



www.ketteringcc.co.uk

The Kettering Cycling Club

Are proud to present,

For and on behalf of Cycling Time Trials under their rules and regulations



The 22nd Annual Frank & Joy Sheppard Memorial 10 Miles Time Trial

on Saturday 23rd September 2017, 1pm



Joy & Frank 1942, Hill climb in Kent

Course N3/10C

HQ: Broughton Village Hall
Gate Lane, Broughton
Northants, **NN14 1ND**

HQ open from 12.00

Event Secretary:

Gavin Hinxman,
Linden Rise, 3 Rothwell
Road, Desborough,
NN14 2NS.

Tel: (Mob): 07740 725368

Time keeper (start) George & Simon Barnett (Welland Valley CC)	Time keeper (finish) Richard Daniells (Beds RC)	Time keeper Assistant (finish) Helen Hinxman
Pusher Off Adi Clark & Wayne Hodson	Result Board Gavin Hinxman, David Robinson & Adrian Gorham	Catering Margaret Hazelwood, & Sue Freeman
Traffic control <i>tbc</i>		
Numbers Clerk James Hinxman	CTT Observer Out on the course	Warning signs Jon Thorne & Tony Brown

Marshals

Foxhall Cottages
Andy King & Mike Castalette

Lampport
Gwyneth
& Pat

Old
Alan Spencer

Red Lodge
Karen Blackburn

Course N3/10C

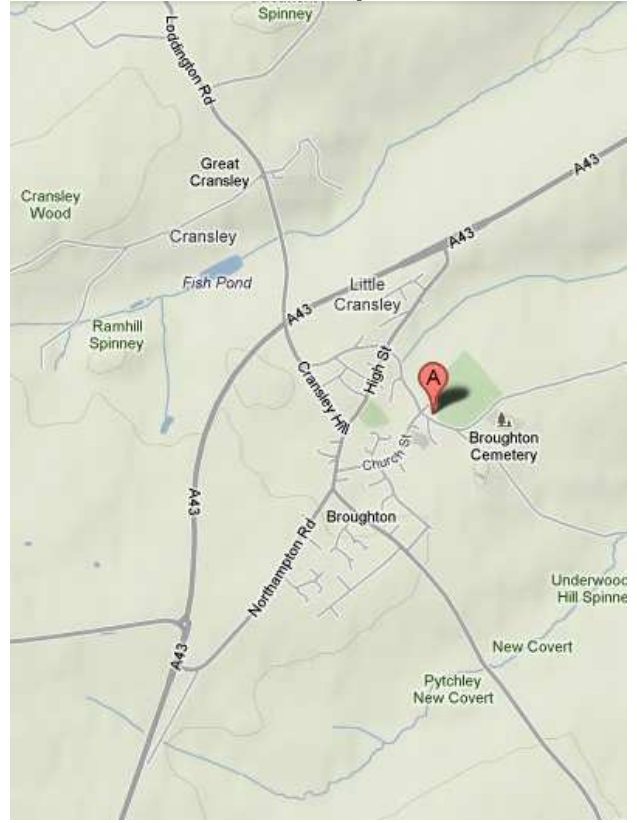
Start	On the Broughton / Mawsley Road at a point 21 yards west of the 2 nd telegraph pole after Willows Garden Centre
Proceed	Westwards passing Mawsley and Foxhill cottages to
Turn left	At the junction with B756 (3.83 miles) and proceed towards Lampport where
Turn left	At Manor Farm on entering Lampport (6.21 miles) and proceed towards Old where
Turn left	At the junction opposite the White Horse public house (8.11 miles)
Finish	In line with "CP Oil pipeline" hydrant, just before overhead cables and 319 yards short of Broughton / Mawsley junction (10 miles). After you finish CARE when you Turn RIGHT at the T junction (racing riders coming from the right) & back to the HQ.

