

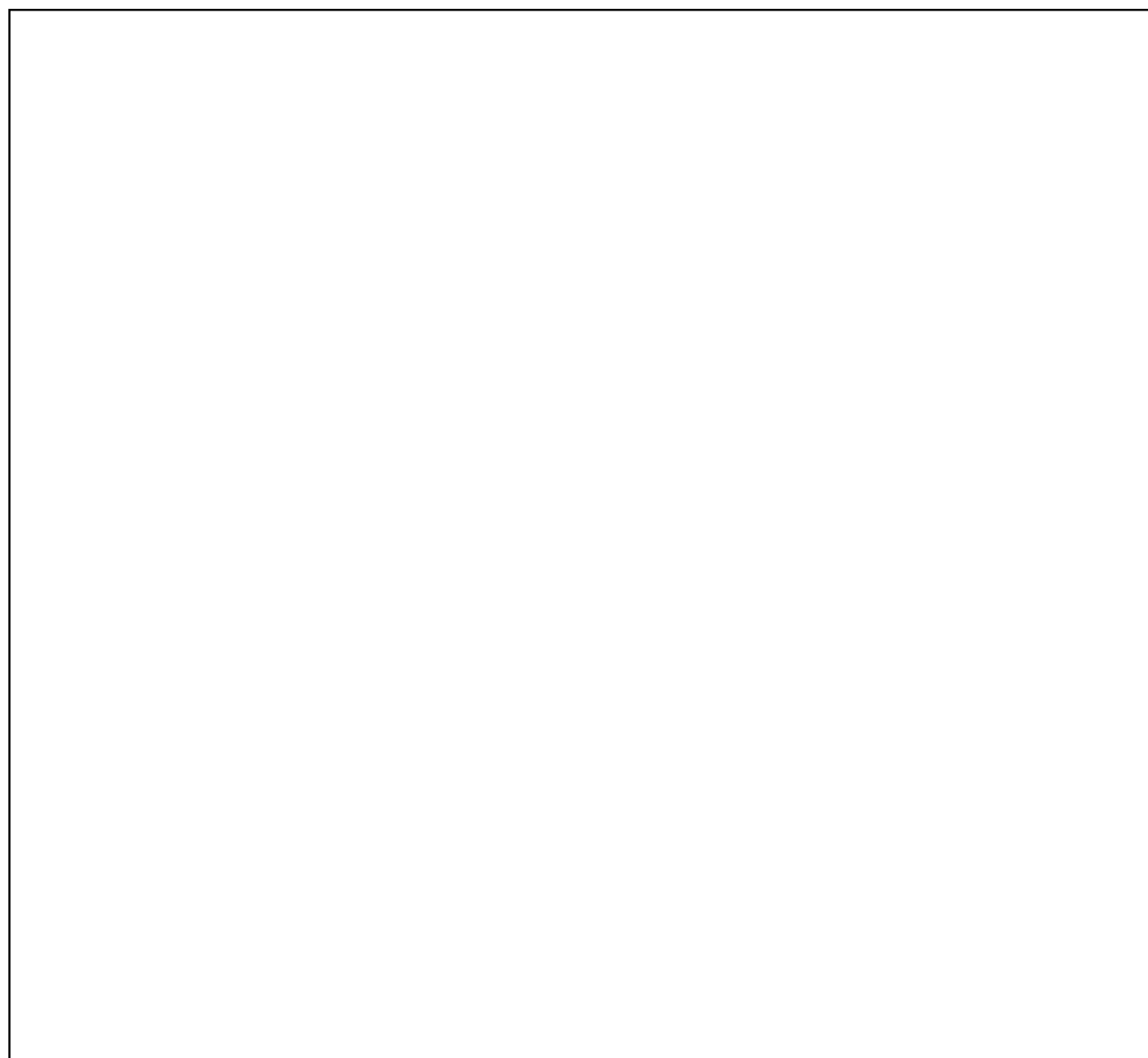
The Veteran Leaguer



The official newsletter of the League of Veteran Racing Cyclists

Volume 08 No 04

Winter 1999



Objective of the LVRC

The provision of a programme of competitive and social cycling events for male and female members of 40 years of age and over

Regional Officials

REGION 1. N.W. ENGLAND

CHAIRMAN	Dennis Agnew 44 Commonside, Ansdell, Lytham, Lancashire, FY8 4EX.	01253-739428
REGISTRAR	Ray Groves 2 Locks View, Ince, Wigan, Lancashire, FY7 7AH	01942-495214
SECRETARY, CONTACT & TREASURER	Wally Hodge 43 Wyre Avenue, Kirkham, Preston, Lancashire, PR4 2YE.	01772-682531
EVENT CO-ORDINATOR	Jack Stokes 2 Orchard Close, Tag Lane, Preston, Lancashire, PR2 3TG.	01772-768234
NEWSLETTER CORRESPONDENT	Harry Benson 'Fylde Cottage', 1 Havenlyn Park, Cabus, Preston, PR3 1AB	01524-791604
NEWSLETTER DISTRIBUTOR	Dave Edge 123 Carhead Lane, Poulton-le-Fylde, Lancashire, FY6 8EG	01253-890852
QUARTERMASTER	Keith Wright 29 Church Street, Kirkham, Preston, Lancashire, PR4 2SE.	01772-499213

REGION 2. N.E.ENGLAND and YORKSHIRE

SEC, N/L CORRESPONDENT & QM	Alan Edmondson 'Seven Oaks', Newlay Wood Ave, Horsforth, Leeds, LS18 4LN.	0113-258-7194
REGISTRAR	John Lawton 21 Nursery Lane, Leeds, LS17 7ED.	0113-295-6916
TREASURER	Vera Simpson 22 Hill Estate, Upton, Pontefract, WF9 1HT.	01977-649205
EVENT CO-ORDINATOR	Derek Smith 15 Moor Grange View, West Park, Leeds, LS16 5BN.	0113 2759 733
NEWSLETTER DISTRIBUTOR	Derek Smith 4 Ashfield Drive, Ovenden, Halifax, West Yorkshire, HX3 5P	0142 2258 839

REGION 3 NORTH WALES and MERSEYSIDE

CONTACT, TREASURER & REGISTRAR	Geoff Brandt 29 Templemore Road, Oxton, Birkenhead, Merseyside, L43 2HB	0151-652-0217
EVENT CO-ORDINATOR	Keith Boardman 19 Clydesdale Road, Hoylake, Wirral, L47 3RP.	0151-632-3185
NEWSLETTER CORRESPONDENT	Richard Lang , The Lodge, Cerrigilwydion Hall, Llandyrnog, Nr Denbigh, LL16 4LE	01824-790398
NEWSLETTER DISTRIBUTOR	Eddie Hayes 45 Leominster Road, Wallasey, Merseyside, L44 5UT	0151-691-1458

REGION 4 MANCHESTER and NORTH STAFFORDSHIRE

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REGISTRAR	Mel Haigh 25 Underwood Close, Macclesfield, Cheshire, SK10 3QD.	01625-426052
TREASURER	John Carter 41 Holthouse Road, Tottington, Bury, BL8 3JP.	01204-88635
EVENT CO-ORD & N/L CORR	Dave Watson 207 Manchester Rd. Greenfield, Oldham, OL3 7HX	01457-837113
NEWSLETTER DISTRIBUTOR	Les Bailey 51 Romans St., Northwich, Cheshire, CW8 1DE.	01606-781760

REGION 5. EAST and NORTH MIDLANDS

CHAIRMAN & N/L DISTRIBUTOR	John Downing 33 Doncaster Road, Costhorpe, Worksop, Notts, S81 9QY.	01909-732764
REGISTRAR	Jenny Downing 33 Doncaster Road, Costhorpe, Worksop, Notts, S81 9QY.	01909-732764
SECRETARY, EVENT CO-ORDINATOR	Colin Abdy 10 Foredale, Barton on Humber, South Humberside, DN18 5NE	01652-633656
TREASURER	John Flear , 14a Water Lane, North Hykesham, Lincoln, Lincs., LN6 9QS	01159-636449
QUARTERMASTER	Roger Hearsom , Manor Farm, 6 Front Lane, Treeton, Rotherham, Yorks, S60 5QP	01742-694868
NEWSLETTER CORRESPONDENT	Rod Forster , Walnut House, Waithe, Brigsley, Grimsby, S. Humberside, DN37 0RJ.	01472-823368

REGION 6. MID WALES and WEST MIDLANDS

CONTACT, EVENTS & QM	Les Archer 14 Broadfield Close, Kingswinford, West Midlands DY8 9DY	01384-273109
REGISTRAR and TREASURER	Colin Willetts 201 Mildenhall Road, Great Barr, Birmingham, B42 2PE.	01213-586768
N/L CORRESPONDENT & DISTRIB	Colin Dooley 62 Gillhurst Road, Harbourne, Birmingham, B17 8PB3	0121-427-2149

