



THE ICKNIELDER

Newsletter of the
Icknield Road Club



Issue 13

Date November 2014

The Editor's Piece (Richard Pratt)

Well, time has well and truly flown past since the last IRC Newsletter hit the presses, and people have been asking me what's been happening recently in The Icknield. Well, the answer is.... **LOTS !!!** I've been sent lots of articles as to what IRC members have been doing, along with photos to prove it.

We've had trips to the continent, people doing their first Sportif, lots of Sunday rides to many various and varied destinations (well done to Nigel for organising these). Members have met and been photographed with high-profile riders (Mark Cavendish and Alex Dowsett), Club curry evenings have been organised, Time Trials entered by both male and female Club members, and the younger Club members have been busy finding out about track cycling and Cyclo-cross (many thanks to Ray Morgan for organising).

Like I said – as a club we've been busy doing stuff.

But, it doesn't stop there. Future events are also being set up and organised. On the food side, the Annual IRC Dinner is coming up, as is another Club Curry Evening. The Cyclo-cross season is also upon us and IRC are involved in running a regional event at Stopsley High School. Club members are already making impressions in the CX world, so let's give them some help and support. Weekly winter evening training sessions are also starting this week, so again please support these if possible.

So that's what's in this Newsletter. I hope you enjoy reading it and find the articles by Club members both interesting and inspiring... I know I did....

Take care, and I'll hopefully see many of you at the IRC Dinner Dance at the end of November.

Richard

IRC Dinner Dance (Dave Newell / Tony Baines)

Where: Luton Rugby Club, Newlands Road, Luton. LU1 4BQ

When : 29th November at 12:00

Contact : David Newell : Mobile 07791 239767 or e-mail dwnewell1@gmail.com

Tony Baines : Phone 01582 654071 or e-mail elaine.baines@ntlworld.com

Christmas Curry Evening (Dave Newell)

Where: Raj Gate Tandoori Indian Restaurant, 8 Bedford St, Ampthill, Beds. MK45 2NB

When : 13th December

Contact : David Newell : Mobile 07791239767 or e-mail dwnewell1@gmail.com

Because of the Christmas period around this date the restaurant requires a £5 deposit off everyone 2 weeks before the 13th Dec (i.e. end of November). Plus, they require numbers early because again the Christmas period. So if you have not told me yet if you're going can you please let me know ASAP as there are a limited number of places. Hope to hear from you very soon so it gives me and the restaurant an idea on numbers. They can only guarantee 24 places at the moment and to date we have 16 confirmed going and about 10 possibles, so please let me know early.

Thanks,
David

Obituaries (John Lee)

Michael Richardson

It is with sadness that we report the passing of former Club Champion Michael Richardson. "Mike", as was formerly known, joined the club in 1972 winning the Club Championship in 1973-74, 1976-77 and 1977-79. Mike was also team leader with Tony Baines and the late Don Henderson when they won the Northants and District Team Championship. During this run of successes, Mike won the NorLond 12-hour event with 238 miles and over the years he had ridden in over hundred 100-mile time trials.

Our condolences go to Helen and family.

Derek Yorke

We also report with sadness that Derek Yorke, a Club Roadman from 1953 to 1056 has passed away, and we send our condolences to his wife Vicky and family.

E-mail addresses and Newsletter (Gordon Hart)

Many communication to members are done by email only these days, there are just 12 out of 140 plus members who I have no email address for, by email the photos in Club Newsletter are usually in colour; so please let me have your e-mail address if you want to be added to the circulation list.

There are about 15 members with email who in the past have requested to receive in addition a printed copy of the Newsletter, if there are any other members who would like to also receive a printed copy then please contact me.

Cyclocross Scene (Ray Morgan)

The never ending summer finally broke right on cue at the first of this season's Central Cyclo-Cross League fixtures at the Milton Keynes Bowl.

