

ROAD CLUB NEWSLETTER



December 05

DATES TO REMEMBER

Sunday 18th December, The Christmas Club Run.

Sunday 26th December 10.30am, The Beer and Pudding 10 mile time trial (Earls Barton).

Merry christmas to all our members

And if I don't manage to see you at either the Christmas club run or the Boxing day 10 have a very happy new year.

CHRISTMAS CLUB RUN HAS MOVED

Due to a bit of a mix up with the bookings this years Christmas club run will not be to Naseby but to Greens Norton near Towcester.

The dinner will be held at the Butchers Arms on Sunday 18th of December at 12 o'clock prompt.

The meal will be from the standard menu so there is no set meal and consequently no need to pay for the meal before hand.

Please ring Simon Crisp on 01223 461871 to book your seat, we have to confirm numbers at least 2 weeks before hand and there are limited places.

Book early to avoid disappointment.

If you fancy cycling over to the venue we will be meeting at John Crisp's house 41 John Gray Road in Doddington, before 10am. We will then be cycling over to Northampton to collect other members, then cycle out as a group to Greens Norton. If you need directions do not hesitate to contact either Simon or myself.

WINTER TRAINING RIDES

If you fancy something different why not try the Tuesday evening Brampton Valley ride. This starts at the Windover pub at the Northampton end of the Brampton valley way at 6.45pm every Tuesday. The route is semi-paved with mountain bikes being the preferred method of transport, and goes out to Market Harborough and back.

This has been run for a couple of months, with regular riders such as Graham Dolby, Andy Sharman and Robert Swannack. It is a good ride because there are no hills and they keep up a constant speed.

The other ride is on Wednesday evenings starting at the top Park Farm Industrial Estate roundabout on the outskirts of Wellingborough at 7pm and riding a circuit that covers Wellingborough to Sywell, Holcot, Brixworth, Scaldwell, Old, Walgrave, Hannington, Orlingbury, Little Harrowden and back to Wellingborough.

In the past we have met riders from the Northampton area at the Sywell roundabout, at approx 7.15pm.

TROPHY WINNERS FOR 2005

<u>Beer and Pudding 10,</u>	Andy Sharman
<u>Whiston Handicap,</u>	Brian Carlin
<u>Whiston Hilly Fastest,</u>	Graham Dolby
<u>Cosford 25,</u>	Graham Dolby
<u>Middle Markers 25,</u>	?
<u>Handicap 25,</u>	Rob Swannack
<u>Nimi Brutus 30,</u>	Rob Swannack
<u>Time Trial Series,</u>	Graham Dolby
<u>Fastest 50,</u>	Graham Dolby
<u>50 Championship,</u>	Graham Dolby
<u>Fastest 10,</u>	Graham Dolby
<u>Fastest 25,</u>	Graham Dolby
<u>Championship 25;</u>	Rob Swannack
<u>S.O.S,</u>	No reported rides
<u>Hill Climb,</u>	Andy Sharman
<u>John Lewis Cup 100;</u>	No reported rides
<u>12 Hour,</u>	No reported rides
<u>Road Race;</u>	Andy Sharman
<u>Senior B.A.R;</u>	No reported rides
<u>Vets BAR,</u>	No reported rides
<u>Fastest Veteran Award;</u>	No reported rides
<u>Club Man of the Year;</u>	T.B.A.
<u>Ladies BAR;</u>	Liz Parsons
<u>Ladies 10;</u>	Liz Parsons

Congratulations to all of the trophy winners.

The trophies will be presented at the Christmas dinner at Greens Norton.

If you can't make it to the dinner to collect your trophy, contact Graham Swannack on 01933 674201 to arrange a convenient time and date to pick it up.

Important:- All those members who are presently holding trophies must return them now so that Graham can get them engraved in time for the presentation.

If you think you are eligible for one of the trophies contact Graham

SATURDAY MORNING RIDE CHANGE

Just a note to say that the start time for the Saturday morning run from Lumbertubs pub in Northampton has changed to 8.30am from 9.30am. The Sunday morning run from the Horseshoe Pub in Sywell is still 9.30am.

