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|  |  **Dunstable Road Cycling Club**https://scontent-lhr3-1.xx.fbcdn.net/v/t1.0-9/12509808_10153904823809394_7474914845147208918_n.jpg?oh=fcd88d6280bc3ab250b24b61bc552008&oe=57DEDDE2 **Ian Goodhew Memorial 10 miles Time Trial** **Saturday 7thth July 2018**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 to 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 7th July 2018 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 (Chronos RT) and Tony Farmborough (North Bucks 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 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 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 HQNew Picture (1)**Prizes:**  **Men (Scratch) Ladies Tandem**1st £50 £50 £20 2nd £40 £40 3rd £30 £304th £20 £205th £10 £10**Team**: 1st team of 3 on total time £30 London North RegulationsLOCAL 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**

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|  | **Tandem** |

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| --- | --- | --- | --- | --- | --- | --- |
| **#** | **Start Time** | **FirstName** | **Surname** | **Club** | **Gender** | **Category** |
| 1 | 14:01 | Christopher | York | Maldon & District CC | Male | Veteran |
|  |  | Joanne | York | Maldon & District CC | Female | Veteran |

**Open event**

|  |  |  |  |  |  |  |  |
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| **#** | **Start Time** | **FirstName** | **Surname** | **Club** | **Gender** | **Category** |
| 2 | 14:02 | Naomi  | Holt | Welwyn Whs | Female | Junior |
| 3 | 14:03 | Gillian | Morgan | Westerley Cycling Club | Female | Veteran |
| 4 | 14:04 | Claire | Sharp | Verulam Really Moving | Female | Veteran |
| 5 | 14:05 | Allison | Kaye | Verulam CC | Female | Veteran |
| 6 | 14:06 | Joanna | Spragg | Bossard Whs | Female | Veteran |
| 7 | 14:07 | Graeme | Church | Team Milton Keynes | Male | C3 |
| 8 | 14:08 | Stephanie | Cousins | North Bucks RC | Female | Veteran |
| 9 | 14:09 | Denese | Hallahan | Wisbech Whs | Female | Veteran |
| 10 | 14:10 | Paul | Pardoe | Peterborough CC | Male | Senior |
| 11 | 14:11 | Jim | Moffatt | CC Luton | Male | Veteran |
| 12 | 14:12 | Thomas | Weir | Hitchin Nomads CC | Male | Senior |
| 13 | 14:13 | Andrew | Clarke | Mid Shropshire Wheelers | Male | Veteran |
| 14 | 14:14 | Richard | Moule | Bossard Whs | Male | Veteran |
| 15 | 14:15 | Keith | Lea | Paceline RT | Male | Veteran |
| 16 | 14:16 | Steve | Legg | ...a3crg | Male | Veteran |
| 17 | 14:17 | Tim | Kingston | GS Invicta - Eye Level Optical- Herbert Cycles | Male | Veteran |
| 18 | 14:18 | Danuta | Tinn | Maidenhead & District CC | Female | Veteran |
| 19 | 14:19 | Steph | Russell | Team Bottrill / Vanguard | Female | Senior |
| 20 | 14:20 | Timothy | Allen | SPIRIT TIFOSI RT | Male | Espoir |
| 21 | 14:21 | Simon | Bowler | AS Test Team | Male | Veteran |
| 22 | 14:22 | Martin | Winter | Twickenham CC | Male | Veteran |
| 23 | 14:23 | Harry  | Kirby | Bicester Millennium CC | Male | Junior |
| 24 | 14:24 | Julie | Chasin | Twickenham CC | Female | Veteran |
| 25 | 14:25 | B Xavier | Disley | AeroCoach | Male | Senior |
| 26 | 14:26 | Stu | Wright  | Planet X - Carnac | Male | Veteran |
| 27 | 14:27 | Gareth | Wignall | Hertfordshire Whs | Male | Senior |
| 28 | 14:28 | Helen | Reynolds | Hemel Hempstead CC | Female | Veteran |
| 29 | 14:29 | Suzy | Patience | Banbury Star Cyclists' Club | Female | Senior |
| 30 | 14:30 | Keith | Ainsworth | Sheffrec CC | Male | Veteran |
| 31 | 14:31 | Martin | Reynolds | Cambridge CC | Male | Veteran |
| 32 | 14:32 | Jon | Elliott | Maidenhead & District CC | Male | Senior |
| 33 | 14:33 | Martin | Stanley | Didcot Phoenix CC | Male | Veteran |
| 34 | 14:34 | Jennifer  | Millmore  | Islington Cycling Club | Female | Senior |
| 35 | 14:35 | Mark | Ellis | Team Milton Keynes | Male | Veteran |
| 36 | 14:36 | matthew  | saunders | Team Vision Racing - Silverhook | Male | Veteran |
| 37 | 14:37 | James | Garrett | Rugby Velo | Male | Senior |
