



THE ICKNIELDER

Newsletter of the
Icknield Road Club



Issue 9

Date Sept 2013

Note from “The Chair” (Lister Williams)

Autumn is upon us and our Tuesdays are solely social events (until Chris J gets us to work!), so it is pleasing to see how many enjoy meeting up. It has been good to see a number of new faces that appear more than once. During the season, our Club time trials suffered from the sudden lack of Peter Jones – it takes their absence at times to realise how much some people contribute. However various people have stepped into the breach, and our thanks to them – hopefully next season the time trialling will start off more safe and stable in its organisation. Looking where you are going maybe needs adding to the list of recommendations! The Cyclo Cross League has a fairly simple way of awarding points over a series of rides, leading to an overall season outcome. If anyone is interested in doing this for our summer Time Trial season, I think it would add interest. I am told it wouldn't work, but it does with the cyclo cross.

Talking of helping hands..... In the few years I have been in the Club I have noted that there are some members who do a whole range of tasks, some who beaver away at a few or a single task. But like a lot of clubs there are some relatively lightweight tasks that need one person – or a couple of people – to take over for a stretch, and spread the load. The AGM at the end of the year is the time when posts are formally discussed but, there are many tasks that are not given a title, but still need doing. Offers are welcome at any time. Taking over a job does not land you either with an unknown, or forever!! Previous holders will give guidance and encouragement, and moving tasks around the Club should become a normal process – it provides new thinking if nothing else.

As a prime example, we run two open events each year that have been part of the calendar for decades – the “Hilly” (April 6th in 2014) and the Charity 10 (Sept 6th in 2014). With Peter Jones (current organiser) moving North, an organiser is needed for each but asking around has got us nowhere. I was the Organiser for the Open 25 last year, first time ever, and if I can do it so could many of you. Again guidance freely available, but these events, which help to keep Icknield RC on the map, need people to run them. Your chance of glory (okay, I lied about the glory).

It was also suggested that new marshals might need guidance – easily done by pairing off with someone more experienced. Again, don't let not being sure prevent you from lending a hand – we are not a top league corporate outfit, just a cycling club.

Recognising that the IRC Facebook page is used by a significant number of members – and serves its purpose – the Committee will be selecting a brief Policy of Guidance about appropriate use. Tim Davies and Ray Morgan are the agreed moderators, and if there is an issue with any content they will act on behalf of the Club. Hopefully this will be merely a back stop, but users will all see the policy when it is selected.

I look forward to hearing news of the Club's first foreign expedition in recent years. A handful are off to France in the next few days – though to Abbeville, not to the Pyrenees, as they have more sense. Chris J and team will no doubt learn about the difficulties as well as the delights in practice. My congratulations to them all for getting this off the ground, and I hope the weather is reasonable.

Ray Morgan has just completed a charity ride of 600 miles in 7 days on behalf of Gt Ormond Street Hospital. This is a real personal achievement and he would be happy to hear from any who would like to add to his total sponsorship.

The Club Dinner is on 30th November at the Chiltern Hotel. Details are elsewhere in the Newsletter but thanks to Tony Baines for the work he puts in. Please do come along and support the Club in its 80th year.

We are heading for the winter season and the words “turbo trainer” can be heard in various conversations. Not that turbo trainers will ever substitute for the sheer pleasure of cruising along the lanes on a modern light bike, but if the rain is cold and horizontal, they have their place. Enjoy the warm bits that remain.

Look where you are going,....

Lister

P.S. I am delighted that Richard, Editor of this Newsletter, is still with us and the best part recovered from his recent accident. He has a well scarred helmet as evidence of the protection they provide when accidents occur.

InterClub Hill Climb (Tim Davies)

The Interclub Hill Climb is Sunday October 6th, Moleskin, Sharpenhoe at 10:30am. Last of the interclub series, your involvement is important to try and take a better position in the rankings against Beds Road, CC Ashwell and Hitchin Nomads. To ride send an email or give Peter Jones a call.

Cyclo Cross news (Lister Williams)

The Cyclo cross main season has started - I write “main” because there are events throughout the year in some locations. The Central Cyclo Cross League that we are part of has ten events this year, each run by a different club. The series begins at Hillingdon on Sept 29th (too late to enter now!), run by Team Quest, and ends on Dec 15th also at Hillingdon, but run by Twickenham CC.

All the details are on the website which is www.centralcxl.org.uk . There are further links to/from the British Cycling website.

The Icknield Road Club event, number 7 in the series, is on November 17th, is at Icknield High School, so please make a note and offer help if you can. I am the Event Secretary – for the administration of entries, start lists, race numbers etc. Ray Morgan is organising the school (Icknield High) and liaison, and Peter Jones is building the course. Extra hands will be needed in all areas on the day to make it the success it has been in past years.

