



**Witham Wheelers  
Cycling Club  
Sponsored by  
Echo Personnel**

[www.withamwheelers.co.uk](http://www.withamwheelers.co.uk)



**Affiliated to:  
British Cycling  
Cyclist Touring club  
Lincs RRA  
Cycling Time Trials**

**Newsletter – Sept 2009**

**Club Annual Dinner & Prize Presentation**

- This will be at the Belton Park Golf Club on Saturday 28<sup>th</sup> November 6.30 for 7.00pm.
- Guest speaker will be Colin Clews a man with many cycling interests, including International commissaire (recently involved in the controversy at National Road Race champs) and also responsible for creating the Melton Classic bike race from nothing to probably Britain's top one day race in only 5 years
- All members / friends / relations, young and old are welcome. It would be good to see as many people there as possible, especially if they are Trophy winners.
- Ticket prices are £21.00 except club members under 18 who will be £15.00
- Attached you will find a booking form and menu, please take the time to complete and send with money by 30<sup>th</sup> October to Janet East
- As usual a Raffle will be held which goes to help pay the costs of the evening, so it would be appreciated if we could have as many donations of prizes as possible.

**Annual Awards**

A major part of the dinner is the presentation of the annual awards, a list of these is attached. Some are decided from results at club events, others at the discretion of the committee, but for awards involving open Time Trials we need claims to be submitted by 30th September to Tony Mendham.

Trophies should be returned to Janet East by 13th October to allow for engraving etc.

**Clubruns**

As ever trying to get clubruns to suit every member can be a problem. We currently have 2 runs going on Sundays from the market square, commonly referred to as the 'fast' one at 9.00 and the 'slow' one at 9.30

1) Bill Harrison does a very good job of marshalling the 'slow' one and it is well received by all who go along, but remember when Bill says 9.30 start he means it.

2) The 'fast run' can be a bit more hit and miss but now the racing season is drawing to a close it is expected that these will become better attended with Phil Etches making sure they are more controlled. Note when the clocks change at the end of October these will revert to a 9.30 start.

Watch the club website forum where most weeks details of the club runs will be posted.

For those available in the daytime during the week, then details of other rides are organized via the Forum.

Also on Saturday mornings several members head over towards Bingham to join the 'Parrott's run' Tony Mendham can advise details.

### **2010 Event calendar**

- The club event list tends to follow a similar pattern most years, if you would like to see something new or a change to existing events, please let me have your ideas and the committee will see if these can be accommodated.
- Currently we do not have anyone to run any open Time Trials next year, if you are interested in volunteering please contact Tony Mendham ideally by 15<sup>th</sup> September. Full guidance will be given if you are keen but lack experience.

### **AGM**

A reminder that this will be held on 4<sup>th</sup> December at the Cricket Club. Anybody wanting to change any of the club constitution should put this in writing one month before the AGM.

### **New Members**

Since the last newsletter I am pleased to say we have had many new members join the club, welcome to all those. If you have any ideas of what you would like from the club please feel free to approach any of the committee members.

### **Social Events**

To try and keep some interaction through the winter there will be social evenings at the Cricket Club on Tuesday 13<sup>th</sup> October, 10<sup>th</sup> November and 8<sup>th</sup> December. It is planned that something will be organized for these evenings, so watch the website for details.

### **Clothing**

I have Short Sleeve Road Jerseys (various sizes) and Racing caps in stock.

I will send out an order form before the end of the year so that clothing can be ordered for next season.

### **Coaching – Go-Ride**

The Go-Ride sessions held at Central school by Peter Pain in conjunction with BC coach Steve Crosland have been a great success bringing 6 new under 16 riders into the club plus interested parents. To build on this the club will now work towards full Go-Ride accreditation which will allow us to apply for funding to help with qualifying coaches and buying equipment.

We now have 3 club bikes on loan to new Junior members, thanks to Phil Etches for the servicing of the bikes.

