

# SPOKES

The newsletter for you, the cyclists of Leamington C & A C  
April 2000

## RETURN to PRINCETHORPE

The new TT calendar brings a reprieve for the old K10P, favourite course for many years. A new roundabout in the middle of Ryton has replaced the traffic calming which removed the course from our lists. I suggested to Dave Barry that this was no longer a valid reason to forbid use of the circuit-course and he has granted us one event on the roads. See page ? for full details of the seasons racing, also read Tim Cadd's appeal for help at his Road race, the Club's first BCF event for many years.

### "King" of Princethorpe resigns from Club

Phil Cooke has resigned in a shock move to join Mick Ives' old codgers racing team. The flying brickie has dominated the Club's racing scene for so long, it is easy to forget that he once road in Coventry Olympic colours back in the early years of that team. Now he joins Barrie Mitchell in a line-up which will hope to dominate LVRC "age-group" racing. We wish him a bit of luck, now there will be a new winner of the Whitnash Wheels jersey at the least.

### Club Prize Presentation

The Bull & Butcher was the latest venue for our prize ceremony this year and was a very well attended event, with some new faces and some old 'uns too! Among the three dozen diners, Alf and Betty Moore came to sample the huge portions offered by the pub and watched Roger put away two helpings of Apple Pie. Phil Cooke was presented with the usual table full of silver, although he is not allowed to keep any this year, due to his resignation. Chris Walker takes away nearly as many pots as Phil, but she would like a bit of a challenge in future, are there any ladies willing to give it a go? Tony Smith and John Herring shared a couple of Championships between themselves, and Dave Bennett added a share of the Vaughan to his Cyclo Cross trophy, Paul Preston is keeping the big silver cup for the first half of the year. Pete Taylor added his name to the Hillclimb shield for an 11<sup>th</sup> time, and the Cavin Woodward Plate was awarded to Peter Chronicle in recognition of his many years as timekeeper.

 Letters 


Lee Allen writes –

Dear Cycling friends,  
I thought I'd drop you a line, after an absence from Club activities for Anne and myself since July last year. We have been very busy with other matters.

Firstly we moved house which has taken up much time and energy. DIY doesn't replace the joys of cycling, but it has to be done, especially when time is of the essence. Secondly we are now the proud parents of a baby boy. George was born on March 9<sup>th</sup> at Warwick Hospital, and weighed in at 7lb 4oz. Both mother and child are doing well.

As much as my passion for cycling still burns strong, children do change your priorities, and as a consequence competitive cycling has had to take a back seat. I've had to use my energy on our new home and our expanding family. I'm not sure when I'll be competing again, however I do plan to do some cycling this year, I'm not sure at what level. (my spies report you have been seen out training, there's no escape! SJW)

Anne would like also to eventually get back on her bike, but at the moment is otherwise engaged. We both hope to catch up with the Club some time this coming year. The camaraderie of the Club is something we both miss.

Well, fellow cyclists, I wish you all a safe and speedy ride, must go now, duty calls.

Best wishes, Lee.



Peter Chronicle writes –

Dear Steve  
I'd like to thank all the members who contributed to the sponsoring of my India Mencap ride. Total sponsorship just topped £1200. Thanks again.  
Pete



Alf Moore writes –

Dear Steve,  
I must be a social member, I guess. Please accept my cheque for £10.

Bet and I look forward to the social evening on April 7<sup>th</sup> and hope to see you there.

Thanks for keeping me in touch with the Club. Sorry to hear about Ted, I first met him when I was 15.

Kindest regards, Alf

Thanks for the contribution, Alf. All long-standing members who reach pensionable age are entitled to free membership. In most cases that simply means a few extra copies of SPOKES to post. We hope you and Betty will keep in touch for many years yet.



Bob Jones writes –

Dear Steve,  
I thought you might be interested in the complete unabridged version of the report that appeared in the Courier and Observer after Christmas, covering the Cyclo Cross on Kenilworth Common.

*Cyclo cross riders, whose racing season occupies the winter months, have to cope with all conditions ranging from the comparative warmth of early autumn, with the attendant soft sticky mud to the depths of winter when cold, snow and ice are more likely. The annual Boxing Day event held on Kenilworth Common by Coventry Road Club presented the competitors with a copious amount of sticky mud, the current mild spell combined with a heavy downpour before the start produced a quagmire that even made progress on foot extremely laborious!*

*This mud, combined with the steep banks, tricky descents and exposed tree roots of the Common presented a challenge to any off-road cyclist- let alone those competing with riders of international calibre!*

*The event was run on a handicap basis with riders of different ages*

*and abilities starting in separate groups – the slowest group set off first with the fastest group being the last to leave the starting line. Leamington C&AC's only competitor in the event, veteran Roger Gardner, braved the tough conditions along with a nasty fall on the infamous "Turret" descent to finish the event in 34<sup>th</sup> place out of a field of 64 riders.*

*The first rider to finish, and a winner well in the clear was local international Steve Knight, followed by Carl Sturgeon. Daryl Atkins finished 4<sup>th</sup>, just in front of his father, former National Champion (many times) John Atkins, who in turn finished in front of well known international veteran Mick Ives. After the finish riders, helpers and spectators left quickly as the clouds darkened yet again to herald another downpour...*

