

SPOKES

**The Cyclists' Newsletter of Leamington Cycling
and Athletics Club**



What's this all about?
See Seth Mayhew's feature on Page 7

LADIES PUT CLUB ON THE MAP

In September 2002, three hopeful ladies set out to ride in their very first National Championship event down in South Wales. Pam, Tina and Chris brought back a trophy and a handful of medals, the first time in the Club's history that we have won any major Cycling prize. On May 18th 2003, during the medal ceremony, they handed the huge trophy to the winning ladies of the GS Strada team, after valiantly defending their title. On May 18th, 105 riders, including 13 teams were entered. Brian Jones, the professional photographer, asked, "Where have all the women come from?" Brian, we taught them all a lesson they will not forget in a hurry!

1928 75th Anniversary 2003

Souvenir issue - December 2003

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.

www.leamingtoncyclingandathletics.org.uk

An action-packed year with loads of work!

If it seems like a long time since I last sent you a newsletter, then please accept my apologies, 2003 has been one of the busiest years for me. Apart from the CTT National 10 mile TTs, Chris and I have crammed in lots of racing, organising another Open TT, two cycling holidays on our own, plus a weekend away with Mr President Gardner and the lovely lady stoker, Liz.

My work office has been relocated to the outskirts of "Brummagem", meaning more time commuting, and we have spent weeks on redecorating the hallway in our house with pine panelling. Yes, I like to keep busy, but sometimes things like new issues of Spokes just have to take

a back-seat. I hope this one makes up for the loss.

The Section has seen a bumper year with greater numbers turning out on Sundays and Wednesdays. Evening TTs have been the mainstay of the activities, 437 rides being crammed in between early April and the Hillclimb in October. Add in the 182 riders in the 2 Open 10s, 299 in the Nationals, and the 85 in the VTTA event which our Club had a big hand in promoting, whichever way you look at it, that's a lot of tea and cakes being put away in the name of Leamington C&AC! Long may it continue!

Steve Walker

Nadine rewrites record book

Mid-summer 2002, a prospective member by the name of Seth Mathew phoned up, asked about the Club, and could he bring his girlfriend along? One year later, the "girlfriend" has taken to cycling like the proverbial duck to water, and now quite a few guys are worried because she is capable of beating them, me included. Nadine Garioud started out on a borrowed bike, but even on that Dawes tourer, we could see a fair amount of potential.

She has broken records which have stood since Angela Morgan set them in 1986, at 5 miles, 10, 15 and 30 miles, and she reduced the 22 Hilly record by over 4 minutes in June, which Pam Styles had only broken in April. She beat Pam and Chris in every Championship she rode. The one trophy she missed out on this year is the Vaughan Aggregate, because there are several other improving riders who gained points where she failed. Seth, you have a star there, look after her.



Nadine Garioud battles up Edge Hill

What's going on?

There has been a lot of midnight oil burning over the last year by a select group of members. The Anniversary Dinner will be the climax of a very busy year for the Club, and we have the following people to thank: Roger and Liz Gardner, Alan Edwards, Pam Styles, Cavin Woodward, Mike Ford, Sandra Butler and Cavin Woodward, who are responsible for the organisation of the event. Also, with Chris Walker, Roger, Pam and others have been leafing through piles of results, press cuttings and photographs to compile the various displays and scrapbooks for your entertainment. I was fortunate to be present at one meeting, where Liz had fed and watered the horde, and also managed to take minutes for the group. The catering has been one headache, as management changes in the Pump Rooms meant that the

available menu changed from month to month.

The many members who have saved their own memorabilia over the years have contributed to the day also. We are indebted to Jack Knifton's family, among others, for loaning complete results for the period up to World War 2 and beyond, showing what was possibly the Club's greatest era. In 1937 for instance, when the Coventry Cycling Clubs' Alliance was in full swing, Leamington claimed every Team prize in the year, that is seven events from 25 miles to 12 hours, including a Tandem 50. Fred Dale won 4 events, Ralph Dougherty won two (Tandem 50 with E. C. Jones). The only event where we failed to have a fastest rider, Harry Rogers came second. Coventry CCA was disbanded in the late 80s, I believe.

