

FEED WELL!!!! SPEED WELL!!!!!!!



VEGPATCH

The Newsletter of the Vegetarian
Cycling and Athletics Club

Editor: **Guy Riddell**

Spring/Summer 2014



VCAC Committee

The current committee members and their roles are as follows:

President	Mike Stanton	
General Secretary	Mark Tozer	
Treasurer/Membership	Ant Walker	
Events/Athletics/Multisport Secretary	Dave Anderson	
Cycling Secretary	Mark Scothern	
Newsletter/Clothing Secretary	Guy & Mel Riddell	
Website	Nik Windle	
Other Committee	Sophia Howard.	

Details of recent results, forthcoming events and an active forum where members can discuss all things to do with Vegetarianism, Cycling, Athletics, and any other sporting activities undertaken can be found at our website. If you have never used it before you'll need to sign up, but don't worry, it is very straightforward.

<http://vegetariancac.org/>

Also, for those who prefer (and many do) we are also on Facebook, simply type in the search 'Vegetarian Cycling and Athletics Club' or follow the link below:

<https://www.facebook.com/VegetarianCyclingandAthleticClub?ref=hl>

Introduction

Firstly, apologies that the Spring edition of Vegpatch is coming to you as we fast approach the end of summer. It's been a busy old time in the Riddell household, and the recent unseasonal warm weather (sunshine at the start of the cricket season?) has made me a bit reluctant to sit in front of a computer screen longer than absolutely necessary.

My year began with my first ever marathon on a cold, wet and windy New Years' Day in Liverpool, followed by a very enjoyable trail half marathon in Osmotherley, North Yorkshire running with David Anderson (the elder, he's a few years older than our other member called David Anderson who is coincidentally from the same neck of the woods. I then completed a very hilly marathon in West Galway, Ireland, the Connemarathon which wends its way round the Connemara National Park, passing through almost literally every conceivable weather condition. Very hard work, but thoroughly enjoyable and some stunning views. Next for me were two more very contrasting marathons in the space of three weeks: first the BT Rock n Roll Marathon in Liverpool, running through the streets of Liverpool with crowds & music the whole way; then The Rosedale Trail Marathon, part of the excellent Hardmoors Series, which was remote and involving mud and stuff and a bit of running/plodding up hills.

Please let us know of any events you are taking part in, and maybe other Veggies will be tempted to sign up to join in. One event we can all take part in.....

The VCAC 125th anniversary AGM

The committee agreed to have this years' AGM in London as the easiest place for the majority of members to get to, so we are hopeful that we can get a good attendance this year.

The Wesley Hotel, 81-103 Euston Street, London NW1 2EZ
Sunday 2nd November 2014 between 11:00am – 3:00pm

The venue is about 100 yards from London Euston Train Station so should be ideal. There are even plans to find the local vegetarian curry house for some food afterwards.

I know it's a long way off, but please clear a space in your diaries and try and plan to be there – maybe we could do some car-sharing or train-carriage sharing to make the journey easier, or even plan to make a weekend of it.

Dave Keeler

Our cover photo shows Dave Keeler in the 1958 North Road 24-hour event riding his Mercian, in the process of winning for the second successive year. We are sorry to announce that Dave passed away on 25 July 2014. He will be greatly missed and it may be a long time before we see a cyclist of his calibre on our membership list. Our thoughts are with his family at this very difficult time.

I plan to delve through the records and come up with an article for the next newsletter to show Dave's career in all its glory. If any members have any information or photos, please forward to us.

New Members

Just like to take the opportunity to welcome the following new members to the club. Apologies if I've missed anybody! Look forward to hearing how you are all getting on – let us know if you are interested in buying any club kit from water bottles to running vests.

Steve Allam – Peterborough

Peter Bennett – Northampton

Michael Brunner – Duisberg, Germany

Catherine Caseman – Leicester

Graham Cochrane – Glasgow

Russell Everitt – Ironbridge

Damian Koblitz – West Sussex

Russell Loomer – Surrey

Marco Pontecorvi – Oxford

Geoffrey Roberson – Oxford

David Bright – County Durham

Hitesh Patel - London

Davie Armour - Stirling

Cycling sectary report - Mark Scothern

By the time you are reading this spring will have sprung and the winter bike, overshoes, gloves and thermals will be put away. A few months into the racing season some of our members have been representing the club up and down the country. Claire Muton has been busy riding a number of events, including the Buxton Mountain TT. This is not for the faint hearted with two laps of Derbyshire's most challenging hills. Completing the TT in a time of 1hr, 12min, 44sec riding alongside some of GB's finest including Olympic gold medallists Sarah Storey and Joanna Rowsell. She also rode the Manchester and district 10mile medium gear TT event placing 7th in a mixed gender event.