REGION 7. S.E. MIDLANDS and EAST ANGLIA

CONTACT	Ron Day , 11 Kingsbridge, Furzton, Milton Keys, Bucks, MK4 1EH.	01908-501461
REGISTRAR	Richard Abbott 124 Oxford Crescent, Didcot, Oxfordshire, OX11 7AX	01235-210178
TREASURER & EVENT CO-ORDINATOR	Mike Burns 14 Briars Close, Long Lawford, Rugby, Warwickshire, CV23 9DW	01788-567637
N/L CORRESPONDENT & DISTRIB	George Bridge 30 Wilby Park, Wellingborough, Northants, NN8 2UL .	01933-271234

REGION 8: S. WALES and WESTERN ENGLAND

CONTACT	Chas Bland Poplars, Hillside, Long Ashton, Bristol, Avon, BS18 9LG.	01275 393 696
SECRETARY	Austin Heath , Melrose, 12 Heol Morlais, Llannon, Dyfed SA14 6BD	01269 832 975
TREASURER	Kevin Green , 107 Cherington, Yate, South Glos BS37 8UT	01454-881486
REGISTRAR, N/L CORR & DISTRIB	Ralph Wilson , 42 Bradstone Road, Winterbourne, South Glos	01454-776062
EVENT CO-ORD & QM	Terry Wilkins 71 Fflorens Road, Treowen, Newport, NP1 4DW	01495 244 866

REGION 9: LONDON and S. EAST ENGLAND

CHAIRMAN & N/L CORRESPONDENT	Ian Tollady 9 Rosecroft Avenue, Hampstead, London, NW3 7QA.	01717 943 410
SECRETARY and CONTACT	Dave Friend Berden Hall Farmhouse, Berden, Hertfordshire, CM23 1AY	01279 777 285
REGISTRAR	Bill Ollis 157 Cedar Road, Strood, Kent, ME2 2JR.	01634 721 502
TREASURER	Peter Wilson 52 Knoll Drive, Southgate, London, N14 5NE.	01813 680 698
EVENT CO-ORDINATOR & QM	Fred Little 45 Hillhouse Close, Billericay, Essex, CM12 0BB.	01277 658 807
NEWSLETTER DISTRIBUTOR	John Scott 39 Montrouge Crescent, Epsom Downs, Surrey, KT17 3PB	01737 352 025

REGION 10: SOUTH WEST ENGLAND

CONTACT, EVENT CO-ORDINATOR.	John Marshmam , 12 Grange Road, Broadstone, Dorset, BH18 8LA	01202-693417
REGISTRAR & N/L DISTRIB	Tim O'Donnell 24 Maidment Close, Barwood, Bournemouth Dorset, BH11 8PE	01202-388505
TREASURER	Paul Woodburn 10 Willowdale Close, Stroud, Petersfield, Hampshire, GU32 3PS	01730-265061
NEWSLETTER CORRESPONDENT	Trevor Fenwick 50 Methuen Road, Bournemouth, Dorset, BH8 8DN.	01202-299249

REGION 11: SCOTLAND

CHAIRMAN	Ken MacDonald , 16 Charnwood Ave, Willow Bank Johnstone	01505-337131
SEC/TREASURER/N/L CORR	George Stewart , 472 Main Street, Bonhill, Dumbartonshire	01389-758260
EVENT CO-ORDINATOR	Bob Wilson , 9 Brierie Avenue, Crosslee, Houston	01505-690907
MARKETING	John Wylie , Fourwinds, Edmonstone Drive, Danderhall, Dalkeith	0131-6602969
QUARTERMASTER	George Skinner , 84 Kirkwall Avenue, Blantyre G72 9NX	01698-828469



Editorial

Dennis Tarr

Dear Members,
John Scott will be a hard act to follow after his long spell as Editor, and I will need all the help I can get from members. I look forward to receiving large quantities of information and bundles of letters from you.

I propose to start a rankings list on all members in every region with photos and a biography of their lives, family, careers etc. Active or non-active, all will be included with photos of children, wives, grandchildren etc.

The formula for rankings will be on a points basis 4-3-2-1 in age groups. One point for all who compete and 4-3-2 in finishing order. Therefore a rider who takes part in 12 races and does not get in the first three will be able to move up on ranking with a rider who only rides three times and wins three times. Consistency will gain points. If regions could send me the first lists by end of January 2000 I can start them in the Spring Newsletter. Please send me as much copy as you can on any member as soon as possible. If regional secretaries could send me the early lists this would be much appreciated. The success of our Newsletter depends on you – please help.

There is one more area I need help with: we need a computer and printer. If anyone has a suitable system or has trade connections at the right price please contact me or Nev Ashman.

Thank you all in advance of your help to make our Newsletter bigger and better in the future following on from where John Scott left off.

Dennis

All items for publication should preferably be typed or supplied on computer disk in Word, RTF or plain text (ASCII) format. **But we'd rather have it handwritten than not at all.** Your contributions – letters, comments, results, articles, reports, pictures – are all welcome. The Editor reserves the right to edit.

**Deadline for next issue:
30 January 2000**

Point of View

Tom McCall

I attended the recent AGM, which was quite enlightening, and the report will no doubt feature elsewhere in this issue. There has been a change of personnel and somehow I've ended up on the Executive Committee as the new Results Co-ordinator. Having gone to the AGM just because I felt I ought to be there for once, I came away with a job! Being on the doorstep of the recently-relocated *Cycling Weekly* may have something to do with it.

One of the issues which I have highlighted recently came up for discussion – the question of the grouping of categories in races. It was acknowledged that the two-race format which generally operates in the South did not give adequate provision or protection for some riders who are older, or of less ability. The constitution of the LVRC allows any rider to compete in an older age group if they feel this may be more suited to their ability – but where do you go if they're all in the same race?

The problem arises in the combined D/E/F and over race, where some Es and Fs (and even some Ds) find that they are off the pace. In many cases it is simply because they haven't been allowed to settle properly in a fast-starting race. At best it may prevent a capable rider from finishing in a placing which reflects his true ability, and at worst it may prove totally discouraging and inhibit riders from taking part at all. Riders in any category of E or over must be given protection and encouragement, and even if there are insufficient numbers or promotional resources to run a separate event for them on the day, they should at least be given a start on the Ds. This fulfils two functions: firstly, the older riders are given a chance to find their legs before they're caught; and secondly it will act as a natural bolt-hole for any D who may feel that he needs an easier start. QED.

This, of course, is the official answer; but what about the moral one? If As, Bs and Cs race together, weaker Cs can still find refuge in the other event; but ideally Cs and Ds should be put together. This is the only sensible solution, as Ds of exceptional capability will then be put in against riders who have greater strength in depth. This will inevitably provide a more balanced race.

This is my suggestion for a more equal environment out on the road, which will provide better racing, and which will encourage riders of all ability to take part. D riders who think nothing of blasting a race apart in the first mile need to be admired for their capability. But if anyone of this strength feels disinclined to exercise his obvious talent in a younger age group, the system must cater for the encouragement of others in the face of this onslaught. These guidelines need to be adhered to, in order to provide a sensible ability level for all – and most important, to restore confidence in some who were becoming disillusioned.

One other point raised at the AGM was the possible need for Commissaires, following a few examples of indiscipline out on the road. It was generally felt that this was not needed, as we should be old enough and wise enough to self-regulate. I agree with this, but I have seen examples of attacking in neutralised areas, overtaking lead cars, and blatantly crossing double white lines – all against express instructions issued on the start line. Also unnecessary contact with other riders. We just don't need this at all, so can we please be a bit more mature and sensible in future?

Executive Committee 2000

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Secretary

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0121-449-1347.

email: raminminovi@cnews.freemove.co.uk

Plus one representative from each region

*This issue of The Veteran Leaguer edited
by Ray Minovi*

Have a look at the LVRC Website on

www.btinternet.com/~LVRC

Site controller: Roy Gardiner, e-mail: gardiner@btinternet.com

Chairman's Report

On behalf of the executive committee I would like to thank my predecessor Dave Watson for all the work he has put into the LVRC and wish him every success in the future.

We have won the battle to attract racing members and provide a nation wide calendar of events. The millennium task is to convince younger members, that unless they get involved in race organisation there will be no races in 10 years time. How many A, B or C Cat riders have promoted events during 1999? How many A, B or C Cat riders helped with the promotion of an event during 1999? Each region has got to take a lead on this, some pressure or sanctions on race entry may finally be necessary.

The issue of proposed legislation in respect of racing (and all other activities) on the public highway has come to the surface over the last twelve months. Initially we were advised that action on this was imminent, driven by ACPO desire to get rid of policing responsibilities for the many millennium celebrations due to take place at the end of 1999.

Has anyone seen any evidence of this to date? Is it dying the death of that other over hyped event, the eclipse? Has anyone seen any evidence that government is even contemplating legislation?

This issue is apparently driven by ACPO who with their own budgets, now know the price of everything and the value of nothing. Transfer of their responsibilities for the very limited service we get for our events on the public highway to Local Authorities will obviously save them a few bob, (forgive the pun) and allow them to charge us for services which they never provided before, and which now become essential. Local Authorities also have budgets. Who says that they will be prepared to take on previous ACPO responsibilities?

