

# Dunstable Road Cycling Club



**Ian Goodhew Memorial 10 miles Time Trial  
Saturday 24<sup>th</sup> June 2017**

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 have said to me in my debrief.

Simon Howes

# Dunstable RCC

## **Start sheet for the Ian Goodhew Memorial Open 10** **Saturday 24<sup>th</sup> June 2017 on the F11/10 course starting at 14:00 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 ( Hemel Hempstead CC ) and Mrs Eileen Cray (Icknield RC)

**Course 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 exit back 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 north-west of (i.e.before) separation of slip road and main carriageway, also about 460 yards north-west of the B489 over bridge.

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. Refreshments available at the HQ, please exchange your 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 demarcating 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 stick-on tape (or other sticking methods) to secure the numbers to your clothing.

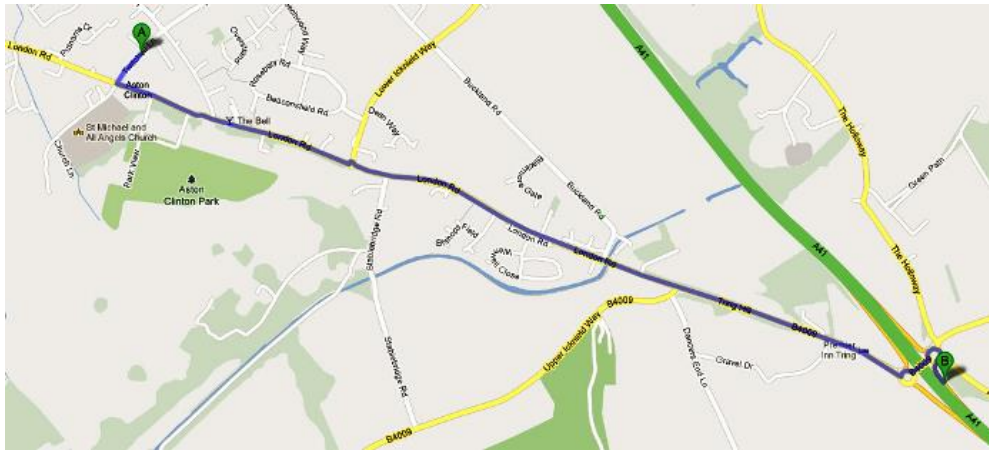
**Please keep your head up at all times. At roundabouts the traffic coming from the right has priority over you, so please give way. In particular the first one at the bottom of the off sliproad does not have good line of sight for traffic coming from the right so please take great care here. Be prepared to stop if need be.**

*Local Regulation 1. – No U Turns should be made at any time while riding on the public highway.*



Please be aware that the first 2 miles does have a number of potholes (mainly caused by the older surface expansion joints 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



**Prizes:** (to be confirmed with simon)

	<b>Men (Scratch)</b>	<b>Vet</b>	<b>Ladies</b>	<b>Espoir</b>	<b>Junior</b>	<b>Tandem</b>
1st	£50	£25	£50	TBC	TBC	TBC
2nd	£40		£40			
3rd	£30		£30			
4 <sup>th</sup>	£20					

**Team:** 1st team of 3 on aggregate £30 ( to go to the club of those riders ).

### 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
14:01	1	Nikki	Hunt	VTTA (London & Home Counties)	Female	Veteran
		Brian	Foran	Lampard RC	Male	Veteran
14:02	2	Christopher	York	Maldon & District CC	Male	Veteran
		Joanne	York	Maldon & District CC	Female	Veteran

