**Dunstable Road Cycling Club**



**Ian Goodhew Memorial 10 miles Time Trial**

**Saturday 25th June 2016**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | **Ian Goodhew 1950-2016**  I first met Ian when we both joined the British cycling southern Centre of excellence, me as a young racer & Ian as manager/coach.   From that day to his recent passing Ian has been involved in my cycling career, Ian played a big part in my successes as a rider & then later as a team manager.   His 2nd to none organisational skills & coaching knowledge complemented any team he was involved in, from running his own team "team Energy" through to supporting me in 2013 in UCI team, IG-Sigmasport.   Ian has coached endless riders in that 25 years, far too many to list. They have achieved many great things from finishing a charity event to racing on the big stage.   Ian rarely spoke of his achievements, however in the past few years while he was falling back in love with cycling and riding his own bike we spent many hours talking everything cycling.   We spoke & laughed of the past from fun & not so fun racing trips we had been on together through to dissecting Km by Km tactics of races we had watched on TV.   As I go into another season as a team manager Ian will be sadly missed, I have adopted many of his ideas & suggestions. He is often in my thoughts, particularly when I feel my own performance wasn't up to scratch and what he would off said to me in my debrief.  Simon Howes  **Dunstable RCC**  **Start sheet for the Ian Goodhew Memorial Open 10**  **Saturday 25th June 2016 on the F11/10 course starting at 14:05 pm**  To be held “ For and on behalf of Cycling Time Trials under their rules and regulations”  **Event secretary** : Debbie Knott, 83 Elm Park Close, Houghton Regis, Beds, LU5 5PW  Tel 07950 193977  **Event HQ** : Aston Clinton School, Twitchell Lane, Aston Clinton, Bucks, HP22 5JJ (open from 13:00)  **Time keepers** :- Mr Mike Bannister (Beds Road CC) and Mrs Eileen Cray (Icknield RC)  C**ourse Details are: F11/10 (Tring & Aston Clinton by-passes) (Please note course change due to Roadworks on F15/10)**  **Start** on southbound sliproad to A41 on the Western Tring junction approx 40 yards from the start of the sliproad. Proceed along A41 to come off at first sliproad (Eastern Tring junction) to  **Turn** (approx 2.0 miles) by taking 4th exit out of RAB and under the A41, going around 2nd RAB to take 2nd exitback onto the A41 westbound and continue past all junctions to RAB at end of Aston Clinton by-pass to  **Turn** (7.87 miles) by taking 3rd exit out of RAB back along the by-pass, again ignoring College Road junction to  **Finish** on Buckland sliproad 9 yards south-east of manhole cover on grass verge, about 91 yards nth-west of (i.e.before) separation of slip road and main carriageway, also about 460 yards nth-west of the B489 overbridge.  Every effort will be made to have marshals at points where there is a change of direction, however the onus is on the rider to know the course. There are refreshments at the HQ, please exchange your race number for a tea/coffee.  Important Notice  **The finish of the course is in the slip road. All riders must pass within 2.5 metres of the white line de-marking the left edge of the carriageway of the slip road. Failure to do this will lead to a DNF If you impede a vehicle you risk disqualification**  *There must be no parking of motor vehicles on any part of the A41 apart from those of the officials.* ***All parking must be in the HQ car park****. Do NOT obstruct other road users or driveways outside the school.*  You must sign on in advance of your start at the headquarters where you can pick up your number and receive any last minute instructions or warnings. Please return number with all pins after you have ridden. **DO NOT** fold numbers at all. **DO NOT** use sticky tape (or other sticking methods) to secure the numbers to your clothing.  **Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here. Be prepared to stop if need be.**  *Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.*  *New Picture*  Please be aware that the first 2 miles does have a number of potholes (mainly caused by the older surface expansion joins failing) so look well ahead at all times. There are a few more after the first turn for the next 2 miles. However the remaining 6 miles are very good.  HQ to start route (blue route A to B) – please note that almost half of this is uphill so allow at least 15 minutes to get to the start from the HQ  New Picture (1)  **Prizes:**  **1st £50 voucher Spirit Bikes + 'Ian Goodhew' Memorial Rose bowl to be kept for 1 year**  **2nd voucher - OTEC Bikes (1 hour labour, Bike fitting or Bike service)**  **3rd voucher - Vittoria Helmet (Chicken Cyclekit)**  **4th voucher - £10 Voucher (Lovelo cycles)**  **1st women - Tour Series Team leaderds Jersey (Courtesy Drops womens cycling team)**  **1st vet - £20 Lovelo Voucher**  **1st Espoir - Team Bottechia Team kit The bike Warehouse (Gillingham)**  **1st Juvenile - TBC**    **1st Best improvement voucher - Matt Bottrill coaching**  **Lantern rouge Vittoria Helmet (Chicken cyclekit)**  **(One Prize per rider)**  ***Please note prize presentation by guest presenter Anne Goodhew & Eddie Atkins 30 mins after last rider has finished.***  **London North Regulations**  LOCAL REGULATION No. 1 No U turns should be made in sight of the start or finish areas while riding on the public highway.  LOCAL REGULATION No. 2 Competitors, their helpers and event officials must use the toilet facilities provided at event headquarters as required. Fields and hedgerows must NOT be used for toilet purposes. Failure to observe this regulation may result in disciplinary action against those concerned.  LOCAL REGULATION No. 3 No cars other than that of the timekeeper(s) and other event officials are to be parked in the vicinity of the start or finish points.  **Start Order**  **Tandem**   |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Start time** | **Rider #** | **First Name** | **Surname** | **Club** | **Gender** | **Category** | | 14:05 | 5 | Nikki | Hunt | VTTA (London & Home Counties) | Female | Veteran | |  | 6 | Brian | Foran | Lampard RC | Male | Veteran | |
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**Open event**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Start Time** | **Rider #** | **First Name** | **Surname** | **Club** | **Gender** | **Category** | **LTS** |
| 14:09 | 9 | Andrew | Oborne | Dunstable Road Cycling Club | Male | Veteran | |  | | --- | |  | |  | |
| 14:10 | 10 | Paul | Clarkson | Kingston Wheelers | Male | Veteran | 21:05 |
| 14:11 | 11 | Jerome | Watts | Team Bottrill | Male | Veteran | 20:59 |
| 14:12 | 12 | Simon | Moss | Equipe Velo | Male | Veteran | 22:30 |
| 14:13 | 13 | Michael | Kazer | Lovelo Cinelli RT | Male | Senior | 23:09 |
| 14:14 | 14 | Merv | Player | Hertfordshire Whs | Male | Veteran | 24:59 |
| 14:15 | 15 | Christopher | Bailey | Lyme Racing Club | Male | Veteran | 20:57 |
| 14:16 | 16 | Ian | Marshall | Bicester Millennium CC | Male | Veteran | 21:42 |
| 14:17 | 17 | James | Harrison | Media Velo | Male | Senior | 23:02 |
| 14:18 | 18 | Brian | Evans | Hertfordshire Whs | Male | Veteran | 23:32 |
| 14:19 | 19 | Matt | Price | Icknield RC | Male | Senior | 29:29 |
| 14:20 | 20 | Rory | Barrett | Southborough & district wheelers | Male | Senior | 21:17 |
| 14:21 | 21 | PAUL | Elcock | G.S. Henley | Male | Senior | 21:15 |
| 14:22 | 22 | Richard | Burton | Westerley Cycling Club | Male | Veteran | 22:08 |
| 14:23 | 23 | Simon | Hewins | Eagle RC | male | veteran | NPP |
| 14:24 | 24 | Gillian | Reynolds | Willesden CC | Female | Veteran | 24:06 |
| 14:25 | 25 | Hamish | Walker | Blazing Saddles | Male | Veteran | 20:57 |
