



THE ICKNIELDER

Newsletter of the
Icknield Road Club



Issue 15

Date Sept 2015

BREAKING NEWS !!! – IRC Annual Luncheon 2015 (Tony Baines)

This year's IRC Annual Luncheon and Awards Ceremony will be held on November 28th 2015 at the University Centre, Putteridge Bury, Hitchin Road, Luton, LU2 8LE. Web address for venue with map on is : <http://www.beds.ac.uk/putteridgebury/map>.

Tickets will be available from the Clubroom and are £22.50 with a 50% reduction for U18s. The Menu will be on the reverse of the tickets. Please could members let Tony Baines know of their choices ASAP, so the caterers can know in advance.

Please be there by 12:00 for lunch at 12:30 and end about at 17:00. The bar will close afterwards if it is not being used...

Tony's contact details are : Telephone 01582 654071, and email elaine.baines@ntlworld.com. He is also often found at the clubroom on a Tuesday evening.



Notes from the Secretary (Peter Tasker)

Could all 2014 Trophy winners please return their Cups / Shields to Peter Tasker or Gordon Hart at the Clubroom by **Tuesday 20th October 2015 at the latest**. This enables the Cups and Shields to be engraved and prepared for the Club Lunch and Prize Presentation on 28th November.

Many thanks,
Peter

British Cycling Offers (Ray Morgan)

Go-Ride Clubmark, Icknield Road Club members are eligible to purchase a brand new Children's British Cycling PINA Mountain Bike at a reduced cost of just £110. The bike is brand new, boxed and will require some building. Available for collection from Ray Morgan (Tel 01582 696 718).



Mountain Bike	Size 11.5"
Wheel Size	24"
Rider Height	4'5" - 4'9" / 135-147cm
Frame, Bars & Stem	Aluminium
Headset	FSA
Cranks	FSA Alpha Drive
Suspension Forks	Recon Rockshok
Front & Rear Mech	Shimano Alivio
Brakes:	Shimano V
Gear Shifters:	Alivio 27 speed
Tyres:	Kenda

IRC Evening events 2015 - Report & Awards (Gordon Hart)

20 events were run, 8 10's and 12 circuit events, 1 10ml events were cancelled in May because of inclement weather conditions. The numbers very similar to 2014. Club members was 380 rides from 61 riders, (2014 357). Visitors were down from 2014 of 127 to 79. The average of Club members per event was 21 for the 10's and 18 for the Cct events. 14 members rode 10 or more times, about the same as last year, Judy Reid rode most 17; followed by Tony Baines, Harry Newton & Martin Webb with 16.

The winner of the Fastest award was again Tim Davies, so is the winner of the Roger Queen memorial award. Tim had almost a perfect score of 399, just being beaten by Abid Hussain on one of the 10s, first time since 2009 that Tim has been beaten by a Club member in a Time trial except the Hill Climb. Richard Pratt was leading for a while until Tim got his 10th ride to qualify.

The winner of the Handicap award was David Morgan, so is the winner of the Maurice Cray memorial award. Similar to the Fastest section, David did not get his 10th ride in until very late in the season, up until then Martin Webb had been the leader. It was close between David & Martin, David was 3rd in handicap section on last week, if he had done a poor ride and been 12th on handicap Martin would have been the winner.

Awards As below to be presented at the Annual Club Lunch on November 28th.

Tim Davies	1st fastest and 3rd handicap
David Morgan	1st fastest 30-39 and 1st handicap
Richard Pratt	2nd fastest, 1st fastest 55-59 and 7th handicap
Paul Valks	1st fastest 70-79
Tony Baines	1st fastest 60-69 and 10th handicap
Keith Ashleigh	1st fastest 50-54 and 9th handicap
Mark Sibley	2nd fastest 50-54
Paul Richardson	2nd fastest 40-49
Judy Reid	1st fastest woman and 4th handicap
Chris Tovey	2nd fastest woman
Harry Newton	1st fastest under 20 and 6th handicap
Martin Webb	2nd handicap
Sean Brennan	5th handicap
Chris Jones	8th handicap

By the time you receive this Newsletter you should have received by email the final detailed points tables, results week by week etc., too much data to get into a Newsletter. (© Ed.)

Top 14 Fastest

	Age	Points	Rides
Tim Davies	47	400	11
Richard Pratt	56	388	15
Harry Newton	15	368	16
Keith Ashleigh	54	362	14
Mark Sibley	52	337	11
Dave Morgan	39	333	11
Chris Jones	34	327	15
Paul Richardson	46	317	10
Judy Reid	W54	313	17
Paul Valks	71	311	13
Martin Webb	59	305	16
Sean Brennan	54	299	12
Tony Baines	69	268	16
Christine Tovey	W61	217	12

Top 14 Handicap

	Average Points	Rides
Dave Morgan	35.5	11
Martin Webb	34.8	16
Tim Davies	32.9	11
Judy Reid	32.5	17
Sean Brennan	32.2	12
Harry Newton	32.0	16
Richard Pratt	31.9	15
Chris Jones	31.6	15
Keith Ashleigh	31.4	14
Tony Baines	31.2	16
Mark Sibley	31.0	11
Paul Valks	30.8	13
Christine Tovey	30.8	12
Paul Richardson	30.8	10

Obituary – John Adams

It is with deep regret that we announce the passing of Club member Joh Adams after being ill for some time. John joined The Ickniel after being a member of the Edgeware Road Club where he competed at road racing and time trials for many years. He notched up many wins both as an individual and as a team member and in his earlier years he clocked a personal best at 100 miles of 4hrs and 9 minutes. As an Icknielder he enjoyed the social runs and the Tuesday club nights and often attended the birthday celebrations.

