



THE ICKNIELDER

Newsletter of the
Icknield Road Club



Issue 10

Date Dec 2013

Notes from “The Chair” (Lister Williams)

Our Cyclo Cross event was held on Nov 17th, successfully, and there is an article elsewhere about this. Does no harm to repeat that it was only possible with the help of a rake of the membership, my thanks to all of you.

Another successful event was the Club lunch, organised by Tony Baines. As it was the 80th year of the Club, those attending had a “goody bag” with a Club badge having an “80” included in the logo, a souvenir booklet, and a raffle ticket. The prizes were generous gifts from the Queen family and others.

The food was good and the service well organised.

I had the privilege of welcoming numbers of special guests and of past champions (including not only Tony’s wife, Elaine but his two daughters, also past champions – a family affair). To sum up this current year, Nigel Cole talked about the 80th runs and the lunch that followed, Tim Davies summed up the year of time trialling, and Ray Morgan talked about the younger members and the opportunities the Club was offering.

Ted King MBE, who had been secretary in 1950, our principal guest, then spoke most interestingly about the earlier days of time trialling, including the intricacies of measuring the exact distance covered in the 12hr trials.

He then presented the Clubs prizes and Trophies guided by Peter Tasker. As usual many went, deservedly, to Tim Davies – who spoke briefly, encouraging others to join in the fray.

Our President, John Lee, then made a special presentation to Gordon Hart, our Treasurer, of Life membership of the Club. Though Gordon has been with the Club a few years less than the 30 usually required, the Committee had no hesitation in granting this, in recognition of the work, seen and unseen that he puts in every year, to benefit the Club. Our thanks go to you - Gordon.

Do take advantage of Chris Jenkins training – he is now running sessions on Tuesdays at the Club, so put on your track suit and come along to build up those muscles you didn’t know you had.

Safe riding, Lister

Lister

Icknield Road Club AGM

This is an early notice that the Club AGM will be held on Tuesday 28th January 2014 in the Culcheth Centre at Redborne School Ampthill starting at 8pm.

Icknield RC 80th Anniversary Lunch and Prize Giving (John Lee)

Saturday November 30th was a huge success with 105 members and friends attending the function at the Chiltern Hotel in Luton. A big thank you goes to Tony Baines who organised the event for all the hard work he put in over many weeks. There is also a big thank you to Hilary Jones for producing a Commemorative Booklet, to Lister Williams (Chairman) for getting and distributing the 80th pin-badge and to all the people who donated to the raffle. It was a pleasure to welcome back our former member Ted King MBE along with his wife Rosemary. Ted who was our Club Secretary in 1950 presented the prizes and Rosemary drew the raffle.

The new format of four short speeches went down well with the audience. The chief prize-winner was Tim Davies who also collected other trophies from outside of the Club. This year, after several years absence we had a Junior Champion, Oliver Cocks who was presented with the shield by Peter Smith son of the late Geoff Smith who made and donated it the Club in 1953. Our Ladies Champion Lauren Randall was unfortunately unable to attend the event. It was also good to see some of the newer members winning medals.

The most prestigious award was the last one when Gordon Hart was made Life Member of the Club for over 20 years of hard work.

This 80th anniversary event was certainly an occasion to be remembered. It just remains for me to wish you all a Merry Christmas and a Happy and successful New Year.

John Lee (IRC President)



Club Trophies, Medals ready to go



Oli Cocks receiving the Junior Champion Trophy



Everyone getting ready for the fun to begin



Getting ready for the meal



The Flying Balloons were enjoyed by all



Roy getting a bit of support from his fan club !!!

Trophy winners for 2013 (Gordon Hart)

TIM DAVIES

Senior TT Trial Championship, Intermediate TT Championship, 100 mile TT Cup, Sanderson Bowl (1.51.48), Doug Egger Cup (1st open 28k), Major Gareth Rhys Evans Memorial Trophy, Baines 12hr Handicap Cup (276.29 miles), Hill Climb Champion, John Dryerre Inter-Club Cup, British Cycling Championship, Club 10 (April 13, 21.32), Club 10 (July 13, 21.57)

OLIVER COCKS

Thorp Trophy (Fastest Junior 25 mile TT), Junior TT Championship, Alan Ettwell Memorial Trophy, Stanley Cooper 30 Cup

