



THE ICKNIELDER

Newsletter of the
Icknield Road Club



Issue 12

Date July 2014

Thoughts from “The Chair” (Lister Williams)

Glad you found time to read the newsletter – all this warm dry weather tends to pull me out onto the roads – or even into the woods on the cyclo-cross bike.

Our Tuesdays are dominated by the Evening League, and the numbers of riders is often well into the thirties, including increased numbers of women and juniors. The Club membership is at a record high, but riding members are the ones we need to encourage and retain. We are only able to run these evening time trials if we fulfil the CTT and police requirements – that provides insurance and support if anything goes wrong, as well as a proper framework of rules.

This year, those whose turn it is to help run the TT (as per the rota issued in April), are reminded by Nick, or Hilary the weekend before, and there is no excuse for the TT to not be properly manned (or womanned!). If you swap duties with someone, you MUST let Nick know – we have to know who should be at the particular locations, or else your fellow club members will end up running about having to do your job.

We've had a couple of instances of either late turn ups or confusion because of uninformed changes as to who should be where. At some point, if this happens the TT will be cancelled – the club is not authorised to run a TT that is not properly covered, including marshals and signs. And thirty something people will be rather cross. It's your club ; please help to make things work properly.

Ray has been encouraging those who are doing the London 100 to get out on longer runs and to eat and drink on the move (thanks). Good advice for any as the season reaches its best time – and especially for those of you entering the Tour!

Well done Tim, on your recovery from your own 100TT accident and your rapid return to break personal and club records in another 100. And there are a lot of folks who are quietly notching up reducing times, both in the evening league, as well as other leagues and Open events.

The Clubroom seems very delightfully busy after the trialling on Tuesdays and I hope those who are sampling will be encouraged to join.

Look where you are going... 😊

Regards
Lister

E-mail addresses and Newsletter (Gordon Hart)

Many communication to members are done by email only these days, there are just 12 out of 140 plus members who I have no email address for, by email the photos in Club Newsletter are usually in colour; so please let me have your e-mail address if you want to be added to the circulation list.

There are about 15 members with email who in the past have requested to receive in addition a printed copy of the Newsletter, if there are any other members who would like to also receive a printed copy then please contact me.

Trophies re-designated (Gordon Hart)

Since the Club Standards were abolished in 2012 it has been decided to re-designate the two trophies that were awarded based on Club Standards. Both the trophies will be awarded for the Club runs competition, one for best male and one for best female.

The Ken Brooker memorial trophy

Awarded to the member gaining most points in the Club runs competition.

The Trevor Humphries memorial trophy

Awarded to the runner up to the Ken Brooker cup (Club runs competition), who is of the opposite sex.

IRC Sportive (Nigel Cole)

Our sportive event back in May was a great success for our first year with 89 riders and a total of 4680 miles ridden that day.

We have raised £1100 for the East Anglian Air Ambulance a cheque will be given to them on Tuesday 9th July 2014 at 08:30pm at the Culceth Centre which is part of the Redbourne School in Ampthill.

Thank you to everyone who took part in the event and special thanks for all helpers that day which without them it would not have been possible.

We shall be holding the event again in 2015 on May 2nd so come along and join us again. It would be great to see you all there.

On the day we had a 7 year old complete the 15 mile route and a 12 year old complete the 45 mile route a great achievement for the youngsters.

The weather was perfect for the event with little wind and a moderate temperature.

Only one rider had a puncture on the day which is good considering the condition of the roads at the moment.



Racing Scene (John Lee)

This season looks as though it could be the best for many a year with three members having already finished 50 and 100 mile time trials and five ladies in competition for the Ladies' Championship.

Tim Davies has clocked a 1:49:21 at 50 and 3:51:01 for the 100 and looks well on his way to winning his fourth Club Championship and getting a high placing in the BBAR – and if all goes well, the Club could get a team finish in this competition for the first time in several years with Grant Osborne clocking a PB at 50 miles of 1:55:12 and a PB at 100 miles of 4:06:28, and evergreen Peter Harridge as third man with a 2:04:57 for a 50 and a PB at 100 mile of 4:08:40. If all three finish the 12 hour it will be a Club record average team speed....

The five ladies competing for the Ladies' Championship are Anna Figliola, Vivien Haestier, Buffy Pierce, Judy Reid and Christine Tovey. All five ride the Evening Events and new member Judy Reid went inside

30 minutes for 10 miles in only her second attempt at this distance. The Club has never had as many ladies together in a season riding for this championship. It is very satisfying too see. Congratulations go to Gavin James on winning the "All in 10" Trophy with a superb 24 minute ride in the evening event, and well done to Colin Holmes who at 71 years of age crossed the line in the Veteran National 10 mile event with 24:33, his best time for a year or so.

