



# **THE ICKNIELDER**

Newsletter of the  
Icknield Road Club



Issue 7

Date 10 April 2013

## **The President's piece**

Since the previous issue we have had the AGM and the Club now has a Chairman and Secretary with Lister Williams and Peter Tasker volunteering and filling the vacancies respectively. I would like to take this opportunity to thank all those members who worked hard to make sure that the Club ran smoothly and successfully over the past year.

Another position which has been filled is that of Runs Leader with Nigel Cole taking on the job and getting good support. Nigel, along with Nick Jones, is helping to organise the 80<sup>th</sup> Year Celebration at the Cross Keys at Pulloxhill on the 8<sup>th</sup> of June – the day that the Club was formed 80 years ago.

The Luncheon date is finalised and is Saturday 30<sup>th</sup> November at the Chiltern Hotel for an 80<sup>th</sup> Prize Presentation.

There have been good rides by Tim Davies and Oliver Cocks, most notably was 3<sup>rd</sup> place in the Stevenage 25 mile circuit 2-up time trial when they clocked up a '2'. This was a superb effort by Oliver who is only seventeen. He followed this up with a 4<sup>th</sup> place in a road race at MK which augurs well for the future.

Attendances at the Clubroom are still very good with between 20 and 30 members there every Tuesday, so all in all, it looks as though the Club will have another good year...

## **New Club Kit breaks cover...** (Gordon Hart)

On Friday we had three members competing in the Welwyn Wheelers "Hilly", the first time for several years that we have had a team; they were resplendent in their new kit.



**Craig Palmer, Tim Davies, and Oliver Cocks at Welwyn Wheelers "Hilly"**

## **Brian Braybrooke (1948 – 2013)** (Dick Lyon)



Brian died in February on the day he had arranged for the funeral of his mother. He was a member of the Icknield Road Club for 20 years until he resigned in 1988 over club sponsorship.

Whilst with the club, Brian was very active taking part in all aspects of club life. His favourite riding was on his tricycle and set several club records. He also toured extensively on both bike and trike here in the UK and also abroad – notably Sweden. Through his life he covered literally hundreds of thousands of miles.

The extent of his riding was reflected by the attendance at his funeral. Apart for The Icknield, there were representatives from Luton Wheelers, Beds Road CC, the Forty Plus CC, the Tricycle Association as well as the Beds, Herts, Cambs, Northampton and South Bucks District Associations of the CTC.

What impressed me most about Brian was his cheerfulness and enthusiasm for everything he did. All this was achieved despite the fact he was a severe diabetic. He suffered most of the problems that accompany the condition but it never seemed to depress him unduly.

I shall miss seeing Brian out and about on his trike or bike at odd times and going in odd directions. I hope the wind always follows and the tyres stay inflated...

## **Brian Bellamy (1932 – 2013)** (Dick Lyon)

Unfortunately Brian also died in February. He was primarily a rider with the local CTC but was with the club thorough 1961 to 1962.

With the Icknield he competed quite usefully in road racing, but marriage and family commitments meant that cycling took a lower priority.

## **Marshals wanted !!**



Peter Jones needs **3** more marshals for the forthcoming Norlond 50 mile TT event on 12<sup>th</sup> May on the F1 course.

Please contact him on 01582 881452 or by email : [amglass@fsmail.com](mailto:amglass@fsmail.com). Details of the event can be found on the CTT website or 2013 Handbook.

## **London to Paris Ride ?** (Chris Jenkins)



Some members have shown an interest in riding from London to Paris this year. For this to be viable there needs to be at least five riders.

Chris Jenkins has several years' experience leading and supporting rides and is familiar with routes that take between 2 and 4 days.



Interested ? Give Chris a call, e-mail or pop into the clubroom and he can give you more details and probable cost.

## Icknield Road Club 80th Birthday Celebration (Nick Jones/Nigel Cole)

On the 7th June Icknield Road Club is celebrating its 80th Birthday.

