

Leamington C&AC Newsletter
for the Cycling Section
May 2002

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2003 National Championship 10

I am now able to tell the membership that we will be sole promoters of the 2003 series of 10 mile TT Champs, running 3 events on one Sunday in May on the Princethorpe course. HQ will be Princethorpe College, thanks to Gwillim Price, C&AC member and Head of PE at the college. There is a slight possibility of road works disrupting the original planned course, (a roundabout is to be built at Ryton on the A45 where Edie Atkins, of the Coventry RC, was killed) but I have an alternative start and finish planned.

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Bearley Cross Road race

Tim Cadd

I have been asked to promote this West Midlands Regional Championships on the 26 May 2002 for the BCF/ British Cycling.

I am anticipating running two events; a morning race for 3rds, Women and Juniors, and an afternoon event for 4th category riders only. The course will be around Norton Lindsey, Bearley Cross and Snitterfield as usual.

I hope to receive support for marshalling etc from other local clubs although I have not approached anyone as yet, but I would welcome any early volunteers. Jobs this year include marshals, official vehicles lead car, broom wagon, catering staff, license stewards, and other token posts such as finish judges.

Of course I expect all the BCF/ British cycling members from the club to be competing in one of the events and hope they take advantage of the local knowledge.

GHS District Final and Open 10 Mile TT, 6th July 2002.

Mike Ford is organising the above events on behalf of the Club and is looking for help on the day. It is hoped that those that are racing on the day will chip in with help and that those not racing and family members of those that are can come along and lend a hand.

The races start at 2.00pm, the course is the Fosse 10, changing-rooms are at Offchurch sports ground (on the Offchurch to Hunningham road). Generally there has not been a full field for the Open event and the GHS event has in the past had less than ten riders.

If you can offer help then please contact Jan or Mike Ford 01926 813373.

Champions Night

Old Leamingtonians Rugby Club was the venue for the section's trophy night, earlier in April, when we were hosted by Paul and Jane Muddeman from the Athletes' section.

Dave Bennett brought along his Mum and Dad to help him carry home all the awards, he won every TT prize apart from the Hillclimb and the 5, if you count the share in the 2-up. John Herring will have the other half of the 2-up award in due course.

The refurbished "Vaughan Aggregate Trophy" was on display for the first time in its new condition, the engraver did a great job of restoration, and Matthew Wallington, this year's winner, had a big shock, he hadn't realized how big the trophy is. The trophy dates back to the 1920s and is the oldest cup in the Section, after seventy years the little cyclist on top was looking decidedly wobbly until his wheels were fixed as part of the refurb.

Tim Cadd won the 5 mile race and the Senior Road Race award, Peter Taylor took the Hillclimb shield home yet again, and Phil Galpin showed what an all-rounder he is by winning the Cyclo-cross trophy again (his story is printed elsewhere in this issue).

Chris Walker and Pam Styles shared the Ladies' trophies fairly evenly between themselves, Chris took the 5, 10 and 25 awards as well as the Jean French cup, Pam will be polishing the awards for the 15, Hilly 22 and the 30, perhaps we should have given her another for her effort in the hillclimb also.

Sponsored ride

Chris Walker's colleagues are arranging a sponsored ride of about 100 miles, Saturday July 13th, based on their Stratford office. Proceeds will be given to RNLI and Midlands Air Ambulance. Any members wishing to join in are most welcome, contact me at home for an entry form.

Majorca 2002 Training Camp

Mike Ford

I attended an organised training Camp in Majorca at Port de Pollenca on the north west side of the island. The Hotel and food were excellent and the scenery in that area is great. The town is on the coast and near the mountains but access to the flat lands is also easy. The riding was organised to allow for four groups - 1: the fast boys (of which I was not one), groups 2A and 2B the majority of riders, and group 3 the leisure ride.

The organisers have provisionally booked the Hotel again for next year for a one and two week stay. The two weeks commence on 17th March 2003, with the one week stay going on the 24th. The cost this year was just under £400 for a room sharing with one other and just over £400 for a sharing room with sea view. The two week stay was around £500. On to this was insurance (£32) and spending money but with the food at the Hotel this was not a lot.

The Organiser is offering 5% discount on groups of up to ten and 10% on groups of 11 and over for next year. Although it was called a training camp I was left slightly uncertain that this was the right title as it could scare people from going who wanted more leisurely riding. Is there any interest in seeing if we can make up a Club group? This can include wives/partners/girlfriends, but I would clear it with the wife/partner if you want to take the girlfriend. I feel a club group would make the stay more enjoyable but that's just my opinion.

An alternative would be to organise our own Club trip with cyclists training in the mornings and social outings with the families in the afternoons. There is a lot to see and even if you can not guarantee the weather, it is more likely to be warmer there in March than in England. I do not know the cost of a Club organised event but if it was opened up to other cyclists we know then the costs may be similar. Any thoughts, any interest. If so contact Mike Ford 01926 813373.

