



Rugby Velo News

March 2011

We look to be emerging from winters grip and the days are getting longer so I'm sure you're all knocking the cobwebs off and getting out on the roads.

Of course some members have been active throughout the winter, training and competing in Cyclo-cross at home and on the continent. Success has not been far away for some either, Luke Markham bagged a couple of wins in the West Midlands Cyclo-cross League. Phil Roach's return to the fold brought some added kudos to Velo colours with a silver medal at the National Championships for the 45-49 age group and 3rd overall in the National Trophy series for veterans. While even further up the age scale, Pete Mooney also scaled the podium at the National Championships, receiving a bronze medal in the 60-64 age category.

It was pleasing to see a healthy number of members at the recent **AGM**, this was no doubt helped by the pleasant surroundings of the Stag & Peasant in Newton and the hot chilli and spud wedges being consumed.

The election of the committee saw Phil Clark replace Rich Bray as Chairman, Gary Hipwell and David Garrett remain as secretary and treasurer respectively, whilst the rest of the committee places were filled by Pete Mooney, Lee Edmonds and Mark Humphries. After compiling press reports in the past, Jeremy Hicks agreed to officially take on the role of press secretary.

The **Club subs** remain the same at £12 for seniors; £8 for juniors; £4 for U16's and there will once again be a £10 entry fee for the whole TT series or £1 a ride if your just intend to do the odd one or two. So if you haven't already paid your Club subs then just take this as a little reminder.



Speaking of which, the **Club TT** season gets underway from the [Dog Lane Fisheries](#), Napton at 2pm on Saturday, 26 March with a hilly 13.6-mile ride for standard road bikes. You can ride on your lo-pro tri bar equipped machine if you want but you won't be in with a chance of claiming first prize or being crowned King of the Road.

Ade Hancox has for the past two seasons made this event his own and is in no mood to give it up lightly.

The first man off has the honour of being the first rider to sport the new Club TT numbers.

After the event we will retire to the one of the local hostelrys for well deserved refreshment, so come along and give it a hack.

Lee Edmonds has been busy arranging the **Club Prize Presentation and Dinner** which is being held on the evening of Friday, 18 March at the Holiday Inn, Crick. If you haven't already booked a place then get you skates on. Cost is £20 per head for 'The Feast Buffet', cheque or cash to Lee Edmonds, Stable Cottage, Teeton Road, Guilsborough, Northants, NN6 8RB. Or if that proves all too difficult see the contact details at the bottom of this newsletter and I'll get something sorted.

After borrowing a **pedal car** from Jez Featherstone to compete in the Shenington 24Hr for the last two seasons the Velo have gone and bought their very own with the single aim of winning everything we enter.

Last year our U16 team competed in all seven rounds of the [British Pedal Car Championship](#), finishing a meritable 2nd overall so this year we'll have a second car running to wipe the board and have a good time doing it.

The first event is at Bruntingthorpe on Sunday, 10 April but this Sunday, 13 March see the cars first outing in a training day a [Shenington Go-kart track](#). If you fancy a go in the car then we should be there between 10am and mid afternoon. No excuse for not including Shenington in a training ride, we'll even put a brew on for you.



Since the end of the cross season the **Sunday Club rides** have been noticeable leaving the Paddox Pub at 9am. We've tried to keep everyone together and it's certainly more cohesive than previous years so why not make the effort to come along. Rides tend to be about 3Hrs in duration so you shouldn't miss your Sunday lunch. Remember once the clocks change the ride will be leaving at 8:30am.

After stories from David Garrett regarding 'The Dragon' sportive that he has ridden in previous years, I've this year been successful in entering with the hope of watching the Technicolor display as David empties the contents of his stomach once more on the [Bwlch](#). To ensure I'm in a fit state to witness this annual event I'm planning on riding the [Castelton Classic](#) audax as preparation on Sunday, 17 April. I'd welcome your company but I warn you last time I rode this event it rained all day long. They will even take entries on the day so you check the weather forecast out the day before.

Another event I'm considering is the [Gladestry](#) cycling weekend in August, 13-14th.

Last year I was joined by Phil Hughes and Julian Ronald for the event. We camped on the Friday last year, visiting the village pub for some food in the evening and woke fresh for the 200Km Elan & Ystwyth the next morning. Phil said he wanted a challenge and boy did he get it. We were less than 10-mile from the finish but the road was going up when storm came over the mountain. As the rain began to hammer down I looked behind and saw Phil ride under the overhanging hedge at the side of the road and without unclipping his feet he slumped against the earth bank, poetry, sheer poetry, words can't capture the moment.

This year I'm thinking of doing the 50Km off-road ride on the Saturday, camping Saturday night and then riding the 200Km Tregaron Dragon on the Sunday. Yes, I know it means two bikes but if I can persuade Phil to come down again then his van will have no problem taking all the bikes. Camping is in the organisers back garden, he does a great job looking after everyone, and the pub is only a short walk. You don't have to do the 200Km on the Sunday there are shorter rides.

Are you in need of some **therapy**? Simon Ward, Tel 07979 153062, of [Sports Therapy Leicester](#) works out of the Lutterworth Cycle Centre and offers:- Sports Massage/General Massage; Treatment of Sports Injuries & Rehabilitation; Exercise Advice; Mobilization of Joints and Muscles; Taping and Strapping; Preventative Injury Advice.

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