Bikes for sale **or info**

If you would like to sell your bike or bike parts or if you want some parts, or just pass on some info to the other club members, I will put an advert in the next newsletter. Contact me with your info on 01933 675379 or andrew@sonifex.co.uk.

Club Clothing

If you need any items of club clothing for this coming season or you would like more information about the clothing please contact me on 01933 675379 or andrew@sonifex.co.uk

Price List

Short sleeved multidry road Jersey (short or long zip)	£30
Long sleeved, full zip, waffled thermal racing jersey (autumn)	£40
Long sleeved, full zip, Windtex fleece jersey (winter)	£85
Short sleeved or long sleeved skin suit with quality insert	£55
Gilet (sleeveless wind proof cover)	£35
Pro bib shorts with quality insert	£38
Winter bib tights (Thermal type, with insert)	£40
Legwarmers	£23
Armwarmers	£17

Ride the club runs they're

FREE

The club offers a couple of organised rides on Sundays and one on Saturday.

Saturday

The ride starts at 8.30am from outside the Lumbertubs pub in Northampton. This is a faster ride taken at anywhere from 16 to 20 mph average depending on the terrain and the weather. The distance ridden is about 50 to 60 miles. This only tends to run from autumn through the winter into spring as after this most of the riders are racing at the weekends.

Sunday

The ride starts at 8am from 41 John Gray Road in Doddington.

This is taken at a moderate pace 13 to 15 mph avg. for about 50 to 60 miles, and also includes a tea stop at a local café about half way round. This ride happens every Sunday and is usually a good run if you want a chat and to see some nice countryside in and around Northamptonshire.

Sunday

The other Sunday ride starts at 9.30am from outside the Horseshoe Pub in Sywell. This is taken at a moderate pace 16 to 20 mph avg. for about 50 to 60 miles, and also includes a tea stop at a local café about half way round. This ride happens most

Manchester velodrome trip

Ian Donald has mentioned the idea of organising a trip to ride on the velodrome. He has already been with some friends and thoroughly enjoyed the experience. Ian wondered if anyone else would be up for the cycling experience of a lifetime riding the world famous boards. The trip would take place in Feb or March. Contact Ian with any questions on 01933 387467.

Touring in France

Simon Crisp is thinking of organising a mini tour, possibly mid/south of France in April May time next year. Going on a long weekend, Thursday - Tuesday, light touring using B&B's.

If you are interested contact Simon on 01223 461871

Item for sale

Rear wheel: 28 spoke with Campag Omega rim (tubular) and Dura-ace screw on hub. Brand new never used £30 ono. Telephone Ian Donald on 01933 387467.

If you would like any information about the club activities or if you would like other members to be informed about anything please contact me and I will endeavor to help you.

Contact Andy Brooke 01933 675379
Or write to
131 Vicarage Farm Road,
Wellingborough, Northants. NN8 5EU.
andrew@sonifex.co.uk

Race Results

10 mile time trial 8th June

The first warm evening event resulted in 7 personal bests.

RIDER	TIME	CLUB
2UP SAM BARKER	20.01	API-METROW
2UP STUART WRIGHT	20.01	API-METROW
PB ANDY SHARMAN	22.03	45 ROAD CLUB
PB PHIL MELLING	22.23	JUST RACING
GAVIN HINXMAN	22.34	KETTERING CC
PB PAUL ASHDOWN	22.37	KETTERING CC
TONY RUSSELL	23.33	KETTERING CC
PB GRAHAM LAURIE	23.48	45 ROAD CLUB
PB KEVIN GLENDINNING	24.08	45 ROAD CLUB
ANDY FORSTER	24.46	45 ROAD CLUB
MIKE CHURCH	24.55	45 ROAD CLUB
PB STEVE GREGORY	25.12	45 ROAD CLUB
LIZ PARSONS	25.15	45 ROAD CLUB
MELVYN BARKER	26.00	45 ROAD CLUB
PB GORDON SPENCER	26.37	45 ROAD CLUB
LEE EADY	27.43	JUST RACING
RON BROWN	27.50	45 ROAD CLUB

25 mile time trial 12th June

No available results for this race at the time of producing the newsletter.