A member on the comeback trail is Adrian Briers who was always well inside the hour years ago and is now down to 24:11 for the 10, so is well on his way back. Good Luck Adrian ☺

The Club once came tops with promoting the Sporting Hilly in March run by Peter Tasker, and the 100 in June run by Tim Davies. The response from members for help in both of these events was superb and is a credit to them and the Club.

Club Runs (Nigel Cole)

Date	Place	Post Code	Start from	Time
13/07/2014	Wendover Woods	HP22 5NQ	Houghton Regis	09
20/07/2014	Langford Garden Centre	SG18 9SD	Barton Library	09
27/07/2014	Deep Mill Diner Great Missenden	HP16 0DH	Houghton Regis	09
03/08/2014	Salcey Forest	NN7 2HX	Barton Library	09
10/08/2014	Cooks Wharf Cheddington	LU7 9AD	Houghton Regis	09
17/08/2014	Forest Centre Marston Vale	MK43 0PR	Barton Library	09
24/08/2014	Blackwells Chipperfield	WD4 9BS	Houghton Regis	09
31/08/2014	Olney Tea Rooms	MK46 4BY	Barton Library	09
07/09/2014	Bike Bus / Or Soldiers Charity Sportive		Houghton Regis	09
14/09/2014	Old Warden Aerodrome	SG18 9EP	Barton Library	09
21/09/2014	Stockgrove Park	LU7 0BA	Houghton Regis	09
28/09/2014	Emilys Whitwell	SG4 8BN	Barton Library	09

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

The latest club run list includes another trip to Blackwells at Chipperfield and also a new venue at Great Missenden, along with some of other old favourites.

On the 7th September I would like to support the ABF Soldiers Charity Sportive organised by Jacqui Passant. There are 3 rides, 26, 35 and 64 miles. The cost is £20 if you pre-register or £25 on the day (see separate sheet).

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

Luton to Brighton 2014 (Chris Jenkins)

The annual London to Brighton bike ride takes place each year in mid-June. It raises money for the British Heart Foundation it is the biggest charity bike ride of the year.

The start is at Clapham common but due to the mass of riders setting off every few minutes the roads of south London get very crowded and quick progress is limited until further into Surrey.

With this in mind and 54 miles not a big challenge for a group of club riders, so for the second year, it was decided to ride from Luton to the start. So at 4.45am on the 15th June six eager riders (Anna Figliola, Ian Bywaters, Ray Morgan, Richard Farish, Chris Jenkins and Felix) from Vauxhall, set off from Vauxhall's HQ.

Our usual training rides did not happen this year, so the first few miles were spent getting into riding through and off. Once into a rhythm we quickly made it to Stanmore with the Edgware road in front of us.

One of our group, Felix, had decided that breakfast would make him late for the start so our group riding fell apart slightly due to the dreaded bonk. Thankfully for him, the transport for the bulk of Vauxhall's team was still at the start, so refuelling took place there.

The ability to keep as a group is next to impossible early on so we all went on separate rides until some met up again. More open roads and a good north easterly wind meant quick riding and 20+mph for most of the second half of the ride. The dreaded Ditchling Beacon was ridden by all of us and the final 50mph drop into Brighton finished an enjoyable ride.

Vauxhall provide a BBQ on the beach afterwards and transport for bikes and 150 riders back to Luton.

Any one for next year?

Handicap Cup Results - July 2nd - 10 mile TT Event (A507)

A record number of riders rode in the annual handicap 10 mile event, 27 in total.

The Handicaps used this were those being used and updated weekly for the Evening league events, so any member not haven ridden in a previous event received no Handicap

Gavin James, an infrequent visitor to the Tuesday time trials was an easy winner, must have been doing some secret training...

		Result	Handicap	Hcp net	Hcp pos.
3	Gavin James	24:38	03:57	20:41	1
8	Lui Tomlinson	26:43	05:40	21:03	2
18	John Pfeifer	29:46	08:40	21:06	3
19	Sean Brennan	29:52	08:40	21:12	4
11	Buffy Pearce	27:30	06:13	21:17	5
2	Grant Orsborn	22:48	01:30	21:18	6
17	Anna Figliola	29:22	08:03	21:19	7
10	Richard Farish	27:27	06:04	21:23	8
24	Chris Tovey	38:47	17:20	21:27	9
14	Phil Tomlinson	28:25	06:50	21:35	10
20	Peter Richards/Becky	30:03	08:21	21:42	11
1	Tim Davies	21:48	Scr	21:48	12
7	Colin Holmes	26:31	04:33	21:58	13
21	Judy Reid	30:04	08:00	22:04	14
5	Richard Pratt	25:40	03:30	22:10	15
12	Chris Northwood	27:33	05:20	22:13	16
22	Maurice Burton	32:35	10:20	22:15	17
6	Phil O'Leary	26:12	03:50	22:22	18
13	Paul Richardson	28:14	05:40	22:34	19
25	Vivien Haestier	39:00	16:26	22:34	19
16	Chris Jenkins	29:21	06:41	22:40	21
9	Neil Goldsmith	27:20	04:30	22:50	22
4	Oliver Cocks	25:34	01:12	24:22	23
15	Martyn Anderson	28:47			
23	Michelle Taylor	35:35			
26	Robert Taylor	39:11			
	Colin Matcham	DNF	Puncture		

