



THE ICKNIELDER

Newsletter of the
Ickniel Road Club



Issue 8

Date July 2013

Clubs 80th anniversary (Nigel Cole)



Photo of Commemorative Cake (Mo Burton)

A good day was had at the clubs 80th anniversary at the cross keys Pulloxhill with over 80 members attending. The spokes in a wheel was a success with around 30 cyclists riding the 4 different length routes and it was good to see such a wide range of age groups riding.

We were honoured with the attendance of Ted King who was the secretary of the club back in 1949 and Pat Faulton whose father was one of the founder members. Thanks to other members as well, too many to mention who all have many happy memories of bygone years in the club and shows what a pedigree Ickniel Road Club has held over the 80 years.

P.S. We still have the luncheon in November and hopefully by then the badges and booklet will be sorted out as well

Birthday thoughts from the President (John Lee)

On behalf of the Chairman, Secretary, members and former members who attended the above function, I would like to say a big "THANK YOU" for an event which turned successfully after a worrying period during which the principal organiser Nick Jones was admitted to hospital for a triple by-pass.

Nigel Cole who stepped in at the last moment did a first class job with the aid of his wife Caroline who organised the raffle, and Ray Morgan who led the young members on their cycle ride.

It was gratifying that the celebration to mark the formation of the Icknield Road Club was run entirely by new members.

This function followed the 100-mile time trial which was run by Tim Davies the week before and it shows what strength in depth the Club has and every member should be proud of themselves for these successes. It is events like these accompanied with strong Club Runs and excellent performances by racing members that has and still makes the Club one of the best in the country.



Photo of Icknield Road Club members, past & present with friends and families (Mo Burton)

Blast from the Past – Mike Richardson (Peter Tasker)

Mike who was Club Champion many times in the late 70s and early 80s when the racing scene of the club was rather on the small side, with only a few members racing and club numbers quite small, told me recently of some interesting facts.

Mike has ridden 1000 time-trials in the club name and achieved over 500,000 racing miles in his total racing career. He joined IRC from Hull Thursday CC in the early 70s.

If you meet him he has lots of interesting stories to tell of racing. His son Keith who was our Junior Champion in his youth is now riding for Mildenhall CC and has just reached the age and joined the VTTA. Look on the website for a picture of Mike in his racing days.

The Racing Scene (John Lee)

There seems to be a renewed enthusiasm for racing in the Club this year with 18 members competing in Open and Club events. There have been some very good performances from our new members, and most encouraging we had three ladies racing in an Evening 10 Mile event ; *Vivian Haestier*, *Christine Randall* and *Lauren Randall*. I look forward to the Club having a winner for the Ladies Championship Cup this year. Not to be outdone, dad *Mitch* who has shed several stone is down to 28:57 just beating son Callum. Another veteran racing only his third event is Ian Beale who has been training well and is down to 25:14.

Congratulations go to *Tim Davies* who went sub-20 minutes at 10 miles for the first time clocking 19:58. He has followed this up with two superb rides at 50 miles and 100 miles crossing the line with 1:53:01 and 3:51:48 respectively. These two times has given him an excellent 26:214 MPH and is set for a very high B.A.R. placing. Another rider to receive an accolade is *Paul Bachini* with two scintillating rides at 50 miles and 100 miles. Paul, who is only 24, recorded 2:04:10 and 4:24:53 respectively giving him an average of 23.406 MPH and a PB at 100 miles by 20 minutes. Tim and Paul were backed up in the 100 by new member *Grant Orsborn* with 4:40:32 in his first ride for the club. A very good ride indeed and it's the first time for several years that the Club had had 5 entrants at this distance with a team finishing. Both *Peter Harridge* and *Jack Newall* retired, but there is always another day for both of these riders.

The "Open 100" (John Lee)

This is the first time for some years that the Club has promoted an event at this distance. When the idea was first mooted by Tim Davies there was some apprehension as to whether the Club had the resources to go ahead with it. However, Tim offered to be the organiser and got the backing of the Committee. Once again, the Icknield Road Club members came out on top and under Tim's leadership we had 74 entrants and the event was marshalled entirely by Club members, 25 in all. The tea stall, led by Muriel and Elaine with help from Freda, was superb. The day was dry and chilly, and importantly there were no incidents, and everyone was pleased with the event.

