



THE ICKNIELDER

Newsletter of the
Ickniel Road Club



Issue 11

Date Apr 2014

Thoughts from “The Chair” (Lister Williams)

So good to see a sunny day becoming a reasonable hope, as we move into the lighter skies and warmer rides. Sunday’s Club run had the full benefit.

It is good to see the Evening League being well organised. Please do read the rota and keep Nick up to date with any changes you need to make. Remember your rear lights!

I am delighted that the Club will have at least two teams in the London Surrey 100 in August – I hope we can fill four places for the women’s team too. Eighteen weeks to go, I think.

The Clubroom has been pleasantly busy over the winter months. All sorts of groups, planning, muttering, and catching up. Tim has been doing a grand job with the kit and our Foreign Legion deciding on this year’s outing to Europe. We should soon have enough dogs to form a separate section – agility maybe, since they don’t do time trials in the same style.

I have a sense that the club is doing well, with all the ideas and initiatives. Add a bit of sunshine (for those of us who prefer it that way) and we have a good summer ahead.

Look where you are going
Regards
Lister

Tim wins the Norland 10 (Gordon Hart)

Tim Davies won the Norland 10 on the morning of March 30th on the N17/10 course at Towcester. He was also the first vet on standard with +4:12.

The conditions were cold and misty, but the main road section has been recently resurfaced and made for a fast start on the climb up to the turn.

- 1 Tim Davies Ickniel RC 22:15
- 2 David Mead Hinckley CRC 22:23
- 3 Ryan Kenworthy (J) Leisure Lakes RT 23:32

New members (Gordon Hart)

Warm welcome to the following members who have joined the Club recently.

Name	Location	Member	Name	Location	Member
Mike Daniel	Welwyn Garden City	Sen. Cit	Darren Sherwood-Jones	Luton	Senior
Anthony Brennan	Luton	Senior	Stephen Russell	Luton	Juvenile
Steve Seeby	St. Neots	Sen. Cit	Anna Figliola	Luton	Senior
Yusuf Hussain	Luton	Juvenile	Mathew Cao	Toddington	Juvenile
Neil Goldsmith	Dunstable	Senior	James Turner	Luton	Juvenile

Also welcome back 3 members who missed re-joining in 2013.

IRC Tuesday Evening Time Trials (Nick Jones)

It must be nearly summer ! The Tuesday Time Trials start again on Tuesday 8th April so now is the time to assess how much all those hours on the turbo, or at our Friday night spinning sessions did to boost your fitness (thanks Chris!)

I want these events to be fun for both the team running the event and the competitors. For that to be the case we need to ensure that the attached rota sheet is clearly understood. I quite understand that no-one's life revolves around IRC, and that duty swaps may be necessary. It would be greatly appreciated if you could arrange your own swaps, but please do let Hilary or myself know as soon as possible if changes are made. It is vital that we have enough cover for these events as safety is paramount, and our Police permission to hold these trials is dependent on full staffing.

I will be phoning/ emailing all those on the rota on the Saturday preceding their duty – that's why we need to know about swaps as if someone is basking on a tropical beach they won't be answering their landline!

Newcomers to the club (you know who you are!) are not included on this rota, but are invited to let me know if they are able to come along and give a hand. This way the admin side of things can be shared amongst most of us, and ensuring that we have plenty of experienced helpers who know what they are doing.

If you have any questions please let me know. I look forward to an enjoyable and stress-free series of Tuesday evenings.

Best wishes,
Nick

Contact Details

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Please Note that details of the Evening League Details are at the end of the Newsletter so they can be easily detached and used for reference. ☺

Racing Scene Roundup (John Lee)

The 2013 season ended on a high note with a very successful Cyclo-cross event at Icknield School Luton promoted by the Club under the leadership of Lister Williams our Club Chairman and ably abetted by Ray Morgan and members of the Club. This was the first time that Lister had organised the event and it was a credit to all Club members who rallied round to make sure the day went smoothly. Special thanks also go to Roy Porter (Marshal Organiser) and the tea ladies Muriel Holgate and Elaine Morgan. It just shows what strength in depth the Icknield has.

Congratulations go to Tim Davies our Club Champion as he also won the Norland Senior and Vets Championship, the London Veterans Championship plus finishing 14th in the National BBAR. Competing at this level whilst also ordering and distributing the new Club kit (a big task in itself) is very commendable.

