



Magazine September 2011

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

28.9.11

**KCC welcomes five new members this month:
Christopher Tew; Daniel Tereszczyn; Paul Humpries; Mark Pearson;
Jason Gadsby.**

Kettering Cycling Club
Annual Dinner and Prize Presentation
Sunday 13TH November 2011 12.30 p.m. for 13.00
The Bull's Head Arthingworth

Once again our Annual Dinner and Prize Presentation will be held at the very popular Bull's Head. Arthingworth, who have served us well in the past. The past three years this event was a complete sell-out, so it will be first come first served. Early booking and payment are essential. Last date for booking and payment is Friday 4th Nov.2011. No price increase from last year. Price per head for three course meal with tea or coffee. Is £15. Children £10. Please select from the following menu

Starters

Home-made leek and potato soup with crusty bread (V)
Duck and orange pate with warm toast
Traditional prawn cocktail with brown bread and butter
Creamy garlic and stilton mushrooms
Brie wedges with sweet chilli dip

Main Courses

Roast Beef with Yorkshire pudding
Roast turkey with traditional accompaniments
Poached salmon in a light cheese sauce
Wild mushroom stroganoff with basmati rice and garlic bread

Desserts

Apple crumble and custard
Lemon cheesecake
Ginger sponge with ginger sauce
Sherry trifle
Ice-cream selection

NAME

STARTER

MAIN COURSE

DESSERT

<u>NAME</u>	<u>STARTER</u>	<u>MAIN COURSE</u>	<u>DESSERT</u>

Bookings and payment to Bernard Smith, 31, Park View, Kettering. 01536 500942, by November 4th 2011. Cheques payable to Kettering Cycling Club

ROOM 101

Being on holiday without your bike

It's late April and you are riding through the drizzle on a training ride and your companion; sun-tanned and who appears clearly capable of increasing the pace by at least two miles and hour without any obvious fatigue, whilst he is waxing lyrical about the fabulous week he has just had in Majorca at the Stephen Roche (or some other such legend) training camp, average daily mileage around eighty to ninety, good food, good weather, awesome climbs.

Two weeks later he stuffs you for six minutes in a local 25.

We have all been there, lets' be honest, at some glorious location, on a winding rural lane with the sun shining, small clusters of pretty houses, cafes.

Your bike however is entombed in a shed at home, some seven hundred miles away and you are driving a crummy; under-powered; too small hire car . At this moment you are thinking that next time I will have to bring the old machine here, even if it means buying a three-hundred quid bike box which the children will have to sit on, perched on the back seat of the hire car with their heads banging against the roof, the family's luggage diminished to just one small case, packed so tightly that there is a risk of a incipient black hole forming. You know you are being unreasonable thinking it, but think it you do anyway.

The first time I had no bike syndrome was aged around thirteen at boy's brigade camp at Exmouth, the camp site whist close to the beach was it seemed so far from the town centre that there was a constant fear of not getting back in time for tea / supper and being put on orderlies the next morning (plate washing / spud peeling etc).

Well I have just come back from a camping trip in south Germany. Our car once again was jam packed with camping infrastructure with no extra room for a front mech, never mind a complete bike.

Few Brits make it that far down in Germany close to the Austrian border. The Germans who are not in Spain reserving the poolside chairs with their towels are here, Besides the ubiquitous Dutch, it's pretty much their own secret.

Low and behold the two-wheeled Germans are out in force, road bikes, mountain bikes.

At our adjacent plot, Gunter or whatever his name was, stepped out of his pristine camper van every morning to clean the dew off his and hers €3000.00 mountain bikes with sort of passion that the guy in the Volkswagen advert a few years ago by repeatedly opening and closing the door to test the sound it made.

At the site I met up with a British guy with wife and two kids. He had clearly trumped me because he had four bikes neatly stacked upon a Thule tow bar rack with lights and number plate additions, all sickeningly legal.

He proceeded to tell me with how great the rack is, how much better the fuel economy is over the old roof rack. The next day he showed me the dedicated; laminated bike map of the area and teased me with where he had ridden, a straight red line for road-side tarmac track, blue line for off-road, dashed blue line for slightly difficult and dotted blue line for severe off road, cafe here, bar there, bike shop here. We had glorious weather, what would have been a perfect cycling holiday. I wanted to throttle him!

