



Magazine October 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

28.10.11

KCC has one new member this month. James Stokes

AGM item: KCC new club kit proposal

Several people spoke to me over the season about our club strip & if it could be updated.

At the end of the season, I added a topic on the forum & the facebook page to ask for thoughts & ideas.

We have had a lot of input from club members.

Because of this I have asked Robert to add a proposal to change the kit into the AGM. The thought there being that's the one place where we will get (in theory) most of the members in one place at the same time. I have checked the club Constitution (sort of the club rules) & there is no mention of the club strip, however we feel that something as significant should be a topic for the AGM (Im sure someone can clarify the rules to me). It may be that a vote to "keep" or "change" is sufficient & then the committee or a steering group can do the fine tuning, keeping the members up to date with the final designs.

The forum generated lots of feedback. The feedback included:

- Kit must stand out to other road users
- Less cluttered than present kit
- Simpler / bolder colours / design
- Individual (not to look like other local clubs)
- Black based shorts (so standard shorts could be worn)
- Some correlation with the existing kit (ie - or orange or yellow etc)
- Modern (maybe retro)
- Kit doesn't have to be kept for 10 - 12 years like the present kit. We may decide to update, say, every 5 years, that way the club & members can buy knowing that the kit will be around for a period, thus reducing obsolescence & extra cost to members & club. (I can explain this better in the AGM!)

Several options on kit have been proposed by several members & these have been circulated, amended & re circulated amongst those who gave suggestions.

Quite interestingly, both John Hardwick & Joel Lewis came up with virtually the same design. This design is an orange based jersey with a distinctive black band & a simple block lettered KETTERING CC on the front & back in white. The black band is complimented with black sleeves with an orange cuff band. The design is based on the classic Molteni jersey worn by Eddie Merckx, arguably the best cyclist ever.

Someone said that adopting the design was maybe pretentious, however the answer to that was why shouldn't we inspire to be like a rider / team of that class?

The shorts can be just black; however we concluded that we would get some printed with Kettering CC with some orange colour included.

I attach a sketch of this proposal to give you an idea of the proposed concept, which we will welcome your views on how this compares to our existing kit. (Ignore the green stitching on the shorts, that's just as the design template came out!)

If you cant make the AGM, please do drop me an email with your feedback & if you prefer the current kit or the proposed new design, that way, we can count your views in the discussion.

Regards

Gavin Hinxman

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

IN MOTION PRODUCTS

KCC members 10% discount off all our goods ordered from our website?

Simply enter KCC10 at the checkout

Kettering CC Velodrome trip

I booked this session last winter, hoping that by the end of the 2011 season we could get 30 club riders together for a social event, something that we haven't been too good at for a while.

Newport velodrome is a pine covered covered track, its Wales' National track. I have been there a few times before & they offer coached private sessions for clubs.

For a 3 hour session (3 hours being long enough to justify the drive but not too long to be so wasted by the end) the format is normally one group on while the other group is resting, so in reality its less than 1 1/2 hrs on the bike

I started to advertise the event on the forum, mag & on the clubroom notice board in the summer & had quite a few club riders coming on board. Its a great day out for £20 (£13 for the track & coaching & £7 for the bike hire)

We had a great day. I got the work minibus & we managed to get 17 of us in there, the rest of us shared cars to share petrol costs

The session was booked from 11am to 2pm but this still meant leaving by 7am, which for hardly tiimetrialist is quite the norm on a Sunday morning so everyone was on-time!

The attendees were:

Me, John Hardwick, Josh, David Robinson, Jon Thorne, Rob White, Duncan White (Rob's brother), Phil Roseblade, Paul Humphries, Markus Buksh, Sian, Paul Asdown, Stu Jones, Robin, Wayne Hodson, Darren Botterill, Chris Scott & Stuart Alexander (both work with me at Mercedes), Rob King (Chris' friend), Simon Wharton (Paul Ashdown's friend) and several from the 45 RC: Rob Swannack, Justin Garon, Kev Hardwick, Tom Kruger, Mike Bower, Eddie Palfreeman & Chantelle Rothe.