It is pleasing to see that we have both a Lady and Junior Champion, Lauren Randall and Oliver Cocks respectively, taking the trophies. This is the first time for a few years that both BARs have been awarded. It is also some time since the Icknield had a team finish in the 100-miles TT with Paul Bancini, Grant Osborn backing Tim in our Club Open event. If Paul and Grant had also ridden a 12-hour we would have had a team finish in the BBAR exceeding 22 mph. These three with Peter Harridge and Oliver Cocks coming through could be a very formidable group for next year. We also had Jeremy Rollinson who finished the London 100-mile Charity in 5hr 12min – it could be good 2014....

On a final note I would like on behalf of the Club and myself thank Peter Jones our TT Secretary for all the hard work he has done for the Club over the years. Peter is moving to Shropshire and we wish him all the best for the future (hear hear – Ed.).

Hitchin Nomads Boxing Day TT (John Lee)

The Hitchin Nomads Boxing Day 10 at Old Warden saw a very good turn out by the Icknield Road Club with nine members riding and a further six turning out to watch and support.

The recorded times were as follows : Tim Davies 27.35 (riding an early Hercules), Jason Fraser 32.19, Richard Farnish 34.13, Hilary Jones 36.01 riding her first time-trial. Full marks to Allan Davies who timed the last four off and then followed Hilary round so she didn't get lost. Next in was Ian Rollinson 36.15 after going off course, Roy Porter 36.15 riding his old faithful Ivor Holmes, Chris Northwood 38.52 still carrying his Christmas pudding and Maurice Burton 40.45. All commendable rides for a lumpy circuit and a cold morning.

The handicap times were : Tim Davies 26.15, Roy Porter 30.09, Jason Fraser 30.55, Richard Farish 32.49, Maurice Burton 33.29, Ian Rollinson 34.38, Chris Northwood 35.38 and Hilary Jones 36.01.

Looking for a future Olympic medal winner (Ray Morgan)

One of the Club Coaches, Ray Morgan, attended the first Central Region Rider/Coach, Development Forum at Chinnor. It was held on the last Thursday in February by Ric Jamieson, Regional Performance Pathway Coach for the South West & Central Regions. He is part of the Great Britain Cycling Team.

Ric outlined the Rider Development Route, the age of riders he works with (14, 15 and 16), racing pathways, rider benchmarking and Regional Schools of Racing. The opportunities for Coach continuing professional development were discussed, these being mainly at Regional Schools of Racing (RSR's) at which coaches are encouraged to attend, observe and assist.

RSRs are one day sessions with up to 18 of the top girls or boys in Road, Track, Mountain Biking or BMX, by invitation only, at which specific skills within each discipline are coached and assessed. Possible venues for these events were discussed.

It was a worthwhile forum and the networking with other Clubs and British Cycling employees was good.

50 Years ago... (John Lee)



These three Club Riders (L to R, John Smith, Tony Baines and Roy Porter) rode the Crouch Hill 100-mile Time trial in June 1964 on the North Road. They won the 1st team award and according to records at the time were only the second team to win a 100 in the Club's 31 years' history at that time.

They are pictured here with two of the actual Ivor Holmes bikes that Smith and Porter rode on the day. Sadly Tony Baines no longer has his machine (a Marathon).

These bikes are steel with a 5-speed block and double changer with friction levers- a very different picture from today.

The times recorded were :- John Smith 4:54:05, Tony Baines 4:44:33 and Roy Porter 5:04:03 – very creditable performances by all three.

Flesche Waltonne (Tim Davies)

Tim Davies was 6th over the line in the AB race and 4th B cat vet in the LVRC Road Race - Flesche Waltonne up at Husbands Bosworth in Leicestershire on 16th March. As Tim said...

“Nice result, and I'm happy with it today. 5 laps around a lumpy course, several riders got away in 2s and 3s only to come back in the windy cross winds. I was always up front in the action, where the fun is, crossing the line first on lap 1. Then lap 3 through a village a tractor caused a pinch point and split the bunch. This is where front riding pays off. We went as hard as we could for about 15 mins, and opened up a nice gap. The group of about 12 or so were not working very well together: it was difficult to get a smooth rotation. On the last lap 2 riders jumped away at the bell. We caught one from Rapha Condor, but the leader was moving away and not looking like he was going to get caught. My group lost impetus, but we held on. Up the hill I led, but was overhauled by 4 others in the closing yards.”

Nice result indeed Tim !!!