Next year's TT calendar

Or what might have been!

Sunday March 14	Low gear 15	Longbridge – Stratford	8.00am
Sunday April 11	Medium gear 25	Ryton	8.00am
Sunday May 9	25 mile TT	Longbridge – Alderminster	7.00am
Sunday May 30	50 mile TT	Ryton – Crick	6.00am
Sunday July 25	100 mile TT	Warwick – Stratford - Mickleton	5.00am
Sunday August 22	25 mile TT	Ryton	7.00am
Sunday October 3	25 mile Championship	Longbridge – Alderminster	7.00am
Low gear 15 – 60 inch gear with 6 ½ inch cranks, or 63 inch gear with 7 inch cranks			
Medium gear 25 – 72 inch limit			

Only kidding, folks, this is how the calendar would have appeared if we were still putting events on in the style of the Thirties. There is no Hillclimb for Pete Taylor, 10 mile TTs did not feature very often. The Road Racing Council, predecessor of the RTTC and now CTT, had every entrant writing to organisers for an entry form for each

Open event. With riders bearing no number, you had to remember to call out your start number at every turn and checker, on pain of disqualification. One thing would be familiar to modern C&AC members, the Club produced result sheets, just as we do nowadays, so Thank you, Jack and Harry for preserving your records and sharing them with us in this Anniversary year.

Roll of Honour – Champions of 2003

EVENT	MEN'S WINNER	WOMEN'S WINNER
Cyclo-Cross	Phil Galpin	
Hill Climb	Peter Taylor	Nadine Garioud
Road Race	Peter Taylor	
Vets' Road Race	Peter Taylor	
5 mile TT	John Herring	Nadine Garioud
10 mile TT	John Herring	Nadine Garioud
15 mile TT	Arthur Beeton	Nadine Garioud
22 Hilly TT	John Herring	Nadine Garioud
25 mile TT	Richard Gostick	Nadine Garioud
30 mile TT	John Herring	Nadine Garioud
50 mile TT	Mike Ford	
100 mile TT	Mike Ford	
Fred Dale Cup	Mike Ford	
Vaughan Aggregate	Adrie Breugelmans	
Jean French Cup		Nadine Garioud



John Herring on the start line

National CTT 10 mile events

Sunday May 18th 2003, a day to remember

This was the day the whole of the Nation's Time Trial riders followed the fortunes and misfortunes of the competitors in our biggest event in over twenty years. We had been selected by the Midlands DC of the CTT (then we still knew it as RTTC) from a short list of about 8 interested Clubs.

Over a period of 18 months the nerves gradually built up, with meetings District level, Eddie Smith looking over the course, he and Roger Gillitt helping me measure the proposed route, meetings with Gwil Price of Princethorpe College, who were providing the facilities for HQ. As soon as the handbook was published I began to receive entries, several fast riders got theirs in early, one or two hopefuls with times slower than mine even entered, and I knew I would never make the cut-off! Gradually, all the plans were made to coordinate marshals, timekeepers and helpers. Princethorpe would arrange the catering, that was a big headache out of the way.

At the closing date I had in excess of 300 entries to sort through, so I took a few days leave from work to prepare the start-sheet. National fields can take as many as 150 riders, and I had enough for 10 reserves in the Men's event, which closed on 22:13. 105 women had entered, one of the largest entries for several years. Disappointingly, only 34 juniors had entered, and British Cycling withdrew one of these because there was a high-profile event on the day, which they had selected the rider for. Unlike previous Championships, the field is nowadays set out with the slowest entry at the front and the fastest at the back, except that a defending Champion has the right to be last-man-off.

The weekend finally arrived, marshals had been briefed,

timekeepers checked, and we prayed for a fine day. On the Saturday afternoon, we were putting signs out in the rain, and there were dozens of riders checking out the course, it had the appearance of loads of training rides all happening at the same time.