A hard, lush grassed verdant ground received a substantial watering that continued through the race. With the course containing some steepish drops into tight corners, and some 'oh-er' off-cambers the results were inevitable. It was slippy, slippier than an olive oil coated conger eel that had studied slippyness at the University of Slippy !!

Ross Poulton raced in the combined vets/juniors/women race (See below). With three races on the circuit at the same time (separated by a minute or so) things got very, very confusing really early. Ross motored his way early on with riders cascading gracefully down at regular intervals, like the autumn leaves, around him.

He was the only one on a single speed bike, no gears to go wrong, less weight and the chain won't come off; BTW, you can also use mountain bikes.

The club has three Cyclo-Cross bikes available to borrow, one was in the pits as a spare bike for Ross; none of them were used. Contact Ray Morgan for details.

Ross finished just behind the leader, but one lap down and in a different race. Some of those 'old vets' are so fast and very wise; the Juniors even faster. Very confusing but great fun and would you believe - he is going to do it again at RAF Halton, set in wooded parkland at the foot of the Chiltern Hills on, Sat 25th Oct.

Before the rain started Eloise Cain age 7, finish her first ever race with a dozen other 'Under 12 Girls'. Club Coach, Chris Jenkins taught her to ride a bike just last year.



Eloise Cain discovering CX

IRC Open Cyclo-cross event - Sunday November 16th (Ray Morgan)

Thanks to all who have offered to help, but we still need more !!!

On Saturday we will be at Stopsley High School, LU2 7UX from 1pm to 4pm and want assistance to set up the course which includes a 'spiral of doom'.

Help is required from 7am on Sunday to finish setting up, supervise parking and prepare for the start of the kids racing at 10:15. Then we require marshals; shifts of just 2 or three hours will be very useful.

There are 62 entries in 12 of the 15 categories already. We anticipate over 200 pre entries and about 150 entries on the day. So we need help with; registration from 9am, scoring and results from 10am and course management from 11am. There will be FREE refreshments for all helpers and there is no Club-run that day.

To do the race recording; a person to call numbers, a manual recorder with an A4 notebook and someone who will enter the numbers directly into a laptop are required. Lastly we need a lap board and bell controller. As these are key roles it's a good idea for us to have backups for toilet breaks etc.

Between us we can maintain the reputation of the Icknield Road Club for putting on good quality, well organised and successful events. The rider experience, the spectator's enjoyment and the respect in which the Club is held depends on you.

From 3pm the jobs to do are; dismantling the course, clearing up and transporting equipment away. We hope to be finished by 4pm.

Please tell me what you would be willing to do.

Thank You very much,

Ray ray.morgan65@gmail.com 01582 696 718 Mob: 07957 465 601

New Members (Gordon Hart)

Warm welcome to the following members who have joined the Club recently...

Glen Billington	Houghton Regis	Senior
Taylor family, Michelle, Robert & Kurt	Luton	Seniors and Juvenile
Jayne Raynor	Dunstable	Senior
Tom Neill	Dunstable	Senior, re-join.
Andrew Beezer	Ivinghoe	Senior
Adam Abubacker	Luton	Juvenile
Harry Newton	Dunstable	Juvenile
Mitchell Butler	Totternhoe	Juvenile
David Ryan	Luton	Senior

Membership is now 150, (163 when count Families as two). **This is an all-time high.**



Exciting Cycle Sport Events
Coming Up

Try Cyclo-Cross Racing!



Sunday 16th November 10^{am} - 1:30^{pm}
Stopsley High School
St. Thomas' Road, LUTON Beds LU2 7UX

For everyone who can ride
All can enter on any kind of bike from only £3
Anyone can enter the "Race: Novice" you only ride for 30 min.
For details phone: 01582 696 718
Email: ray@icknield-roadclub.org.uk
or go to: www.britishcycling.org.uk/events/home

Friday evening Cycle Spinning / Turbo Training

Come and try Indoor Training on an exercise bike with Coach, Chris Jenkins, text him on 07812 741 899 to book a place or for more information, Venue 360, Gipsy Lane, Luton LU1 3JH (known as Vauxhall Recreation Club) opposite Toys-R-Us.