We will miss you John and our condolences go to his wife Anne and all his family and friends.

John Lee



23rd March 1935 – 21st April 2015

New members (Gordon Hart)

Warm welcome to the following people who have joined the Club during the past few months.

Michael McCourt	Maulden	Sen. Cit
Finlay Armstrong	Luton	Juvenile
Paul Patchett	Flitwick	Senior
Parisha Tank	Dunstable	Juvenile
Roy Carey	Toddington	Senior
Mark Sibley	Amphill	Senior
James Watthey 2 nd claim	London	Senior
Martin Galpin	Amphill	Senior
Brett Clarke	Houghton Regis	Senior
Geoffrey Benge	Harpenden	Senior
Joe Chapman	Luton	Juvenile
Louise Logan	Eversholt	Senior
John Logan	Eversholt	Sen. Cit
Harrison Baret	Luton	Juvenile
Colin Hogarth	Luton	Senior
Nick Barrett	Luton	Senior
Srishti Agarwal	Dunstable	Juvenile
Harry Crouch	Luton	Juvenile
Segio Carrarao	Caddington	Senior
Charlotte Burton	Northill	Senior

Winter Training at “Venue 360” (Chris Jenkins)

Once again Chris Jenkins is holding indoor cycling at the studio, Venue 360 probably commencing Friday 2nd October. Training sessions help maintain base fitness during the dark evenings and you can adjourn to the bar afterwards for a social.

There will be 2 sessions: 6.30 - 7.15pm for under 18's (free) and beginners £3 if over 18.
7.30 - 8.30pm for the older ones. £3 to cover hire of Studio.

PLEASE NOTE: Minimum height to fit onto bikes is 4' 9". Bikes are fitted with SPD off road cleats or toe straps. If you want to use your own pedals allow 5 minutes to fit.

Watt bike (Chris Jenkins)

Chris has a Wattbike trainer at Venue 360 where your strength, endurance and predicted VO2 max. can be assessed.

Sessions are on a 1 -2- 1 basis and need to be booked in advance. Cost is £20 and includes Studio hire.

Find out your maximum power output, aerobic threshold and sustainable power.

Bring your own pedals. Heart rate monitor provided. All results are saved and can be printed off.



A bit of biking in France (Alastair Cassels)

I have to admit to a degree of selfishness in the planning phase of our family holiday this year. It was to be our first trip to France “en famille” and a bit of a voyage of discovery. Taking the car meant I could squeeze in a bike and do some exploring in some new environs. I couldn’t quite swing a fortnight in Les Deux Alpes but figured La Dordogne (La Dordon-ye) would offer some interesting terrain. I also persuaded Mrs C that the Massif Central was full of interesting volcanic related activity and would be well worth a couple of days stopover on our way back to Calais.

So it was set. Destination Bergerac with a little detour to Super Besse on the return journey. The Strava route planning tool is pretty useful for identifying where some interesting and challenging routes may lie but one thing you notice is that France (despite arguably being the home of cycling) is not as Strava obsessed as we are in the UK. There are less users probably because France is a massive country and the population is a bit more spread or perhaps they are just too cool and aloof for Strava.

Arriving at our spot just north of Bergerac was a challenge as the roads were a veritable rabbit warren of moderate climbs and descents. My first sortie was as much to locate the local boulangerie and get used to riding on the wrong side of the road.

I came across this little tribute which suggested that Le Tour had passed by fairly recently. My usual post ride routine of uploading to Strava showed that I had pulled a 3rd place on the short climb up into the village where our house was. 3/32 before anyone gets too impressed! Still I knew the KOM was within me but who would I be beating to top spot?



Pipped to top spot was a certain [Stephen de Jongh](#) who is a ex pro. Turns out he must have ridden up there last year on the morning before the Stage 20 TT from Bergerac to Perigueux. Possibly my only moment where I am faster than a pro but I’ll take it.

What you notice about riding in France....

- The roads are quieter
- The road surfaces are much better maintained
- Drivers respect the cyclist
- Its still very much a working class sport in France - not many MAMILS like me!
- 80% of the other riders I met were gnarly old guys with bronzed, lean calves and no helmet.
- No-one passes without a "bonjour, ca va?"

To be honest it's a pleasure to ride there. The terrain is varied in Aquitaine but quite undulating but really enjoyable to explore [Holiday Ride 3](#).

Travelling across the country towards Clermont Ferrand you get a real sense of the scale and variety of terrain France offers. We could see volcanic peaks in the distance and arriving in Le Mont Dore, a ski resort was a bit of a shock. This was proper lumpy terrain. Le Mont Dore is a ski resort and as such this was the quiet season but it gave me a chance to to recce a route on the way to our lodging. There are two main climbs out of Le Mont Dore. Col de la Croix Morand and Col de la St Robert. Both have featured in the tour recently on the way to finishes in the ski resort at Super Besse.



I set out from our lodging in the village of Picherande. Straight away I was climbing and into a fairly stiff breeze. Col de la Gineste. 4.3 miles at 4% towards Super Besse. Unlike anything we have locally here this was a steady climb that went on and on. The wind made it seem tougher and I was starting to feel a nervous about what I was taking on that day.