"Well Done" to Tim and to all the marshals and helpers... you all deserve a big "THANK YOU" – the organisation was second to none.

French Weekend (Chris Jenkins)

I am organising a long weekend in Northern France 20th to 23rd September.



Catching an early ferry from Dover we will ride from Calais to Abbeville (80 miles) where we will be based for 3 nights returning to Calais on the 23rd. There will be 2 days riding in the Abbeville area, maybe visiting some of the First World War battlefields and military cemeteries. We will be riding through the Somme region and the Dieppe coast is not far away. Our hotel in Abbeville is centrally located and has secure cycle parking.

There will be a support vehicle to carry luggage from Calais to Abbeville and on the return to Calais.

If you are interested please let me know before 16th July. Your hotel booking will be made upon receipt of a £50 deposit. Overall cost will be around £250 not including evening meals/lunches and drinks.

For further information please contact me on any of the following:



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New members (Gordon Hart)

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

Name	Location	Member	Name	Location	Member
Anthony Armstrong	Luton	Senior	Sean Brennan	Luton	Senior
Jeremy Rollinson	Flitwick	Senior	Joshua Stirling	Luton	Junior
Jack Newall	London	Senior	David Newell	Luton	Senior
Grant Orsborn	Silsoe	Senior	Peter Stack	Dunstable	Senior
Philip Tomlinson	Harlington	Senior	Andrew Syddell	Ampthill	Senior
Adrian Briers	Luton	Senior	Athur Zwanik	Harlington	Senior

Evening TT Series (so far)... (Gordon Hart)

Please note that IRC Members only have been listed. The times of those persons who firstly rode as 'Come & try' and subsequently joined as IRC members have been included.

In total, well far there have been 32 riders doing 137 rides, with an average of 12 per week.

	Apr 9 2 Ccts	Apr 16 2 Ccts	Apr 23 10 ml	Apr 30 2 Ccts	May 7 10 ml	May 21 10 ml	Jun4 10 ml	Jun 11 3 Ccts	Jun 18 10ml	Jun 25 3 ccts	July 2nd 10ml
Tony Baines	28:59		28:47	27:20	28:31	28:46	28:13	39:36	27:21		28:22
Ian Beale		23:36		23:11	25:14		26:01			34:20	
Sean Brennan						31:28		42:38	30:37	43:23	
Adrian Briers									26:19		26:46
Maurice Burton			31:15	30:42							
Ian Bywaters			33:10	30:35	31:41	30::51	31:46				
Oliver Cocks			23:58	21:42			23:44				24:18
Nigel Cole	26:06										
Tim Davies	19:32	19:16	21:58	19:12		21:49				29:27	21:57
Vivien Haestier			39:10	37:09	38:55	37:49			38:37		
Colin Holmes			29:45		26:44	26:53	26:35		25:30		26:13
Chris Jenkins			29:16								
Tom Lambert									27:50		
Chris Northwood	25:16	25:39	27:50	24:58	26:41	27:11			27:30	38:25	27:25
Phil O'Leary	24:37	24:05	26:30	23:16	26:00	26:04	26:32	33:45	25:24		
Grant Orsborn		23:31	25:45	23:03	25:18	25:07	24:57	32:46	23:50	32:05	24:25
Roy Porter								39:20		38:44	
Richard Pratt	23:15	23:38	25:38	22:35	25:42	24:55	25:23	33:36	24:27		24:39
Callum Randall			33:27			32:31		42:02		42:51	
Chris Randall			36:01		33:16						
Lauren Randall	30:53	29:24	32:36		33:59	33:24				47:33	33:52
Mitch Randall	28:53	28:11	29:36		28:57	28:43		41:51		42:05	
Paul Richardson	27:09			26:45			29:06			38:54	28:09
Jeremy Rollinson						27:28	27:40		26:57		26:30
Charlie Sampford								35:47			
Peter Stack	23:27		26:26	24:06		26:40			25:52		25:53
Phil Tomlinson	25:08		28:50	25:29							
Paul Valks		26:43	27:15	25:22	27:35	27:23	27:11			37:17	26:44
Lister Williams	28:27		30:20	27:24							
Iain Wilson	25:30		28:12		28:18	28:19					
Arthur Zwanik											26:51