I have also been busy riding a number of events in the medium gear league. I am currently topping the league table in this discipline. You can read more about the medium gear TT in my article 'Zen and the art of peddling fast'.

Outside of time trialling Peter Bennett rode the cobbler classic sportive at Towcester. Be great to know how he got on. So Peter drop me an Email so we can share your journey.

I am sure lots of you have been on your bikes and might have achievement to share. You can use the forum to let us know what events you'll be taking part in and post your results.

Athletic Secretary's Report – David Anderson

It's been a busy few months in Athletics corner, with our runners out across the nation in all manner of distances.

Starting with Parkrun, we've had strong performances all round, with sixteen runners taking part in the club's 5km league. Just over half way through the league's year and Emmy Collinge has jumped into the fray with a first woman finish at Brighton & Hove Parkrun and straight to the top of the league. There's still time for anyone keen to have a go, the league compares age-adjusted times, so you can compete on even footing.

Nik Windle pushed the envelope, jumping into the Oxford University Parks Orienteering and enjoying himself on a slightly different challenge. Peter Simpson made a strong showing at Cross Country events.

Geoff Roberson rocked at the Maidenhead 10 mile and followed it up with an appearance at the London Easter 10k just two days later. In other 10k action, Nik Windle finished the Goring and Woodcote Lions 10km in seconds over an hour, as well as the Oxford Charity 10km in 54:36 and the Oxford Town and Gown in 50:41. Peter Simpson completed the Irchester Multi-Terrain Series 10k in 49:02, and Stephen Wells finished the Grantham Cup 10km Trail Race in 01:04:03.

Club runners were out at half marathons, including the Helsby Four Villages half (Ant Walker), Great Bentley half (Paul Horne), Hardmoors Osmotherley Trail half (Guy Riddell and David Anderson), Brighton half (Nik Windle), Sleaford (Stephen Wells), Newton's Fraction (Stephen Wells again), Stowmarket half (Paul Horne), and White Horse half (Nik Windle). Stephen Wells took part in the Caythorpe Canter off-road at the slightly longer 13.3 miles.

Upping the distance, Guy Riddell completed the Connemara Marathon in Ireland in 4:32 and David Anderson staggered over the line at the Glasgow to Edinburgh Ultra Marathon after thirteen and a half hours of very slow plodding. Paul & Christophe De Denis la Soie both completed the Marathon de Paris.

It's great to see club runners getting out at a variety of events in different terrain. In our 125th year it's good to see a people challenging themselves and getting the vegetarian message out in the running community. If you're running in an event, please post it on the forthcoming events page and we might manage to get a few events with a few club runners running together. I really enjoyed running the Osmotherley Trail Half with Guy, and can only enthuse over how much fun it is to have a bit of veggie company.

It was also nice to see photos of Geoff over on our Facebook page taken by a member of our friends at the Vegan Runners. Peter Simpson and Nik Windle are great links between the two organisations.

125 years of the VCAC.

The first official meeting of the Vegetarian Cycling & Athletic Club took place in October 1888 in the Central Vegetarian Restaurant, St Bride Street, London. That means that this is our 125th Anniversary year, and our president has been reflecting on the history of the club and kindly forwarded me a very interesting article which gives a little insight into days gone by.

“Those were the days”

“Members, especially newer ones may be interested in past events run by the Club. Digging fairly deeply I have found details of our 80th Birthday event. The number there is of course amazing; we did have good turnouts for social events as well as race events run by the Club.

Tribute should be paid to Dave Keeler (current committee member) who is mentioned in the report. My parents had the old Daily Herald until it ceased and I remember it had very good cycle race coverage. I well remember in post war years reading the Time Trial and other results and inevitably if the VC&AC were involved we won the team race, led by Dave. Sadly he had a fall recently and is not too well – I am sure we all wish him better.”

Mike Stanton, VC&AC President.

The Vegetarian Cycling & Athletic Club
80th Birthday Celebration
Jan 25th 1969

FEED WELL - SPEED WELL

Our 80th birthday celebration is over and, like most events nowadays, will soon become a fleeting memory. We move on now to our CENTURY.....

Over 140 members and friends participated, and bearing in mind that our membership is scattered all over Great Britain the turn-out was good. In addition scores of messages of goodwill and encouragement were received from those unable to come.

Dame Kathleen Lonsdale (22 years a vegetarian and first woman president of the British Association) wrote “I hope that the club’s great achievements encourage more people to give up meat, fish etc.” Lady Dowding wrote “May your birthday celebration be a big success.” It is impossible to mention all by name, but the secretaries of The Vegetarian Society and the London Vegetarian Society – Mr Rudd & Mr Lightowler, both stalwart supporters of the club, and the vegetarian movement in general, as well as a host of other Society officials were present, including Dr. Allinson, Dr. Wokes, Mr S. Brown

(who kindly accompanied the singers) and Mr K. Brown, honoured the club with their presence.

