



Magazine January 2011

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GET IN TOUCH

If you have anything you would like to be included in the magazine or have ideas and suggestions for articles, you can contact me in the following ways.

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Deadline for next month's magazine

28.1.2011

Editors Notes:

I know the weather has not thwarted some of you these last few cold weeks. This last week marked a watershed for me, it was the first time I have worn a warm hat and gloves whilst turbo training in my garage; needless to say my cooling fan was switched off. Does training in below freezing conditions do you any good? I am not sure.

Celebrity worship continues in the UK. Michael Underwood a very affable TV presenter who grew up in Northampton and has a link with a work colleague is currently in New York having a wonderful time. He also owns a rather nice Titanium road bike which looks to me for all the world £4000 worth. How do I know this, well the colleague showed me his twitter page. I do question the wisdom of advertising your absence whilst at the same time showing one of your prized possessions.

Robert White

Membership's fees for 2011 become due on 1st January 2011.

These have not increased from 2010.

Seniors - Over 18 on 1st Jan - £15

Junior - Under 18 on 1st Jan - £6

Family – Up to 2 Seniors & 2 juniors at the same address - £20

You do not need to send in another membership form unless your contact or address details have changed.

Please forward your remittance to the following address (cheques payable to Kettering Cycling Club)

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New rules for 2011 club events

At the last KCC committee meeting, in the interest of rider safety, we agreed to introduce the following rules for all club & private riders participating in KCC club time-trial events.

1. Protective helmets should be worn by all riders for all races.
2. A working rear red flashing LED light to be fitted to all bikes.

We understand that the 45RC have also introduced the same rules for the coming season. Welland Valley CC have also introduced the rules.

Gavin Hinxman, Club TT secretary

The Working Man's Cycling Hero

The thrill of the sprint up the hill and the swoop down the fell- pell mell,
Tell me the stries of the road race glories and the sly chatter when the going is good!

By "it's hard up the hill" says he, with one man to beat for the "kill"
Then its eyeballs out, to be in with a shout for the glories and smiles that await in two miles!

Oh! The call of the roads and the steepest of hills in those far off days we recall. The stories get better as the memories fade and the pain of the red mist dulls.

Set me down in my ashes by the rill that splashes in Cardigmill Valley, -
with Perce.

An ode to Percy T Stallard, ex British Road Race Champion, founder of the B.L.R.C and of the L.V.R.C organiser of many Road Races and manager of the winning team in Warsaw-Berlin-Prague International Road Race.

Colin Pountney

Club Run

December 5th.

Four riders met at Sainsbury's on a cold, just above freezing, morning to undertake a ride on hopefully unfrozen roads. They were Steve Colbert, Rob Barker, John Hardwick and Tom Bailey.

They set off along Rockingham Rd. to turn towards Rothwell and then Harrington, from where they turned to ride to Kelmarsh, only to discover that this road had a light covering of ice. However they continued cautiously and reached Kelmarsh without mishap.

Tom had intended to cross the main road and ride to Sibbertoft, but instead turned along the road to Brixworth roundabout. The climb up to The Swan inn at Lamport

caused Tom to be left behind until the roundabout, where the others had waited for him.

They continued together to Holcot, the frozen Pitsford Reservoir looked quite picturesque in the sun light. In Holcot they turned to ride to Moulton and then on to cross the A43 into Overstone on route to Sywell through Overstone the road climbs before descending into Sywell. On this gradient John decided to lead and he was swiftly followed by Steve and Rob leaving Tom to ride at his own pace, which he continued to do all the way back home. He arrived just about 11:45 having ridden a distance of 34 miles.

December 12th.

Another cold Sunday morning greeted seven keen cyclists as they met at Sainsbury's prior to setting out on another club run. They were Rob Barker, Dave Robinson, Darren Botterill, Joe Mulholland, Clive Shackleton, Tom Bailey and newcomer Chris Duckworth from Broughton.

They decided not to use minor roads so set off to ride to Cottingham roundabout and then turned for Market Harborough, nice views over the Welland valley before they descended the hill into the town.

Continuing to ride main roads they set off along the Northampton road as far as Brixworth, Darren turned to go home as the remainder rode through Scaldwell and on to Old, where Joe turned for Walgrave as he also headed home the others continued on to turn past Mawsley and then into Loddington. Chris said cheerio at the junction as he wanted to do a longer ride. And then there were three to ride through Loddington and into Kettering by way of Gypsy Lane and Northampton Road, Tom and Clive continued along the Headlands as Rob headed for Corby by way of Weekley and Geddington.

Tom arrived home about 12:15. His ride was 40 miles.

Race News

Boxing Day

With both the 45RC and Welland V.C.C. Boxing Day 10's cancelled, Gavin Hinxman opted to ride the Rockingham Forest Whs event on the Valley Circuit. Bitterly cold of course, with roads still white with frost, but rideable. Gavin was the fastest of four brave souls, with a good time of 28.07. Roaring fire at the Clubroom and mince pies afterwards made a seasonal touch.

What's On
January 2011

Sat	1 st	K.C.C. Annual New Year Walk. Arthingworth	10.30
Sun	2 nd	K.C.C. Clubrun. Sainsbury's	09.30
Thur	6 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	9 th	K.C.C. Clubrun. Sainsbury's	09.30
Thurs	13 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	16 th	K.C.C. Clubrun. Sainsbury's	09.30
Thur	20 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	23 rd	K.C.C. Clubrun. Sainsbury's	09.30
"	"	N.& D.C.A. Annual Lunch. Commonwealth Centre, Wollaston	12.00
Thur	27 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	30 th	K.C.C. Clubrun. Sainsbury's	09.30

February 2011

Thur	3 rd	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	6 th	K.C.C. Clubrun. Sainsbury's	09.30
Thur	10 th	K.C.C. Turbo-Training. North Park Pavilion	19.30
Sun	13 th	K.C.C. Clubrun. Sainsbury's	09.30
"	"	A5 Rangers Cycle Jumble Sale. Towcester Clubroom	10.00

(Note:- The Racing Season is only 9 weeks away !)

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Now that's what I call Endurance !

Neil O'Maonaigh-Lennon claimed a new world running record by completing 105 marathons in 105 days for charity. He finished at Brighton, doubling the previous record of 52 marathons in 52 days.

*

Liam Prior

Liam has recently moved to Northampton for further independent re-habilitation. Kingsland Gardens has modern en-suite bedrooms, with carers and a therapist on hand. We wish him well in his new surroundings, which has to be an improvement on the 'hospital' environment he has been in. All the Best Liam.

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