**Open event**

Start Time	Rider #	First Name	Surname	Club	Gender	Category
14:03	3	Graeme	Church	Team Milton Keynes	Male	C3
14:04	4	Martin	Thain	Farnborough & Camberley CC	Male	Veteran
14:05	5	rob	fletcher	TMG Horizon Cycling Team	Male	Veteran
14:06	6	Andrew	Hicklin	Fusion Cycling Club Dronfield	Male	Veteran
14:07	7	Ian	Marshall	Bicester Millennium CC	Male	Veteran
14:08	8	Paul	Woodham	Bossard Whs	Male	Veteran
14:09	9	James	Churchard	Reading CC	Male	Veteran
14:10	10	Dael	Sidwell	Hinckley Cycle Racing Club	Male	Veteran
14:11	11	Daniel	Watts	Royal Air Force Cycling Association	Male	Senior
14:12	12	Mark	Wise	Team Jewson - MI Racing ~Poly Pipe~McCann	Male	Veteran
14:13	13	Thomas	Willan	East London Velo	Male	Senior
14:14	14	Tony	Flynn	Willesden CC	Male	Veteran
14:15	15	Martin	Winter	Twickenham CC	Male	Veteran
14:16	16	Michael	Parker	TMG Horizon Cycling Team	Male	Veteran
14:17	17	Alexander	Kew	Kingston Phoenix RC	Male	Veteran
14:18	18	Hans	Nilsson	London Phoenix CC	Male	Veteran
14:19	19	Russ	Thompson	Performance Cycles CC	Male	Veteran
14:20	20	Timothy	Allen	R P Vision Racing Team	Male	Espoir
14:21	21	Tim	Davies	Icknield RC	Male	Veteran
14:22	22	Anthony	Smith	Team Milton Keynes	Male	Senior
14:23	23	Paul	Winchcombe	Chippenham & District Wheelers	Male	Veteran
14:24	24	Merv	Player	Hertfordshire Whs	Male	Veteran
14:25	25	Lawrence	wintergold	Hounslow & District Whs	Male	Veteran
14:26	26	Ben	Stowe	Hemel Hempstead CC	Male	Senior
14:27	27	Darren	Heath	Charlotteville Cycling Club	Male	Veteran
14:28	28	John	Adams	Stowmarket & District CC	Male	Veteran
14:29	29	Carl	Adams	Team Bottrill	Male	Veteran
14:30	30	Danny	Axford	Arctic Tacx RT	Male	Veteran
14:31	31	Tim	May	Media Velo	Male	Senior
14:32	32	Melanie	Sneddon	TORQ Performance	Female	Veteran
14:33	33	David	Lancaster	VC 10	Male	Veteran
14:34	34	Timothy	Perry	Icknield RC	Male	Senior
14:35	35	Ben	Skinner	Bath Cycling Club	Male	Senior
14:36	36	James	Cook	Cycology Bikes	Male	Espoir
14:37	37	Mark	Avil	Baines Racing Silverstone Cycle	Male	Veteran
14:38	38	Simon	Amies	Bicester Millennium CC	Male	Veteran