Course Rec: Matt Bottrill, www.drag.2.zero.com 20 mins 21 secs. 24th August 2013

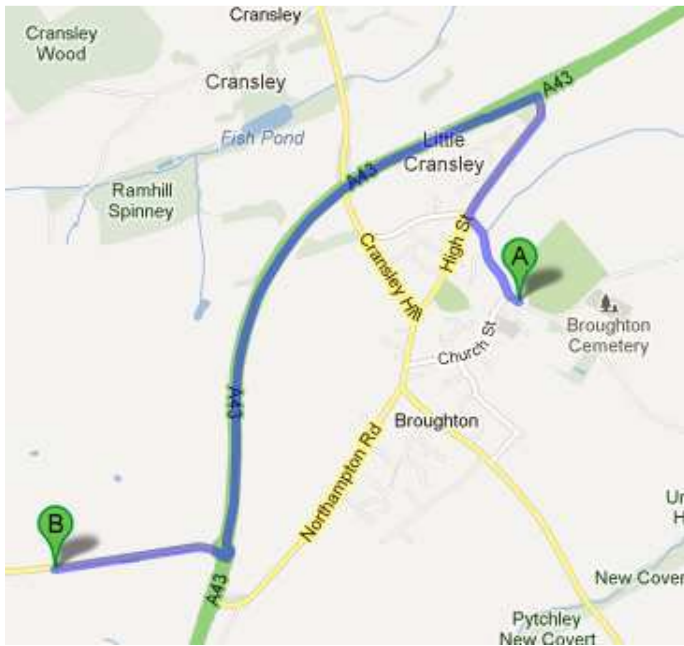
Course map:



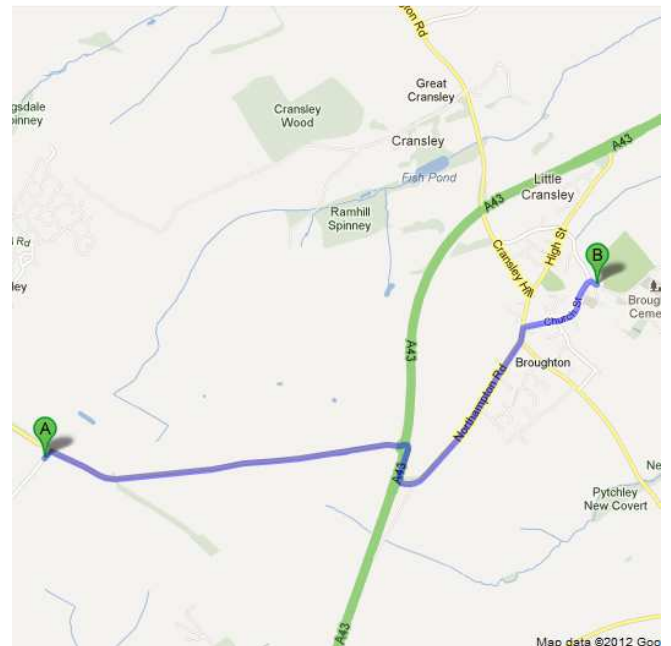
HQ map:



(See also: <http://ridewithgps.com/routes/1648419>)



Map: HQ to Start



Map: Finish to HQ

HQ:

Please respect the facility & park courteously. The HQ is at the end of a residential area so please take care & be courteous. **Parking only at the HQ car park** please, no parking on the course except for officials. Please park on the tarmac car park & basketball court initially. Please avoid parking on the narrow lane due to wide tractors using the road.

Distance from HQ to start is 2 miles. Distance from finish to HQ is 2.1 miles. Please take care on the A43

Safety:

Hard-shell helmets are recommended (compulsory for under 18 year olds). In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted standard.

Any rider performing a "U" turn within the sight of the start or finish will be disqualified & reported to the district committee. A working rear red LED- type light is recommended to increase your visibility to other road users

Other information:

Competitors in the solo events must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Clothing – Sorry, no trade jerseys (Team Sky etc.) are allowed, due to advertising / approved sponsorship etc

Road Bike category info:

To comply with the 'rules' to compete for the old skool / road bike awards, competitors are required to compete on a standard road bicycle. No rear disc wheel; no deep section (>80mm) wheels, no less than 12 spokes per wheel; no tri-bars & no aero / pointy hats or skinsuits. Apart from that, anything goes!

Willows Nursery (gateway just before the start): Important, please read

In 2016, we received a **COMPLAINT** from the owners of the Willows Nursery near the start, to say that their gateway was partially blocked by cars & congregating cyclists.