So where do we stand? The Sports Council retained Trafeco to act for them in respect of ALL SPORTS, in dis-

cussions with ACPO, Local Authorities and Government bodies. Trafeco is in fact Andy Relf, ex traffic police, who has had extensive experience in the policing of elite events including the Pru Tour. The jargon in respect of risk assessment and common minimum standards is all down to Trafeco. The risk assessments are by enlarge straight forward common sense safety issues which should have everyone's support. 'Common Minimum Standards' are a completely different issue and need to be driven by what is practical for bog standard race organisation *not the PruTour*. Relf is not the man for this.

There is no doubt that the issue of future legislation has been, and is being promoted by Trafeco. All interested parties including LVRC TLI RTTC CTC were invited to a meeting at BCF headquarters in March 1999 for a presentation by Andy Relf and attended by the Sports Council. It was agreed that the way forward must be as a common front representing all cycling interests. BCF were to call a further meeting in June, no such meeting took place and Trafeco's contract does not appear to have been renewed by the Sports Council.

BCF annual report makes it clear that they are proceeding with Trafeco. Are they being led by the nose?. Or are they trying to create a playing field where only professionally organised events will be able to meet their definition of 'minimum standards'?

Result Co-ordinator's Report

80 results published this year, which is 100% increase since 1995

Tom McCall takes over this spot next year, so before leaving I had better correct an alleged error in the results of the CAT D National Champs. Tom claims to be the invisible man who finished 10th and did not appear in the results. I have had this checked on Merseyside and sure enough the video shows a bowler hat and bow tie just in front of Eddie Hayes – sorry Tom.

Scottish Region formed

Taking the High Road

The LVRC extends a warm welcome to the Scottish League of Veteran Racing Cyclists. The new Region has started with an ambitious racing programme of eleven events for the year 2000. They include national championships for road-racing, time-trials, criterium and hill-climbs. Funny, we thought Scotland was flat. Busiest man of the year north of the Tweed will be Secretary/Treasurer George Stewart who is also organising six events. Dr Johnson famously said that the finest sight a Scotsman ever sees is the high road that leads to England. Perhaps the Scottish Region can turn this bit of cynicism on its head. All the best, lads.

Full details for all the Sections officials are on page 2.

Championship Trophies

We are anxious to keep track of our trophies. Would the holders of trophies please, therefore, contact the Stock Controller **Eric King on 01827-706315** so that he can update his records. Arrangements can then be made to ensure that the trophy is available for presentation to the new champion

Training at Manchester Velodrome

Saturday 22nd January 6 pm

Saturday 25th March 6 pm

£5 (plus £10 bike hire if required)

Ring Dave Watson on 01457-837113

August 5th & 6th 2000 Manchester (Hyde)

International Cycling Federation

Millenium World Road Race Championships

Traffic-free roads promised. Zorbit Grand Prix course – moderately hilly, 6.5 mile lap

Entry forms are available from your regional events organiser or from:

Chris Knight, Championship Director, Flanders House, 1 Bryce Street, Hyde, Cheshire, SK14 4SJ. Tel 0161 366 6737

Remember a SAE in either case

Saturday 5th August – Time Trials

Sunday 6th August – Road Races

Beef up your Winter Training with Hugh Jarss

Get outside the greasy stew!

Lots and lots of rich food! Don't let's kid ourselves – that's the basis of successful cycling. As the nights close in and the temperature falls, along with your mileage, it's easy to forget this. **The last thing you want to do is lose weight in the off-season** – the serious rider can spend months putting it all on again, and by then the season's half over!

I get lots of letters asking me, What's the use of having 66-inch (170 cm!) hips? Well, if you have to ask, you just haven't got it. But for those sad people who haven't yet seen the point, I'll explain.

Think of all the advantages a couple of stone extra will give you on the downhill – research (carried out by me personally – see my vast Website*) has shown that a little fat can gain you a minute on a short one-mile descent. And in road races an extra ten inches (that's 25 cm) on your hips will show everyone you can't just be shoved around! Nobody's going to risk getting in a pile-up with you on top of them – I once put a six-man breakaway in intensive care for a fortnight, and I was a lap down at the time! What's more, no-one behind you will be able to see where they're going – I've sent many a road race field off course this way, not to mention practically all my two-up partners. How we laughed when they got back to the HQ hours later!

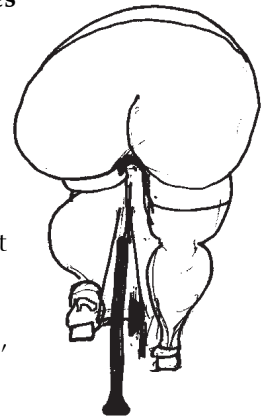
Choice of food is of paramount importance if you are to maximise your potential. With carefully-chosen ingredients you can develop a surprisingly high degree of flatulence which can give you that vital "afterburner effect" in the sprints for town signs. If the expelled gases are carefully directed, you can actually knock out half of your rivals long before the 200-metre mark.

In this respect all green vegetables are excellent, especially brussels sprouts. Spinach is particularly effective.

Normally, of course, I'd advise against any kind of green vegetables – they may actually cause you to lose weight. But never forget that long-time favourite, the good old baked bean – unlike cabbage, beans contain quite a lot of protein, and will help to add those vital inches!

Never forget that the real purpose is to add inches where it really counts, round the hips and above all in the old gluteus maximus! So, lots of cheap sausages, burgers, white bread and full-fat spread, fish and chips, meaty stews with an inch of fat floating on the surface, and big plates of suet pudding and double cream. And real butter is always worth the extra. All washed down with a few pints of bitter. I avoid coffee as a rule, because it can actually help to burn fat; but if you must, then accompany it with a box or two of After Eights – or any chocolate, really, as long as there's plenty of it. Indian is good – they cook everything in oodles of butter. If you like Chinese, always go for the fried rice and banana fritters. Anything fried is great, as long as you deep-fry it in lots of animal fat. And if you're a sucker for Italian food, make sure that it's at least a centimetre deep in melted full-fat cheese – remember, we're all metric now.

One thing's for sure: I've got my winter eating schedule planned already – you'll have no problem seeing me up the road next season!



Hugh Jarss.

*WWW.fatarss.freeserve.co.uk

Hall of Fame appeal

The National Cycle Exhibition is at the moment mounting displays to reflect the past glories of our cyclists. Memorabilia from famous riders such as Tom Simpson, Barry Hoban, George Fleming, Bill Bradley, Barry Clarke and Billie Dovey have already been placed on display, with many more riders agreeing to support the exhibition in the near future.

**Any riders with a story to tell who wish to be included in the National Cycle Hall of Fame are invited in the first instance to contact David Higman, Curator.
Telephone 01597-825531**

Cyclists – do come and visit us and gain a new cycling experience. You will find us open daily throughout the year at

**The National Cycle Exhibition
Automobile Palace
Temple Street, Llandrindod Wells
Powys, Mid-Wales**



Fircroft Hotel

Owls Road,
Bournemouth
BH5 1AE

ETB 3-Crown commended

AA ★★ RAC ★★

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Fax: 01202-395-6440

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Cyclists' discount 10% off normal tariff*

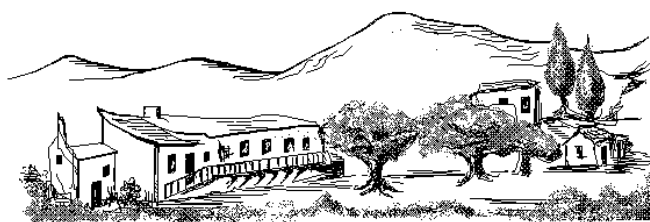
Sponsor of the Bournemouth Arrow CC – support those who support the sport.

Can you help?

Vic Sutton

I have begun preparing a tribute booklet for Vic and am seeking information, results, etc of races in which he may have taken part in 1956 and 1957, particularly in South Yorks and Lincolnshire – but any others would be welcome. (Photo)copies of *The Leaguer* for 1954 – 1957 would also be useful.

John Scott, 39 Montrouge Crescent, Epsom KT 17 3PB



Cycling in **Provence** (South of France)

We are an English couple living in a large, Provençal style country house with walled garden and large swimming pool. The house has been renovated to include 4 large, self-catering apartments in the village of ORGON, set in the Durance valley 25 km south of Avignon.

We can offer superb cycling routes both for training and touring covering the Luberon National Park and The Alpilles. Secure parking and cycle storage is available. Individuals and groups are welcome and accommodation is available all year. Price is £75 per person per week September to May.

For further information and brochure contact:

**Mike Grayson, Mas de Bazarde,
Quartier de Bazardes,
13660 Orgon, France.**

Tel: 00.33.4.90.73.09.73 Fax: 00.33.4.90.73.08.95.

Regional News

Region 1: NW England and Scotland

Clubruns: First Tuesday in every month, meet at the Priory Cafe, Scorton 10 – 10.15 a.m for A & B runs.