My route was planned at c40 miles but the temperature was already getting pretty hot and us jocks don't like that! Imagine my delight upon reaching Super Besse and seeing the steep descent that would take me down into the valley. Only short but signed at -11%, its the wide road that is used for Stage finishes, most recently when Rui Costa won in 2011. I spun up and clicked down the gears ready to tuck in and enjoy the run. Except....the stiff headwind was now a crosswind and I got a massive wobble at around 40mph. I have to confess that I am not a great descender anyway - nowhere near that lunatic Rollinson - and I almost required AG2R coloured shorts to hide my fear. Fortunately I managed to scrub off the speed and made it safely to the bottom. On I ploughed towards my next challenge.



It was a picturesque run down to Chambon. A lakeside resort that was already starting to get busy. I was to meet the team car there after my two ascents of the Puy but the view was only to be enjoyed for a moment before the road began to ramp. By this point I had drained one bottle and I was rivalling Darren in the perspiration stakes. The road snaked up, out of a the valley and the tree line until it was just open road and the helpful km markers to help you count down to the summit. This is real cycling. For the first time I felt some sense of what it is to be on a sustained climb. Not so steep as some of our local bergs but long. Puy de la Croix Morand shows at 5.4 miles @ 6%. I climbed steadily, mostly in 36*23/25, ticking off the km markers until a reached the summit and handily a cafe. Deux autres bouteilles de l'eau was in order and duly supplied before I snapped a pic and gileted up for the run down into Le Mont Dore.

Still squelching a little from my wobble on Super Besse I set off down the mountain. Honestly it was fabulous. Even for a "girls blouse descender" this was a blast. You just glide down. The surface was good, cars scarce and the cooling breeze welcomed. The only thing is that it's over so quickly so any recuperation is short. Into Le Mont Dore saw me navigate through the town and back the road we had driven the day before. The first part of Col de la St Robert is much steeper than the other climb. Think Sundon Hill, before it levels out to just 6% for 3.5 miles. I actually found this pretty comfortable even though the temp had climbed to about 80 degrees. Again the km markers encouraged me up and as I climbed the road gave testament to the French adulation for Rolland, Voeckler, Pinot and Fignon! Zipping down the other side was again a blast but over too soon. I had completed my first mountain stage without dying or requiring assistance from my DS.

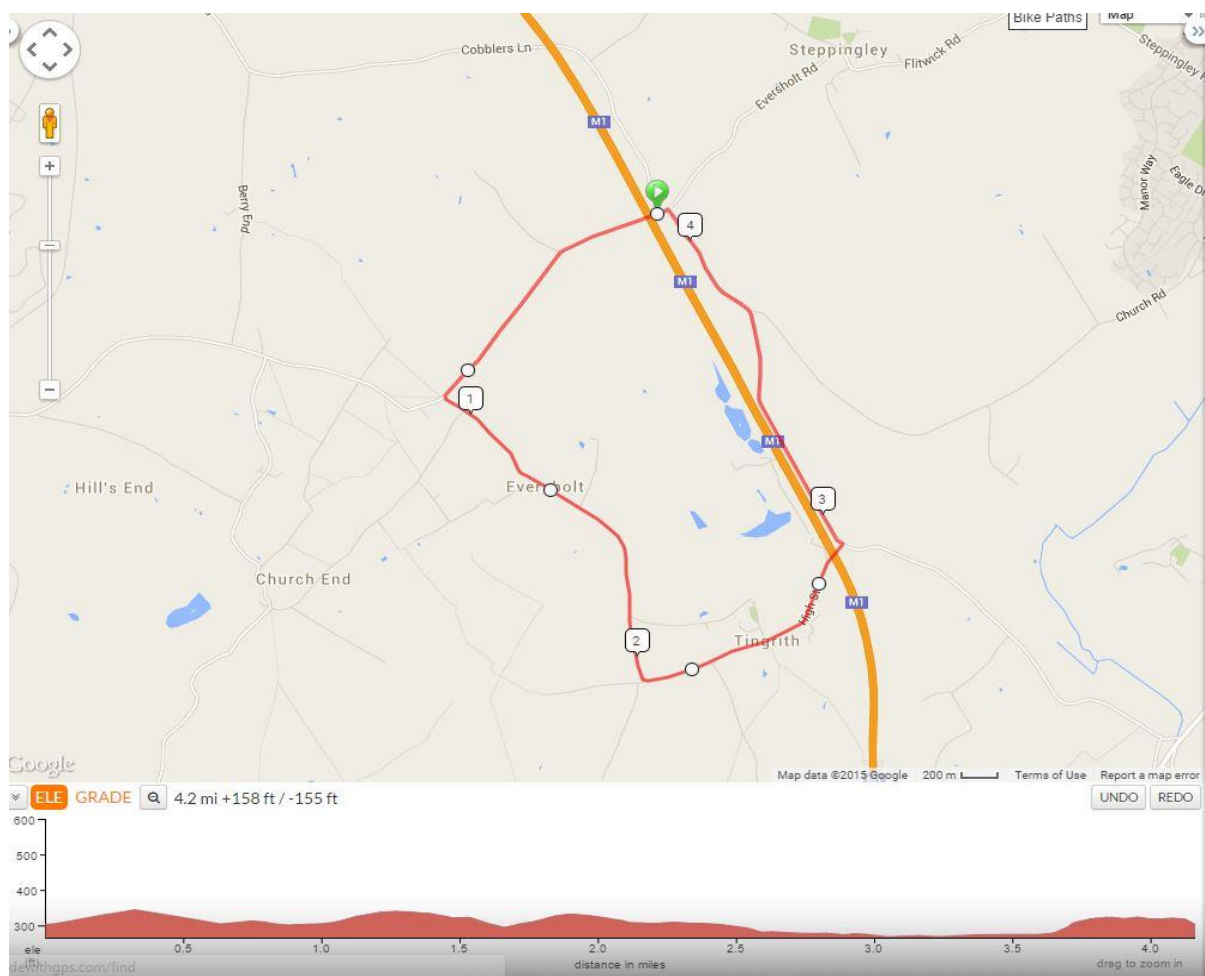
France is a wonderful country. Cycling there is a pleasure. I am going back. Next year for sure and maybe for the Etape.

