



THE ICKNIELDER

Newsheet of the
Ickniel Road Club
Sponsored by Compomotive
Motorsport Wheels



Issue 5

Date 28-Nov-2012

The President's piece

It is with sadness that I have to start this time with the announcement of the passing of former president and Life Member Maurice Cray. I have written an obituary which is further on in the Newsletter.

I would like to thank our Newsletter Editor Richard Pratt for producing an excellent first copy and many thanks to the members who submitted the articles therein. (Thanks from me too – Ed. ☺)

It is now November and Cyclo-Cross season and the club has a winner in Dennis Lysbygd in the Senior event at Brackley. The club promotions at Ickniel School on Saturday and Sunday (17th and 18th November) were again a huge success and thanks go to Richard Noon, Ray Morgan, Peter Jones and all the Club Members (of which there were many) who turned out to marshal. Thanks also go to Rich and Hilary Jones for putting the results onto the computer, and to the ladies who served tea and cakes under the leadership of Elaine Morgan. "Well Done" to all – it show the Ickniel can still pull it out of the bag when needs be.

The Clubroom is still well supported with around 30 members attending regularly and the "Keep Fit" classes run by Chris Jenkins well supported. Chris also runs Spinning classes as Vauxhall every Friday evening at 19:30.

I hear the club runs are doing well with some 15 riders out. Talking to some riders the standard of riding has somewhat improved, and new members are not being left behind. So, generally speaking we are solid in all departments and "Well Done" to all those who are helping to achieve this.

Take care out there.... John Lee

Ickniel youngsters Go-Ride at Shefford (Ray Morgan)

With no Cyclo-Cross League event on the weekend of 10/11th November six Ickniel Road Club under 16s went to Shefford for Go-Ride Racing.

In the Cyclo-Cross time trial Enasio Rosselli Sharpe did 1m 23s, Silus McQueen 1m 24s, Uzeir Zulfqur 1m 27s, Sufiyan Hussain 1m 31s, Steven Russell 1m 33s and George Litchfield 1m 48s.

Sufiyan Hussain made 3rd in the under 10s race. Racing for 14 minutes Silus McQueen was the 4th under 12. In the combined U14/U16s race, Steven Russell was 3rd, Uzeir Zulfqur 6th, Enasio Rosselli Sharpe 7th and George Litchfield finished 12th after 17 minutes.

Go-Ride Racing is for under 16 year old novice riders only and is to encourage them to start racing and progress to higher levels.



Photo : Thomas King in action at Zappi's Cyclo-Cross (Abingdon)

Saturday Go-Ride Racing (Ray Morgan)

Riding at home Icknield youngsters took top places in the Go-Ride Racing on Saturday 17th November. Hosted by Icknield High School, the Cyclo-Cross Time Trial results were :

U14s Steven Russell 2:23mins, Enasio Rosselli 2:32mins, Silus McQueen 2:38mins, Uzair Zulfqar 2:39mins, Louis Chapman 3mins, Haseeb Bensharif 3:04mins.

U12s Kacey Findley 3:25mins, Nathan Huggins 3:47mins, Usman Faruk 4:39mins.

U10s Nathan Hardy 3:03mins, Sufiyan Hussain 3:26mins, Ishaq Faruk 3:50mins, Sean O'Brien 3:51mins, Leeya Hussain 3:53mins, Habeel Bensharif 4:11mins, Hafsa Faruk 5:27mins.

A certificate was presented to the first three in each category.

In the three lap combined U12/U14s Cyclo-Cross race medal winners were; Gold, Nathan Huggins/Steven Russell, Silver, Kacey Findley/Enasio Rosselli, Bronze, Usman Faruk/Silus McQueen.

Racing for 10 minutes over two laps the U10 Gold medal winner was Nathan Hardy, Silver, Sufiyan Hussain and Bronze, Leeya Hussain.

A very exciting Team Relay Race was won by Enasio Rosselli, Sufiyan Hussain and Sean O'Brian, second were Ishaq Faruk, Nathan Huggins and Steven Russell, third place was taken by Silus McQueen, Kacey Findley and Leeya Hussain. All 14 competitors got to keep a Go-Ride Games T-Shirt with prizes for the first 12.

This very successful event organised by the Icknield Road Club and supported by British Cycling left the young riders asking for more racing.

Annual Lunch (Tony Baines)

This year's Annual Lunch will be held at Old Palace Lodge Hotel on 13 January 2013. Arrival from 12:00 noon for 13:00 start...



For further details please contact **Tony Baines** on **01582 654071**.

Cyclo-Cross competitors (Ray Morgan)

Lauren Randall 16, Sufiyan Hussain 9 and Leeya Hussain 8 have ridden all six rounds so far and have achieved prominent places in the league. The Club had at least three new Cyclo-Cross riders in our home event, Faruk Miah, Paul Richardson and Charlie Sampford.