Another very successful Open promoted by the Club

On Sunday June 1st quite a lot of members had a very early start to the day, with the first rider due off at 5.20 am, some helpers had to be out at the event by 4.15 am. The early morning weather was fine, with hardly any wind forecast, so it looked like it was going to be a good day for fast times for the riders.

At the HQ very early were both **Hilary Jones** who was looking after the numbers and **Lister Williams** as on the day organiser as Tim was riding the event.

At the start for sending off the riders was **Gordon Hart**, with **Adrian Briers** and **Dave Creese** sharing the 'pushing off' duties. Soon after the start the riders had to cross the Tempsford flyover onto the northbound A1, here they were marshalled by **Chris Jenkins**, **Ray Morgan** and **Peter Tasker**. At the Black Cat RAB on marshalling duty were **Vivien Haestier** and **Chris Northwood**.

The 1st turn at Buckden after 10 miles the riders were turned by **Nigel Cole**, **Ian Bywaters** and **David Newall**, who had already signed the northern part of the course, and stayed on for a further 3 hours to see the riders 2 more times. The riders then travelled south on the A1 to Girtford underpass, where **Emma Jane-Burley**, **Peter Staniforth**, and **Maurice Burton** were on duty.

When the riders returned to Girtford for a 2nd time, because of the number of riders it was possible that first of the riders there for a 2nd time would be in front of the last of those there for the 1st time and they needed to be sent in different directions, this was well sorted out by **Ray Morgan** and **Dave Creese**. The riders then reached the North Biggleswade RAB, where they were turned by **Chris Jenkins**, **Andy Maddox** and **Chris Jenkins**. The marshalls at the Sandy RAB were **Steve Chapman** and **Ian Beale**.

The 2nd shift of marshalls, **Mike & Jean Daniel** and **Adrian Briers** were now on duty at Black Cat RAB. The riders now left the A1 and headed south west on the A421, to the Renhold flyover, where they were marshalled by **Peter Holgate** and **Peter Staniforth**. The riders were welcomed at the finish by **Gordon Hart** and **Dick and Jean Lyon**.

At the HQ **Muriel Holgate** and **Elaine Morgan** were looking after the refreshments, whilst **Peter Tasker** was doing the result board.

What about the riders, then... ??? The star ride of the day was by **Adam Topham** of High Wycombe CC, whose time of 3:28:31 made him the 4th fastest rider of all time and a new course record for the F1. Our 3 lads had mixed fortune. Both **Grant Orsborn** and **Peter Harridge** did very good rides, 4:06:53 and 4:08:40 respectively. Unfortunately **Tim** had a misfortune and crashed heavily when being handed up a gel by Denise.

All in all it was another promotion that the ICKNIELD RC could be very proud of, there are not many clubs that can run a 100 ml TT without asking for help from members of other Clubs

New Members (Gordon Hart)

Warm welcome to the following members who have joined the Club recently. Memberships now stands at 141, (153 when count Families as two) this is an all-time high.

Keith Ashleigh	Luton	Senior	Robert Adams	Flitwick	Senior
Alistair Grant	Bedford	Senior	Peter Staniforth	Ridgmont	Senior
Greer Kidney	Luton	Senior	Chris Jones	Luton	Senior
Helen Simpkins	Luton	Juvenile	Judy Reid	Flitwick	Senior
Dominic, Linda & Riordan Molloy	Silsoe	Family	Simon & Tanya Crowder	Luton	Family
Garret Fay	Flitton	Senior	Colin Matcham	Luton	Senior
Jeanette Walster	Harlington	Senior	Christine Tovey	Houghton Regis	Sen Cit
Eloise Cain	Luton	Juvenile	Martyn Anderson	Maulden	Senior
Carole-Ann Upton	Upton	Senior	Paul Smits	Marston Moretaine	Senior

ABF-The Soldiers' Charity ride (Jacqui Sage- Passant)

I am the volunteer community fund raiser for the ABF-The Soldiers Charity. The Soldiers' charity offers a lifetime of support for soldiers and their families past or present. I live in Stanbridge and myself, husband and friends are all keen cyclists.