CHRIS JENKINS

Ron Willett Cup

STEVE CHAPMAN

Sheila Humphries Cup

JEREMY ROLLINSON

All in 10 Handicap Trophy

IAN BEALE

Club 15 (June13 - 1st)

PAUL VALKS

Club 10 (June 13 - 2nd handicap, 26.44)

PAUL RICHARDSON

Club 10 (June 13 - 3rd handicap, 28.09)

PETER HARRIDGE

Club 10 (April 13 - 2nd, 23.48)

LAUREN RANDALL

Ladies Time trial Championship

JOHN LEE

Meritorious Performance Cup

New members (Gordon Hart)

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

Name	Location	Member	Name	Location	Member
Peter & Rozi Ettwell	Stewartby	Family	Tom Allen*	Taplow, Slough	Family
Ross Poulton	Marston Moretaine	Senior	Jeff Whiting	Hemel Hempstead	Senior
Malcolm Putman	Hockcliffe	Senior	Kevin Miller	Amptill	Senior
Karl Shrowder	Eaton Bray	Juvenile	Saqib Akram	Luton	Juvenile

*Tom was Club junior champion in 1994 & 95

Tim wins Norlond TTC and Northants CA trophies (Gordon Hart)

Tim Davies has won 3 Norlond trophies in 2013. The Grace Harper 25 mile Memorial Trophy, the Norlond Vets BAR and the Norlond BAR over distances of 25,50 & 100.

Tim has also won the Northants CA Irthlingborough trophy for achieving the best distance in a 12 hour time trial by a member of a N&DCA club. So very well done Tim.

Club Clothing (Tim Davies)

We currently hold this stock. Members simply contact Tim Davies to buy them, or come and collect Tuesday nights. More L & XL stock of shorts and tops will be available after Christmas.

Size	Item	Code	Price £	Stock Qty
XL	Windtex Gilet		26	1
L	Pro Road Jersey l/s	4064/4	49	1
L	Pro Bib Shorts	4068/5	54	1
L	Womens sz Jersey	2001/5	27	1
M	Ultra Packable	4066/4	30	1
M	S/S 3/4z Jersey	4005Q/4	27	2
M	S/S 3/4z Jersey	4065Q/4	27	1
M	Bib longs (tights) & pad	4019P/4	42	2
M	L/S fz Jersey	4006/4	32	3
M	Roubaix Jacket	4033/4	34	1
S	Pro Bib Shorts	4068/3	54	2
Var	Mitts, mostly XL left		12	6
	Buff		8	3
11 -12	s/s jersey	4030	19	8
S	s/s jersey	4001/3	27	6
Var	Other kids sizes from 1st = Ray	Var	19	?

Prices similar to those recent, with up to 20% off the list price with the club subsidy.

The catalogue can be accessed through our website on the front page or this link:

http://www.endura.co.uk/assets/downloads/Endura_custom13.pdf

CX7 - The Icknield Road Club contribution to the Central Cyclo Cross League (Lister Williams)

On November 17th, the Club ran a day of Cyclo Cross as part of the Central League series. It was held at Icknield School, and though we were unable to use the front part of the grounds, that in fact turned out to be an improvement in the view of many riders.

Our Commissaire, British Cycling, and many riders expressed their thanks and approval of the event and the course, and we are grateful to Icknield High School for their continuing support.

Races went from the Under 10s right though to Seniors, with a separate Vets race, and were more or less on time. The conditions were good, with no rain.

None of this would have been possible without many people from the Club before, during and after the event, giving their time to make it happen – from liaising with the school, setting out the course, setting up the timing, doing the signing in, and keeping all and sundry fed and watered to a high standard. Our team of marshals were flexible and did as asked, and we had a mobile First Aider on a bike. Many gave a hand in informal ways, too.

So, from the organiser, and everyone who passed their thanks to me, many thanks to every one of you.

Club Subscriptions for 2014 (Gordon Hart)

Club subscriptions are now due for 2013-2014. The current rates are :

Seniors £20
Junior £9

Senior Citizens (over 60) £13
Juveniles £5

Family £30

I am at the Clubroom most weeks, or you can post them to **Gordon Hart, 19 Riverside Road, Luton, LU3 2LY.**

If you use internet banking, you can make payment to **20-05-74 50090093. Please add your name as a reference**, so I know where it's come from and what it's for – Thanks.