10 mile time trial 15th June

RIDER	TIME	CLUB
SAM BARKER	21.07	API METROW
GRAHAM DOLBY	21.29	45 ROAD CLUB
BOB SWANACK	3 UP	
ANDY SHARMAN		
BOB GREEN	23.46	45 ROAD CLUB
TONY RUSSELL	24.08	KETTERING C.C.
GRAHAM LAURIE	25.13	45 ROAD CLUB
KEVIN GLENDENING	25.22	45 ROAD CLUB
ANDY FORESTER	26.12	45 ROAD CLUB
SIMON FITZHUGH	26.18	45 ROAD CLUB
LEE EADY	26.52	JUST RACING
GORDON SPENCER	27.37	45 ROAD CLUB
MARTIN BOYD	DNF	U/A

A warm evening, but a strong head wind slowed all the riders on the return leg towards Northampton with everyone's time down on the previous week.

The 3 up training for the national team time trial championships rode well but unfortunately only finished with 2 men when Andy Sharman dropped off suffering from hay fever.

It was bad luck for Martin Boyd riding his first ever time trial when he punctured within a mile of the start, but he has vowed to return next week.

10 mile time trial 22nd June

RIDER	TIME	CLUB
SAM BARKER	20.38	API-METROW
ANDY SHARMAN	21.07	45 ROAD CLUB
ROBERT SWANNACK	3UP	45 ROAD CLUB
GRAHAM DOLBY		45 ROAD CLUB
BRIAN CARLIN	pb 21.55	45 ROAD CLUB
BOB GREEN	pb 22.53	45 ROAD CLUB
ALAN ROSE	pb 23.39	JUST RACING
TONY RUSSELL	23.43	KETTERING CC
GRAHAM LAURIE	24.09	45 ROAD CLUB
KEVIN GLENDINNING	24.17	45 ROAD CLUB
DAVID MCDUGALL	24.18	JUST RACING
ANDY FORSTER	pb 24.42	45 ROAD CLUB
SIMON FITZHUGH	pb 24.47	45 ROAD CLUB
STEVE GREGORY	pb 25.07	45 ROAD CLUB
LIZ PARSONS	25.15	45 ROAD CLUB
MIKE CHURCH	25.18	45 ROAD CLUB
BRIAN LUSK	pb 25.48	45 ROAD CLUB
LEE EADY	pb 25.53	JUST RACING
NATHAN BELLAMY	26.10	45 ROAD CLUB
GORDON SPENCER	pb 26.23	45 ROAD CLUB
M. BOYD	26.30	UNATTACHED
MELVYN BARKER	26.54	45 ROAD CLUB
STUART WRIGHT	27.39	API-METROW
RON BROWN	27.47	45 ROAD CLUB
TOM WILDMAN	29.32	45 ROAD CLUB

On a very warm evening 9 pb's were recorded, Brian Carlin improving yet again to win.

Nathan Bellamy rode his first 10 for a good few years.

Stuart Wright rode the last few miles on a flat back tyre.

25 mile time trial 26th June

RIDER	TIME	CLUB
ROBERT SWANNACK	59.42	45 ROAD CLUB
GAVIN HINXMAN	1.00.40	KETTERING CC
BOB GREEN	1.02.51	45 ROAD CLUB
JOHN KELLY	1.08.17	45 ROAD CLUB
ANDY FORSTER	1.08.40	45 ROAD CLUB
SIMON FITZHUGH	1.09.08	45 ROAD CLUB
TOM BAILEY	1.09.46	KETTERING CC
GORDON SPENCER	1.11.32	45 ROAD CLUB

HANDICAP CUP RESULT

ROBERT SWANNACK	59.42	45 ROAD CLUB
GORDON SPENCER	1.11.32	45 ROAD CLUB
BOB GREEN	1.02.51	45 ROAD CLUB
JOHN KELLY	1.08.17	45 ROAD CLUB
ANDY FORSTER	1.08.40	45 ROAD CLUB
SIMON FITZHUGH	1.09.08	45 ROAD CLUB

Rob Swannack in his first serious season for a few years took the handicap cup by a close margin from Gordon Spencer and Bob Green.