Helen, Jane Humphries (Paul's wife), Pat & Bernard all watched the activity & provided us all morale support.

Rob Barker & Rob Moon were both ill & Steve McGarry had to work on the day so neither unfortunately made it.

We all arrived early so watched the Scottish ladies team behind the smelly derny bike. Amazing how fast they were going around. Could we go that fast?

Most of the group were also amazed at the 43degree banking, if only they knew then that in less than 3 hours they would also be riding around the top of the banking!

We got changed & collected the hire bikes & made our way to the centre of the track where we were introduced to the two coaches. They asked us how many had either rode a modern velodrome or had ridden fixed wheel before & only three of us said yes - the coaches looked worried!

The three 'experienced' riders (Rob Swannack, Duncan White & myself) were sent off onto the track while the others were split into two groups, the first of which were lined up around the track for their inductions about fixed wheel, no freewheeling & general track etiquette. While they were out the other group were having their introductions.

We started with general riding in groups, all in line, gradually working up from the black line to the red & eventually up to the blue (c 3 ft up the banking by this point).

The first proper activity was in the style of the 'individual pursuit' where on the blow of a whistle the rider at the front of the moving group took off like fury until they caught up to the back of the bunch. This took some doing when the bunch was going along at 22mph & we were all spinning a 84" gear.

This event really got going when the whistles got more frequent with 2 or 3 riders nipping around together at some points.

We had several events all involving steady riding & speedy sessions. The last event was a 'last man / women standing' where the riders gradually speeded up as the 15 min session went on, with riders dropping off as they could take no more, leaving 4 riders at the point of 5 laps to go being announced. The 4 riders were three 45RC & one KCC rider, you will be pleased to know that the orange flag was flying at the end!

There were 27 of us riding around & everyone had a fab time, so much in fact that everyone wants to go again. I have booked another session for the spring and another for Sept 2012. If you didn't come this time but would like to be added to the list for next time, please drop me a mail (it will be the reserve list initially as virtually everyone wants to come again).

Well done everyone

Gavin

Balance Health Club - Kettering

I have negotiated a deal for club corporate membership at Balance Health Club in Kettering for the KCC

Their normal price is £47 / month for a 12-month membership. They have offered us £39 / month per person on a monthly basis (give them a months notice to cancel), that way we can use the gym in the winter & don't need to pay for the summer months when we are cycling

As well as the gym, they have a pool, & lots of spinning / fitness classes, all of which are included in the membership. They can provide a tailored programme to meet your needs.

They open at 6am each day so a work-out before work is possible.

Please let me know if you are interested & I can let you know who to speak to.

Regards

Gavin

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Racing Report

Sunday 21st August

Darren Botterill scored a superb P.B. 10ml time of 22.33. in the York Velo event at South Cave.