Sunday morning, not much sleep for me, too nervous! Out at the HQ by 8 o'clock, back home by half past to collect an extension cable for the computers and photocopiers, which Keith Lawton (CTT competitions sec) needed. Quick check round to see that everyone knew their roles, shake hands with dozens of people wishing me luck, quick "good luck" kiss from Christine, before she goes off with the Team entourage for their breakfast and warm-up, then it's only moments away to the first rider off at shortly after 10.

What happened during the rest of the day is a bit of a blur. I know it rained early on, I can remember writing loads of results on the boards, the walkie-talkie radios were difficult to hear with the traffic going by the Finish, so we resorted to the most useful tool available to the race organiser, the mobile phone. Mine was red-hot by the end of proceedings. Eddie Smith performed admirably as MC, announcing the medallists, and the Midlands claimed a few placings, particularly Stuart Dangerfield, the new Men's Champion. This was the first event to award the new medals for Veterans, so I was pleased to see that Sheila Gillitt (Coventry RC) won one for her ride. The Ladies of Leamington C&AC performed well, all four of them, but unfortunately there would be no repeat win this time, the GS Strada team, led by champion Angela Hunter won it as they had done in 2000 and '01.

Club riders who competed were Tony Smith and Arthur Beeton in the Men's event, with Pam Styles, Chris Walker and Tina Mullins joined in their

efforts by Nadine Garioud in the Ladies championship. My thanks go to the many helpers, particularly Roger, Mike and Alan who did sterling work with the signs, and Pete Taylor of Team Midland, who coordinated all the nine timekeepers for the day, staying right

through to the end. The best part of the day was the first pint of beer afterwards! Would I do it again? Ask me again in a couple of decades!

Steve Walker

The following article appears on the Club's website, it is reproduced here with the kind permission of Seth Mayhew, who created it.

Cakes and Leamington C & AC

In an effort to boost their performances many C & AC cyclists are supplementing their diets by eating vast quantities of cakes. For maximum effect cakes are taken immediately after a time trial and are washed down with mugs of hot tea.

Jan Ford, Liz Gardner and Roger Gardner are well known cake suppliers. A common form of entrapment is to offer the cyclist "free" slices of cake until they become helplessly addicted. When Liz and Roger were confronted earlier this week, whilst selling cakes from a secluded Warwickshire garage, Liz pretended that she had gone deaf and Roger could not comment, as his mouth was full of chocolate cake.

Seth Mayhew



Road Racing report

The number of club members that competed in road races showed an increase again this year, and a fruitful season was had by all. One of the new faces to the massed start scene was Will Wilson, who had a go in the early season criteriums based in Leamington's Victoria Park, and what a good start it was for him, by achieving a second place in one of the 4th category races, a brilliant performance considering his inexperience at this type of event.

Also, successful in the Victoria Park crits was Tim Cadd gaining probably his best performance of the year with a second place in one of the 3rd category races, achieving it in some style by being in a small breakaway group that was close to lapping the rest of the field. Tim rode well throughout the rest of the year and again showed some promising form towards the end of the season, gaining licence points in some high quality races.

One of the strongest performances of the season came from Richard Gostick. Early on he earned enough points to gain a 3rd category licence. Later in the season he continued to ride his races with an attacking style, often getting into good breakaway groups, but was unfortunate to get caught in the closing stage of the race. With better luck on his side, Richard should definitely get some top placings next season.

Gig Cooke and Peter Taylor competed in both the British Cycling events and also the LVRC veterans' road races and were towards the fore of the field in many of their events. On the B.C. side Gig did well in the local Stratford CC road race in July and the High Wycombe Autumn event, narrowly missing out on the points in both races. Peter managed a 5th place in the

Naseby race, attacking alone within the last couple of miles, but unfortunately being caught on the line by four riders at the front of the pursuing bunch. He also got a 6th place in the Rugby Velo event when leading in the bunch sprint, shame there was a breakaway group of five riders in front. Both riders showed well in the Vets races getting consistent top ten placings, with the best a 2nd place for Peter in the Flèche Wallone event, based in Leicester (*Refused police permission in Belgium? – Ed*).

