

## Newsletter - October, 2008

www.abergavennyrc.org.uk

### Welcome!

We have had quite a few new members join us since the last newsletter, and we would like to welcome Stephanie, Ceri, Teifion & Ieuan Best; Neil Cox; Mike DeVal; Louis Draper; Luke Draper; Sam Ellis; David Finn; Etienne & Pfeiffer Georgie; Joshua Harris; Steve, Kay, Huw & Evelyn Higgins-Worrall; Daren Hughes; Morgan Jones; Joe Killingley; Tomas Lane; Andrew Parry; Nigel Richards; Louis Rose Davies; Steve, Ben, Hannah & Joe Williams; Geoff Williams; Brynley, Peter & Rowena Smith; Shelagh Kerry; Sam Yeates; Alistair & Ella Anderson; and Emily Jayne Heffernan. We do hope that you enjoy your involvement with Abergavenny RC.

### National Trophy

The Club's promotion of the National trophy Cyclo-Cross was a great success, and we would like to thank all who came along to help with the various aspects of the organisation. Without your help we couldn't have done it.

### Sunday Clubruns

It is hoped that the weather will be drier this autumn so that Clubruns can run every Sunday until the winter. The runs start from Fairfield at 9.30am on Sunday mornings, for a ride of about 40 miles, weather permitting. *For more info please contact Dave Hayhurst 01873 821449, or Bill Kenwright 01873 832500*

### Mid-Week Clubruns

These rides for over 60's start from Hardwick roundabout at 9.30am on Wednesday mornings. They are at a gentle pace and include a café stop. *For more info please contact Dave Hayhurst or Bill Kenwright.*

### Cyclo-Cross Training

Weekly training sessions for Under 16's are taking place at the Leisure Centre on Thursdays from 6.00pm until 7.30pm. *Please ring David James for more info.*

### Club Kit

The Club is in the process of changing suppliers, which will mean the same quality kit being available at lower prices. It is intended to keep short-sleeved jerseys, training tops, and bib shorts in stock. Other items will be ordered at specific times during the year, following circulation of pro-forma order forms to Club members. The kit will continue to be available from Bikebase.

### Track Sessions

On the second Wednesday of the month, from 6.00pm until 8.00pm, a track session at the Velodrome in Newport takes place for Under 16's. *If you would like more info, please contact Ian Jenkins or David James*

### Entry Forms

When filling in the Club name on entry forms could you please enter the full club name including sponsors:- **Abergavenny RC/Govilon Garage/BikeBase/ Nick Lane Building Contractors.** It is a lot to write, but it will ensure that if your result is reported in the local press, in Cycling Weekly magazine, or on British Cycling website, our sponsors will receive a mention.

### Audax Merit Awards

Club members who have ridden the qualifying Audax distances are eligible to claim for an Audax award. The qualifying distances are as follows:- **Gold** 800km including 2 x 200km, **Silver** 600km including 1 x 200km, **Bronze** 300km including 1 x 150km. The rest of the distance in each category must be made up of events of at least 100km. *Please contact Graham Morley at gmaberrc@freeuk.com or by phone as soon as possible.*

### Trophies

All annually-awarded Trophies need engraving in time for the Club Dinner. If you have a Trophy that needs returning, please take it to Bikebase (Unit 17 Mill Street

Industrial estate) as soon as possible.

### Race Successes

It has been a great summer for race successes by Club members, in road races, criteriums, circuit races and MTB events. Club members who have achieved a first, second or third place are John Fitzpatrick; Ian Sutchcliffe; Steve Thomas; Chris Haworth; Andrew Parry; Carl Brancher; Ryan Nash; David Jones; Becky James; Megan & Ffion James; Sam, Ben & Joe Beckingsale; Nathan Ford; Rhys & Lowri Thomas.

The Club's international rider, Jessica Allen, who rides for the Team Halfords Bikehut team, has had an excellent season. She won the Essex Ladies Giro and was 3rd in the National Women's Time Trial Champs. She has ridden in the UK and abroad, and finished 61st in the World Championships, after putting in excellent work with the rest of the GB team to help Nicole Cooke win the World Championship.

Julian Winn has had an excellent season as team manager to the Team Halfords Bikehut team, the Women's British Olympics team and the Women's World Champs team, managing Nicolle Cooke on the way to Olympic Gold and winning the World Championship.

### Cyclo-Cross Champs

The final Club Championships of the year, Cyclo-Cross, takes place on 19th October, at Crickhowell High school, as part of the Welsh League event. The Club Champs are open to all first-claim Club members of all age groups.

### Annual Club Dinner

The Club Dinner this year will take place at Our Lady of St. Michael's Hall in Abergavenny, on Friday, 28th November. More details and a booking form will be sent out shortly.