



Magazine December 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.

**You can write... Robert White
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You can telephone... 01604 846125

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

Deadline for next month's magazine

30.12.2011

Kettering Cycling Club Welcomes one new members this month:
Tony Baross

New Club Kit

Followed the 'passed' proposal to change the club kit at the AGM, I have enclosed a more detailed design of the kit.

The finer details on the design are, as yet to be confirmed. However the colours and basic components of the design have been agreed. We intend to make sure that the orange is as vivid as possible, without it becoming fluorescent. As requested we will still have the original 2KCC logo appear on the design.



I now need to gauge from the club members how many items we should order. I have posted a 'thread' on the forum, but appreciate not all our members have internet access. I am working on getting the most competitive price, however I would use the existing prices as a guide. The current prices are:
Short Sleeve Jersey - £34, Roubaix Jacket - £44, Standard Bibshorts - £39, Short Sleeve Skinsuit - £57.

I am looking at a few different companies to supply prices and samples. This time, outside the UK, with the aim of keeping costs down to a minimum.

Please could you contact me prior to Dec 15th, to advise me on what you require. Don't worry, this is only provisional and people can change their mind or cancel. We need to get an order out by Christmas to guarantee the goods arriving before the start of March.

If you have any more queries about the kit, either add your thoughts to the forum thread, or contact me on 01604 404388 (Mob 07561 391 147).

Kind Regards
Robin Bellamy

Dear all
Kettering CC – Newport velodrome session

Sat 18th Feb 5pm - 8pm (late night home, but no school next day!)

I have booked another session at Newport for those wishing to ride the track. Same price as last time, £20 per person including bike hire. Cost of getting there is extra (car share etc)

Last time, I didn't get enough riders from KCC so made up the numbers with riders from 45RC.

It would be nice to know if there are more KCC riders interested in this session before I ask riders from other clubs (all the 45RC riders would come along again) but we only have a maximum of 30 riders allowed

The following people have previously confirmed yes: (please advise asap if you now don't plan to attend)

1. Steve McGarry – **Paid**
2. Marcus Buksh
3. David Robinson
4. Stu Jones
5. Josh Monger
6. John Hardwick
7. Darren Botterill
8. Joel Lewis
9. Paul Humphries
10. Paul Ashdown
11. Adrian Read
12. Chris Scott
13. Chris Scott +1
14. Chris Scott +1
15. Stuart Alexander
16. Robert Barker
17. Sian Edwards

TBC: (Please confirm if you plan to attend)

1. Robin Bellamy
2. Jon Thorne
3. Wayne Hodson
4. Natalie Sharp
5. James Stokes
6. Phil Roseblade
7. Jerome Smith – **James Stokes** - can you let me know if Jerome can make it

Please let me know by Monday next week as I would like to get a note in the mag.

Once I know if you are coming (or not), I can then fill the remaining places with more KCC people or some of our friends from the 45RC

Please post me a cheque by the end of Dec, made payable to Gavin Hinxman & post to 16 Braybrooke Road, Desborough, Northants, NN14 2LH

Cheers
Gavin

Kettering Cycling Club Trophies (Correct as of November 2011)

Merit Trophy

Awarded to the member who has contributed to the club in the year.

(Decided by the Committee)

2011 winner: Ken Vatcher

The Loveder Memorial Trophy

Ladies Evening Points Series winner

2011 winner: Sian Edwards

Evening Telegraph Trophy

Ladies Best All Rounder, best average speed over 10, 25 & 50miles

2011 winner: Sian Edwards 21.863mph

Jim Aveling Trophy (prev. the Wicksteed trophy)