I got involved with the charity after being approached to send "Morale" packages to soldiers serving first in Iraq and then in Afghanistan. These packages contained treats from home like sweets, biscuits, toiletries DVDs but more importantly they showed our brave soldiers that we had not forgotten them. Over 10 years over 5000 packages were sent and it became clear to me that support to soldiers was very important. These guys sign up to fight battles picked by our politicians simple because they believe we are the good guys and to protect the land and the people they love.

My own son did a tour of Afghanistan in 2012 and was placed in one of the most dangerous areas in Afghanistan living shoulder to shoulder with his brothers in arms for 9 months and Afghan trained soldiers. Every day there would be fire fights and night time brought no peace. He saw first-hand the difference his unit being out there made to the locals, their children could go to school and they could grow wheat instead of poppies to make drugs that would eventually find its way to our streets.

He lost 2 very close friends when one of the afghan soldiers turned on the compound one day injuring 16 men and killing two.

The effect of war goes on so much longer than when the last bullet is fired. As a family you dread hearing the knock on the door or waking up to the news that a soldier has been killed. You cannot describe the feelings you go through, only other families who have been in that situation will know and understand that even with a heart full of pride for your boy you live constantly with a stomach churning with fear and dread.

We were very lucky our boy came home, uninjured and relatively unscathed by his experience. His godfather is a member of your club Grant Orsborn.

Through my work with the Soldiers' charity it is clear we need to continue to raise much needed funds. As my husband myself and our friends are keen cyclists the idea to run a local ride to raise funds seemed an obvious choice. The ride is designed by cyclists for cyclists and due to the hard work of all the volunteers we are able to put on a first class event. All the money goes to the charity and yet the day provides good value for money. At £20 for a pre-registered adult rider we will provide a complimentary hog roast at the end of the ride, high energy snacks en route and a free podium photo to download after the event. This is due to the generous sponsors who have come on board.

Last year we raised £5000 and had 300 riders aging from 9-79 years old and covering over 10,000 miles.

This year we will accept 500 riders only. We want to maintain a high quality event that is manageable. So for this we ask if you could pre-register. I know some riders like to see the weather and look not too far ahead when planning their diaries but if I could ask you to take the view that your registration money all goes to the charity so even if your plans changed you have supported our brave men and woman who are willing to give so much to keep us safe.

To register please visit www.abfcyclerride.co.uk Can I now thank you for last year's support and again this year ?

Regards
Jacqui Sage-Passant

Grand Depart from Leeds (Richard Pratt)

Well – what can I say apart from it was all so much more than anyone could have hoped for. The weather overnight had been cool and overcast with occasional showers, but things started looking up as the sun started coming out as we headed towards the route that the Tour de France was taking through Leeds.

The crowds seemed quite small at the beginning but as the start time got nearer, more and more people appeared by the roadside looking for space to get a view of the forthcoming spectacle. We were quite lucky as the spot we found was near a garage with an in-store coffee machine, as well as a church doing teas, cakes and bacon rolls – well that was me sorted !!! ☺

The first sign of the race approaching was when all the police motorcyclists (both UK and French) started whizzing past. Then “The Caravan” arrived and people started to really get into happy mode as we were showered with various goodies ; caps, bottles of water, flags, sweets, wristbands and other gifts were either handed out or launched in the sky to see who could catch them.



This made laugh – Police Stop Cycle Race !!!



Hopefully they'll make it all the way to France

Then at last, the cyclists arrived all looking very relaxed as they pedalled up the hill out town. Just how easy they made it look was emphasised later when normal mortal cyclists started going up the hill, out of the saddle and a few looking quite red in the face.



Mark Cavendish still on his bike at the front



What the locals thought about it all

And then it was all over, and people started heading home after being treated to the spectacle that is the Grand Depart. The sight of people showing their support for the race was continued throughout the next day with glorious weather in Yorkshire showing it off at its best. Let's hope that Le Tour returns to the UK soon and gets a similar response.