The league event dates (mostly Sundays) are:

Round 1	Team Quest at Hillingdon		Sept 29 th
Round 2	Team MK at MK Bowl		SAT Oct 5 th
Round 3	Hemel CC at Longdean School		Oct 13 th
Round 4	Zappi's at Culham Pk Oxford		Oct 20 th
Round 5	Alpha RC/LutonCC at Wigmore Vally Pk Luton		Oct 27 th
Round 6	A5 at Caroline Chisholm School		SAT Nov 2 nd
Round 7	Icknield RC at Icknield High, Luton		Nov 17 th
Round 8	BedsRCC at Harlington Upper School		Nov 24 th
Round 9	Didcot CC at Harwell		Dec 8 th
Round 10	Twickenham CC at Hillingdon		Dec 15th

IRC President sets new National Records (Photos by Roy Porter)

IRC President John Lee set a host of new national Veterans Time Trial Association (VTTA) age group records in Welwyn Garden City. John took to the Gosling open track in Welwyn Garden City for an early start and at the grand age of 84 and achieved in a continuous cycle ride five national age records. He set new records for the 5 km, 5 mile, 10 km and 10 mile age records in times of 9.04 mins, 14.32 mins, 18.02 mins and 28.55 mins respectively.



John on his record breaking ride



Trouble getting off after an hour !!!

P.S. Nice wheels John !!! Think I recognise them from somewhere – possibly with a prettier rider ☺

New members (Gordon Hart)

Changing the topic from senior club members to new ones, the Club would like to give a hearty welcome to the following who have joined us recently.

Name	Location	Member	Name	Location	Member
Keith Barton	Luton	Senior Cit	Enasio Rosselli	Luton	Juvenile
Jakub Suszynska	Luton	Juvenile	Bilal Sadiq	Luton	Juvenile
Zuzanna Suszynska	Luton	Juvenile	Umair Saleem	Luton	Juniors
Rebecca Ellis	Luton	Juvenile	Joe Bambridge	Luton	Juvenile
Uzair Zulfqar	Luton	Juvenile	Niamh Claydon-Mullins	Luton	Juvenile

Club Sunday Runs (Nigel Cole)

Here is the list of intended destinations for the Club Sunday Rides. Please note that **ALL rides start at 09:00**

Date	Destination	Post Code	Start Point
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

Tim's broken the Club 12 hour record – AGAIN !!! (Gordon Hart)

Tim again elected to make the CC Breckland event in Norfolk as his targeted 12 hour event for 2013. The travelling logistics being somewhat different this year in that Tim decided to travel out to Norfolk on the Saturday and stay in digs for the night. A workmate of Tim's, Peter Woolmer an ex Lampard RC member, who lived at Letchworth had agreed to be the other helper. So it was another early rising on the Sunday morning, up at 2am, leaving home at 3.15, to rendezvous with Peter at Letchworth for 3.45 and transfer to his car for the seventy five mile journey to the event HQ in the village of Scoulton. We arrived on schedule at about 5.30 am. Tim arrived about ten minutes later, and we moved all of our 'stuff' into Tim's car, which we were to use for the duration of the event.

Tim set off at 6.10 am, conditions did not look too favourable as the wind was blowing quite strongly. The course uses minor roads for the first thirteen miles, and the next two hundred miles are on the A11 dual carriageway. This is not an easy course to help on, since there are few places where one can move from the westbound carriageway to the eastbound carriageway, so one finish up doing nearly as many miles in the car as the rider does.

Our intention was to field Tim about every ten miles. Feeding someone who is averaging over 23 miles per hour is a lot more difficult than someone doing about 19 mph, when Tim was on the wind assisted stretches he was probably doing at least 28 mph. So it was inevitable that sometimes food and bottles were dropped, resulting in a mad dash in the car to re-catch and park up and feed Tim again.

There were only 22 starters in this event, but it was a very high quality field, with about 5/6 riders expected to beat Tim. Tim started quite steadily doing the 1st 50 mls in 2hr 6 mins. He passed the 100 ml point in about 4-10. At about 110 miles the course moved on to lap of twenty miles of the A11 further to the east. Tim did another good 3rd 50 in 2-05, at about this time we had a short sharp shower, which freshened up the riders. It was on this section last year that we lost Tim when he was the first of the faster riders to be sent onto the finishing circuit, this year we made sure this did not happen. He passed through 200 miles in 8-26, so was on schedule to pass 270 miles comfortably. He was marshalled on to the finishing cct after 240 miles, the check at 250 miles had elapsed time of 10 hrs 43 mins, so a fifth 50 of 2-17 showed he was still riding very strongly, if he could manage 20 mph from here to the end he would finish up with about 276 miles.