10 mile time trial 29th June

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
SAM BARKER	20.02	API-METROW
STUART WRIGHT	20.28	API-METROW
ROBERT SWANNACK	20.48	45 ROAD CLUB
GRAHAM DOLBY	2 UP	45 ROAD CLUB
ANDY SHARMAN	PB 21.52	45 ROAD CLUB
BRIAN CARLIN	21.57	45 ROAD CLUB
BOB GREEN	PB 22.33	45 ROAD CLUB
ROBERT BARKER	22.42	KETTERING CC
PAUL ASHDOWN	23.02	KETTERING CC
TONY RUSSELL	23.13	KETTERING CC
GRAHAM LAURIE	24.08	45 ROAD CLUB
ANDY FORSTER	PB 24.38	45 ROAD CLUB
KEVIN GLENDINNING	24.44	45 ROAD CLUB
SIMON FITZHUGH	24.56	45 ROAD CLUB
MIKE CHURCH	25.11	45 ROAD CLUB
LIZ PARSONS	25.33	45 ROAD CLUB
MELVYN BARKER	26.21	45 ROAD CLUB
TOM WILDMAN	PB 28.41	45 ROAD CLUB
RON BROWN	28.44	45 ROAD CLUB

On a good evening Andy Sharman won with a pb. Other pb's were recorded for Bob Green and Andy Forster who both improved for the second week running.

Congratulations to Tom Wildman, who competing for the first time in many years, turned out his best of the season.

1.5 mile time trial 3rd July

Time Trial Series

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
Gavin Hinxman	3.01	Kettering CC
Brian Carlin	3.03	45 Road Club
Graham Dolby	3.04	45 Road Club
Bob Swanack	3.09	45 Road Club
Andy Sharman	3.10	45 Road Club
Kevin Glendinning	3.16	45 Road Club
Simon Fitzhugh	3.22	45 Road Club
Liz Parsons	3.23	45 Road Club
Melvyn Barker	3.29	45 Road Club
Michael Church	3.32	45 Road Club

A warm afternoon with a useful tail wind helped Brian Carlin to a club win and eased the strain on Graham, Bob and Andy after competing in the national team time trial championships.

11 mile hilly time trial 4th July

Time Trial Series

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
Graham Dolby	26.38	45 Road Club
Stuart Wright	27.39	API
Brian Carlin	28.18	45 Road Club
Bob Swanack	30.31	45 Road Club
Simon Fitzhugh	31.39	45 Road Club
Kevin Glendinning	31.44	45 Road Club
John Crisp	34.18	45 Road Club
Cath Leonard	34.26	45 Road Club

A cold and damp evening with a strong wind put a number of riders off, but the conditions did not stop Graham, Brian, Simon and Kevin recording personal bests and Graham producing an excellent ride to head the Time Trial Tour standings

3.85 mile hilly time trial 5th July

Time Trial Series

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
Graham Dolby	9.41	45 Road Club
Bob Swanack	9.54	45 Road Club
Kevin Glendinning	11.13	45 Road Club
Simon Fitzhugh	12.08	45 Road Club

A wet and cold evening with a strong wind limited the number of riders willing to get their bikes dirty.

10 mile time trial 6th July

Time Trial Series

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
Stuart Wright	22.13	API
Graham Dolby	22.54	45 Road Club
Bob Swanack	23.07	45 Road Club
Kevin Hardwick	25.00	Just Racing
Simon Fitzhugh	26.25	45 Road Club
Kevin Glendinning	26.32	45 Road Club
Melvyn Barker	28.02	45 Road Club
Gordon Spencer	28.53	45 Road Club
Ron Brown	31.04	45 Road Club
Tom Wildman	32.15	45 Road Club

A sunny but very windy evening saw a low turn out for last event in the Time Trial Series and a very hard section out to Northampton reduced the times by a significant margin. Graham has won the series with Bob second and a good battle between Simon and Kevin Glendinning through the week ended with a close finish in the final event and a well deserved podium place for both of them.