14:39	39	Nathan	Kaye	Royal Air Force Cycling Association	Male	Senior
14:40	40	Karl	Willis	Herts Rouleurs Racing Club	Male	Senior
14:41	41	James	Barlow	Didcot Phoenix CC	Male	Senior
14:42	42	Matt	Donovan	Bedfordshire Road RT	Male	Senior
14:43	43	Helen	McKay	Les Filles Racing Team	Female	Senior
14:44	44	Helen	Roby	SPIRIT TIFOSI RT	Female	Veteran
14:45	45	Mark	Woolford	Trainsharp	Male	Veteran
14:46	46	Roderick	MacFadyen	Reading CC	Male	Veteran
14:47	47	Sean	Bradley	Team Trident	Male	Senior
14:48	48	Robert	Barrett	High Wycombe CC	Male	Veteran
14:49	49	David	Brookling	Team Jewson - MI Racing ~Poly Pipe~McCann	Male	Veteran
14:50	50	Adam	Bidwell	Kingston Wheelers CC	Male	Veteran
14:51	51	Neil	Ellison	West Drayton MBC	Male	Veteran
14:52	52	Simon	Holder	Kingfisher Triathletes	Male	Veteran
14:53	53	Andy	Cook	Chippenham & District Wheelers	Male	Veteran
14:54	54	Gillian	Reynolds	Willesden CC	Female	Veteran
14:55	55	Samuel	Hayes	Team Salesengine.co.uk	Male	Senior
14:56	56	Andrew	Page	Portsmouth North End CC	Male	Veteran
14:57	57	Andrew	Bradley	Hemel Hempstead CC	Male	Veteran
14:58	58	Matthew	Chipping	Tunbridge Wells Triathlon Club	Male	Senior
14:59	59	Mick	Case	Bedfordshire Road RT	Male	Veteran
15:00	60	Simon	Cannings	JCA Equipe Velo	Male	Veteran
15:01	61	Nick	O'Hara	3C Cyclexperience	Male	Veteran
15:02	62	David	Lovell	Addiscombe CC	Male	Veteran
15:03	63	Dave	Wentworth	Team Salesengine.co.uk	Male	Veteran
15:04	64	Ian	Aunger	Rockingham Forest Whs	Male	Veteran
15:05	65	michael	davis	Dursley Road Club	Male	Senior
15:06	66	Jonathan	Gould	Cheltenham & County Cycling Club	Male	Veteran
15:07	67	James	Cornell	Hitchin Nomads CC	Male	Veteran
15:08	68	Gary	Jackson	Shaftesbury CC	Male	Veteran
15:09	69	Stephanie	Cousins	North Bucks RC	Female	Veteran
15:10	70	Matt	Langridge	Carnac-Planet X	Male	Senior
15:11	71	Steven	Cottington	Bath Cycling Club	Male	Veteran
15:12	72	Bryn	Davies	Oxford University CC	Male	Espoir
15:13	73	Nigel	Jones	Stourbridge Velo	Male	Veteran
15:14	74	Peter	Anstey	Welwyn Whs	Male	Veteran
15:15	75	Marc	Fairclough	Lutterworth Cycle Centre Racing Team	Male	Senior
15:16	76	steve	coxshall	CASP Racing Club	Male	Veteran
15:17	77	Ian	Rosewarne	Leicestershire RC	Male	Veteran
15:18	78	Christie	Jones	Hereford & Dist Whs CC	Female	Senior
15:19	79	Siobhan	Butler	West Drayton MBC	Female	Veteran
15:20	80	Josh	Crow-Stewart	Hemel Hempstead CC	Male	Senior
15:21	81	Steve	Legg	...a3crg	Male	Veteran
15:22	82	Greg	Brookes	Lutterworth Cycle Centre Racing Team	Male	Senior
15:23	83	Nicholas	Candy	North Road CC	Male	Junior
15:24	84	Barry	Connolly	Team Milton Keynes	Male	Senior
15:25	85	Geir	Robinson	Regents Park Rouleurs	Male	Veteran
15:26	86	Martin	O'Sullivan	Teddington and Turing Velo	Male	Veteran
15:27	87	malcolm	davies	VC Elan - Harry Perry Cycles	Male	Veteran
15:28	88	Paul	Newman	Southgate CC	Male	Veteran
15:29	89	Denese	Hallahan	Wisbech Whs	Female	Veteran
15:30	90	Mark	Smith	Crawley Wheelers	Male	Veteran
15:31	91	Andrew	Halliday	Westerley Cycling Club	Male	Veteran