The star guest was Sid Genders – a club member of many years standing, who has recently achieved notoriety and we trust soon to be famous for rowing single-handed across the Atlantic. A fine specimen of a man to show what vegetarians aged over 50 can do. Jack McClelland came all the way from Belfast, and although his plane was delayed, he made it. His swimming exploits, as well as those of another club member – Bill Pickering – both channel swimmers are well known to the public, and we are rightly proud of them.

Cecil E. Bacon (one of six vegetarian brothers, and probably the greatest family in the world ever, so far as wrestling is concerned through winning World and British Championships) represented his famous family looking the picture of health.

Side Ferris – one of the greats in cycle racing history could not come but sent his blessing, while another Lands End to John O Groats record breaker David Keeler was given a great ovation.

FEED WELL!!!!! SPEED WELL!!!!!!!

Mal Rees who has done so much for cycle sport represented 'International Cycle Sport' gave out a long list of cycling achievements of Dave who had won over 100 cycle races at distances from 4,000 metres to riding over 490 miles in 24 hours in the famous North Road event, becoming British Pursuit Champion, Scottish 25 mile Champion, representing Great Britain in both World University and World Sports in which he reached the quarter-finals. Mal Rees stated that, in his opinion David was the greatest all round racing cyclist Great Britain had ever produced. When we think of the many great cycling names and the thousands of men who have achieved national and international fame, this was a most wonderful tribute to a man who is always referred to in the press as **"Dave Keeler – The Vegetarian"**.

The well-known journal 'Cycling' was represented by Phil Liggett, and other members of the press were present.

Another famous club member – Bill Shillibeer came, bringing a link with the Olympics. He is Hon. Physiotherapist to the British Olympic Committee, while Norrie Ward, who organised the club's Yorkshire Branch and famous in the Cycling World wrote recalling many happy memories. Not to be outdone Allan Littlemore, President of the Lancs. & Cheshire Branch wrote "Trust your efforts are crowned with success". It was good to see the Gee family representing this branch.

Percy Marks, an old club friend, Sam Lee a marathon runner and road walker at the age of 56, Doug Macquiston – our 1968 club champion – Gerry Ashcroft, many years our Vclub Secretary, ladies Pearl Wellington who has done so much for the club, and was a famous racing cyclist, and Dr. Barbara Moore – world famous long distance walker and vegetarian were there.

Television star – James Chase, together with other vegans including that gentle giant of a man (ex-service and boxer) Harry Bonnie were with us, the latter adding to our pleasure with his lovely songs.

As for entertainment, the group of young singers and musicians part of the Arts Entertainment Group were really splendid. They made everyone regret that time was against us. Even more to be regretted, through lack of time we missed the lovely voice of Mrs Elizabeth Corser – a pleasure for the future.

There were side shows, including displays from the Vegetarian Catering Association, whose member kindly judged our cake competition won by Nurse Roberts aged 82; also the Nature Cure Clinic, Rothay Bank and several Vegetarian Guest Houses.

As for the big display of fruit, we have to thank South Africa for the delicious grapes, Australia for the canned fruit and Israel for oranges, grapefruit and avocado pears. England – not to be outdone – was represented with Cox's orange apples. It was grand to hear among the many speeches the musical voice of charming graceful speaker Dr. Monica Latto, an inspiring example of the vegetarian way of life.

AS the guests left every lady was presented with a carrier bag containing ample samples of fruit. On the bags the words "GOOD HEALTH" were emblazoned, which is the aim of our club whose motto is "FEED WELL – SPEED WELL".

The buffet was provided by the generosity of our host – Mr Stalbow of "Good Health" Vegetarian Food Store 62 Edgware Road W2. **

Club Secretary Ralph Pratt

** Editor – sadly a google maps search tells me this fine establishment is now a nightclub ☹

Wendover Woods Orienteering

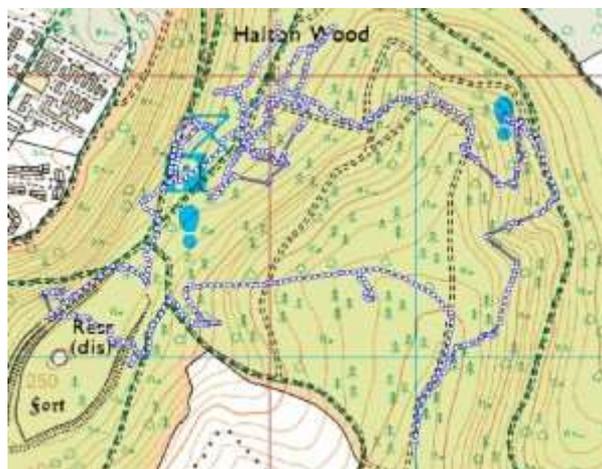
Nik Windle

We took a trip out to Wendover Woods on Saturday 15th so I could make a fool of myself at another orienteering event. This was another in the Thames Valley Orienteering Club's [Saturday Series](#) where I suspect they make allowances for the inexperienced and foolhardy. I opted for the 'light green' course again – navigationally challenging but not as long as the 'green'.