| 38 | 14:38 | Jessica | Rhodes-Jones | Beacon Roads CC | Female | Senior |
| 39 | 14:39 | Karen | Dennett | Bishop's Stortford CC | Female | Veteran |
| 40 | 14:40 | Luke | Clarke | TMG Horizon Cycling Team | Male | Senior |
| 41 | 14:41 | matt | steel | Shaftesbury CC | Male | Veteran |
| 42 | 14:42 | lawrence | wintergold | Hounslow & District Whs | Male | Veteran |
| 43 | 14:43 | Robert | Saunders | North Bucks RC | Male | Veteran |
| 44 | 14:44 | John | McCormack | Islington CC | Male | Senior |
| 45 | 14:45 | Eric | Grill | AeroCoach | Male | Senior |
| 46 | 14:46 | fabos | young | VeloElite RC  | Male | Veteran |
| 47 | 14:47 | Anthony | Turner | Mickey Cranks Cycling Club | Male | Veteran |
| 48 | 14:48 | Stuart | Morgan | MERCEDES AMG PETRONAS CC | Male | Veteran |
| 49 | 14:49 | Gillian | Reynolds | Willesden CC | Female | Veteran |
| 50 | 14:50 | Ryan | Davies | AS Test Team | Male | Senior |
| 51 | 14:51 | Michael | Bennett | Bicester Millennium CC | Male | Veteran |
| 52 | 14:52 | Jason | Costello | Team Swindon Cycles | Male | Veteran |
| 53 | 14:53 | Paul | French | Bedfordshire Road RT | Male | Veteran |
| 54 | 14:54 | Katie | Crowe | Dulwich Paragon CC | Female | Veteran |
| 55 | 14:55 | Dave  | Elliott | Rugby Racing Cycling Club | Male | Veteran |
| 56 | 14:56 | Andrew | Wright | High Wycombe CC | Male | Veteran |
| 57 | 14:57 | James | Barlow | Bicester Millennium CC | Male | Senior |
| 58 | 14:58 | Joseph | Hudson | Sharrow CC | Male | Senior |
| 59 | 14:59 | Helen | Roby | Spirit Bikes CC | Female | Veteran |
| 60 | 15:00 | Richard | Harrison | DRAG2ZERO | Male | Veteran |
| 61 | 15:01 | Howard | Shaw | Eastbourne Rovers CC | Male | Senior |
| 62 | 15:02 | Phil | Wilks | Sotonia CC | Male | Senior |
| 63 | 15:03 | Abid | Hussain | Icknield RC | Male | Veteran |
| 64 | 15:04 | mike | logue | Fairly United Cycling Team | Male | Veteran |
| 65 | 15:05 | Ian  | Greenstreet | AeroCoach | Male | Veteran |
| 66 | 15:06 | Joe | Perkins | University of Nottingham C C | Male | Senior |
| 67 | 15:07 | Colin | Ross | Lea Valley CC | Male | Senior |
| 68 | 15:08 | Daniel | Ryan | North Road CC | Male | Senior |
| 69 | 15:09 | Jo | Buckland | Bush Healthcare CRT | Female | Veteran |
| 70 | 15:10 | Robert | Willcocks | Royal Air Force Cycling Association | Male | Senior |
| 71 | 15:11 | Adam | Fisher | Cambridge CC | Male | Senior |
| 72 | 15:12 | Nick | Morgan | Hitchin Nomads CC | Male | Senior |
| 73 | 15:13 | Geoff | Reynolds | Hemel Hempstead CC | Male | Veteran |
| 74 | 15:14 | Kirsty | McSeveney | Fareham Wheelers CC | Female | Senior |
| 75 | 15:15 | Lawrence | Burrows | Vive Le Velo | Male | Senior |
| 76 | 15:16 | MartinF2:M212 | O'Sullivan | Teddington and Turing Velo | Male | Veteran |
| 77 | 15:17 | Henry | Latimer | Nuun-Sigma Sport-London RT | Male | Senior |
| 78 | 15:18 | Lee | Turner | Sigma Sports | Male | Veteran |
| 79 | 15:19 | Kathryn | Innes | Dulwich Paragon CC | Female | Senior |
| 80 | 15:20 | Nick | English | AeroCoach | Male | Senior |
| 81 | 15:21 | robert | watson | Cambridge CC | Male | Veteran |
| 82 | 15:22 | Andy | Proffitt | Ipswich BC | Male | Veteran |
| 83 | 15:23 | Sam | Christy | TAAP Cervélo | Male | Senior |
| 84 | 15:24 | Claire  | Emons | Newbury RC | Female | Veteran |
| 85 | 15:25 | Harry | Buxton | Andy Moore Autocentres Racing | Male | Junior |
| 86 | 15:26 | Murat | Ozdenya  | Team Vision Racing - Silverhook | Male | Veteran |
| 87 | 15:27 | Dave | Johnson | Bicester Millennium CC | Male | Veteran |
| 88 | 15:28 | Alex | Bradley | Oxford University CC | Male | Senior |
| 89 | 15:29 | Michelle | Walter | Bournemouth Arrow CC | Female | Veteran |
| 90 | 15:30 | Robert | West | AeroCoach | Male | Veteran |
| 91 | 15:31 | Karl | Willis | Herts Rouleurs Racing Club | Male | Senior |
| 92 | 15:32 | Michael | Davey | Eastbourne Rovers CC | Male | Veteran |
| 93 | 15:33 | antony | bee | Wigmore CC | Male | Veteran |
| 94 | 15:34 | Molly | Patch | Fusion R T Veloperformance | Female | Senior |