More concerning, a number of cyclists had entered their private property to urinate. As well as their business, this is also their home. I'm sure that you will all agree that this is not acceptable & should not be tolerated in the future. Anyone witnessed doing this will receive a DQ from the event & will be reported to the district committee. If you spot someone anyone ignoring this rule, please remind them, as this course will be lost if we receive further complaint. Also, please do not drop litter (gels etc) anywhere on or around the course. Thank you in advance for your support

New CTT rule for 2017: (returning your race numbers)

From 1st Jan 2017, all riders have to return their race numbers back to the signing on table & SIGN BACK IN. Unfortunately anyone not signing back in will be disqualified from the race result, so PLEASE REMEMBER. For those of you riding multi events (solo & 2-up etc) I am happy that you sign in both numbers after your final ride.

Notice to novice / first time racers

Aim to get the HQ 1 hr before your start time. Report to the numbers clerk to sign on, collect your number (& free energy drink). Numbers are to be placed on the lower part of your jersey at the back so they can be seen from behind while in the 'racing' position. Get to the start area around 5 mins before your start time, don't be late or you will miss your start! Familiarise yourself with course description beforehand. Keep safe & keep your head up. No pacing allowed, if you are caught by another rider, please do no 'jump on' their wheel, instead, drop back & allow them to ride away. **On reaching the finish SHOUT OUT your number to the finish timekeeper.** Carefully return to the HQ where you must return & SIGN BACK IN your number. Replenish your energy reserves with tea & cakes etc. that will be on sale (donations) for Air Ambulance. Your results will be added to the result board at the HQ. **Please stay for the presentation if you can.** Check out the event photos after the event (see below)

Photography:

Brian Jones of **Kimroy Photography** will be in attendance at this event to take your action picture. Pictures will be available for viewing & purchase within a day or two of the event via:

<http://www.kimroy-photography.co.uk/>

Please support Brian, who has travelled down from Sheffield to take pictures of the event. Please check out the images (Brian gets several shot as you zoom by). Why not buy that special picture of you on that bike / new kit / 2-up/ first time race etc. I'm going to buy an action shot of me on the trike hanging on round a juicy bend.

Digital copies will also be available for you to purchase as well as various sized prints, coasters, place mats, mugs, key rings, fridge magnets & T-shirts – what lovely presents for that special loved one that gave you permission to spend all Saturday afternoon out on your bike! End of season gift for the family maybe ☺



Pat Houghton – Cycling Art

Kettering CC's very own Pat & Dot Houghton will be exhibiting Pat's fantastic cycling based paintings & prints. Lots to view & some for sale. Pat normally has a selection of cycling related gift cards too; a lovely present for another cycling enthusiast or *long-suffering spouse of an obsessive racing cyclist!!*

Sports Massage by Tresham Academy of Sport

Sports Therapist, Jack Champelovier of Tresham Sports Therapy will have an area set up to offer a 15 min sports massage before or after your ride. 15 mins is enough time to cover two groups of muscles. The cost of this will be just £10. Please see Jack on the day & get your name down. Jack has worked with numerous athletes, from grassroots to international level athletes whilst also working with professional clubs, such as, Northampton Saint RFC, England Rugby League and Stoke City. The practice is local so please pick up Jack's details, he comes very well recommended.



Mercedes Formula 1 TT challenge

We are incorporating the Mercedes Grand Prix ("The F1 car") vs Mercedes HPP ("The F1 power unit") time trail competition for employees of the local companies. (MGP is at Brackley & HPP is at Brixworth). It's just a fun thing.....as none of us are really that competitive... .. but there is a trophy at stake& we like trophies. Many riders are first time racers, mainly on road bikes. Great to see a few new riders. The fastest MGP/HPP finisher will be awarded 20 points down to 1 point for the 20th finisher, then the calculations begin.....

Northants Triathlon Club

Thank you to all the ten NorthantsTri riders taking part in the TT. We will award some prizes to spice up the competition! Please remember CTT rules, shoulders covered & no need to swim before & run afterwards (how do you do that? !!!)