Two seasoned members who decided to rekindle their road racing experiences were Mick Ford and Tony Williams, both joining Alan Edwards in riding in the LVRC veterans events. Reasonable results were had by all three, though after his early season sorties Mick focused his efforts on time trialling. Both Tony and Alan had some good performances, Tony doing especially well in the National Championship event by getting in a good breakaway group and still managing a 9th place despite his earlier strength-sapping efforts. He also had a high place in a stage of the Ken Smith memorial race and gained a 2nd in the Circuit of Bredon event. Alan was consistently in the top ten of his races in a very competitive age group, which includes some ex-professional riders. The Gordon Bennett Road-Race trophy (awarded for most points in B.C. events) was retained this season by Peter Taylor, who gained 27 points. There will also, for next season, be a new trophy awarded for Veteran road racing. This will be based on LVRC events, details to follow.

Peter Taylor

Vaughan Aggregate Trophy

This competition is not about the quickest or the strongest, we award the Vaughan Trophy to the rider who shows the most consistent improvement throughout the year, based on performances in seven TT Championship events. The way we award the trophy has changed over the years. In the 30s, when the cup was fairly new, the Aggregate part of the name was derived from the 4 events which were added up to calculate the winner, when you had ridden a 10, two 25s and a 50 mile TT, the winner was the member with the shortest aggregate time. When I joined the Club in 1984, it was a points system awarding points on scratch, and handicap, and you received a point for starting and for finishing, wonderfully complicated, but Phil Cooke managed to win it in several years, along with all the other trophies in the season.

Early in the season, after the first three events, Nadine had gained an

early lead. Then the competition swung away from her, and two others pulled ahead, Adrie Breugelmans, our flying Dutchman, and Seth Mayhew, coach and partner of Nadine. After four events, Seth had a point advantage, five gone and they were level, after the final evening TT, Adrie had the upper hand, he had scored 30 points in three events. Both riders needed to be at Edge Hill, but they could only score a single point, in 2002 the event was modified to avoid road-works, so neither had a PB to worry about, they just needed to get up the hill and record a time. Both rode and both scored their point, so the Trophy has yet another close result (tied in 98 and 99), congratulations to Adrie, commiserations to Seth, and to Nadine in 3rd place. The league table is available for reference further on, it collates the points from all the season's Club event Championships.

Winter Runs – have you got 'em?

Date.	Destination.	Leader.
7th Dec. 03.	Crick.	Phil Burridge.
14th Dec. 03.	Brailes.	Tony Williams.
21st Dec. 03.	Mistletoe run – Evesham.	Peter Taylor.
28th Dec. 03.	Meriden.	Nadine Garioud.
4th Jan. 04.	Upton Snodsbury.	Tim Cadd.
11th Jan. 04.	Halford.	Gig Cooke.
18th Jan. 04.	Banbury.	Chris Blomfield.
25th Jan. 04.	Pershore.	Martyn Pavier.
1st Feb. 04.	Catthorpe.	Phil Galpin.
8th Feb. 04.	Chipping Norton.	Tony Smith.
15th Feb. 04.	Crick.	Phil Burridge.
22nd Feb. 04.	Daventry.	Adrie Breugelmans.
29th Feb. 04.	Broadway.	Peter Taylor.
7th March 04.	Brailes.	Tony Williams.
14th March 04	Daventry.	Mick Ford.
21st March 04.	Stow on the Wold.	Will Wilson.

Compiled by Peter Taylor

The table shows where the Fast group will be riding. Social Rides are determined on the day. Meet at Leamington Town Hall, 9 am, every Sunday throughout the year.

25 mile TT Championship, 28th May

One of the most improved riders this year was Richard Gostick, who chose this event to upset the form-book. Nadine scored her first win in the Ladies' events.