Robert White

WELSH FESTIVAL OF CYCLING JULY 21ST – 25TH

Which moves venue every two years, this was the second year at Rhos Goch (moor red); above Hay on Wye on the Welsh side.

There were some superb if arduous rides. The 200k audax was particularly tough, few takers including me! Nevertheless good rides of A, B and C class, though these days I am definitely an A, B rider.

Many riders seem to fly up the hills, the average age being about 30-40 who seem to have no problem.

It is run by the CTC Wales but with much fewer riders than the mainstream CTC birthday rides. It is less formal and much cheaper.

Surprisingly there are a reasonable number of Cafes available.

Some of the descents were extremely hairy with blind corners, narrow lanes (ex farm tracks), very steep slopes and brainless sheep on the lanes and verges (also plenty of sheep muck).

One of the highlights was Robert Watson winning the hill-climb event in under 8 minutes. Robert who is Pete and Sue Etheridge's grandson and his Mum Sally is still I think the holder of the N&DCA 100 mile TT fastest time. This record is quite a few years old.

We had very good facilities at Rhos Goch, i.e. the Gold Club house and watching Le Tour repeats on TV.

We were all gunning for Cadel Evans, he being of Welsh roots.

Good weather, good food, good camping- what better.

Colin Pountney.

NORTHAMPTONSHIRE REVISITED

When I left for Newcastle University in 1964, I didn't realise that I would not be coming back to live in Northants. In recent years, I've come down for the Sheppard TT, spent a little time with family and headed back North. But this year, Alan decided to keep me company, and so we spent a week in a cottage in Oundle that was just big enough for the two of us and our bikes.

I decided that if the weather was reasonable, we would get out on the bikes and visit some of my old haunts. As a taster, we went to Brixworth after the TT to look at the church, which is huge compared to the tiny stone Saxon churches in Co Durham and Tyne Valley. So on the day after the TT, we were ready to go by 8.30, me on Dad's Merlin, and Alan on his new lightweight mountain bike. Out through Glapthorn and Deenethorpe, with me pointing out old airfields. "How do you know it was an airfield?" - "It just looks like one" We arrived at Kirby Hall just as the curator was opening up and spent a leisurely couple of hours wandering around, but the peace and quiet was rather ruined by the noise from Rockingham Speedway. I had expected to find a pub for lunch, but the curator mentioned a farm shop "on the main road near Bulwick", so we braved the A43 in search of food, and were rewarded by the biggest cheese sandwiches I've seen in a long time. The owner did rather anxiously ask "how many of you are there?" - thinking we might be the vanguard of a club run! Off again through increasingly pretty villages - Bulwick, Blatherwyke, Kings Cliffe (with memories of the youth hostel) and Apethorpe to Nassington, where we spent the afternoon exploring the Prebendal Manor House before devouring huge chunks of apple and treacle tart and rolling back to Oundle via Fotheringhay, Tansor, and Cotterstock. Putting the bikes back behind the dining table, Alan said "We've done 30 miles" - "Yes" - "and no hills" - "No." "I could get to like this area...."

Monday we were going for lunch with George (Dad's brother) and cousin Pam, but I had bought the next map east and planned a morning ride. We didn't get far. An hour later we were still at Barnwell, admiring the cottages and being nosy. When I poked my head into the courtyard of the almshouses, I hadn't expected to find a cyclist happy to have a chat! Shortened ride through Hemington with a stop at the Polebrook airfield memorial where an American family were also paying their respects. Polebrook village provided more cottages to admire before we had to get back to Oundle and ready for lunch.

The weather forecast was poor for Tuesday, so we went by car to Bletchley Park.