Prize Presentation

Please try to stay for the prize presentation, 4.30pm at the HQ



Refreshments for AIR AMBULANCE

A fantastic selection of refreshments will be on offer too
Please add donations to the pot, money will be donated to the
Warwickshire & Northampton Air Ambulance

We fly two regional air ambulances, across the counties of Warwickshire, Northamptonshire, Derbyshire, Leicestershire & Rutland. These two helicopters provide a rapid response to trauma and medical emergencies over an area of 3850 square miles covering many of the UK's major road networks including the M1, M6, M69 and M42. With an average response of just 13 minutes, between them they attend on average 6 missions a day. You may well have seen us in the skies above you. We've saved thousands of lives in our community. We need your help to save thousands more.

Our lifesaving missions are funded by your generous donations. We do not receive any government funding.

Prize Presentation

Please try to stay for the prize presentation, 4.30pm at the HQ

Prizes:

Tandem	1st £15 ea	2nd £10 ea				Total £50
c/w Juv	Medal					
Solo TT	1 st	2 nd	3 rd	4 th	5 th	
Fastest	£50	£40	£30	£20	£10	£150
Female	£50	£40	£30	£20		£140
Vet on Std	£20	£15	£10			£45
Fem Juv	Medal					
Male Juv	Medal					
Road Bike	1st	2nd	3 rd	4 th	5 th	
Fastest	£50	£40	£30	20	£10	£150
Female	£20	£15	£10			£45
Vet on Std	£20	£15	£10			£45
Juv	Medal					
2 - up	1 st	2 nd				
Fastest*	£25ea	£15ea	£10ea			£100
Mixed*	£25ea	£15ea	£10ea			£100
c/w Juv	Medal	Medal	* 1 prize per pairing			
Team of 7 (any solo events)	£10 ea	Qualifying teams: Drag2zero, Kettering CC, Mercedes CC, Northants Tri, Wellingborough Cycles				£70
Novice	1 st	2 nd	3 rd	4th		
TT	£25 voucher					
Road bike	£25 voucher	£15 voucher	£10 voucher	£10 voucher		
Northants Tri						
TT	£20	£10				£30
Road bike	£15 voucher					

Spot Prizes:

ROAD BIKE Event 1 st person to record 28.48 (10 mins slower than Colin Sturgess' 1988 National 10 miles competition record) (if no match, first closest rider)	Secret Training Goodie bag
TT BIKE Event 1 st person to record 26.35 (10 mins slower than Marcin Bialoblocki's current National competition record) (if no match, first closest rider)	Secret Training Goodie bag
Rider travelling the furthest to the event	Secret Training Goodie bag
Random number pick	Secret Training Goodie bag
KCC member - Most improvement on 2016 time:	Frank Sheppard Trophy
Mercedes HPP vs Mercedes GP – highest team score	Mercedes Trophy

Total Cash prizes	£925
Total George Halls Voucher prizes	£100
Secret Training prizes	£100
Planet X prizes	£85
Monster Energy Drinks	£160
Total prize fund	£1370

OUR SPONSORS

Thank you once again to **Karen (nee Sheppard) & Alan Blackburn** for their support of this event.

Thank you to **George Halls Cycle Centre** in Market Harborough for the continued support of this event with the generous donation of vouchers.

Please visit the shop at 10-12 Northampton Road, Market Harborough

Tel 01858 465507. See Website www.georgehallscycles.co.uk

See Internet shop www.247cycleshop.com

For mountain, road, racing, tandem, BMX. Workshop facilities for new builds & repairs.

See Neil Holman (The Boss) or Jake Kangurs (Workshop Manager)



Thank you also to **Monster Energy** and **Mercedes AMG** for the supply of the **Monster Energy drink, One free to each rider at sign-on.**

Monster Energy is known for supporting many extreme sports events such as Formula 1 BMX, Motocross, Speedway, skateboarding and snowboarding,And is now involved in the leg-end-ary KCC Sheppard TT, how extreme must we be? !!

& see www.mercedesamgf1.com the official website of the Mercedes AMG Petronas Formula One Team



Thank you to **SECRET TRAINING** (see www.secret-training.com) – for the supply of the four spot prizes.