FORTHCOMING EVENTS

ICKNIELD ROAD CLUB OPEN EVENTS (Peter Tasker)

Date	Day	Distance	Event	Course	Start	Entry Fee & Internet E
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
Charity '10' 6th Sept 2014	Nick Jones	Internet Entry Yes

IRC Evening Time Trials Programme and Roster 2014 (Nick Jones)

Date	Course	Start	Sign on & Teas	Timekeepers	Pusher Off	Signs	Marshalls
22nd July	Higher Berry	19:30	Muriel Holgate Peter Holgate	Gordon Hart Alan Davies	Dick Copperwaite & signs		Tony Baines & signs
29th July	A507	19:30	Steve Chapman Richard Pratt	Peter Tasker Ken Ayers	Chris Jenkins	Nick Jones	Martin Nevill (C) Paul Richardson(M)
05th Aug	Higher Berry	19:20	Jean Lyon Dick Lyon	Gordon Hart Alan Davies	Paul Richardson & signs		Nigel Cole & signs
12th Aug	A507	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 Haestier	Gordon Hart Eileen Cray	Ian Beale & signs		Phil O'Leary & signs
26th Aug	Higher Berry	19	Steve Chapman Richard Pratt	Gordon Hart Ken Ayers	Chris Northwood & signs		Colin Holmes & signs

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ABF - THE SOLDIERS' CHARITY RIDE



BEDFORDSHIRE RIDE 2014

SUNDAY 7TH SEPTEMBER 2014

WHERE?

The Five Bells Pub in Stanbridge, Bedfordshire

WHO FOR?

This ride is for everyone! Families, club riders or the leisure rider wanting to have some fun!

HOW MUCH?

£20 to pre register, £25 to register on the day

HOW FAR?

3 distances, 64 miles, 35 miles and 26 miles around Bedfordshire, Buckinghamshire and Hertfordshire's beautiful countryside

REGISTER?

Head to the website: www.abfcyclerride.co.uk
For cheque/post payment see website info



A fully marshalled route around Bedfordshire, Buckinghamshire and Hertfordshire countryside
Support vehicles available along the routes!

Fun for all the family!

A great event for your cycling club!



Registration Opens at 8am

Start Times:

64 Miles - 9am

35 Miles - 9:30am

26 Miles - 10am

www.abfcyclerride.co.uk
contact@abfcyclerride.co.uk



ABF

THE SOLDIERS'

CHARITY



IRC Evening Series 2014 results (Gordon Hart)

Evening League TTs - Top 12 Actual Fastest Times as at week 14 (8th July 2014)

	Total		Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
	Best 10	rides	8.4	15.4	22.4	29.4	6.5	13.5	21.5	28.5	3.6	10.6	17.6	24.6	1.7	8.7
Grant Orsborn	291	10		27	29	30	29		29		30	30	29	29	29	
Tim Davies	270	9	30	30	30		30	30	30				30	30	30	
Phil O'Leary	262	12	26	23	25	26	25		24		28	27	26	28	25	26
Richard Farish	234	10	23	22	24	23		28	22		24		22		21	25
Chris Northwood	200	9	25	21		24			21		23		23	26	19	18
Lui Tomlinson	196	9			23	19		25	16		21	24	21		23	24
Richard Pratt	188	7	27		26	27	27						27		26	28
Chris Jenkins	173	9	21	17	20	17	24	23	17			19			15	
Arthur Zwanik	170	6	29	28		28	28				29	28				
Maurice Burton	168	11		13	18	12	19	22	12		17	17		21	9	17
Jeremy Rollinson	156	6	28	25			26		25		27	25				
Abid Hussain	137	5		26	28				26			29	28			
Rob Adams	136	5				29		29				26	25			27

Evening League TTs - Top 12 on Handicap Times as of week 14 (8th July 2014)

	Total	no. of	Cct	Cct	10	Cct	10	Cct	10	Cct	10	Cct	10	Cct	10	Cct
	best 10	Rides	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8	Wk9	Wk10	Wk11	Wk12	Wk13	Wk14
Richard Farish	233	10	21	29	23	20		29	26		20		18		22	25
Phil O'Leary	233	12	22	16	21	28	21		16		28	29	17	27	12	24
Maurice Burton	231	11		25	28	15	30	24	27		25	17		22	14	18
Grant Orsborn	227	10		17	27	16	29		25		17	18	28	24	26	
Lui Tomlinson	225	9			29	23		28	20		29	28	21		28	19
Tim Davies	223	9	29	25	22		29	27	25				20	27	19	
Chris Jenkins	208	9	26	27	24	23	27	23	29			20			9	
Chris Northwood	197	9	29	20		26			14		23		24	30	14	17
Richard Pratt	168	7	25		20	29	23						26		16	29
Judy Reid	164	7					19		29		26	21		25	16	28
Peter & Becky Richards (tandem)	155	7				30	26		16		15		26	23	19	
Jeremy Rollinson	154	6	30	25			26		25		24	24				

Like all season long competitions it is not until riders start to reach the number of rides that count does the table have a lot of meaning in our case it is 50% of the number of events actually run, rounded down (at moment the maximum rides to count will be at best 10, if another event gets cancelled it will drop to 9). 4 riders have now done at least 10 rides.