Club Sunday Runs (Nigel Cole)

A trip is being organised to the Olympic Park which is opening to the public again shortly. Chris Jenkins is arranging a ride on the 11th of August to the venue via the cycle paths which will take you straight there from Hoddesden. Visit The View Tube where you will get the best bacon sandwiches in the world it is claimed !! You will need preferably a mountain or hybrid bike.

We have seen an influx of new faces on the club runs over past few months and I hope you are enjoying the rides even though I am throwing in an odd hill now and again.

The "Mystery Run" worked well to the Country Bumpkin at Tewin with no one actually guessing the venue before we got there ☺



Here is the list of intended destinations for the Club Sunday Rides.

Date	Destination	Post Code	Start Point
14-Jul-13	Stockgrove Park	LU7 0BA	H / Regis Church
21-Jul-13	Vanstone Garden Centre	SG4 ATH	Barton Library
28-Jul-13	The Hub Aston Clinton	HP22 5HL	H / Regis Church
04-Aug-13	Hundy's Cafe - Olney	MK46 5NH	Barton Library
11-Aug-13	Blackwells - Chipperfield & Lea Valley Park	WD4 9BS	H / Regis Church
18-Aug-13	Langford Garden Centre	SG18 9SD	Barton Library
25-Aug-13	Forest Cafe Marston Mortaine	MK43 0PR	H / Regis Church
01-Sep-13	Harold Odell County Park	MK43 7DS	Barton Library
08-Sep-13	Cook's Wharf Cheddington		H / Regis Church
15-Sep-13	Emily's Whitwell	SG4 8BN	Barton Library
22-Sep-13	Bluebell Cafe Marsworth	HP23 4LJ	H / Regis Church
29-Sep-13	Country Bumpkin - Tewin	AL6 0LL	Barton Library
06-Oct-13	Markyate Village Cafe	AL3 8PJ	H / Regis Church
13-Oct-13	Moggerhanger Park	MK44 3RW	Barton Library
20-Oct-13	Sanuk - nr Potton End	HP4 2RY	H / Regis Church
27-Oct-13	Danish Camp	MK44 3QG	Barton Library

Please note that **ALL rides start at 09:00**

Thanks ... Nigel

Cycletta event - Woburn 2013

Sunshine and great fun were the order of the day on Sunday when Olympic Gold Medal winning cyclist Victoria Pendleton (CBE) was joined by almost 700 women at Cycletta Bedfordshire.

With the choice of a 20km, 32km or 57km course, women of all ages and abilities gathered early in the morning in the Cycletta Village at Woburn Abbey, to take on the challenge. Many of the riders, including journalist and television presenter Aggie MacKenzie were raising money for the official charity, Macmillan Cancer Support.

Among those taking part were Chris Randall, Viv Haestier, and Lauren Randall from the Club (see photo below).



All in 10 Result (John Lee)

On a rather cool night for June, the 2013 IRC All-in-10 handicap event took place on the A507 course between Maulden and Clophill RABs.

The event was won by Jeremy Rollinson with a net time of 21:00. Well done to the winner and those who competed, especially those who managed PBs on a evening that wasn't ideal for racing.

Martin and Sarah's IOM trip 2013 (Martin Brooks & Sarah Hamill)

It's not that often I get given a really long piece to put into the Newsletter, but Martin's and Sarah's article is a definite exception. However, the piece is a bit too long to include in a single edition, so I've decided to split it into two parts ; the first appears below, and the second will be in the next edition (which hopefully will be out in September – or thereabouts ☺)... honest !!!

Anyway, the next few pages contain a copy of their blog (from **web-log** i.e. a web diary for those who are unfamiliar with modern parlance) with a few minor alterations to fit the structure of the Newsletter.