Wednesday was the only day we could go to Apethorpe, and I had booked a late afternoon tour there, so we went the long way round. South through Aldwincle and Islip then west and north via Twywell and Grafton Underwood to Brigstock Country Park for an early lunch. On to Lyveden New Bield, such a lot to see now they have discovered and re-instated so much of the landscape that puts the whole enterprise into context. We tucked into scrummy ice cream while Alan decided to ride back to Oundle and pick up the car, while I rode on through Benefield, Glapthorn, Southwick and Woodnewton and got to Apethorpe first! I felt rather smug as I swept along the drive to stop in front of the magnificent Hall. Mum loved historic buildings, and this is the sort where we were only ever able to press our noses to the gate. It's a huge project for English Heritage to take on, I'm not sure what the future holds for it. Alan beat me back to Oundle, but he did have the kettle boiling when I got there.

Thursday it really did rain – we visited Mum’s sister and family in the morning, and had a tour of Lamport Hall in the afternoon – that’s another place we could only see from the gates in the 50s. I had got my bike in the car in case the weather improved and I wanted to ride the evening 10, but the cold and wet put me off the idea – sorry!

Friday was the last day, and I wanted to make the most of it, so we took the bikes in the car and parked at Rockingham. The hill looks as steep as ever, but I wouldn’t want to ride up it with all that traffic. The cross looks quite sad without the scores of cyclists draped over it as in my old photos. I didn’t want to get to Lyddington too early, so out through Grettton to look at Harringworth Viaduct (Alan’s main hobby is steam trains). Spent a while at Lyddington Bede House and looking round the village before we rode past Eyebrook reservoir to Sweet Hedges. Not a place I would ever have found if I hadn’t been guided there after the hill climb last year, but beans on toast made a good lunch. North again to Allextton, then back through Harraton to Medbourne. After a couple of false starts I found the correct road to Nevill Holt and plodded up to the seat where I waited for Alan to join me. Sitting looking at the view, he said “I suppose you want to go and see this Hill Climb you were telling me about?” - “Err, that was it.” Nevill Holt looks very different to last year. We were told it has been bought by the founder of carphone warehouse. It’s obviously being looked after, with fresh paint and some rather odd sculptures, and work being done on the estate. But it’s back to peering through the locked gates! We whizzed down to Drayton and through Cottingham back to Rockingham, only to find the tea room shutting early. After panic scrutiny of the map we pushed the bikes into the car and rushed off to East Carlton Country Park, where we did manage to get tea and cake, and made a note of another place to visit in the future.

We thoroughly enjoyed our few days in Northants. Although I wouldn’t want to ride far along the main roads, the lanes are still a joy to ride, the villages are still chocolate box pretty, there are more interesting places to visit and do I detect more tea rooms than 50 years ago? Alan was suitably impressed, so I think we will both be back next year. But for now, its back to the hills.

Karen Blackburn (nee Sheppard)

Racing Report

Thurs 28th July

Joel Lewis scored his first evening event win with a 16second improvement in 23.21.

Josh Monger also improved 2seconds to 23.59, to claim second place. Third place went to Chris Brennan, obviously benefitting from hi triathlon training, to clock 24.06. Good improvements too from Jon Thorne, 28secs. to 25.32. Marcus Buksh, 9secs. to 25.45. Adrian Read, 24secs. to 25.46. Andrew Jones, 1.48 to 26.04. Huw Marchbank, 1sec. to 26.19. John Tilley, 54secs. to 31.59. Seasons bests were recorded by Shaun Bailey, 29secs. to 24.20. and Mick Wood, 34secs. to 27.36. Other times recorded by Tony Brown and Mike O'Connor were:- Darren Botterill, 24.19. Phil Nudds, 25.01. Simon Evans-Smith, 25.12. David Bucknall, 25.35. Sian Edwards, 25.38. Robert White, 26.20. Tom Bailey, 27.18. Ravi Meehan, 30.24. Bernard Smith, 30.37. Marshalls were Fred Northern and Robin Bellamy.

Saturday 30th July

The N.& D.C.A. 'Try-out' event for the British Time Trial Championships had to be shortened to 19mls due to road works. The rural course provided quite a challenge, plus a six mile ride from the headquarters to the start. David McClean, of Pasta Montegrappa, was the winner in 40.44. Josh Monger was the fastest of five Club riders with a good 49.21. Martin Bailey, on a visit from Eastbourne did 55.28, Dad Tom Bailey did 55.28, Mick Wood, 56.26, and Phil Quincey, 1.01.53.