Since this is the first time we have had a points system for the Evening time trials, the exact number of awards has not been decided yet, but there will probably be about 8 awards for Actual times, split by age categories; since all riders have the same chance in the Handicap section it will be probably be something like first 8.

As has been mentioned in an earlier email the 1st on Actual and 1st on Handicap will receive the Roger Queen memorial and Maurice Cray memorial award respectively.

Club Evening Time Trials to July 8th (wk14) 2014

Very encouraging to see the increase in participants this year. We have had fourteen scheduled weeks, ran events on twelve weeks with a total of 57 members (including Juveniles) taking part.

Totalling 235 rides, i.e 18 per week; compared with same time last year, twelve events run total rides of 164, average of 14 per week. Good that visitor numbers are up also from 56 to 91.

On June 17th we had 39 riders, the highest for many years, I can find a 38 in 1999.

Juvenile & Junior riders results

the 1st col;. Is time and 2nd col. is miles per hour

wk 14 12.3 ml event Higher Berry Cct 8th July 2014

Lui Tomlinson	38:30	19.17
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wk 13 10 ml event A507 1st July 2014

Lui Tomlinson	26:43	22.46
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wk 12 12.3 ml event Higher Berry Cct 24th June 2014

Joshua Stirling	38:38	19.10
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wk 11 10 ml event A507 17th June 2014

Lui Tomlinson	28:16	21.23
Niamh C-Mullins	35:19	16.99
Helen Simpkins	38:51	15.44

wk 10 12.3 ml event Higher Berry Cct 10th June 2014

Lui Tomlinson	37:18	19.79
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wk 9 10 ml event A507 3rd June 2014

Lui Tomlinson	28:18	21.20
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wk 7 10 ml event A507 20th May 2014

Lui Tomlinson	28:48	20.83
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wk 6 8.2 ml event Higher Berry cct 13th May 2014

Lui Tomlinson	26:22	18.66
Andrew Blair	31:23	15.68

Wk 4 8.2 ml event Higher Berry cct 29th April 2014

Pearce Tomlinson	25:11	19.54
Liu Tomlinson	25:46	19.09
Niamh C-Mullins	32:50	14.98
Andrew Blair	35:12	13.98
Rebecca Ellis	35:19	13.93
Bilal Sadiq	47:05	10.45

wk 3 10 ml event A507 22th April 2014

Lui Tomlinson	04:43	20.89
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wk 2 8.2 ml event Higher Berry cct 15th April 2014

Daniel Flemons	29:03	16.94
Niamh C-Mullins	32:13	15.27
Helen Simpkins	32:55	14.95
Edward Hamilton	33:46	14.57
Rebecca Ellis	38:27	12.80
Andrew Blair	46:32	10.57

wk 1 8.2 ml event Higher Berry cct 8th April 2014

Daniel Flemons	31:33	15.59
Niamh C-Mullins	33:42	14.60
Edward Hamilton	33:46	14.57
Steven Russell	17:04	1 lap only
Helen Simpkins	18:04	1 lap only
Rebecca Ellis	19:05	1 lap only

SENIORS RESULTS

Wk 1 8.2 ml Higher Berry 8th April

pos	name	result	mph
1	Tim Davies	20:17	24.3
2	Arthur Zwanick	23:21	21.1
3	Jeremy Rollinson	23:39	20.8
4	Richard Pratt	23:53	20.6
5	Phil O'Leary	25:11	19.5
6	Chris Northwood	25:12	19.5
7	David Newell	25:37	19.2
8	Richard Farish	25:56	19.0
9	Tony Baines	27:25	18.0
10	Chris Jenkins	27:44	17.7
11	Sean Brennan	28:28	17.3

Wk 2 8.2 ml Higher Berry 15th April

pos	name	result	mph
1	Tim Davies	19:08	25.7
2	Oliver Cocks	21:29	22.9
3	Arthur Zwanick	22:28	21.9
4	Grant Orsborn	22:31	21.9
5	Abid Hussain	22:48	21.6
6	Jeremy Rollinson	23:24	21.0
7	Neil Goldsmith	23:41	20.8
8	Phil O'Leary	24:03	20.5
9	Richard Farish	24:37	20.0
10	Chris Northwood	24:46	19.9
11	David Newell	24:54	19.8
12	Paul Richardson	25:07	19.6
13	Phil Tomlinson	25:11	19.5
14	Chris Jenkins	26:03	18.9
15	Ian Bywaters	26:38	18.5
16	Sean Brennan	27:31	17.9
17	Kevin Miller	28:20	17.4
19	Maurice Burton	29:50	16.5
20	Riordan Molloy	30:07	16.3
20	Linda Molloy	32:07	15.3

