

# SPOKES

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

## Mick Ford – Vet's Record ride

The F1 course in its various formats has been a good hunting ground for testers seeking fast times. I know, Chris and I have ridden it on the tandem a couple of times, with good results. Mick Ford had a good day, riding the St Ives CC 25 at the beginning of July, setting a new record as well as doing the fastest ride for any Club member this year. His time of 55:49, (not the fastest ever in the Club, that ride was set by Phil Adkins, on the F1 in 1983) gives him a VTTA "plus" of 18 mins 33 for his age "Standard" of 1:14:22 (at age 56) and beats Fred Dale's Club record of plus 17:17 set in 1984.

The Club records for Veterans are based purely on VTTA standards, not qualifying as Age records. Perhaps it is time to copy the VTTA in recognizing these records separately, Fred's record should stand as an age record, and Mick's record would also be counted, for anyone his age or younger to achieve. It would not be difficult to set up, I just need to know riders' ages when they do a "ride". Also, we could recognize the efforts of our lady-members in a similar manner.

## Championships

The evening TTs are rapidly coming to an end, where does all that time go to? We have held the Hilly 22, the 15 and 30 championships and the 25 mile TTT. As I write these notes, the 25 mile TT has only just been run. John Herring seems to have had his own way again, winning the 15 and 30, and partnering Tony Smith to the title in the 2-up. Holidays stopped John getting a clean sweep, though; at last Dave Bennett has achieved a win in a championship TT, pushing Mick Ford into second place in the Hilly 22. Tony finally got one over John in the 25, as you will see The ladies have a competition too, Chris Walker has a very keen Pam Styles to watch out for. Chris just beat Pam by half a minute in the 22, then elected to give the 30 a miss. Pam had no competition in the 15 (holidays again!). She is in her first year of competition, and hopeful of a high place in the Vaughan Trophy. (see elsewhere in SPOKES for info).

## Open 10 mile TTs

The Club's TT calendar included the local GHS district heat for schoolboys (or juveniles, to be precise). The event was won by Tom Brazier of St Mary's RC High School in 23:00.

The main event was won by Richard Bradley from Royal Sutton CC in 21:02 on a day when the wind blew riders out to the turn on the longer leg, and if you were lucky you were sheltered by the trees on the way back. Tony Smith (joint organizer with myself) was fastest LC&AC member, passing the timekeeper in 22:52 and getting the better of John Herring, who did 23:11, Dave Bennett finished in 23:16 and Bob Lane did 26:20. Leamington missed out on the Team prize, coming third. I think Tony might change the formula another time, if he had specified the team prize was to be awarded by the "Bidlake" system, ie. fastest third counting rider then Leamington would have won.

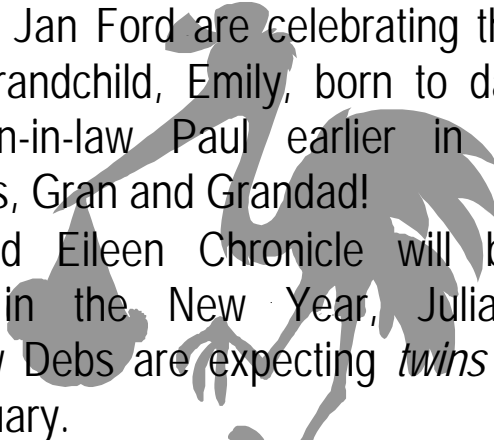
The Tandem event had a high proportion of C&AC riders. Mick Ford steered Pam Styles to a close 3<sup>rd</sup> place in 23:02. Steve and Chris Walker came in 4<sup>th</sup> in 23:39, Steve struggling to keep his bum on a loose saddle. Roger Gardner had the other Southam "*speed-king*", Dave Hudson to stoke him to 24:12 and 6<sup>th</sup> place.

I would like to thank everyone who helped or took part in the event for making it a success, especially the heroes in the kitchen, Jan, Liz and Maureen. Thanks also to the event sponsors, Martyn Hackley (QA Technology) and Chris Nichols.

## Wednesday rides

Dave Suett has earlier offered to lead midweek rides on the last Wednesday of each month, he is keen for any cyclist to join him on these rides, not just members, so if you know of anyone with time to spare, put them in touch with Dave. The rides are usually all day, including stops for elevenses, lunch and tea. The rides will depart from St Nicholas Park gates in Warwick, so anyone interested should contact Dave on 01926 493138, he needs to know in advance so that pubs can be booked up, other cyclists will be joining his group from further afield. Start time is 9.30, planned distance 60 to 80 miles depending on weather, etcetera, pace will be moderate, like our social Sunday rides.

### **Good news Dept**

- Mick And Jan Ford are celebrating the birth of their first grandchild, Emily, born to daughter Kate and son-in-law Paul earlier in Spring. Congratulations, Gran and Grandad!
  - Peter and Eileen Chronicle will become grandparents in the New Year, Julian and daughter-in-law Debs are expecting *twins* around the end of January.
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### **Social season kicks off soon**

Yes, folks it's that time of year, when you have to look for the batteries for your lights and head off to the Millwright Arms in Warwick. We meet every first and third Wednesday, in the "Snug" for a drink and chat, from 8.30pm. First date is Wednesday 6<sup>th</sup> September. Come along and get away from the telly for an hour or two.