To mark this event we are having a celebration of Cycling event and a Buffet lunch to follow at the Cross Keys Pulloxhill. The intention is to start rides out from Pulloxhill of varying distance, and for everyone to arrive back at the cross keys at 12:00.

See "Spokes in a Wheel" diagram below for a few more details.

The tickets for the event will be £10 per head and £5.00 for Junior members, and these tickets will be available from Nick Jones on Club nights. If you cannot get to a club night and want to come to the event, then please email Nick at [nickjonesemail@virginmedia.com](mailto:nickjonesemail@virginmedia.com).



Please note that we are **strictly limited to 100 places**.

It is intended to use the event to raise money for the Keech Hospice by obtaining sponsorship for the distance you travel. Sponsorship forms can be printed from the Web Site after the 9th April.

**IRC 80th ANNIVERSARY**

SPOKES IN A WHEEL CHARITY EVENT

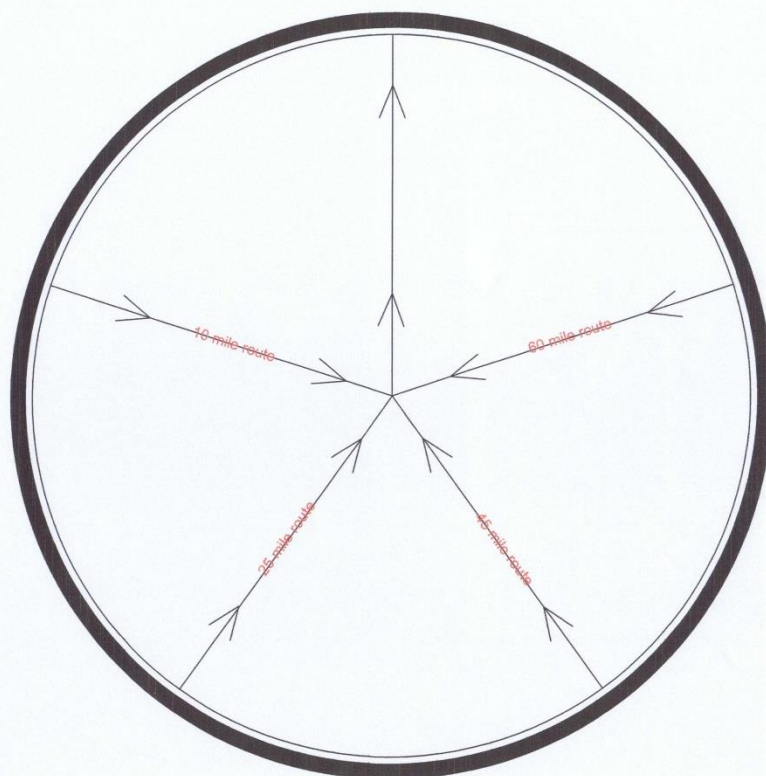
4 DIFFERENT RIDES

- 10 MILE
- 25 MILE
- 45 MILE
- 60 MILE

EACH RIDE WOULD HAVE RIDE LEADER  
CHARITY RIDE IN AID OF KEECH HOSPICE CARE  
DATE OF EVENT: SAT 8th JUNE 2013

WE WOULD ALL START AND FINISH AT THE  
CROSSKEYS PUB IN PULLOXHILL AND START  
TIMES WOULD VARY BUT WE WOULD ALL FINISH  
THE RIDE AROUND 12.00 LUNCHTIME READY FOR  
THE 1.00PM START FOR THE BUFFET LUNCH

FOR DETAILS PLEASE CONTACT NIGEL COLE  
CLUB RUN COORDINATOR  
email [nigelpcole@hotmail.co.uk](mailto:nigelpcole@hotmail.co.uk)  
telephone: 07850 985655  
or i am on facebook as well



### "Spokes in a Wheel" Rides for IRC 80<sup>th</sup> Birthday Celebrations



## Welwyn Velodrome - Monday 18th Jan. 2013 (Ray Morgan)

The riders pictured below all did very well at Welwyn Velodrome and achieved the following times.



