



Our second newsletter of the year and even more news to report. This is a longer one, so please read to the end.

The BCC Awards and Pre-Season Social Event



It was a great turnout on March 31st for our Pre-season and BCC Awards event, with members coming together to enjoy dinner and drinks at the

Moorfield Pub. The atmosphere was lively with lots of socializing and cheering of glasses!

Congratulations again to the 2022 Award Winners (not all winners in the photos)



Steve Cottington- Best 10/25/50 Mile Men Open, Best 10/25/50 Mile > 40, Fastest 25 Mile of the year, Fastest 50 Mile of the year

Kim Barfoot Brace- Best 10/25/50 Mile Women Open, Club Championship 25 Mile Women

Rob Pears- Club Championship 25 Mile Men, Club 10 Mile Race Men

Charles Thibault- Tempest Trophy for outstanding performance on longer distances

Nigel Vuagniaux- Fastest 100 Mile of the year

Will Duffy- Hill Climb Champion, Road Racing Men Open, Zwift Men <40, Club Climb Men < 50 (4.45 mins/ 20.2 km/hr)

Darren Gardner- Road Racing Men >40, Zwift Men >40

Maeve Watson- Road Warrior Women (total distance 15,173 km), Grimpeur Women (total ascent 161,431 m)

Dan Miles- Road Warrior Men (total distance 26,310 km)

Martin Croxford- Grimpeur Men (total ascent 204,800 m), Club Climb Men > 50 (6.18 mins/15.3 km/hr)

Katherine Kabala- Club Climb < 50 (8.02 mins/12 km/hr), Zwift Women >40

Amanda Whipp- Club Climb > 50 (9.49 mins/ 9.8 km/hr)

Peter Phillips- Club Sprint Men >50 (1.25 min/ 50.9 km/hr)

Anita Davis- Club Sprint Women >50 (1.35 min/ 45.5 km/hr)

Philly Gaisford- Club Sprint Women < 50 (1.40 min/43.2 km/hr)

Mark Fairhurst- Club Champion Men

Liz Hughes- Club Champion Women

Jullie Sampson- Newcomers Women

Nigel Worne- Newcomers Men

All our winners are incredible with their results and accomplishments, so as you can imagine, it was a hard choice on which member to feature this month. We decided to go with a newer member who completed the Transcontinental race in 2022. This race is considered the toughest ultra-endurance cycling event in the world.

Charles Thibault - Tempest Trophy winner of 2022



On July 23rd, 2022 in Geraardbergen, Belgium, Charles set out on the Transcontinental, the definitive self-supported 4000 km bicycle race across Europe. He rode solo through 13 countries and crossed the finish line in Burgas in Bulgaria by the Black Sea 13 days and 5 hours later. There were approximately 300 riders at the start but only 99 finished in the allowed time. Charles finished 35th overall.

The Transcontinental race only has 4 official checkpoints which the riders must pass through. The competition is unsupported and individual competitors have to be self-reliant, including planning their logistics and making their own navigation decisions. The clock never stops...The race, as Charles clearly puts it, is down to "efficiency in managing your pedaling, eating (plus hydration) and sleeping, everything else during the race is a luxury".

Pause a moment, here is a good time to go back to where Charles' cycling started. In 2013, he purchased a road bike through the Cycle2work scheme for his daily commute from Bath to Bristol for work. He quickly realized his enjoyment of cycling and started riding longer distances and bike packing on the weekends.

Already competitive and a strong runner, he trained for Triathlons and then worked his way to Ironman events. Cycling was by far his favorite discipline and at the end of 2019, he decided to focus just on that.

In 2020, Charles put in an application for the Transcontinental and was "surprised" to be selected given his limited experience with this type of race. The competition got delayed due to Covid, but this gave him the opportunity to really train and mentally prepare. Having done Ultra events unsupported, he knew one of the major challenges of the Transcontinental would be the total self-reliance and having to make key decisions along the way. In preparation, he did many long-distance rides- where routing, overnight stay, food, etc was done on the road. This training also allowed him to refine his kit and get the perfect combo and weight for the 4000 km ride ahead.

Speaking of his highlights of the Transcontinental, Charles says he really wanted to enjoy as much of the ride as possible, but went in knowing he had to manage the bad moments and even the possibility of not finishing. Having mental strength and setting a daily riding strategy got him to the finish line. Charles averaged 300 km a day in three 4-hour shifts, with 20-30 minute

breaks in between. While he did start the race sleeping on the roadside, he realized quickly into it, a hotel bed was more efficient.

Of course, there were the highs of amazing climbs including Passo di Gavia in Italy, Dormitor National Park in Montenegro, and Transalpina in Romania.

Charles summed up the race experience by saying it was the "element of pure adventure" which made it truly enjoyable.

So what now? With the box ticked, Charles says he is ready to enjoy other forms of cycling, so he doesn't expect to do another Transcontinental anytime soon, rather he is now focused on Time Trials and Crit races with the BCC team.

Go, Charles!

Road Race Update (brought to you by David Stoye)

The road race season is well underway, and Bath CC has a group of 20+ men and women racing or who are planning to race when the evenings get a little warmer.

Peter Phillips, Rob Pears, Charles Thibault, Daniel Rowntree, Steve Cottington, Marianne Carpenter, and Holly Bennett all braved the Odd Down winter series. This is an excellent series of races put on by Avid Sport every winter. Testing conditions are guaranteed. Marianne Carpenter finished 8th in her first race of the year and Daniel Rowntree 10th.