Thursday 1st

The Club evening T.T. programme ended with 36 riders taking part on one of the best evenings of the year. Series Champion kept up his domination of the series with another win in improved time, slicing 9 secs. off his P.B. with 21.51. Second place went to David Robinson, improving 26secs. to 22.37. Mark Booth took third place with 23.21. Junior Joel Lewis was fourth in 23.27, and Josh Monger improved 13secs. to 23.53, for 5th spot. There was P.B.'s too from Adrian Read, 14secs. to 25.24, Mark West, 23secs. to 26.44, and a massive leap forward of 5.04, for 13 year old Christopher Tew, riding M.T.B. Other times:- Chris Brennan, 23.55. Shaun Bailey, 24.16. John Hardwick, 24.22. Robin Bellamy, 24.58. Jon Thorne, 25.16. Adrian Tilley, 25.20. Huw Marchbank, 26.17. Andrew Jones, 26.23. Marcus Buksh, 26.28. Mike O'Connor, 26.29. Tom Bailey, 27.45. Mick Wood, 28.19. Bernard Smith, 28.59. Eddie Clutton partnered Jamie Scott for a 2-up 22.52, and Darren Botterill teamed with Rob Barker for 22.53. Timekeepers were Gavin Hinxman and Paul Ashdown. Ken Vatcher was pusher-off. Pat and John Tilley marshalled. Helen Hinxman provided the teas, and Sian Edwards made some K.C.C. shortbread biscuits. Final points table for the Overall Championship are:- Tony Brown, 420. Josh Monger, 372. Joel Lewis, 371. David Robinson, 368. Shaun Bailey, 360. Jon Thorne, 319. Andrew Jones, 270. Marcus Buksh, 268., Tom Bailey, 260. Mick Wood, 237. Huw Marchbank, 229. Sian Edwards, 226. Mark Booth, 226. Stu Jones, 225. Bernard Smith, 217. Mike O'Connor, 216. John Tilley 213. Darren Botterill, 213. Andrew Christie, 211. John Hardwick, 198. Simon Evans-Smith, 161. Robert White, 155. Chris Brennan, 133. Eddie Clutton, 132. Robin Bellamy, 131. Graham Boniface, 112. David Merrill, 112. Adrian Read, 111, David Bucknall, 107. Phil Nudds, 98. Norbert Radvanski, 92. Gavin Hinxman, 89.

Saturday 3rd September

Despite the windy conditions, Club 10ml Champion Tony Brown, clipped another 8secs. for his P.B. with a fine 21.50 ride in the North Nott's Olympic event at Long Bennington. Mark Booth did 23.28. Kevin Dawson, Sportscover.com, clocked a swift 19.57. to win the event.

The very strong wind was blowing straight across the A45 road for the Leamington C.& A.C. 10 mile event on the re-jigged K10/10 course starting near Woolston. Three Club vets rode, Tom Bailey did 28.18. Bernard Smith, 29.18. But Mike O'Connor was out of luck, breaking his seat-post, causing an early retirement. Winner was David Barnes, Team Echelon, in 21.24.

Tony Brown seems to improve every time he rides, clipping another 8secs. off his best 10ml time with a fine 21.50. in the North Nott's Olympic event at Long Bennington. Mark Booth also rode in the windy conditions clocking 23.28. Kevin Dawson, Sportscover, won with 19.57.

Sunday 4th September

Club Ladies Champion, Sian Edwards, took another large slice off her own Club Ladies 10 mile Record, by improving 53secs. to clock 24.59. in the Icknield R.C. event on the A1 at Tempsford. The fast return leg compensated for the hard outward leg, thankfully the event was over before the rain came. Bernard Smith did 28.40.

Victory going to Matt Sinclair of Lutterworth C.C. in 19.56.

Quite a few Club members were helping in the British T.T. Championships held on the rural Great Gidding circuit, but only one member rode. Josh Monger competed in the Espoirs race over 20.75mls, and in very wet conditions clocked a creditable 53.47.

Gavin Hinxman travelled down to South Wales to compete in the South Wales V.T.T.A. 25 at Glenneath, and was rewarded with a season's best of 55.39. in quite windy conditions. Alex Topham, High Wycombe C.C. won in 49.23.

Saturday 10th September

A strong cross-wind, with a bit a rain thrown in for good measure were the conditions for the N.& D.C.A. 20ml C.T.T. over two laps of the Welford circuit. Mike O'Connor was the best of the K.C.C. quartet with a 59.34 ride, followed by Tom Bailey, who earned a 3rd place in his age group with 1.2.25. Mick Wood did 1.5.05, and Phil Quincey did 1.15.18. The winner was George Atkins, Velo Ecosse, in a new course record of 43.23.

Sunday 11th September

A good turn out of 11 riders for the Club Hill Climb Championship made for a worthwhile event, as Tom Bailey and Gavin Hinxman manned the start, and Bernard Smith and Nick Dean manned the summit of the dual climbs to Neville Holt from Drayton and Medbourne. Adrian Read showed his anti-gravity potential by posting an overall 10second advantage over second placed John Hardwick, with junior Joel Lewis taking third spot.