Sessions start on **Friday 7th Nov. at 7:30.**

Round 2 MK Cyclo-Cross (Ross Poulton)

It's that time of year again that Ray and myself look forward to. That's right - cyclocross season is here. This week was the 2nd of the series after the 1st round at Hillingdon was cancelled. I arrived at the MK bowl and looked at the course at thought to myself "how am I going to get up them hills on my bike?" This year I am entering vets and I am doing it on a steel-framed single-speed cyclocross bike. I had a practice lap and felt good. I ride single-speed as I like to be different. I have taken it back to basics like the old days.

The commencer called us up and the other riders are looking at my bike and making comments. The race started and I went for it. As I only have one gear I have to power the hills and I passed lots and made a great start. The race is hectic from the off as all cross races are. People slipping and falling off all over the place as it's raining.

For the next 45 min I know I am flat out and have my work cut out on the hills. Each time I past the pits Ray is waiting with the spare bike in case I need it. The laps pass, I over take lots and get over taken run up hills. I have friends from work come to watch and they cheer me on every lap. I have mates from other clubs who are younger than me cheering me on. Also as I am on the single-speed others from the crowd are cheering me as well.

I pass Ray for the last time he can see I am really tired. He shouts at me to keep going as the youth riders are catching me they are in my race but set off about 4 minutes in front of my race. This young lad passes me and I know not long to go. Towards the end of the lap the first woman over takes me. She made a minute on me as her race set off after mine. Then in the last corners the leader of my race lapped me. He crossed the line celebrating the win and I came across 3 seconds later.



My friends were waiting at the finish and they all came over and said how well I had done with only 1 gear. The head of British cycling called me a "nutter". Can't wait for the next race where Ray and myself will be going to Oxford.

The results came in a few days later and I was 27/50 finishers. About 65 started so good result. I was only 70 sec off 14th. It gives me hope for the next round.

As a club we are holding a round next month. It would be great if we could get more people involved having a go. If you don't want to race, come and support the club and watch and cheer

the single-speed express power his way around the course. This is proper racing shoulder to shoulder stuff. Great for spectating as you can see lots of action. These riders are class and placement is not important. I have done about 10 races over the last year and made great friends. Be good to see a good turn-out for the club.

Ray needs a lot of help making next month's event a success so come down wear your colours and help make the day a good one. There are lots of different races throughout the day. Bring your MTB bikes or ask Ray to use one of the clubs spare bikes. (Not the large one in the Vets race as I need that as a pit bike.)

My First Sportif - "New Forest 2014" (Martyn Anderson)

As well as joining the IRC this year, another big cycling step for me was to increase my Sportif distance from the Standard 60-80 miles to the Epic 100+'s. I'd taken part in a several standard event distances at the tail end of 2013 and this year run by either Evans or Wiggle and regulated and organised through 'UKCycling Events'. I'd also joined Chris Jenkins, Ray, Anna, Richard, Ian and Felix from Vauxhall last June cycling the 90 miles of the BHF London to Brighton but starting in Luton.

So, with several 80 mile Sunday training rides over the Chilterns under my belt, I was reasonably prepared and signed up in May to attempt one of the bigger classic Sportif events in the UK the 'New Forest' Epic. This is a very popular ride and both days are usually sold out a couple of months in advance and 3,000 riders on each day are expected.

Cycling events in the New Forest don't seem too popular with the locals and in previous years it was common for route direction signs to be 'adjusted' the wrong way and drawing pins liberally scattered in the road. Part of the local's argument was the volume of litter left by the Sportif riders during the event, but I saw no evidence of this during my ride from the participating cyclists apart from several large piles of fly tipped rubbish probably left by some of the new forest ponies. All the Wiggle orange signage appeared intact and I didn't hear of any reports of pins or tacks on the roads.