John Lee sets another track record at 84 years of age (Gordon Hart)

Just 5 days after setting 4 track records upto 10 miles, John attempted the 'Big one', namely the hour.

The ride again took place at Welwyn track, commencing at about 8.30 am, hopefully before the wind started blowing. I had set a simple even paced scheduled of twenty miles per hour, to attain this one must ride each of the 460 metre laps at an average of 51.3 seconds. It was 11 laps before John was level with his schedule with his 1st under 50 sec lap. I walked the line to indicate to John how he was doing with his schedule; once he was level I then found myself having to move further away each lap, usually by about 15 to 20 yds. He covered the 1st 10 miles in 29mins 25 secs. Just another 35 laps to go for 20 miles He carried on to complete the hour with laps consistently of 49 & 50 secs.

Finally after one hour of riding he had covered 20 .43 miles (71laps & 211 metres).

So, another successful record attempt, well done, John.

A Big “Thank You” from John Lee

I would like to thank all of those people who left “Well Done” messages on the Club Facebook page regarding my National Age Records at Welwyn Track. These records could not have been done without a lot of help from a group of people in the photos below. They are (L to R) Jean Daniel, Gordon Hart (Timekeeper), Mike Daniel, Brian Harrison on the 1st photo and Roy Porter on the 2nd at the end. Lastly, but certainly not least, my wife Freda who is not shown in the photos but made sure I had enough calories to train for several months and finally to achieve the targets that Gordon and I had set in two sessions. The first up to 10 miles and the second up to 20k and then the hour achieved five days later.

Once again, THANK YOU ALL !!!



Photos of John Lee and “The Support Team”

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.).

Obsolete Club Compomotive Clothing, must be cleared (Gordon Hart)

Back in 2012 once orders were being taken for the new non-sponsored clothing I deliberately stopped trying to get rid of the old clothing that was in my possession. The time has now come when we need to clear it out.

NOTE: This clothing **cannot be used** when competing on Open Time Trials and Road Races, **but OK for Club events.**

Any sensible offers accepted. I am at the Clubroom most weeks, or phone 01582 593893, or email gordon.hart@idnetfreemail.co.uk

Source	Item	Detail	Condition
New Nicosport	Skinsuit	Size 3 34-36"	
New Nicosport	Bibtights No pad lycra	Size 2 Small	
New Nicosport	Bibtights No pad fleece	Size 5 Large	
New Impsport	Road/summer jersey s/s short zip	Small	
New Nicosport	Bibtights		
Used Impsport	Training top size	Large	
Used Impsport	Road/summer jersey s/s		Good as new
Used Impsport	Road/summer jersey s/s	Small	Good as new
Used Impsport	Training top size	Large	Good as new
Used Impsport	Bib shorts	Large	Good as new
Used Impsport	Shorts	Small	OK

Rourkie's Cat & Fiddle Ride 2013 (Photos by Roy Porter & words by Chris Northwood)

We started off from Luton with Ian Beale and me in one car and Roy, Richard and Ian Rollinson in his new BMW, and bikes all loaded.

As we got into Stoke we made our traditional visit to Brian Rourke's shop but it was shut as we were just a bit too late. We then looked and found our hotel and booked in ready for the evening's preparation for the event.

The first stop was to be the coffee shop, but again that we closed when we got there (how convenient – Ed.), so we ended up in a Wetherspoons pub. The coffee looked good, but in front of us were also 5 real ale pumps. We put it to the vote but the ales won...



As the night drew on it was time to find a curry house and some more beer.... at least we found one open (unlike bike and coffee shops).

As all of our preparations were no complete we went back to the hotel with Ian Beale, Roy and me in one room, and Richard and Ian Rollinson in the other.

Early morning call got us all up for breakfast. Got a phone call from Maurice saying that he couldn't get there in time so was going to miss the event. The banter started with us giving Roy a hard time for keep having to use his rear light during the night to see where he was going when he was frequenting the loo. We started the ride nice and early and as we set off I sure I stayed with Roy so as not to miss the cake stop on the Cat & Fiddle road.

Ian B made the first move on the climb leaving me and Roy on our own. We waited at the cake stop to regroup - you could see the IRC kit really stand out as Ian and Richard came round the bend.

