



The Cyclists' Newsletter of Leamington Cycling and Athletics Club

Top Midlands Tea-lady receives award.

Leamington C & AC's very own Jan Ford recently received a surprise award at the VTTA annual bash in the Quality Hotel, near Kenilworth. Every year, Midlands Vets are asked to vote for a helper or official to receive this award. When the results were announced, Jan was astonished to hear her name called out; we have known for years that she make a great cuppa, and serves excellent cakes, now she has been honoured by the Midlands' top tea-drinking cyclists.

Mick will have to make some space for Jan's new trophy among his racing pots!

VTTA £1000 competition for 2005

Join the Birmingham & Midlands group of the VTTA and you can take part in a new £1000 competition. Points awarded in 6 events across 4 age groups count towards a share of the prize money. Each group will have prizes awarded for 1st to 8th places, points from each event go down to 20th in each age group, so there are plenty of opportunities to score points. *And what do points mean?*

Ask me for a form, if you are not already a member, or contact Greg Smart on 01788 547466.



AGM - what did you miss?

The Section AGM has passed, your committee is re-elected, with one notable change; Pam Styles has resigned from the committee, and this meant a vacancy in the vital Press department. We always need someone to pass on news from the Club, particularly during the Spring and Summer, fortunately Seth Mayhew has offered to step into the vacancy. Pam's place on the committee is taken by Adrie Breugelmans.

Pam has been an enthusiastic link with the local Press; her reports have generated great interest in the Club, particularly during 2003 when we had lots to shout about. Occasionally we have gained new members from her press reports. Thanks for all your hard work, Pam.

I have added the three annual reports, Road race, Cyclo-cross and secretary's report near the back of this issue.

Spring 2005

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 have now been Section Sec for 8 years, the highlights of 2003 are only a fond memory as we start 2005. Wearing my other hat as a member of the Midlands DC committee, I was consulted on the Club's willingness to help promote the National 25 in 2006. Several other clubs had put forward proposals, mainly based on the Evesham area, what they lack is a suitable event HQ. Former Coventry CCA member-clubs were polled to see if a coalition of clubs could put the event on, but your committee voted to stay out of any coalition, and to offer to run it as we did in 2003. As things stand, I have been formally asked to tender for the event, to run in June 2006, using Princethorpe College as a base, with a variation of the old Bubbenhall - Southam "sporting" course. Phil Cooke's course record is at stake.

Prize Dinner

Make a note in your diaries, we are holding our annual prize presentation do on Friday April 1st, at the Angel Hotel, Leamington Spa. Major trophy winners John Herring and Nadine Garioud should be there to receive their skip-loads of cups, as will Peter Taylor, hill-climb winner since he was a Junior-category rider.

The evening starts with drinks in the bar at 7.30, and the meal is at 8pm. Tickets are £17 each, in advance, please send your cheques, air-miles, milk tokens etc to me at 34 The Greswoldes, Radford Semele, CV31 1TP. (Cheques to be made out to Leamington C&AC)

Closing date for this is 26th March.

Must be something in the tea...

Last issue, we had news of four additions to the LC&AC "family", I hear there are developments in the Anglo-French quarter in Cubbington. Seth and Nadine are expecting a baby in July, and they are also hoping to move house, so no racing this year for Mlle Garioud!

Jan and Mick Ford are grandparents for a third time, daughter Liz presented them with another grand-daughter, Tegan (Cornish name, meaning "pretty thing"). We wish Liz and James all the best in their new roles as parents.

Triple bypass op for Norm

Norm Simpson, our Cirencester branch rep, is recovering from a recent triple heart bypass operation. Norm is at now home, his op was performed at a Bristol hospital. Get well soon, Norm.

New Year - your subs are now due

Peter Chronicle is waiting for your subs renewals, if you haven't already sent him your £23 or your fivers (Social members), please do so as soon as possible, or he will set extra homework for you!

CTT Handbooks

Peter Chronicle has a few CTT handbooks available, £5.50 each, contact him on 01926 426778 if you require one.

Joint venture with Kenilworth Wheelers

During the last couple of seasons, several Kenilworth riders have competed as "private" entrants in some of our evening TTs. As a Club, they have now expressed an interest in more time-trials, and for 2005 we are going to have a small Inter-Club competition, over five or six events, details will be announced later. This will not coincide with any of our Club championship events, and we hope that they will bring in a few helpers along with the extra entries.