| 14:26 | 26 | Michael | Parker | TMG Horizon Cycling Team | Male | Veteran | 21:40 |
| 14:27 | 27 | Vincent | Jenkins | LeisureLakesBikes.com | Male | Veteran | 22:57 |
| 14:28 | 28 | Nigel | Croxford | High Wycombe CC | Male | Veteran | 23:53 |
| 14:29 | 29 | Paul | Taylor | Icknield RC | Male | Veteran | 28:49 |
| 14:30 | 30 | Jeremy | Stone | Team Bottrill | Male | Veteran | 20:01 |
| 14:31 | 31 | Rob | Walker | High Wycombe CC | Male | Espoir | 21:15 |
| 14:32 | 32 | Tim | Butt | Banbury Star CC | Male | Veteran | 22:05 |
| 14:33 | 33 | Andy | Court | Bicester Millennium CC | Male | Veteran | 23:25 |
| 14:34 | 34 | Aleck | Hornshaw | Team Milton Keynes | Male | Veteran | 24:30 |
| 14:35 | 35 | Jacob | Tipper | Pedal Heaven | Male | Senior | 20:41 |
| 14:36 | 36 | John | Watson | Hitchin Nomads CC | Male | Veteran | 21:38 |
| 14:37 | 37 | Adrian | Feek | Bath Road Club | Male | Veteran | 22:54 |
| 14:38 | 38 | James | Cornell | Hitchin Nomads CC | Male | Veteran | 23:51 |
| 14:39 | 39 | Siobhan | Butler | West Drayton MBC | Female | Senior | 28:31 |
| 14:40 | 40 | James | Middleton | Media Velo | Male | Senior | 19:57 |
| 14:41 | 41 | Simon | Drewett | Fairly United Cycling Team | Male | Veteran | 21:14 |
| 14:42 | 42 | Dave | Wentworth | Team Salesengine.co.uk | Male | Veteran | 21:59 |
| 14:43 | 43 | Peter | Anstey | Welwyn Whs | Male | Veteran | 23:22 |
| 14:44 | 44 | John | Coles | West Suffolk Whs & Triathlon Club | Male | Veteran | 24:20 |
| 14:45 | 45 | Graham | Knight | Equipe Velo | Male | Senior | 20:38 |
| 14:46 | 46 | Mark | Mackay | Coventry CC | Male | Veteran | 21:34 |
| 14:47 | 47 | Simon | Dighton | Beacon Roads CC | Male | Veteran | 22:49 |
| 14:48 | 48 | Janet | Birkmyre | TORQ Performance | Female | Veteran | 23:48 |
| 14:49 | 49 | Dean | Hitchings | North Cotswold CC | Male | Veteran | 28:00 |
| 14:50 | 50 | William | Smith | CC Ashwell | Male | Senior | 19:56 |
| 14:51 | 51 | Richard | Price | London Phoenix CC | Male | Senior | 21:10 |
| 14:52 | 52 | Mark | Baker | VO2 Maximum RT | Male | Veteran | 21:55 |
| 14:53 | 53 | Toby | Maloy | Team Milton Keynes | Male | Senior | 23:15 |
| 14:54 | 54 | Helen | Bailey | Lyme Racing Club | Female | Veteran | 24:19 |
| 14:55 | 55 | Leigh | Smith | Equipe Velo | Male | Senior | 20:38 |
| 14:56 | 56 | Robert | Taylor | High Wycombe CC | Male | Senior | 21:31 |
| 14:57 | 57 | Alexander | Kew | Kingston Phoenix RC | Male | Veteran | 22:47 |
| 14:58 | 58 | Thomas | Doran | Hemel Hempstead CC | Male | Senior | 23:40 |
| 14:59 | 59 | Michael | Cope | Kettering CC | Male | Veteran | 26:21 |
| 15:00 | 60 | Danny | Axford | Arctic Tacx RT | Male | Veteran | 19:55 |  |
| 15:01 | 61 | Tim | Beaven | Bicester Millennium CC | Male | Veteran | 21:06 |
| 15:02 | 62 | Graham | Wright | Peterborough CC | Male | Veteran | 21:49 |
| 15:03 | 63 | Philip | Skinner | Welwyn Whs | Male | Veteran | 23:13 |
| 15:04 | 64 | Clive | Patterson-Lett | Worthing Excelsior CC | Male | Veteran | 24:17 |
| 15:05 | 65 | Richard | Bradley | Media Velo | Male | Veteran | 19:46 |
| 15:06 | 66 | Scott | Michaels | Southampton University Road Club | Male | Senior | 21:30 |
| 15:07 | 67 | Gerrard | Rafferty | Bonito Squadra Corse | Male | Veteran | 22:34 |
| 15:08 | 68 | David | Brown | Leighton Buzzard Road Cycling Club | Male | Veteran | 23:40 |
| 15:09 | 69 | Denese | Hallahan | Wisbech Whs | Female | Veteran | 26:20 |
| 15:10 | 70 | Geoff | Powell | High Wycombe CC | Male | Veteran | 19:54 |
| 15:11 | 71 | Mike | Logue | Fairly United Cycling Team | Male | Veteran | 21:06 |
| 15:12 | 72 | Harri | James | Didcot Phoenix CC | Male | Senior | 21:49 |
| 15:13 | 73 | Paul | Hirst | Shaftesbury CC | Male | Veteran | 23:09 |
| 15:14 | 74 | Stephen | Holmes | VC Norwich | Male | Veteran | 24:14 |
| 15:15 | 75 | Mark | Woolford | Chippenham & District Wheelers | Male | Veteran | 20:20 |