New Course(s) for IRC Evening League Time Trials (Tim Davies)

As many of you are aware, the A507 TT course has become too busy a road for us to use as a CTT approved course. Therefore the Club is looking for alternative routes that can be used on a Tuesday evening whilst maintaining the current Clubroom at Redborne School. The Higher Berry circuit still remains viable and approved.

So far, two routes have been suggested, details of which are shown below. Please take time to examine the suggested routes and pass on comments to either Tim Davies or any member of the Committee.

Route 1: Short Tingrith Loop 4.25 miles (<http://ridewithgps.com/routes/10371634>)

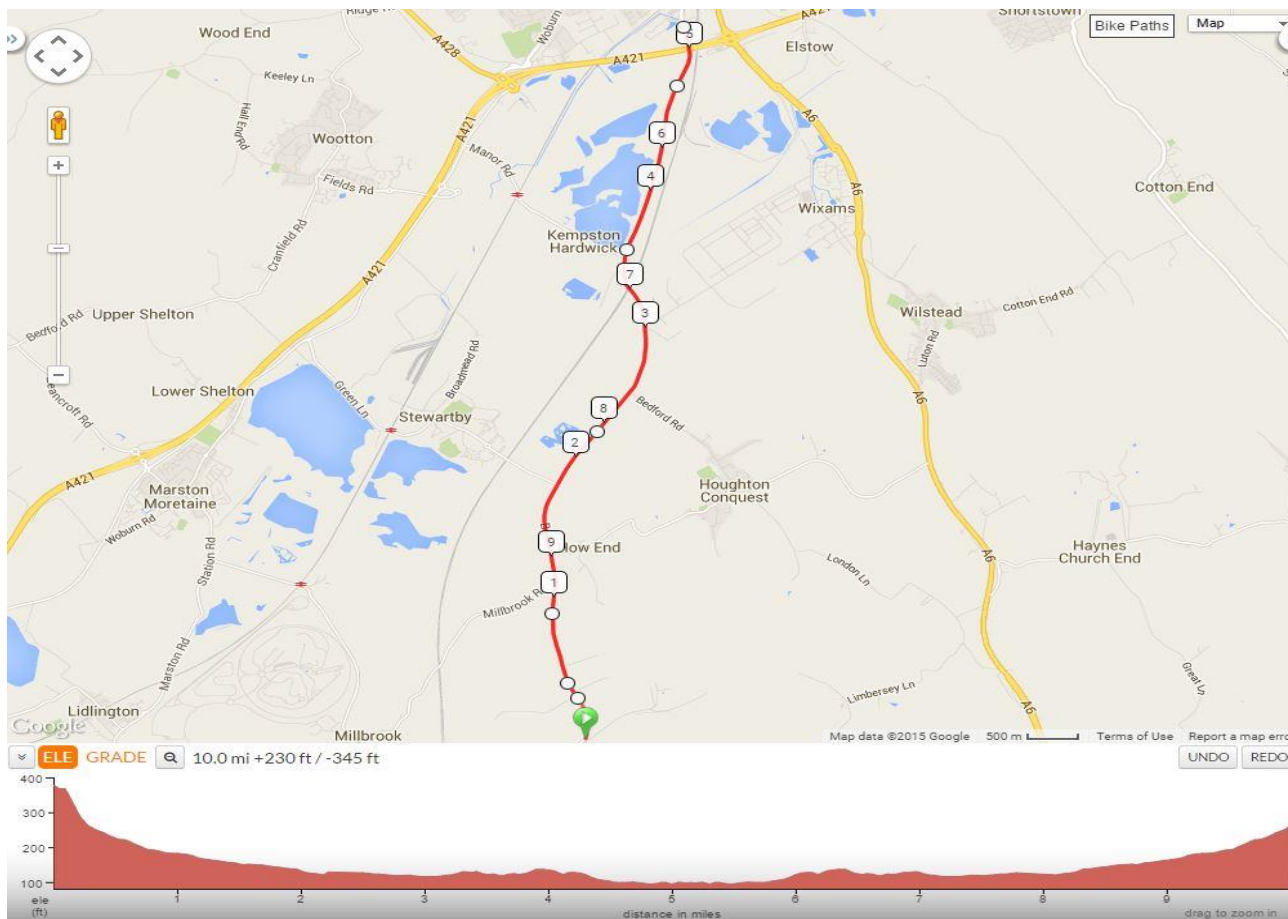


Route 2 : 10 mile TT Ampthill to Bedford, with gift hill (<http://ridewithgps.com/routes/10371654>).

Start at top of hill as you leave Ampthill towards Bedford on B630. No layby, but path to left and gateways opposite.