This Sportif is a two-day event with cyclists electing to ride either on the Saturday or Sunday over 3 distance options. The short was 54 miles, the standard at 80, and the 100 mile Epic. The 100 miler was categorised at 3.5/5 which equates to 'challenging' and total climbing height was just under 5,000 feet although in reality as with previous Sportifs this was incorrect and my Garmin showed 5,893 on the finish line. The New Forest is definitely not flat !! All the routes are circular and started and finished at Matchams Leisure Park near Ringwood with the Epic splitting from the Standard course and heading out towards Salisbury.

Most of the riding was in the main part on the quiet New Forest lanes and 'B' roads but this was probably a distorted perspective as the locals would undoubtedly be giving the forest a wide berth for the weekend. Both days of the event are fully supported with mechanics (should you need them); opportunities to buy spares, food, and drink, (should you have forgotten them); marshals at key junctions and accident black spots (should you not see the caution signs); emergency and first aid motorbike riders (should you fall off); Wiggle support vehicles (should you bike fall to bits); feed stations (should you run out of energy); a hog roast and band after the event (should you want to hang around and socialise), plus the all-important broom wagon (should you want to finish last).

The Saturday did not start well. I left home at 5:15AM and by the time I reached junction 13 of the M1 it was raining hard. I arrived at the westbound exit from the M25 to the M3 only to find the Police were putting up cones to close it due to an accident so a detour down the A30 was required. Then to add further insult to insult, the Sat Nav died so I had to revert to the old technology and read a map !

I finally arrived in Ringwood just as it stopped raining, registered and collected the High 5 goody pack for signing up early for the event, timing chip stuck to helmet, got the bike and me organised with food and electrolyted water for the ride and off the start line for 08:40, just 5 minutes before the final start time for Epic riders. I had to reach the start of the Epic loop by 13:00 as this was the point that the course marshalls started removing the signage.

First hour was at a fairly good pace and I joined a group of guys from Kingston Wheelers averaging 20 mph. Then the rain started again. Not being familiar with the route and with water filled pot holes, mud, and grit on some of the narrower New Forest lanes it was safer to slow down as it was getting a bit risky coming down hills. I didn't want to be phoning home with a broken collar bone although a couple of weeks off work was a passing thought at the time. I fuelled up with a 5 minute stop at the first feed station after 32 miles and arrived at the half way point in just under 3 hours.

So far so good....

The leg back to Ringwood was not so successful. Three punctures in quick succession (definitely not caused by drawing pins) delayed me by around 45 minutes plus the 15 minutes of stops at the three feed stations (I am not going to pass up on carbs and energy drinks included in the entry fee) left me an hour down on where I'd planned to be. You usually see a few riders with punctures on most Sportifs, but many riders on this Epic loop were puncturing – apparently most of these were caused by the small flints washed into the roads by the heavy rain. Will it be my turn again next ? I was hoping not as I'd used the 3 spare inner tubes so the next would have to be finding the inner tube hole and a patch repair.

The rain stopped and the sun shone for the last hour and I had enough left in the tank and the legs for a strong last 20 miles back to Ringwood apart from being slowed by the 18% hill someone had so thoughtfully added at the 85 mile mark that many were walking up. It's OK, I didn't disgrace the IRC shirt with a 'walk of shame' !

There was a real sense of achievement when I finally crossed the finish line with 3 inner tubes wrapped around my shoulders, wet, muddy, and looking more like I'd been in a cyclocross event than a Sportif. 100 miles with an on-bike riding time of 6 hours 10 minutes (not including the stops for the feed stations and punctures) gave me a Garmin generated average of just over 16.1mph as my usual average for a 60 miler is 18.5 so not too bad considering the awful conditions. Sportifs are not a race but that doesn't stop you wanting to improve your personal bests.

I'd like to give it another go next year and hopefully in dryer conditions as it is a very picturesque part of the country with the forest itself, country lanes, all the fords to ride though and the wildlife with ponies, sheep, donkeys, and pigs to avoid.