Sunday 31st July

Gavin Hinxman rode the Swindon R.C. 10ml at Cricklade, and recorded 21.49. The winner was Stuart Dodd, Drag2Zero, in 19.25

Sunday 31st July

Tony Brown added the Club 50mile Championship title to his 10 and 25ml wins, with a fine ride of 1.58.14, over six laps of the testing Earls Barton Course. Second place went to Robin Bellamy in 2.17.30. Sian Edwards made her 50mile debut with a very satisfying 2.22.19. Four Club riders opted for the 25ml course:- David Robinson did 1.1.30. Joel Lewis 1.2.22. Darren Botterill, a P.B. of 1.4.53. Phil England made his 25ml debut with 1.14.23. Timekeepers were Bob Hill and Graham Swannack.

Thursday 4th August

Heavy showers ceased in time for the Club 9.4ml C.T.T. at Old, although the threatening weather reduced the field for Timekeepers Mark Booth and Bob Hill.

In a close tussle for top spot Gavin Hinxman just had the edge over Series Leader Tony Brown by three seconds, with a winning 22.11. Third place went to David Robinson, with a 3sec. improvement to 23.09. Other times:- Stu Jones, 23.47. Joel Lewis, 23.49. Andrew Christie, 24.49. Jon Thorne improved 7secs. to 25.25. Josh Monger rode his shopping bike for a creditable 25.47. David Bucknall, 25.54. Huw Marchbank improved 19secs. to 26.00. Rob White, 26.18. Andy Jones, 26.35. Norbert Radvanski, 26.41. Tom Bailey, 28.01. Phil Quincey, 31.21. Bernard Smith, 31.40. The course was well marshalled by David Lewis, John Hardwick and George Bridge.

Friday 5th August

Robert White was 18th in the Veterans section in the 12th round of the Friday Night Summer Series of M.T.B. races at Avalanche Adventure, at Sulby.

Saturday 6th August

Gavin Hinxman hit top form in the Burton District C.A. 50ml at Etwall, by shattering his own Club 50ml Record by 2mins. 05secs. for a fine 1.51.53. Gavin admitted that conditions were good, proven by the winners time of 1.39.03. posted by Jeff Jones, Chippenham & Dist. Whs.

Sunday 7th August

The N18/10 on the A43 at Broughton was back to normal for the Club 10 this morning, the strong wind making it a hard outward leg. Tony Brown took the honours in 23.05, beating second placed Stu Jones by 36 seconds. David Robinson was third in 24.26. Andrew Jones was pleased to reduce his best by 40 seconds, clocking 27.31. Other times:- Andy Fairley, 25.09. Sian Edwards, 27.47. David Bucknall, 28.36. Bernard Smith, 30.12. Darren Botterill was out of luck, getting stung by a bee, and was D.N.F. Timekeepers were Robert White and Gavin Hinxman, Pat Houghton pushed off, and John Tilley manned the turn.

It was also tough conditions on the F1 at Tempsford for the Finsbury Park C.C. 25ml. Paul Ashdown was well down on his best with 1.3.24, as was winner Ian Cammish, Planet X, in 53.48.

Phil Quincey suffered severe cramp resulting in a 1.24.49 time in the Fenland Clarion 25 at Sawtry. Michael Hutchinson , Quickvit R.T. was clear winner in 51.17.

Thursday 11th August

Good conditions for this evenings round of Club 9.4ml C.T.T's. Tony Brown won with the best winning time of the series, a P.B. of 22.06. Stu Jones improved a whopping 56secs. to take second place in 22.51. Third place went to Shaun Bailey with a season's best of 23.48. Robin Bellamy was close behind in 23.52. There was P.B's too from Simon Evans-Smith, 25.04.(8secs.). Marcus Buksh, 25.28.(17secs.). Andrew Jones, 25.59.(5secs.). John Tilley equalled his recent best with 31.59. Dan Tereszyn had a good debut ride of 27.21. Bernard Smith partnered 13 year old Christopher Tew in a two-up, with Christopher riding a heavy mountain bike, finishing in 41.48. Timekeepers were David Robinson and Darren Botterill. Ken Vatcher was pusher-off. Marshalls were Chris and Stu Walters, and Andrew Christie.

