

SPOKES

Leamington C&AC's
Newsletter for the Cycling Section

February 2003

Letters

National Champs 2003

Winter runs list.

How do you keep fit?

Cyclo cross

Cheque books ready?

Farewell to an old friend

How many people have sat in my old yellow VW camper over the 12 years since I owned it? At times it had become the club's changing room, or a depository for abandoned kit at just about every Club TT since 1990. With its predecessor the '73 white camper, which I owned from 1981, Chris, Adam and I clocked up over 100,000 VW air-cooled miles. Now, we have called time, I had to admit that we were not using the camper properly in recent times, and so we decided to sell up. I put an ad in the Midland Auto Trader, and sold it on the first weekend to the first customer; since then I have had a dozen or so enquiries, even though I cancelled the ad after the first issue!

All is not lost, though. I have another mobile club-room, a Fiat Marea Weekend. What's one of those? Think back to the videos of the Tour de France you have stashed away, don't Fiat supply every team with an estate car? Well, that estate car is the Marea Weekend, got it? Only problem, mine didn't come with the space-age roof rack for 8 bikes and sixteen wheels, shame!

SPOKES is produced by Steve Walker, about 4 times a year. Any copy can be sent by e-mail (s.jwalker@virgin.net) or phoned to me on 01926 882037.

National Championships 10

OK, how many members would like to ride the Championships? The field size for Championships is due to increase to 150, to accommodate the extra numbers of Vets vying for the new Age-related medals, but this means that there is more chance of local riders getting in. I will accept as many entries from members as I can, but when it comes to the closing date (25th April), I will have to accept the Fastest 150, so get your early season rides in and improve those PBs!

Download the latest TT entry forms from the new Cycling Time Trials website, visit www.ctt.org.uk. Old style entry forms may still be valid, I will let you know when I hear anything on the grapevine, I am attending several meetings with the District Committee in the run-up to the event.

Winter Runs - March 03

2 March	Lutterworth	Gig Cooke
8 & 9 March	Weekend away (Wales)*	Tim Cadd
16 March	Solihull Reliability Trail	N/A
23 March 03	Towcester	Tony Smith

All rides to leave Leamington Town Hall at 9.00am. Further details for events marked * available from the runs leader or Tim Cadd on 01926 334157

Social rides – leave the Town Hall at the same time as the fast rides, but destination and leader depends on weather, phone Steve Walker, Peter Chronicle or Pam Styles on their mobile phones for the situation on the day.

Steve Walker - 0788 795 8171

Peter Chronicle – 0788 967 6387

Pam Styles – 0775 381 2953

Could someone tell me what happened to the Mistletoe run?

Open TTs and Road Races

Phil Galpin is running the Summer open 10 on the K3/10 in July.

Tim Cadd is running the Bearley Cross road race in May.

Steve Walker is running the September open 10 for solo riders and a “mixed” team time-trial.

Letters

And so to the big issue, the celebration of 75 years as a merged club. Fred Dale has been a member throughout the Club's history. Fred writes:

Thank you for the birthday greetings in the last issue of SPOKES, and for the name-drop in the previous issue. My 90th birthday has gone and I now look forward to 2003, the Club's 75th anniversary and my own 75 years of membership, many of these years as a Life member. I have received an enormous amount of pleasure from being a Club member and I appreciate the support and friendship the Club has given me during those years. To attain 90 is mainly due to a life-time of athletics and cycling.

It gave me a great deal of pleasure to read in Cycling Weekly: "Team – Leamington C&AC" in the results of the Ladies National 10, Well done to the girls concerned. This must be the highlight of the Club season, I think they will feel very proud when they receive their medals.

And from the more recently acquainted to cycling, Chris Lovell writes

At last, I've got round to contacting you to let you know where I've disappeared to.

A few days before the Open TT on the 15th Sept, at which I was going to marshal, a good friend in Liverpool passed away after a long battle with leukaemia. Being back in Liverpool from whence I came, as you know, and sharing the bereavement with his partner, friends and family compelled me to stay. Although this decision was for emotional reasons, on a practical level I've settled back in well, including getting a good job which allows me a day and a half off a week to study! So, to cut a long story short, if I move again it won't be for a quite a while.

Really, the cycling club was the only thing that was going well for me in Leamington and I thank you, Roger and all the others for making me feel so welcome. It's a good thing you've got going there (testament to your organisational skills, no doubt) and I thoroughly enjoyed it. The club here is bigger and, therefore, initially not quite as welcoming but I'm sure I'll settle in. I'll enter some TTs next year so I'm sure I'll see you again.

Editors note: Chris joined in June 2002, in that short time he was an impressive rider, finishing 6th in the final 2 evening TTs. He won't forget the time he went round for a second lap in a 15 mile event, and wondered why the timekeeper had gone home! Dohh!!

Winter training – how do you keep fit?

Tuesday – Riding round Warwick Technology Park, start 7pm, duration 1 hour. For – you are on your own bike. Against – the weather and dark. Contact Mike Mudd.

Wednesday – Spinning at President Health Club, start 7pm, duration 1 hour, For – something different, you are working hard; in the dry. Against – deafening “music”. Contact Arthur Beeton.