Encircle at Bedford Retail Park, this is the worry about this course, probably not dangerous as it is such a slow old place, but getting held up at this RAB.

Finish near the Lockheed Martin gate closest to Ampthill.



Become an IRC - Accredited Marshal (Ray Morgan)

The Icknield Road Club (IRC) wants to promote a 'Road Race' and needs volunteers to become accredited marshals at road cycling events to help us keep racing on the roads and make it safer for everyone involved.

What is an accredited marshal?

An accredited marshal is a trained road cycling marshal who is legally empowered to stop and hold traffic during a race using a new 'Stop Cycle Race' sign approved by the Department for Transport.

Why are accredited marshals important for road racing?

The sport of cycling is booming in Britain but despite this, the difficulty in staging road races on Britain's roads is threatening future development of the sport.

Accredited marshals are playing a huge role in securing the future of road racing in this country by making staging road races easier, more professional and, most importantly of all, safer for everyone involved.

Getting involved

Volunteering as an accredited marshal is a fantastic way to get involved with supporting the IRC and the sport of cycling by helping British Cycling to protect the future of road racing in this country. You'll be playing an important role in ensuring we can provide our next generation of cycling talent with the opportunity to race safely and regularly on Britain's roads.

What training will you get?

British Cycling will provide you with the training you need to become an accredited marshal. To start with you will be asked to complete an online learning module before attending a practical training session in your region that will last about four hours. Then you will be ready to start marshalling at races where you will be provided with an approved sign and high-vis jacket as well as a log book to complete after each race as the final phase of your training. You will also be awarded a certificate and receive some specific British Cycling accredited marshal clothing free of charge. This includes an accredited marshal polo shirt for your first event and a waterproof jacket on completion of your first five races and submission of your logbook. Each marshal is expected to commit to a minimum of five races per year.

A thank you from British Cycling

As a thank you for your time, support and hard work we'll be giving all accredited marshals who attend the training course a free [British Cycling Bronze Membership](#) which will give you exclusive benefits such as discounts at cycling stores, pre-sale and discounted tickets for major UK cycling events and a weekly newsletter with exclusive offers, news and top tips.

How to register

For more information and to register your interest in volunteering please [contact](#) Mark Doel, Central Regional Events Officer 07940 302081, markdoel@britishcycling.org.uk

Caption Competition

Many thanks to Peter Tasker who submitted the following picture and asked

“Who is the former IRC member now in riding London Dynamo colours....?”



Answers as usual to “The Editor”....

Unwritten Rules of Group Riding (Various)

Several members have expressed annoyance over the few months about the standard of riding by cyclists in a group. I know from experience of other clubs that this concern over road craft is not just applicable to this club but others too. Whilst we can't do much about other clubs, **we can improve our image as well as safety by knowing how to ride in a group.**

So the following is a list of things to watch out for. I know that I'm guilty of quite a few of these.....

- Be aware that everything you do has a knock-on effect on everyone behind and beside you.
- You are responsible for the safety of everyone around you as you are for your own wellbeing.
- Don't half wheel !!! When you hit the front, keep the pace consistent and matched to your riding partner. Some groups allow the cyclist on the left-hand side dictate the pace.
- When you hit a hill, maintain your effort level, not your speed.
- When you come through for your turn and move over to the recovering line, do so smoothly and close to the rider you are taking over from. Don't leave them with a massive gap.
- Don't leave gaps. Full stop.
- If you are struggling to close a gap, wave the rider behind you through.
- Do your fair share of work at the front. Forget any nonsense about saving yourself on a club run. If you are hanging and can't take a turn, stay back rather than disrupt the rhythm of those who are working.
- If you are feeling strong and someone else is suffering, give them a shove on the back to help them back onto a wheel. Keeping gaps closed will ensure the group stays together and you'll maintain the pace better.
- If someone gives you a shove, accept it graciously. Everyone has bad moments.
- Always carry the tubes, pumps, food and tools you need to look after yourself and your bike.
- Don't nail yourself trying to do super-hard turns if the pace is above what you are capable of or you know you are tiring. If you start to get dropped, the group will have to slow down to look after you, or in some cases you will be abandoned.
- Don't ever sit at the back on a group ride doing nothing all day and then break cover simply to win a town-sign sprint or hill climb. If you are that strong, get yourself to the front. You are there to work and get fitter.
- If someone is repeatedly making mistakes, tell them discreetly towards the end of the ride. Don't shout at them in the heat of the moment. If it's you being given constructive criticism, then try to learn from it.
- Show your respect for other cyclists and the drivers with whom we share the road. A smile and a wave go a long way if a driver has waited for a cyclist to get through a junction. Say hello to other cyclists on the road as you pass. We are kindred spirits, connected by our passion. Oh yeah, never spit when other riders are too close behind you.

There are also a number of other articles on the web, a few of which I've listed below.

http://www.ctc.org.uk/sites/default/files/file_available-everyone-no-log-required/group-ridingpdf.pdf
<https://chaingangcyclingtralee.files.wordpress.com/2009/09/its-all-about-the-bike.pdf>

I hope that this article will help improve the standard of IRC group rides and hopefully ensure safe and pleasant riding for all....

IRC Evening events 2015 - Times for Members only (Gordon Hart)

The following are the tables of results ; the first is for the A507 10-mile course and the second is for the Higher Berry Course.

