

SPOKES

The newsletter for you, the cyclists of Leamington C & A C
Christmas 1999

Hillclimb Champs - Pete Taylor again

Sunday, October 10th was a grand day to hold the Hillclimb Championship. Several riders remarked on the benign conditions, which belied the windy conditions at the bottom of the hill. 16 riders faced the timekeeper, first off was Alan Edwards. Simon Kinson was also representing the Athletes` side of the Club.

Peter Taylor was never troubled by the competition, he still maintained a 20 second advantage over second placed Gary Benfield, who professed to be off-form, what will he do on a good day, I wonder! Phil Cooke still managed to take third after a busy weekend riding the Warwickshire RC 2-ups with Lance Ravenhill. Newcomer, Matthew Kingston-Lee took fourth on his new mountain bike, this youngster is becoming a useful all-rounder, keep up the good work, Matt.

Roger Gardner struggled with a bulge in his rear tyre, but survived to fill his customary place, last! Well done Roger. Phil Galpin was the only rider to show any improvement and took 10 points in the final phase of the Vaughan Trophy. This was the decider between Dave Bennett and Paul Preston. Dave needed lots of points, Paul, in his first year of riding, could only hope for 1 point. In the end it was 1 point for Paul, and 6 for Dave, resulting in a tie on 38 points. Everyone congratulated the winners, Pete T, Champ for the twelfth time, eleven in a row, Dave and Paul for the Vaughan Trophy.

Hillclimb Result, 10th Oct 99, course: KH6

	Time	Impr	Vaughan Points
1 Peter Taylor	3-13.6	-0-08.6	7
2 Gary Benfield	3-33.4		1
3 Phil Cooke	3-39.2	-0-01.2	9
4 Matthew Kingston-Lee	3-48.4		1
5 James Lethbridge (P)	3-48.6		
6 Dave Bennett	3-55.0	-0-18.2	6
7 Alan Edwards	4-06.2	-0-26.8	4
8 Phil Galpin	4-06.8	+0-14.0	10
9 Phil Burridge	4-09.6		1
10 Matthew Wallington	4-13.4		1
11 Simon Kinson	4-16.8		1
12 Paul Preston	4-29.8		1
13 Steve Walker	4-34.4	-0-08.4	8
14 Gareth Brough (P)	4-39.2		
15 Clare Shuttleworth (P)	4-51.8		
16 Roger Gardner	5-37.6	0-23.4	5

In the rest of Spokes

Christmas Lunch - venue and menu	Page 2
Road Race champions - new Vets` trophy	Page 3
Edie Atkins, a letter from Ron	Page 5
Mike Ford's experiences in the Pyrenees	Page 6

Jingle, jingle, it's sleigh-bell time!

Ho! Ho! Ho! Time to pull a cracker or two, and this year we are changing venues. It was no-contest when the menus were selected at a recent Committee meeting, the Herb Centre has put its prices up again, and two other restaurants were equally as pricey. The Shire Horse Centre at Clifford Chambers is providing Christmas Lunch at a very reasonable rate, you will find them just a mile or so south of Stratford on the A4632. Diego and Lina Rodriguez can cater for the whole Club if necessary, so no-one will be left out. **Roger Gardner** will take your orders, please have them to him by Monday 5th at the latest with the total amount, not a deposit. This year's menu conforms to KISS* principles, one single price for a 4-course meal, £11.95 per person. Booking form is on the back of SPOKES.

As usual there will be cyclists riding out, meeting at the Town Hall at 9. If anyone can offer a lift to our more senior members, or wish to beg a lift, please give me a call.

Shire Horse Centre – Christmas Lunch Sunday 19th December

12.30 for 1 o'clock

Home-made soup of the day
Chicken Liver Parfait, with a salad garnish
Gratin of smoked haddock, with a creamy cheese sauce

Traditional roast turkey with all the trimmings
Fresh fillet of cod with a herb crust, on a ratatouille of vegetables
Beef stroganoff with peppers and paprika served on a bed of rice
A nest of tagliatelle topped with a sauce or roasted mediterranean vegetables
All the above served with roast potatoes, minted new potatoes and fresh vegetables

Home-made sherry trifle
Traditional Christmas pudding with brandy sauce
Superb bread and butter pudding with a warm toffee sauce and vanilla ice-cream

Freshly brewed coffee and home-made mince pies

*KISS = "keep it simple, stupid"

Spokes by e-mail

Several members receive their copies by e-mail. If any other member is interested in receiving their copy this way, contact me at s.jwalker@virgin.net, or better still, talk to me on a Club-run!