Monthly meetings: First Thursday in every month at the Priory Cafe, 7.30 p.m.

The riders in the Circuit of the Fells annual clubrun were very fortunate to experience a marvellous day with a light-to-moderate wind helping on the route to Kirkby Lonsdale and via Barbondale to Dent before the fierce climb under the Settle – Carlisle railway viaduct to Newby Head. The wind hindered the return to Caton along the switchback land through Chapel-le-Dale to the cafe in Ingleton. The afternoon remained warm and delightfully pleasant for mid-October, with thirty-odd cyclists making it the largest group in the history of the run, including a contingent from Cheshire and three ladies. Guest speaker at the Priory Cafe was Tour de France celebrity Brian Robinson, over from Huddersfield with his World Masters clubmate Tom Oldfield. The full house of eighty-seven enjoyed a most interesting talk about his exploits, and a refreshing meal afterwards.

Region 1 Co-ordinator Jack Stokes has attended Preston Sports Arena Meetings, arranged for affiliated groups like the LVRC. The Arena is run by Preston University Central Lancashire with support from local borough councils. The Sports Arena is at Ingol on the outskirts of Preston and opened in November 1999. It is a complete sports complex catering for a range of sports. There is a football ground, a running track, and a cycling perimeter track where it is hoped to stage cycling criteriums. The complex includes an indoor sports building with changing and refreshment facilities. It is planned that cyclists will be allowed to use the track and the facilities for training. The Co-ordinator is willing to supply information to anyone interested.

The Annual Jazz Night is on Thursday 3rd February 2000, beginning at 7.30 p.m. at the Priory Cafe. Harry Colledge will have a group of six musicians, so it should be a lively night with a meal included. More details from Albert Holding or any official. **Harry Benson 01524-791604**

Region 2

The Region's AGM in Otley was well attended by 27 members, an increase of 35% on last year. It's the free fish-and-chips that pulls them in. I must say, however, that this growth of interest is reflected elsewhere – membership has increased, particularly in the NE. The number of events in our region has grown steadily over the years and continues to do so into the Millennium. Some of the ideas floated were not accepted, but put on the shelf for a later date. Among these was: 'Should we provide further racing equipment to be located in the North?' This was left for organisers to identify local deficiencies and advise the Executive who would then seek to make up the gap. There seemed to be no demand for providing a full stock of equipment which would be only partially used: stocking up indiscriminately would hinder rather than assist.

The first-ever LVRC track meeting, promoted by our region, was well-received by all participants. Details of further track meetings organised by this region appear in the new racing handbook and elsewhere in this issue of *Veteran Leaguer*. They are on 5th and 19th February and 4th

March, all at 7.30 on Saturday evenings. About 50 riders is break-even point. And bring along your friends and families and make a picnic with a bottle of the red stuff. I recently went to Belgium for the Ghent Six and experienced the atmosphere. Now I want to see the riders, sure, but I also want to hear them applauded for their efforts. A comfy seat on the finishing straight will cost them now!

Jack Watson's event, The Angel of the North, has been selected as the EFG National Championships – good news for the stalwarts of the north-east who have travelled more than most over the years in order to compete. But it lays a problem at Jack's door – will he be able to ride and promote?

The Leeds Premier event has a new organiser in Neville Tinker. It's always a pleasure to welcome a new race organiser, especially from the younger end of the membership. We wish you every success, Neville, and hope that this promotion will be the first of many.

Alan Edmondson

Region 5: North & East Midlands

The Regional AGM was well-supported with positive suggestions and contributions. The accounts, presented professionally by Treasurer John Flear, showed a slight loss of £70.71.

Our ten regional promotions will be sustained in 2000, plus an additional event run by the competent and experienced John Elliott, Alford Wheelers. Unfortunately we have lost the Bishopwood RR at Selby to Region 2, though it remains geographically with us. Organiser Ken Cowdell has stood down after several years – thanks, Ken, for running this popular event for so long. Our congratulations to Peter Ryalls, the new National Chairman, and also to John Flear, new National Auditor. We are now represented at the highest level on the National Executive. The overall increase in LVRC membership of about 180 (around 12½%) was due mainly to local increases in three Regions, one of them being Region 5.

The grapevine informs me that Ray Inkley, Lincoln Wh, is on the sick list at present. Get well soon, Ray.

Finally a reminder: please send in your 2000 membership applications on the correct form, to our Registrar Jenny Downing, with a stamped addressed envelope.

Rod Forster

Region 7

The Region, in collaboration with the Milton Keynes Cycling Association, held a series of seven criteriums at the National Bowl. The A, B and C races were dominated by Joe Quill, who amassed 44 points by winning outright five events. Second was John Nixon with 13 points. Joint Third were Mike Wilson and Dave Bruce, Joe Hamilton taking fourth.

In the D, E and F category races it was much closer, with the final outcome depending on the last race where Dick Selley, recording his first-ever win in any LVRC event, nudged ahead of Bob Richards to win the series by just one point. Third spot was taken by Gordon Batcock, with Ron Day taking 4th.

It is planned to continue the series next season, but it is hoped to increase the number of events to 12, to be scheduled on Tuesday nights. However, owing to uncertainties on the use of the Bowl because of possible redevelopment, setting definite dates at this time would be unwise. Contact: Ron Day, 01908-501461.

Ron Day

Arnie's Annual Review

What's the latest medical and scientific info about bicycling? Do you read the ad copy in the magazines to figure out what might be worth trying? Do you look to the pro athlete? Ask friends? Or just spend your time, effort, or money and try it all yourself?

For most of us it's a combination of all that, plus a little hope. And that little hope is what lots of companies cash in on when they manage to sell us plain water at a couple of bucks a gallon or more.

The scientific way looks at what studies or experiments really show. It's the best way to evaluate what works and what doesn't, and it's better than opinion or guessing, but it's not foolproof. Unfortunately there is sometimes bad science.

Here's my spin on some of the published information that came out in 1999.

Nutrition

Three hours before testing runners consumed 750 calories, either 37% CHO or 93% CHO. They ran 20% longer on 93%. During events about 25% of CHO needs can come from glucose ingested during exercise. Higher CHO intake was associated with decreased symptoms of overtraining. Fluids that taste good are more likely to be consumed.

Post-event. A CHO meal of 0.8 g/kg per hour for 5 hours wasn't nearly as effective as the addition of 0.4 g/kg protein. But half again as much CHO (for a total of 1.2 g/kg) was even better. For a 143 lb competitor the best glycogen replacement resulted from a little more than 300 cal of CHO every hour for 5 hours.

Hydration. Addition of CHO to water post exercise reduced subsequent fluid loss from the kidneys, helping hydration. Beverages containing sodium are recommended.

Ergogenics

Supplements are used by over 90% of athletes in some sports. Creatine is one of the hottest ergogenic aids of the last few years. Current consensus is that it should be ingested along with glucose. Some studies seem to indicate that CHO supplementation alone may increase performance as much as creatine. Possible side effects of creatine include cramp and injury (some studies show this, others don't); possible increase of blood pressure; increase in body weight.

Two studies of ginseng showed no performance benefit.

The asthma medicine salbutamol helped a one-hour (time-trial whether cyclists were asthmatic or not).

Equipment

A 1999 study showed that dual-suspension MTBs do not increase rider economy, but front-only do. Suspension forks also reduced horizontal braking impulses and forces compared with rigid forks.

Three more studies showed no help from Breathe Right nasal strips in physiologic performance measures.

A study found no physiologic performance advantage in clipless pedals compared with clips and straps.

Physiology

A cycling study again showed that blood lactates while time-trialling are well above the so-called anaerobic threshold. There isn't much in the way of a predictable relationship between anaerobic threshold and heart rates in different sports – so thresholds must be sport-specific.

The heart rate at which cyclists time-trial is similar to the HR level at which firefighters work in a burning building or F1 racing car drivers compete.

Although biochemical markers for overtraining exhibit variability and are not generally accepted, a study that looked at some of these markers found two weeks was not as good as five weeks for recovery from eight months of intensive competition.

Strength training

Studies this year showed that:

- 🚴 strength training improved leg strength but had no effect on cycling performance in 21 endurance-trained cyclists
- 🚴 strength training results in an increase in the size, but not the number of the muscle cells
- 🚴 power output of both legs separately is greater than that of both legs together, with possible implications for isolated leg training
- 🚴 strength training just one leg resulted in about one-third as much improved strength in the non-trained leg
- 🚴 one day per week strength training was 60% as effective in increasing strength as three days per week
- 🚴 muscle strength in cyclists is not strongly related to aerobic or anaerobic power.

Medicine

A review of Boston Marathon runners found that the percentage of non-finishers rose from 20 to 30, that those who needed intravenous fluids doubled, and that ER visits more than quadrupled at the hottest marathons compared with the coolest ones.

Arterial narrowing, whether due to within-the-artery narrowing, or external compression from muscle, is being recognised as a cause of limiting performance in elite athletes.