Evening Points Series winner

2011 winner: Tony Brown

Butterworth Cup

10m Time Trial Championship winner

2011 winner: Tony Brown

25mile Championship Cup

25m Time Trial Championship winner

2011 winner: Tony Brown

50mile Championship Cup

50m Time Trial Championship winner

2011 winner: Tony Brown

Ray Panter Memorial Trophy

Veterans Evening Points Series winner

2011 winner: Tony Brown

Challenge Trophy

Senior Best All Rounder, best average speed over 10, 25 & 50miles

2011 winner: Gavin Hinxman 26.970mph

Marsh Racing Club Trophy

Junior Best All Rounder, best average speed over 10 & 25miles

2011 winner: Joel Lewis 24.682mph

Ian Bailey Memorial Trophy

Junior Evening Points Series winner

2011 winner: Joel Lewis

75 Trophy

Best Junior Road Race performance

2011 winner: Not awarded 2011

Lesley Smart Cup

Senior Road Race champion

2011 winner: John Hardwick

Hankins Tourist Trophy

Awarded to the highest scoring rider in the Club Tourist Championship
2011 winner: John Tilley

Rodney Hyde Memorial Trophy

Best attendance on club runs from October to March
2010/2011 winner: Tom Bailey

Mountain Bike Cup

Mountain Bike Rider of the year
2011 winner: Robert White

Freewheel Trophy

Winner of the Club Freewheeling contest
2011 winner: Josh Monger

Century Shield

Fastest KCC rider in a 100mile Time Trial – Not awarded 2011

Chris Clutton Memorial Trophy

Best KCC rider in the Club Hill Climb
2011 winner: Adrian Read

Frank Sheppard Cup

Most improved KCC rider in the Sheppard Memorial Open TT
2011 winner: Adrian Read

Brian Charouneau Memorial Trophy

Best rider from a Northamptonshire club in the KCC hilly
2011 winner: Tom Kruger, 45 Road Club

Mark Bell Memorial Trophy

Best rider residing in Northamptonshire in the KCC Mark Bell event
2011 winner: Sam Barker, Planet X

Lifetime Achievement Award

(1 off award presented this year)

Awarded to Bernard Smith for the huge work that he has done & continues to do for the club
Bernard Smith

2011 championship / series winners:

	Evening Series	Ladies Evening Series	Jun/Juv Evening Series	10miles Championship	25miles Championship	50miles Championship
1 st	Tony Brown	Sian Edwards	Joel Lewis	Tony Brown	Tony Brown	Tony Brown
2 nd	Josh Monger	Natalie Sharpe	Ravi Meehan	Gavin Hinxman	Gavin Hinxman	Robin Bellamy
3 rd	Joel Lewis		Christopher Tew	Mark Booth	Stuart Jones	Sian Edwards

2011 medal summary:

Tony Brown
2011
Senior Evening Series 1st
Veterans Evening Series 1st
10, 25 & 50 miles Champion

Gavin Hinxman
2011
Senior BAR 1st 26.970mph

10 & 25 miles
Championship 2nd
Senior Club Records 15, 30 &
50 miles

Sian Edwards
2011
Ladies Evening Series 1st
Ladies BAR 1st 21.863mph
50 miles Championship 3rd
Ladies Club Record 10 miles

Joel Lewis
2011
Junior Evening Series 1st
Junior BAR 1st 24.682mph
Senior Evening Series 3rd
Junior Club Records 10 & 25
miles

Adrian Read
2011
Hill Climb Champion
Sheppard Improvement 1st

John Tilley
2011
Tourist Championship 1st

Robin Bellamy
2011
50 miles Championship 2nd

Robert White
2011
Mountain Bike Championship
1st

Natalie Sharp
2011
Ladies Evening Series 2nd

Tom Bailey
2011
Club Run Points Championship 1st

Ken Vatcher
2011
Merit Trophy

Ravi Meehan
2011
Junior Evening Series 2nd

John Hardwick
2011
Senior Road Race Championship
1st

Josh Monger
2011
Freewheel Champion
Senior Evening Series 2nd

Christopher Tew
2011
Junior Evening Series 3rd

Mark Booth
2011
10 miles Championship 3rd

Stu. Jones
2011
25 miles Championship 3rd

2011 Club Record Certificates:

Senior 15miles, Gavin Hinxman, 33.20
Senior 30miles, Gavin Hinxman, 1.05.46
Senior 50miles, Gavin Hinxman, 1.51.53
Senior 72" Medium Gear 10miles, Gavin Hinxman, 26.08 (Assumed - no MG 10 record on file)

Ladies 10 miles, Sian Edwards, 25.52 (July)
Ladies 10 miles, Sian Edwards, 24.59 (Sept)

Junior 10miles, Joel Lewis, 24.05
Junior 25miles, Joel Lewis, 1.01.00

Club Run

October 30th

Only four riders met at Sainsbury's today ready to start the first Club run as British SUMMER TIME ended. The weather was mild for the end of October about 14 degrees with a moderate south west wind.