Time Trial Series Overall Result

	<u>RIDER</u>	<u>POINTS</u>	<u>CLUB</u>
1st	Graham Dolby	77	45 Road Club
2nd	Bob Swanack	71	45 Road Club
3rd=	Kevin Glendinning	63	45 Road Club
3rd=	Simon Fitzhugh	63	45 Road Club

10 mile time trial 13th July

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
SAM BARKER	19.54	API-METROW
ROBERT SWANNACK	21.36	45 ROAD CLUB
ANDY SHARMAN	22.06	45 ROAD CLUB
SHAUN BAILEY	22.14	KETTERING CC
BOB GREEN	22.38	45 ROAD CLUB
TONY RUSSELL	23.12	KETTERING CC
ALISTAIR SHED	23.27	JUST RACING
GRAHAM LAURIE	24.03	45 ROAD CLUB
KEVIN GLENDINNING	24.19	45 ROAD CLUB
SIMON FITZHUGH	PB 24.34	45 ROAD CLUB
MIKE CHURCH	24.49	45 ROAD CLUB
LIZ PARSONS	25.18	45 ROAD CLUB
JOHN CRISP	26.10	45 ROAD CLUB
GORDON SPENCER	26.41	45 ROAD CLUB
MELVYN BARKER	26.49	45 ROAD CLUB
TOM WILDMAN	29.17	45 ROAD CLUB

Sam Barker was just outside the course record which is 19.43 for this version of the course.

Bob Swanack returned his best recent time and Simon Fitzhugh improved again.

25 mile time trial 17th July

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
ROBERT SWANNACK	58.11	45 ROAD CLUB
GRAHAM DOLBY PB?	58.26	45 ROAD CLUB
GAVIN HINKMAN	59.59	KETTERING CC
PAUL ASHDOWN	1.01.38	KETTERING CC
BOB GREEN	1.02.09	45 ROAD CLUB
EDDY CLUTTON	1.03.21	KETTERING CC
KEVIN GLENDINNING	1.05.59	45 ROAD CLUB
JOHN KELLEY	1.06.47	45 ROAD CLUB
TOM BAILEY	1.09.49	KETTERING CC
CLIFF TREMAINE	1.10.03	KETTERING CC
BEV ROBERTS 2UP	1.11.00	KETTERING CC
PAUL QUINCY 2UP	1.11.00	KETTERING CC
LIAM PRIOR	1.11.40	KETTERING CC
MICK WOOD	1.12.41	KETTERING CC
ANDY GREEN	1.13.03	45 ROAD CLUB
RON BROWN	1.17.22	45 ROAD CLUB
TOM WILDMAN PB	1.18.07	45 ROAD CLUB
JOHN TILLEY	1.23.17	KETTERING CC

10 mile time trial 20th July

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
ROBERT SWANNACK	22.44	45 ROAD CLUB
BOB GREEN	23.50	45 ROAD CLUB
GRAHAM LAURIE	25.26	45 ROAD CLUB
MIKE CHURCH	26.05	45 ROAD CLUB
MELVYN BARKER	26.55	45 ROAD CLUB
JOHN CRISP	27.30	45 ROAD CLUB
MARTIN BOYD	28.07	UNATTACHED
IAN DONALD	28.48	45 ROAD CLUB
RON BROWN	29.33	45 ROAD CLUB
TOM WILDMAN	30.16	45 ROAD CLUB

A gusty evening resulted in slowish times and a reduced number of riders.

10 mile time trial 27th July

RIDER TIME CLUB
No available results for this race at the time of producing the newsletter.

25 mile time trial 31st July

RIDER TIME CLUB
No available results for this race at the time of producing the newsletter.

