



The Cyclists' Newsletter of Leamington Cycling and Athletics Club

- New trophies – in memory of Sarge and Nev Gregg.

Since Sarge's death, Fred Dale and Mike Ford have proposed a competition based Trophy to commemorate the passing of two-thirds of what has become affectionately known as the "Last of the Summer Wine" group. Bob Lane is handling the sale of Sarge's bikes, and the proceeds from the sale will be used to fund the new trophy. More details will follow when the format is known.

- Club-person of the Year Trophy



The District Council amenities committee, after attending our 75th Dinner back in December, offered to donate two trophies to the Club, one to each Section. As we are comfortably supplied with competition-based awards, your Committee asked Messrs Nichols and Rolfe to formulate a scheme for a Club Best-all-rounder award. Individuals will be able to score points for everything they do for, or with, or on behalf of the Club over the course of a year. This will count towards the winning of this new trophy, so whenever you join a Club-run or ride a race or attend a meeting, you will be able to add to your score, a bit like earning Nectar points!

- Vaughan Trophy – Seth all the way

Just as Nadine has been making great strides in Open TTs nationally as well as locally, partner Seth Mayhew has backed her up with coaching and training. His efforts have paid off with his first Championship win, just reward for the way he has improved in every distance. He only dropped 3 points all season. Who should be in second place but Nadine, 5 points behind, with last year's winner, Adrie hanging on to third place.

- New Arrivals

Four families with something to celebrate, see page 2

- Also - Christmas Lunch

Yes it's only 6 weeks away! See page 7 for details.

Summer – Autumn 2004

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

The Editors bit



I hope the members are happy with the latest edition, I have a great deal of difficulty fitting the production of the newsletter in with the usual Summer activities. I started this issue back in June before our family holiday, but every time I sat down to add a few lines the time disappeared, and I had to get back to mundane things like eating and sleeping and going to work. Then in July we had to attend a Graduation ceremony at Southampton University, then the racing took over in August and September, then all of a sudden the evening TTs are over, where does the time go?

Add to this a nasty little computer virus which rendered my PC useless for most of October and November, while sending other nasties to various members, and you can see why I have had problems finishing this issue.

This edition is given over mainly to Club TT Championships, but I know that the road-racers are out there, getting in the breaks, scoring BC points on their licenses. If you were involved with the Warwick Cycle Races on June 23rd, you may have seen them, Gig, Tim and Peter in the 3rd & 4th Cat race, and Richard G getting a lot of training in the Elite/1/2 race. Well done guys, let's hope we can have more racing like it next year, only please, Mr Organiser, can we have some dry weather?

Must be something in the tea...

- Nigel Wood is now a proud Dad, congratulations to the Wood family. It hasn't slowed him down much!
- I can hear the patter of tiny feet in the Clarkson house, John and Louisa are proud to announce the arrival of Daisy...
- ...and in the Galpin house they have just announced the arrival of twins Alexander and David.
- Richard Gostick now trains for Cyclo-cross by pushing a baby-buggy around town!

Congratulations to all new parents.

Charity begins at a bike shed near you...

Alf Moore recently donated a few pieces of equipment to the Club, the sale of these items has raised £100 for Club funds. Thank-you, Alf.

Autumn Midweek rides

Peter Chronicle says:

"Starting Wed 22nd Sept, then Wed 6th Oct and so on (alternate weeks), Peter Chronicle and Paul Rolfe will be meeting at the Town Hall at 0900 for a mid-week social ride. Any other members who are free are warmly invited to join in. No need to let us know, just turn up."

Vaughan Trophy

We have seen the middle distance Championship events all competed for in recent weeks, with John Herring and Nadine Garioud taking the winners' spoils in each event, but how do they compare to the riders who are after the Vaughan Aggregate Trophy, to give it the full title.

The format is as follows, for anyone who is new to the competition; in every Club Championship event, there are points awarded for the best improvers on the day, comparison is made with your best ride in the last three full seasons plus the current one, and only Club events count, not Open events. The winner in each event receives 10 points, second has 9, and so on down to the 10th and following finishers who all receive 1 point for their efforts. As we have been compiling results since 1986 (thanks to Tony Smith's excellent results sheets), I can see at a glance every ride done in C&AC events, and can filter out PBs quite quickly.

As I intended printing this issue much earlier, things have moved on, Seth Mayhew never looked like giving in easily, he claimed top points in over half the events, coming second in the remainder.

Club 25 Championship

John Herring's winning time is the fastest since Phil Cooke's course record 59-09 back in 1998. Seth picked up 7 points last year, but is a clear winner in 2004 in the Vaughan.