Thanks Bob, a brilliant report, I salute the mad fools who enjoy this sport, brrrr!  
SJW

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Now that the racing season is under way, Sunday runs will continue without a set list. Phone me on my mobile if you need last-minute info on the day's rides. If you don't get an answer, don't leave a message, I'm probably still in bed. ☺

## Calling all Hands, Calling all Hands

Bearley Cross Road Race, Leamington C & AC's contribution to the British Cycling Federation's racing calendar is approaching fast. May 7<sup>th</sup>, is the date, start time 9.00am. It is to be based on a 8 mile triangular circuit passing through the villages of Snitterfield, and Wolverton before heading west, past Langley village to the A3400, where it turns and heads back through Bearley to Snitterfield.

A 90km event comprising of 7 laps, the riders will have to overcome the climb of Wolverton hill, which will test the strongest riders in this 2<sup>nd</sup> /3<sup>rd</sup> /4<sup>th</sup> category event. I hope the race will provide an opportunity for local and especially club riders to shine, as their knowledge of these roads should give them a competitive advantage.

My present budget projections should enable this race to be self-financing, although I hope to

obtain some sponsorship to enable more substantial prize money to be presented. However, I will still need the assistance of a good number of willing volunteers to undertake the necessary marshalling, stewarding, judging, and tea making to enable the race to be run smoothly. I anticipate the event lasting a little over two hours, with the riders lapping at 20-25 minutes, and so not providing too arduous a task for the marshals.

On a more professional note I will also be looking to provide neutral service, broom wagon, and hopefully a motorbike marshal with a black board man providing information on time gaps. So if you are willing to give up a little time for any of the above mentioned posts, or if you feel you can contribute in any way please feel free to contact the race organiser, Tim Cadd, on 01926 402819.

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## Subs – Reminder

If you still owe your Club subs, please pay them to Peter Chronicle or me by the end of April. Anyone not intending to renew, please drop me a line so that I don't keep sending SPOKES needlessly, thanks. Phone number on front page.

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## **IMPRUVE - Junior Development Club**

a report by Tim Cadd

On Monday, 13<sup>th</sup> March, I attended a BCF meeting where the topic for discussion was Regional Development and in particular the Impruve project, presented by Ian Billington, the Regional Development Officer for the West Midlands.

The Impruve project is a joint initiative between the BCF, Prudential Assurance and Sport for England, launched in 1997. Aimed at revitalising the Club-based cycling by encouraging youth development, the project currently claims 31 accredited clubs throughout the country.

The nearest accredited club to the Coventry Division, is the Royal Sutton, however Ian Billington noted that our division were yet to develop any coordinated youth development with the assistance of the scheme, its officers and the funding which accreditation attracts. Although, within the division there were initiatives operating within clubs. These were largely orientated towards the cyclo cross and mountain biking and are limited to the winter season.

The Impruve scheme runs for school aged children, and works

on a progression through key skills, essential for safe bike handling to a more competitive level designed to retain enthusiasm. Equipment and guidance is provided by the scheme once a health check of essential criteria has been satisfied, this can be staged in two parts, although the scheme would appear to be flexible, insofar as it encouraged links with schools, other clubs, and a degree of autonomy in the approach taken to the task in hand.

In time it is expected that a flow, albeit considerable reduced from those initial numbers involved, would filter into the racing/club ranks.

The BCF Coventry division would welcome volunteers or ideas from anyone interested in working with youth development, especially those who could spare a couple of hours a month to join a team to help promote cycling to the next generation.

If you require any further information please feel free to contact myself on 01926 402819, and I could put you in contact with the Regional Development Officer.

## Summer Racing calendar

We tried for a bit of variety this year, events were being sorted out last September and things seemed quite settled. Now we have a new bridge being built at Marton on the A423, this course may well be out of action the whole year due to traffic lights. This only affects the 25 based at Bubbenhall, the Princethorpe 10 will go ahead. I will check with the contractors. For the newer members, here is a brief description of our main TT courses and where we meet.

**Courses K3/10 and KC3/25** – parking at Sam Moreton’s warehouse just off the Fosse near Offchurch. The 10 course starts here and goes down the Fosse to Harwood’s House island near the M40, turns back along the Fosse and finishes between the Radford island and the start, just after the canal bridge. The 25 uses the same start, but at Harwood’s House, turns left to Gaydon to do a 15 mile circuit through Bishops Itchington, Deppers Bridge, Harbury, Ufton and back down the Fosse for a second time. When you get to Harwood’s this time turn round and finish on the canal bridge. The County Council has not resurfaced anywhere this year, in stead we have red rumble-strips at Offchurch and Gaydon just to make life interesting!

**Course KC3/5** – parking at Jet filling station on the Fosse near Harbury. Start is near the Rugby ground on the edge of Harbury, you ride back to the Fosse, turn left, carry on to Harwood’s, and return to finish near the filling station. That’s it, 5 miles done in less time than making a cup of tea (well almost!).