10 mile time trial 3rd August

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
SAM BARKER	20.37	API-METROW
ROBERT SWANNACK	21.46	45 ROAD CLUB
SHAUN BAILEY	22.22	KETTERING CC
TONY RUSSELL	23.24	KETTERING CC
GRAHAM LAURIE	24.49	45 ROAD CLUB
MIKE CHURCH	25.05	45 ROAD CLUB
ANDY FORSTER	25.24	45 ROAD CLUB
SIMON FITZHUGH	26.18	45 ROAD CLUB
PHILIP LEVY	26.30	45 ROAD CLUB
ANDY WILDMAN	26.53	??
MELVYN BARKER	26.55	45 ROAD CLUB
IAN DONALD	27.16	45 ROAD CLUB
RON BROWN	28.57	45 ROAD CLUB
TOM WILDMAN	29.17	45 ROAD CLUB

Rob swannack was close to his best this year on not the best of evenings.

11 mile hilly time trial 10th August

<u>RIDER</u>	<u>TIME</u>	<u>CLUB</u>
GRAHAM DOLBY	26.50	45 ROAD CLUB
PHIL MELLING PB	27.28	JUST RACING
ROBERT SWANNACK	27.55	45 ROAD CLUB
GRAHAM LAURIE PB	29.26	45 ROAD CLUB
JOHN KELLEY PB	30.07	45 ROAD CLUB
GORDON SPENCER PB	30.58	45 ROAD CLUB
MIKE CHURCH	31.41	45 ROAD CLUB
LIZ PARSONS	32.08	45 ROAD CLUB
ANDY WILDMAN	32.30	UNATTACHED
IAN DONALD PB	33.34	45 ROAD CLUB
PETER GREENHALGH	34.29	45 ROAD CLUB
TOM WILDMAN PB	35.57	45 ROAD CLUB

The first of the late series on the Whiston course produced some good times.6 riders recorded pbs.

First timers on this course were Andy Wildman and new member Peter Greenhalgh, National hill climb champion in 1966, in his first competitive outing for many years.

Tom Wildman improved on his previous ride on this course in what is his first competitive season for many years at the age of 72.

Best improvement came from Gordon Spencer.

11 mile hilly time trial 17th August

RIDER	TIME	CLUB
SAM BARKER	25.39	API-METROW
GRAHAM DOLBY	27.32	45 ROAD CLUB
GRAHAM LAURIE	30.21	45 ROAD CLUB
JOHN KELLEY	30.28	45 ROAD CLUB
EDDIE SMITH	30.54	NORTHANTS TRI
SIMON FITZHUGH	PB 31.16	45 ROAD CLUB
GORDON SPENCER	31.25	45 ROAD CLUB
BOB GREEN	32.03	45 ROAD CLUB
ANDY WILDMAN	PB 32.11	UNATTACHED
MARTIN BOYD	33.02	45 ROAD CLUB
PETER GREENHALGH	PB 33.38	45 ROAD CLUB
JEAN SEBASTIAN VECTEN	34.02	45 ROAD CLUB
MELVYN BARKER	34.05	45 ROAD CLUB
JOHN CRISP	34.08	45 ROAD CLUB
TOM WILDMAN	36.36	45 ROAD CLUB
RON BROWN	38.21	45 ROAD CLUB

What appeared to a good evening turned out generally slower than the previous week.

However 3 riders did improve including Simon Fitzhugh, Andy Wildman and Peter Greenhalgh.

First timer Jean Sebastien Vecten did a creditable ride in his first event.

Martin Boyd had his first ride on the course.

11 mile hilly time trial 24th August

RIDER	TIME	CLUB
GRAHAM LAURIE	30.14	45 ROAD CLUB
JOHN KELLEY	30.19	45 ROAD CLUB
BOB GREEN	31.23	45 ROAD CLUB
SIMON FITZHUGH	31.45	45 ROAD CLUB
JEAN-SEBASTIAN VECTEN	32.53	45 ROAD CLUB
PETER GREENHALGH	33.46	45 ROAD CLUB
TOM WILDMAN	37.23	45 ROAD CLUB

Rain earlier in the day deterred all but the hardy few. Only 7 riders faced a stiff wind on the long leg from the Whiston turn to Cogenhoe.

