

SPOKES

The newsletter for you, the cyclists of Leamington C & A C
July 2001

Dave B lays down the gauntlet

The last Wednesday in May heralded the first Club Champion, with Dave Bennett powering round the KC3/25, winning the 25 title ahead of John Herring and Tony Smith. Dave always does well when the weather makes the going hard, and this night was as windy as the Fosse can make it, short of a howling gale. The Vaughan Trophy maximum points for improved riders went to Phil B, with Matthew Wallington taking second best, and James W third, all improving in excess of two minutes, when the average over the field was that much in arrears. Dave repeated the result in the 15, leaving John and Tony trailing, and then repeated the effect in the Dave Cooke Challenge event which forms the Hilly 22 championship. Matthew Wallington is rapidly getting the taste for fast rides, his times have earned him a good head start in the Vaughan after three events. Results on p5.

New face on the committee

The AGM in February brought one significant change in the form of the Committee, with Bob Lane's place being taken over by Pam Styles. Everyone else was happy to continue as we were. Bob decided to stand down due to the distance he has to travel, my guess is he's fed up with us old bores! Pam is keen to contribute to the Club, I wonder how long I can hold off the challenge??

Marathon Woman

Jan Ford completed the London Marathon in just over 6 hours, and has to date raised £3000, if you haven't already contributed to her sponsorship for this wonderful effort, how about sending her a cheque to add to her chosen charity, Whizz-kidz

London Marathon – been there, done that, got the T-shirt (and the medal!)

..... thanks to my supporters!

The whole event – from the moment I received the Whizz-kidz mailshot last December up to now – has been the most incredible experience. You will know that I am not a runner – the extent of my exercise has been the back end of the tandem (mostly free wheeling) – so no-one was more surprised than me to find myself in training. However, I felt I could remain focussed for four months, and had no doubt that if I started I would finish!

I'm very grateful to Chris Walker and Liz Gardner for accompanying me on training sessions of various natures! Thank you too, to all LC&AC members who have been so encouraging and enthusiastic – it makes all the difference in the world to know that folk are interested in your progress. The biggest thanks, though, must go to Mick, for his total commitment to my needs, his understanding of endurance training and his extremely useful turbo trainer! Not to mention all the housework, but that's normal!

From the snaps taken by the family it is noted that during the Marathon, I looked progressively more like the rabbit whose ears I wore (because I was running for Whizz-kidz, who provide wheelchairs for children, and rabbit ear baseball hats were worn by all 600 of the "Whizz-kidz" runners).

Greenwich Park was pretty chilly at 7.30am, but the weather was ideal for competitors of my speed: cool and dry. Not quite so comfortable for spectators I suspect, especially a group who waited for 3 hours at the 23 mile mark, thinking they were half way! They suffered severely cricked necks from peering to the right to spot the ubiquitous rabbits' ears – there were 599 others remember, and they were almost all in front of me!

It took 15 minutes for me to reach the start line, after the gun had gone, and as soon as we crossed the line, runners were disappearing into the bushes left and right! I vowed not to stop for nature until I actually needed a rest – and luckily that time didn't come. There were numerous portaloos around the course, and they all had extensive queues outside!

Every mile was marked by an arch of yellow and green balloons, and a huge digital watch. Drinks were handed up at every mile, by teams of 30 – 40 bodies of all ages – what organisation! As I was near the end of the field, by the time I approached the finish, teams of road sweepers were in action, and all along the route, enthusiastic St John volunteers offered plastic gloved handfuls of vaseline to smear on various parts of the anatomy. This is when I began to suspect that I actually wasn't trying hard enough – I never once had the desire to take up this offer!

At 25 miles, on the Embankment, Mick called out, "Get going, the police car is behind you!" That meant the roads were about to be re-opened, and I was blown if I wanted to be muddled up in moving traffic! I put on such a spurt, that I reached the finish before the family!