As a follow on from the Go-Ride sessions we also entered a team, in the Heckington show Grass Track competition against Sleaford and Spalding, which was a very successful event, see website for full report and pictures. Well done to all those who took part.

### **Barkston Heath**

The series has finished for the year and the overall winners were Caitlan Conneely in the U12, Peter Cocker U16 and Peter Barnes Senior, all club members.

The weather as usual has been mixed but the Schoolboys/girls have turned out consistently every session. The senior event has had limited support and it is probable that the format will be changed next year.

A special mention to the helpers who turned out every week, Gordon, Janet, Alan, Ray, Brian and Jeff and any others I have forgotten.

### **Lincs Road Race League**

An excellent year for club riders with Neil Sentence winning, Jim Coleman runner-up (he's still a Wobbly at heart) and Phil Etches taking the over 50's award.

### **Lincs League Cyclo-Cross**

Looks like we will be represented in the U16 events this winter and I have heard rumours of senior riders who might be giving it a go, time will tell.

### **Viking Challenge – 7<sup>th</sup> October**

Mountain bike challenge ride based on the Viking way, starting at Redmile, entry forms are now out, I have put the link on the website. Great fun if you do not mind getting muddy and there is a long and a short distance depending on how energetic you feel, worth riding for the food alone.

### **HillClimb**

The move to Harby Hill last year was very successful. The Hill is quite a good challenge without being too long and then an excellent Freewheel with a couple of rises, which if you can get over them means you can go a long way, as last years winners found.

### **Mince Pie Run**

After the success of last years run with both club runs and quite a few social members driving over to the Kingfisher café at Sibthorpe Portland Fisheries, a couple of miles from Flintham. It's planned for the same again this year meeting at the Kingfisher around 11.00 on 20<sup>th</sup> Dec.

It's a chance to relax eat lots of mince pies and have a good old chat.

### **Your Club needs you**

Last major event this year is the Cyclo Cross on the 25<sup>st</sup> October , helpers required on the day and the day before to mark out the course, contact Tony Mendham.

### **Website**

The website is only as upto date and interesting as the information that gets fed back to me, it would be really good to receive some more contributions on anything that might be of interest to members, however illiterate these can usually be turned into something presentable.

### **2009 Dates for the Diary**

- 20th Sept Bourne Sportive (see Bourne wheelers website for details)
- 29<sup>th</sup> Sept Committee meeting 7.30 Janet's
- 4th Oct Viking Challenge – Redmile (30 + 50 km offroad rides – great food)
- 11th Oct Club Hill Climb + Freewheel - Harby Hill (easy, sprint up then see how far you can freewheel down)
- 13th Oct Social Evening 7.30pm Cricket Club
- 24<sup>th</sup> Oct Help set Cyclo-Cross Course up at Sproxton 10.00
- 25th Oct Clocks change
- 25th Oct Witham Wheelers Lincs League Cyclo-Cross – Sproxton (Riders or helpers required)
- 10th Nov. Social Evening 7.30pm Cricket Club
- 28th Nov Club Dinner + Prize Presentation - Belton Park Golf Club
- 1st Dec Club AGM - Cricket Club (all members should attend, it's your club)
- 8th Dec Social Evening 7.30pm Cricket Club
- 20th Dec Mince Pie Run (Club runs and social members meet up at local café to eat mince pies)

### **Committee Meeting**

The next meeting is on Tuesday 29<sup>th</sup> Sept, 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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**Witham Wheelers Annual Dinner and Prize Presentation**

**Saturday November 28th 2008 at the Belton Park Golf Club 6.30 for 7.00pm**

I would like \_\_\_\_ tickets @ £21.00 each

I would like \_\_\_\_ tickets @ £15.00 each (Under 18s)

Total £\_\_\_\_\_ No.