As I usually find, there's a whole lot of interesting science out there, but only a limited amount of information that will prove helpful to improving performance. Knowledge is modestly incremental. There really isn't much revolutionary or new stuff that's going to make you a better rider. **Training is still the key.**

Multiple US Nat. Champion Arnie Baker, MD, is the author of a number of books including **Smart Cycling** and **Bicycling Medicine**. He lives in San Diego, California. ArnieBaker@AOL.com

Results

August – October 1999

15 Aug Cheshire Challenge

CAT A 1st Steve Horsey; 2.I Iveson; 3.C Volkes; 4.R Irwin; 5.A May; 6.P Mason; 7.C Humphrey; 8.J Baylis; 9.M Memory

CAT B 1st Phil Bayton; 2.D Marsh; 3.T Cameron; 4.V Smith; 5= C Singleton; J McKenzie; D Scargill; D Jones; P Kay; B Pape; K Shand; M Fraser; F McGhee; A Ramsey; T Harris; J Beard

CAT C 1st Dave Hargreaves; 2.G Walters; 3.S. Ackroyd; 4.K Coddell; 5.P Halliwell; 6.T Hagen; 7.C Poole; 8.P Maxwell; 9.G Oliver; 10.H Canning; 11.P McCormick; 12.D Brown; 13.P Morris; 14.W Cotton; 15.G Helme; 16.M Robinson; 17.D Holmes; 18.A Belton; 19.G Daniels; 20.J Clarke

CAT D 1st John Tingle; 2.J Kenna; 3.D Daynes; 4.P Matthews; 5.J Downing; 6.P Miller; 7.B Garnett; 8.B Burns 9.D Viol 10.B Sunter; 11.J Barber; 12.R Smith; 13.G Edwards; 14.R James; 15.C Walmsley;

CAT E 1st Brian Ellis; 2.D Atter; 3.M Saxton; 4.H. McGuire; 5.J Watson; 6.J Parker; 7.R Smith; 8.B Sedgley; 9.P Ryalls; 10.I Moore; 11.D Smith; 12.J Sheppard; 13.P Keeley; 14.J Jackson; 15.N Ashman;

CAT F: 1st Alan Boden; 2.A Ilesley; 3.A Edmondson; 4.V Lyons; 5.D Smith; 6.C Williamson

CAT G: Sid Wilson

15 Aug Welsh Crit Champs

1st Paul Spencer; 2.P Ashby; 3.M Bush; 4.R Barnes; 5.D White; 6.J Anthony

15th Aug Great Milton Oxford

CAT A/B/C 1st Dave Griffiths; 2.M Hill; 3.P Galloway; 4.B Mitchell; 5.R Naylor; 6.G Geddes; 7.A Woodcock; 8.W Butterworth; 9.E Adkins; 10.R Wilson

CAT D/E/F 1st Dave Bonner; 2.A Swanson; 3.J McMillan; 4.W Rains; 5.L Hunt; 6.A Ellis; 7.A. Hamilton; 8.R Crayford; 9.J Harwood; 10.L Archer; 11.D Birch; 12.M Brushett; 13.R Godbeer

Category winners

A	B	C	D	E	F
Hill	Griffiths	Mitchell	Bonner	Hamilton	Brushett
Galloway	Wilson	Naylor	Swanson	Crayford	Godber
		Geddes	McMillan	Harwood	

16th Aug Robin Hood W Yorks

CAT A 1st Ian Iveson; 2.S Wakefield; 3.G Wallace

CAT B 1st Clive Belfield; 2.S Thompson; 3.B Pape

CAT C 1st Ken Coddell; 2.D Hargreaves; 3.P Halliwell

CAT D 1st Jack Wright; 2.B Burns; 3.B Garnett

CAT E 1st Ian Moore; 2.M Saxton; 3.D Faulkner;

CAT G John Lawton

16th August 'Omnium' Track Meet Manchester

Junior Vets Omnium 1st Gary Hill 2.D Marsh 3.B Dixon

Senior Vets Omnium 1st Geoff Cooke 2.R Snowdon 3.A Ramsey

Super Vets Omnium 1st Peter Smith 2.C Walmsley 3.A Whittleworth

22 Aug Autumn RR Portsdown

CAT A 1st Derek Kilgallon; 2.G McDougall; 3.C Duffield; 4.S Wallington; 5.B McGuire; 6.S Barnsley; 7.R Banks; 8.M Woodburn; 9.P Blakely; 10.A Asher;

CAT B 1st Peter Wilson; 2.P Lipscombe; 3.R Wilson; 4.R Robinson; 5.R Barrowclough; 6.A Miller

CAT C 1st Graeme Geddes ;2.R Collins; 3.A Coe; 4.T Devine; 5.T Wollard; 6.R Taub; 7.J Jenkins; 8.D Witt; 9.P Knipe; 10.D Brooks; 11.J Fear

CAT D 1st Dave Bonner; 2.E Martin; 3.J McMillan; 4.L Gipson; 5.G Macnamee; 6.A Bunn; 7.D Birch; 8.G Wallis; 9.R Chipperfield; 10.P Hemming; 11.S Silence; 12.P Gresham; 13.R Little; 14.J Marshman;

15.K Phillips; 16.D Marjoram;

CAT E 1st Jim Harwood; 2.B Staples; 3.D Radford;

CAT F John Anthony

22 Aug Lou Miller Memorial Elswick

CAT A/B 1st Pete Halliwell; 2.P Kay; 3.D Jones; 4.K Shand; 5.M Loughran; 6.J Beard; 7.S Horsey; 8.I Walker; 9.J Harris; 10.P Riley;

CAT C/D 1st Pete Matthews; 2.B Garnett; 3.J Standley; 4.A Jackson; 5.M Robinson; 6.D Hargreaves; 7.J Buxbaum; 8.P Maxwell; 9.T Hagen; 10.D Viol

CAT E/F 1st Pete Ryalls; 2.D Smith; 3.B Sedgley; 4.B Ellis; 5.N Ashman; 6.A Edmondson; 7.J Parker; 8.D Smith; 9.T Johnstone; 10.C Dearden

A	B	C	D	E	F
Horsey	Halliwell	Standley	Matthews	Ryalls	Edmondson
Walker	Kay	Jackson	Garnett	Smith	D.Smith
	Jones	Robinson	Maxwell	Sedgley	
		G Johnstone;	Dearden		

29th Aug Lincoln Ridge Newark

CAT A/B 1st Gary Hill; 2.S Webster; 3.D Marsh; 4.R Irwin; 5.K Coddell; 6.C Gunter; 7.C Belfield; 8.C Bristow; 9.N Clifford; 10.D Hudson

CAT C/D 1st Barrie Mitchell; 2.J Downing; 3.G Lee; 4.J Elliot; 5.B Burns; 6.J Kenna; 7.A Hitchcock; 8.J Wright; 9.P Etches;

CAT E/F/G 1st Jack Watson; 2.D Atter; 3.P Ryalls; 4.D Smith; 5.R Smith; 6.A Edmondson; 7.J Flear; 8.S Wilson; 9.J Dowell; 10.C Williamson

Category winners

A	B	C	D	E	F
Webster	Hill	Mitchell	Downing	Watson	Edmondson
Irwin	Marsh	Kenna	Lee	Atter	Flear
Belfield	Coddell	Etches	Elliot	Ryalls	Williamson
		G- Wilson			

29 Aug Lichfield Criterium

1st Nick Giles 2.D Viner 3.J Archer 4.S Horsey 5.P Martin 6.H Capewell 7.A Boden 8.J Pottier

5th September Dinnington S Yorks

CAT A 1st Paul Wakefield; 2.C Vokes; 3.A Kennedy

CAT B 1st Steve Davis; 2.I Murray; 3.C Belfield

CAT C 1st Ken Coddell; 2.B Burns; 3.P Etches

CAT D 1st Jack Wright; 2.B Sunter; 3.R Pyne
CAT E 1st Jack Watson; 2.D Atter; 3.B Sedgley
CAT F 1st John Flear; 2.D Smith; 3.J Warren
CAT G J Lawton

30 Aug Woodbank Trophy Congleton

CAT A/B/C 1st Phil Axe; 2.V Smith; 3.G Hill; 4.J Roberts; 5.N Giles; 6.P Halliwell; 7.D Hargreaves; 8.H Jones; 9.D Scargill; 10.K Shand; 11.J Belcher; 12.P Mason; 13.M Loughran; 14.J Beard; 15.G Smith; 16.K Jones; 17.D Brown; 18.P Tabron; 19.M Memory; 20.M Moore
CAT D/E/F 1st Brian Sunter; 2.P Maxwell; 3.R Payne; 4.G Edwards; 5.J Tingle; 6.D Birch; 7.J Watson; 8.B Garnett; 9.T Smith; 10.J Jackson; 11.M Saxton; 12.A Ilsley; 13.J Ginley; 14.P Keeley; 15.A Edmondson

Category winners

A	B	C	D	E	F
Axe	VSmith	Halliwell	Sunter	Watson	Edmondson
Giles	Hill	Hargreaves	Maxwell	Smith	
Mason	Roberts	Brown	Payne	Jackson	

