



Magazine April 2011
Contents:

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.

You can write... Robert White
48 Kentstone Close
Kingsthorpe
Northampton
NN2 8UH

You can telephone... 01604 846125

You can E. Mail... robert@whitepack.me.uk

Deadline for next month's magazine

28.4.11

**KCC welcomes four new members this month:
Joel Lewis, Peter Staffen, Hugh Marchbank and Tim Hartley.**

FREE PINARELLO

Now I have your attention, Shaun Bailey requires marshalls for the Mark Bell Memorial Open. Event date is Sunday May 8th, start time 9:00 am. HQ is Walgrave Village Hall. You can e-mail him at shaun@8ailey.fsnet.co.uk

Newport Velodrome track session

I would like to organise a club track session at Newport velodrome, on Sunday 18th September and would like to gauge interest.

Bikes can be hired & all abilities will be catered for. You don't need to have any experience of riding fixed wheel or riding the track.

Cost wise – £20 for a 3 hour session [including bike hire &](#) with the use of a track coach to show us what to do. We could share cars to spread the fuel costs. [This does require 30 riders to share the hire of the track so if we cant fill those places within the club I will invite riders from other clubs to join us](#)

Please call me or drop me an email if interested.

Gavin

Gavin.s.hinxman@btinternet.com

01536 505887

Racing Report

Saturday 5th March

The local road race scene got underway with the first of the Spring Series of N.C.R.A. H'cap races, held on the Old-Lampport circuit. The 30 mile event was held in cold drizzly conditions. The scratch group caught the long markers on the final downhill run, resulting in a 44 man sprint for the line. Mark Thompson, St.Ives C.C. took the honours. Stu Walters performed well after his winter was disrupted with a broken ankle, hanging on in there for 35th place. David Robinson was on the back of the bunch in 41st place. Creditable first road race performance from John Hardwick, losing contact, but fought to the finish for 48th place.

Sunday 6th March

The weather dried for the Club Open Hilly 20ml C.T.T. at Brigstock, which attracted a field of 53, the best for years. It was organised by Phil Quincey, and well marshalled by Club members. Winner was evergreen veteran Geoff Platts, I-Ride, with a fine time of 46.54. Six Club members competed, Tony Brown, despite delay at the crossing in Geddington, finished well up in 53.42. Robin Bellamy recorded 55.55. Darren Botterill, Paul Ashdown, 58.47. Tom Bailey did better than last year with his 1.5.31. and Pete Etheridge chose 3 wheels, steering his trike round in 1.18.29.

Saturday 12th March

Road closure at Brighthurst, meant a change of circuit for the second round of the N.C.R.A. H'cap Series, onto the testing Devils Staircase circuit. The winner was Liam Stones, 45R.C. who now leads the overall table. The final sprint was underway as the scratch group closed up. John Hardwick was there at the finish, taking equal 12th place in the same time as the winner. Dave Robinson was just 14secs. down in 20th place. Stu Walters was 42nd, finishing ahead of many half his age.

Sunday 13th March

The first Club T.T. of 2011, was a 10ml T.T. on the Weekley-Stanion course, attracting 12 Club members and three visitors. The start was misty, with some light rain at times, although winds were light. Club 10mile Champion, Gavin Hinxman led the way with a fine 24.04, showing early season fitness. Tony Brown took second spot with his 25.02. David Robinson, despite his previous day's road race exertions, finished 3rd in 26.11. Two creditable debut rides were recorded from new members; 16 year old Joel Lewis was just outside evens with 30.09. and Peter Staffen had chain un-shipped and delayed, but clocked 31.35. Other times:- Darren Botterill, 26.36. Eddie Clutton, 27.16. Josh Monger, 27.50. Paul Ashdown, riding 72" fixed, 28.26. Marcus Buksh, 29.06. Phil England, 29.34. Tom Bailey, 30.44. Timekeepers were Bernard Smith and Graham Boniface. Marshalls were Pat and Dot Houghton and Clive Hewson.

Saturday 19th March

Robin Bellamy was our only rider in the A5 Rangers 31ml C.T.T. held on the hilly Duncote-Litchborough circuit. Robin's time was 1.26.15. Quite warm and calm conditions allowed Matt Bottrill, I-Ride, to take 94secs. off his own course record, to win by over 4 minutes.