Harry Rogers Trophy for Road Race Champs

This year the engraver will have yet another trophy to enscibe. We now have a trophy donated by the family of Harry Rogers, for the Veterans who enjoy their road racing. Peter Taylor has won the GM Bennett trophy in the past, so we gave him the task of devising a formula to determine the champion over-40. Eventually we settled on counting the best 5 results in any LVRC or BCF event. The winner (between Peter and Phil Cooke) will be announced in the next issue with a full report of the season. Tim Cadd will retain the GM Bennett Trophy as Senior RR champ, according to Peter.

Vaughan Aggregate Table, final positions

What a nail-biting finish, after seven events, a tie for the top place. Paul Preston had to ride the event to score a point, and Dave Bennett needed 7 points to win. After double checking the points, I make Dave and Paul equal on 38 points each. Paul was unlucky in the Hilly 22, missing an odd point there, but Dave was consistent, scoring points in every Chamionship. Well done the pair of you, will we see a rematch next year?

The final table is on the following page

Reminders

Clubnight – Millright Arms, Warwick, in “the Snug”, from about 8.30pm, first and third Wednesdays each month.

Will all Trophy holders please return them to Peter Chronicle by Saturday 15th January at the latest. Tel 01926 426778.

Time Trial riders – I need your claims for Club BAR, fastest 50, fastest 100 plus any other outstanding rides, with supporting result sheets, please. No later than 15th January. Tel 01926 882037

Cyclo-Cross riders, don't forget to inform Bob Jones of your exploits. We rely on Bob to get the Club's name in the local Press, but he does need you to tell him, preferably on a Sunday after your race. Phone Bob on 01926 313199

Phone numbers

General enquiries, Committee matters and SPOKES - Steve Walker 01926 882037

Subscriptions and Club events (evening TTs) - Peter Chronicle 01926 426778

Road Races (BCF & LVRC) - Peter Taylor 01926 498762

Last minute info on Club Runs and emergency calls (social runs) - Steve Walker 0788 795 8171

Edie Atkins

This is a copy of a letter I received from Ron Atkins, together with a number of press cuttings concerning Edie's accident, with several reminders of her lifetime of achievements. If anyone would like to see these, I can arrange for them to be circulated.

25 Mary Herbert Street,
Coventry,
6th October 1999.

Dear Friends,

Over a month has elapsed since Edie's fatal accident and I am gradually coming to terms with the prospect of facing the future without the help of my dear wife, whose love and companionship has dominated the sixty years since we first met. Edie was forever at my side or in front of me, leading the way to our next objective. On the way she produced for us two wonderful children and it has been them and their issue that have held me in their arms since that fateful hour. It is now time for me to wake up from my daze and thank all those good people that sent us their condolences by letter, card or phone. There were 200 cards and letters alone, telling us of your shock and grief at this sad time. The concern of you who were able to pay your last respects at the celebration service at the West Orchard church were ample proof of the esteem, in which our dear Edie was held. I regret that I did not have the courage to lay flowers at the spot where Edie died, like so many of you did, and my feelings now are that I doubt if I shall ever be able to pass that spot again. Thanks to you who paid homage, I was relieved to know how much you cared.

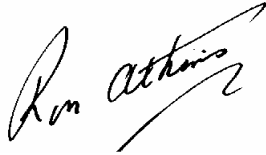
I would like also to thank all those of you who remembered to sign the memorial book, and to invite others who were unable to sign, to come to our home and so help us keep the memory. Those of you who sent cards and letters of condolence and all of you who apologised for being unable to attend will be automatically entered as will those who sent cheques (in lieu of flowers) to our chosen charity "Age Concern". At the time of

10

writing, the donations have nearly reached seven hundred pounds.

I hope that by springtime next year the memorial book will be completed and ready for display and I envisage that a special function will be arranged for that purpose.

On behalf of our family,

A handwritten signature in black ink, reading "Ron Atkins". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Raidiary by Mick Ford

710 kilometres and 18 cols in 100 hours

This is written from my memories of the week in the mountains, each of the other riders who went would see the same week in a different way, and would select no doubt other items as making the week memorable.

We left Corley services at 9.45am on Saturday with the prospect of two days' travel to Hendaye on the French/Spanish border at the Atlantic end of the Pyrenees. The six riders from the Leamington C&AC were Chris Nicholls, Phil Burrige, Tony Williams, Martin Pavier, Martin Hackley and me - Mick Ford. We arrived for our first overnight stop near Paris to find the Restaurant shut and little food to be found in the Motel. We left next day to reach Hendaye at 7.15pm. After dinner the bikes were unloaded and assembled, then off to bed. We had until 1pm on Friday to complete the course of 710km and 18 col in 100 hours. Each rider had a route card which contained spaces and locations where the cards had to be stamped at a commercial establishment such as a shop or bar, garage etc.