When we got to the Four Banks Roy managed to get his legs back and off he went followed by Ian B. Unbelievable that at 73 years old he's still "got it".

At the top of the last bank we regrouped again and rode to the finish as a team and headed for the recovery area. The food was out very nice, and as we chatted about the ride someone very much resembling Sean Kelly turned up. We had to do a double take to make sure it was him – it was, so a group photo was soon taken.



View from the 4 Banks



Spot the Ringer Contest !!!

Bellies full and feeling better we went back to the cars for the long journey home. All in all, we had a great day out, spent with good friends – what could be better ?

Winter training (Chris Jenkins – IRC Club Coach)

As the summer racing season comes to a close and the evening time trials have finished there is an opportunity to work on base fitness and core strength.

On Tuesday evenings at the clubroom I aim to provide core strength sessions and on occasion posture and therapy. I will hopefully be able to help you with a self-massage programme using foam rollers. These sessions will be free of charge to Club members and a small charge of £1.50 if you want to bring friends or other family members along. They do not need to be sports minded or super fit to benefit from these sessions. These indoor winter training and conditioning sessions will be starting at the Clubroom starting Tuesday 3rd December.

Friday nights will again see indoor cycle training using the Venue 360 (formerly the Vauxhall Recreation Club) indoor cycling studio. There will be two sessions, the first starting at 6.30pm aimed primarily at our younger riders (minimum height 4ft.9in. due to size of bikes) although older members are welcome to make numbers up. Second session for adults will start at 7.30pm and finish at 8.30pm when we then usually adjourn to the bar for a coffee.

Sessions will begin on **25th October**. Please **pre-book** your place with me (07812741899) beforehand as there are only 12 bikes available. There will be a small charge of £3 for adults and £1.50 for juniors to cover cost of hiring the studio. Please bring water (bikes have water bottle holders fitted), and a hand towel to these sessions. The bikes have pedals with both toe clips and SPD small cleat fitting.

An excursion into France (Nigel Cole)

In September Chris Jenkins organised a trip to France cycling from Calais to Abbeville and back.

We rode a total of 273 miles from the Friday to the Monday and visited some very interesting places like the totally flat and dead straight 10 mile long cycle path along the Canal to Saint Valery Sur Somme on the coast and many other very interesting French villages and sights.

The roads and cycle paths in France are like carpets compared to the British roads which adds to the pleasure of riding in France.

A few Belgium beers were consumed during the trip and a good time was had by all.

Club Runs

Summing up the year I have really enjoyed the experience this year being the Club Runs leader/carer. We have lost some old venues but have gained some new ones as well like the Bike Bus and Chipperfield. We have seen many new faces come out on the club runs and on the whole we have been blessed especially during the summer with excellent weather.

We have learned about weather station technology and World War 2 look-out posts and the infamous one legged horse.

Let's hope 2014 will bring more some more new venues, more riders and more great weather. You never know we might even see a one legged sheep next year !!!

Hope you all have a great Christmas and a fantastic 2014...



All the best,
Nigel Cole Club Run Carer

Racing Scene Roundup 2013 (Tim Davies)

1. Open events

This year has seen a greater depth of riders competing. These are the results of various Open events promoted by the Club this year.

Promotion Icknield 30km organised by Peter Jones at Easter 7th April

Won by Steve Golla for the umpteenth year from Ross Clarke, Tim was 3rd ahead of Pete Lawrence.

Paul Richardson, Colin Holmes and Ian Beale all took part.

Promotion Icknield 100 organised by Tim at the start of June

Won by Steve Berry in 3:40:53

Tim was 5th with 3:51:48

Paul Bachini 29th 4:24:53

Grant Orsborn 4:40:32

Jonathan Shergold 4:40:47

Promotion Icknield 25 organised by Lister in July

Won by Matt Molloy with 54:30

Tim 5th 55:38

Peter 1:0:24

Colin H 1:6:05

Jack Newell 1:8:23

2. Interclub scene

This has seen a serious decline in interest by club members, here are some highlights

The Interclub 10, organised by Peter Jones 20th April.

Many thanks go to Peter for organising this event. It was well attended, won by Tim in 21:32

14th Peter H 14th 23:48

26th Richard Pratt 25:35

Ian Beale 26:06

Phil O'Leary 26:38

Gavin James 27:47

Lister Williams 30:44

Maurice Burton 31:32

The interclub 30 organised by the Hitchin Nomads, 26th May.

