

## Cleish Hill Climb Competition

14 April 2011 No 1 of 8 of the KCC Grand Prix

The Cleish hill climb record went on a beautiful spring evening. Weather was ideal. No wind, a dry road surface and soft setting sunshine. A brilliant turn out of 16 riders who were very patient with the slightly delayed start. Apologies from the time keeper.



**Stuart McElroy on his way to a new climb record**

Sandy Bennet's record of 9 min 29 sec set in the winter of 2010 was totally blitzed. Stuart McElroy rode a dazzling 8 min 15 sec to put down a time that I suspect will take some time to beat. A truly impressive performance. Equally impressive was the second placed rider, Gillian Corsie. Gillian has been training hard over the winter period and her current high level of fitness really showed. 4 riders broke the old record with John Gallachar coming in 3rd with a 9.04 which was also notable as he had a hard tempo session of 20 or so miles prior to competing in this hill climb competition. Coming in 4th just 12 sec behind was our own club president, Roddy Pattison. Roddy apparently has a training secret that is obviously paying dividends as this superb performance proved. I suspect he is fair chuffed and I am sure we will have not heard the last from him on this stunning achievement.

Let's set a few bands for this climb. ("did you medal?")

<b><i>sub 9 min</i></b>	<b><i>Platinum</i></b>
<b><i>sub 9 min 15 sec</i></b>	<b><i>Gold</i></b>
<b><i>sub 9 min 30 sec</i></b>	<b><i>Silver</i></b>
<b><i>sub 9 min 45 sec</i></b>	<b><i>Bronze</i></b>

Ken Ogilvie, Alan Corsie and Grant Young all got under the magical 10 min mark. Grant had the ride of his life and was delighted with his result. Alan was nearly caught by his good wife but fended her off at the line. Trevor Keer sporting the new sportive top also seemed pleased with his time but I suspect there is a sub 10 in him somewhere... It was great to see Rashmi out for the evening's entertainment and unfortunately the lack of outings on his bike showed. I am certain he will improve if he repeats any of the next two climbs which are using the same course as tonight. Ian Duncan put down an opening bid that hopefully he will improve upon and just one second behind him was Stewart Herd. Carolanne Cappie was first off, and was not caught but although she found the climb tough will be back for more. John McKay of Loch Leven Cycles beat his last year's time which is always a good sign but unfortunately Duncan Campbell went 6 seconds over his previous time. Hopefully this will fire him up to get out on his local hill each evening. Veronica Duncan had a lonely solo ride, but what a ride! Veronica knocked over 3 mins off her 2010 time. This is a

full 18% improvement and really shows what can be achieved. Well done!! James Connelly was not too far behind and stuck to the task of steadily grinding out the climb. Well done to all for supporting Kinross Cycling Club.

And now, a few thoughts from the webmaster! If you want to have a crack at Stuarts new record I have found a few links that may help you on your way in making this years hill climb the most closely contested ever!

First up is a very good article from the Flamme Rouge web site on "Climbing Like A Pro"

[http://www.flammerouge.ie/content/3\\_factsheets/constant/climb.htm](http://www.flammerouge.ie/content/3_factsheets/constant/climb.htm)

The second is from Analytic Cycling and explains the benefit of losing a little bit of that winter "pork"

[http://www.analyticcycling.com/ForcesLessWeight\\_Page.html](http://www.analyticcycling.com/ForcesLessWeight_Page.html)

And last but not least a calculator so you can see just how much advantage was gained by leaving your water bottle at the bottom of the climb!

[http://www.analyticcycling.com/ForcesPower\\_Page.html](http://www.analyticcycling.com/ForcesPower_Page.html)

The results are at [http://kinrosscyclingclub.co.uk/gp\\_results.php](http://kinrosscyclingclub.co.uk/gp_results.php)

***John M. Time Keeper***

<b>1</b>	<b>Stuart</b>	<b>McElroy</b>	<b>M</b>	<b>Sn</b>	<b>8.15</b>
<b>2</b>	<b>Gillian</b>	<b>Corsie</b>	<b>F</b>	<b>V</b>	<b>8.52</b>
<b>3</b>	<b>John</b>	<b>Gallacher</b>	<b>M</b>	<b>V</b>	<b>9.04</b>
<b>4</b>	<b>Roddy</b>	<b>Pattison</b>	<b>M</b>	<b>V</b>	<b>9.16</b>
<b>5</b>	<b>Ken</b>	<b>Ogilvie</b>	<b>M</b>	<b>Vin</b>	<b>9.33</b>
<b>6</b>	<b>Alan</b>	<b>Corsie</b>	<b>M</b>	<b>V</b>	<b>9.50</b>
<b>7</b>	<b>Grant</b>	<b>Young</b>	<b>M</b>	<b>Sn</b>	<b>9.58</b>
<b>8</b>	<b>Trevor</b>	<b>Keer</b>	<b>M</b>	<b>Vin</b>	<b>10.15</b>
<b>9</b>	<b>Rashmi</b>	<b>Shar</b>	<b>M</b>	<b>V</b>	<b>10.48</b>
<b>10</b>	<b>Ian</b>	<b>Duncan</b>	<b>M</b>	<b>V</b>	<b>11.25</b>
<b>11</b>	<b>Stewart</b>	<b>Herd</b>	<b>M</b>	<b>Sn</b>	<b>11.26</b>
<b>12</b>	<b>Carolanne</b>	<b>Cappie</b>	<b>F</b>	<b>V</b>	<b>11.38</b>
<b>13</b>	<b>John</b>	<b>McKay</b>	<b>M</b>	<b>Sn</b>	<b>12.57</b>
<b>14</b>	<b>Duncan</b>	<b>Campbell</b>	<b>M</b>	<b>Vin</b>	<b>13.09</b>
<b>15</b>	<b>Veronica</b>	<b>Duncan</b>	<b>F</b>	<b>V</b>	<b>15.02</b>
<b>16</b>	<b>James</b>	<b>Connelly</b>	<b>M</b>	<b>V</b>	<b>15.48</b>