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The Kettering Cycling Club  
Were proud to promote

# The 22<sup>nd</sup> Annual Frank & Joy Sheppard Memorial 10 Miles Time Trial

Promoted for and on behalf of Cycling Time Trials under their rules and regulations

## Official Result Sheet

Saturday 23<sup>rd</sup> September 2017



Joy & Frank 1942, Hill climb in Kent

**Event Secretary:**  
Gavin Hinxman,  
Linden Rise, 3 Rothwell  
Road, Desborough,  
NN14 2NS.  
Tel: (Mob): 07740 725368

**Time keepers (start)**  
George & Simon Barnett  
(Welland Valley CC)

**Time keepers (finish)**  
Richard Daniells (Beds RC)  
Helen Hinxman (KCC)

Thank you once again to Karen & Alan Blackburn for their financial support for this event which allowed us to present £1370 worth of prizes. Karen again made the trip down to attend and marshal the event (the lady at the finish junction), all in memory of her mum & dad. We also had Frank's brother, George and niece Diane attend again this year. George was also a top cyclist in his day.....never too old for a comeback George, I'd put a prize up for it!

Timekeeping	George Barnett, Simon Barnett, Richard Daniells, Helen Hinxman
Numbers / drinks / hats	James Hinxman
Catering	Margaret & Terry Hazelwood, Sue Freeman, Helen Hinxman & David Robinson
Pushing off	Wayne Hodson & Adi Clark (both 80's / 90's fast-men & ready for a comeback!)
Traffic control	Ken "The coneman" Vatcher, & Drew Kimbell
Results	David Robinson, Adrian Gorham & I
Marshalling	Andy King, Mike Castalette, Gwyneth Wood & Pat (sorry that you both got so cold), Alan & Bethany Spencer (Bethany marshalled post-ride), Karen Blackburn
Warning signs & arrows	Jon Thorne & Tony Brown (both did signs / raced / signs)

No reports from our Wee-watchers or gel-wrapper police out on the course. Thank you

Thank you to our generous supporters:

George Halls Cycle Centre	Vouchers for the fastest Novices
Monster Energy & MGP	Monster Energy drinks for all riders
Planet X	Wool beanie hats to all novices & junior riders
Secret Training	Goodie bags for spot prize winners, one going all the way to Germany

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**Please put the same weekend in your diaries for next year & come back again for the 23<sup>rd</sup> edition.**

Well done to all prize winners, Some super-fast times on a decent day.

I set a new trike course record. George was very close to the overall course record. Kate set a new women's course record.

We had a lot of first time racers & juveniles (26 in total) plus riders from Northants Tri.

Both the 2-up & tandem events were very well supported. I need to give my trike chums a shake to get more along for next year! (42 mph down the hill on a trike was super by the way!)

Martin Keable narrowly pipped Roger Reed to the Frank Sheppard Improvement Trophy, just 7 seconds between them.

Well done to Charlie Stockham, aged 14, who with 2-up partner, dad Jamie, improved 5 mins on their 2016 time, jumping from 29 to 25 mins

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## YOUR PHOTOGRAPH IN THE EVENT



Thank you to Brian Jones of Kimroy photography who travelled down from Sheffield to take photos of all the riders. Check out the gallery on the website. Lots of quality pictures available to buy.

[http://www.kimroy-photography.co.uk/gallery2/main.php?g2\\_itemId=717198](http://www.kimroy-photography.co.uk/gallery2/main.php?g2_itemId=717198)

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Thank you to my Mum & Aunty Sue for the monumental baking that provided such an impressive spread, including mince pies (in September! ), Terry's bread budding & DR's flap jacks. Thanks all.



Thank you for your donations for the refreshments.

We raised **£217** for the local Air Ambulance. They send their thanks

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Thank you to **George Halls Cycle Centre** in Market Harborough for the very generous vouchers. PLEASE SUPPORT THIS LOCAL BIKE SHOP. Please visit the shop at 10-12 Northampton Road, Market Harborough Tel 01858 465507

See Website [www.georgehallscycles.co.uk](http://www.georgehallscycles.co.uk)

See Internet shop [www.247cycleshop.com](http://www.247cycleshop.com)

For mountain, road, racing, tandem, bmx

Full workshop facilities for new builds & repairs

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



SECRET  
TRAINING

Thank you to Tim & Denise Lawton of Secret Training for the supply of the **Personal Care Packs**. Tim & team have developed the best sports nutrition products. They have also developed a 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 [www.secret-training.com](http://www.secret-training.com)

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Thanks to Dave Loughran & Michelle Wilson for the supply of the CARNAC PLANET X beanie that looked super on the heads of the novice & junior riders.