Secret Training is the brainchild of European Champion Track Cyclist, Tim Lawson. An elite masters athlete, with over twenty years' experience in developing the best sports nutrition products, working with athletes from beginners, right up to Olympic medalists and Pro Tour winners.

Secret Training engineer & supply the best sports nutrition products

The spot prizes supplied to us are from their new line of **Personal Care Packs** which provide care for your body before, during and after exertion.

Please check out the website & take a look at the nutritional & care products



SECRET
TRAINING



Dave Loughran, the CEO of Planet X has kindly provided some **Planet X Beanie hats for the first time racers.** Planet X continue to support riders entering the sport.

Founded in Sheffield over 25 years ago, PX design & build Planet X, On-One & Titus products and sell over 10,000 bicycle products worldwide. Planet X is currently the second biggest bike assembler in the UK. All our bikes are designed by us, developed with our team riders, then manufactured by carefully selected factories and assembled right here in Sheffield. We're proud of our bikes and we take a great deal of care over every step in the process. You can buy our products exclusively through this website, www.planetx.co.uk, over the phone or from our destination stores in Sheffield and Barnsley.

Supporting riders at every level has always been part of Planet X. Today we continue to support grass-roots racing; not for prestige or for exposure but because we love cycling and we want to put something back.

Start time	No.	Name		Club	Cat / Age	Bike Cat	Merc / NTri
13.01	1	Gavin	Hinxman (Trike)	DRAG2ZERO	V49	Trike	HPP
		Neil	Key	Northants Tri Club	44		
13.04	4	Emily	Key	Kettering CC	F Juv 11	Tandem	
		Robert	Barker	Kettering CC	45		
13.06	6	Melvin	Barker	45 RC	70	Tandem	
		Gemma	Royles	Kettering CC	F		
13.08	8	Chris	Barratt	Kettering CC	46	Tandem	
		Adrian	Gorham	Kettering CC	55		
13.10	10	Sue	Rust	Kettering CC	F 54	Tandem	
		Tanis	Hand	Leamington C & AC	F 58		
13.12	12	Roger	Gardner	Leamington C & AC	73	Tandem	
		Marcus	Buksh	Kettering CC	54		
13.14	14	Sian	Edwards	Kettering CC	F	Tandem	
13.16	16	Noel	Toone	Kettering CC	56	TT	
13.17	17	Grant	Warwick	Lutterworth Cycle Centre RT	71	TT	
13.18	18	Tim	Webster	Northants Tri Club	S	TT	N Tri
13.19	19	Bethany	Spencer	Kettering CC	F Juv 14	TT	
13.20	20	Jon	Simpkins	DRAG2ZERO	46	TT	
13.21	21	Patrick	Ellerbeck	St Neots CC	63	TT	
13.22	22	Paul	Welsby	DRAG2ZERO	50	TT	
13.23	23	Stuart	Morgan	Mercedes AMG Petronas CC	S	TT	MGP
13.24	24	Stavros	Carayannis	Northants Tri Club	41	TT	N Tri
13.25	25	Colin	Sturgess	Metaltek Kuota R T	48	TT	
13.26	26	Sam	McDonald	St Neots CC	S	TT	
13.27	27	Jay	Love	Northants Tri Club	47	TT	N Tri
13.28	28	John	Dainty	Rockingham Forest Whs	65	TT	
13.29	29	James	Bellamy	Kettering CC	S	TT	HPP
13.30	30	Scott	Walker	Team Bottrill / HSS Hire	S	TT	
13.31	31	Mark	Greenhow	St Neots CC	49	TT	
13.32	32	Harry	Lock	Mercedes AMG Petronas CC	S	TT	MGP
13.33	33	Dave	Wilson	St Neots CC	S	TT	
13.34	34	Tom	Bailey	Kettering CC	80	TT	
13.35	35	Samuel	Hayes	Team Salesengine.co.uk	40	TT	
13.36	36	Mark	Booth	Kettering CC	42	TT	HPP
13.37	37	Laura	Walker	Team Bottrill / HSS Hire	F 42	TT	
13.38	38	Claire	Sadler	Bicester Millennium CC	F 44	TT	MGP
13.39	39	Gavin	Reeves	Northants Tri Club	41	NOV TT	N Tri
13.40	40	Richard	Harrison	DRAG2ZERO	40	TT	
13.41	41	Roger	Porter	Verulam CC	70	TT	
13.42	42	Warren	Drew	Rapha Cycling Club	47	TT	
13.43	43	Martin	Keable	Kettering CC	49	TT	
13.44	44	Trish	McPherson	Coalville Whs	F59	TT	
13.45	45	Fabos	Young	Wellingborough Cycles RT	42	TT	
13.46	46	Simon	Fitzhugh	45 RC	51	TT	
13.47	47	Jon	Thorne	Kettering CC	56	TT	
13.48	48	Jonathan	Sadler	Mercedes AMG Petronas CC	50	TT	MGP
13.49	49	Arthur	Bourlet	Rockingham Forest Whs	73	TT	
13.50	50	Brett	Harwood	Team Bottrill / HSS Hire	41	TT	
13.51	51	Hugo	Hocknell	Team Salesengine.co.uk	43	TT	
13.52	52	Henry	Sleight	DRAG2ZERO	S	TT	
13.53	53	Marcin	Basinski	Northants Tri Club	S	TT	N Tri
13.54	54	Annette	Roberts	Team Jewson - MI Racing -Poly Pipe-McCann	F 48	TT	
13.55	55	Mick	Hodson	Bedfordshire Road RT	47	TT	HPP
13.56	56	Rod	McGowan	Lutterworth Cycle Centre R T	48	TT	
13.57	57	Robin	Johnson	Brighton Mitre CC	69	TT	
13.58	58	Piran	Tedbury	Mercedes AMG Petronas CC	S	TT	MGP
13.59	59	Michael	Wood	Kettering CC	75	TT	
14.00	60	Stuart	Travis	Team Bottrill / HSS Hire	S	TT	
14.01	61	Paul	French	Bedfordshire Road RT	42	TT	

