpin
Dave Beckett		Dave Herd
Bill Harrison		Rob Johnson
Mike Lewis		Ian Makevit
Tony Mendham		Ross Tomblin
Bill Wilson		Rich Ellingworth
Peter Barnes		Matt Penniford
		Jacob Storey
		Rob Howbrook
		Stefan Lawrence
		Tom Mendham
		Dave Ostler
		Mike Ostler
		Nigel Podam
		Dave Strickson
		Paul Conneely
		Jim Coleman

<b>ECHO CHALLENGE 20TH APRIL 2008 - TIMINGS</b>		
<b>MILES</b>	<b>GROUP A</b>	<b>GROUP B</b>
0	8.00	9.00
25	9.45 – 10.00	10.30 – 10.45
50	11.45 – 12.00	12.15 – 12.30
75	1.45 – 2.15	2.00 – 2.30
100	4.00	4.00
<b>AVERAGE SPEED</b>	<b>14.3 MPH</b>	<b>16.7 MPH</b>