Cheques made payable to *Witham Wheelers Cycling Club*

Name: \_\_\_\_\_

Return to Janet East by 30<sup>th</sup> October 2009 - 1 Debdale Road, Barrowby, Grantham, NG32 1BD (tel 01476 561540)  
e-mail [ajpeast@btinternet.com](mailto:ajpeast@btinternet.com)

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**Menu**

Homemade vegetable soup served with warm crusty bread  
Ardennes pate served with Cumberland sauce, crusty bread and garnished with salad  
Pan fried bacon and mushrooms on mixed leaves with herb vinaigrette  
Salmon fishcakes with a creamy tomato and basil sauce.

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Roast topside of beef, cooked medium, served with Yorkshire pudding  
Chicken breast with a mushroom, sherry and cream sauce  
Fresh salmon with a white wine and cream sauce  
Lamb fillet with red wine gravy  
Vegetables in red wine served with herb dumplings (V)  
All served with a selection of potatoes and fresh seasonal vegetables

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Lemon & cream tart  
Blackcurrant Miroir  
Brandy snap basket filled with fresh fruit and cream  
Choux pastry ring with chocolate sauce  
Served with freshly whipped cream

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Coffee with chocolate mints

## Witham Wheelers Annual Competitions

17/05/2009

Competition	Criteria for winning.		Awarded to:
Senior BAR	25, 30 & 50 - Any event	Submit times to claim to Racing Secretary by 30th September	
Veterans BAR	On Standard 10, 25 & 50m held in Central District	Submit times to claim to Racing Secretary by 30th September	
Handicap BAR	Club Championship 10, 25 & 30 (LRRRA 30)	Submit times to claim to Racing Secretary by 30th September	
Junior BAR	10, 25 & 30 - Any event	Submit times to claim to Racing Secretary by 30th September	
Juvenile BAR	10, 10, 25 - Any event	Submit times to claim to Racing Secretary by 30th September	
100 Mile Cup	Any event	Submit times to claim to Racing Secretary by 30th September	
50 Mile Cup	Any Event	Submit times to claim to Racing Secretary by 30th September	
Championship 30	LRRRA 30	Submit times to claim to Racing Secretary by 30th September	
Championship 25	Club Championship Event		
Championship 10	Club Championship Event		
Junior Championship 10	Club Championship Event		
Juvenile Championship 10	Club Championship Event		
Fastest 25	Fastest 25m TT from any event	Submit times to claim to Racing Secretary by 30th September	
25m Handicap Cup	Club Event		
The Fred Branston Trophy	Club 3 distance Circuit Time Trials, 11, 18 & 25 mile.		
10 Mile League Cup	Most Handicap Points from 8 Club Events		
Junior 10 mile League	Most Handicap Points from 8 Club Events		
Juvenile 10 mile League	Most Handicap Points from 8 Club Events		
Ladies 10 mile League	Most Handicap Points from 8 Club Events		
Veterans 10 mile league	Most Handicap Points from 8 Club Events		
Circuit Time Trial award	11 and 18 Mile combined on scratch		
Hill Climb	Harby Hill		
Junior Hill Climb	Harby Hill		
Freewheel	Harby Hill		
Road Race Champion Cup	Highest Placed Club Rider in Linc's Handicap League		
Veterans Road race	Highest Placed Club Rider in Velo 99 Road Race Series		
Barkston Heath Cup	TBA		
Senior Cyclo Cross	Best Finisher in on our Cyclo Cross Event		
Junior Cyclo Cross	Based on our Cyclo Cross Event		
Juveile Cyclo Cross	Based on our Cyclo Cross Event		
Most Improved Rider	Committee Decision	Decided at the last committee meeting before Dinner	
Merit Award	Committee Decision	Decided at the last committee meeting before Dinner	
Young personality	Committee Decision		
Tourist Trophy	Committee Award for Touring Achievement		
Club "Person" of the Year	Voted by Club Members @ Dinner		
Reliability Rides	Award ed to each rider completing ALL the Rides on schedule		
<b><u>Age Category Definitions</u></b>			
Juvenile	Until his sixteenth birthday (N.B. a Juvenile may compete as a Junior)		
Junior	From his sixteenth birthday and until 31st December of the year in which his 18th birthday		
Veteran	40 years of age and over on the day of the event		