Monday 30 August (174km) Cards were stamped, photographs taken and we were on our way. The route began with a steady ride through the foothills over rolling countryside, the only col of the day being the Col d'Osquich (507 m high, and 12km long). The countryside was very much like parts of Wales or even hilly parts of Warwickshire! Chris had chosen a fairly sedate pace but the five of us met up with a French cyclist who led us for the last 14km to our hotel. Chris arrived some time after us after us having left the road on the descent of the col and sustained minor cuts, and possible a cracked rib and was in a fair amount of pain.

Tuesday 31 August (140km) The two Martins, Tony and Phil decided on the additional climb of the Col Marie Blanc, just for fun. Chris and I chose the easier route. Up the valley road and the mountains could be seen covered in sun haze and mist. Into

the town of Larins, and on to the start of the Col d'Aubisque (1709m high and 17 km long), which began through the wooded slopes until it broke out into open moor type scenery near the summit. Then a long descent and the sun getting higher and hotter. Part way down the 30 km descent of the Aubisque, the route climbed the Col du Soulor, before continuing to descend to the town of Arrens. The legs were beginning to get heavy, after 19 km up the gorge road to Luz-St-Sauveur and the start of the Col de Tourmalet (2115m high, 18km long) The lower slopes again rose up through the trees until after the town of Bareges where it opened up onto moor type terrain where the road could be seen to be climbing up for many kilometers ahead. Eventually, the few buildings at the top of the Col could be seen. The kilometer signs went by slowly and after 1hr 45min of climbing the top was reached. The major climbs are achievable, but one's sanity is sometimes in question!

The summit was covered in cloud when I got up there, and the temperature which had been hot on the exposed slopes, dropped. The descent took me 30mins, I'm not a fast descender, maximum speed about 35mph. Phil's was 43 mph. The accommodation that night was very good. Chris had a very hard day, little sleep on Monday due to the painful rib, no breakfast as most of the food was gone by the time we got there, he arrived with the daylight almost gone, by the lights of the organizer's car.

The others arrived with the news that Martin P. had had mechanical trouble on the Col d'Aubisque, and had abandoned the day after losing time getting to a bike shop to have the loose bottom bracket fixed, a disappointment as it would not now be possible for him to complete the whole route.

Wednesday 1 September (163km). We aimed to be on the road by 8am. St Marie-de-Campan is 12km up the Col de Aspin, it was a steady climb to start the day which steepens for four of the last 5km. The climb is through woody hillside until the last few

hundred metres which are open (Col de Aspin 1489m high). A stop for photos of the sign, then on with racing caps and the fast open descent led us to Arreau with its decorative metal arch across the main road, an old racing cycle as centre piece, painted bright yellow. Next the Col de Peyresourde (1569m high, 17 km long), another steady climb up the open and very scenic side of the valley, I made a promise to return by car to travel the same route and see the things which I missed this time.

The five of us regrouped at the top, with the thought that all that was left, was a further 121km, down to Dagneres de Luchon, and three little cols, then the day was over, wrong! Col de Ares (797m high), and Col de Buret, nice steady climbs. But the same could not be said for the Col de Portet d'Aspel (1069m high, 9km long) Although it only climbs 569m, it had sections of 20% which took their toll. We regrouped at the summit cafe, and generally felt that the hill was a stinker. Later, the very gradual climb of 27 km up the valley road to the night stop at Massat was actually the start of the next day's first big col. Chris was late in again, having developed stomach problems to add to his rib problems, and to complete the 100mile plus ride over this terrain took another great effort.

Thursday 2 September (168 km) The day again started with a steady climb of the Col de Caougnou followed by the Col de Port out of the valley, which led us to the N20 and much traffic (A5 on a week day!) This road led up and over the Col de Puymorens (1915m,). It's a shame they forgot to tell us about the preceding 13km of climbing prior to the start in Aix-les-Thermes, making a total of 40km of climbing, 25miles! The climb was undertaken between 10 -12am when the sun was not at it's hottest, but even with almost constant drinking, I felt dehydration was beginning to set in.