2 Dec 12	View races Didcot Phoenix Cyclo-Cross/Central League Round 8 Part of Series: Central League 2012-13	Reading
16 Dec 12	View races Twickenham CC Cyclo-Cross/Central League Round 9 Part of Series: Central League 2012-13	London
6 Jan 13	View races RAF Halton Cyclo-Cross/Central League Round 10 Part of Series: Central League 2012-13	Aylesbury
20 Jan 13	View races Team Tri Sports Cyclo-Cross Team Event Central League 2012-13	Hitchin

Club Christmas Party (John Lee)

This year's Icknield Road Club Christmas Party will be held at the Clubroom on Tuesday 16th December 2012 from 19:30 onwards.



Icknield riders star in the Central League Cyclo-Cross (Ray Morgan)

There were some stunning rides from Icknield RC members in the fifth round of the British Cycling Central League Cyclo-Cross series on Saturday 27th October.

In the superb setting of Magdalen College School, Brackley, the 13th century school chapel is the oldest still in use in England, on a bitterly cold day the A5 Rangers hosted a super event with 12 Icknielders' competing.

Dennis Lysbygd won the combined senior / women / junior race by a big margin starting from the second row on the grid. Lauren Randall came second in the junior female section and is top of her league, having ridden all the rounds so far. New member Oliver Cocks was the fourth junior after racing for over an hour.

The youth race for under 16s lasted 30 minutes and Peter Lewis came home 11th, Steven Russell 18th, Enasio Rosselli (age 11) 22nd, Uzair Zulfqar 23rd and Helen Simpkins 28th.

In the under 12s Nathan Huggins finished 12th and is 18th in the league. The Icknield RC had three riders in the under 10s with Leeya Hussain on the podium as third girl. Sufiyan Hussain and James Payne-Fraser placed 13th and 14th respectively.



Photos : Oliver Cocks (left), Denis Lysbygd (top) and Lauren Randall (centre) in action at Brackley

Gone but not forgotten ...

Maurice Cray (1931-2012) by John Lee

It is with sadness we report the passing of Maurice Cray, Life Member and former president of the Club.

Maurice joined the club in 1949 at the end of 18 when the Icknield was the racing offshoot of the Beds D.A. of the CTC. After a year of touring with members he took up racing and soon showed his prowess at short distance time trials, winning the Club 30 Mile Championship in 1952 and the Club 25 mile Championship in 1953 and 1954.

Maurice was team leader with Ron Burnet and Dave Young winning several open team events and in 1955 he rode with Ron Burnet and Bill Dixon (who has been our sponsor for many years) winning the Kettering Amateur 25 Mile Team award. Maurice's one ambition was to beat the hour at 25, doing many 0s and 1s – he finally achieved his goal with a 59 ride in 1955 and in 1956 he was Club Hill Climb Champion climbing Sundon Hill in 2 minutes and 2 seconds.

On the admin side Maurice was General Secretary and Treasurer from 1951 – 1956 and was for some considerable time Press Secretary. He was elected President in 1956 and held this post until 1994. In 1961 Maurice became the first Club Life Member.

Also in 1961 Maurice married Eileen and they had a son Stephen and daughter Susan. By now he had retired from racing, but not from the Club and he worked relentlessly and enthusiastically over many years with Eileen the Club making the club what it is today. Over the last few years health problems took their toll and he was not able to commit himself as he would have wanted, but always kept in touch with myself and never forgot to ask about the Club.

Tuesday 6th November was the last time I spoke to him, and although very poorly, he wanted to know about the Club.

Three days later he passed away, knowing the club he had cherished was sound and successful.

Maurice – you will be missed by the many who knew you.

Our condolences go to Eileen, Susan and Stephen.

John Lee



Club Clothing (Tim Davies)

Dear all, you can see a mock up our kit design. Everything is now on order with Endura and we should have some tops available for Christmas. It's taken a long time to work it all out, it's a big order and everyone wants something different or in different sizes. We will have some spare small items such as mitts, but we won't have any spare tops as such. I anticipate there will be some swapping required when we get the 'it's too big / small' problems to deal with. Also I'm sure we'll make another order in the spring.



Thanks everyone for your patience.

Winter training update (Chris Jenkins)

The clubroom training is well under way with some of our younger members working on base fitness with the 7.30 outdoor "boot camp" ; a workout that you can take part in at your own level. The indoor core conditioning and posture class is well supported by members of all ages and ability. There are still some places available for the 8.30 session.

The Friday night indoor turbo training at the Vauxhall Recreation club is developing well with increasing numbers each week. Again you can work at your own level in this class. If there are sufficient numbers at this class I will be able to hold a second class at 6.30pm before the current 7.30 class. Pre-booking (07812741899 / Christopher.jenkins3@ntlworld.com) is essential for this class as there are a maximum of 12 places available. There is a £2.50 charge for over 18's to cover hire of the equipment. All of the other classes are free to Club members.

Are you planning next year's racing programme yet? Do you do the same training year after year and expect different results? Maybe a chat with one of the Club's coaches can give you an improved training programme that may give you your best season yet!

I can offer an individual written and recordable programme for you.

Trip to The London Bike Show (Ray Morgan)

There is the opportunity to go to **The London Bike Show** on Friday January 18th 2013 being held at the Excel Centre (<http://www.thelondonbikeshow.co.uk/>).