Position		Result	PB 3yrs	Diff +/-	Vaughan Pts
1	Richard Gostick	1-01-30	1-05-00	+03-30	9
2	Arthur Beeton	1-01-58	1-00-06	-01-52	1
3	Tony Smith	1-04-51	0-59-40	-05-11	1
4	Jason Haynes	1-05-04	1-05-47	+00-43	3
5	Adrie Breugelmans	1-06-04	1-08-53	+02-49	8
6	Gig Cooke	1-07-33	1-09-21	+01-48	6
7	Steve Walker	1-08-41	1-09-44	+01-03	4
8	Nadine Garioud	1-10-26	1-11-56	+01-30	5
9	Roger Gardner	1-11-31	1-10-20	-01-11	1
10	Seth Mayhew	1-12-11	1-14-52	+02-41	7
11	Will Wilson	1-12-16	1-16-09	+03-53	10
12	Cavin Woodward	1-12-19	1-11-38	-00-41	2
13	Matthew Wallington	1-15-59	1-11-14	-04-45	1
14	Christine Walker	1-18-36	1-13-58	-04-38	1

15 mile TT Championship, 11 June

Arthur survived the shock of an Athlete winning the event, when John Stather decided to give his bike an airing in a private trial. Last year's Vaughan winner finds it is not so easy to score points this time round.

Position		Result	PB 3yrs	Diff +/-	Vaughan Pts
1	Arthur Beeton	38-17	37-19	-00-58	2
2	Len Orrick	40-01	38-05	-01-56	1
3	Jason Haynes	40-29	41-06	+00-37	7
4	Chris Blomfield	41-16	39-20	-01-56	1
5	Peter Taylor	41-29	39-59	-01-30	1
6	Phil Galpin	41-38	40-06	-01-32	1
7	Adrie Breugelmans	42-24	42-51	+00-27	6
8	Nadine Garioud	42-44	49-18	+06-34	10
9	Steve Walker	42-45	40-54	-01-51	1
10	Lloyd Storey	43-08	46-02	+02-54	8
11	Roger Gardner	43-29	42-36	-00-53	3
12	Pam Styles	44-20	43-45	-00-35	4
13	Seth Mayhew	44-36	48-53	+04-17	9
14	Cavin Woodward	44-40	44-12	-00-28	5
15	Geoff Munford	47-04	44-48	-02-16	1
16	Christine Walker	48-03	46-41	-01-22	1
17	John Allsop	49-07	46-55	-02-12	1
18	John Herring	DNF	36-07		

22 mile Hilly Championship, 25th June

John Herring produces a time only one minute slower than his best in 1999 to win his first Trophy, the Dave Cooke Challenge. Newcomer Nigel Wood paces himself with two almost identical lap-times into second place. Lucky 13th is Ladies champ, Nadine.

Position		Result	PB 3yrs	Diff +/-	Vaughan Pts	1 st Lap	1 st Lap Pos
1	John Herring	55-30	56-23	+00-53	1	27-21	1
2	Nigel Wood	57-04			1	28-28	4
3	Arthur Beeton	57-09	59-23	+02-14	3	27-56	2
4	Richard Gostick	57-31	1-01-21	+03-50	7	28-14	3
5	Adrie Breugelmans	1-00-17	1-04-31	+04-14	8	29-46	6
6	Peter Taylor	1-00-21	1-02-49	+02-28	4	29-19	5
7	Alan Edwards	1-02-07	1-03-19	+01-12	2	30-42	7
8	Chris Blomfield	1-02-20	1-01-38	-00-42	1	30-54	8
9	Jason Haynes	1-02-23	1-05-38	+03-15	6	31-00	9=
10	Phil Galpin	1-02-30	1-02-12	-00-18	1	31-00	9=
11	Gig Cooke	1-03-45	1-02-06	-01-39	1	31-07	11
12	Steve Walker	1-04-00	1-02-30	-01-30	1	31-11	12
13	Nadine Garioud	1-04-43	1-19-02	+14-19	10	31-39	13
14	Lloyd Storey	1-04-55			1	31-59	14
15	Seth Mayhew	1-06-53	1-18-15	+11-22	9	32-41	15
16	Roger Gardner	1-07-05	1-06-36	-00-29	1	32-52	16
17	Cavin Woodward	1-07-48	1-10-48	+03-00	5	33-50	18
18	Pam Styles	1-08-14	1-08-58	+00-44	1	33-17	17
19	Geoff Munford	1-11-48			1	34-55	19
20	Christine Walker	1-14-19	1-12-05	-02-14	1	36-11	20