The riders were Darren Botterill, Roger Reed, Rob Barker and Tom Bailey. They set off down the hill in the direction of Rothwell and up out of town to turn towards Thorpe Malsor and Loddington, Daz and Rob were ahead climbing the hill past Thorpe Malsor, along the way they caught up with Mike Sirrett of the Rockingham Forest so that made five as they all continued through Loddington to the tee Junction where they turned right through Foxhall and then right again to head for Harrington. At the entrance to the village they turned left to ride to Kelmarsh and left onto the A508 before turning right along the single track road, which joins the Naseby road. Mike continued along the main road as he needed to be back home sooner than the rest.

November 6th

Another small group gathered at Sainsbury's before starting this week's run. They were Bernard Smith, who had just come along for a chat, Roger, Reed, Marcus Buksch, Stuart Walters, Clive Shackleton and Tom Bailey.

The weather was cool, about 8 degrees but sunny and not too windy as five riders set off towards Warkton through various side streets.

A fairly steady pace was maintained down the hill and across the narrow bridge over the Ise Brook and through the village and up the short but quite testing hill, which served to warm everyone up.

They continued the ride passing the cross roads at Grafton Underwood towards Slipton, but taking the right turn to ride the interesting road down through Twywell.

The road continues towards Thrapston alongside the A14 for a short way, but gradually eases away as the right turn for Woodford is approached.

Stuart took this road as he needed to be back home fairly quickly.

The rest rode on to cross the roundabout at Slipton and down the hill into Thrapston crossing Nine Arch bridge and on through the town up the hill to cross the A605 and on to Titchmarsh.

From there they headed along the single track road to Clopton, before taking the road to Thurning and then Barnwell, from where they crossed the A605 before riding along the road past Barnwell Mill and Oundle Marina, which was full of expensive "holes in the water into which money is poured" commonly called boats.

The road has closed signs on the approach, but it is possible to cross the bridge, which need repair by foot or on a bike. So that was the route into Oundle, at the junction with the Stoke Doyle and A427 roads they took the road towards Lower Benefield passing the Golf club and then turning along the single track road to Brigstock passing Lyveden New Build and on past the Glider Club, before descending the narrow hill down to the by-pass.

They turned left for a short way before turning right into the village and left over the bridge and over the familiar succession of hills to Grafton Underwood.

A right turn at the cross roads and back to Kettering. Where they went their separate ways home for lunch.

Tom arrived home at about 12:15. The distance was about 40 miles.

November 13th

Tom Perry, Dave Robinson, Adam Skelton, John Hardwick, Jason Gadsby, Jon Thorne and Tom Bailey met at Sainsbury's ready for another run; unfortunately it wouldn't be the usual length as some riders were booked to be at the Club Lunch later.

They set off out of town via Regent Street and a convoluted route through various housing estates to arrive at Stamford Road, where they turned left to continue out of town before turning down Walkton Lane crossing the Ise Brook at the bottom of the hill over the narrow bridge before riding up through the village past the church and on to Grafton Crossroads.

The pace was steady, evidenced by the chatter amongst the group as they made their way towards Slipton, however before reaching the village they turned right to navigate the winding descent through Twywell and on to Thrapston.

After crossing the River Nene they turned right out of Thrapston to ride to Denford alongside the river. Leaving the village up a twisting slope they then turned along the single track road to Raunds, which used to form part of an early season Time Trial.