	Total Rides	Total 10's	Apr 21	May 19	Jun 9	Jun 16	Jun 30	Jul 14	Jul 28	Aug 11
Martyn Anderson	6	2			28:44	27:06				
Keith Ashleigh	14	5	27:02	27:24	27:17	38:34		26:16		
Tony Baines	16	6		30:36	30:48	29:06		28:55	29:09	30:23
Andy Beezer	5	3					25:04	24:50	25:14	
Andrew Blair	2	0								
Sean Brennan	12	4	28:51			28:00		27:59	28:50	
Charlotte Burton	2	2					36:08	32:49		
Maurice Burton	9	6	29:07		29:58	27:48	29:19	27:54		30:34
Mitch Butler	1	1			27:15					
Roy Carey	6	2	33:27		32:17					
Brett Clarke	5	2	31:49		29:13					
Matthew Cao	3	1							28:24	
Joshua Curtis	2	1						22:34		
Tim Davies	11	5	22:14	22:50		21:34			22:21	21:52
Richard Farish	1	1	29:41							
Anna Figliola	5	3	27:38				29:37	29:06		
Martin Galpin	2	1	26:29							
Neil Goldsmith	4	3	26:31			24:47				24:30
Joshua Hempsall	6	3					30:27	27:54	29:07	
Abid Hussain	4	3	23:18			22:23			22:16	
Chris Jones	15	7	29:44		28:36	28:09	29:17	27:52	27:31	28:11
Colin Lapidge	1	1			30:58					
John Logan	4	2						29:35		28:33
Louise Logan	6	2							32:39	31:22
David Morgan	11	4		28:43			28:10	27:23	27:19	
Paul Napoli	6	2			32:21	30:40				
Martin Nevill	6	4			27:57			26:47	27:26	27:32
David Newell	4	2	27:48				29:49			
Harry Newton	16	7	28:44	28:12	27:50	26:16		25:41	26:32	25:40
Chris Northwood	4	2	28:39				29:10			
Phil O'Leary	8	2	26:08				26:55			
Grant Orsborn	7	3				22:00	23:12			22:32
Paul Patchett	2	1	27:43							
Buffy Pearce	7	1				28:34				
Debbie Pearson	5	4	35:25		36:15	34:24	35:26			
John Pfeifer	3	3			28:54	27:40		28:10		
Colin Pheasant	4	4	31:12		30:18	28:30	29:08			
Roy Porter	5	1					30:34			
Ross Poulton	4	1							25:25	
Richard Pratt	15	7	25:18		25:12	24:43	25:23	24:45	25:31	24:17
Keith Prime	4	2					31:45		29:42	
Jayne Raynor	1	1	32:56							
Judy Reid	17	7	30:36		29:52	28:16	28:26	27:27	27:49	27:20
Peter Richards	3	1					29:18			
Rebecca Richards	2									
Paul Richardson	10	3				28:06	27:42			28:53
Jeremy Rollinson	4	3	27:20		27:58		27:19			
Dave Ryan	1	0								
Bilal Sadiq	1	0								
Darren S-Jones	1	0								
Mark Sibley	11	4			28:33	30:15		27:16		27:30
Paul Taylor	5	2		30:05	29:24					
Lui Tomlinson	6	1					28:15			
Pearce Tomlinson	6	4			30:25	30:58	36:14	27:24		
Phil Tomlinson	7	4		30:22	29:11	28:11	28:08			
Christine Tovey	12	5			34:14	31:41	32:14	32:31		32:31
Elaine Travers	6	3					30:59	30:00		29:06
Stuart Travers	5	2						25:50		25:20
Paul Valks	13	5			29:05	28:03	28:04	27:25		28:20
Martin Webb	16	6		31:21	29:59	27:53	28:21		28:44	28:21
61 riders	380	167	23	8	25	25	27	23	17	19

The following table is for the Higher Berry circuit events of which there were more of than the 10-mile A507 route. As a result it is a bit of a squeeze to get all the data in, so apologies in advance for the small font – it was the only way I could get it to fit !!! (Ed.)