| 95 | 15:35 | Nicholas | Candy | North Road CC | Male | Junior |
| 96 | 15:36 | Hefin | Jones | Didcot Phoenix CC | Male | Veteran |
| 97 | 15:37 | Sean  | Noon | Edinburgh Road Club | Male | Espoir |
| 98 | 15:38 | Michael | Knight | Team Bottrill / Vanguard | Male | Senior |
| 99 | 15:39 | Anna | Woodcock  | Oxonian CC | Female | Senior |
| 100 | 15:40 | Ian | Ryves | Baines Racing | Male | Senior |
| 101 | 15:41 | Toby | Hunt | Verulam CC | Male | Senior |
| 102 | 15:42 | Daniel | Burbridge | Bristol South Cycling Club | Male | Senior |
| 103 | 15:43 | Nick | Livermore | Bristol South Cycling Club | Male | Senior |
| 104 | 15:44 | Emma | Angove | 73Degrees CC, WestSide Coaching | Female | Senior |
| 105 | 15:45 | Tom | Thornely | Buxton CC/Sett Valley Cycles | Male | Senior |
| 106 | 15:46 | Sam | Wightman | Chelmer CC | Male | Veteran |
| 107 | 15:47 | Nic | Stevenson | Westerley Cycling Club | Male | Senior |
| 108 | 15:48 | Peter | Lavery | Hemel Hempstead CC | Male | Veteran |
| 109 | 15:49 | Anastasia | Bowler | AS Test Team | Female | Espoir |
| 110 | 15:50 | John | Wingfield | Team Milton Keynes | Male | Senior |
| 111 | 15:51 | Simon | Cannings | JCA Equipe Velo | Male | Veteran |
| 112 | 15:52 | Tim | Davies | Icknield RC | Male | Veteran |
| 113 | 15:53 | Michael | Martin | CC Ashwell | Male | Veteran |
| 114 | 15:54 | Faye | Faber | Bike Jockey CC | Female | Senior |
| 115 | 15:55 | Jonathan | Gates | Royal Air Force Cycling Association | Male | Veteran |
| 116 | 15:56 | Gavin | Tillson | cyclisme du loup solitaire | Male | Veteran |
| 117 | 15:57 | Jonathan | Williams | Amersham Road Cycling Club | Male | Veteran |
| 118 | 15:58 | Andrew | Halliday | Westerley Cycling Club | Male | Veteran |
| 119 | 15:59 | Marianne | Holt | Team Bottrill / Vanguard | Female | Senior |
| 120 | 16:00 | Gavin | Hinxman | DRAG2ZERO | Male | Veteran |
| 121 | 16:01 | Angus  | MacInnes | Royal Air Force Cycling Association | Male | Veteran |
| 122 | 16:02 | James  | Cook | Radeon-Cycology RT | Male | Senior |
| 123 | 16:03 | Pierre | Scrase | Baines Racing | Male | Senior |
| 124 | 16:04 | liam | somerville | Bike Jockey CC | Male | Senior |
| 125 | 16:05 | Chris | Manko | Team Milton Keynes | Male | Senior |
| 126 | 16:06 | rob | fletcher | JCA Equipe Velo | Male | Veteran |
| 127 | 16:07 | Mark | Baker | Abellio - SFA Racing Team | Male | Veteran |
| 128 | 16:08 | Simon | Drewett | Fairly United Cycling Team | Male | Veteran |
| 129 | 16:09 | Christie | Jones | Hereford & Dist Whs CC | Female | Senior |
| 130 | 16:10 | Chris | Boddy | Didcot Phoenix CC | Male | Senior |
| 131 | 16:11 | Michael | Hill | Chester RC | Male | Senior |
| 132 | 16:12 | Harri | James | Didcot Phoenix CC | Male | Senior |
| 133 | 16:13 | stuart | stow | Twickenham CC | Male | Veteran |
| 134 | 16:14 | Linda | Dewhurst | Team Milton Keynes | Female | Veteran |
| 135 | 16:15 | Tom | Temple | Primera-Teamjobs | Male | Junior |
| 136 | 16:16 | Nik | Allen | Worthing Excelsior CC | Male | Veteran |
| 137 | 16:17 | Darren | Heath | Charlotteville Cycling Club | Male | Veteran |
| 138 | 16:18 | Tim | Childs | Westerley Cycling Club | Male | Veteran |
| 139 | 16:19 | Jill | Bartlett | Hounslow & District Whs | Female | Veteran |
| 140 | 16:20 | MARK | JONES | DRAG2ZERO | Male | Veteran |
| 141 | 16:21 | Will | Bevan | Ross on Wye & Dist CC | Male | Senior |
| 142 | 16:22 | Matt J | Smith | Port Talbot Whs CC | Male | Veteran |
| 143 | 16:23 | Eddie | Humphreys | Loughborough Phoenix CC | Male | Veteran |
| 144 | 16:24 | Ian | Markham | Chronos RT | Male | Veteran |
| 145 | 16:25 | David | Rumm | Southborough & Dist. Whs | Male | Veteran |
| 146 | 16:26 | Greg | Brookes | Team Jewson - MI Racing ~Poly Pipe~McCann | Male | Senior |
| 147 | 16:27 | Charlie | Walters | Primera-Teamjobs | Male | Junior |
| 148 | 16:28 | Dean | Chiddention | Abellio - SFA Racing Team | Male | Veteran |
| 149 | 16:29 | Alan | Crane | Chronos RT | Male | Veteran |
| 150 | 16:30 | Hamish | Bond | AeroCoach | Male | Senior |