Start time	No.	Name		Club	Cat / Age	Bike Cat	Merc / NTri
14.02	62	Carl	Roberts	Welland Valley CC	58	TT	
14.03	63	Simon	Frost	Kettering CC	43	TT	
14.04	64	Charles	Spencer	Northants Tri Club	S	TT	N Tri
14.05	65	Robert	Gibbons	Hinckley Cycle Racing Club	44	TT	
14.06	66	Cath	Weiss	Baines Racing Silverstone Cycle	F 47	TT	
14.07	67	Pete	Trotman	A5 Rangers CC	63	TT	
14.08	68	Jack	Barber	Kettering CC	S	Nov TT	
14.09	69	Jo	Love	Northants Tri Club	F 45	TT	N Tri
14.10	70	George	Fox	Team Bottrill / HSS Hire	S	TT	
14.11	71	Antony	Brown	Kettering CC	58	TT	
14.12	72	Andrew	Bright	Chronos RT	49	TT	
14.13	73	Anthony	Harriss	Mercedes AMG Petronas CC	S	TT	MGP
14.14	74	Matt	Eckett	Northants Tri Club	42	TT	N Tri
14.15	75	Kate	Allan	DRAG2ZERO	F	TT	
14.16	76	Thomas	Scott-Collins	Wellingborough Cycles RT	S	TT	
14.17	77	Ed	Cooper	Mercedes AMG Petronas CC	40	TT	MGP
14.18	78	Glyn	Poole	Wellingborough Cycles	42	TT	
14.19	79	Michael	Carter	Welland Valley CC	Juv 12	Nov TT	
14.20	80	Mark	Jones	DRAG2ZERO	45	TT	
14.21	81	Adam	Fisher	Team Corley Cycles	S	TT	
14.22	82	Wendy	Gooding	Team Bottrill / HSS Hire	F 53	TT	
14.23	83	Sue	Rust	Kettering CC	F 54	TT	