The sun-kissed Bedfordshire roads saw four of the area's leading time trialling squads battle it out on a demanding, three circuit loop of Southill and Old Warden.

Oliver Cocks 1:16:12

Grant Orsbourn 1:19:14

John Shergold 1:21:02

Richard Pratt 1:22:35

Peter Jones (Lantern Rouge) 1:59:22

Interclub 25 on 14th July

This was cancelled due to a truck load of loose chippings being dumped on an otherwise perfectly good lane.

Interclub Hill Climb.

The grand finale was the usual romp up Moleskin Hill won by CC Ashwell's Theo Doncaster with 2:29.

6th Tim 2:40.4

13th Oli 2:54.9

Gav, Grant and Arthur, collect the right numbers next time!

3. Club TTs

This has seen a rise in real interest largely due to the consistency of events in the Flitwick and Ampthill areas and picking up new members from here too.

19 events took place and only 2 cancelled due to heavy rain. A good result by any club standard. The format of alternating between the A507 and our 2 or 3 lap circuit options around Higher Berry and Some events with up to 20 Icknield riders.

As the summer progressed numbers improved and competitions between members formed, as it should be, Gavin James Arthur Zwanik & Grant Orsborn hotly competing and slowly closing in on Oliver Cocks. Paul Richardson v Tony Baines & Chris Northwood and Jerry Rollinson improving Lauren & Mitch Randall

Notable regulars are:

Nigel Cole, Phil O'Leary, Lister, Paul Valks, Maurice, Viv, Ian Bywaters, Colin Holmes, Chris Jenkins, Ian Wilson, Richard Pratt, young Charlie Sampford, Roy-boy, Josh Stirling and yours truly again.

Visitor numbers were steady, but perhaps less than hoped for, typically 4 or 5.
We also saw real efforts in encouraging the youngsters to ride with the escorted system on the circuit events: Sean Brennan, Callum Randall, Lui Tomlinson.

4. Results from Open Events promoted by other clubs. (number of events)

Peter Harridge (22)

A better season, previous year marked by illness. Also a new bike seemed to help.
13th July 56:18 in the API metrow on the E2 in near perfect conditions. In early Sept a trip to the ski slope at the Glyn Neath Valley saw a 56:44.

At 30 miles a 1:11 on the F1.

While at 50 miles a 2:06 in May in the Norlond a 10 in the Finsbury both on the F1 and a best for a while 2:02 on the B3 CC Breckland as the season drew to a close.

Paul Bachini (4)

Cambridge 10 22:18, Chronos 10 25:41, API 25 57:58, Finsbury 50 2:03:06

Adrien Briers (2)

Chronos 10 25:48 & 25:56 in the Bossard Wheelers 10

Mike Richardson unfortunately did not achieve any results this year despite entering 6 throughout the year.

John Pfeiffer with injury or illness spoiling the latter of his season (1)

28:54 in the VTTA 10

Craig Palmer (2)

38:25 in the MK 15, 1:4:15 in the Welwyn Hilly

Colin Holmes (9)

A 26:01 in the Chronos 10 mid-August on the F2.

A 1:05:55 mid-July in the Veralum 25 on the F1.

Grant Orsborn (2)

4:40 in the Icknield 100, 1:01:26 in the Norlond 25

Oli Cocks (2)

1:5:17 in the BRCC 25 mid-April. An adventurous 1:16 in the Welwyn hilly in March, doing a bit of cross down a track.

5. Road Racing

Oli Cocks (10), moving up to 3rd cat

6, 7, 8 and 10th places in the 4th cat races at the MK Bowl

Josh Stirling (3)

3 points, 2 in Junior cross so far and 1 in the go ride in July.

6. Tim Davies (27 time trial events)

5 10's, 8 25's, 4 50's, 3 100's, only 80 in the BDCA due to a puncture.

PBs at 10, 25 miles and 12hrs, 19:58 in the VTTA 10 on the F11, 25 a 52:21 in the Derby Mercury 25 in August

A win in the BRCC 25 on the F1B a windy and wet mid-April with 57:22

4th in our own hilly & Lampard 10

5th in the Finsbury 50, IRC 100

6th in the Breckland 12hr with 276.21 miles and a **new club record**.