### **Cyclo Cross News**

Dave Bennett has brought a new idea to the Cyclo Cross championship. The Midlands League events all carry points for each category, Juvenile, Junior, Senior, Vets etc. Ride any of these events, and points scored will count towards the Club Trophy, the winner is the rider who scores most. What could be simpler? This means that the competition is more open to all. Cyclo Cross licenses are available now, see Dave to order yours, phone 01926 431202 and have a fiver ready!

## Championship Results, so far

### Hilly 22 Champs

#### Vaughan Trophy

			PB	Imp	Pts
1	Dave Bennett	58:52	55:44	-3:08	3
2	Mike Ford	59:35	58:43	-0:52	5
3	Steve Walker	1:02:30	1:03:43	+1:13	7
4	Chris Blomfield	1:02:43	1:07:13	+4:30	8
5	Paul Preston	1:02:55	1:09:19	+6:24	9
6	Peter Taylor	1:03:38	59:00	-4:38	2
7	Roger Gardner	1:06:36	1:05:11	-1:25	4
8	Mike Mudd	1:07:28	No PB		1
9	Christine Walker	1:12:05	1:12:03	-0:02	6
10	Pam Styles	1:12:34	1:19:55	+7:21	10

### 15 mile TT Champs

Date - 14<sup>th</sup> June

1	John Herring	36:17	36:07	-0:10	6
2	Tony Smith	37:50	36:24	-1:26	3
3	Tim Cadd	37:54	36:16	-1:38	1
4	Mick Ford	38:22	38:10	-0:12	5
5	Dave Bennett	39:01	37:09	-1:52	1
6	Gig Cooke	40:22	40:59	+0:37	8
7	Chris Blomfield	41:07	40:55	-0:12	4
8	Paul Preston	41:15	42:16	+1:01	10
9	Phil Galpin	43:21	41:46	-1:35	1
10	Roger Gardner	44:01	42:32	-1:29	2
11	Tim Cree	44:28	No PB		1
12	Carl Lawson	45:29	46:01	+0:32	7
13	Pam Styles	47:16	48:04	+0:48	9

### 30 mile TT Champs

Date - 5<sup>th</sup> July

1	John Herring	1:12:53	1:13:15	+0:22	4
2	Tony Smith	1:13:33	1:16:06	+2:33	6
3	Mick Ford	1:16:04	1:16:56	+0:52	5
4	Paul Preston	1:20:40	1:27:33	+6:53	10
5	Phil Galpin	1:21:56	1:25:46	+3:50	8
6	Chris Blomfield	1:23:27	1:27:00	+3:33	7
7	Peter Taylor	1:24:26	1:23:11	-1:15	2
8	Steve Walker	1:24:41	1:22:30	-2:11	1
9	Roger Gardner	1:27:13	1:27:23	+0:10	3
10	Pam Styles	1:35:21	1:39:54	+4:33	9

## 25 mile TT

Date - 26<sup>th</sup> July

			<i>Vaughan Trophy</i>		
			PB	Imp	Pts
1	Tony Smith	59-40	1:00:58	+1:18	6
2	John Herring	1-00-16	59:32	-0:44	2
3	Dave Bennett	1-01-41	1:00:04	-1:37	1
4	Paul Preston	1-05-28	1:10:03	+4:35	8
5	Peter Taylor	1-06-02	1:05:37	-0:25	3
6	Chris Blomfield	1-06-39	No PB		1
7	Phil Galpin	1-08-17	1:08:11	-0:06	4
8	Richard Gostick	1-09-07	1:19:30	+10:23	10
9	Bob Lane	1-11-43	1:17:21	+5:38	9
10	Chris Nichols	1-13-46	No PB		1
11	Chris Walker	1-13-58	1;14:27	+0:29	5
12	Pam Styles	1-17-23	1:19:38	+2:15	7

## 25 mile 2-up TTT

Date – 12<sup>th</sup> July

1	John Herring & Tony Smith	1:00:02
2	Peter Taylor & Phil Galpin	1:04:17
3	Paul Preston & Chris Blomfield	1:07:06
4	Roger Gardner & Steve Walker	1:07:14
5	Pam Styles & Chris Walker	1:17:10

Mick Ford rode with a guest rider, Phil Cooke (remember him?), finishing in 59:54. Such is life!

## Ted & Doris Trophy

This year's edition of the Club's intersection event has just been won by Phil Galpin. He consolidated a steady ride in the 16 mile event (44:05) with a fantastic run timing 23:37 for the 4 miles, beating Peter Taylor by 38 seconds. Cyclists filled the first five places, the best runner was Graham Roberts. Both events attracted larger fields than last year's numbers, but all the athletes who turned out on their bikes were veterans, where are all the younger athletes? Christine Walker completed both halves of the competition to walk (hobble!) away with the Gardner Trophy for best lady.