It is hoped that there will be sufficient numbers of people interested in going. Ray Morgan has some discounted tickets available from British Cycling. The number of tickets available may well be limited, so don't dally....

Note the following prices are those quoted on the web:

Advance Ticket Costs : Adult £16 : Senior (60+) £13 : Student £13 : Under 16s – Free with adult

Group discounts are available for parties of 10+.

On the door Costs : Adult £20 : Senior (60+) £15 : Student £15 : Under 16s – Free with adult

For further details and prices please contact Ray Morgan at ray.morgan65@googlemail.com or on 01582 696718.

NOTE : Students must be able to provide **valid** NUS ID.

Runs List

Don't forget the 30 minute slip when the clocks change - you get **an extra hour and a half** in bed !

Date	Destination	Start Point	Start Time*
2/12/12	Stockgrove Country Park	Houghton Regis Church	09:30
9/12/12	Astwick Pig Farm	Barton le Clay Library	09:30
16/12/12	Winslow Jenny Wren Cafe	Houghton Regis Church	09:30
23/12/12	Willington Fork Garden Centre	Barton le Clay Library	09:30
26/12/12	Hitchin Nomads Boxing Day 10	Old Warden Village Hall	10:00
30/12/12	Bluebell Cafe Marsworth	Houghton Regis Church	09:30
01/01/13	Bedfordshire Roads CC New Year's Day 10-Mile time trial "Raffle"	Cardington, BRCC Clubroom	10:00
06/01/13	Forest Cafe Marston Mortaine	Barton le Clay Library	09:30
13/01/13	Bulbourne Garden Centre	Houghton Regis Church	09:30
20/01/13	Langford Garden Centre	Barton le Clay Library	09:30
27/01/13	Crossroads Cafe Little Gaddesden	Houghton Regis Church	09:30
03/02/13	Roxton Garden Centre	Barton le Clay Library	09:30
10/02/13	Cooks Wharf Cafe, Cheddington	Houghton Regis Church	09:30

Please ensure you bring a pump and a couple of spare inner tubes/puncture outfit and 'coffee money'. Wet weather gear – mudguards preferred, especially a mud-flap on the rear.

* Start time for those meeting at normal club run venue and who want to ride to the event as a group.

NOTE : This runs list is also available on the web at (http://ickniel-roadclub.org.uk/?page_id=12).

Club Forum on Facebook

The Club has an interesting and expanding forum on Facebook with over 40 members. Postings regularly get viewed quite quickly by around 30 people. It is a 'Closed group'; anyone can see the group and who's in it but only members see posts. There is a link on the Club's website or go to <http://www.facebook.com/groups/426878257329030/> and have a look.

CLUBROOM - JANUARY 2013 (Gordon Hart)

I have been informed that the Culceth Centre will not be available on January 8th, 15th & 22nd, so will be in Alexander centre for those 3 weeks.

So, we'll be back in the Culceth Centre for Annual General Meeting on January 29th at 7.45 pm.

Didn't he do well - Ray Morgan wins prizes for the Club (Gordon Hart)

Many of you will be aware that during the Summer and Autumn Ray was on a mission to gain an award in a nationwide new membership completion run by British Cycling.

When the results were announced in October we were declared to be in second place, missing out on the first prize by just one member.

As a result of this the Club were awarded the following prizes :

- Framed jersey signed by **GB Cycling Team** members.
- £150 bursary towards a place(s) on British Cycling Coaching courses (Level 1, 2 or 2 discipline specific).
- Additional Go-Ride Games branded resources including:
 - Bottles (x30)
 - Medals (x6 sets)
 - T-shirts (x15)
 - Wrist bands (x40)
 - Certificates (x40)
 - Caps (x5)
 - Mitts (x5)

When Ray eventually received the list of members from British Cycling, he checked and found out that one person who had joined BC through the Icknield was not included. So Ray contacted BC and they admitted a mistake had been made, and as a consequent awarded the club another £150 bursary towards a BC coaching course.

So well done Ray, an excellent effort (*2nd'd – Ed*)

Welcome new members (Gordon Hart)

Welcome to the following people who have joined the club recently.

Name	Location	Name	Location
Oliver Cocks	Silsoe	Leeya Hussain	Luton
Nick & Hilary Jones	Flitwick	Sufiyan Hussain	Luton
Russell Gibbins	Caddington	Jonathan Shergold	Hitchin
Danny Dimmoch-Parrott	Harlington	Nigel Cole	Flitwick

ANNUAL GENERAL MEETING - JANUARY 29th 2013

Notice is hereby given that the AGM will be held on January 29th at the Clubroom (Culceth Centre, Redbourne School, Amptill), commencing at 7.45 pm.

Any motion for inclusion on the AGM agenda should be received by Gordon Hart by January 8th 2013.

And Finally....

WANTED : News Articles (Richard Pratt)

If anyone has anything they would like printed as part of the IRC Newsletter, then please pass the items or photos (or both) to me, then that would make life easier for me, and hopefully for you too !!

I can be contacted by email <mailto:richard.pratt59@btinternet.com>, or by snail mail : Richard Pratt, 13 Rosamond Road, Bedford. MK40 3SS, or simply give me a call on 01234 326761.