Club Runs

Date	Place	Start from	Time
06th April	Open Hilly - No Club Runs	-	-
13th April	Hinxworth Pig Farm	Barton	09:00
20th April	Cafe Pacific	Houghton Regis	09:00
27th April	Olney Tea Room	Barton	09:00
04th May	Hub Aston Clinton	Houghton Regis	09:00
11th May	Langford Garden Centre	Barton	09:00
18th May	Ashridge Monument	Houghton Regis	09:00
25th May	Emily's Whitwell	Barton	09:00
01st June	Winslow Jenny Wren	Houghton Regis	09:00
08th June	Harrold Odell Country Park	Barton	09:00
15th June	Blackwells Chipperfield	Houghton Regis	09:00
22nd June	Country Bumpkins Tewin	Barton	09:00
29th June	The Cog Cafe Tring	Houghton Regis	09:00
06th July	Milton Ernest Garden Centre	Barton	09:00

Note : Some venues may change at the last minute if the weather is poor because they may only have outside sitting.

With the up and coming better weather we will be able to travel to some of our summer venues like Ashridge and hopefully during The Bluebell Season.

We are seeing a number of new faces on club runs which is excellent and hopefully would love to see more riders out.

We are aiming to have at least a couple of prizes to be handed out at this year's Club dinner one for most attendances, and one for the most punctures.

Look forward to seeing your out on the club runs in the coming weeks (Don't forget it's always sunny on a club run).

Regards,
Nigel (aka "Neil")

ICKNIELD ROAD CLUB OPEN EVENTS (Peter Tasker)

Date	Day	Distance	Event	Course	Start	Entry Fee & Internet E
6 th April	Sunday	30Km	Solo	F12/30Km	09.00	£8.00 Internet Yes
6 th April	Sunday	30Km	2 up TTT	F12/30Km	09.00	£15.00 Internet Yes
1 st June	Sunday	100miles	Solo with Tandems	F1/100	06.00	Solo £9.00 Internet Yes Tandem £15.00 Internet Yes
6 th July	Sunday	25miles	Solo	F1/25	06.30	£8.00 Internet Yes
6 th July	Sunday	25miles	Tandem	F1/25	06.30	£15.00 Internet Yes
6 th Sept Slower than 21.00 LTS	Saturday	10miles Charity Event	Solo	F11/10	14.00	£8.00 Internet Yes SC. Preference to LNDC Club riders
6 th Sept	Saturday	10miles Charity Event	Tandems	F11/10	14.00	£15.00 Internet Yes

OPEN EVENT ORGANISERS (Peter Tasker)

Event	Organiser	Comments
Sporting on 6th April 2014	Peter Tasker	Internet Entry Yes
100 mile 1st June 2014	Tim Davies	Internet Entry Yes
25 mile 6th July 2014	Lister Williams	Internet Entry Yes
Charity '10' 6th Sept 2014	Nick Jones	Internet Entry Yes

Club Champion's Results for 2013

Here are the performances in 2013 of IRC Club Champion Tim Davies:

Event	Course	Age	Date	Distance	Result	STD	Pluses	PB
VTTA 10	F11	45	08-May-2013	10 miles	00:19:58	00:26:23	00:06:25	✓
Derby Mercury 25	A25/11	46	10-Aug-2013	25 miles	00:52:21	01:07:15	00:14:54	✓
Shaftsbury 50	E2	45	20-Jul-2013	50 miles	01:51:16	02:17:52	00:26:36	
Icknield RC 100	F1	45	02-Jun-2013	100 miles	03:51:48	04:51:31	00:59:43	
CC Breckland 12hr	B12/3	45	28-Jul-2013	12 hours	276.21	205.77	70.44	✓

Hopefully these will give us all inspiration as to what is possible and will enthuse us all for the coming season.... ☺ (Ed.)

Please note that following pages can be removed as pinned to notice boards, calendars etc. to remind members as to what events are happening when over the coming months...



ICKNIELD ROAD CLUB SPORTIVE 2014

AT THE START OF MAY 2014 ICKNIELD ROAD CLUB WILL BE STAGING ITS VERY FIRST SPORTIVE

THERE WILL BE 3 RIDES 15-45-70 MILES

ALL RIDES ARE OPEN TO ANYONE INC NON MEMBERS

MAPS OF THE RIDES WILL BE AVAILABLE SHORTLY



**CHOSEN CHARITY-
EAST ANGLIAN AIR AMBULANCE**



ALL RIDES WILL HAVE SIGN POSTED ROUTES AS WELL AS GPX FOR THOSE WITH NAVIGATION DEVICES, FOOD STATIONS AT POINTS AROUND THE COURSES AND A SWEEPER VEHICLE FOLLOWING THE LAST RIDER