1 circuit = 4.1 miles	#	Apr 7 2 ccts	Apr14 2 ccts	Apr28 2 ccts	May12 3 ccts	May26 3 ccts	Jun 2 2 ccts	Jun 23 3 ccts	Jul 7 3 ccts	Jul21 3 ccts	Aug4 3 ccts	Aug18 2 ccts	Aug25 2 ccts
Martyn Anderson	4	24:54	24:56			38:40		37:21					
Keith Ashleigh	9	24:49	23:17	22:38	35:18	36:24		35:39	36:03	36:12	37:21		
Tony Baines	10		27:22	28:09	41:50	42:38	28:39	39:36	40:58	41:10	40:43		27:15
Andy Beezer	2	21:45					22:10						
Andrew Blair	2	30:48	32:19										
Sean Brennan	8		25:51	25:24	39:20	39:53		37:47	38:01	38:19	37:48		
Charlotte Burton	0												
Maurice Burton	3		27:43							40:04		26:58	
Mitch Butler	0												
Roy Carey	4		28:58	28:59	42:33							27:57	
Brett Clarke	3			27:16	41:03			40:23					
Mathew Cao	2					38:32				36:50			
Josh Curtis	1								30:20				
Tim Davies	6	19:35		19:27		29:18					29:24	19:34	19:40
Anna Figiola	2			25:57			27:36						
Martin Galpin	1				34:28								
Neil Goldsmith	1		23:07										
Joshua Hemsall	3				42:22			39:32	41:00				
Abid Hussain	1	21:48											
Chris Jones	8	27:30	26:31	26:13			25:56	39:02	37:21			24:09	23:32
John Logan	2											25:59	26:07
Louise Logan	4								43:01		42:26	26:43	26:57
Dave Morgan	7	25:43			38:09			37:34	37:38	36:30		24:12	24:11
Phil Napoli	4							41:40		44:40	40:48		27:31
Martin Nevill	2		24:48	24:52									
David Newell	2		24:23						39:24				
Harry Newton	9	25:35	24:58	24:13	36:58	35:40	24:09	34:50		35:33			23:34
Chris Northwood	2	25:34				37:31							
Phil O'Leary	6	22:52	22:12	22:12	33:53			34:11		35:10			
Grant Orsborn	4		20:43		31:35				31:29	31:20			
Paul Patchett	1		24:56										
Buffy Pearce	6		26:29	26:09	40:26			38:28	40:55		37:40		
Debbie Pearson	1		32:51										
Roy Porter	4		26:35	26:55				39:24		39:38			
Ross Poulton	3	22:12						34:23		33:45			
Richard Pratt	8		22:36	22:13	32:16		22:27		33:11	32:53	33:08		21:51
Keith Prime	2							41:55			41:30		
Judy Reid	10		29:41	26:54	39:39	41:05	26:39	38:34	38:35	37:58	38:39		25:01
Peter Richards	2							35:13	35:02				
Rebecca Richards	2				50:59	53:16							
Paul Richardson	7			26:30	38:27			36:47		38:51	36:30	24:23	24:28
Jeremy Rollinson	1		24:00										
Dave Ryan	1	23:07											
Bilal Sadiq	1												43:09
Darren S-Jones	1			24:23									
Mark Sibley	7		25:19	25:12		38:31	25:16	36:19		36:33	36:25		
Paul Taylor	3				36:32	38:31	24:25						
Lui Tomlinson	5		24:14		38:22			38:32	38:37		38:13		
Pearce Tomlinson	2							41:59			44:46		
Phil Tomlinson	3	26:36							37:49		37:45		
Christine Tovey	7	33:06	32:57		47:00			43:31		44:51		29:36	29:16
Elaine Travers	3		29:32							42:34		26:59	
Stuart Travers	3		24:18								34:03	22:00	
Paul Valks	8		26:37	27:16	37:18	40:32		37:40		41:19	39:07	25:46	
Martin Webb	10	33:53	28:15	27:13	39:09	41:13		37:46	39:06	38:17		25:29	25:08
	213	16	28	20	21	14	9	24	17	20	17	13	14

Open Results for IRC Members – Sept 2015 (Gordon Hart)