Friday 12th August

Tonight's round of the Friday Night M.T.B. races were held at Delapre Park. Robert White finished well up in the Veterans section, with a 15th place. Veteran Roadman, Stuart Walters competed in the Grand Vets section and was placed 15th.

Saturday 13th August

Paul Ashdown sliced 10secs. from his best 25ml time in the Derby Mercury event with a fine 57.43.

Thanks to the superb organisation of Gavin Hinxman and Family, and members of the K.C.C., the Frank and Joy Sheppard Memorial 10ml T.T. is turning out to be something of a classic. Attracting 82 entries, and many compliments from riders, it was a resounding success. With fourteen different prizes on offer, thanks to the sponsorship from Karen Blackburn, the result board was complicated, yet prizes were presented and provisional result issued in super fast time. Club members were amongst the prize winners. Adrian Read took the revived Frank Sheppard Trophy for the best improved K.C.C. rider, with a 29.13 in the Road Bike section. Tony Brown was second Veteran on standard with a plus of 4.23 from his 23.49. Sian Edwards, partnered by Rob Swannack of 45RC, took the 2-up Mixed Team prize with their 25.37. Sian later went on to record 28.32. in the solo event. Wayne Hodson, 29.18 and Paul Humphries,

30.28, both competed in the Road Bike section. Gavin Hinxman, 24.06. David Robinson, 25.18. Shaun Bailey, 26.18. Darren Botterill, 26.40. Mike O'Connor, 29.01. Andrew Jones, 29.02. and Mick Wood, 30.08. all rode in the solo event. As times suggest, it was quite a hard afternoon. Tejvan Pettinger, Sri Chimroy C.T. was a clear winner in 21.55.

Sunday 14th August

It was a cross wind for riders in the Beds. Road C.C. 25, on the slower version of the F1 going south to Baldock and back from Tempsford. Tony Brown did a good ride for the conditions of 58.18. Tom Bailey had an altercation with a wasp nearing the finish, which got into his helmet and stung him. Tom finished in 1.12.42. Bernard Smith struggled on the hills, finishing in 1.16.09. Winner by 2.41. was Ian Cammish, Planet X, in 53.02

Thursday 18th August

Torrential rain during the day deterred many from venturing out for tonight's Club 9.4ml C.T.T. Although the rain eased for the event, the roads were still very wet. Only 8 Club riders competed, ride of the evening came from Sian Edwards, improving 1.35. for a P.B. of 26.12. Tony Brown continued his winning ways with 22.35, followed by David Robinson, 23.28, and Shaun Bailey with a S.B. of 23.42. Other times:- Andrew Jones, 26.19. Huw Marchbank, 27.04. Tom Bailey, 28.14. Bernard Smith was D.N.F. Robin Bellamy and Wayne Hodson were timekeepers. Pusher off was Ken Vatcher, and Marshals were Mick Wood and Stu Jones.

Saturday 20th August

The exposed F2A 10ml course at Hardwick near Cambridge was battered by a strong cross-wind for the Chronos R.T. event which attracted over 100 entries. Darren Botterill rode well to be close to his recent best with 24.16. Bernard Smith couldn't beat 20m.p.h. finishing with 30.19. Winner was Tim Carter, Virgin Active, in 20.20.

Four Club Veterans rode in the N.& D.C.A. 10mile event at Husbands Bosworth, taking in a circuit around Welford, Naseby and Sibbertoft. Times:- Mike O'Connor, 28.44. Tom Bailey, 29.57. Mick Wood, 30.22. Pete Etheridge, 37.37. Winner was non-association member, James Coleman of Witham Wheelers, with a new course record of 21.33.

Stuart Walters put in a good performance in the Whitewebbs Summer Circuit Race for the 60+ riders, at Redbridge. Stuart was third overall, and was top finisher in his age group.