Clothing

I still have plenty of Club clothing for sale, there is a choice of short-sleeved and long-sleeved racing tops, a small number of jackets, plus some lycra racing shoe covers and helmet covers. Two pairs of shorts are available at the bargain price of £23 each (1x men's size 5, 1x ladies size 3).

RA - what does it mean for cycling?

RA = Risk Assessment, an every-day fact of life for lots of occupations; we now face a difficult period when Time-trialling has to prove itself as a responsible sport. Open Events have been subjected to RA since 2004, it is the turn of Club events in 2005. Chris Nichols has volunteered to coordinate our efforts.

When Chris and your Committee have finally waded through the technicalities of RA that apply to Club TTs, we will have a few more things to worry about when running our Wednesday evening events - more signs, definitely - more marshals, possibly - more paperwork, definitely. Members may be called out on a rota, whether to place signs beforehand, collect them in afterwards, or to marshal the event.

What's it for? All Time-trials run since 2003 have had more legal protection due to the change from RTTC as a "council" to CTT as a "company". Each member club has guaranteed a small sum of money in the event of any serious litigation, but the organisers and helpers are protected by the law, we are working "for and on behalf of CTT". Now we have to apply certain standards to the promotion of our events, this is where we are at present in 2005. Watch this space!

ANNUAL REPORTS - as presented to the AGM

Road-racing report

2004 was another good year of road racing for the club with six members competing regularly, throughout the season. With the inauguration of the Veterans Road Race "Rogers Cup" – this was hotly contested by Gig Cooke, Peter Taylor and Tony Williams and good performances were given by all three riders with Taylor and Williams both winning their age groups in races on a couple of occasions. Overall, Taylor gaining the most counting points (with 16) and running out the winner of the Veterans competition.

Gig Cooke can be excused for not winning the Veterans title as he focussed a lot more on British Cycling events and managed to amass a good haul of 16 points in these events, with numerous top-ten placings and he also gained a 3rd category licence in the process.

Tim Cadd and Peter Taylor were again his main competition in the senior category, with Taylor gaining 10 points during the season. Cadd rode a mix of events, with many being longer, higher rated events where the competition is harder and the points pickings are more difficult to come by. Considering his capability though, Cadd must have considered it to be a below par season, his slow start, following his Australian travels early on in the year, could not have helped.

Overall, Cooke came out as a deserved Club Road Race Champion – managing to wrestle the G. M. Bennett Memorial Trophy from the grips of Cadd and Taylor, and so ending their ten-year domination of the Trophy.

Peter Taylor, BC Road-racing rep.

Cyclo-cross

Only a handful of club members tackled the mud this season, but excellent performances were seen by those that did. Having had a go last year Adrie Breugelmans was the most active rider in the Midland League. It was good to see he hadn't been put off from last year. He completed 5 events in the league and raced in the floodlit series at Rugby. Parenthood curtailed two of the regulars' ambitions. Richard Gostick completed 2 races and must have been maintaining some pretty good fitness in between nappy changes, as he returned 2 useful placings to put him 35th in the league. Unfortunately I was unable to even get the cyclo-cross bike down from the loft such were the demands of my two new arrivals. Although Adrie was 59th in the vets category his 134 points total for the season was enough to give him the club cyclo-cross trophy awarded to the rider with the most points in the Midland league. Evergreen Steve Knight appeared to dominate the league again this season and won with a total of 446 points.

The annual fixture at Kenilworth Common on Boxing day saw Adrie and Richard competing to finish 50th and 32nd respectively. This is always a great spectators race and a great course to ride on the only day bikes are 'officially' allowed on the common.

Newcomer to the area Brian Green demonstrated huge capability in the mud. His highest placings were achieved in the Rugby floodlit races with a win and 3rd place. An overall series win would have been assured had he completed the other 2 races. Brian has not yet sold his soul to the Leamington and is only 2nd claim for the club at the moment. Lets hope he continues to race with us in the future. Roger raced in every one of the Rugby floodlit races and finished 21st overall. Adrie was 23rd overall. These are good early season races for riders with some good residual fitness from the summer and not too challenging on the technical course content, round the Rugby pitches at the St. Andrews club.

One of the big races of the season, the toughest in the world so they'd have you believe, was the 3 peaks. Two LC & AC connected riders competed. Roger Gardner, who having turned 60 this year turned in a fantastic result of 244th. This was his 12th outing in this monster endurance race and put him 6th place amongst the finishing over 60's, narrowly beaten by the 5th placed over 60 - a very commendable performance which also delivered a

prize. Brian Green also competed in the race and 16th place (yes, that's top 20!) was secured by him. The event was won again by Rob Jebb in a time of 3-04-52.