30 Aug Antiques Road Show Eastway

CAT A/B/C 1st Mick Hill; 2.M McManus; 3.B Crayford; 4.P Fox; 5.D Griffiths; 6.C Burr; 7.D Smith; 8.M McCalla; 9.R Fraczec; 10.T Devine; 11.C Milne; 12.R Barrowclough; 13.P Atkins; 14.C Mannakee; 15.S Barnsley; 16.G Geddes; 17.P Humphreys; 18.C Broadway 19.P Schils 20.T Trett 21.D Wright 22.M Hutson; 23.D Tape 24.P Chapman 25.R Hutt 26.P Shoobridge 27.D Wright; 28.R Griffiths 29.C Marshall

CAT D/E/F 1st Roger Hornsby 2.G Wallis 3.A Swanson 4.R Crayford; 5.T McCall 6.G Macnamee 7.N Ferguson 8.J McMillan 9.P Hemming; 10.M Brushett 11.R Godbeer 12.L Morris 13.J Patience 14.G Hodgson; 15.J Murrell 16.E Barrett 17.J Hepworth 18.S Kerrigan 19.D Conroy; 20.N Bright

Category winners

A	B	C	D	E	F
Hill	McManus	Crayford	Hornsby	Crayford	Brushett
Milne	Griffiths	Fox	Wallis	Barrett	Godbeer
Atkins	Burr	Smith	Swanson	Hepworth	Morris

G- Venis; Clark

4 Sept LVRC NATIONAL CRITERIUM CHAMPIONSHIPS Curborough, Near Lichfield

CAT A 1st Mick Hill 2.P Galloway 3.P Gilbert 4.A Vallance; 5.R O'Connor 6.P Martin

CAT B 1st Chris Singleton 2.D Marsh 3.J Archer 4.G Hill 5.S Davis; 6.D Viner 7.M McManus 8.D Ross; 9.J McGhee 10.M Bush

CAT C 1st Barrie Mitchell 2.C Mannakee 3.P. Mooney 4.P Shoobridge; 5.A Clarke 6.J Clarke 7.G Moseley 8.P Cooke 9.R Zelenka; 10.J Griffiths 11.P Jones

CAT D 1st Richard Marshall 2.P Miller 3.J Downing; 4.P Matthews; 5.P Maxwell 6.D Gretton 7.A Beech; 8.W Rains 9.D Daynes; 10.J Barber 11.R Storey 12.G Macnamee 13.P Morphet

CAT E 1st Mick Ives 2.J Watson 3.R Minovi 4.B Ellis 5.J Dowell; 6.J Parker 7.P Ryalls 8.B Sedgley 9.T Bamford 10.H McGuire

CAT F 1st Pete Sandy 2.D Morgan 3.A Edmondson; 4.A Boden; 5.J Pottier

CAT G 1st Arthur Ilsley 2.S Wilson 3.R Goodbeer; 4.R Venis; 5.C Dearden

11/12 Sept LVRC NATIONAL TRACK CHAMPIONSHIP – OMNIUM, Calshot

Sprint - Pursuit - 5k/10k - Sprint TT

CAT A Graham Hindle **CAT B** Steve Davis **CAT C** Colin Davis

CAT D Peter Jenn **CAT E** Brian Hawkridge **CAT G** Ray Venis

11 Sept Tour de Geriatriques Little Witley

CAT A/B/C 1st Phil Bayton 2.D Viner 3.J McGee 4.I Spensley 5.G Walters 6.J Archer 7.P Cooke 8.P Mason 9.C Duffield 10.C Singleton 11.H Jones 12.M Cole 13.N Woodcock 14.C Dooley 15.M Carty 16.S Hall 17.S Phillips 18.D Jones 19.R Wilson 20.M Bush 21.A Milner

CAT D/E/F 1st Mike Ives; 2.R Minovi; 3.L Hunt; 4.D Birch; 5.B Ellis; 6.J Mullen; 7.E Hayes; 9.R Richards; 10.K Haddon 11.R Zelenka 12.G Oliver 13.J Bevan 14.H McGuire 15.A Ilsley 16.R Smith; 17.J Jenkin 18.R Little; 19.J Pottier

Category winners

A	B	C	D	E	F
Archer	Bayton	Walters	Hunt	Ives	Pottier
Mason	Viner	Cooke	Birch	Minovi	
Duffield	McGhee	Dooley	Mullen	Ellis	

12 Sept Lou Miller Memorial Elswick

Cat A/B 1st Vinnie Smith 2.P Tabron 3.K Shand 4.L Teal 5.S Horsey 6.I Murray 7.A Kennedy 8.I Iveson 9.I Walker 10.S Clark 11.K Neil 12.R Entwistle 13.S Gutteridge 14.S Emms 15.A Pelam 16.S Casstles 17.R Chlapek 18.D Sharrock 19.D Scargill 20.M Loughran 21.J Hayhurst 22.P Riley

CAT C/D 1st Dave Hargreaves 2.D Daynes 3.G Helme 4.P Matthews 5.B Burns 6.A Swimby 7.T Hagen 8.J Clark 9.E Hayes 10.B Garnett; 11.P Halliwell 12.F Simpson 13.P Wensley 14.G Oliver 15.M Legood 16.C Beldon 17.P Maxwell 18.P Fisher 19.M Robinson

CAT E/F/G 1st Pete Ryalls 2.B Ellis 3.T Smith 4.N Ashman 5.P Fenton 6.F Smith 7.J Jackson 8.J Parker 9.R Smith 10.B Sedgley 11.A Edmondson 12.D Smith 13.D Burrows 14.D Faulkner 15.J Carter 16.T Johnstone 17.H Stansfield 18.H Benson

Category winners

A	B	C	D	E	F
Teal	VSmith	Hargreaves	Daynes	Ryalls	Edmondson
Horsey	Tabron	Helme	Matthews	Ellis	Burrows
Kennedy	Shand	Swimby	Burns	TSmith	Stansfield

G- Johnstone; Benson

12 Aug Omloop Holt Vek Wimbourne

CAT A/B/C 1st Peter Jones 2.M Tarrant 3.D Griffiths 4.T Woolard 5.P Wilson 6.P Blakely 7.W Butterworth 8.R Robinson 9.D Webb; 10.P Ruta 11.M McManus 12.B Packman 13.N Armstrong 14.A Asher; 15.J Bisson 16.D Worsfold 17.G McDougal 18.P Dean 19.O Aldridge

CAT D/E/F 1st George Windsor 2.T McCall 3.P Sandy 4.A Bunn 5.G Wallis 6.P Gresham 7.B Staples 8.G Bartlett 9.J Anthony; 10.J Marshman 11.D Radford 12.J Norris 13.D Martin 14.B Day; 15.D Marjoram 16.B Clarke

Category winners

A	B	C	D	E	F
Jones	Griffiths	Tarrant	Windsor	Bartlett	Sandy
Blakely	Wilson	Woolard	McCall	Radford	Staples
Asher	Robinson	Butterworth	Bunn	Norris	Anthony

19 Sept Vic Sutton Memorial South Humberside

CAT A/B 1st Gary Hill 2.D Scargill 3.P Wakefield 4.S Webster; 5.S Thompson 6.J Galway 7.I Murray 8.A Kennedy 9.S Wakefieldd; 10.C Belfield

CAT C/D 1st Paul Fisher 2.M Holmes 3.K Cowdell 4.J Wright; 5.R Stones 6.G Helme 7.D Hargreaves 8.P Miller 9.J Clark; 10.S Ackroyd

CAT E/F/G 1st John Flear 2.J Anthony 3.J Watson 4.M Saxton; 5.D Atter 6.P Ryalls 7.D Smith 8.J Orwin 9.C Abdy 10.T Sullivan

Category winners

A	B	C	D	E	F
Wakefield Hill		Fisher	Wright	Watson	Flear
Webster	Scargill	Holmes	Miller	Saxton	Anthony
Galway	Thompson	Cowdell		Atter	G Wilson

19 Sept Oundle Velo Corby

ALL CATS 1st P Trotman 2.A Hitchcock 3.H Jones 4.I Murray; 5.R Kerrison 6.R Richards 7.P Shoobridge 8.M Wilson 9.R Smith; 10.G Batcock 11.R Auckland 12.R Day 13.J Parker 14.D Atkinson; 15.J Talbot

Category winners

A	B	C	D	E	F
Murray	Trotman	Kerrison	Richards	RSmith	Day

25/26 Sept Dragon 2 Day Port Talbot

Final GC

CAT A 1st Derek Kilgallon 2.D Abbott 3.R Hancock 4.S Hall 5.P Martin 6.M McCreary 7.P Herbert

CAT B 1st Chris Singleton 2.G Smith 3.R Wilson 4.J McGhee

CAT C 1st Gordon Walters 2.R Griffin

CAT D 1st George Windsor 2.L Hunt 3.J Davies 4.J Murphy

CAT E 1st Barry Williams 2.J Jackson 3.A Hamilton 4.R Smith; 5.D Davies

CAT E Pete Sandy

17 Oct AGM 'Golden Years' Handicap

Winner Roger Smith - valiant effort by Mick Ives who got within secs of closing a 5 min gap to the geriatric group

ICF WORLD CHAMPIONSHIP, Anzegem, Belgium

CAT A/B 1st Pierre Pirotte 2.W Lenssens 3.A Piette 30.S Horsey

CAT C/D 1st Ian Hallam 2.R Boulard 3.F Roelekens 7.D Naylor 10.G Geddes 19.A Woodcock 21.A Swanson 22.B Mitchell 24.A Gibson 25.W Butterworth

CAT E/F 1st August Van Woensel 2.H Van Craeynest 3.P Bultynck; 4.Jack Watson 6.R Crayford 8.P Ryalls 12.D Morgan; 18.H Waugh 19.R Smith 23.H McGuire 24.B Hawkridge; 26.J Anthony 29.J Parker

We publish full results when they are received: abbreviated results are down to the organisers.