As they reached Raunds they turned right again towards the town centre but then turned right to head towards the local football ground and the roundabout at the junction with the A45. They took the second exit and went down the hill to Ringstead. Fully suspended mountain bikes would be useful on this stretch as the repetitive jarring caused by the joints in the original concrete road is quite uncomfortable. However after turning left at the bottom the road surface is smoother along the valley to cross the river at Ringstead Mill and climb up the short rise to ride to Great Addington and on to Cranford.

As they left Gt Addington Tom B. asked how it was that now the wind was behind them, he was at the back instead of the front?

The reason was that time was passing and Dave and John were at the front setting a brisker pace. This continued until they reached Kettering via Cranford.

Tom arrived home about five minutes past 11; his mileage was about 28 miles.

November 20th

A typical autumn day, saw 5 riders meeting at Sainsbury's i.e. very misty and chilly about 5 or 6 degrees. The date could be said to be interesting it being 20/11/2011; or maybe that's just me.

The riders were Adam Skelton, Jon Thorne, Roger Reed, Clive Shackleton and Tom Bailey.

They set off through Newland Street minus the usual kamikaze pedestrians and along London Road; however their progress was soon halted by a puncture suffered by Jon, a quick change of tube and they were on their way again. They continued out of town past Wicksteed Park and up Pytchley Lane to and through the village in the direction of Orlingbury soon to be followed by Little Harrowden.

After passing The Lamb, which is well worth a visit by the way, they turned towards Sywell but then took the road to Mears Ashby turning from there to Wilby. The weather was still misty with occasional glimpses of the sun. A short distance through the village and they turned left down the hill towards Doddington as they reached the top of the next hill the sound of a referee's whistle and shouts of the players could be heard from the Wellingborough Rugby ground, 'though it must have been very difficult for them to see each other.

After crossing the main road they descended the steep hill to Hardwater Crossing, consisting of two very narrow bridges in succession. They headed along the valley towards Wollaston, but turned right to Grendon. The road is mainly flat until just before the village, there is an electronic speed sign on the outskirts, which registered their speed as 16 mph. That soon dropped as they began the climb up the narrow hill into the village. Before reaching the top they turned right past the church and dropped down the hill on the road towards Cogenhoe.

A short time later they turned right again to Earl's Barton, after the traffic light controlled bridge, Clive's gear cable snapped, which meant his rear mech selected top gear. However by virtue of adjusting one of the stopscrews a few turns he was able to continue the ride using one of the lower gears.

They crossed the A 45 over the fly-over and up the hill to the outskirts of Earls Barton; the traffic lights were favourable as they headed back to Mears Ashby and then Little Harrowden, Orlingbury, Pytchley and Kettering.

Tom arrived home about mid-day after riding about 33 miles.

November 27th

The showers cleared away, just leaving a strong north westerly wind as Gavin Hinxman, Roger Reed, Toby Barossa, Rob Barker, Clive Shackleton, Hamish Baxter and Tom Bailey met at Sainsbury's; ready to set off on another club run.

Rob and Gavin decided to ride separately from the others and go their own way.

Tom led the rest out of town along the A43 through Weekley, where a road side speed indicator showed Tom's speed as 16mph, which agreed with his computer. They continued to Geddington and turned left onto Newton Road to leave Geddington and then take the right turn to go to the outskirts of Great Oakley and on to The Oakley Hay roundabout, where they took the exit for Pipewell. They didn't turn into Pipewell but continued to Desborough. From Desborough they turned towards Harrington then instead of descending the hill, they turned to go to Oxenden along the single track road giving a panoramic view over the Welland Valley. Along the way they caught up with a horse rider, who was leading a rider less horse.

Tom called out to let her know that they were coming; which caused the horses to prance across the road sideways.

After a few minutes the horse rider said she would turn to ride towards the group; this accomplished, the club run and horses passed each other without any further problem. They then continued to the Northampton to Harborough road at Oxenden crossing over to ride up the hill and turn left at the top to take the single track road to Clipston. There are two cattle grids on the road, but someone had left them open which made riding a little easier.