Multisport in Leamington C & AC

Phil Galpin

Ever heard of Team Flamingo? The now extinct Triathlon section of the club does not mean that multisport activities are dead in the club as well. There are several members of the club that have dabbled and even some excelled in the discipline of multisport.

The multisport events that I have had a go at in recent years have been short course (sprint and Olympic distance) triathlons, duathlon and biathlon. The triathlon is swim, bike, run. The duathlon is run, bike, run. The biathlon is swim, run. For the slightly more extreme the bike and run can be off-road. Typical distances for a Sprint Triathlon are 400m swim, 20km bike, 5km run.

The triathlons I've attempted have all been pool swims owing to my life threatening lack of confidence in Open water. This detracts from the true race experience of the massed start triathlon. This is a bit like the difference between time-trialling and road racing in cycle sport. However I think it will be some years, if ever, before I run into a river or a Lake or the sea and compete seriously.

To find out about events I have joined the British Triathlon Association, BTA. This is very good value at £30 for individual (unattached) senior membership. For this I received a handbook of events for the year and a rule book. There is also a racing license included and with membership there is often a £3 reduction in race entry fees. It makes you think if you shell out £75 for the BCF. There are also magazines such as 20/20 which have a whole host of additional information to basic event information. There are some independent outfits such as the Human Race and Concept Sport that offer a season of promotions, often affiliated with the BTA and promoted via a useful website. The nearest dedicated club for Multisport is Coventry Triathletes and they too have a website for info.

Although there is no affiliation to the National body with the club, the clubs activities go a long way to supporting the training required to compete in multisport events, particularly as one membership fee entitles participation in all club athletic and cycling competitions.

Having something sorted out for the biking and the running with the club is OK, but for the swimming I have joined Kenilworth Masters swim club, who have some very good swim training sessions every evening, though you don't have to go to all of them. This is the most structured part of my training activity, mainly due to the location of a measured 25m distance of water being used with no interruptions, and I sometimes I can use the training ideas (e.g. interval and pyramid) for the biking and the running.

The variety of training options can be quite daunting. Though, each activity seems to compliment each other quite well and a typical week can include 2 sessions of each activity: swimming, biking and running.

When it comes to events, running has been my most reliable discipline and so in a Triathlon I look forward to getting off the bike and starting the run. The other thing that I enjoy about Triathlon events is that because the course has to start and finish at the pool the bike leg is usually over quite an interesting and sporting course, far from any drag strip dual-carriageways. At Marlborough for example, the course goes over the Marlborough Downs and down to Avebury. This also makes any capability on the bike an even better advantage.

The smaller distance Triathlon events also seem to have captured a 'have a go' element, which is really nice to see. People turn up on all manner of bikes with racks and baskets and still 'have a go', I presume because of the sense of achievement at finishing one.

Events in the diary for this year include the Marlborough Tri, Waterlooville Tri and there are some good evening Duathlons at Castle Coombe and Milton Keynes Bowl.

Norm Sargisson on the mend

Mike Ford

Norm has been in touch to say that he survived the operation undertaken late March to replace the dodgy valve in his heart with a pig's valve, and from the oiling and freeing another valve. He has started interval training, which he needs to keep up for three months, but he's not to overstretch himself. His training is 5 minutes steady walking followed by 5 minutes quicker walking and 5 minutes steady walking again. The thought is that this may not be enough work to start racing again but hopefully steady riding will be on the cards. Sarge is staying with Jean French who is organising the 10s of tablets a day and keeping an eye on him.

Best wishes "Sarge" from the Leamington C&AC members for a full recovery.

Looking forward to the Cyclo-cross season

Phil Galpin

Perhaps it's a bit early yet to be saying this, but the last season's last event went very well for me. I didn't come away with any hardware, but there were many other reasons why the Rugeley Cross gave an incentive to enjoy cyclo-cross again in the future. In general last season's cross events have been a lot better than the previous season. The main reason was the lack of mud, this is not to say that there wasn't any mud, but in the races I competed in it was always rideable and the bike did not clog to the extent that the wheels did not go round! For example, at Hatton Country World (event number 7 in the Midland League which was actually my first) torrential rain before and during the race, turned parts of the course into a river and other parts into a Lake.

At the Rugeley race the course was 95% rideable, I'd guess 98% if you were Steve Knight, though he might even have ridden the bunny hops and through the stream. He lapped the whole field on this course. The soft terrain was suitably strength sapping, even without the mud. There were some good technical sections as well, with some hidden roots to keep you on your toes. The race itself for me was exciting owing to a good battle that developed for 13th 14th and 15th place. I managed to take 15th after holding 13th for 80% of the race! Having had my trademark slow start I caught and overtook two fellow competitors and set about putting some distance between us, and trying to get on terms with 12th place. Then I noticed them coming back to me after half distance. I was not slowing since 12th place was still in my sights but as they had more in reserve, we were soon riding together. I tucked in after one had caught me and thought I could hold the pace, but they continued their charge for 12th spot and I lost touch in the last half lap.