**Reserve Riders**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| R1 |  | Kevin | Stokes | Born To Bike | Male | Veteran |
| R2 |  | Mark | Wise | Islington CC | Male | Veteran |
| R3 |  | Joe | Schvartz | Team Swift | Male | Veteran |
| R4 |  | Martin | Headon | Dulwich Paragon | Male | Veteran |
| R5 |  | Jon | Talbot | Wisbech Wheelers | Male | Veteran |
| R6 |  | Matt | Donovan | Beds Road CC | Male | Veteran |
| R7 |  | Roger | Porter | Verulum CC | Male | Veteran |
| R8 |  | Michael | Cope | Kettering CC | Male | Veteran |
| R9 |  | Simon | Elkington | St Neots CC | Male | Veteran |
| R10 |  | Mattew | Smith | Port Talbot Whs CC | Male | Senior |
| R11 |  | Daniel | Homer | London Pheonix CC | Male | Veteran |
| R12 |  | Kevin | Creese | Chronos RT | Male | Veteran |
| R13 |  | David | Creese | Chronos RT | Male | Veteran |
| R14 |  | John | Iszatt | Team Vision | Male | Veteran |
| R15 |  | Carmelo  | Luggeri | CC Ashwell | Male | Veteran |

**If you have been accepted to ride and are not planning to start, please inform Debbie Knott**

**ASAP on 07950 193977, so an opportunity can be given to a reserve rider**

**Other Notices**

**Please bring a few extra pennies, we are running a charity cake stall. The charity is Glanfield Childrens group. The Glanfield Group provides children and adults with Learning Disabilities with a holiday in Lourdes in August, More details of the group can be** [**http://www.glanfield.org/**](http://www.glanfield.org/)



**We are also being supported in today’s event by Total Balance with Sports Massage. So get booked in or have a chat, regarding Sports Massage, Sports Rehabilitation and Chiropractic services. Recently I have used Total Balance Clinic for a Grade 2 Ankle sprain and their services have helped me back on the road to recovery with their expert Knowledge. Total Balance Clinic is based near Hemel Hempstead. More Details can be found on their Website -** [**http://www.totalbalanceclinic.co.uk**](http://www.totalbalanceclinic.co.uk)