Leamington C & AC 25 Champs –26 May 04, Offchurch - Harbury					
		25 Result	PB 3yrs	Imp/Def	Points
1	John Herring	59-24	1-00-27	+01-03	5
2	Richard Gostick	1-01-44	1-01-30	-00-14	4
3	Phil Burridge	1-02-35	1-04-38	+02-03	6
4	Adrie Breugelmans	1-03-40	1-06-04	+02-24	7
5	Mike Ford	1-05-12	1-03-39	-01-33	2
6	Tony Smith	1-06-10	1-01-29	-04-41	1
7	Nadine Garioud	1-06-21	1-10-26	+04-05	9
8	Seth Mayhew	1-07-31	1-12-11	+04-40	10
9	Phil Galpin	1-07-43	1-06-40	-01-03	3
10	Peter Taylor	1-08-32	1-06-05	-02-27	1
11	Steve Walker	1-10-30	1-08-41	-01-49	1
12	Cavin Woodward	1-13-51	1-11-38	-02-13	1
13	Geoff Munford	1-15-19	1-18-45	+03-26	8
14	Roger Gardner	1-15-24	1-10-20	-05-04	1
15	Christine Walker	1-16-29	1-14-37	-01-52	1
16	Pam Styles	1-18-29	1-11-47	-06-42	1
17	John Frydman	1-18-32	1-16-47	-01-45	1
18	Steve Castle	1-20-40	NPP		1
	John Clarkson	DNF, rode 10			

Club 15 Championship

John set a Club record again to win this event two weeks later. Steve Castle, come-back man of 2004 pinches the 10 points, Seth and Adrie split the 9s between themselves with a tied improvement.

Leamington C & AC 15 Champs 09Jun04, Harbury circuit					
		15 Result	PB 3yrs	Imp/Def	Points
1	John Herring	35-33	36-13	+00-40	4
2	Phil Burridge	37-28	37-49	+00-21	3
3	Arthur Beeton	38-22	37-19	-01-03	1
4	Tim Cadd	38-30	37-11	-01-19	1
5	Adrie Breugelmans	38-37	42-24	+03-47	9
6	Nadine Garioud	39-17	42-44	+03-27	7
7	Gig Cooke	40-20	39-27	-00-53	1
8	Steve Walker	40-41	40-54	+00-13	2
9	Phil Galpin	40-45	40-06	-00-39	1
10	Seth Mayhew	40-49	44-36	+03-47	9
11	Peter Taylor	41-22	39-59	-01-23	1
12	Cavin Woodward	43-08	44-12	+01-04	6
13	John Frydman	43-31	44-23	+00-52	5
14	Roger Gardner	44-35	42-36	-01-59	1
15	Lloyd Storey	44-52	41-24	-03-28	1
16	Steve Castle	46-31	53-08	+06-37	10
17	Pam Styles	46-37	43-45	-02-52	1
18	Christine Walker	47-03	46-41	-00-22	1

Dave Cooke Challenge – Hilly 22

Postponed for a day due to the Warwick Town races, the event was blighted by the usual strong winds which seem to plague our TTs from time to time (like every Wednesday). John Herring produced his best ride since '99 to win by 3-30. Nadine Garioud, riding the event for only the third time, set yet another Club record to claim the 10 points, while boyfriend Seth settles for 9, and the lead is still his by 3 points.

Leamington C & AC Hilly 22 -24Jun04, Harbury hilly circuit					
		22 Result	PB 3yrs	Imp/Def	Points
1	John Herring	55-21	55-30	+00-09	7
2	Richard Gostick	58-51	57-02	-01-49	4
3	Phil Burridge	58-59	59-25	+00-26	8
4	Adrie Breugelmans	1-01-22	1-00-17	-01-05	6
5	Tony Smith	1-01-26	58-39	-02-47	1
6	Nadine Garioud	1-03-53	1-04-43	+00-50	10
7	Peter Taylor	1-04-09	1-00-21	-03-48	1
8	Phil Galpin	1-04-37	1-02-12	-02-25	2
9	Steve Walker	1-05-22	1-04-00	-01-22	5
10	Seth Mayhew	1-06-18	1-06-53	+00-35	9
11	Cavin Woodward	1-09-39	1-07-48	-01-51	3
12	Roger Gardner	1-10-05	1-07-05	-03-00	1
13	Steve Castle	1-15-20	1-11-04	-04-16	1
	Christine Walker	DNF	1-14-19		

Dick Shayler Cup 10 Championship

John Herring again, his best 10 in Club events since his comeback won the event by 50 seconds. Seth Mayhew has been steadily improving his 10 times away from home, but this is his first ride to beat 25-00, and claim 10 points again.