Jean-Sebastien Vecten on his second ride on the course posted a pb, Graham Laurie was pleased to take his first club event win since joining the 45 road club last year, by a narrow margin from John Kelley.

11 mile hilly time trial 31st August

RIDER	TIME	CLUB
SAM BARKER	26.07	API-METROW
GRAHAM DOLBY	26.42	45 ROAD CLUB
PHIL MELLING	27.52	JUST RACING
BOB GREEN	PB 29.56	45 ROAD CLUB
GRAHAM LAURIE	30.09	45 ROAD CLUB
JOHN KELLEY	30.14	45 ROAD CLUB
SIMON FITZHUGH	PB 31.05	45 ROAD CLUB
MIKE CHURCH	PB 31.19	45 ROAD CLUB
JEAN SEBASTIAN VECTEN	PB 32.07	45 ROAD CLUB
IAN DONALD	PB 32.18	45 ROAD CLUB
LIZ PARSONS	32.41	45 ROAD CLUB
MARTIN BOYD	PB 32.56	45 ROAD CLUB
PETER GREENHALGH	33.28	45 ROAD CLUB
MELVYN BARKER	PB 33.59	45 ROAD CLUB
JOHN CRISP	34.05	45 ROAD CLUB
TOM WILDMAN	36.36	45 ROAD CLUB
RON BROWN	37.44	45 ROAD CLUB

The final evening event of the season on a warm evening after a very hot day, with a shower during the event, saw 7 riders record pb's.

Sam Barker managed fastest in spite of hitting the tarmac towards the end of the event when passing thro' Castle Ashby.

The promised thunderstorms finally arrived just after all the riders had finished.

Holcot Duathlon 7th September

8 mile hilly cycle and 2 mile run

RIDER	TOTAL TIME	BIKE SPLIT	RUN SPLIT	CLUB
Graham Dolby	33.49	20.37	13.12	45 RC
Stuart Wright	35.06	20.40	14.26	API
John Kelley	35.49	23.12	12.37	45 RC
Michael Church	38.13	24.55	13.18	45 RC
Martin Boyd	39.43	24.26	15.17	45 RC

A bright evening greeted the competitors for the resumption of the 45 road club training duathlons. A new course was used based on a circuit of Holcot, Walgrave, Old and Scaldwell with the start on the causeway of the Pitsford reservoir.

This new circuit had to be used because the original circuit based at the lay by near Whiston, on the road from Grendon to Cogenhoe, has been closed. The lay by had been useful as a safe transition area, so we had to spend some time finding a new area to run the events from. There will be no more duathlon events this year but the club is in the process of putting together dates for running a series of duathlons during 2006, consisting of a timed individual bike and then run, set off at minute intervals, this is not the same format as the usual races but will act as good training events.

The competitors seemed to enjoy the course and the change of format, which meant that they had to keep trying because they could not judge their final position until all of the competitors had finished, unlike a massed start event.

Graham Dolby put in a fast bike split and very fast transition to win overall with John Kelley putting in the fastest run split to reel back some of the time lost to a fast starting Stuart Wright. Michael Church used his faster run to pull back a deficit from the bike section to beat Martin Boyd who put up a spirited defense of his position. hoping to run a series next year.

Hill climb 2nd October

RIDER	TIME	CLUB
Robin Bellamy	2.02	Kettering CC
Andy Sharman	2.06	45 Road Club
Graham Dolby	2.09	45 Road Club
Peter Greenhaugh	2.22	45 Road Club
Michael Church	2.37	45 Road Club
Robert Swannack	2.48	45 Road Club
Ian Donald	2.51	45 Road Club

A sunny cool morning greeted the riders for an intense dash up the Haselbech hill. Most riders were suffering with jumping gears and Rob Swannack pulled over his wheel due to a heavy start, which limited his time. Robin Bellamy however overcame his difficulties to get to the top of the hill first, with Andy and Graham in a close tussle for second. At the finish is sounded like a smokers convention as the cold air and exertions took their toll with a number of coughing cyclists gathered for the times.