Their next destination was Sibbertoft up another single track road, which was also straight into the wind, a "good workout"! From Sibbertoft they turned their backs to the wind and headed for home by way of some good downhill sections followed of course by more uphill on the way to Kelmarsh.

After leaving Kelmarsh heading for Harrington; Toby realised that the other three were no longer just behind, so they retraced to find them bent over Roger's bike, which had a broken chain.

After a while they realised that the broken link was next to a split-link, so with a little difficulty this was disconnected and used to re-join the chain.

They then continued back to Kettering by way of Loddington; at the junction with Gipsy lane, Toby and Roger turned left to go back to Sainsbury's and the other three turned right to go home along Gipsy lane and down Northampton Road.

Tom arrived at about 20 minutes past 12. His ride had covered a distance of about 35 miles.

Club Dinner

Many thanks to the several people who contributed towards the successful Club Dinner and Prize Presentation on Nov. 13th. Thanks to the 60 members and friends, who attended and all booked and paid up early, making it so easy to organise. Special thank you to the Club for my presentation, it will be treasured, and for the flowers presented to Lyn, who has supported me over the years. Please give the same support to next years organiser, David Bucknall.

Life in the Slow Lane

In 1896, on the recommendation of safety experts, British authorities raised the legal speed limit from four to a breathtaking fourteen miles per hour for horseless carriages on highways. The inauguration of this unprecedented new policy was celebrated with the first London to Brighton run.

Before the advent of the automobile, the speed limit in towns had been restricted to a more leisurely two miles per hour. Such a snail's pace was the result of Parliament's passage of the safety-orientated Locomotive Act, also known as the Red Flag Act, in 1865. Among other things it stipulated that passenger and freight trains could legally travel only four miles an hour in open countryside, and two in populated areas – and then only when the engine was preceded by a flagman walking sixty yards ahead to warn pedestrians, riders, and wagons of oncoming danger.

During the early 19th century a theory existed, based on railroad Locomotion and misapplied laws of physics, that thirty miles per hour was the fastest that people could expect to travel.

Health and Safety 1885

In 1885 a Court Councillor, C.A.Schmidt, published a document in St. Petersburg, Russia, entitled, "Rescue for Passengers: Precautions against Accidents When Travelling by Rail". The author included such topics as how to avoid the 'Shock of sudden stoppage', 'How to minimize fatigue', and 'How to leap from a moving train'. An art seldom practised since the heyday of the American hobo in the 1930's. Regarding the latter, he recommended: "Leap partially facing the engine, that is to say at an acute angle partially in the same direction as that of the train's motion. Alight on tiptoe, not on your heels, nor on the whole of your soles. At the same time bend your knees as much as possible, bend your body forward from the waist upward, and keep your stomach in. If, at the time, the train is describing a curve, keep to the side where the engine cannot be seen. If there are several persons wishing to jump, they must be careful to jump in succession, as soon as the step-board from which they jump is free. When thus jumping out, keep your hands free of luggage. Throw out your luggage if there is time to do so.

What's On
December 2011

Thurs	1 st	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30
Sun	4 th	K.C.C. Clubrun. Sainsbury's	09.30
Thurs	8 th	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30
Sun	11 th	K.C.C. Clubrun. Sainsbury's	09.30
Mon	12 th	N.& D.C.A. A.G.M. Irthingborough Comm. Centre	19.30
Thurs	15 th	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30
Sun	18 th	K.C.C. Clubrun. Sainsbury's	09.30
Thur	22 nd	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30
Mon	26 th	K.C.C. Boxing Day Clubrun. Sainsbury's	09.30
"	"	45RC Boxing day 9.4ml T.T. Old. H.Q. Walgrave V.H.	10.00
Thurs	29 th	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30

January 2012

Sun	1 st	K.C.C. Clubrun. Sainsbury's	09.30
Thur	5 th	Off-Road M.T.B. Clubrun. Woolpack, Islip	18.30

Lip Service

Cyclist Chris Wells, 56, needed stitches in his lip after a seagull attacked his moustache as he biked to work on the Isle of Wight. (Mick Wood, beware!)