14.25	85	Dan	deBanke	Kettering CC	42	Road	HPP
14.26	86	Joe	Burnell	Kettering CC	34	Road	HPP
14.27	87	Andy	Limbirt	Kettering CC	S	NOV Road	HPP
14.28	88	Nathan	Joyce	Rockingham Forest Whs	45	Road	
14.29	89	Robert	Gaskill	Northants Tri Club	S	Road	N Tri
14.30	90	Andrew	Carter	Rockingham Forest Whs	48	NOV Road	
14.31	91	Jason	McClean	Kettering CC	45	Road	
14.32	92	Dave	Pinches	Kettering CC	61	NOV Road	HPP
14.33	93	Steve	Whitby	Kettering CC	S	Road	
14.34	94	Graham	Bickle	Kings Cliffe Flyers	59	Road	
14.35	95	Stephanie	Russell	Wellingborough Cycles	F	Road	
14.36	96	Simon	Evans-Smith	Kettering CC	50	Road	
14.37	97	Dominic	Switzer	Welland Valley CC	Juv12	Road	
14.38	98	Max	Schmid	Kettering CC	42	Road	HPP
14.39	99	Thomas	Medley	Welland Valley CC	S	Road	
14.40	100	Oliver	Duffy	Northants Tri Club	S	Road	N Tri
14.41	101	Malcolm	Vincent	Kettering CC	52	NOV Road	
14.42	102	Stuart	Pett	Mercedes AMG Petronas CC	S	NOV Road	MGP
14.43	103	Jaqueline	Ward	Kettering CC	F 56	NOV Road	
14.44	104	Dan	Marron	Shutt Velo Rapide	S	Road	HPP
14.45	105	Roger	Reed	Kettering CC	52	Road	
14.46	106	Edward	Smith	Baines Racing Silverstone Cycle	54	NOV Road	
14.47	107	John	Aldridge	Rockingham Forest Whs	67	Road	
14.48	108	Tim	Harrop	Kettering CC	44	Road	HPP
14.49	109	Stu	Wright	Carnac-Planet X	49	Road	
14.50	110	Alastair	Shed	45 RC	42	Road	
14.51	111	Mark	Baird	Kettering CC	47	Road	
14.52	112	Caroline	Hewitt	Wellingborough Cycles	F	Road	
14.53	113	Alan	Bates	Mercedes AMG Petronas CC	52	NOV Road	MGP
14.54	114	Allyson	Anstee	Team Cherwell	F 44	Road	MGP
14.55	115	Julius	Reeves	CC London	48	Road	
14.56	116	Adrian	Read	Kettering CC	46	Road	HPP
14.57	117	Jez	Morris	Kettering CC	S	NOV Road	HPP
14.58	118	Nathan	Gunter	Kettering CC	S	Road	
14.59	119	Keith	Gunter	Kettering CC	50	Road	HPP
15.00	120	Colin	Sturgess	Metaltek Kuota R T	48	Road	
15.01	121	Gary	Hewitt	Wellingborough Cycles	47	MTB	
15.02	122	Mark	Patrick	Loughborough Students C C	S	NOV Road	

Start time	No.	Name		Club	Age	Bike Cat	Merc / NTri
15.03	123	Hitesh	Mehta	Wellingborough Cycles	45	Road	
15.04	124	Iain	Callaghan	Kettering CC	42	Road	
15.05	125	Dave	Wilson	St Neots CC	S	Road	
15.06	126	Mark	Hancock	Rockingham Forest Whs	S	Road	HPP
15.07	127	Ed	Hatwood	Kettering CC	40	NOV Road	HPP
15.08	128	Paul	Smith	Kettering CC	51	Road	HPP
15.09	129	Jason	Reed	Kettering CC	47	NOV Road	