10 mile Championship, 2nd July, Princethorpe

The usual suspects battled it out for the Dick Shayler Cup on a deceptively hard day. John Herring won a close battle, with new convert John Stather, formerly with Kenilworth Wheelers, just losing out to Nigel Wood, our Triathlon coach. Nadine puts over a minute into Pam Styles to claim the Ladies Trophy (ex-Harry Rogers' cup).

Position		Result	PB 3yrs	Diff +/-	Vaughan Pts
1	John Herring	22-28	22-40	+00-12	1
2	Nigel Wood	22-37	23-37	+01-00	8
3	John Stather	22-39			1
4	Arthur Beeton	22-44	22-51	+00-07	1
5	Mike Ford	23-16	23-11	-00-05	1
6	Richard Gostick	23-36	24-20	+00-44	5
7	Len Orrick	24-13	23-44	-00-29	1
8	Adrie Breugelmans	24-31	26-29	+01-58	10
9	Steve Walker	24-47	24-32	-00-15	1
10	Tim Cadd	24-52	24-00	-00-52	1
11	Jason Haynes	24-59	25-22	+00-23	2
12	Phil Galpin	25-00	24-51	-00-09	1
13	Peter Taylor	25-03	24-53	-00-10	1
14	Gig Cooke	25-09	24-50	-00-19	1
15	Chris Blomfield	25-11	24-27	-00-44	1
16	Nadine Garioud	25-35	26-13	+00-38	4
17	Lloyd Storey	25-38	26-25	+00-47	6
18	Alan Edwards	25-50	25-17	-00-33	1
19	Roger Gardner	26-20	26-19	-00-01	1
20	Seth Mayhew	26-25	27-25	+01-00	8
21	Pam Styles	26-42	27-06	+00-24	3
22	Cavin Woodward	27-09	27-12	+00-03	1
23	Christine Walker	28-27	27-23	-01-04	1
24	John Allsop	29-16	30-23	+01-07	9

30 mile Championship, 9th July

John Herring racks up win number 3, in the space of three weeks. John Stather goes one better, beating Nigel Wood, while Adrie Breugelmans puts in a massive improvement to stake a claim on the Vaughan.

Position		Result	PB 3yrs	Diff +/-	Vaughan Points
1	John Herring	1-14-11	1-12-53	-01-18	3
2	John Stather	1-15-03			1
3	Nigel Wood	1-17-00	1-17-31	+00-31	5
4	Adrie Breugelmans	1-19-43	1-33-43	+14-00	10
5	Len Orrick	1-20-16			1
6	Jason Haynes	1-22-34			1
7	Chris Blomfield	1-24-35	1-21-08	-03-27	1
8	Peter Taylor	1-24-43	1-22-18	-02-25	2
9	Alan Edwards	1-26-04	1-22-21	-03-43	1
10	Nadine Garioud	1-26-47	1-28-37	+01-50	6
11	Roger Gardner	1-26-50	1-27-13	+00-23	4
12	Lloyd Storey	1-27-29			1
13	Seth Mayhew	1-29-00	1-34-59	+05-59	9
14	Cavin Woodward	1-29-08	1-31-31	+02-23	7
15	Pam Styles	1-30-35	1-33-59	+03-24	8
16	Will Wilson	1-33-45			1
17	Tony Smith	DNF	1-13-33		
18	Matthew Wallington	DNF	1-27-34		

25 mile 2-up TTT, 23rd July

The "dream-team" of John and Nigel were never troubled, although the battle for second, third, and fourth places was quite close.