There is an official photo of me crossing the line, of which I am rather pleased! It shows me running! Actually, I was so overwhelmed that I feared it would show me bawling my eyes out. I didn't even take in the time I'd done, neither did I stop my own watch until after I'd found a free loo, and reclaimed my bag from the enormous fleet of wagons lined up in the Mall. Not the reaction of a trained athlete, I fear!



However, 6hr 22min was the official time, though I'm claiming 6hr 7min because of the 15 mins it took to reach to start line. The medal is inscribed "21st London Marathon" and the children at school thought that was my finishing position. Sadly, no! I was 29,156th out of 30,206, and 6,300 lady out of 6,858.

Thank you very much to all of you who sponsored me for the Marathon – it was very much appreciated. I have been overwhelmed by the amount of support I have received – moral, spiritual and financial! I have sent off £3600, and still it keeps coming in!

25 TT championship results

A strong wind stopped the riders recording faster times, but DB enjoys hard conditions, don't you, Dave?

		Result	Imp/Deficit	Vaughan pts	
1	Dave Bennett	1-02-09	-02-05	5	
2	John Herring	1-02-33	-03-01	2	
3	Tony Smith	1-03-06	-03-26	1	
4	Phil Burridge	1-04-38	+02-18	10	
5	Phil Galpin	1-06-40	+01-31	7	
6	James Webb	1-08-08	+02-01	8	
7	Paul Preston	1-08-15	-02-47	3	
8	Peter Taylor	1-08-18	-02-16	4	
9	Gig Cooke	1-09-21	-02-02	6	
10	Matthew Wallington	1-11-14	+02-09	9	
11	Joss Clempson	1-14-08		1	
12	Roger Gardner	1-14-50	-06-15	1	
13	Cavin Woodward	1-15-31			1
14	Carl Lawson	1-16-41	-05-17	1	
15	Christine Walker	1-20-38	-06-11	1	
	Alan Edwards	DNF			
	Steve Walker	DNF			

15 TT championship results

This night was a rarity, warm, with very little wind. The Bennett steamroller rolls onwards, withstanding all challengers!

		Result	Imp/Deficit	Vaughan pts	
Total					
1	Dave Bennett	36-34	+00-15	5	10
2	John Herring	36-50	-00-43	1	3
3	Tony Smith	36-51	-00-27	1	2
4	Tim Cadd	37-11	-00-34	1	1
5	Steve Hundal	38-23	-00-18	1	1
6	Len Orrick	38-25	-00-20	1	1
7	Paul Preston	38-34	+01-58	10	13
8	Chris Blomfield	39-20	+00-01	4	4
9	Ian Lole	39-44	-00-59	1	1
10	Peter Taylor	39-59	+00-16	6	10

7					
11	James Webb	40-18	+00-24	7	15
12	Alan Edwards	41-08	-00-12	2	2
13	Matthew Wallington	41-19	+01-45	9	18
14	Phil Galpin	41-27	-01-21	1	8
15	Roger Gardner	42-36	-00-04	3	4
16	Cavin Woodward	44-52	-00-12		2
	3				
17	Carl Lawson	44-59	+00-30	8	9
18	Pam Styles	46-08	-01-05	1	1
19	Christine Walker	46-48	-00-35	1	2

Dave Cooke Challenge, 22 Hilly

Yet another fine evening, not too windy, but a struggle up the drag to the finish, DB triumphs again

		Result	Imp/Deficit	Vaughan pts	
Total					
1	Dave Bennett	0-57-42	-01-58	7	17
2	John Herring	0-58-24	-03-54	3	6
3	Tony Smith	0-58-39	-02-50	6	8
4	Chris Blomfield	1-02-12	+02-13	9	13
5	Phil Galpin	1-03-28	-01-05	8	16
6	Mike Stallard	1-03-33		1	1
7	Peter Taylor	1-03-37	-04-37	1	11
8	Matthew Wallington	1-05-32	+10-45	10	28
9	Steve Walker	1-06-27	-03-57	2	2
10	Paul Preston	1-06-44	-03-49	4	17
11	Martin Bower	1-07-15		1	1
12	Roger Gardner	1-08-51	-03-05	5	9
13	Cavin Woodward	1-10-48			1
	4				
14	Pam Styles	1-16-50	-04-16	1	2
	Christine Walker	DNF			2