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. See [www.planetx.co.uk](http://www.planetx.co.uk) for a great range of products including daily deals

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Thank you also to **Monster Energy** and **Mercedes AMG** for the supply of the **Monster Energy drink**, that was given out with the numbers



Please see [www.mercedesamgf1.com](http://www.mercedesamgf1.com),  
the official website of Mercedes AMG  
Petronas Formula One Team

Sports Therapist, Jack Champelovier of Tresham Sports Therapy attended the event and was offering 15 min sports massages before or after your ride. Please contact Jack with for any sports therapy requirements. 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 and Jack can be contacted on [jchampelovier@tresham.ac.uk](mailto:jchampelovier@tresham.ac.uk)



Do you want to go faster on your bike? Drag2Zero can work with you to find that aerodynamic/biomechanical sweet spot. Using D2Z Aerotools and Retul we offer three levels of service starting at £399. So whether you are just starting out in time trialling or triathlon, or competing at national championship level, we can help. Contact [info@drag2zero.com](mailto:info@drag2zero.com) for more information.

## RESULTS

Trike Event									
Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
1	Gavin	Hinxman	DRAG2ZERO	V49	HPP	23:49	4.29	1 <sup>st</sup> Team	£10

TT Event									
Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
1	George	Fox	Team Bottrill / HSS Hire	S		20:39		1 <sup>st</sup>	£50
2	Brett	Harwood	Team Bottrill / HSS Hire	41		20:46	05:18	2 <sup>nd</sup> 1 <sup>st</sup> VOS	£40 £20
3	Colin	Sturgess	Metaltek Kuota R T	48		21:21	05:15	3 <sup>rd</sup> 2 <sup>nd</sup> VOS	£30 £15
4	Mark	Jones	DRAG2ZERO	45		21:23	05:00	4 <sup>th</sup> 3 <sup>rd</sup> VOS 1 <sup>st</sup> Team	£20 £10 £10
5	Stuart	Travis	Team Bottrill / HSS Hire	S		21:33		5 <sup>th</sup>	£10
6	Fabos	Young	Wellingborough Cycles RT	42		21:48	04:21		
7	Jon	Simpkins	DRAG2ZERO	46		21:55	04:32	1 <sup>st</sup> Team	£10
7	Scott	Walker	Team Bottrill / HSS Hire	S		21:55			
9	Richard	Harrison	DRAG2ZERO	40		22:09	03:50	1 <sup>st</sup> Team	£10
10	Mick	Hodson	Bedfordshire Road RT	47	HPP	23:00	03:32		
11	Kate	Allan	DRAG2ZERO	F		23:14		1 <sup>st</sup> Lady 1 <sup>st</sup> Team	£50 £10
12	Henry	Sleight	DRAG2ZERO	S		23:16		1 <sup>st</sup> Team	£10
13	Sam	McDonald	St Neots CC	S		23:20			
13	Anthony	Harriss	Mercedes AMG Petronas CC	S	MGP	23:28			
15	Samuel	Hayes	Team Salesengine.co.uk	40		23:29	02:30		
16	Stuart	Morgan	Mercedes AMG Petronas CC	S	MGP	23:32			
17	Marcin	Basinski	Northants Tri Club	S	N Tri	23:43		1 <sup>st</sup> NTri	£20
18	Antony	Brown	Kettering CC	58		23:44	03:42		
19	Hugo	Hocknell	Team Salesengine.co.uk	43		23:59	02:14		
20	Adam	Fisher	Team Corley Cycles	S		24:15			
21	Paul	French	Bedfordshire Road RT	42		24:17	01:52		
22	Rod	McGowan	Lutterworth Cycle Centre R T	48		24:26	02:10		

Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
23	Patrick	Ellerbeck	St Neots CC	63		24:33	03:26		
24	Mark	Greenhow	St Neots CC	49		24:37	02:04		
25	Roger	Porter	Verulam CC	70		24:44	04:18		
26	Tim	Webster	Northants Tri Club	S	N Tri	24:52		2 <sup>nd</sup> NTri	£10
27	Mark	Booth	Kettering CC	42	HPP	25:07	01:02		
27	Pete	Trotman	A5 Rangers CC	63		25:20	02:39		
28	Warren	Drew	Rapha Cycling Club	47		25:21	01:11		
29	Glyn	Poole	Wellingborough Cycles	42		25:22	00:47		
30	Simon	Fitzhugh	45 RC	51		25:44	01:06		
30	Jonathan	Sadler	Mercedes AMG Petronas CC	50	MGP	25:44	01:01		
32	Wendy	Gooding	Team Bottrill / HSS Hire	F 53		25:46	03:23	2 <sup>nd</sup> lady	£40
33	Paul	Welsby	DRAGZZERO	50		25:53	00:52	1 <sup>st</sup> Team	£10
34	Charles	Spencer	Northants Tri Club	S	N Tri	26:18			
35	Carl	Roberts	Welland Valley CC	58		26:25	01:01		
36	Jack	Barber	Kettering CC	S	HPP	26:47		1 <sup>st</sup> novice	£25 V
37	Andrew	Bright	Chronos RT	49		26:48			
38	Martin	Keable	Kettering CC	49		26:56			
39	Cath	Weiss	Baines Racing Silverstone Cycle	F 47		26:56	01:43	3 <sup>rd</sup> lady	£30
40	Jon	Thorne	Kettering CC	56		27:11	00:03		
41	Laura	Walker	Team Bottrill / HSS Hire	F 42		27:35	00:38	4 <sup>th</sup> lady	£20
42	Claire	Sadler	Bicester Millennium CC	F 44	MGP	27:45	00:39	5 <sup>th</sup> lady	£10
43	Stavros	Carayannis	Northants Tri Club	41	N Tri	28:02			
44	Grant	Warwick	Lutterworth Cycle Centre RT	71		28:24	00:50		
45	James	Bellamy	Kettering CC	S	HPP	29:08			
46	Bethany	Spencer	Kettering CC	F Juv 14		29:46		1 <sup>st</sup> Juv	Trophy
47	Arthur	Bourlet	Rockingham Forest Whs	73		30:16			
48	John	Dainty	Rockingham Forest Whs	65		30:44			
49	Trish	McPherson	Coalville Whs	F59		31:06			
50	Annette	Roberts	Team Jewson - MI Racing ~Poly Pipe~McCann	F 48		31:11			
51	Robin	Johnson	Brighton Mitre CC	69		31:51			
52	Michael	Wood	Kettering CC	75		33:32			
53	Michael	Carter	Welland Valley CC	Juv 12		34:39		1 <sup>st</sup> Juv	Trophy
54	Tom	Bailey	Kettering CC	80		37:58		Incl 5min LS	
	Simon	Frost	Kettering CC	43		DNF			
	Jo	Love	Northants Tri Club	F 45	N Tri	DNS			
	Matt	Eckett	Northants Tri Club	42	N Tri	DNS			
	Thomas	Scott-Collins	Wellingborough Cycles RT	S		DNS			
	Ed	Cooper	Mercedes AMG Petronas CC	40	MGP	DNS			
	Jay	Love	Northants Tri Club	47	N Tri	DNS			
	Gavin	Reeves	Northants Tri Club	41	N Tri	DNS			
	Robert	Gibbons	Hinckley Cycle Racing Club	44		DNS			
	Noel	Toone	Kettering CC	56		DNS (A)			
	Harry	Lock	Mercedes AMG Petronas CC	S	MGP	DNS (A)			
	Dave	Wilson	St Neots CC	S		DNS (A)			
	Piran	Tedbury	Mercedes AMG Petronas CC	S	MGP	DNS (A)			
	Sue	Rust	Kettering CC	F 54		DNS (A)			

Road Event									
Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
1	Colin	Sturgess	Metaltek Kuota R T	48		23:08	03:28	1 <sup>st</sup> VOS	£50
2	Thomas	Medley	Welland Valley CC	S		24:23		2 <sup>nd</sup> VOS	£20
3	Nathan	Joyce	Rockingham Forest Whs	45		24:39	01:44	3 <sup>rd</sup> VOS	£30
4	Dan	Marron	Shutt Velo Rapide	S	HPP	24:52		2 <sup>nd</sup> VOS	£15
5	Mark	Hancock	Rockingham Forest Whs	S	HPP	25:17		4 <sup>th</sup>	£20
6	Joe	Burnell	Kettering CC	34	HPP	26:09		5 <sup>th</sup>	£10
7	Steve	Whitby	Kettering CC	S		26:25			
8	Robert	Gaskill	Northants Tri Club	S	N Tri	26:55		1 <sup>st</sup> NTri	£15 V
9	Jason	McClellan	Kettering CC	45		27:07			
10	Jez	Morris	Kettering CC	S	HPP	27:10		1 <sup>st</sup> Nov	£25V
11	Ed	Hatwood	Kettering CC	40	HPP	27:18		2 <sup>nd</sup> Nov	£15V
12	Alastair	Shed	45 RC	42		27:35			
13	Julius	Reeves	CC London	48		27:57			
14	Adrian	Read	Kettering CC	46	HPP	28:07			
15	Andrew	Carter	Rockingham Forest Whs	48		28:11		3 <sup>rd</sup> Nov	£10 V

Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
16	Mark	Baird	Kettering CC	47		28:21			
17	Caroline	Hewitt	Wellingborough Cycles	F		28:29		1 <sup>st</sup> Lady	£20
18	Mark	Patrick	Loughborough Students C C	S		28:38		4 <sup>th</sup> Nov	£10
19	Simon	Evans-Smith	Kettering CC	50		28:41			
20	Iain	Callaghan	Kettering CC	42		28:46			
21	Roger	Reed	Kettering CC	52		28:52			
22	Dave	Wilson	St Neots CC	S		28:54			
23	Jason	Reed	Kettering CC	47		29:01			
24	Gary	Hewitt	Wellingborough Cycles	47		29:04			
25	Dan	deBanke	Kettering CC	42	HPP	29:05			
26	Malcolm	Vincent	Kettering CC	52		29:09			
27	Dave	Pinches	Kettering CC	61	HPP	29:48			
27	Paul	Smith	Kettering CC	51	HPP	29:48			
29	Nathan	Gunter	Kettering CC	S		30:34			
30	John	Aldridge	Rockingham Forest Whs	67		31:23			
31	Steph	Russell	Wellingborough Cycles	F		31:44		2 <sup>nd</sup> Lady	£15
31	Max	Schmid	Kettering CC	42	HPP	31:44			
33	Tim	Harrop	Kettering CC	44	HPP	32:03			
34	Alan	Bates	Mercedes AMG Petronas CC	52	MGP	32:29			
35	Andy	Limbert	Kettering CC	S	HPP	32:36			
36	Graham	Bickle	Kings Cliffe Flyers	59		34:31			
37	Jaqueline	Ward	Kettering CC	F 56		40:03		3 <sup>rd</sup> Lady	£10
38	Oliver	Duffy	Northants Tri Club	S	N Tri	DNS			
39	Edward	Smith	Baines Racing Silverstone Cycle	54		DNS			
40	Stu	Wright	Carnac-Planet X	49		DNS			
41	Stuart	Pett	Mercedes AMG Petronas CC	S	MGP	DNS			
42	Hitesh	Mehta	Wellingborough Cycles	45		DNS			
43	Dominic	Switzer	Welland Valley CC	Juv12		DNS (A)			
44	Allyson	Anstee	Team Cherwell	F 44	MGP	DNS (A)			
45	Keith	Gunter	Kettering CC	50	HPP	DNS (A)			

Tandem Event									
Pos	Name		Club	Cat		Time		Prize	Award
1	Adrian	Gorham	Kettering CC	55		25:11		1 <sup>st</sup>	£30
	Sue	Rust		F 54					
2	Marcus	Buksh	Kettering CC	54		25:19		2 <sup>nd</sup>	£20
	Sian	Edwards		F					
3	Robert	Barker	Kettering CC 45 RC	45		25:58			
	Melvin	Barker		70					
4	Gemma	Royles	Kettering CC	F		27:23			
	Chris	Barratt		46					
5	Tanis	Hand	Leamington C & AC	F 58		28:31			
	Roger	Gardner		73					
6	Neil	Key	Northants Tri Club	44		31:33		1 <sup>st</sup> Juv	Trophy
	Emily	Key	Kettering CC	F 11					