Name	Time
Uzair	21.9
Nathan	25.3
Peter	18.5
Sufiyan	28.8
Edd	17.0
Jason	17.7
Enasio	18.1
Ben	20.3

Hope to see you on **Friday evenings**. The Cycle Spinning / Turbo Training sessions are on **MOST** weeks. They are at Vauxhall Recreation Club (opposite Toys 'R' Us) from **6pm** to 7:15. **FREE** for under 18's, but you have to be at least 1.45m (4'9") tall.

Come with a friend and have fun while improving your pedalling skills. Parents are welcome.

Bring a drink, a small towel and meet British Cycling Coach, Chris Jenkins at reception. Please **text** him on **07812 741 899** to book a place or for more information.

## Newport track training (Chris Jenkins)

British Cycling Central region arranged a track training day at Newport Velodrome on March 3rd.

Icknield road Club coaches Chris and Ray took two of our junior members to experience the steep corners of the 250 metre indoor track. Nathan Huggins and Silus McQueen were able to ride the track in a number of 15 minute sessions during the day. Guided by central region BC track coaches they began with riding up onto the 46 degree banking. They both were able to complete laps before progressing to more advanced exercises.

Silus was soon riding above the blue stayers line halfway up the banking while unfortunately Nathan came to grief and lost a lot of confidence. He bravely managed to get back on his bike and complete some more laps before deciding enough was enough for the day but hoping to try again soon.

Many thanks to Chris Northwood who loaned us his rollers for the day, allowing Silus to manage to master a tricky skill.

A long way to go but there are plans for other sessions on the Olympic track in London, so all you juniors get ready to copy Chris Hoy, Victoria Pendleton, Laura Trott and the rest of our Olympians on their home track !

## **New Members** (Gordon Hart)

The Club would like to give a hearty welcome to the following people who have joined us recently.

Name	Location	Membership	Name	Location	Membership
Ian Bywaters	Luton	Senior	Ian Rollinson	Luton	Senior
Gavin James	Luton	Senior	Craig Palmer	Ampthill	Senior
Iain Wilson	Ampthill	Senior	Richard Farish	Luton	Senior
Sean O'Brien	Luton	Juvenile	Silas McQueen	Luton	Juvenile
Owen Davies	Luton	Juvenile	Joshua Curtin	Dunstable	Juvenile
Andrew Blair	Luton	Juvenile			

Excellent news to see some younger Senior members joining, something this Club desperately needs, Iain is in his 30s, whilst Gavin & Craig are in their 20s.

## **Winter training update** (Chris Jenkins)

The indoor cycling sessions at Vauxhall Recreation Club have been well supported on Friday evenings. Hopefully those that have attended regularly will see the benefit as the racing season gets underway. The sessions have developed as a fairly light hearted social event with plenty of banter between participants and a lengthy recovery period in the Club's Balcony bar afterwards.

These sessions will continue as long as they are well supported.

Core conditioning at the clubroom went well until the New Year when we were relocated from our usual meeting room due to school exams and an unfortunate accident to Chris who suffered a damaged shoulder and ribs.

Chris is still able to offer training advice at the clubroom.

## **Saturday Bacon Rollers** (Roy Porter)

Roy organised a Bacon Rollers Ride in early March to attract new and old members.



I reckon it's just an attempt for Roy to eat (yet) even more bacon rolls – ed. ☺



## **My First Club Run** (Nigel Cole)

My first club run was to Emily's tea room in Whitwell. This was a well-attended day with 19 club members turning up. Some riders we're on the longer run at around 40 miles total, some went on the short route of around 25 miles and the rest made their own way there. It was great to see so many new faces and the weather certainly helped. I hope the weather is going to improve soon so we can have lots of very pleasurable rides this year and see many more members turn out for the Sunday club run. Besides I haven't had a lot of practice with puncture repairs so far which is surprising, especially with the condition of the roads at present, a total of only 3 punctures since my first club run.