15.11	11	Natalie	Sharp	Kettering CC	F V	2-up	
	12	Sarah	Slater	Kettering CC	F V NOV		
15.13	13	Paul	Hardy	Wellingborough Cycles	45	2-up	
	14	Paul	Southern	Wellingborough Cycles	44		
15.15	15	Michael	Cope	Kettering CC	57	2-up	
	16	Darren	Cope	Team Bottrill / HSS Hire	S		
15.17	17	Nigel	Clementson	Wigan Whs CC	56	2-up	
	18	Claire	Clementson	Wigan Whs CC	F V		
15.19	19	Andrew	Bradley	Hemel Hempstead CC	54	2-up	
	20	Steve	Jones	Hemel Hempstead CC	S		
15.21	21	Rod	McGowan	Lutterworth Cycle Centre R T	48	2-up	
	22	Claire	Walker	Rugby Racing Cycling Club	F		
15.23	23	Jamie	Stockham	Kettering CC	41	2-up	
	24	Charlie	Stockham	Kettering CC	Juv 14		
15.25	25	Lawrence	Cox	Welland Valley CC	46	2-up	
	26	Richard	Mortimer	Welland Valley CC	57		
15.27	27	Claire	Dannatt	Wellingborough Cycles	F V	2-up NOV	
	28	Jo	Lee	Rockingham Forest Whs	S		
15.29	29	Tim	Humphries	Team Swift	53	2-up	
	30	Alex	Smethurst	Team Swift	F		
15.31	31	Geoff	Reynolds	Hemel Hempstead CC	51	2-up	
	32	John	Lacey	Hemel Hempstead CC	53		
15.33	33	Dan	deBanke	Kettering CC	42	2-up	
	34	Thomas	deBanke	Kettering CC	Juv 11 NOV		
15.35	35	Simon	Dighton	Beacon Roads CC	54	2-up	
	36	Samuel	Dighton	Beacon Roads CC	S NOV		
15.37	37	Andy	Fairley	Kettering CC	41	2-up	
	38	Chris	Old	Kettering CC	S		
15.39	39	Paul	French	Bedfordshire Road RT	42	2-up	
	40	Mick	Hodson	Bedfordshire Road RT	47		
15.41	41	Joe	Burnell	Kettering CC	S	2-up	
	42	Madelene	Burnell	Kettering CC	F S NOV		
15.43	43	Stu	Wright	Carnac-Planet X	49	2-up	
	44	Cath	Weiss	Baines Racing Silverstone Cycle	F V		

JOY AND FRANK SHEPPARD

Joy and Frank were both very keen cyclists from an early age. Frank was at his best on the track and in hill climbs, while Joy excelled in time trials, and they met on the time trial circuit during the war. Both rode for several local clubs, including Corby, Wellingborough, Beds Road, Kettering Amateurs, Eleanor and Sheffield Phoenix before and during the war, before finding a home at Kettering Friendly in the post-war years.

Joy was part of the BRCC team that recorded the "Best on Record" time for 30 miles in 1941, and in 1943 recorded "Best on Record" for the both the individual and team 50 mile time trial when she was riding for the Eleanor RC. (The team competition was much more important then than now). Frank won countless awards, from medals to grandfather clocks (yes, 2 of them in fact!), and would probably have been in contention for international honours had the war not put a stop to all that. He was runner up in the Arthur Nicholson Memorial Trophy, for achievement by Kettering sportsmen, in 1938.

Joy Sheppard c.1943



After the war, they continued cycling, but I don't have any records of them racing again until the early 50s, when Joy was joined by a group of fit young women to race for the Friendly, and Frank was coach, chief mechanic, and transport manager; (that means he had an ex-army wagon – several bikes were suspended from the framework, with the girls sitting on the floor underneath eating blackcurrant jam sandwiches!). Lugging two young children around on the back on tandems must have been good training, as in 1953 Joy presented and then won the N&DCA Ladies BAR rose bowl. When he retired in 1979, Frank joined the Amateurs and took up time-trialling again, frequently beating the vets standard times.

With Joy in ill health, they moved to live with us in Co Durham in 1991, but Joy died soon after. Frank continued racing in the North, proudly wearing the blue and yellow KACC colours until a few months before he died in 1996.

However, to a number of you, Frank will be remembered as the man in the woolly hat, often out marshalling with Joy, always willing to help, and never losing their love of cycling. They put a lot into the sport, as competitors and helpers, but in return they made life-long friends through cycling.

We are proud to sponsor this event in their memory, and are pleased that KCC continue to promote it.

Karen (nee Sheppard) and Alan Blackburn

Frank Sheppard



The **Sheppard Cup** will be presented to the KCC rider showing the greatest improvement on result time compared to last year. 2016 winner was James Cook with an improvement of 4 min 54s