If you like the idea of this Sportif, be warned that the cows standing in the road do not move out of the way for cars or cyclists and take at least 4 inner tubes just in case you need them.

Martyn

Continental weekend 2014 (Chris Jenkins)

Late September, evening time trials over, summer holidays a distant memory, so let's have another long weekend abroad. Last year Abbeville, this year Roubaix. famous for the spring classic race over the cobbles and close to the Ypres battlefields of World War 1.

05.30 am, van loaded with bikes and bags and a car load of eager cyclists set off for Dover and the ferry to Calais. Breakfast on board (if you are ever hungry try the P&O big breakfast!!) In France and Anna, Dave, Nigel, Ian and Ian, Sean and Keith climb onto their bikes and head off.

I have the privilege off carrying luggage and supplies by car. Nice weather and a good breeze helping them most of the way. Coffee break completed and the last few kilometres to our hotel in Roubaix. A little bit damp and just getting dark. Fed and watered then a couple of beers (the hotel kept running out of our favourites!) then ready for day 2.

Bright and sunny again and at last I get to ride my bike. Crossing into Belgium we visited a Canadian war memorial, the Tyne Cott British memorial and war graves and then Sanctuary Wood cemetery. A coffee and a tour of a WW1 museum complete with preserved trenches and tunnel. We rode to Ypres and stopped at the Menin gate memorial to the missing of WW1. The plan was to ride back to Roubaix riding up the cobbled 25% Kemmelberg hill used in the Tour of Flanders. How we managed to not find the biggest hill in the area is still a mystery and most of the group were well disappointed as was apparent from the clapping and cheering as we abandoned all hope of finding it. 7.15pm Ian Beale gets a puncture, changes inner tube and we set off again. Only 14 km to go. Nigel's Garmin battery dies so we depend on memory from the day before. Some bits remembered, others forgotten....



Totally lost in Lille we find a big map. Nowhere did it say you are here!! Help from a couple of girls out running gave us some help. We failed to find their route, however we eventually saw a big sign, Roubaix Centre, we took the road only to find we were on a motorway!! Managed to get off fairly quickly and with the help of a mountain biker we eventually found our Hotel around 9.30pm. Discussions over our riding and planning took us well into the early hours.

Sunday morning a walk round Roubaix and managed to book a restaurant for the evening. Plan for the day was to visit the velodrome where the Paris Roubaix finishes and a particularly difficult section of the famed cobbles. We found the velodrome and would be happy just to get a photo. The gates onto the track wide open!! Just had to ride round.

One or two found the 40 degree banking too daunting. Several laps later (maybe a dozen or more laps) we final departed and headed for the pave. We tried to find a café for lunch but only found a bar full of villagers that only spoke Flemish. One lady though we might be German!

Found the pave, gave the group instruction on how to ride it. High gears and fast is recommended. Tried it for about 200 metres 'till my hands went numb, then a lot slower to the end of the section. Great day and can really appreciate the race in future.



Next day was the return home. Steady riding in a troublesome wind and I drove off to find a lunch stop. Found a small town on the tourist route so got them to turn left. The big cobbled hill we missed on Saturday was made up for!!

About 1.5km of cobbles made treacherous by the steady rain that had started to fall. Lunch became a full blown meal as there were only restaurants in the town. Totally flat roads from there to Calais although one section was uncomfortably rough. A ferry about 1.5 hours later than planned and a half hour delay in sailing saw us arrive home after midnight.

As we did last year we started planning for next year on the ferry home, hopefully the Somme valley area. Anyone interested?

Photo Gallery – Summer / Autumn 2014



IRC Juniors getting ready for the track....



.... and meeting TT legend Alex Dowsett !!!



Sunday Ride to Jordon's Mill ...



... and to a sunny Stockgrove Country Park



Who's up for a curry then ? IRC Curry night



IRC at Mark Cavendish Sportif (with Cav of course)



Cutting a dash at a BRCC TT event



The Bacon Rollers living up to their name



IRC Finishers (and their reward) at the ABF Sportif 😊

IRC Evening events 2014 - Members only

20 events were run, 9 10's and 10 circuit events, 1 circuit event was cancelled in May because of inclement weather conditions.