2 - Up									
Pos	Name		Club	Cat	Merc	Time		Prize	Award
1	Paul	French	Bedfordshire Road RT	42		22:45		1 <sup>st</sup>	£50
	Mick	Hodson		47					
2	Geoff	Reynolds	Hemel Hempstead CC	51		22:59		2 <sup>nd</sup>	£30
	John	Lacey		53					
3	Paul	Hardy	Wellingborough Cycles	45		23:25		3 <sup>rd</sup>	£20
	Paul	Southern		44					
4	Andrew	Bradley	Hemel Hempstead CC	54		23:57			
	Steve	Jones		S					
5	Andy	Fairley	Kettering CC	41		23:58			
	Chris	Old		S					
6	Loz	Cox	Welland Valley CC	46		24:16			
	Richard	Mortimer		57					
7	Michael	Cope	Kettering CC	57		25:04			
	Darren	Cope	Team Bottrill / HSS Hire	S					
8	Stu	Wright	Carnac-Planet X	49		25:05		1 <sup>st</sup> Mixed	£50
	Cath	Weiss	Baines Racing Silverstone Cycle	F V					
9	Rod	McGowan	Lutterworth Cycle Centre R T	48		25:35		2 <sup>nd</sup> mixed	£30
	Claire	Walker	Rugby Racing Cycling Club	F					
10	Simon	Dighton	Beacon Roads CC	54		25:40			
	Samuel	Dighton	Beacon Roads CC	S					

Pos	Name		Club	Cat	Merc	Time	Vets+	Prize	Award
11	Jamie	Stockham	Kettering CC	41		25:55			
	Charlie	Stockham	Kettering CC	Juv 14				1 <sup>st</sup> Juv	Trophy
12	Claire	Dannatt	Wellingborough Cycles	F V		31:20		1 <sup>st</sup> Lady	£20
	Jo	Lee	Rockingham Forest Whs	F					
13	Natalie	Sharp	Kettering CC	F V		32:06			
	Sarah	Slater	Kettering CC	F V					
14	Dan	deBanke	Kettering CC	42		41:11		2 <sup>nd</sup> Juv	Trophy
	Tom	deBanke	Kettering CC	Juv 12					
	Nigel	Clementson	Wigan Whs CC	56		DNS(A)			
	Claire	Clementson	Wigan Whs CC	F V					
	Joe	Burnell	Kettering CC	S		DNS(A)			
	Madelene	Burnell	Kettering CC	F					
	Tim	Humphries	Team Swift	53		DNS			
	Alex	Smethurst	Team Swift	F					

Other awards:

Secret Training spot prize	Travelled furthest to event	Max Schmid (Stuttgart)
Secret Training spot prize	Closest to 28.48	Iain Callaghan (28.46)
Secret Training spot prize	Closest to 26.35	Carl Roberts (26.47)
Secret Training spot prize	Random number draw	Wendy Gooding
Tresham Sports massage voucher		Mark Booth
Tresham Sports massage voucher		Andrew Carter

The Mercedes Formula One Time Trial championship award goes to Mercedes AMG High Performance Powertrains In Brixworth with 152 points. Mercedes Grand Prix were 2<sup>nd</sup> with 58

I will contact any awards winners that didn't collect their awards on the day

See you next year. Gavin Hinxman, drag2zero

# Remember the date for next year, 22<sup>nd</sup> September 2018...& tell your friends too!

Some pictures from this year's event:



Tandem event winners  
Adrian Gorham & Sue Rust  
Kettering CC



TT bike event winner  
George Fox – Team Bottrill

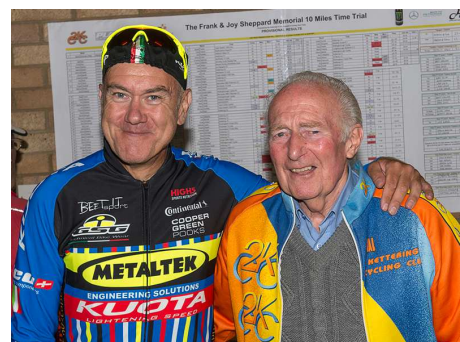
Photos kindly supplied by [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)



Road bike event winner  
Colin Sturgess  
Metaltek Kuota

TT bike event winner  
George Fox – Team Bottrill

Photos kindly supplied by [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)



2-up event winners  
& Mick Hodson  
Bedfordshire Road RT



Frank Sheppard Improvement Cup winner  
With Karen Blackburn (nee Sheppard)  
Martin Keable – Kettering CC

Photos kindly supplied by [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)



Mercedes Trophy



Mercedes TT Comp winners  
Mercedes AMG HPP of Brixworth

Photos kindly supplied by [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)



Five of the winning "fastest team of 7"  
Kate, Rich, (Bernard), Mark, Gav, Henry  
DRAG2ZERO

(Missing from the pic, Jon & Paul)

Photo kindly supplied by [www.kimroy-photography.co.uk](http://www.kimroy-photography.co.uk)