| 15:16 | 76 | David | Ogden | Farnborough & Camberley CC | Male | Senior | 21:27 |
| 15:17 | 77 | David | Marshall | Hemel Hempstead CC | Male | Veteran | 22:34 |
| 15:18 | 78 | Adrian | Briers | Icknield RC | Male | Veteran | 23:39 |
| 15:19 | 79 | Cody | Nelson | Bedfordshire Road CC | Male | Juvenile | 26:13 |
| 15:20 | 80 | David | Kiernan | Lutterworth Cycle Centre Racing Team | Male | Veteran | 19:39 |
| 15:21 | 81 | Nick | White | East London Velo | Male | Veteran | 21:02 |
| 15:22 | 82 | Paul | Nicholls | VC 10 | Male | Veteran | 21:48 |
| 15:23 | 83 | Desmond | Gayler | Kenton RC | Male | Veteran | 23:09 |
| 15:24 | 84 | Andy | Cook | Chippenham & District Wheelers | Male | Veteran | 24:11 |
| 15:25 | 85 | Ryan | Davies | G.S. Henley | Male | Senior | 20:17 |
| 15:26 | 86 | Andrew | Morris | CC London | Male | Senior | 21:27 |
| 15:27 | 87 | Malcolm | Sadler | Chelmer CC | Male | Veteran | 22:29 |
| 15:28 | 88 | Paul | Woodham | Bossard Whs | Male | Veteran | 23:39 |
| 15:29 | 89 | Greg | Gosling | Team Milton Keynes | Male | Veteran | 25:50 |
| 15:30 | 90 | Thomas | Key | Southampton University Road Club | Male | Senior | 19:32 |
| 15:31 | 91 | Stuart | Travis | Spirit Racing Team | Male | Senior | 21:01 |
| 15:32 | 92 | Ian | Fensom | Fenland Road Club | Male | Veteran | 21:45 |
|  |  |  |  |  |  |  |  |
| 15:33 | 93 | Suzy | Patience | Banbury Star CC | Female | Senior | 23:09 |
| 15:34 | 94 | James | Johnson | Welwyn Whs | Male | Veteran | 24:10 |
| 15:35 | 95 | Simon | Barbour | G.S. Henley | Male | Senior | 20:13 |
| 15:36 | 96 | Melanie | Sneddon | TORQ Performance | Female | Veteran | 21:24 |
| 15:37 | 97 | Andrew | Burnett | Bicester Millennium CC | Male | Veteran | 22:28 |
| 15:38 | 98 | Chris | Jones | Icknield RC | Male | Senior | 23:37 |
| 15:39 | 99 | Paul | Valks | Lewes Wanderers CC | Male | Veteran | 25:47 |
| 15:40 | 100 | Liam | Maybank | Twickenham CC | Male | Veteran | 19:25 |
| 15:41 | 101 | Tom | Rowing | TBW Bottecchia Wigmore RT | Male | Espoir | 21:17 |
| 15:42 | 102 | Paul | Demicoli | Banbury Star CC | Male | Veteran | 21:44 |
| 15:43 | 103 | James | Walsh | Hemel Hempstead CC | Male | Veteran | 23:08 |
| 15:44 | 104 | Neil | Goldsmith | Icknield RC | Male | Veteran | 24:09 |
| 15:45 | 105 | Matthew | Charlton | Farnborough & Camberley CC | Male | Senior | 20:12 |
| 15:46 | 106 | Nick | Clarke | Lovelo Cinelli RT | Male | Senior | 22:26 |
| 15:47 | 107 | Ben | Stowe | Hemel Hempstead CC | Male | Senior | 22:26 |
| 15:48 | 108 | Aaron | McCaffrey | North Bucks RC | Male | Veteran | 23:36 |
| 15:49 | 109 | John | Hassall | Bossard Whs | Male | Veteran | 25:10 |
| 15:50 | 110 | Luke | Clarke | TMG Horizon Cycling Team | Male | Senior | 19:25 |
| 15:51 | 111 | Tim | Cox | Hemel Hempstead CC | Male | Veteran | 21:20 |
| 15:52 | 112 | Andy | Sykes | Team Quest - The Bike Shop | Male | Veteran | 21:43 |
| 15:53 | 113 | Claire | Kitching | Newbury RC | Female | Veteran | 23:03 |
| 15:54 | 114 | Shaun | Qureshi | Chelmer CC | Male | Veteran | 24:57 |
| 15:55 | 115 | Dave | Johnson | VC 10 | Male | Veteran | 20:30 |
| 15:56 | 116 | James | Barlow | Leighton Buzzard Road Cycling Club | Male | Senior | 21:21 |
| 15:57 | 117 | Tom | Simpson | Brixton Cycles Club | Male | Senior | 22:23 |
| 15:58 | 118 | Stephen | Eggleton | Stratford Cycling Club | Male | Senior | 23:55 |
| 15:59 | 119 | Daren | Nel | Lovelo Cinelli RT | Male | Senior | 25:00 |
| 16:00 | 120 | George | Clark | Catford CC | Male | Espoir | 19:19 |

**Please advise Debbie Knott, if you have improved you last three seasons time, due to the improvers prize.**

**Acknowledgements**

Ann Goodhew & Eddie Atkins presenting prizes   
Friends & family of DRCC marshalling, catering & all other duties   
  
Spirit Bikes  
OTEC Bikes   
Lovelo Cycle works  
Chicken Cyclekit  
Twenty3C  
The Bike Warehouse (gillingham)   
Drops women's cycling team   
Matthew Bottrill performance coaching