The final mileage was 276.29, a well done PB by 5 miles (2012 271.12, 2011 270.28)

Arrived back home, at about 10 pm, so it had been a long day for an old'un, but very satisfying in that Tim had done another very good ride.

TdF 100 – Le Grand Arrivé 2013 (Richard Pratt)

Well this was an opportunity not to be missed – Vilma managed to get a chance for a few days off work in July exactly when the 100th TdF would be arriving on Paris. So I quickly booked Eurostar tickets and accommodation and it was "fait accompli".

We arrived on Thursday evening and spent the next few days in a very warm Paris sampling the culinary delights and superb scenery. We even did our first trip on the Seine on a tourist boat which gave us a new perspective on previously visited attractions.

Sunday morning arrived with blue skies, so we made our way across Paris on the Metro to Les Champs-Élysées to set up our camp for the day. As we'd done this before we knew we had to be there early, so we duly made our little Britain in Paris by 10 o'clock. Just as well as good viewing places were going quickly.

It was a very long day – the sun was relentless so oceans of lotions were applied and the portable oasis we'd brought with us was regularly accessed. Thankfully we were not too far from a well-known American burger chain so we made use of their coffee and toilet facilities whilst waiting for the “caravan” to arrive.



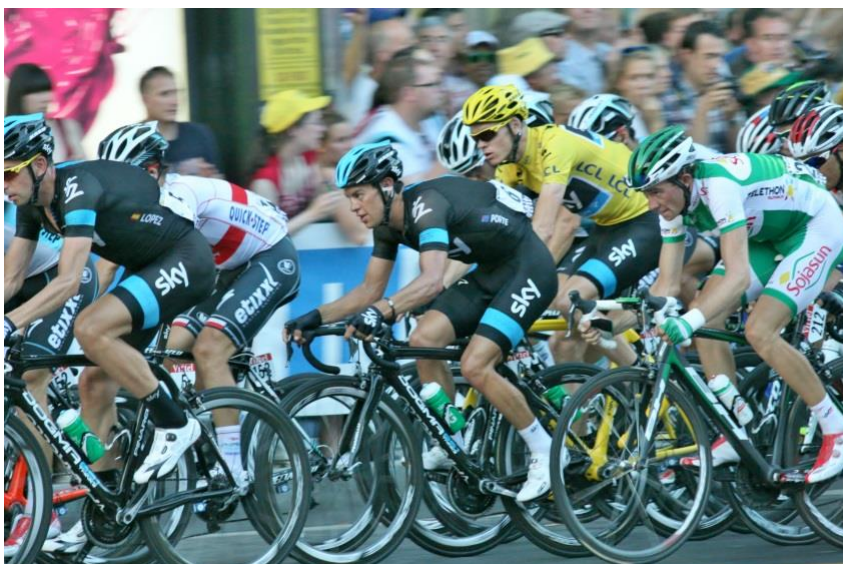
However, the first arrivals of note were 1000s of cyclists who'd taken up the opportunity to cycle up and down the Champs-Élysées wearing yellow. It was really good to see all sorts of cyclists enjoying their chance in the sun. There were typical club cyclists, casual cyclists, tandems, tridents, French equivalents of “Boris Bikes”, and even hand-powered recumbent cyclists – altogether a really heart-warming sight. ☺



Then the usual caravan of sponsors' vehicles arrived in “typical end of tour” style. It always reminds me of town festivals and fetes of years ago when I was a young lad. The floats, the excitement of trying to see what's coming next, will there be gifts showered on the crowd or just sprays of water ? It was all there....



Everybody was now beginning to wonder whether the main event would be able to maintain this level of excitement. We had to wait for quite a while as the peloton was taking its time getting to the finish. Then all of sudden there was a shout from the crowd, the French air force arrived with a roar and plumes of red, white and blue smoke trailing behind them, and down the road we could see flashing lights of the officials' cars and the mass of cyclists following them up the Champs-Élysées.



The next hour was spent behind a lens trying to get photos of well-known faces in the ever fading light. There was a rumour that Mark Cavendish had punctured and was trying to get back in the mix with help of his team mates, another that David Millar had made a break off the front of the pack. Sadly we didn't manage to see much of this, but the French commentary kept us informed as to what was happening out of sight.



At the end of the race we heard that Mark Cavendish was beaten in the sprint finish, but that Chris Froome had won the GC.