wk 3 10 ml A507 22nd April 2014

Pos	name	result	mph
1	Tim Davies	22:01	27.3
2	Grant Orsborn	22:54	26.2
3	Abid Hussain	24:57	24.1
4	Colin Holmes	26:38	22.5
5	Richard Pratt	27:18	22.0
6	Phil O'Leary	27:48	21.6
7	Richard Farish	27:50	21.6
8	Lui Tomlinson	28:43	20.9
9	Buffy Pearce	29:03	20.7
10	Ian Bywaters	29:11	20.6
11	Chris Jenkins	29:16	20.5
12	Ian Rollinson	30:24	19.7
13	Maurice Burton	31:03	19.3

wk 4 8.2 ml Higher Berry 29th April

pos	name	result	mph
1	Grant Orsborn	21:33	22.8
2	Rob Adams	21:47	22.6
3	Arthur Zwanick	22:23	22.0
4	Richard Pratt	22:48	21.6
5	Phil O'Leary	23:00	21.4
6	Neil Goldsmith	23:41	20.8
7	Chris Northwood	24:22	20.2
8	Richard Farish	24:56	19.7
9	David Newell	25:34	19.2
10	Paul Richardson	25:35	19.2
11	Buffy Pearce	25:53	19.0
12	Chris Jenkins	25:55	19.0
13	Roy Porter	26:23	18.7
14	Peter Richards	26:41	18.4
15	Ian Bywaters	26:51	18.3
16	Sean Brennan	27:13	18.1
17	Maurice Burton	29:42	16.6
18	Vivien Haestier	38:13	12.9

Wk 5 10 ml A507 6th May

pos	name	result	mph
1	Tim Davies	21:45	27.6
2	Grant Orsborn	23:08	25.9
3	Arthur Zwanick	25:52	23.2
4	Richard Pratt	26:31	22.6
5	Jerry Rollinson	27:03	22.2
6	Phil O'Leary	27:11	22.1
7	Chris Jenkins	29:24	20.4
8	Paul Richardson	29:37	20.3
9	Ian Bywaters	30:19	19.8
10	Peter/Becky Richards	30:48	19.5
11	Judy Reid	31:15	19.2
12	Maurice Burton	31:32	19

Wk 7 10 ml A507 20th May 2014

pos	name	result	mph
1	Tim Davies	21:28	28
2	Grant Orsborn	22:18	26.9
3	Adrian Briers	25:32	23.5
4	Ross Poulton	25:33	23.5
5	Abid Hussain	25:34	23.5
6	Jerry Rollinson	26:06	23.0
7	Phil O'Leary	26:09	22.9
8	Colin Holmes	26:27	22.7
9	Richard Farish	27:05	22.2
10	Chris Northwood	27:41	21.7
11	Phil Tomlinson	27:55	21.5
12	Martin Nevill	28:17	21.2
13	Tony Baines	28:22	21.2
14	Chris Jenkins	28:45	20.9
15	Lui Tomlinson	28:48	20.8
16	Ian Bywaters	29:14	20.5
17	Judy Reid	29:27	20.4
18	Peter/Becky Richards	29:56	20
19	Maurice Burton	30:19	19.8
20	Keith Prime	31:17	19.2
21	Anna Figliola	31:47	18.9
22	Vivien Haestier	38:51	15.4

Wk 6 8.2 ml Higher Berry 13th May

pos	name	result	mph
1	Tim Davies	19:59	24.6
2	Rob Adams	22:30	21.9
3	Richard Farish	25:03	19.6
4	Keith Ashleigh	25:14	19.5
5	Phil Tomlinson	25:27	19.3
6	Sean Brennan	26:48	18.4
7	Chris Jenkins	27:54	17.6
8	Maurice Burton	29:32	16.7
9	Vivien Haestier	39:45	12.4

Wk 8 12.3 ml Higher Berry 27th May

Event cancelled, inclement weather

Wk 9 10 ml A507 3rd June 2014

pos	name	result	mph
1	Grant Orsborn	23:07	26.0
2	Arthur Zwanick	25:23	23.6
3	Phil O'Leary	25:35	23.5
4	Jerry Rollinson	26:08	23.0
5	Neil Goldsmith	26:44	22.4
6	Colin Holmes	26:48	22.4
7	Richard Farish	27:31	21.8
8	Chris Northwood	27:32	21.8
9	Buffy Pearce	28:14	21.3
10	Lui Tomlinson	28:18	21.2
11	Kevin Miller	28:47	20.9
12	Phil Tomlinson	29:07	20.6
13	Judy Reid	29:10	20.6
14	Maurice Burton	30:41	19.6
15	Peter/Becky Richards	30:51	19.5
16	Paul Richardson	31:58	18.8
17	Anna Figliola	32:16	18.6
18	Vivien Haestier	39:38	15.1
	Dave Newell	DNF	