DONT FORGET A SPORTIVE IS A NON-COMPETITIVE CYCLING EVENT AND NOT A RACE

COME AND GIVE IT A GO, THERE IS A RIDE TO SUIT ALL ABILITIES

FOR FURTHER INFORMATION PLEASE CONTACT NIGEL COLE;

nigelpcole@hotmail.co.uk OR 07850 985655

ICKNIELD ROAD CLUB EVENING TIME TRIAL PROGRAMME AND ROSTER 2014

Date	Course	Start	Sign on & Teas	Timekeepers	Pusher Off	Signs	Marshalls
08th April	Higher Berry	18:50	Steve Chapman Chris Randall	Gordon Hart Alan Davies	Maurice Burton & signs		Paul Valks & signs
15th April	A507	18:50	Steve Chapman Nick Jones	Gordon Hart Tim Davies	Tony Baines & signs		Roger Day & signs
22nd April	Higher Berry	19:00	Jean Lyon Dick Lyon	Gordon Hart Ken Ayers	Phil O'Leary	Nick Jones	Paul Richardson(C) Andy Maddox(M)
29th April	A507	19:20	Muriel Holgate Peter Holgate	Gordon Hart Eilean Cray	Dick Copperwaite & signs		Pat Reynolds & signs
06th May	Higher Berry	19:30	Lister Williams Chris Randall	Peter Tasker Peter Richards	Ian Beale	Nick Jones	Keith Prime(C) Phil O'Leary(M)
13th May	A507	19:30	Richard Pratt Vivien Haestier	Gordon Hart Alan Davies	Chris Northwood & signs		Colin Holmes & signs
20th May	Higher Berry	19:30	Steve Chapman Hilary Jones	Gordon Hart Tim Davies	John Pfeifer	Nick Jones	Will Randell(C) David Newell (M)
27th May	A507	19:30	Jean Lyon Dick Lyon	Peter Tasker Eilean Cray	Martin Nevill & signs		Ray Morgan & signs
03rd June	Higher Berry	19:30	Muriel Holgate Peter Holgate	Peter Tasker Ken Ayers	Dick Copperwaite	Nick Jones	Chris Jenkins(C) Paul Valks(M)
10th June	A507	19:30	Steve Chapman Lister Williams	Peter Tasker Peter Richards	Chris Northwood & signs		Ian Beale & signs
17th June	Higher Berry	19:30	Roy Porter Hilary Jones	Gordon Hart Alan Davies	Ian Bywaters	Nick Jones	Nigel Cole (M) Phil Fenn(C)
24th June	A507	19:30	Vivien Haestier Chris Randall	Gordon Hart Eilean Cray	Tony Baines & signs		Dave Barnes & signs
01st July	Higher Berry	19:30	Jean Lyon Dick Lyon	Peter Tasker Ken Ayers	Martin Nevill	Nick Jones	Roger Day(C) Ian Bywaters(M)
08th July	A507	19:30	Steve Chapman Chris Randall	Gordon Hart Tim Davies	Chris Jenkins & signs		Paul Valks & signs
15th July	Higher Berry	19:30	Lister Williams Ros Ettwell	Gordon Hart Peter Richards	Dave Barnes	Roy Porter	David Newell (C) Jason Fraser (M)
22nd July	A507	19:30	Muriel Holgate Peter Holgate	Gordon Hart Alan Davies	Dick Copperwaite & signs		Tony Baines & signs
29th July	Higher Berry	19:30	Steve Chapman Richard Pratt	Peter Tasker Ken Ayers	Chris Jenkins	Nick Jones	Martin Nevill (C) Paul Richardson(M)
05th Aug	A507	19:20	Jean Lyon Dick Lyon	Gordon Hart Alan Davies	Paul Richardson & signs		Nigel Cole & signs
12th Aug	Higher Berry	19:20	Steve Chapman Chris Randall	Peter Tasker Peter Richards	Ian Bywaters	Nick Jones	Pat Reynolds(C) Colin Holmes(M)
19th Aug	Higher Berry	19:20	Lister Williams Vivien Hastier	Gordon Hart Eileen Cray	Ian Beale & signs		Phil O'Leary & signs
26th Aug	Higher Berry	19:00	Steve Chapman Richard Pratt	Gordon Hart Ken Ayers	Chris Northwood & signs		Colin Holmes & signs