16th in the National BBAR competition.

Very close to my 100 PB missing it by just over half a minute.

Regional Competitions

The Norlond BAR, with 6:38:03 Shaftsbury 50 1:51:16, Icknield 100 3:51:48 and Norlond 25: 54:59

The Fellowship of London Cyclists Oak CC Trophy for 55:39 in the Finsbury '25

The L&HC VTTA BAR, Laurie Dixon Bowl & Member's Cup for the fastest 100 & on best std.
The LNDC Grace Blackman Cup with 6:39:48.

ROAD RACING Tim Davies 45 points, moving up to 2nd cat

2 2nd and 2 3rd places at the MK Bowl and other road races.

Several 1st places in LVRC races at the MK Bowl and others such as Thaxted with a 3rd and win in the B class.

Regional B Vets Road Race Champion. 16th in the National LVRC RR at Wing.

Thanks mostly to Denise for putting up with me and my OCB (obsessive cycling disorder). Thanks to Pete and Gordon in the 12hr, also to Hilary & Nick in the BDCA 100, or 80 in my case. Thanks to all of you for encouragement and support throughout the season.

Icknield Road Club Evening events 2013 - Members only

19 events were run, 9 10s and 10 Circuit events ; 2 Circuits events were cancelled in May because of inclement weather conditions.

The number of Club members was 256, up from 209 in 2013. Senior members' rides total was 221 compared with 157 in 2012, an increase of about 40%. There were fewer visitors this year down from 2012 of 112 to 97. The average of Club members per event was 14 for the 10s and 12½ for the Circuit events. The highest number of riders was the 1st 10 of the year on April 23rd, with 21 members and 5 visitors riding.

With the increase of riders it is hoped that a proper points competition will be held in 2014, based on fastest and possibly some form of handicapping.

1 circuit = 4.1 miles	Ccts	Apr 9 2ccts	Apr16 2 ccts	Apr30 2 ccts	Jun11 3 ccts	Jun25 3 ccts	Jul 9 3 ccts	Jul 23 3 ccts	Aug 6 3 ccts	Aug20 2 ccts	Aug27 2 ccts
Joe Bainbridge	1									37:21	
Tony Baines	7	28:59		27:20	39:36		39:39	39:11		25:31	25:38
Ian Beale	5		23:36	23:11		34:20			34:26	22:21	
Sean Brennan	3				42:38	43:23					27:07
Maurice Burton	1			30:42							
Ian Bywaters	2			30:35					42:43		
Alastair Cassels	1									22:34	
Niamh C-Mullins	1							15:32*			
Oliver Cocks	4			21:42			32:01	31:27		20:39	
Nigel Cole	1	26:06									
Tim Davies	8	19:32	19:16	19:12		29:27	28:54	28:43		19:20	19:07
Rebecca Ellis	1							19:23*			
Vivien Haestier	3		19:16*	37:09							35:26
Colin Holmes	3						36:16		36:38	25:07	
Gavin James	3						35:15	35:07			23:06
Chris Northwood	7	25:16	25:39	24:58		38:25		36:47	38:51	24:02	
Phil O'Leary	9	24:37	24:05	23:16	33:45		33:29	33:32	33:36	22:08	22:01
Grant Orsborn	7		23:31	23:03	32:46	32:05	32:15	32:18	31:23		
Roy Porter	4				39:20	38:44	38:47				26:22
Richard Pratt	7	23:15	23:38	22:35	33:36		33:17		33:18	22:31	
Callum Randall	2				42:02	42:51					
Chris Randall	3		18:52*				32:37*		16:38*		
Lauren Randall	6	30:53	29:24			47:33	31:16*		29:25*	27:26	
Mitch Randall	5	28:53	28:11		41:51	42:05				26:20	
Peter & Becky Richards (tandem)	2									27:55	28:05
Paul Richardson	4	27:09		26:45		38:54				25:26	
Enasi Rosselli	1									31:34	
Umair Saleem	1									28:25	
Karl Shrowder	1										28:09