Sport & Publicity Chiltern Weekend – 10/11 July 1999

This is Sports and Publicity's second year of sponsorship and not only did they up the ante but introduced a new sponsor for whom they are the agents – Bromley Video Entertainment, and had provided a video to assist with the judging operated by a young Aussie. Joined with 'Red Bull' we had a serious prize list with something for all finishers. It was evident that this was to be a real battle, riders had travelled miles, and Team Sport and Publicity had been instructed by Directors Richard Allchin and Bob Clarke to 'keep the money in the company'.

Stage 1 was a handicap race at Abingdon Airfield primes available on each lap. With 10 minutes to go all was in order for a prompt start, when over the horizon came the cavalry in the shape of a military convoy, 'You can't run your race here, we're using the runway for bombers'. But after negotiations with the commanding officer, in a plane 30000 feet above the airfield, the military realised the importance of the event and retreated. By mid-distance the field was in two groups which were about to merge. Panic – the bell, lap boards, signing-on sheet and flags were all in the organiser's car. Spud Murphy and his man Mike improvised, using a saucepan as the bell, and did all the judging – neither are members of the LVRC. Meanwhile back at the race, two of the Twickenham got a gap of 10 secs and just held off a roaring mob. A judge's nightmare.

Stage 2 was a time trial, the distance cut this year to avoid the experts gaining too big an advantage, but Nick Yarworth won anyway.

Stage 3. This race has something for every one: now it was the grimpeurs turn – a 1.5 mile roadman's climb up Stokenchurch, the hill made famous by the exploits of Ian Steel and Dave Bedwell in the halcyon days of the BLRC classic Tour of the Chilterns. It's a pleasant ride from the plain of Aylesbury, zig-zagging through the trees to one of the highest points in the Chilterns. Graham Geddes won last year and although 20 sec quicker this year, he was still beaten by Nick Yarworth.

Stage 4. The road event, 42 miles of modified Great Milton circuit. This was the boring event run at such a furious pace that it became impossible to get and stay off the front. Three riders did become unsociable on the the first lap but were soon retrieved. Perhaps it was a special show put on for the rangers (grown up girl guides) who were marshalling this stage At the entrance to one village is a speed camera, and each lap the following car had to slow down as the field was doing 45 mph. It took the car a mile and a half to get back on! The rangers were surprised age hadn't had a bigger input into the outcome of the race, which did finally split into two groups with about ten miles remaining. Up the final hill and Phil Galloway won by seconds.

The Friends of Lewknor School provided tea, toast and Jam at the HQ, and an hour and a half later the prize presentation was still going! Final prize value - Goods and Cash One Thousand Four Hundred and Sixty Quid.

Report by Dave Cliff, organiser.

(Results of this race were published in the summer issue).

Letters

From Peter Ryalls

I note and disagree with Tom McCall's views on E/F racing.

I have no interest in racing 'sensibly' in a laughing group which allows those of lesser ability to compete. Who says it's supposed to be easy?

Organisers have multi-category races either because there are insufficient entries to make a race with two age groups, or because it places less stress on an organisation, usually strapped for volunteers. Both are valid. I consider that you need minimum 25 riders to make a race, this creates problems in having separate E/F races which rarely have sufficient entries.

What we need in multi-category races is more use of the handicap system, where the older and lesser ability riders get a start.

This applies just as equally to Cat C competing with CAT A, as it does to CAT F with CAT D.

From Richard Wall, Region 9

Being an older rider of below-average fitness and ability Tom McCall's thoughts on category groupings (Autumn 99) struck a chord with me. Becoming more and more disenchanted with having my head kicked in most weeks whenever little more than an upward slope appeared I was attracted to an event rated FLAT in the Handbook. This was Chris Hornby's Lincoln Ridge RR, which I duly entered.

As the event started at the sensible hour of 1.30 pm I set out on that Sunday at the end of August with ample time to sign on and get a decent warm-up. After a drive of 120 miles due north the HQ was located, but I soon realised there was not a familiar face to be seen and even worse they all spoke in foreign tongues. Bloody hell! All northerners! Many who must have made an equivalent 120 mile journey south. For years I have read

about tough northerners eating us soft southerners for breakfast and as soft southerners eat me every week what the hell was this lot going to do?

Off we go – just hang on for as long as possible and then get some miles in alone again. Three miles gone and I'm beginning to wonder when these buggers are going to start racing. I'm even near the front of the bunch and after about six miles I'm actually at the front! I start doing a few turns and even join in a bit of chasing down. One lap completed and I start worrying about blowing up, so sit in for the next lap. Laps 3 and 4 get involved again – even, yes, even go off alone from the front, for about 200 yards when chasing down a small break. This is the life! Call yourselves northerners! More like a bunch of pink pansies! For the first time in more than 40 years (with a 37-year break) I'm involved and really enjoying myself in a race. Bloody marvellous! I even have a sad sprint at the finish in the bunch to finish about 15th, but I've cracked it! Right, next year turn pro and it's the Tour. I'll show 'em!

Back at HQ with a cuppa sanity returns and I realise it was not just the lovely flat course which allowed me to become involved – it was that as an E cat I was in the youngest group, the Cs and Ds having started a couple of minutes before us. The next day at Eastway normality returns and the youngsters are giving me a complete kicking again.

So please, you wonderful, underthanked, unappreciated promoters, follow Tom McCall's call and if at all possible put on more E+ events, preferably on flat courses. And a great tip from Patrick Schils: when the going gets tough uphill, look under your arm – it'll look as if you're going downhill!

Lastly, many thanks, John for your great efforts as Editor. The Leaguer was always a pleasure to receive and read.

LVRC

Three Track Meetings

Manchester Velodrome
7.00 pm Saturdays
February 5th & 19th
March 4th

LVRC standard entry forms to:
Alan Edmondson, 'Seven Oaks', Newlay Wood Ave, Horsforth,
Leeds, LS18 4LN **Telephone: 0113 -258-7194**

Distance sprint
Points Race
Keirin

Entry fee £10 for one meeting, £25 for all three



Reviews

Cycling Past 50: Joe Friel. Human Kinetics 1998. 254 pages paperback, £14.95. ISBN 0-88011-737-0.

When I were a lad, real veterans appeared about as often as total eclipses. Serious competition beyond 35 was a matter for wonder: Pino Cerami won Paris-Roubaix at 38, but it would be years before the development of the kind of programme vets enjoy today, and over 50s were rare. The decade from 50 to 60 is the most critical, healthwise: this is the time to stay fit. We still don't know why we age, but existing research says that the changes begin in our 30s and eventually slow us down – by as much as 7% per decade in the sedentary, by as little as 2% in those who continue to exercise. Only fairly recently has it been understood that maintaining the intensity as well as the volume of training can enable you to perform as well at 50 as you could at 25. It's those 30 – 60 minutes per week at the threshold that are really doing you good. Your limitations are largely self-imposed.

There's plenty here for the recreational rider who just wants to keep fit and get out and enjoy the air, but Friel is a competitor and the heart of the book is the 100 pages in the middle on advanced training, racing, rest and recovery, and avoiding injury, and an excellent section on 'Psyching'. *'I'm too old' is another way of saying 'I don't believe I can and age is the best excuse I can find'*, says Friel, and he'll get no argument from me. **Ray Minovi**

1904: the Tour de France which was to be the last: Jaques Seray, trans. Richard Yates. Buonpane 1998. 160 pages paperback, £9.99. ISBN 0-9649835-2-4. From Bromley Books.

The Tour de France was from the beginning a demonstration that man is a cheating animal. In 1904 Desgrange wanted his own favourite, Maurice Garin, winner of the first Tour, to win again, and race officials colluded with riders to break the rules, letting them off with fines, while those who broke the rules 'unofficially', were thrown out. Desgrange twice broke up attacks on riders by firing his revolver into the air. Direction arrows were misplaced, roads sprinkled with nails, finishes clouded with error and confusion. 450 km stages, on single gears, over unmade roads, meant late evening starts and six hours of darkness, during which anything could happen and frequently did. But somehow the race was completed, Garin declared the winner, and the commissaires went away to study the files. Four months later the first four on GC were disqualified, leaving the 20-year-old Henri Cornet as winner. No offences were proved, and Garin justifiably considered to his dying day that he had been robbed.