Could the day have gone better ? Probably ... the idea of having a late evening finish was poorly conceived as no-one could really see what was happening towards the end of the event. The poor light also meant that the riders didn't do their usual lap of honour to meet and greet the crowds of spectators, many of which had camped out for hours in the sun with little respite. And I still wonder whether the result would have been different if Cav hadn't punctured and had to work hard to play catch-up ...

IRC Annual Club Lunch (Tony Baines)

This year's Annual Club Lunch will be held at the Chiltern Hotel, Dunstable Road, Luton on 30th November. Arrival from 12:00 noon for 13:00 start...

For further details please contact **Tony Baines** on **01582 654071**.



Club Clothing (Tim Davies)

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

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.

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.

Martin and Sarah's IOM trip 2013 – Part 2 (Martin Brooks & Sarah Hamill)

In the last issue, we heard about the first part of Martin's and Sarah's trip to the Isle of Man. We left them at a campsite at Laxey and they were planning to re-join the TT Course at Douglas and follow it on to Peel

Thursday May 16th, 2013

Woke up to a brilliantly sunny day today, good temperature around the low 20s and a cloudless sky.

Today's challenge we decided was to get some miles in so initially we set off to Douglas to have a coffee and try to update the blog in the café with wi-fi. Sort of successful but painfully slow so only half did it as time was marching on.

We set off to find the TT Course in Douglas which we did and subsequently followed right up to Ballacraigne where we diverted off to view the attraction of Peel with its monuments, castle and harbour.



The weather was great, mainly clear and blue with the occasional clouds coming over. What a beautiful place is Peel, kids playing on the beach, the sun was hot and the scenery stunning! After we took in the 'ambience' we found a small café to deliberate the next part of the ride over a cup of tea and a cream tea!

We decided to follow the coast road north to Kirk Michael where we could re-join the TT Course – we still can't get over just good the road service is on the course. We then followed the course back to Ramsey where we stopped for something else to eat and drink because we still remember the hills out of the town – over a mile reaching a gradient of 15% in places.

Onwards, then back to Laxey where we stopped in again to the Co-op to buy our dinner to finish off the ride back up the 17% up to the campsite.

Tally for today – 48 miles with 2,700ft climbed. Tomorrow is our turn for the south of the island, destination – Port Erin.

Friday May 17th, 2013

Been climbing hills (and mountains) all week so we decided to visit Port Erin in the 'flat' south of the island as a sort of a rest. Oh yes? We did 45 miles and climbed 3,200ft – the most we've done in one day this week including the cycling up to Snaefell and our legs certainly feel it! We're somewhat relieved that tomorrow we just have to go back to the ferry in Douglas but even then it's going to be over 500ft of climbing with 17% climbs and 40kgs of loaded bike.

The day started off in brilliant sunshine after a very good night's sleep and following more porridge we were on our way.



We travelled south to Douglas and then struck a course around the coast line towards Port Soderick on towards Castletown. We followed the old road through the countryside and although the scenery was very pretty and the coastal vistas stunning, the gradients were particularly fierce and the going was tough.

Through Ballasalla on to Castletown, where it was time for the obligatory tea and cake. We took this sitting outside in the sun at a café in the town followed by a move to the Castle where we ate our packed lunch.

Then cross country to Port Erin where we rode up and down the promenade taking in the sights under an ever increasing darkening of the clouds. Port Erin is a really pretty little harbour town with a good clean and expansive beach even though by this time it was clouding right over and now starting to rain.

Time to head back to Douglas, Laxey, the campsite and a cup of tea. Incredible; as we left Port Erin the sun broke through and the going was good. As has been prevalent all week though, the wind has always been cold, it never really been warm enough to ride in shorts and short sleeves.



This time we rode back down the main road which was much flatter with far less inclines, that was until we neared Douglas again when the hills started again in earnest. We wished the fairies a good afternoon as we rode over the Fairy Bridge as is the custom to receive good luck but I'm not sure that it worked because the hills in Douglas were 'monumental'!

We finally dragged ourselves up the remaining hills into Old Laxey where sat by the harbour enjoying a cup of coffee and yet another ice cream.

We just had the last stretch to cover, then dinner, blog update and then to bed – the last night under canvas.

Saturday May 18th, 2013

No rain all week then when it comes to packing up, the 'heavens opened' and it rained continually from when we woke up, packed up the tent and cycled to the ferry for the 3pm departure.

Nice ship though – big fast catamaran, covering the Irish Sea at nearly 40mph and really comfortable.



Then rode into central Liverpool to catch the train back to Chester arriving home at 8:30pm having enjoyed a superb week cycling, superb week scenery wise and a superb week weather wise!

These were the bikes:



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/>