Position			Result
1	John Herring & Nigel Wood	V + S	59-07
2	Pete Taylor & Phil Galpin	V + S	1-04-31
3	Adrie Breugelmans & Lloyd Storey	S + S	1-04-41
4	Roger Gardner & Tony Smith	V + V	1-05-06
5	Seth Mayhew & Rod Mueller	S + V	1-10-13
6	Steve & Christine Walker	V + LV	1-14-07
7	Pam Styles & Nadine Garioud	LV + L	1-14-59

Classified Ads

Mountain bike, Gents GT Boulder aluminium shock, 21in, frame, 21 gears, 2½ years old. Cost new £300, will sell for £135 o.n.o. Excellent condition.

Halogen lighting set £9; U-lock £5, pump £5; helmet £10; big saddle carrier with tube & tyre repair kit.

Italian design Ultima windproof jacket £15; two-piece outfit £12; Thermo-shield one-piece £12.

All items 2½ years old, excellent condition, size medium to large.

Pieter Bergman, 01926 886002, or 07974 213966

Italian style winter tights, Roubaix type material, blue with red panels, anatomic pad, size = medium. Unused. Any reasonable offer. Phone Steve Walker, 882037

Mountain bike wheels, Shimano hubs, Mavic rims, Tioga tyres, 8 speed cassette. Hardly used. Offers? Phone Steve Walker, 882037.

Ted & Doris Clifford Trophy

Noel Edwards combined a fine 16-mile TT with a solid 4 mile run to show everyone the way. Due to construction work on the Track, the Athletes course moved to a variation taking in the wilds of St Nicholas' Park before the drag strip along Myton Road. Kelly Monk won the Ladies trophy, showing Nadine a clean pair of heels in the run despite a slower TT. Pat Edwards and other ladies of the section, in the lovely surroundings of chez Alan, provided delicious refreshments.

Position		Section	16 mile TT	4 mile run	Total
1	Noel Edwards	A	41-52	21-23	1-03-15
2	Peter Taylor	C	43-08	24-20	1-07-28
3	Richard Gostick	C	41-22	26-33	1-07-55
4	Phil Galpin	C	44-53	23-51	1-08-44
5	Ross Woodward	A	45-39	23-17	1-08-56
6	Alan Edwards	A	43-21	26-31	1-09-52
7	Seth Mayhew	C	47-15	28-19	1-15-34
8	Cavin Woodward	A	47-55	28-27	1-16-22
9 & L1	Kelly Monk	A	51-02	26-35	1-17-37
10 & L2	Nadine Garioud	C	45-19	32-57	1-18-16
11	Roger Gardner	C	46-09	32-57	1-19-06
12 & L3	Pam Styles	C	48-53	33-49	1-22-42
13	Matt Butler	A	55-07	39-52	1-34-59
14	Noel Butler	A	1-06-28	39-20	1-45-48

5 mile Championship, 27th August

Another big turnout saw some close contest in this final evening TT. John Herring won by the narrowest of margins. Adrie sealed his claim on the Vaughan with a massive improvement

Position		Result	PB 3yrs	Diff +/-	Vaughan Points
1	John Herring	11-32	11-26	-00-06	3
2	Richard Gostick	11-33	12-18	+00-45	6
3	Nigel Wood	11-42			1
4	Adrie Breugelmanns	11-51	13-55	+02-04	10
5	Arthur Beeton	12-27	11-38	-00-49	1
6	Tony Smith	12-36	11-57	-00-39	1
7=	Gig Cooke	12-48	12-29	-00-19	1
7=	Chris Blomfield	12-48	12-16	-00-32	1
9	Lloyd Storey	12-54			1
10	Peter Taylor	12-56	12-41	-00-15	1
11	Jason Haynes	12-57	12-43	-00-14	2
12	John Clarkson	13-07	14-12	+01-05	8
13	Nadine Garioud	13-21	14-15	+00-54	7
14	Joss Clempson	13-33	13-12	-00-21	1
15	Seth Mayhew	13-36	15-14	+01-38	9
16	Roger Gardner	13-38	13-12	-00-26	1
17=	Cavin Woodward	13-44	14-00	+00-16	5
17=	Ross Woodward	13-44			1
17=	Matthew Wallington	13-44	12-52	-00-52	1
20	John Frydman	13-47	13-45	-00-02	4
21	Pam Styles	14-24	13-58	-00-26	1
22	Christine Walker	15-28	13-57	-01-31	1



Tony Smith tests the merchandise, while Timekeeper Dave thinks about another slice.

