



**Witham Wheelers  
Cycling Club  
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[www.withamwheelers.co.uk](http://www.withamwheelers.co.uk)



**Affiliated to:  
British Cycling  
Cyclist Touring club  
Lincs RRA  
Road Time Trial Council**

**Newsletter – May 2007**

**E-mail addresses**

I now seem to have collected quite a few e-mail addresses, however if you receive this by post and have an e-mail address please let me know, as it does make distribution a lot easier, as well as keeping costs down.

Also if you have changed your street address in the last year or so, can you advise details so that we can ensure membership records are kept up to date.

**Important Note - 2007 Membership**

Talking of membership, 2007 fees are now definitely overdue, £15 Individual, £25 Family, £8 Under 16, £10 Second Claim, Social £5.

If you have not paid, then you are officially not a member of the club and if riding in a club event therefore not covered by club insurance. There is also a chance you will be charged double (£4) to sign on for the club evening 10's and (£6) for Barkston Heath, you have been warned!!!

**New Members**

It is good to see quite a few new faces around, a warm welcome to the following recently joined First Claim members, if I have missed you from the list nothing personal, just lack of organization.

John Bacon, Peter Barnes, Richard Bowyer, Anthony Conneely, Chris Crawford,  
Paul Dowman, Adrian Hill, Richard Ludlow, Jacob Storey, Ross Tomblin,

**2007 Calendar Change**

One change is that the Jack O'Connor interclub 25 scheduled for 5<sup>th</sup> June will now be held on Thursday 12<sup>th</sup> July, on a course to be decided, once the promoting club (VC Lincoln) have got round to sorting it out.

To ensure you can still get your weekly dose of headbanging we will promote an extra club 10 on Gorse Lane as usual, on the 5<sup>th</sup> June.

**Clothing**

This has mostly been distributed now, although some money is still owing, please payup ASAP.

We have also ordered a small stock of Medium and Large Short Sleeve Road Jerseys for new members and anyone who has not yet purchased one, cost £32.30. Note these are going fast.

I have no plans to organize another bulk order in the near future, I think it's an annual job for early in the New Year, so that kit is available for the new season, unless of course someone wants to volunteer to organize it sooner.

However if anyone wants to place a personal order I can let them have all the details and contacts etc.

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### Club Committee

To keep you informed of the momentous decisions being made on your behalf, the provisional minutes will be posted on the club web site after each meeting. If you have any questions, ideas etc. please approach any member of the committee.

In case you did not know the committee for 2007 is

President	Dave Borchard
Vice President	Brian Mallett
Chairman	Dave Herd
Vice Chairman	Goordon Cakebread
Secretary	Hayley Culpin
Treasurer	Loz Wilets
Racing Secretary	Tony Mendham
Communications	Simon Cocker
Training Officer	Peter Pain
Committee Members	Simon Smith, Janet East, Alan East, Mike Lewis

Please also note that we currently have a vacancy on the committee for a general member, if you want to make a positive contribution to the future of the club, please let Dave Herd know. We meet once a month through the racing season on Tuesday nights at the cricket club.

### Website

As hopefully most of you will have seen, this is now up and running again, if you want anything adding or have any other comments (constructive ones only please) let me know.

For the less computer literate amongst you, I have also put in links on race reports where photographs are available on the internet, clicking on these takes you straight to the website. Examples being the Leamington Spa Crits on the British Cycling site and Barkston Heath on Lincs Race Photos. You can purchase prints of these from their websites.

### Coaching – Go-Ride

Peter Pain is now running coaching sessions for under 16's up at Barkston Heath, in conjunction with Sleaford Wheelers. He has had a good take-up of the children involved in the initial coaching sessions at the National School. Further to this the club is now in the progress of registering for the British Cycling Go-Ride scheme, this will bring benefits to the club as well as more commitments and will mean that we have to update our club structure.

The long term benefit will hopefully be that we have more youngsters in the club and cease to become a club of veteran racing cyclists. Being one myself I am not criticizing this, however there does need to be a balance and it is good to see more younger members competing already this year.

Also if anyone has any bikes/equipment that they no longer use and would be suitable for use by riders in the 10 to 16 age group, please let Peter know.

### Barkston Heath

The first couple of events have been held and numbers were up, compared to last year, in both the U16 and senior races, with some competitive racing, with riders from Sleaford, Boston, Spalding, Bourne and Lincoln.