**Courses KC3/15, KC3/22 and KC3/30** – parking near the junction of Butt Lane and Vicarage Road, Harbury, outside our president’s house. Roger might even let you use the loo, for a fee! The 22 circuit starts near the junction towards Ufton, just before the B-road. When you get to the Ufton x-roads (A425) go left through Ufton, down the hill to the Fosse. Left here to the Chesterton x-roads, left and up the hill past the windmill. Fork right on the Bishops Itchington road (*keep left and you’ll get lost in Harbury*), continue all the way to Bishops, and at the T-junction turn left to Deppers Bridge, left again to finish one lap as you approach Harbury. The second lap is exactly the same and you’ve done 22 miles. The 15 and 30 circuits are similar, but instead of turning at Chesterton, you continue down the Fosse and left to Gaydon at Harwood’s House, returning via the Gaydon - Deppers Bridge route. The 30 is twice round.

**KC3/16** (special circuit for Ted & Doris Clifford Trophy) – this is a course under review, parking will be in Harbury but the route is going to differ from the old circuit to accommodate the comments from the athletes. Details will be announced in plenty of time (I hope)

**Course K10/10** – meet at the top of the hill by the caravan park, on the wide grass verge. The course heads towards Rugby, goes left along the A45, turns through Ryton village and back along the A423 over the Bull & Butcher climb.

Finish is through Princethorpe towards Marton.

**Course KH6** – this is the Hillclimb at Edge Hill. Everyone meets at the layby

at the top for the final event in the Club's calendar, then it's back to the social season again, and Christmas and cyclo cross.

## Open Events

These differ from Club events in several ways. Firstly there are more competitors, also the entry fee is paid in advance. Changing facilities are usually provided in village halls and the like, rules are more strictly applied especially at the Start and Finish. We are promoting two open TTs and a Road Race this year (see Tim's feature on page 4) Tony Smith and I are jointly running a 10 on K3/10 at Offchurch. Tony is handling entries from solo riders and a special event known as the "GHS" competition for under-16s, I am running an event for tandems. At the end of the season I am running a 10 on the same course on behalf of the VTTA, which is not restricted to veterans. Details of these and the whole RTTC open events calendar can be seen in the RTTC handbook, ask Peter Chronicle for details if you can't borrow one!

Day	Date	Course	Distance	Start Time	Comments
Sunday	April 16	KC3/22 Harbury	22 m	0900	Hilly event
Wednesday	April 19	KC3/5 Harbury	5 m	1900	
Wednesday	April 26	K3/10 Offchurch	10 m	1900	
Wednesday	May 3	K3/10 Offchurch	10 m	1900	
<b>Sunday</b>	<b>May 7</b>	<b>Norton Lindsey</b>	<b>90km</b>	<b>0900</b>	<b>Road Race 2/3/4 Cat</b>
Wednesday	May 10	KC3/15 Harbury	15 m	1900	
Wednesday	May 17	K3/10 Offchurch	10 m	1900	
Wednesday	May 24	KC3/15 Harbury	15 m	1900	
Wednesday	May 31	KC12/25 Bubbenhall	25 m	1900	
Wednesday	June 7	KC3/22 Harbury	22 m	1900	Hilly event

Day	Date	Course	Distance	Start Time	Comments
Wednesday	June 14	KC3/15 Harbury	15 m	1900	
Wednesday	June 21	KC3/30 Harbury	30 m	1900	
Wednesday	June 28	KC10/10 Princethorpe	10 m	1900	
Wednesday	July 5	KC3/30 Harbury	30 m	1900	
Wednesday	July 12	KC3/25 Offchurch	25 m	1900	2-up TTT
<b>Saturday</b>	<b>July 15</b>	<b>K3/10</b>	<b>10 m</b>	<b>1800</b>	<b>Open TT &amp; GHS event</b>
Wednesday	July 19	K3/10 Offchurch	10 m	1900	
Wednesday	July 26	KC12/25 Bubbenhall	25 m	1900	
Wednesday	August 2	KC3/16 Harbury	16 m	1845	<i>New course tba</i>
Wednesday	August 9	KC3/15 Harbury	15 m	1900	
Wednesday	August 16	K3/10 Offchurch	10 m	1900	
Wednesday	August 23	K3/10 Offchurch	10 m	1900	
Wednesday	August 30	KC3/5 Harbury	5 m	1900	
<b>Saturday</b>	<b>September 30</b>	<b>K3/10</b>	<b>10 m</b>	<b>1400</b>	<b>VTTA event</b>
Sunday	October 8	KH6 Edge Hill		1430	Hillclimb

A note on Course numbers – these are broken into 3 or 4 sections. The K applies to all courses in the Midlands District, other districts have different letters. The C denotes a course which is approved only for Club events, open events miss this out. The next number is for the area, and the final number after the “/” is the distance. Courses for hillclimbs start with KH. These rules apply to Midlands DC only, other areas have similar logical approaches to numbering, but some retain a secrecy carried on since the dawn of TTs, Yorkshire DC use a list with no magic solution, for example V735, V712. Speaking as a Yorkshireman born and bred, I reckon it’s bloody-mindedness, by ‘eck! Just think yourselves lucky we are in the Midlands.