The number of Club members was 357, (2013 256). Senior members total rides was 309 compared with 2013 of 221, an increase of about 36%. There were more visitors this year up from 2013 of 97 to 127. The average of Club members per event was 14 for the 10's and 12½ for the Circuit events. The highest no. of riders was the 10 on June 17th with 39 riders in total. The average number of Members riding was 18 per event, for both the 10s and Circuits events.

		Total 10s	Total ccts	Apr 22 10 ml	May 6 10 ml	May 20 10 ml	Jun 3 10 ml	Jun 17 10 ml	July 1 10ml	Jul 29 10ml	Aug 12 10m
Rob Adams	5	1	4					26:15			
Martyn Anderson	3	2	1						28:47	29:14	
Keith Ashleigh	3	1	2							27:12	
Tony Baines	3	2	1			28:22	30:35				
Ian Beale	1	1	0								29:24
Glenn Billington	6	2	4							25:24	25:53
Sean Brennan	9	2	7						29:52		30:20
Adrian Briers	2	2	0			25:32				25:29	
Maurice Burton	15	7	8	31:03	31:32	30:19	30:41		32:35	29:52	32:24
Ian Bywaters	5	3	2	29:11	30:19	29:14					
Oliver Cocks	3	1	2						25:34		
Tim Davies	11	7	4	22:01	21:45	21:28		22:06	21:48	21:41	22:53
Richard Farish	12	5	7	27:50		27:05	27:31	28:00	27:27		
Anna Figliola	5	5	0			31:47	32:16	29:51	29:22	30:20	
Neil Goldsmith	4	2	2				26:44		27:20		
Vivien Haestier	7	4	3			38:51	39:38	38:11	39:00		
Peter Harridge	2	0	2								
Colin Holmes	5	5	0	26:38		26:27	26:48	26:37	26:31		
Abid Hussain	9	4	5	24:57		25:34		24:30			24:12
Gavin James	3	1	2						24:08		
Chris Jenkins	13	5	8	29:16	29:24	28:45			29:21	29:27	
Chris Jones	1	0	1								
Greer Kidney	1	0	1								
Colin Matcham	4	2	2				32:34	32:16			
Kevin Miller	4	1	3				28:47				
Linda Molloy	2	0	2								
Riordan Molloy	1	0	1								
Martin Nevill	2	1	1			28:17					
David Newell	4	2	2					29:25		28:40	
Chris Northwood	14	6	8			27:41	27:32	27:45	27:33	27:53	28:13
Phil O'Leary	16	7	9	27:48	27:11	26:09	25:35	26:00	26:12	25:57	
Grant Orsborn	11	6	5	22:54	23:08	22:18	23:07	23:13	2:48		
Buffy Pearce	5	2	3				28:14		27:30		
John Pfeifer	3	3	0					30:38	29:46	28:49	
Roy Porter	4	0	4								
Ross Poulton	1	1	0			25:33					
Richard Pratt	10	5	5	27:18	26:31			25:27	25:40	26:04	
Keith Prime	1	1	0			31:17					
Jayne Raynor	5	1	4							30:17	
Judy Reid	9	5	4		31:15	29:27	29:10		30:04		29:42
Peter Richards & Becky (tandem)	8	5	3		30:48	29:56	30:51	30:17	30:03		
Paul Richardson	7	3	4		29:37		31:58		28:14		
Ian Rollinson	1	1	0	30:24							
Jeremy Rollinson	6	3	3		27:03	26:06	26:08				
Steve Seeby	1	1	0							26:44	
Paul Smits	2	1	1					30:06			
Peter Stack	1	0	1								
Josh Stirling	1	0	1								
Michelle Taylor	2	1	1						35:35		
Lui Tomlinson	12	6	6	28:43		28:48	28:18	28:16	26:43	27:45	
Pearce Tomlinson	2	1	1	29:03							
Phil Tomlinson	9	5	4			27:55	29:07	28:25	28:25	28:22	
Christine Tovey	10	4	6				39:20		38:47	35:07	33:08
Paul Valks	5	2	3							33:53	28:39
Arthur Zwanik	6	2	4		25:52		25:23				

