



Newsletter Presentation Special.



Warwickshire Road Clubs
Presentation Evening
Friday, 27 February 2015

A splendid evening at the Time For Tea that allowed us all to celebrate the racing achievements of the club in 2014 our 90th anniversary year.

Presentation Evening



27 February 2014

The Warwickshire Road Club Trophies.

The display of trophies to be presented tonight are part of the club's rich history and mark the achievements of champions past and present. The names on the trophies include former Olympians, National Champions, BBAR winners and World and National Age group Champions. Many of these trophies were donated in honour of members who are no longer with us and they serve to remind us of their contribution to the club.



to the life of the club.

Thanks must go to all those whose efforts on a weekly basis allow tonight's champions to excel. Special thanks must go to Colin Dooley and Ian Ingram who organised both of the clubs Open events and to Mick Harborne whose tireless efforts allowed us to continue to race in spite of the road works. It is fitting that tonight he receives the clubs Outstanding Achievement Award.

World duathlon A/G Champion Debbie Bradley tonight receives the J.V. Birkes Cup. An historic cup first presented in 1948 as the Women's BAR but now awarded for the fastest 10 by a woman. Her time of 25:05 was a PB.

In 2014 Debbie Sheridan won 3 A/G group medals at the 100,50 and 10 mile National Championships. Tonight she receives the clubs 100 mile shield first

The 2014 Season

The 2014 season marked the 90th Anniversary of the club. Originally conceived as a racing club in 1924 racing continues to be important

awarded in 1938 to C.H. Woodcock. The Hobson Warburton Cup for 50 miles. A grand silver cup made in Birmingham and first awarded to E.R. Craddock in 1934 and finally the clubs Best All Rounder Cup. for competition at 100miles, 50 miles and 25 miles.

Paul Heraper has raced consistently all season gaining 67 points and tonight receives the Minovi Handicap trophy.

Bill Harper won Vet prizes throughout the season and tonight is awarded the Wythall Community Shield with a vet standard of +4:21. He also rode the fastest time by a Warwick's member in the club's open 10 and is awarded the Everyman Cup.

Preston Eckloff is awarded possibly the clubs most beautiful trophy for the fastest 25. The Harry Parkes trophy is a magnificent silver cup made in Birmingham by Ernest W. Haywood and bearing a 1938 date letter.

Ian Ingram is the clubs fastest rider at 10 miles. Tonight he is awarded the St Mary's Cup for the fastest 10 of the Year. The Dave Butt Cup for the fastest aggregate time and the Cliff Bullard Cup for the fastest 10 by a WRC rider on a Tuesday night.

Champions 2014!

Tea Ladies From Hell

The view from the teapot by Helen Minovi!

At this time of year, when riders are planning their season, getting entries in and checking their gears, some of us are washing out the teapots and stocking up on cake ingredients.

Yes, we're the caterers, otherwise known as the...

"Tea ladies From Hell".

Angela Dooley and I earned this title when doing the refreshments for the Tour of the Abberleys years ago and we'll be there this year too. We had stepped in, when caterers had failed to turn up. Chris Singleton, the organiser, had raked together a few dodgy looking ham rolls and a pot of tea, hardly enough to sustain 100 riders over four stages and three days. It was hard work but we saw it as a challenge, ran a tight ship and took no prisoners.

Expectations were high with requests for soya milk, Earl Grey tea (every sort of tea, actually), hot chocolate, every sort of sandwich common place. During the races, some of the families would have eaten all our supplies, given half a chance! We did it of course to support the riders, who were always grateful.

I feel as though I've always helped in the kitchen, from the days of the late, great, Don Danks onwards. Don didn't have homemade cakes. He would buy assorted slab cakes from the Cash and Carry and freeze them. At the end of each event, he would sling them back in the freezer until the next one. By the end of the year, the cakes just crumbled away at the touch of the knife but riders still ate them. However let's not forget that some of our best caterers have been men, notably John Glaze.

HQs vary, but many nowadays, thanks to lottery money, have been refurbished to almost luxury standards. Thankfully, the days of scrabbling about at the side of the road, or trying to produce refreshments from a shed are gone but wherever I end up this season, I'll always do my best to serve you a decent cuppa and a decent cake.

Helen.

In the next Newsletter. A training special.

Archived advice from the late Ramin Minovi.

Deb Sheridan on power meters and training with power.

The pain cave!

Interval sessions, book reviews and hopefully much more! Email :eamonsheridan@btinternet.com