Wk 10 12.3 ml Higher Berry 10th June

pos	name	result	mph
1	Grant Orsborn	31:59	23.1
2	Abid Hussain	33:16	22.2
3	Arthur Zwanick	33:29	22.0
4	Phil O'Leary	33:30	22.0
5	Rob Adams	34:23	21.5
6	Jerry Rollinson	35:02	21.1
7	Lui Tomlinson	37:18	19.8
8	Paul Richardson	37:18	19.8
9	Buffy Pearce	37:38	19.6
10	Martin Nevill	37:58	19.4
11	Kevin Miller	38:59	18.9
12	Chris Jenkins	39:09	18.9
13	Judy Reid	39:49	18.5
14	Maurice Burton	44:22	16.6
15	Colin Matcham	44:44	16.5
16	Chris Tovey	56:15	13.1
17	Vivien Haestier	56:38	13.0

Wk 11 10 ml A507 17th June

pos	name	result	mph
1	Tim Davies	22:06	27.2
2	Grant Orsborn	23:13	25.8
3	Abid Hussain	24:30	24.5
4	Richard Pratt	25:27	23.6
5	Phil O'Leary	26:00	23.1
6	Rob Adams	26:15	22.9
7	Colin Holmes	26:37	22.5
8	Chris Northwood	27:45	21.6
9	Richard Farish	28:00	21.4
10	Lui Tomlinson	28:16	21.2
11	Phil Tomlinson	28:25	21.1
12	Dave Newell	29:25	20.4
13	Anna Figliola	29:51	20.1
14	Paul Smits	30:06	19.9
15	Peter/Becky Richards	30:17	19.8
16	John Pfeifer	30:38	19.6
17	Colin Matcham	32:16	18.6
18	Niamh C-Mullins	35:19	17.0
19	Vivien Haestier	38:11	15.7
20	Helen Simpkins	38:51	15.4
	Maurice Burton	DNF	

Wk 12 12.3 ml Higher Berry 24th June

pos	name	result	mph
1	Tim Davies	29:15	25.2
2	Grant Orsborn	33:40	21.9
3	Phil O'Leary	33:54	21.8
4	Chris Northwood	36:43	20.1
5	Joshua Stirling	38:38	19.1
6	Kevin Miller	39:10	18.8
7	Judy Reid	40:46	18.1
8	Peter/Becky Richards	43:28	17
9	Maurice Burton	46:05	16
10	Chris Tovey	52:46	14

Wk13 10ml A507 2nd July 2014

pos	name	Result	mph
1	Tim Davies	21:48	27.5
2	Grant Orsborn	22:48	26.3
3	Gavin James	24:38	24.4
4	Oliver Cocks	25:34	23.5
5	Richard Pratt	25:40	23.4
6	Phil O'Leary	26:12	22.9
7	Colin Holmes	26:31	22.6
8	Lui Tomlinson	26:43	22.5
9	Neil Goldsmith	27:20	22.0
10	Richard Farish	27:27	21.9
11	Buffy Pearce	27:30	21.8
12	Chris Northwood	27:33	21.3
13	Paul Richardson	28:14	21.1
14	Phil Tomlinson	28:25	20.9
15	Martyn Anderson	28:47	20.4
16	Chris Jenkins	29:21	20.4
17	Anna Figliola	29:22	20.2
18	John Pfeifer	29:46	20.1
19	Sean Brennan	29:52	20.1
20	Peter Richards/Becky	30:03	20.0
21	Judy Reid	30:04	20.0
22	Maurice Burton	32:35	18.4
23	Michelle Taylor	35:35	16.9
24	Chris Tovey	38:47	15.5
25	Vivien Haestier	39:00	15.4
26	Robert Taylor	39:11	15.3
	Colin Matcham	DNF	

Wk 14 12.3 ml Higher Berry 8th July 2014

pos	name	result	mph
1	Gavin James	33:18	22.2
2	Glenn Billington	33:19	22.2
3	Richard Pratt	33:41	21.9
4	Rob Adams	34:24	21.5
5	Phil O'Leary	35:41	20.7
6	Richard Farish	37:45	19.6
7	Lui Tomlinson	38:30	19.2
8	Martyn Anderson	38:37	19.1
9	Judy Reid	40:15	18.3
10	Greer Kidney	40:24	18.3
11	Roy Porter	41:25	17.8
12	Sean Breannan	41:33	17.8
13	Chris Northwood	42:13	17.5
14	Maurice Burton	46:24	15.9
15	Linda Molloy	47:21	15.6
	Jeanette Walster	DQ	
	Vivien Haestier	DNF	