	Drayton	Medbourne	Combined
1. Adrian Read	2.33.4	2.31.3	5.04.7
2. John Hardwick	2.39.4	2.35.0	5.14.4
3. Joel Lewis	2.39.5	2.36.2	5.15.7
4. David Robinson	2.45.1	2.40.1	5.25.2
5. Robin Bellamy	2.46.8	2.40.9	5.25.7
6. Peter Staffen	2.42.2	2.46.2	5.28.4
7. Andrew Christie	2.43.2	2.55.1	5.38.3
8. Eddy Clutton	2.49.2	3.02.4	5.51.6
9. Sian Edwards	2.59.2	3.00.7	5.59.9
10. Josh Monger	2.59.4	3.00.7	6.00.1

Saturday 17th September

With a large field of 135 riders and torrential showers rapidly passing through, conditions varied throughout the event, with the later starters getting a dry ride with winds easing. Despite these conditions good times were recorded by the K.C.C. riders:- Gavin Hinxman, 22.11. Darren Botterill, 23.05. Mark Booth, 23.26, and Bernard Smith, 28.37. Clear winner was Mark Bottrill, I-Ride, in 19.05.

Saturday 24th September

Two fine rides from Gavin Hinxman, 21.47. and Stu Jones, 23.06. in the Team Swift 10ml event at Ranby, despite the windy conditions. Winner was Julian Ramsbottom. I-Ride, in 19.52.

Sunday 25th September.

Three bus-pass holders of the Club rode in the final N.& D.C.A. event of the season, the 15.1ml T.T. on the Cardington- Shefford by-pass course. Not the best of courses, with a 10% climb in the first two miles,

some rough road surfaces, and a rising stiff head wind on the outward leg. Tom Bailey led the trio with 45.54, followed by Mick Wood, 46.27. and Bernard Smith, 48.29. Winner was Gavin Atkins, Hemel Hempstead, in 32.59.

What's On
October 2011

Sat	1 st	Rudy Project T.T. Series. Leicestershire	13.00
Sun	2 nd	Clubrun. Sainsbury's	09.30
Sun	9 th	Clubrun. Sainsbury's	09.30
"	"	K.C.C. A.G.M. Old Village Hall	18.45
Sun	16 th	K.C.C. Tourist Trial Championship. Sainsbury's	09.30
Sun	23 rd	Clubrun. Sainsbury's	09.30
"	"	Welland V.C.C. Cyclo-Cross. Misterton Hall	10.15
Sun	30 th	Clubrun. Sainsbury's	09.30

November 2011

Sun	6 th	Clubrun. Sainsbury's	09.30
Sun	13 th	Annual Dinner & Presentation. Bull's Head, Arthingworth	12.30

Club Tourist Trial Championship

So you haven't won a trophy this year? Well now is your chance, and you don't have to be fast to win it. What is a Tourist Trial? (Similar to a car rally, but of course on bikes). What is involved? :- The minimum of map reading from map provided. Plot the route from description. Bike check before start. Follow the route description.

Observe and note observation clues en route. Simple general knowledge questions en route. Amass points for these activities, more points mean more prizes.

Definitely not a race, but a nice sociable event with a competitive element.

Start 9.30.a.m. at Sainsbury's on Sunday October 16th. Entry fee 50p. A bargain!

K.C.C. Annual Dinner and Prize Presentation
Sunday November 13th. Bull's Head, Arthingworth. 12.30. for 13.00

If you haven't booked your ticket, you'd better be quick, as they are going fast. We would like all prize winners to attend to receive their awards and applause from your Club members and friends. Would all prize winners be there for 12.45. as the E.T. will be there to record the event for the local press.

As usual donations for the raffle would be appreciated, thanks.

Order form elsewhere in this magazine.

Bernard 01536 500942