'Never again,' said Desgrange. But the Tour survived, and it would be 94 years before it came under a similar threat; yet the seeds that sprouted in 1998 had been sown in 1904: commercial interests, greed, deception, arrogance, and indecisive management. But despite all the chicanery, the Tour remains a celebration of courage, endurance and will, perhaps the ultimate test of sporting heroes who perform feats that can only be described as, at the least, remarkable and at best incredible. **Ray Minovi**

Yellow Fever: Jeremy Whittle. Headline 1999. 307 pages hardback, £16.99. ISBN 0-7472-2207-X.

Subtitled 'The Dark Heart of the Tour de France', *Yellow Fever* chronicles the disastrous events of the 1998 Tour de France: the arrest of Willy Voet with a bootful of EPO, Festina thrown out, managers' lies exposed, drug slush funds, riders' strikes, midnight raids, Mountains leader Massi arrested, Verbruggen on holiday, the riders blaming everyone but themselves: all these dominated the real Tour to the extent that the two days of brilliant racing in the Alps are all that will be remembered by most followers – a memory at once effaced by what happened next day when the stage to Aix-les-Bains was declared void.

Whittle's account shows that there was in fact a lot more to the 98 Tour. He keeps a remarkable sense of perspective and balance, but he can't put himself on the side of 'vain drama queens behaving as if they were beyond society's normal ethical expectations. I found it hard to see them as hard done by ... they'd cheated the public and they'd cheated themselves.' The result is a well-rounded picture of what could have been a great race and the best kind of journalism, literate and readable. **Ray Minovi**

Lance Armstrong and the 1999 Tour de France: John Wilcockson & Charles Pelkey. VeloPress, 1999. 216 pages paperback, £14.99 from Sport & Publicity on 0171-794-0915. ISBN 1-884737-69-2

Could serve as a companion to the Whittle book. A year later, in the face of a sceptical French media who sniped at him throughout, Lance Armstrong pulled off what must rank as the greatest athletic feat of triumph against the odds of the century. Excellent story in lucid prose. Each stage is presented in as much detail as anyone could want. There are interviews with the man himself, comments on the Festina affair, accounts of his training and equipment. There is also the considerable bonus of Frankie Andreu's daily Tour Diary – the boy's a natural writer, and it's full of useful information and sharp comments: 'Duffield knows jack about racing, but babbles about hats, wine and other stupid stuff.'

Ray Minovi

Peak Performance - training and nutritional strategies for sport: John Hawley and Louise Burke (Allen & Unwin) 1998. 446 pages paperback, £15 ish! ISBN1 86448 469 1. Available from Dr. Garry Palmer, Kingston University.

Not a cycling specific publication, this book, in five parts, considers, informs and discusses; Learning from the past, Learning from science, Eating to win, Does magic exist?, and Looking into the future. The authors are enthusiastic senior academics practising in South Africa and. Cycling takes its place alongside; athletics, rugby, swimming and benefits from this powerful source of cross-fertilisation.

Each part takes you through topics in a consistent format with figures, tables and quotations from elite coaches, athletes and scientists, including cyclists like Keen, Lemond and Riis. Learning from science includes eight chapters, presenting the facts of exercise physiology. These facts are introduced, explained, discussed and quantified. Research findings are the key to evaluating and validating these facts. An invaluable reference book and inspirational to read.

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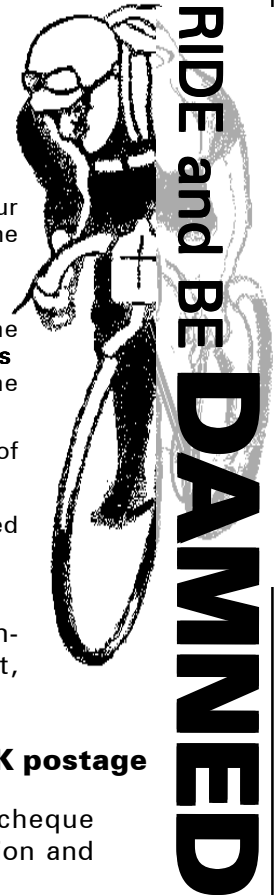
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Coach

The last issue of *The Veteran Leaguer* contained a page about CoEnzyme Q10, also known as ubiquinone, and I've already had phone calls asking about it. Some years ago a table-tennis player asked me if it would improve his performance and showed me some magazine advertisements which made the most extravagant claims for the substance. It appeared that all the research on which the claims were made had been done with elderly, sick people, mostly in Scandinavia. It was claimed in all seriousness that Q10 increases life expectancy, energy and vitality; makes you look and feel younger; cures cancer *and* bleeding gums. And, naturally, makes you look like a younger, better-looking Tom Cruise or Andie McDowall. Not all men want to look like Andie McDowall, of course.

Most of the substances banned by the IOC and now in common use in professional sport started in the same way – they were produced for medical purposes, for use with the sick and with those who for some reason have a deficiency of a particular chemical. EPO, steroids, and human growth hormone came into sport via this route. The same is true for Q10. If you start with people who are ill, then most substances are likely to improve their condition. Of course, Q10 really did for the sick and elderly what was claimed – it made them feel a bit better. Aspirin does the same for someone with a headache. It may even have increased their probable life expectancy by a few months – which saves the manufacturers from prosecution under the trade descriptions act.

The next step, however, is to suppose that because some natural substance, especially if it's involved in the human metabolism, works well for people who are sick, then how much more effect must it have on someone who's healthy. Unfortunately it doesn't work like that, and there is no evidence whatsoever that Co-enzyme Q10 will enhance the performance of an already fit and healthy athlete.

For a four-page table of the low-down on supplements send £1 (stamps will do) to cover photocopying and p & p to Ray Minovi, 45 Augusta Road, Moseley, Birmingham B13 8AE.

The Winter Programme

You ought by now to be well into your winter maintenance programme. This should require no more than eight hours a week, unless you really want to brave the elements and do more. Try to exercise on four days a week: several short rides are more effective than one or two long ones. The idea is to keep yourself in good shape physically while not putting any psychological pressure on yourself. By all means do something different – even running, if you insist. If you do, and you're not used to it, start small – half a mile the first few times, and build up gradually. There's no evidence that weight training improves endurance performance, but if you enjoy it, do it. Unfortunately, all your riding can't all be social stuff: you have to do a small amount at Levels 2 and 3. Research shows that maintaining this higher-intensity work is what makes the difference between older and

A very small number of supplements actually work. They are of limited value and some have unpleasant side effects. The only legal and safe substances currently known to have a performance-enhancing effect are caffeine, carbohydrate and creatine. Sodium phosphate and bicarbonate have been shown to have an ergogenic effect, but are likely to cause vomiting and diarrhoea. The jury is still out on one or two other substances like ginseng and glutamine. Some supplements should be avoided at all costs. They include bioflavonoids, glandulars, L-tryptophan and ma huang – the last contains ephedrine and is banned anyway, but does sometimes occur in 'ginseng-type' products – this is how Linford Christie is supposed to have got a positive test for ephedrine at the Seoul Olympics. Incidentally, some recent research suggests that ephedrine has no ergogenic (performance-enhancing) effect.

Most of the other supplements marketed as performance-enhancers are a mere waste of money – they'll do you no harm, but give you no benefit. Supplements are rarely subject to regulation, product testing or quality control, and they are invariably very, very expensive compared with real food. They include amino acids, boron, L-carnitine, chromium, molybdenum, royal jelly, wheat germ oil, brewer's yeast, smilax and spirulina. It has been said that you'll get more benefit from a bowl of cornflakes than from a dose of royal jelly. Some people even think the cardboard box is more nutritious. Many other infallible aids are marketed; but your body tends to produce or extract from your diet exactly what it needs for good general health, no more, no less. Any surplus will be excreted, so all most supplements do is help you to produce expensive urine. If you think it makes you feel better, take a daily multivitamin and perhaps 200 mg of Vitamin C. After all, a psychological benefit is a real benefit. On the whole, though, it's more effective to spend your money on good food and the best quality tyres you can buy.

younger riders in the off season. At least one of your rides ought to include about two hours at Level 2, and you should try to do half an hour of Level 3 – this can be on the trainer, while the blizzard howls outside. If you have the time and money to go somewhere warmer in January/February, then why not? But don't overdo it. The essential thing is to arrive at the start of your season, whenever you've decided that will be, fit and rested both mentally and physically. The off season is also the time for other kinds of maintenance, not only the bike and the wheels, but your teeth, for instance – book a dental appointment. Since your training is reduced in both volume and intensity, try to cut down on your overall food intake, but especially on fat and chocolate. It's a lot easier not to put it on in the first place than it is to get it off afterwards.