1 circuit = 4.1 miles	ccts	Apr 8 2 ccts	Apr 15 2 ccts	Apr 29 2 ccts	May 13 2 ccts	Jun 10 3 ccts	Jun 24 3 ccts	Jul 8 3 ccts	Jul 23 3 ccts	Aug 5 3 ccts	Aug 19 2 ccts	Aug 26 2 ccts
Rob Adams	4			21:47	22:30	34:23		34:24				
Martyn Anderson	1							38:27				
Keith Ashleigh	2				25:14					36:27		
Tony Baines	1	27:25										
Glenn Billington	4						33:55	33:19		32:37		22:03
Sean Brennan	7	28:28	27:31	27:13	26:48			41:33		39:24	26:14	
Maurice Burton	8		29:50	29:42	29:32	44:22	46:05	46:24			28:26	27:15
Ian Bywaters	2		26:38	26:51								
Oliver Cocks	2		21:29									21:51
Tim Davies	4	20:17	19:08		19:59		29:15					
Richard Farish	7	25:56	24:37	24:56	25:03			37:45			25:07	24:17
Neil Goldsmith	2		23:41	23:41								
Vivien Haestier	3			38:13	39:45	56:38						
Peter Harridge	2										22:54	21:30
Abid Hussain	5		22:48			33:16				33:21	21:21	21:19
Gavin James	2							33:18	32:43			
Chris Jenkins	8	27:44	26:03	25:55	27:54	39:09			39:02		27:10	26:27
Chris Jones	1									41:42		
Greer Kidney	1							40:24				
Colin Matcham	2					44:44			42:22			
Kevin Miller	3		28:20			38:59	39:10					
Linda Molloy	2		32:07					47:21				
Riordan Molloy	1		30:07									
Martin Nevill	1					37:58						
David Newell	2	25:37		25:34								
Chris Northwood	8	25:12	24:46	24:22			36:43	42:13	37:12		24:15	23:59
Phil O'Leary	9	25:11	24:03	23:00		33:30		35:41	33:29	33:21	22:47	22:16
Grant Orsborn	5		22:31	21:33		31:59	33:40					21:42
Buffy Pearce	3			25:53		37:38					26:55	
Roy Porter	4			26:23				41:25	39:33		26:37	
Richard Pratt	5	23:53		22:48				33:41		33:51	22:53	
Jayne Raynor	4								42:39	40:23	27:57	26:33
Judy Reid	4					39:49		40:15		39:45		26:44
Peter Richards & Becky (tandem)	3			26:41			43:28					28:00
Paul Richardson	4		25:07	25:35							26:00	25:19
Jeremy Rollinson	3	23:39	23:24			35:02						
Paul Smits	1					40:32						
Peter Stack	1										23:11	
Josh Stirling	1						38:38					
Michelle Taylor	1								48:30			
Lui Tomlinson	6			25:46		37:18		38:30	38:41		24:22	24:16
Pearce Tomlinson	1			25:11								
Phil Tomlinson	4		25:11		25:27						25:53	25:19
Christine Tovey	6					56:15	52:46		49:27	44:59	30:42	30:00
Paul Valks	3								42:35		28:05	28:01
Arthur Zwanik	4	23:21	22:28	22:23		33:29						

- * 1 or 2 laps short.

NEW - Caption Competition



David and Debbie on holiday by the seaside – but can you think of a witty caption we can add to the photo ?

Please send your entries to “The Editor” by e-mail (Richard.Pratt59@btinternet.com) or by mail to IRC Newsletter Editor, 13 Rosamond Road, Bedford. MK40 3SS.