Leamington C & AC 10 Champs – 30Jun04, Princethorpe					
		10 Result	PB 3yrs	Imp/Def	Points
1	John Herring	22-15	22-28	+00-13	5
2	Arthur Beeton	23-05	22-44	-00-21	4
3	Phil Burridge	23-07	23-25	+00-18	6
4=	Richard Gostick	23-29	22-57	-00-32	1
4=	Nigel Wood	23-29	22-37	-00-52	1
6	Mike Ford	23-36	23-14	-00-22	3
7	Adrie Breugelmans	23-41	24-28	+00-47	8
8	Nadine Garioud	24-16	25-11	+00-55	9
9	Tim Cadd	24-22	23-24	-00-58	1
10	Tony Smith	24-29	23-22	-01-07	1
11	Paul Preston	24-52	23-44	-01-08	1
12	Seth Mayhew	24-59	26-25	+01-26	10
13	Lloyd Storey	25-16	24-36	-00-40	1
14	Peter Taylor	25-50	24-53	-00-57	1
15	Roger Gardner	26-58	26-20	-00-38	1
16	Geoff Munford	27-15	27-51	+00-36	7
17	Cavin Woodward	27-59	26-51	-01-08	1
18	Steve Castle	28-59	28-35	-00-24	2

Club 30 Championship

Nadine and John pull it off again, both unstoppable riders, but Seth again does the business with the big improvement, with young Phil B just shading Nadine into the third spot. Hard Luck Adrie, one second off your PB, is that disc wheel finally dragging you back?

Leamington C & AC 30 Champs – 14Jul04, Harbury circuit					
		30 Result	PB 3yrs	Imp/Def	Points
1	John Herring	1-13-57	1-14-11	+00-14	4
2	Phil Burridge	1-16-55	1-21-49	+04-54	9
3	Nigel Wood	1-17-52	1-17-00	-00-52	1
4	Adrie Breugelmans	1-19-44	1-19-43	-00-01	3
5	Mike Ford	1-20-00	1-17-56	-02-04	1
6	Tim Cadd	1-21-22	NPP		1
7	Nadine Garioud	1-21-54	1-26-47	+04-53	8
8	Seth Mayhew	1-22-00	1-29-00	+07-00	10
9	Phil Galpin	1-24-10	1-24-39	+00-29	5
10	Peter Taylor	1-26-04	1-23-13	-02-51	1
11	Lloyd Storey	1-26-05	1-27-29	+01-24	6
12	Cavin Woodward	1-29-47	1-29-08	-00-39	2
13	Roger Gardner	1-30-54	1-26-50	-04-04	1
14	John Frydman	1-33-44	1-36-47	+03-03	7
15	Steve Castle	1-40-20	1-38-29	-01-51	1

5 mile Champs and Timekeepers' Challenge TT

John Herring ran away with the last of the TTs, outright winner in every Championship this year so far, a clean sweep. Nadine picked off a few more male scalps with her win, repeating her clean sweep of 2003, and picked up 10 points with yet another improvement. Seth Mayhew claimed 9 points to practically seal his chances of winning the Vaughan, there is a slim chance of Nadine overtaking him in the Hillclimb.

The *Timekeepers' Challenge* started out as a dare when, several months ago Dave began riding with the Social Group on Sundays. We suggested that as both he and Peter C were getting the miles in, they should resume their racing careers for one special event. As there is a considerable gap in their ages, we decided that the VTTA Standards should be used to decide the outcome, so for 5 miles we simply halved their respective Age allowances for 10 miles. Dave's reaction, when hearing that Peter would have over 3 minutes bigger allowance was "Who sets these allowances, Help The Aged?". Peter won this battle by 42 seconds, but Dave surprised quite a few regulars when he set his time well inside 13 minutes and beat quite a few regular riders.

Leamington C & AC 5 mile Champs on 25Aug04, Fosse Garage					
		5 Result	PB 3yrs	Imp/Def	Points
1	John Herring	11-22	11-26	+00-04	6
2	Tim Cadd	12-03	11-31	-00-32	1
3	Richard Gostick	12-05	11-33	-00-32	1
4=	Lloyd Storey	12-23	12-54	+00-31	7
4=	Adrie Breugelmans	12-23	11-51	-00-32	1
6=	Mike Ford	12-33	12-12	-00-21	2
6=	Tony Smith	12-33	11-57	-00-36	1
8	Nadine Garioud	12-35	13-21	+00-46	10
9	Dave Stringfellow	12-50			1
10	Phil Galpin	12-54	12-30	-00-24	1
11=	Seth Mayhew	12-57	13-36	+00-39	9
11=	Noel Edwards	12-57			1
13	Gig Cooke	13-04	12-48	-00-16	3
14	Peter Taylor	13-40	12-41	-00-59	1
15	Alan Edwards	13-41	12-44	-00-57	1
16	Geoff Munford	13-44	14-19	+00-35	8
17	John Frydman	13-50	13-45	-00-05	4
18	Steve Castle	14-24			1
19	Pam Styles	14-52	13-58	-00-54	1
20	Christine Walker	14-55	14-52	-00-03	5
21	Peter Chronicle	15-10			1

Hillclimb

What more can you say that's different about Pete's umpteenth win, his personal "fifteen minutes of fame"? Seth and Nadine again made the biggest improvements, and Seth finally settled the question of who would take the Vaughan Trophy to Cubbington after the Club Dinner.

