

Kettering CC
Frank & Joy Sheppard Memorial
10 Miles Time Trial
Saturday 25th September 2021 – Results
(Promoted for and on behalf of Cycling Time Trials under their Rules and Regulations)

Event Secretary: David Yarham. 7 Torpel Way, Maxey, Peterborough, PE6 9EQ
 Tel: 01778 343077 Mobile: 07932 162471

Timekeepers: Ms J Cafe
 Mr R Daniells

Awards:
 Solo Event

Fastest (Actual Time):

1 st	George Fox	George Fox Cycling Solutions	20:44	£40
2 nd	Chris Spencer	Royal Leamington Spa CC	21:54	£30
3 rd	Fabos Young	George Fox Cycling Solutions	22:37	£20

Fastest Team of 3: George Fox Cycling Solutions (George Fox, Fabos Young, Jack Patmore) 1:7:42, £10 each

Road Bike Event

Fastest (Actual Time):

1 st	George Fox	George Fox Cycling Solutions	22:54	£40
2 nd	Karl Moseley	Bridgnorth Cycling Club	25:16	£30
3 rd	Richard Smith	Stoney Stanton Velo Club	25:20	£20

2-up TTT Event

Fastest (Handicap Time):

1 st	Fabos Young	George Fox Cycling Solutions	23:00	£40
	Jack Patmore	George Fox Cycling Solutions		£40
2 nd	Ann Shuttleworth	Cambridge CC	24:29	£30
	Ian Short	Team Salesengine.co.uk		£30

Sheppard Memorial Trophy (for the best improvement by a Kettering CC rider):
 Bethany Spencer

Signs: Jon Thorne

Marshals:	Signing-on/Car parking	Andy Parker
	Start	Alan Spencer
	Foxhall T-junction	Roy Crombie, Ken Vatcher
	Lamport turn	Gwyneth Wood, Pat Reynolds
	Scaldwell turn	Bernard Smith
	Old turn	Gemma Royle, Phil Scott

Number Taker: Jon Thorne

I would like to thank all of the timekeepers and helpers above. Without their assistance willingly and voluntarily given we would have no sport. Congratulations to all the award winners. I would also like all those who participated in the event for their consideration of the restrictions imposed upon us by the covid19 situation.

Frank & Joy 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.

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 vet's 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.

I would like to thank Karen (Frank and Joy's daughter) and Alan Blackburn for their continued, very generous sponsorship of this event.

Solo Event

No	Name	Club	Category	ActualTime	Position
50	George Fox	George Fox Cycling Solutions	S	20:44	1
45	Chris Spencer	Royal Leamington Spa Cycling Club	S	21:54	2
59	Fabos Young	George Fox Cycling Solutions	V	22:37	3
51	Alex Garner	VéloElite RC	V	23:31	4
52	Lee Heron	Banbury Star Cyclists' Club	V	23:45	5
56	Mark Tomlinson	Peterborough CC	V	24:06	6
60	Jack Patmore	George Fox Cycling Solutions	S	24:21	7
58	Lee Thomas	Velo-One Cycling Team (Staples Vegetables- Great British Farmers)	V	24:55	8
46	Jean-Sebastien Vecten	VéloElite RC	V	25:38	9
41	Bethany Spencer	Kettering CC	LJ	27:19	10
42	Emily Moore	Speedhub	LV	29:22	11
3	Sarah Soden	Leicester Forest CC	LV	29:35	12
54	Eddy Clutton	Kettering CC	V	30:00	13
44	Gabriela MacKinnon	Coventry Triathletes	LV	30:53	14
43	Michael Wood	Kettering CC	V	36:48	15
47	Lawrence Cox	Welland Valley CC	V	DNS(A)	
55	Hugo Hocknell	Team Salesengine.co.uk	V	DNS(A)	

57	Loz Staples	Velo-One Cycling Team (Staples Vegetables- Great British Farmers)	V	DNS(A)
48	Simon Hunt	VéloElite RC	V	DNS
49	Sophie Lee	Team Catenary	LV	DNS
53	David Tuttle	George Fox Cycling Solutions	V	DNS

2-up TTT

No	Name	Club	Category	ActualTime	Position
11	Fabos Young	George Fox Cycling Solutions	V	23:00	1
12	Jack Patmore	George Fox Cycling Solutions	S		
19	Ann Shuttleworth	Cambridge CC	LV	24:29	2
20	Ian Short	Team Salesengine.co.uk	V		
21	Martin Fisher	Melton Olympic CC	V	24:46	3
22	Mick Stevens	Melton Olympic CC	V		
13	Simon Goodwin	Bedfordshire Road CC	V	25:00	4
14	Alan Galloway	CC Luton	V		
17	Stu Wright	QN Racing	V	25:11	5
18	Cath Weiss	Speedhub	LV		
15	Zoe Shepherd	Rugby Triathlon Club	LV	27:12	6
16	Gregory Ashley	Team Jewson - MI Racing ~Poly Pipe~McCann	V		

Road Bike

No	Name	Club	Category	ActualTime	Position
1	George Fox	George Fox Cycling Solutions	S	22:54	1
6	Karl Moseley	Bridgnorth Cycling Club	V	25:16	2
4	Richard Smith	Stoney Stanton Velo Club	V	25:20	3
2	Graham Bickle	Kings Cliffe Flyers	V	32:41	4
5	Trevor Parrish	A5 Rangers CC	V	34:02	5