If you have any doubts about taking part, give it a go, the course is safe, the events are handicapped and you can have quite an intense workout in half an hour or so. Even in the rain the circuit is still very 'grippy' so there's no excuse.

On the night Ben Smith was presented with the Nev Crane trophy as last years U16 winner and Patrick Owen the Jim James trophy as the Senior winner.

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### Clubruns

**Sunday** – These start at 9.00 from the Market place from Sunday 25<sup>th</sup> March onwards, through the summer.

On the old chestnut of clubruns it would be good if maybe once a month a slower Sunday run was organized with a dedicated leader, to maybe try and appeal to the non-racing cycling fraternity. Maybe there is not the demand, but unless we try we won't know, are there any volunteers out there to try and get something going?

### Club Open Races

As well as the Barkston Heath races the club is also promoting several other 'Open' events this year. For the uninitiated this basically means you have to fill out a proper entry form, pay more money and will be competing against a lot more riders from far and wide.

If you fancy trying a 'proper' Road Race then the Lincs League event on the 20<sup>th</sup> June would be a good taster, you can enter on the line, its about 30 miles and handicapped.

For the Time Trialists the Open 10 on the A1 is a chance to improve your personal times.

Contact the organisers listed below for more details.

### Your Club needs you

Dates and organizer for your Diary, when marshalls / helpers are required for open events this year, you should have had your marshalling request form from Tony Mendham, please ensure that you return this.

- Open 10 Time Trial - 16<sup>th</sup> June Dave Herd
- Lincs League Road Race - 20<sup>th</sup> June Tony Mendham
- Open Road Races - 15<sup>th</sup> July Geoff Ellingworth
- Cyclo Cross - 21<sup>st</sup> October Tony Mendham

### Club competitions

The list of competitions and the criteria to win them is still being updated and really will be published shortly.

### Triathlon

The Grantham Triathlon club (1 member) is organising on Sunday 10<sup>th</sup> June a sprint Triathlon (400m swim, 12 mile bike, 3 mile run).

There will also be a taster event (200m swim, 5 mile bike, 1.5 mile run) based at the Meres. This would be an ideal chance to try this very popular sport, let me know if you want more details.

### Tour De France

Seems like most people are doing their own thing, going down on the train on the Saturday, so maybe see you there somewhere around the prologue course.

### Race Results - Grantham Journal

Please send me brief details of events you have been competing in, as John Burgess is always looking for news to put in the Journal or you can send direct to [john.burgess@granthamjournal.co.uk](mailto:john.burgess@granthamjournal.co.uk) . Deadline is Tuesday evening for Fridays edition.

If you don't send us the information it cannot be published and no one will know what you are up to, so please don't be shy. It only takes a minute or two to send a brief e-mail or even better a few pictures as well.

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### Random Local Dates for the Diary

These are just a few local events that come to mind, if you want more information with regards Cycle-Sportives then the BCF website now has a good listing section.

10<sup>th</sup> June            Grantham Sprint and Taster Triathlon – Meres leisure centre  
1<sup>st</sup> July              Belvoir & Rutland Cyclosporitive – starting from Loughborough  
7<sup>th</sup> / 8<sup>th</sup> July        Some event called Tour de France starts in London – club trip?  
14<sup>th</sup> /15<sup>th</sup> July      Sprint and Long Course Triathlons at Belvoir Castle

### Committee Meeting

The next meeting is on Tuesday 12<sup>th</sup> June, if you want any issues discussed or have any ideas, let any committee member know and they will be put on the agenda.

Editor

Simon Cocker

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### **STOPPRESS NEWS**

#### Collarbones

News has just reached us that club ace Roadman Sprinter Phil Atherton has broken his collarbone in an unexplained cycling accident, we are not sure if this was down to drink or if he was practicing his famous downhill tailwind sprint, either way, get well soon Phil.

This follows on from Nige Podham also breaking his collarbone on a clubrun a couple of months ago, when about to contest the key Marston sign sprint, good news is that we understand he is now out and about on the bike again. On a serious note Nige also badly smashed his crash helmet, but other than being a bit stunned escaped any head injuries. It certainly highlighted the benefits of a helmet in a relatively slow speed crash, food for thought!!

### World Track championships 2008

Just noticed tickets are now on sale for Manchester, should be good with the Olympics not soon after. Prices look reasonable so better buy sooner rather than later.