I'm sure everyone had a lot of fun grinding away in the mud with some satisfying race results to show for it at the end. The Midland league looks as strong as ever and it would be good to have a LC & AC team out for next season.

Quote from this years Champion Adrie "I was a bit disappointed with myself but I'll be back next year! Hope to see a few more from LCAC, I would recommend anyone to have a go at cyclo-cross, its easily accessible and friendly, just turn up. Mountain bikes are allowed at all events apart from Kenilworth. Even at my slowest there were still people at around the same speed I could 'race' against. "

Phil Galpin - BC Cyclo-cross rep.

Secretary's report

Membership

Once again the membership figures seem quite stable. One notable change is the passing of Norm "Sarge" Sargisson, who died last winter, he is sadly missed by all his friends and relatives. With the earlier death of Nev Gregg, only Fred Dale remains from the original "Last of the Summer Wine" trio. Fred and Jean French will be donating a trophy to the Club to commemorate their friendship, final details have yet to be announced.

My records show that we have ten new members joining in 2004, Steve Castle (ex-Warwick CC) and Philip Martin joined in the Spring and are now regulars on Sunday rides, Brian Green (Oldham Century RC) joined us Second-claim, and would be a useful competitor if we could have him First-claim (finished in the top 20 in the Three Peaks Cyclo-cross). Adam Smith, Neil Davis and Mark Gibbons joined in the Autumn and are rapidly becoming familiar faces on the Sunday rides. Less regular newcomers are Alistair Miatt, rejoining after a period of living in Canada, Rhys Mainwaring, Steve Nicholls, Paul McDonnell. Mike Mudd and Jason Haynes are sidelined for personal reasons, although Jason is hoping to recover from his knee injury. At the end of the year, we have 6 Life members in the Section, 36 members paying Full subs, 15 Social members including 2 Honorary (Dave & Simone), 1 second-claim member and 6 others counting as Honorary members (Syd Fairley, Alf Moore, Jean French, Bob Jones, Kay Cooke and last but not least, our Web-master, John Clarkson). At last year's AGM, Dave Stringfellow was elected to the ranks of the Club's Vice-Presidents.

Sunday Rides

On several occasions during the year both groups had attendances in double figures. The social group experimented with a split after the tea stop on one ride when fourteen members were in the group leaving Leamington, this gave the stronger riders an opportunity to divert over Sun rising Hill on the way back from Shipston, while the remainder stayed on the flat. Organised Winter rides for the Fast group are still popular, and I have even seen the designated leaders turning out to head the group!

Touring weekends

Until there is a marked increase in interest, these are still in decline. The new "Summer Wine" grouping of Nichols, Allsop and Co had their Ryanair flight to Southern France for a week's cycling, I hear that they are including Mr Gardner in the 2005 outing! Roger's red van headed to Hampshire for a weekend of tandem riding, giving the Gardners and Walkers an unexpected opportunity to breakfast with cricketing legend, Mike Gatting at the B&B near Romsey. If any member would like to help run a weekend away in the style of the old Hay-on-Wye weekends, please step forward.

Time-trialling

As ever these event are the hallmark of Leamington's contribution to the sport. The Club promoted 24 Club events throughout the summer, and two Open 10s. Phil Galpin repeated his Summer Open 10 on the Offchurch course, with a similar sized entry to last year's event. On the day we had to contend with a road traffic accident blocking the Fosse

Way just south of the Radford island, and a torrential downpour, which only served to delay the start any way. I ran the Ladies & Gents 2-up in September, with a solo event and a tandem event. Entries for the main event were down a bit on previous years, but the extra tandem event drew in another two teams apart from ourselves.

Club events were dominated by John Herring and Nadine Garioud, who put their names on every TT trophy bar the Hillclimb Shield, which Pete Taylor claimed yet again. We lost a couple of events to the weather and poor light early in the season.

Ted & Doris Clifford event

With last year's Champion, Noel Edwards practically sidelined in the TT, suffering with chain problems, Richard Gostick, after a sub-40 ride, limited his losses in the Run to win the coveted trophy for the first time. Kelly Monk improved her TT time on 2003 to win the Ladies' Gardner trophy, last year's challenger, Nadine sat the event out.

Website

The Club website, administered by John Clarkson, is becoming a first point of contact for many newcomers to the Club. New for 2004 is a section devoted to the great and the good, the Rider Profiles, which gives established members a bit of space to show off their palmères, and adds a bit of colour with photos.