Thursday – Circuit training with Chris Chatland, Warwick School gym, start 7pm, duration 1 hour. For – something different every week; in the dry. Against – no bikes; you might find out just how “fit” you really are! Contact Steve Walker.

Saturday – 25 miles in the lanes with Mike Ford (no fast-group riders please), start 1.30 from Harbury Lane X-roads. For – specifically run for the improving rider. Against – the weather; eats into valuable shopping time!

Sunday – see Winter Runs list!

Cyclo-cross season 2002/3

Report by Phil Galpin

This season has seen several Leamington riders in action getting muddy, very muddy. Tony Smith tried his hand in the Rugby Velo floodlit series. So not content with the handicap of mud-plugging he battled with riding in the dark as well. His results showed consistency and he finished 14th in the overall series. Rather intriguingly, these events also saw the emergence of a new cyclo-cross rider for the club under the name of Joe Hickerton. He turned out some very useful performances resulting in a final position of 12th in the overall series. Unfortunately Joe is completely unknown to anyone in the club. It is a shame that we have not been able to capture his interest in riding for the club and turn it into a Bone-fide membership. His abilities would have also contributed to higher club exposure in the Midland League had it been possible to persuade him to ride in the Midland League as well.

In the Midland League Richard Gostick, Martin Hackley and myself have competed. The season started for me at Rugeley, followed by Dudley, Hatton, Shipston, Atherstone. The Stratford event at Shipston saw the full team out, though a late start from

Richard hampered his chances. The course conditions have been consistently on the verge of atrocious, which we love, and a good variety of terrain has been used. Always challenging and always providing good close racing at all levels in the race.

Currently I am lying in 15th position in the league from the 29 riders who have registered for the princely sum of £1. My best result was at Rugeley when, after a weekend of high winds a lot of riders stayed at home! There are three events left in the season, at Redditch, Milton Keynes and the final event at Rugeley. I hope to move up in the league since 8 events are allowed to count and I have three in hand, having only completed 5. Its not over till...! (*the fat lady sings? Ed*)

The investment in a better bike this season has certainly paid off and the buzz from racing is still there.

In other races outside the league, Martin Hackley rode in the LVRC championship at Darley Moor and Roger Gardner got his wheels dirty again on Kenilworth Common on Boxing day.

Nationals

The region, in the guise of the Royal Sutton CC, successfully promoted the National Championships this year at Sutton Park. I went along to spectate at the Senior Men's race and witnessed Roger Hammond getting it right on the day and making light work of the challenge from Matt Ellis and Barrie Clark. The course was a very fast variant of the familiar Sutton Park course, with virtually no running.

Website

There has been a very useful website set-up to support the West Midland League this year and the address is below if you want to take a look:

<http://uk.geocities.com/westmidscycloleague>

Pictures

There have also been some action pictures taken which are at the following address:

www.veloriders.co.uk at the latest gallery, photos 2002, West Mids League Rd 9, 22/12.

Cheque books ready?

New rate for Subscriptions, fixed at last years AGM, is £23 for full members, Social members still pay £5, although donations are gratefully received in excess of this amount! Please send your cheques, cash or postal orders to Peter Chronicle at 31 Freemans Way, Leamington CV32 6EZ. If you have moved house, or changed phone number, please inform me so that I can update my address list, thanks.

Velodrome experience

In November I ran a trip to Manchester for members to have a “taster session” at the Velodrome. There were no other cyclists on the track, we had exclusive use of the facility. If there is enough demand, I would be prepared to organise another visit, but not before the Nationals in May. Several riders might wish to progress beyond the early stage of just riding round and round, we could arrange a coaching session to get riders “accredited” and start to learn more skills from the Coach.

I have another suggestion to put forward, a visit to the other indoor track, at Calshot in Hampshire. This could be a full weekend away, with other activities available, and accommodation on site. Calshot track is housed in an old “flying-boat” hangar on the New Forest side of Southampton Water, and the other activities are on the artificial ski-slope and the several climbing walls. That does not include the New Forest, which just begs you to take a bike and ride around.

The track is a bit smaller than Manchester, no that’s not true, it’s a lot smaller, only 145 metres around, and a bit narrower; field sizes are limited to 10 riders for their taster sessions, but if there was enough interest, we could arrange more sessions, indeed we could have rides on both days of the weekend, and get a ride on the Forest! Talk to me...

Birmingham & Midlands VTTA Group

The VTTA is a Time Trial Association established for riders over the age of forty.

The Leamington C & AC has ten members of the Birmingham & Midland Group and Paul Preston and Pam Styles are co-organizing the first Group '10' TT of the year on the K3/10 course on Saturday 29 March 2003.

There are a number of Group competitions in which members can compete and a formula is used, based on standard times applicable to your age.

The Leamington C & AC has club records based on VTTA standard times and all riders over 40 years are eligible to compete for them, VTTA member or not. If you would like to find out more about the records and standard formula, contact Steve Walker or Mick Ford.

Should you be interested in joining the Birmingham & Midland Group, please contact Group Secretary Mick Ford 01926 813373.