I am trying to find new cafes / tearooms we could visit as some are unfortunately closing down due to the economic climate so if you happen to see any interesting venues along your travels please let me know. Still have quite a few tearooms on the list to work through at the moment and the new list for the coming weeks should hopefully interest you. Even if you are unable to come on the club run but happen to be in the area it would still be great to see you at the venue. We usually aim to arrive at the venue at around 10.30-10.45 am. If you have any queries please feel free to contact me.

Hope to see you soon.

Nigel Cole (Club Run Carer)

## **Club Runs Destination Info** (Nigel Cole)

Date	Destination	Post Code	Start Point
14-Apr-13	Milton Ernest Garden Centre	MK44 1SH	Barton Library
21-Apr-13	Winslow Jenny Wren Cafe	MK18 3AB	Houghton Regis Church
28-Apr-13	Langford Garden Centre	SG18 9SD	Barton Library
05-May-13	Cooks Wharf Cafe - Cheddington		Houghton Regis Church
12-May-13	<b>Mystery Tour</b> Where ? Who Knows ? Come Along and Find Out !!!	☺ TBA ☺	Barton Library
19-May-13	Ashridge Monument	HP4 1LT	Houghton Regis Church
26-May-13	<b><u>DOUBLE EVENT !!!</u></b> See below	SG4 8BN	Barton Library
02-Jun-13	Club Event 100M TT		Houghton Regis Church
09-Jun-13	Old Warden Aerodrome		Barton Library
16-Jun-13	Wendover Woods	HP22 5NQ	Houghton Regis Church
23-Jun-13	Harold Odell Country Park	MK43 7DS	Barton Library
30-Jun-13	Club Event 25TT		Houghton Regis Church
07-Jul-13	Salcey Forest Centre		Barton Library
14-Jul-13	Flower Pot Cafe Long Crendon		Houghton Regis Church
21-Jul-13	Vanstone Garden Centre		Barton Library

### **DOUBLE EVENT**

**Ride 1:** Normal ride to Willington Garden Centre

**Ride 2:** Ride along Lea Valley Cycle Path to Olympic Park - about 40 miles starting at Hoddesden

**Please Note :** You will need an off road or mountain bike for this ride as route not suitable for road bikes. For further details for this ride please contact Nigel Cole or Chris Jenkins.

**NOTE: ALL RIDES START at 09:00 am**

## **Corley Cycles – MK Bowl 30th March** (Tim Davies)

Oliver rode strongly in the 4<sup>th</sup> category race, with 40 other competitors. With 15 mins to go, he attacked hard to win. His plan did not work out and when caught did not have the legs to figure in the sprint. Afterwards his combatants congratulated him on his strong bid for victory.

Tim rode in the 3<sup>rd</sup> category race. This race fractured into several groups due to taking a different circuit involving many more twists and turns. He held his position throughout doing a lot of the work to catch a due containing one of the TMG Horizon club. Puncturing later he took a lap out and rejoined. He held on to finish 7<sup>th</sup> in the sprint finish.

Icknield now have 11 BC points.