The 3rd round of the N.C.R.A. H'cap R.R. Series was held over 3 laps of the Great Gidding circuit. John Hardwick rode strongly away from the longmarkers group, leading the field before eventually getting caught on the final lap, to eventually finish 24th. David Robinson was just 25secs. down in 30th place. Super Veteran Stuart Walters finished 34th. Winner of the 30-up sprint was Stuart Lindsey, St.Ives C.C.

Sunday 20th March

Gavin Hinxman scored a fine first place in the Medium Gear section of the A5 Rangers 10ml T.T. on the Silverstone by-pass. Swift pedalling from Gavin earned him a time of 26.08. Paul Ashdown also favoured 72" gear, and clocked 28.30. It was quite cool and windy, as two club members, Tony Brown and Darren Botterill fought the hard outward leg, Tony did 25.08 and Darren, 26.03. Winner was Jon Simpkins, Drag2Zero, in 22.09.

Sunday 27th March

The Club 20.8ml C.T.T. was held in cold, but dry conditions, with only a light wind over the Lamport 10 course, and the Old circuit. The course was fully marshalled and signed, and the new H.Q. was great. Gavin Hinxman had his good work rewarded with a winning 52.40, followed by Club Veteran Champion, Tony Brown, second in 54.25. Third place went to Darren Botterill, with a nice 57.17. Two new members performed well in their first event, Tim Hartley clocked 1.02.00, and Hugh Marchbank, 1.8.10. David Robinson showed no after effects from his previous days road race tumble, posting a 1.00.19. Other times:- Robert White, 1.04.16, Bernard Smith, 1.13.54. Timekeepers were Bob Hill and Josh Monger, and the course was marshalled by Tom Bailey, Fred Northern, Helen Hinxman, Stu and Chris Walters, Andrew Christie and Andrew Scott.

For Sale
Books on Cycle Training

Fitech. Self Improvement Programme	20p
Food for Sport	50p
Circuit Training for All Sports	50p
Games for Physical Education	50p
Sports Injuries. Prevention and Management	50p
Treatment of Sports Injuries	50p
Weight Training for Sport	50p
Advanced Turbo Training. Peter Read	£1
Stretching for All Sports	£1
Illustrated Physiology	£1
Athletic Massage	£1
Sports Injuries Self Help Guide	£1
Massage for Cyclists	£1
Complete A.B.C.C. Coaching Manual	£1
Complete B.C.F. Training Manuals	Offers

Contact B.Smith on 01536 500942

What's On

April 2011

Sat	2 nd	N.C.R.A. H'cap R.R. (5) 48klm. Southwick	14.00
Thur	7 th	K.C.C. Club 11.7ml C.T.T. NC1 Grafton Underwood	18.30
Sat	9 th	N.C.R.A. H'cap R.R. (6) 48klm Middleton	14.00
Thur	14 th	K.C.C. Club 11.7ml C.T.T. NC1 Grafton Underwood	18.30
Sat	16 th	N.& D.C.A. 20ml C.T.T. NC14 Middleton	14.00
Sun	17 th	K.C.C. Club 10ml T.T. N18/10 Broughton	08.00
"	"	Beds R.C.C. 25ml T.T. F1 Tempsford	07.00
Thur	21 st	K.C.C. Club 11.7ml C.T.T. NC1 Grafton Underwood	18.30
Sat	23 rd	St. Ives C.C. 10ml T.T. N1/10 Sawtry	14.00
Thur	28 th	K.C.C. Club 11.7ml C.T.T. NC1 Grafton Underwood	18.30
Sat	30 th	Welland V.C.C. 10ml C.T.T. NC16h Naseby	14.00

May 2011

Thur	5 th	K.C.C. Club 10ml T.T. N3/10 Lamport	19.00
Fri	6 th	Friday Night M.T.B. Series. Borough Hill, Daventry	19.00
Sun	8 th	K.C.C. Open 18.4ml C.T.T. NC15 Old	09.00
Thur	12 th	K.C.C. Club 10ml T.T. N3/10 Lamport	19.00
Fri	13 th	Friday Night M.T.B. Series. Mallory Park, Leics.	19.00