I registered and collected my map and emit card, proceeding to the start control without peeking at the map so I could feel I'd done it properly. Bipped my emit on the start then located control number 1 on the map and, even though it wasn't far away, carefully aligned the compass for direction and off I went. The paths didn't seem to be in the right place and the clearing I was looking for wasn't evident. I arrived at the 'Go Ape' activity area yet I thought the blurb said we weren't to go in there. Retraced and had an experimental detour into the woods to no avail. This wasn't going well!

I headed back to the start and from there just followed the paths and land features ignoring the compass, the penny dropped and I realised I'd aligned the compass in the wrong direction and had been heading north instead of south. So over 13 minutes to find the first control and my confidence somewhat dented.

Getting my act together I made good progress for the next 10 controls, checking the terrain on the map and navigating the longer route along paths if it looked difficult or using the map and going direct where white or light green suggested I could run. Number 10 was tricky but it was well hidden and there were various other people who also appeared to be puzzled. Number 11 was tough as – despite going the path route – the little, tapering-out, path I was looking for just wasn't there and I eventually found the control after 13 minutes using the stumbling about in the undergrowth approach. Over an hour gone and still 5 controls to find, I wasn't going to make my appointment with Jane in the cafe!



12 and 13 were not a problem and 14 appeared to be a case of follow the wide track up the hill then take the first wide track on the left only I didn't see said track and ended up at the top near the start. Having obviously overshot I decided to follow the top track then drop back down but the path back down didn't seem to be there. I looked carefully at the map and realised I'd gone way too far and retraced then back down the wide track and on my right I spotted a disused forestry track with a tree down across its entrance. Clambered over the tree, then another one not far down the track which was quite big and I more fell off than climbed over. Then another! Time to admit defeat I thought and turned uphill to where I spied a narrow track that would surely take me back to the top near the start. On my right were a couple of pits which was what I was supposed to be looking for so I thought it worth a quick check and there was number 14, a bit over 21 minutes that had taken.

So revitalised I ran up the top, found 15 and the nearby finish and bumped into Jane returning from the cafe having fortunately remembered to get another pay and display ticket for the car. 1 hour 42 minutes, 21st out of 24 starters and 22 finishers. Not very good at all but I thought I'd dealt with most of the controls efficiently, it was just the cock-up at the start and the extended hunt for 2 of the 16 that had slowed me so much. I think there is hope for me yet and looking forward to the next one.

Jane meanwhile had finished 20th out of 35 starters on the yellow course and even beaten 2 grown-ups (though they may well have been escorting youngsters so she's not let it go to her head.)

Zen and the art of peddling fast.

Mark Scothern

With the stresses of life, out came the bike there is nothing like the power of peddling to balance the mind. When the legs were worn in, a challenge was needed. Having pondered the types of events I could ride I found myself inspired by some of the greats who once rode for VC and AC. The club has a history of members achieving great things in the discipline of medium gear time trials.

Medium gear means that you are restricted to a gear of 72 inches so, you need to peddle fast to compensate for the small gear size. 120-130rpm is the average to sustain a speed that would enable you to become competitive in this discipline.

There is a national competition of around 15 events each year, with its own league table. My first event was back in February in Yorkshire and it was certainly February weather. It was a big shock to my legs and lungs. The finish line couldn't come soon enough. But 5th place in rain and wind was a boost and my high expectation willed me on with a desire to do even better next time.

Then came the Manchester and district in March, better weather and an opportunity to meet a fellow club member Claire Muton. I beat my previous time by one and a half minutes. A few evening on the turbo aided the training for this event.

Event number three in Towcester in Northamptonshire was a slight disappointment has the dreaded man flu hindered my ability to push myself. A minute down on my previous time but not all bad has I had a minute longer to take in the picturesque town with its historical buildings. I was most impressed by the cycling club house on the main street.

Points soon started to add up and my name sat at the top of the league table. Then onto St Ives in Cambridgeshire my favourite event not at all due to the post-race cake Well organised and good marshalling a great location with quite roads. The only down side was the hay fever I suffered with spring well and truly underway. I managed to get the same time as I did in Manchester.

I have a few more events left with Matlock on the 3rd June not too late to enter if, you want to free your mind and join me.