Sun Mar 1st Hainault RC 31mls E14/28

Tim Davies 1:16:09 5th

Sun 8th Mar Lea Valley CC 25mls E1/25B

Tim Davies 1:00:02 8th

Grant Orsborn 1:02:12 20th

Abid Hussain 1:02:54 22nd

Sat 4th Apr SalesEngine.co.uk 10mls F2A/10

Peter Harridge 23:54 52nd

Sun 5th Apr Icknield RC 18.6mls F12/30k

Tim Davies 46:50 8th

Grant Orsborn 48:37 16th

Abid Hussain 49:05 19th

Peter Harridge 51:29 30th

Andy Beezer 53:03 36th

Gareth Rose 53:33 38th

Richard Pratt 58:12 47th

Lui Tomlinson 67:11 55th

Sat 11th Apr Lea Valley CC 25mls E2/25

Tim Davies 56:30 34th

Sat 11th April N&DCA 18.7 mls NC14

Richard Pratt 51:45 60th

Sun 12th Apr Bedfordshire Rd CC 25mls F1B/25

Grant Orsborn 59:55 12th

Peter Harridge 1:03:15 26th

Gareth Rose 1:10:08 43rd

Sat 25th Apr N&DCA 10mls N1/10

Tim Davies 22:40 16th

Richard Pratt 26:05 67th

Sat 2nd May Cambridge CC 10mls F2D/10

Gareth Rose 25:25 76th

Mon 4th May VTTA L&HC 10 mls F11/10

Grant Orsborn 21:03 41st

Sat 9th May Bossard Whs 10 mls F15/10

Tim Davies 21:49 4th

Gareth Rose 24:42 23rd

Sat 9th May N&DCA 10mls N3/10

Richard Pratt 26:56 39th

Sun 10th May Norlond Combine 50mls F1B/50

Tim Davies 1:57:29 13th

Grant Orsborn 2:00:30 18th

Sat 27th Jun N&DCA 20.8 mls NC15B

Richard Pratt 55:39 47th

Sat 4th July Belper RC 25 mls A25/11

Tim Davies 54:51 66th

Sat 4th July Whitewebbs CC 10mls F20/10

Gareth Rose 23:19 30th

Sat 16th May ECCA 50mls E2/50C

Tim Davies 1:52:04 11th

Neil Allonby 2:01:29 38th

Sat 16th May Peterborough CC 10 mls N1/10

Gareth Rose 24:52 37th

Sat 23rd May Lampard RC 10mls F15/10

Tim Davies 21:35 11th

Gareth Rose 23:11 33rd

Sat 30th May N&DCA 15mls F14/25

Richard Pratt 39:05 38th

Sat 6th Jun Drighlington BC 10 mls V718

Tim Davies 20:49 20th

Sat 6th Jun Bedfordshire Rd CC 10 mls F15/10

Gareth Rose 24:57 32nd

Sun 7th Jun Finsbury Pk CC 50 mls F1B/50

Tim Davies 1:54:17 7th

Grant Orsborn 1:59:18 13th

Neil Allonby 2:07:28 27th

Sat 13th Jun VTTA EA 50 mls E2/50C

Tim Davies 1:46:14 10th

Grant Orsborn 1:47:28 15th

Sun 14th Jun Mercia CC 25mls K16/25

Peter Harridge 1:00:14 28th

Thurs 18th Jun VTTA 10mls E2/10

Grant Orsborn 21:38 21st

Sat 20th Jun Herts Whs 10mls F20/10

Gareth rose 22:20 23rd

Sun 21st Jun ECCA 100 mls E2/100

Tim Davies 3:58:33 21st

Grant Orsborn 4:00:09 23rd

Thurs 25th Jun VTTA 10mls E2/10

Grant Orsborn 21:31 54th

Sat 27th Jun BDCA 50 mls A50/6

Tim Davies 1:52:32 35th

Sat 27th Jun API-Metrow 25mls E2/25

Peter Harridge 1:00:02 124th

Sat 27th Jun CC London 10mls F10/10

Gareth Rose 23:16 8th

Sun 16th Aug Finsbury Pk CC 25mls F1B/50

Grant Orsborn 55:26 17th

Sat 29th Aug Bossard Whs 10 mls F15/10

Tim Davies 21:27 11th

Peter Harridge 22:35 30th

Neil Allonby 24:21 59th

Gareth Rose 24:36 62nd

Chris Jones 26:10 79th

Sat 11th July VTTA EA 25mls E2/25

Tim Davies 55:16 27th
Grant Orsborn 56:01 35th
Peter Harridge 58:21 67th

Sat 11th July Bossard Whs 10 mls F15/10

Gareth Rose 23:47 30th
Steve Seeby 25:58 43rd

Sat 18th July VTTA North Midlands 25mls A25/25

Peter Harridge 59:24 33rd

Sun 26th July VTTA Nat. Champ 25mls R25/3L

Tim Davies 55:37 38th standard

Sun 9th Aug Bedfordshire Rd CC 25mls F1B/25

Neil Allonby 1:00:48 32nd

Sun 9th Aug VTTA EA 25 mls E2/25

Tim Davies 52:59 11th
Grant Orsborn 54:12 19th
Peter Harridge 57:35 64th

Sat 5th Sept B&DCA 100mls A100/4

Tim Davies 3:52:58 37th
Peter Harridge 4:15:26 55th

Sat 5th Sept Icknield RC 10mls F11/10

Abid Hussain 21:24 37th
Paul Patchett 25:05 59th
Chris Jones 25:38 97th
Judy Reid 26:41 104th
Martin Webb 27:37 107th
Tony Baines 28:48 108th
Chris Tovey 31:14 110th

Sat 5th Sept N&DCA 10mls NC16N

Richard Pratt 26:20 31st

A Few Final Thoughts from the Editor...

The purpose of this Newsletter is provide communication to Icknield Road Club members of what's being going on, what is currently happening and what's planned to happen.

However, in this age of technology, it seems that the time it takes for someone (i.e. me) to put together a Newsletter, much of the information has already been disseminated to most of the membership. We currently have a couple of sites where are used by members ; Facebook (<https://www.facebook.com/groups/426878257329030/>) and the IRC website (<http://icknield-roadclub.org.uk/>) which are updated on regular basis, often daily in the case of Facebook.

So my thoughts are "What is to become of the Newsletter ?"

I believe it still has its place in the world of IRC communications, but think that it might be more beneficial to simply produce an Annual Newsletter which details what's happened over the past year and the hopes and aspirations for the coming year.

But what about the useful stuff in the Newsletter such as Club Runs, Events etc. ? I think it would be easy enough for this information to be web-based and hard copies of the appropriate webpages be made available on a Tuesday evening at the clubhouse, or posted if required for those who are not web attached. This method would be similar to what happens with events such as the IRC Sportif held earlier this year.

I'm happy enough to produce the Newsletter, but don't want to simply regurgitate information that's been available elsewhere for months

So, what does the membership think ? Please have a think about this issue (sic) and either let me or the committee know your thoughts are.

Regards,

Ed. (aka Richard Pratt)

Email : richard.pratt59@btinternet.com

Tel : 01234 326761

TEA DUTY SEPTEMBER 2015 – APRIL 2016

2015

2016

September		January	
1st	DEBBIE & DAVE	5th	DEBBIE & DAVE
8th	RICHARD PRATT	12th	CHRIS JENKINS
15th	NIGEL COLE	19th	ELAINE MORGAN
22nd	MARTIN ANDERSON	26th	HARRY
29th	TONY BAINES	February	
October		2nd	ELAINE & STUART TRAVERS
6th	KEITH PRIME	9th	ROY PORTER
13th	CHRIS NORTHWOOD	16th	MAURICE BURTON
20th	CHRIS TOVEY	23rd	MARTIN NEVILLE
27th	ELAINE MORGAN	March	
November		1st	DEBBIE & DAVE
3rd	STEVE CHAPMAN	8th	STEVE CHAPMAN
10th	JUDY REID	15th	
17th	ANDY BEEZER	22nd	
24th	SEAN BRENNAN	April	
December		5th	CHRIS NORTHWOOD
1st	JUDY REID	12th	
8th	TIM DAVIS		
15th	ANNA FIGLIOLA		