1 circuit = 4.1 miles	Ccts	Apr 9 2ccts	Apr16 2 ccts	Apr30 2 ccts	Jun11 3 ccts	Jun25 3 ccts	Jul 9 3 ccts	Jul 23 3 ccts	Aug 6 3 ccts	Aug20 2 ccts	Aug27 2 ccts
Peter Stack	3	23:27		24:06	35:34				35:12		
Josh Stirling	1							26:24*			
Lui Tomlinson	1						43:20				
Pearce Tomlinson	1										27:07
Phil Tomlinson	3	25:08		25:29	36:32				36:31		
Paul Valks	4		26:43	25:22		37:17					24:23
Lister Williams	2	28:27		27:24							
Iain Wilson	1	25:30									
Arthur Zwanik	4						38:32	32:32	34:18	21:52	
	125	13	11	16	10	11	13	11	12	17	11

- * 1 or 2 laps short.

	Total 10s	Apr 23 10 ml	May 7 10 ml	May 21 10 ml	Jun4 10 ml	Jun 18 10 ml	July 2 10 ml	July 16 10 ml	Jul 30 10 ml	Aug13 10 ml
Tony Baines	7	28:47	28:31	28:46	28:13	27:21	28:22		28:09	
Ian Beale	4		25:14		26:01			25:35		25:27
Sean Brennan	3			31:28		30:37			30:44	
Adrian Briers	4					26:19	26:46		25:34	25:20
Maurice Burton	1	31:15								
Ian Bywaters	4	33:10	31:41	30:51	31:46					
Oliver Cocks	4	23:58			23:44		24:18	DNF		24:14
Tim Davies	5	21:58		21:49			21:57	21:45		21:42
Vivien Haestier	5	39:10	38:55	37:49		38:37				38:39
Colin Holmes	8	29:45	26:44	26:53	26:35	25:30	26:13	25:57	26:01	
Gavin James	1							26:25		
Chris Jenkins	1	29:16								
Chris Northwood	8	27:50	26:41	27:11	DNF	27:30	27:25		28:05	27:34
Phil O'Leary	8	26:30	26:00	26:04	26:32	25:24		25:46	25:50	25:25
Grant Orsborn	8	25:45	25:18	25:07	24:57	23:50	24:25	24:02	24:29	
Richard Pratt	8	25:38	25:42	24:55	25:23	24:27	24:39	24:41	25:27	
Callum Randall	2	33:27		32:31						
Chris Randall	2	36:01	33:16							
Lauren Randall	6	32:36	33:59	33:24			33:52		33:38	33:38
Mitch Randall	4	29:36	28:57	28:43						29:56
Paul Richardson	2				29:06		28:09			
Jeremy Rollinson	6			27:28	27:40	26:57	26:30	26:02	26:06	
Peter Stack	5	26:26		26:40		25:52	25:53			25:41
Lui Tomlinson	1								33:11	
Phil Tomlinson	2	28:50								27:27
Paul Valks	7	27:15	27:35	27:23	27:11		26:44	27:09		26:56
Lister Williams	1	30:20			DNF					
Iain Wilson	3	28:12	28:18	28:19						
Arthur Zwanik	4						26:51	24:42	24:23	24:51
	123	21	14	17	11	11	14	10	12	13

Club Rides (Nigel Cole)

Date	Destination	Post Code	Start Point
15/12/2013	Hub Aston Clinton	HP22 5HL	Barton Library
22/12/2013	Marston Moretaine	MK43 0PR	H / Regis Church
26/12/2013	Hitchin Nomads 10 mile TT		Barton Library
29/12/2013	Its A Surprise !!!!		*****
01/01/2014	Beds Road Club 10 Mile		H / Regis Church
05/01/2014	Langford Garden Centre	SG18 9SD	*****
12/01/2014	Winslow Jenny Wren Cafe	MK18 3AB	Barton Library
19/01/2014	Vanstones Garden Centre	SG4 ATH	H / Regis Church
26/01/2014	Cooks Wharf, Cheddington	LU7 9AD	Barton Library
02/02/2014	Emily's Whitwell	SG4 8BN	H / Regis Church
09/02/2014	Flamstead		Barton Library
16/02/2014	Old Warden	SG18 9EP	H / Regis Church
23/02/2014	Bike Bus		Barton Library
02/03/2014	Jordons		H / Regis Church
09/03/2014	Stockgrove Park	LU7 0BA	Barton Library

Please note :

ALL rides
start at

09:30

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