15:32	92	Andrew	Fowkes	Hillingdon Triathletes	Male	Veteran
15:33	93	Peter	Hatt	Velo Club St Raphael	Male	Veteran
15:34	94	Robyn	Yates	Addiscombe CC	Female	Veteran
15:35	95	Andrew	Wright	High Wycombe CC	Male	Veteran
15:36	96	JOHN	SULLIVAN	Westerley Cycling Club	Male	Veteran
15:37	97	Andy	Sykes	Team Quest - The Bike Shop	Male	Veteran
15:38	98	Adrian	Feek	Bath Road Club	Male	Veteran
15:39	99	John	Payne	Amersham Road Cycling Club	Male	Veteran
15:40	100	Luke	Clarke	TMG Horizon Cycling Team	Male	Senior
15:41	101	Phil	Wilks	Sotonia CC	Male	Senior
15:42	102	Andy	Sharman	Baines Racing Silverstone Cycle	Male	Veteran
15:43	103	Pierre	Scrase	Baines Racing Silverstone Cycle	Male	
15:44	104	Trevor	Parrish	A5 Rangers CC	Male	Veteran
15:45	105	Tim	Beaven	Bicester Millennium CC	Male	Veteran
15:46	106	James	Vaughan	JCA Equipe Velo	Male	Veteran
15:47	107	Thomas	Scott-Collins	Wellingborough Cycles RT	Male	Senior
15:48	108	Tony	Marriott	Herts Rouleurs Racing Club	Male	Veteran
15:49	109	Joy	Payne	Amersham Road Cycling Club	Female	Veteran
15:50	110	Keith	Lea	Paceline RT	Male	Veteran
15:51	111	Robert	Gibbons	Hinckley Cycle Racing Club	Male	Veteran
15:52	112	Jonathan	Williams	Amersham Road Cycling Club	Male	Veteran
15:53	113	Paul	Allday	Fairly United Cycling Team	Male	Veteran
15:54	114	Stuart	Morgan	MERCEDES AMG PETRONAS CC	Male	Senior
15:55	115	Chris	Manko	Team Milton Keynes	Male	Senior
15:56	116	Damian	Poulter	Hounslow & District Whs	Male	Veteran
15:57	117	Peter	Lloyd	A5 Rangers CC	Male	Senior
15:58	118	Simon	Trehearn	Kingston Phoenix RC	Male	Veteran
15:59	119	Andrew	Oborne	Dunstable Road Cycling Club	Male	Veteran
16:00	120	Ryan	Morley	Royal Air Force Cycling Association	Male	
16:01	121	Dale	Lush	Kingston Phoenix RC	Male	Senior
16:02	122	Richard	Price	London Phoenix CC	Male	Senior
16:03	123	Jamie	Scott	Team Onform	Male	Senior
16:04	124	Fidel	Gonzalez	South Western Road Club/Evans Cycles	Male	Veteran
16:05	125	Chris	Boddy	Didcot Phoenix CC	Male	Senior
16:06	126	Samuel	Thienel	Shaftesbury CC	Male	
16:07	127	Richard	Jones	Abellio - SFA Racing Team	Male	Veteran
16:08	128	Gavin	Stevens	Royal Air Force Cycling Association	Male	Senior
16:09	129	Bernard	Lamb	Hemel Hempstead CC	Male	Veteran
16:10	130	Justin	Layne	CC Ashwell	Male	Senior
16:11	131	Dave	Johnson	VC 10	Male	Veteran
16:12	132	Marc	Preece	Royal Air Force Cycling Association	Male	Veteran
16:13	133	Max	Hale	Team Milton Keynes	Male	Senior
16:14	134	Antony	bee	Wigmore CC	Male	Veteran
16:15	135	Jonathan	Gates	Royal Air Force Cycling Association	Male	Veteran
16:16	136	Robert	Saunders	North Bucks RC	Male	Veteran
16:17	137	Paul	Nicholls	VC 10	Male	Veteran
16:18	138	Gerrard	Rafferty	Bonito Squadra Corse	Male	Veteran
16:19	139	Paul	Valks	Lewes Wanderers CC	Male	Veteran
16:20	140	Ian	Ryves	Baines Racing Silverstone Cycle	Male	Senior
16:21	141	Nic	Stevenson	Westerley Cycling Club	Male	Senior
16:22	142	peter	smith	Team Jewson - MI Racing ~Poly Pipe~McCann	Male	Veteran

16:23	143	James	Hutchins	Shaftesbury CC	Male	Veteran
16:24	144	Marc	Diplock	Doncaster Wheelers C.C.	Male	Senior
16:25	145	James	Wright	Charlotteville Cycling Club	Male	Veteran
16:26	146	Edward	Nunn	Berkshire Tri Squad	Male	Senior
16:27	147	alan	allcock	Didcot Phoenix CC	Male	Veteran
16:28	148	David	Rogers	Hemel Hempstead CC	Male	Veteran
16:29	149	Joe	Richardson	VTTA (London & Home Counties)	Male	Veteran
16:30	150	Nick	English	AeroCoach	Male	Senior

## Reserve Riders

R1		Nicolas	Schiettecatte	Middlesex RC	Male	Veteran
R2		Steve	Lambert	Verulam CC	Male	Veteran
R3		John	Frydman	Leamington C & AC	Male	Veteran
R4		Brian	Moon	Willesden CC	Male	Veteran
R5		Robin	Prior	Southgate CC	Male	Veteran
R6		carl	bond	Kenton Road Club	Male	Veteran
R7		David	Nicholas	Dunstable Road Club	Male	Veteran