The other 2 events in the Midland League that I went to and finished (I didn't finish at Hatton due to a puncture) were Wolverhampton, which had been an absolute mud bath last year, and Nuneaton. Both had a good proportion of rideable sections

making them fun to compete in. This enabled me to take the club cyclo-cross Trophy for a second year, which was more to do with a lack of other competitors from the club than any great cyclo-cross ability.

So with all this glory seems to have come some responsibility and I am now on the committee in the club as Cyclo-cross rep. So, should you be thinking about having a go next year?

The Midlands cyclo-cross league consists of 12 races on Sundays from October though to February. The race length is about 50 minutes plus a lap for the leader. The courses are all off-road in fields, farm tracks, woods, parkland, etc. and typically have at least 1 short running section where the bike is pushed or carried. The BCF seem to have taken Cyclo-cross under their control now and it looks like BCF membership and a license will be the most cost effective way to compete regularly, though a suitable entry-on-the-day rate would be available for most of the events. To register with the League was a £1 this last season. The races are very informal, friendly and well organised. They also have the desirable element of a traffic free course. Most are within 1 hour's drive from Leamington.

Is Cyclo-cross the best form of competitive cycling available to us? Can you see your nearest rival for the whole race? Does it improve your bike handling? Is it hard? Is it so intense that the excitement of racing overtakes the limits of your physical capability, and it is only later in the day that you realise just how much effort you'd put in? I think the answer is probably yes to all of these.

It's true to say that each race generates a dirty bike and kit which all has to be sorted out in time for the next race. But this is only a bit worse than on a Winter Sunday club ride down the lanes. It's true to say that you would need a 'dedicated' bike. However a dedicated bike doesn't mean a specialist cross bike - Mountain bikes are accepted though generally not as quick and heavy to carry. An ordinary road bike, an old trainer for example, with knobbly tyres would also provide good service.

Let's hope the next season is as satisfying as this one and that a few more Leamington riders have a go.

30 years in the wilderness

Congratulations to Alan Edwards, getting his name in print after 30 years of running and never featuring in Athletes Weekly. He is as much a cyclist now as he professes to be a runner, but in his first LVRC event, he comes third in the event behind Ray Minovi and wins his Age group, his name is published in Cycling Weekly for all to see.

Do you feel you should have left the spikes behind a while ago, Alan?

Club Championship dates

You can now fill in the missing dates on the TT list printed in the February copy. Here are the Championship events:

5 mile TT – August 28

10 mile TT – July 3

15 mile TT – June 12

22m Hilly – June 26

25 mile TT – July 31

25m 2-up TT – July 17

30 mile TT – July 10

Hillclimb – October 13

New Members

Ian Strath, joins us to keep an eye on his partner, Tina, now they've both got Trek road bikes, no stopping now!

William Kirk-Wilson, keen to ride evening TTs on his MTB, the Club casts its net as far as London SE27 now.

Club Records

I have been taken to task for not keeping you all informed of the current Club Records, so here are the ones which matter, with apologies to any schoolboys and juniors reading this.

The 12.5 record became redundant when we stopped using the Bypass, I hope I have the right answer when I show the provisional 15 record times, this has meant sifting through several years of results, all provided by the reliable Tony Smith results service. Note neither the men's, nor the ladies' record is held by a current member!

Veterans records are by VTTA standard, only available at regular distances, i.e. 10, 25, 30, 50 etc. and ridden in Open TTs.

All Records are open to claims, whether old or current, if any member feels they have a Record ride unrecognized, please tell our Record Keeper, Chris Walker, and we will endeavour to get up to date with any missing certificates.

| | Seniors | Ladies | Veterans |
|----------------|---------------------------------|-------------------------------|----------------------------|
| Hillclimb | Peter Taylor 2:58.0; 1990 | Pam Styles 5:53; 2001 | |
| 5 mile TT | Phil Adkins 10:35; 1983 | Angie Morgan 13:18; 1986 | |
| 10 mile TT | Joe Harvey 21:48; 1997 | Angie Morgan 25:59; 1986 | Alf Moore +6:08; 1986 |
| 15 mile TT | Phil Cooke 35:58; 1996 | Kim Harvey 44:20; 1999 | |
| 22 Hilly | John Herring 54:30; 1999 | Angie Morgan 1:10:08; 1991 | |
| 25 mile TT | Phil Adkins 54:19; 1983 | Angie Morgan 1:06:03; 1987 | Mike Ford +18:33; 2000 |
| 2-up 25 | M Ford + P Cooke 54:26, 1984 | | |
| 30 mile TT | John Bevan 1:08:21, 1988 | Angie Morgan 1:23:55; 1987 | Fred Dale +16:28; 1982 |
| 50 mile TT | Mike Ford 1:54:19; 1984 | Angie Morgan 2:23:17; 1986 | Fred Dale +42:22; 1982 |
| 100 mile TT | Mike Ford 3:59:28; 1993 | | Fred Dale +87:13; 1984 |
| 12 hour | Jock White 253.66m, 1954 | | Fred Dale +45.30m; 1982 |