Vaughan Aggregate Trophy

The trophy is the oldest in the Section, with a wealth of history attached, it is being restored this year, with a new plinth added to accommodate more names. Mike Vaughan of "Mike's bikes" in Kenilworth is paying for the restoration, it's his family who presented the trophy initially back in the 1920s. Nice one, Mike!

Vaughan Trophy points are awarded for every Championship event, 5, 10, 15, 22 hilly, 25, 30 and Hillclimb; the results are compared with your previous efforts in Club events over the last three years (we have detailed records thanks to Tony Smith), and the greatest improvement is awarded 10 pts, down to 1 point for the 10th best, also every other finisher is awarded a point. The Vaughan trophy is presented to the member who gains the most points in the season, so there is plenty of time for this situation to change with four more counting events before the Hillclimb.

		25	15	Hilly		Total	
1	Matthew Wallington		9	9	10		= 28
2	Dave Bennett	5	5	7		= 17	
2=	Paul Preston	3	10	4		= 17	
4	Phil Galpin		7	1	8		= 16
5	James Webb		8	7			= 15
6	Chris Blomfield		4	9		= 13	
7	Peter Taylor		4	6	1		= 11
8	Phil Burridge	10				= 10	
9=	Roger Gardner	1	3	5		= 9	
9=	Carl Lawson		1	8			= 9
11	Tony Smith		1	1	6		= 8
12=	John Herring	2	1	3	2	= 6	
12=	Gig Cooke		6				= 6
14	Cavin Woodward	1	2	1		= 4	
15=	Chris Walker	1	1	DNF		= 2	
15=	Steve Walker	DNF		2		= 2	
15=	Pam Styles		1	1		= 2	
15=	Alan Edwards	DNF	2			= 2	

The table shows all riders who have more than 1 point

New Members

Apologies to Geoff Munford, I slipped in an extra "d" into his surname in the last issue.

- Mike Stallard (01926 495337) comes highly recommended, by none other than Phil Cooke (Who??), Mike works for A C Lloyd, a little bird tells me he's part of the family!
- Joss Clempson (01295 690501) is a friend of Matthew Wallington's, he lives way out in Farnborough and will be heading off to Portsmouth Uni later to study Sport Science.
- James Webb (07967 685450) found us on the BCF website, he has already found a liking to bike racing, and could be putting the Club on the World Wide Web (don't all yawn like that!)

Summer fashions – red, white & blue

With the sudden increase in new members this season, my stock of Club clothing has almost sold out, so I shall be ordering more from Endura very shortly. Please get in touch with me soon if you require any items from their catalogue, They produce just about everything for a cyclist and we have tried most of their range, so someone in the Club will have a sample. You may need a showerproof jacket or one in Roubaix fabric for cooler summers than this one, or bibknicks, or full length tights, just ask me. Racing jerseys can be had in long or short sleeve, (sleeve length can be specified, if you need extra long or extra short, as can leg length with the tights), standard or full zip. Coolmax material is an extra charge on the cost of shorts, approx £5. Remember, the tops are heavily discounted to all members (25% off cost and no VAT)s, so buy, buy, buy!

	Long Sleeves	Short Sleeves
Lycra tops (TT)	£23.25p	£21.75p
Acrylic tops (Road)		£21.75p
Lycra shorts	£23.25 (Black)	£26.50 (Red)
Ladies shorts	£27.50	
Coolmax Bibshorts	£38	
Roubaix Bibknicks	£34	