Thursday 25th August

Ten riders last week, twenty-nine this week for the penultimate Club 9.4ml C.T.T. Which says a lot about fair weather cyclists! Tony Brown took the honours with a 6sec. beating of his P.B. with 22.00. Stu Jones was second in 22.52. David Robinson made a 6 sec. improvement with his third placed 23.03. Great improvement too from Sian Edwards, coming down 54secs. to 25.18., making it 2.29 improvement it two weeks. Chris Brennan made a 11secs. improvement to 23.55. and Tom Bailey had a seasons best by 5secs. with 27.13. 13year-old Christopher Tew had his first solo ride on an M.T.B. and did 46.52. Other times recorded by Adrian Tilley were:- Mark Booth, 23.19. Joel Lewis, 23.58. Darren Botterill, 23.59. Josh Monger, 24.06. Shaun Bailey, 24.14. John Hardwick, 24.15. Jon Thorne, 25.34. Adrian Read, 25.38. Marcus Buksh, 26.09. Andrew Jones, 26.37. Mark West, 27.07. Mick Wood, 27.58. Bernard Smith, 30.36. John Tilley, 32.34. Marshalling was done by Mike O'Connor and Phil Roseblade, and Helen Hinxman provided the tea and cakes.

Saturday 27th August

The Peterborough C.C. 10ml was held on the reversed N1/10 course, starting at Stilton. The stiff cross wind made the exposed sections troublesome, but at least it kept the threatening showers at bay. Two Club veterans rode, Tom Bailey did 28.41, and Bernard Smith, 30.20. Winner by 25secs. was Planet X star, Ian Cammish in 21.23.

Sunday 28th August

Four Club members made the long trip northwards to ride in the Team Swift 10ml on the V718 course at South Cave. There was three events, and the winner of the scratch event was Michael Hutchinson, In-Gear, with a superb 18.38. Gavin Hinxman rode in this section, and recorded 21.51. In the event for riders outside 22.00, on form Club Champion, Tony Brown took third place, with a fine best of 21.58. Darren Botterill rode in the same event clocking 23.21. Sian Edwards rode in the Ladies event, finishing in 26.25.

What's On

September 2011

Thur	1st	Final K.C.C. 9.4ml C.T.T. Old	18.30
Sun	4 th	British T.T. Championships. Sawtry	from 09.00
Sat	10 th	N.& D.C.A. 20ml C.T.T. NC16N Naseby	14.00
Sun	11 th	K.C.C. Hill Climb Championship. Neville Holt	10.00
"	"	Hitchin Nomads Late Summer R.R's. Old Warden	09.30
Sun	18 th	Club Trip to Newport Velodrome	
Sun	25 th	N. & D.C.A. 15ml T.T. F15/5 Cardington	08.00

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Kettering C.C. Annual Lunch & Prize Presentation

Yes, I know its 2 months away yet, on November 13th, but this is an early warning to book early, as previous years have been over subscribed. Elsewhere in this Magazine is the order form, to be re-printed in October. So don't miss out on this social event of the year..... and still at the same price.

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K.C.C. Sale Clothing

Still some Club clothing for sale at bargain prices. See Bernard Smith for details.

Short Sleeve Jersey:-	1 size XXL	£19.00
Long Sleeve Jersey	1 size 5 (L)	£20.00
" " Full Zip	1 size XL	£20.00
Training Top	1 size XL	£20.00
Shorts	1XS. 1 4 (M) . 3 5(L) . 1 XL	£18.00
Ladies Shorts	1 size 4 (M)	£15.00

Bibshorts Lycra	1 size XL	£24.00
Biblongs Roubaix	1 size 4 (M). 1 size 5 (L). 1 XL.	£23.00
Gilets	2 size 4 (M)	£15.00
Armwarmers	3 size M. 2 size L	£5.00
Polo Shirts Blue	7 size XS 5 size XL	£5.00

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John Partridge

In is with great regret we have to report the death of John Partridge. John has been one of the hardest working officials for cycling. A life long member of the Rockingham Forest Wheelers, but a good friend of all local cycling clubs. He had been a keen supporter of the N.& D.C.A. holding most posts on the committee over the years. He had organised innumerable local and national events, and officiated at events of all cycling disciplines. His passing leaves a large gap in the administrative side of cycling. He will be sadly missed.

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