So many thanks to Gordon Hart who passed the article on, and of course to Martin and Sarah who do an excellent job as travel writers – Well Done !!

P.S. To appreciate the quality of their photos, then sign up for the electronic copy of the Newsletter and you'll get a nice colour version ☺

Saturday, May 11th 2013

Had it all planned!! Ride up from Chester to Birkenhead to catch the ferry across the Mersey and then the 11:15 ferry from Liverpool to Douglas, Isle of Man – sorted except the first ferry across from Birkenhead wasn't until 10:30 which would mean we would miss the Isle of Man ferry, so, Plan 2.



Plan 2 involved getting up at 05:30 and catching the 07:30 train from Chester to Liverpool James Street – the photo says it all!

Everything went according to plan until we arrived at the station in Liverpool and found we needed to either risk walking the 40kg bikes up the escalator or standing them vertically in the disabled lift, the lift it was then!

Arrived at the Ferry Terminal a couple of hours early (sorry about that Sarah but I'm just like that!) so had time for the necessary facilities and coffee.

10:30 saw us loading our bikes onto the ferry (wow – what a sleek looking boat, catamaran and all), the loading people were very sympathetic, padding out the securing ropes so our precious Thorns weren't scratched.

The ferry was like being on an aeroplane, big armchair seats and TV for the 3 hour journey. The weather was a bit windy (Force 5 to 6 according to our captain) but although a bit 'bumpy' everyone managed to hang onto their lunch. Arrived in a gloriously sunny Douglas harbour and then proceeded through the traffic to cover the 9 miles north to the Old Laxey campsite.



Scenery is spectacular, lovely blue sea set against the green wooded hills behind the town.

Yes, the hills now they tell me that the Isle of Man is very hilly! Just to add insult to injury, the other 'feature' of the Isle of Man is how the weather can change so quickly. We left the ferry under a cloudless sky and within 20 minutes the sky was clouding over (see photo).

We had showers on and off all the way to the campsite and also the hills with a 13% gradient – that tested the legs and the bike gearing.



Campsite is rather 'twee' being very small but with the advantage of a fully serviced kitchen for use by the campers, fantastic!

Weather set in around teatime just after we managed to set up out tent etc. – nothing worse than pitching a tent in the pouring rain. Now we would be snug in our little draught free canvas haven.

We decided to have a walk down to the sea front for our constitutional.

Too wet to cook, so decided to support the local establishments with our custom....

The first port of call was the local pub but no food available on a Saturday night so without any discussion we dived into the Italian restaurant next door. Great food, nice and busy, so 'people watching' was provided with suitable subjects.

Returned to the campsite for our hot chocolate and then to bed

Sunday May 12th, 2013

Well, what can I say! Had a reasonable night's sleep albeit a 'tad' cold but the site is quiet and we got up at 08:30 to a grey day. As the morning progressed it turned greyer and then started to rain, and rain, and rain Forecast sounds better though, allegedly sun coming out later – how much later remains to be seen, after all we're only here for a week!

Spent the morning in the campsite kitchen reading our Kindles and doing computer 'stuff'. Afternoon was much the same except we did manage to get an hours walk down to the sea front – very pretty and a trip to the Co-op in Laxey to get some supplies.

Better night's sleep tonight.

Monday May 13th, 2013

Much better day today. Crawled out of the tent around 8am, did the ablutions then into the kitchen for the daily porridge ration – bit of a tent clear-up then get the bikes ready.

The bikes have taken a bit of a beating what with being left outside in the rain but with the saddles covered everything was just fine. The plan today was a trip to Ramsey.

On a lovely sunny day (strong winds of course!) we headed up towards the main A2 road from Douglas to Ramsey. This is the Isle of Man so naturally a hill is involved, this time 17% straight from the campsite on cold legs – ouch ☹ !



Why would we need to take the main road when there is the small roads route? We turned off and the reason became apparent, the hills of course. Glad we took this route because the views and scenery were fantastic. Small pretty lanes, little hamlets, rivers and waterfalls, fords, plenty of trees and then out into the coastal panoramas. Fantastic!