Hillclimb, 6th October

Is there anyone out there who can beat Peter Taylor? This year, as was the case for the whole of the last decade, the answer was again **"NO!"** Nadine Garioud finishes the season with yet another record ride.

Position		Result	PB 3yrs	Diff +/-	Vaughan Points
1	Peter Taylor	03-06	03-09	+00-03	9
2	Richard Gostick	03-52			1
3	Phil Galpin	03-53	04-06	+00-13	10
4	Joss Clempson	04-07			1
5	Tony Smith	04-18			1
6	Matthew Wallington	04-33	04-01	-00-32	7
7	Nadine Garioud	04-47			1
8	Adrie Breugelmans	04-50			1
9	Arthur Beeton	04-55	04-19	-00-36	6
10	Rod Muller	05-06			1
11	Cavin Woodward	05-09			1
12	Seth Mayhew	05-10			1
13	Pam Styles	06-10	05-42	-00-28	8
14	John Allsop	06-23			1

VAUGHAN TROPHY – Final table

Pos		25 28-May	15 11-Jun	22 Hilly 25-Jun	10 02-Jul	30 09-Jul	5 29-Aug	HC 15-Oct	Total
1	Adrie Breugelmans	8	6	8	10	10	10	1	53
2	Seth Mayhew	7	9	9	8	9	9	1	52
3	Nadine Garioud	5	10	10	4	6	7	1	43
4	Richard Gostick	9		7	5		6	1	28
5	Cavin Woodward	2	5	5	1	7	5	1	26
6	Pam Styles		4	1	3	8	1	8	25
7	Jason Haynes	3	7	6	2	1	2		21
8	Peter Taylor		1	4	1	2	1	9	18
9	Lloyd Storey		8	1	6	1	1		17
10	Nigel Wood			1	8	5	1		15
11	Arthur Beeton	1	2	3	1		1	6	14
12	Phil Galpin		1	1	1			10	13
13=	John Allsop		1		9			1	11
13=	Roger Gardner	1	3	1	1	4	1		11
13=	Will Wilson	10				1			11
16=	Gig Cooke	6		1	1		1		9
16=	Matthew Wallington	1				DNF	1	7	9
18	John Herring			1	1	3	3		8
19	Steve Walker	4	1	1	1				7
20=	Chris Blomfield		1	1	1	1	1		5
20=	Christine Walker	1	1	1	1		1		5
22=	Alan Edwards			2	1	1			4
22=	John Frydman						4		4
24=	Len Orrick		1		1	1			3
25=	Tony Smith	1				DNF	1	1	3
26=	Geoff Munford		1	1	DNF				2
26=	Joss Clempson						1	1	2
28=	John Stather					1			1
28=	Rod Muller							1	1
28=	Ross Woodward						1		1

Final Word

Pam Styles reflects on the National Championships

After all the fun and camaraderie of the winter training it was time to go out and defend the Ladies' National 10 mile Team championship medals Chris, Tina and I won last September in South Wales. And what a great day it was - first the relaxing pub breakfast for helpers and LC&AC competitors, then back to the HQ where numbers and car-parking were well-organised, and on to a warm-up ride. Then the event itself - always good to ride a Women-only event as there's a chance nobody will pass you in 10 miles. All the usual Leamington details were in place that day - a friendly push-off, enthusiastic marshals, great signage, spectators lining the routes - and last but not least, the inspiration (or frustration!) when Roger pops out of the bushes yet again to shout "**Dig in!**" as you are trying to ride the Bull and Butcher hill at speed. And the time? Well, quite slow, but I was in good company - most of the field, including Stuart Dangerfield were some way off their PBs on a very windy day.



Peter Taylor on Edge Hill



Tina, Chris, Pam and Nadine