## IRC Evening TT Roster 2013 (Gordon Hart)

Date	Course	Start	Sign on & Teas	Timekeepers	Pusher Off	Signs	Marshall
16th April	Higher Berry	18:45	Steve Chapman Nick Jones	Gordon Hart Tim Davies	Tony Baines & signs		Roger Day & signs
23rd April	A507	19:00	Jean Lyon Dick Lyon	Gordon Hart Ken Ayers	Phil O'Leary	Peter Jones	Paul Richardson(C) Andy Maddox(M)
30th April	Higher Berry	19:15	Muriel Holgate Peter Holgate	Gordon Hart Eileen Cray	Dick Copperwaite & signs		Pat Reynolds & signs
7th May	A507	19:30	Lister Williams Chris Randall	Peter Tasker Peter Richards	Ian Beale	Peter Jones	Keith Prime(C) Phil O'Leary(M)
14th May	Higher Berry	19:30	Richard Pratt Vivien Haestier	Gordon Hart Alan Davies	Chris Northwood & signs		Colin Holmes & signs
21st May	A507	19:30	Steve Chapman Hilary Jones	Gordon Hart Tim Davies	John Pfeifer	Peter Jones	Will Randell(C) Nick Jones(M)
28th May	Higher Berry	19:30	Jean Lyon Dick Lyon	Peter Tasker Eileen Cray	Martin Nevill & signs		Ray Morgan & signs
4th June	A507	19:30	Muriel Holgate Peter Holgate	Gordon Hart Ken Ayers	Dick Copperwaite	Peter Jones	Chris Jenkins(C) Paul Valks(M)
11th June	Higher Berry	19:30	Steve Chapman Lister Williams	Peter Tasker Peter Richards	Chris Northwood & signs		Ian Beale & signs
18th June	A507	19:30	Roy Porter Hilary Jones	Gordon Hart Alan Davies	Ian Bywater	Peter Jones	Nick Jones(M) Phil Fenn(C)
25th June	Higher Berry	19:30	Vivien Haestier Chris Randall	Gordon Hart Eileen Cray	Tony Baines & signs		Dave Barnes & signs
2nd July	A507	19:30	Jean Lyon Dick Lyon	Peter Tasker Ken Ayers	Martin Nevill	Peter Jones	Roger Day(C) Ian Bywater(M)
9th July	Higher Berry	19:30	Steve Chapman Chris Randall	Gordon Hart Tim Davies	Chris Jenkins & signs		Paul Valks & signs
16th July	A507	19:30	Roy Porter Hilary Jones	Gordon Hart Peter Richards	Dave Barnes	Peter Jones	Nick Jones(C) Jason Fraser (M)
23rd July	Higher Berry	19:30	Muriel Holgate Peter Holgate	Gordon Hart Alan Davies	Dick Copperwaite & signs		Tony Baines & signs
30th July	A507	19:30	Steve Chapman Richard Pratt	Peter Tasker Ken Ayers	Chris Jenkins	Peter Jones	Martin Nevill (C) Paul Richardson(M)
6th Aug	Higher Berry	19:15	Jean Lyon Dick Lyon	Gordon Hart Alan Davies	Paul Richardson & signs		Nigel Cole & signs
13th Aug	A507	19:15	Steve Chapman Chris Randall	Peter Tasker Peter Richards	Ian Bywater	Peter Jones	Pat Reynolds(C) Colin Holmes(M)
20th Aug	Higher Berry	19:15	Lister Williams Vivien Hastier	Gordon Hart Eileen Cray	Ian Beale & signs		Phil O'Leary & signs
27th Aug	Higher Berry	19:00	Steve Chapman Richard Pratt	Gordon Hart Ken Ayers	Chris Northwood & signs		Colin Holmes & signs

### Important Notes :

1. If you are unable to turn up for ANY REASON you should in the instance endeavour to swap with someone to take your place.
2. If you are unable to find a substitute, then please contact organiser Steve Chapman 01582 534454 or 07743 170663. If signs or marshals are missing then the event may have to be cancelled as not conforming to Risk Assessment.
3. The A507 events (9 off), Peter Jones will sign these.
4. Marshall (C) = Clophill RAB (A507 & A6).
5. Marshall (M) = Maulden RAB (A507).
6. Both the Pusher-off and Marshal for Higher Berry circuit should leave HQ at least 15 minutes before Start time of 1st rider, to allow sufficient time to put Signs out.
7. The Marshall at Higher Berry should take 3 signs from clubroom. Two to be placed at junction of Woburn Road to Eversholt, the other at the marshalling point, junction with Woburn Rd to the west of the junction.
8. The Higher Berry circuit Pusher -off should take 4 signs from the Clubroom. One to be placed at the T junction, about 1 mile after the Start. The other 3 to be at the Start X-rds, to the **South, East** and **North** of the X-rds.