The climb was up an open valley. At the point when one wonders how long the legs could keep going, the road forked, the right leading on to Andorra and Barcelona and climbing another 100m, while our route to the left with the top of the col only 3km ahead up a gentle climb of about 4%. What a relief! The climb was over, we regrouped

at the summit cafe. It was generally felt that the day's expected easy ride had turned out to be another hard one, due to the length of the Puymorens. "What climb?" asked Tony Williams. Three little cols after a long descent, and a night stop at Prades, with a mere 92 km to complete the distance on Friday. No col can be taken for granted, as these last three had appeared on paper, for the ride into the head wind was making our legs ache once again. The expected descent came but no-one told us (though we should have realised from the altitude gained) that the 1200m drop to the night stop would last for 38km and only three small bumps en route to remind us of the aches in our legs. Chris's ride had come to an end 9km from the top of the Col de Puymorens, when he finally had to give in to the pain in his ribs and stomach, and climb into the coach. It was a huge disappointment to him not to complete the ride after trying so very hard over the previous days.

Friday 3 September (92km) Another 8am start, bags on the coach, and only another 57 miles to go! The road continued to descend another 300m to sea level, The main road led us on to side roads and eventually to the coast road, through the seaside town of Argeles Plage which was swarming with holiday makers. What a culture shock after the hard climbs and peace in the mountains! I certainly know where I would rather be! The last 15km along the coast road was fairly undulating and five riders from the club had arrived safely and within the time limit. Chris was still feeling unwell and covered the last section in the coach.

The cards were stamped for the last time at a local garage, bikes and bags loaded on to the coach and trailer, a walk to the beach in Cerbere and back on the coach for a 2.30pm departure and the start of the long journey home .

What a difference a week made!

Tony W. climbed the hills as though they were not there, but I think even Tony felt that some went on for just that little bit too long.

Phil B. took it all in his stride and with the steady infusion of Ale at night and at frequent intervals during the day, things seemed O.K.

Martin H. climbed all of the hills, but I think he wished he had put on that slightly lower gear which had been discussed before leaving England.

Martin P. had the disappointment of the mechanical trouble on the second day, but did well considering the nervous tension he was under almost from the start. (A very fit 66 year old rider from Kent, who would not accept his age, would keep appearing when we stopped along the road, in the hotels, and at the most unexpected times. Often when Martin was descending and concentrating hard, this little voice would

say "Hallo Martin" as he sped past. This almost phantom-like rider haunted him until Dover.)

Chris N. I feel that the effort put in by Chris, and the disappointment of not being able to finish can only be admired, when you could see the pain and discomfort he appeared to be in, his effort must have been something.

I think I am right in saying that those that went enjoyed themselves, even Chris, as he is talking of possibly attempting it again in a year or two. The weather could not have been kinder, and the thought of the climbs and moreover the descents in the rain would put a totally different feel to the task.

Editor's note: Mick's account originally ran to twice this length, I apologise to Mick for cutting it so much, but if anyone would like a full version, it can be arranged. SJW

Booking Form for Christmas Lunch

To Roger Gardner, Three Ways, Butt Lane, Harbury, CV33 9JL

Please reserve ___ places for me at the Christmas Lunch, 19th December 1999. My / our requirements are:

Starters _____

MainCourse _____

Dessert _____

Names of Party _____

Contact phone number _____

I enclose a cheque for £_____ (Full amount please, £11.95 per person)

SPOKES is compiled and edited by Steve Walker, 34 The Greswoldes, Radford Semele. CV31 1TP. Tel 01926 882037. e-mail - s.jwalker@virgin.net

		15	22	30	10	25	5	HC	Total
		(26/5)	(23/6)	(30/6)	(7/7)	(28/7)	(1/9)	(3/10)	
1=	Paul Preston	10	DNF		8	9	10	1	38
1=	Dave Bennett	6	6	9	5	4	2	6	38
3	Tony Smith	1	9	4	4	8	3		29
4	Steve Walker	1	7		1	10		8	27
5	John Herring	5	1	5	7	4	4		26
6	Roger Gardner	1	4	6	1	7	1	5	25
7	Carl McQuistan	7	1		9		8		25
8	Phil Cooke	2	DNF	8	1	2	1	9	23
9	Phil Galpin		3		1		7	10	21
10=	Christine Walker	3	10		1	1	5		20
10=	Gary Benfield			7		6	6	1	20
12	Peter Taylor	1	8		1	1	1	7	19
13	Mike Ford	1	5		4	5			15
14	John Clarkson	8			6				14
15=	Carl Lawson				10	1			11
15=	Mike Mudd		DNF	10			1		11
15=	Gig Cooke	1	1				9		11
18	Ian Lole	9							9
19	Alan Edwards				1	1	1	4	7
20	Tim Cadd	5	1				1		7
21=	Anne Allen	1			2				3
21=	Matthew Wallington		1				1	1	3
23	Matthew Kingston-Lee						1	1	2