Into Ramsey for a quick bite to eat in a seaside café and then a tour of the town, very pretty – they are already preparing the town for the TT (practice next week) and Ramsey hairpin looked awesome.

We decided then to go back to Old Laxey via the main road because as we all know, main roads are flatter dohh!

In the end we did just 20 miles BUT climbed 2,500 feet on 20kgs of bike and day pannier/bar bag. Following a nice hot shower, we chilled out before walking up to the Co-op again for more food.

Dinner done, Kindles engaged then bedtime.

Tuesday May 14th, 2013

Woke up at 8am to a glorious sunny day although still a bit windy. Slept well even it was a bit cold, the wind off the Irish Sea being somewhat chilly. Following the 'regulation' bowl of porridge we decided to go via the Laxey Water Mill back into Douglas for a bit of site-seeing and investigation into a new sleeping bag for Martin. His sleeping bag is only rated at 80C which isn't actually good enough for a wimp in these conditions.



Anyway, off we went, back up the 17% straight from the campsite to the Laxey Water Pump – the engineering is phenomenal considering this was before computer design and construction.

22 metres in diameter and used to pump the water out of the Laxey mines in the 19th century.

Then on to Douglas – sun shining, warm – what more could you want? Still hilly though with 1,600 feet climbed over the 18 mile round trip.

Had a walk around the shopping precinct in Douglas and viewed the sleeping bags on offer.

Needed lunch then to contemplate our impending decision, simplified by utilising the café's free wi-fi.

Decision made so we are both the proud owners of a new 4-season sleeping bag. So looking forward to bedtime tonight!!

Lovely cycle ride back to Old Laxey, even stopped for an ice cream on the way!

Next job – down to the Launderette to do the washing, the cycling clothes have taken some stick so far this week.

Dinner done, blog updated, tomorrow's excursion being planned.



Wednesday May 15th, 2013

Fabulous day today!

The new sleeping bags were great, best night's sleep ever, didn't get out of bed until 8am and woke to a brilliant sunny day. A few clouds skudding along but really sunny, it would have been warm except for the incessant wind which always seemed to be cold. Find some shelter and it's good.

After our porridge we set off on our route for today, up to Ramsey again but this time we were going to jump onto the TT Course and ride up the mountain, Snaefell.

Good plan except that the mountain road was closed for pre-TT road works but that wasn't going to stop us was it?



When we started climbing the weather was clouding over and became progressively greyer as the climb progressed. The road went on for 5 miles at an average incline between 8-13%. Then the wind became 'angry' and although it was on our rear quarter gusted and caused a few stability concerns.

We plodded on, higher and higher, the sky getting darker and darker, and then it started to rain, not enough to put on the waterproofs though.



We stopped close to the top to have something to eat in the shelter of a TT Marshall's hut and then onto the road's highest point, about 1,200 feet above sea level. Over the top and we were in a different world; the sun came out, the wind was behind us and we flew down the mountain taking in the most spectacular views.

The camera just doesn't do it justice! The TT Course has an incredible road surface, not just for the motorcycles but also for our touring bikes, no potholes or uneven surfaces to cause concerns on the near 40mph descent.

Stopped in the hotel at Creg-ny-Baa for apple crumble with custard and a coffee. Stayed a bit longer than expected because the landlord was a cycling fan and had the Giro d'Italia showing in the lounge on Eurosport.



That finished we finished the descent back to Laxey and the campsite. Only managed 26 miles but climbed over 2,500ft in the sun, wind and rain AND experienced the most fantastic views from the seats of our bikes!

Washed and showered then up to the village to buy our dinner.

Dinner done, blog updated, Kindles read, route plotted and loaded on the Garmin for tomorrow and then to bed under a beautiful cloudless blue sky.

Weather forecast is good for the rest of the week so we are currently planning to re-join the TT Course at Douglas and follow it on to Peel – fingers crossed

Remember - The 2nd instalment will be in the next issue ...

However, if you wish to keep up to date with Martin's & Sarah's touring exploits then log onto the web and have a look at their blog site <http://www.sarahandmartin.vpweb.co.uk/>