Phil Galpin has recently been relieved of two bikes when thieves broke into his garage and stole his Lee Cooper 19½" green MTB in 653 tubing, also his Carrera training bike, 24" 531 in pale blue and white. If any member is offered either item, I feel sure Phil would like to hear about them. Phil's number is 01926 336957.

## Vaughan Trophy – the story so far

Paul Preston has obviously enjoyed polishing this trophy so much he seems determined to keep it for another year, going by the way he is improving with almost every ride. Pam Styles is trying hard to upset his plan, she got hooked after one ride in the April Hilly 22. Chris Blomfield is also showing promise, and he will have a new bike for the last three events if Ricci Bikes manage to send him one without bending it! There are still 30 points up for grabs with the 10, the 5 and Edge Hill to come.

		<b>Hilly</b>	<b>15</b>	<b>30</b>	<b>25</b>	<b>Total</b>
1	Paul Preston	9	10	10	8	= 37
2	Pam Styles	10	9	9	7	= 35
3	Chris Blomfield	8	4	7	1	= 20
4=	Mick Ford	5	5	5		= 15
4=	Tony Smith		3	6	6	= 15
6	Phil Galpin		1	8	4	= 13
7	John Herring		6	4	2	= 12
8	Chris Walker	6			5	= 11
9	Richard Gostick				10	= 10
10=	Roger Gardner	4	2	3		= 9
10=	Bob Lane				9	= 9
12=	Steve Walker	7		1		= 8
12=	Gig Cooke		8			= 8
14=	Carl Lawson		7			= 7
14=	Peter Taylor	2		2	3	= 7
16	Dave Bennett	3	1		1	= 5

The table shows all riders who have more than 1 point

*To explain what the Vaughan is all about, I have records of every Club event since about 1986 when Tony first started printing results. These are entered into a program on my computer (sorry, Chris it's your computer I know, I just use a little bit of it), this program can filter results all sorts of ways. What I do is compare riders' times in each Championship event with the times they have done in the last three complete seasons, also in the current season. Those of you who show an improvement get more points than those who do not improve, and the one who improves most gets 10 points, reducing to 1 point for the tenth best and subsequent comparisons. Anyone who has no record in the event also gets a point, for completing the ride. Points are added up through the year, and the member with the best score after the Hillclimb is presented with the trophy at the Club prize dinner. It's a big cup, takes a lot of polishing, 'cos it's solid silver, it was first presented way back in the 1920s. There are many names on the plinth, reminding us what a rich history this Club has.*

## Feed-back required

- As the Summer draws slowly to a close, can I ask members to let me know if they are interested in having a weekend break away from home? We have recently concentrated on touring weekends, Wisbech and the Kennet & Avon area are two recent trips; I would like to know if there is a need for a mixed activity type weekend, such as we enjoyed at Hay on Wye a few years back. That means perhaps Saturday sightseeing or shopping, and a choice of walking or cycling on the Sunday. There is a catch, I will require a volunteer to help organize it, and Roger has enough to do with the work on his house.

- Does anybody want to join a trip to the National Cycling Centre to have a whizz on the track? We have had a couple of visits and everyone enjoyed themselves, it's daunting at first, but you can soon get used to the banking in a *Taster Session*. Cost is about £6.50 for an hour on the track, plus transport. The visit might be midweek, depends on the response, Sunday *Tasters* are very popular and need to be booked up well in advance.

- Speaking of the Velodrome (yes we were), the World Track Champs and the World Masters are to be held there this autumn, book your tickets from the track soon. Tel 0161 223 2244 for info.

## Complaints Dept.

The proprietor of The Pantry at Willoughby had a complaint last Sunday, a member was seen eating a banana inside the café. He quite rightly pointed out that only food bought on the premises was to be eaten there. Please do not embarrass the rest of the club-run by eating your own food in cafés, these people have a living to make, so play fair.

Eat the banana outside and dispose of the skin in the usual manner, ***over the hedge!***

## Membership

Carl Lawson has been struggling with a knee injury since early season, but is finally getting fit again. Watch out, Roger, he could be serious competition for you again! Fancies a go at Land's End – John O'Groats!

- New members – I haven't introduced the latest recruits since last September, so here goes.

**Pete Glanfield** – determined to keep up with the social riders despite the bike.

**John Allsop** – another occasional rider who prefers our social pace and company.

**Arthur Beaton** – he joins us late in the season, if he finds his way round the 15 course, he could be very quick!

## Directory Enquiries!

Members are frequently phoning me for info on other members phone numbers, I propose to include a list of them in the next issue of SPOKES. If any Life, Full or Social member does not want their number published, please contact me before the end of September so that I know not to include them in the listing. In future, membership renewal forms and application forms will include the option to opt out. Meanwhile, here are some of the numbers you should know.

Club President - Roger Gardner  
01926 613143

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

Athletes' Section – Alan Edwards 01926 492287

Subscriptions and Club events - Peter Chronicle 01926 426778

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

Cyclo-cross – Dave Bennett 01926 431202

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