Charles Thibault had 4 top 10 finishes in the 4th cat races, his best place being 2nd and racked up enough points to gain his 3rd cat license and leads the Bath CC leaderboard on 17 points.

Rob Pears proved there was still lots of power in his 60-year-old legs picking

up two podiums in the 3/4 races and still managing a top 10 in the 2nd cat for a total of 16 points.



The road race season started in late March. Will Duffy has been racing with the big boys in the Betty Pharoah National B Road Race and despite crashing with a lap to go, he managed to chase back on and finish in the bunch – beating many Elite and 1st cat riders. Darren Gardner picked up 8th in the Regional B version of the same event.

The Masters of Bath descended in full force in the first local BMCR race at Pinvin. There were 8 Bath riders in Categories from C (50-54) to F (65-69). Peter Brookes soloed to 5th place in the Fs having missed the 4-man break. Jonathon Corp finished in the top 10 of the Es in his first-ever road race at the age of 61 – but the standout performance was Rob Pears who soloed to victory in the Es and won by over 7 minutes!

The Castle Coombe Good Friday Easter classic was another excellent event organized by Andy Cook and the Chippenham Wheelers – races all day from Youth to the best local 1st cats and Elites. There were full fields of between 80 and 120 in every event, the sun came out, the supporters came out and there was some super-fast racing. The E123s averaged 48km/hr for the 90-minute race – the fastest ever at CC, even Rob Pears could not spend all race on the front of the 3/4s and had to spend some time recovering in the pack. There were 9 Bath CC riders across all the events, and we managed two top 10s with George Magner and Christopher George finishing 6th and 7th respectively in the 4th cat race. These were Chris's first points in his second season of racing, and both of them should gain their 3rd cat license this season.

Road Racing continues each weekend with a mixture of local Nat Bs, 2/3/4 Cat, and 3rd/4th Cat racing. There is also weekday evening racing at PDQ Series at Odd Down on Wednesday evening, Castle Combe on a Thursday, and Thruxton on Tuesday with a mixture of categories at each event.

Most of the events are posted on the BCC Rides app with links to the sign-up.

If you want to start racing or have any questions please drop David Stoye an email.

Some of the other good stuff and club happenings

All Club Ride to Lyme Regis - Bath to the Beach, June 17th

It's on, the All-club ride to the seaside town of Lyme Regis. There are going to be 2 routes- longer and shorter. The latter will likely be 120-130 km, but both will take riders through some interesting countryside with a stop in Sherbourne. Then on to Lyme Regis to finish with a good pint/beverage and light meal. A coach will pick riders up and a van (equipped for bike transport)

for the trip back to Newbridge Park and Ride.

The start time is 8:30 am in Brunel Square- with an expected return time to Bath of 19:30.

Please sign up on the BCC Rides app. The cost is £38 per person (for the coach and bike transport). Payment can be made through RiderHQ. Log in or follow this link: <https://www.riderhq.com/events/p/v0zji2t8/f/ride-bath-to-the-beach---lyme-regis->

Space is limited to 30 persons.

Bath CC Reliability Ride Trial

Speaking of All Club riding events, Chris Deane pulled off a successfully organized ride on April 2nd. The rebirth of the Club Reliability Ride Trial (the first since the 1990s). There were 3 routes and 45 BCC riders ready to go. The objective of the ride was reliability and riders were definitely put to the test with unexpected flooding and re-routing along the way! Many BCC members are eager to see more rides like this...



BMX Cycling

Mat Turner is leading the way in getting BCC involved with BMX riding and racing. He wants members to know the Bath BMX Regional event is happening on April 30th at the Odd Down BMX track. If you have an interest, please get in touch with Mat Turner directly <mailto:matthew.turner@ihsmarkit.com>

Your Club Needs You - Vacancies - Welfare and Wellbeing Officer and Youth Officer

Following Kim Barfoot-Brace's move to the Isle of Wight (good luck Kim and thanks for all you've done for the Club), we now have two important vacancies we need to fill. (Both are filled by appointment by the Committee, you'd not be standing for election) -

Welfare Officer - in line with British Cycling advice we need a woman to replace Kim to work alongside our male Welfare Officer Andy Stewart.

The Welfare Officer role has been widened by British Cycling in recent years to

include Well-being as well as Protection and Safeguarding. Andy can explain more about what it covers and might cover, including how you'd work together. You'll ideally already be DBS checked and have some Safeguarding or other relevant experience but we can arrange that and training as necessary.

<https://www.britishcycling.org.uk/go-ridevolunteer/article/20150129-goride-static-Club-Welfare-Officers-0>

The other vacancy is Youth Officer- that would ideally suit someone who has some interest in representing the interests of younger (under 18) members in the club and encouraging more young to join. The role includes for example liaising and working with the Sulis Scorpions Youth Cycling Club based at the Odd Down Circuit. Ideally suited for someone who has some connections to either youth work or young people who ride with the club and/or the Sulis Scorpions currently.

Please contact Andy and/or Hilary Oliver for more info and or better to step up to help the club in these roles.

Well, that is it for now. More to talk about in the May Newsletter.

Check the BCC Rides app to view upcoming events and please sign up.

As always ride safe,

Tracy Chapman- Communications (BCC committee)



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