Leamington C & AC Hillclimb on 03Oct04, Edge Hill					
		Hillclimb Result	PB 3yrs	Imp/Def	Points
1	Peter Taylor	3-12	3-06	-00-06	7
2	Tim Cadd	3-33			1
3	Richard Gostick	3-45	3-52	+00-07	8
4	Gig Cooke	3-52			1
5	Nadine Garioud	4-31	4-47	+00-16	9
6	Seth Mayhew	4-35	5-10	+00-35	10
7	Steve Castle	4-51			1
8	Roger Gardner	5-44	5-31	-00-13	6

Two-up 25 Championship event

John teamed up with Nigel Wood yet again to retain the TTT title with another ride under the 60-minute barrier. Mike and Tony held them for two minutes. Pam and Chris set a new Ladies record. This event is not a counter towards the Vaughan Trophy.

Pos

1	John Herring & Nigel Wood	V+S	59 46
2	Mike Ford & Tony Smith	V+V	1 01 46
3	Adrie Breugelmanns & Tim Cadd	S+S	1 02 37
4	Lloyd Storey & Will Wilson	S+S	1 05 42
5	Pam Styles & Chris Walker	LV+LV	1 14 46

With the racing over, it must be Christmas



I have arranged for the Club to have a special sitting at the recently opened Hilltop Farm restaurant, Hunningham, on 19th December, at 2 o'clock for 2.15pm. Cost is £14.95 per person, payable in advance please. Space is limited, so book early. Send cheques payable to "Leamington C&AC" with your order, no later than Monday 6th December, to Chris Walker, 34 The Greswoldes, Radford Semele, CV31 1TP.

Starters

Pheasant Terrine with salad & toast
 Spicy Parsnip Soup
 Smoked Salmon Mousse with salad & toast

Main courses

Mixed Game Pie
 Roast Turkey & Cranberry Stuffing
 Roast Beef with Yorkshire pudding
 Vegetable & Goats' Cheese parcel with creamy tomato sauce

All main courses served with roast potatoes and vegetables

Desserts

Traditional Christmas Pudding with Brandy sauce
 Sherry Trifle
 Chocolate & Orange Mousse
 Fresh Coffee & mints

Vaughan Aggregate League table

		25	15	22	10	30	5	HC	Total
		Hilly							
		26-May	09-Jun	24-Jun	30-Jun	07-Jul	29-Aug	15-Oct	
1	Seth Mayhew	10	9	9	10	10	9	10	67
2	Nadine Garioud	9	7	10	9	8	10	9	62
3	Adrie Breugelmans	7	9	6	8	3	1		34
4	Phil Burridge	6	3	8	6	9			32
5	John Herring	5	4	7	5	4	6		31
6	Geoff Munford	8			7		8		23
7	Richard Gostick	4		4	1		1	8	18
8=	John Frydman	1	5			7	4		17
8=	Steve Castle	1	10	1	2	1	1	1	17
10	Lloyd Storey		1		1	6	7		15
11=	Cavin Woodward	1	6	3	1	2			13
11=	Peter Taylor	1	1	1	1	1	1	7	13
13	Phil Galpin	3	1	2		5	1		12
14	Roger Gardner	1	1	1	1	1		6	11
15=	Mike Ford	2			3	1	2		8
15=	Steve Walker	1	2	5					8
17	Christine Walker	1	1	DNF			5		7
18=	Arthur Beeton		1		4				5
18=	Gig Cooke		1				3	1	5
18=	Tim Cadd		1		1	1	1	1	5
21	Tony Smith	1		1	1		1		4
22	Pam Styles	1	1				1		3
23	Nigel Wood				1	1			2
	Alan Edwards						1		1
	Dave Stringfellow						1		1
	Noel Edwards						1		1
	Paul Preston				1				1
	Peter Chronicle						1		1

Website – Rider Profiles

John Clarkson needs up-to-date CVs from regular riders, it's your chance to tell your story, how you started cycling, which Clubs you have been in, your favourite colour and such-like. Take a look at what's already there, add a photo if you can. Have a look at our website, contact John today - john.clarkson@warwick.ac.uk

www.leafingtoncyclingandathletics.org.uk