



www.ketteringcc.co.uk

The
Kettering Cycling Club
Are proud to present,



For and on behalf of Cycling Time Trials under their rules and regulations

**The 23rd Annual Frank & Joy Sheppard Memorial
10 Miles Time Trial**

on Saturday 22nd September 2018, **1pm**



Frank, Moke (carrying a cabbage!), Joy & Karen. Jan 1950

Course N3/10C

HQ: Broughton Village
Hall
Gate Lane, Broughton
Northants, **NN14 1ND**

HQ open from 12.00

Event Secretary:

Gavin Hinxman,
Linden Rise, 3 Rothwell
Road, Desborough,
NN14 2NS.

Tel: (Mob): 07740 725368

Time keeper (start) George Barnett & Grant Warwick (Welland Valley CC)	Time keeper (finish) Richard Daniells (Beds RC)	Time keeper Assistant (finish) Helen Hinxman
Pusher Off Adi Clark & Sam Barker	Result Board Gavin Hinxman David Robinson Gemma Royles	Catering Margaret Hazelwood, & Sue Freeman
Traffic & rider control (start) Mike Castelete & Steve Webster		
Numbers Clerk Bernard Smith	CTT Observer Karen Blackburn	Warning signs Jon Thorne & Simon Frost

Marshals

Foxhall Cottages
John & Pat Tilley

Lampport
Gwyneth
& Pat

Old
Dan Bates &
Alan Spencer

Red Lodge
Karen Blackburn

Course N3/10C

Start On the Broughton / Mawsley Road at a point 21 yards west of the 2nd telegraph pole
after Willows Garden Centre

Proceed Westwards passing Mawsley and Foxhill cottages to

Turn left
Turn left
Turn left
Finish

At the junction with B756 (3.83 miles) and proceed towards Lamport where
 At Manor Farm on entering Lamport (6.21 miles) and proceed towards Old where
 At the junction opposite the White Horse public house (8.11 miles)
 In line with "CP Oil pipeline" hydrant, just before overhead cables and 319 yards
 short of Broughton / Mawsley junction (10 miles). After you finish CARE when you
 Turn RIGHT at the T junction (racing riders coming from the right) & back to the HQ.

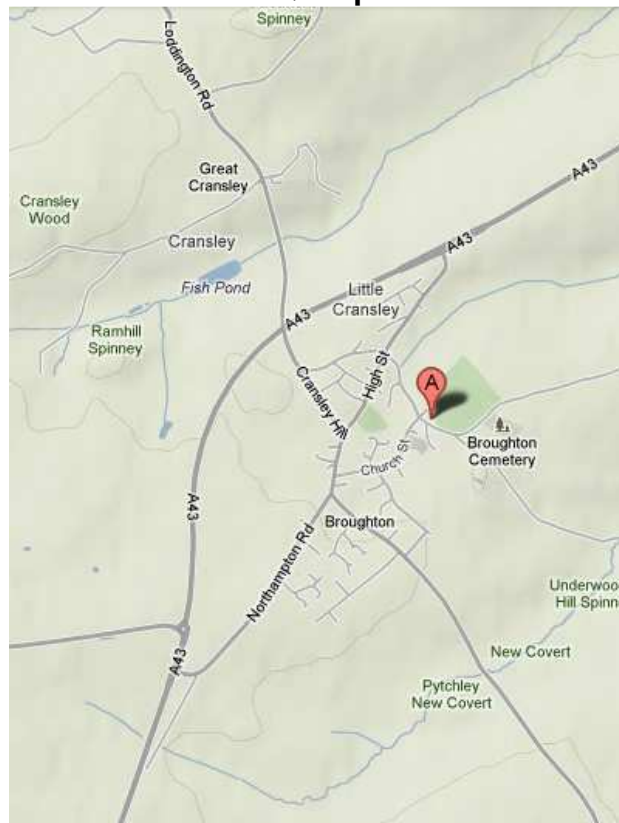
Course Rec: Matt Bottrill, www.drag.2.zero.com

20 mins 21 secs. 24th August 2013

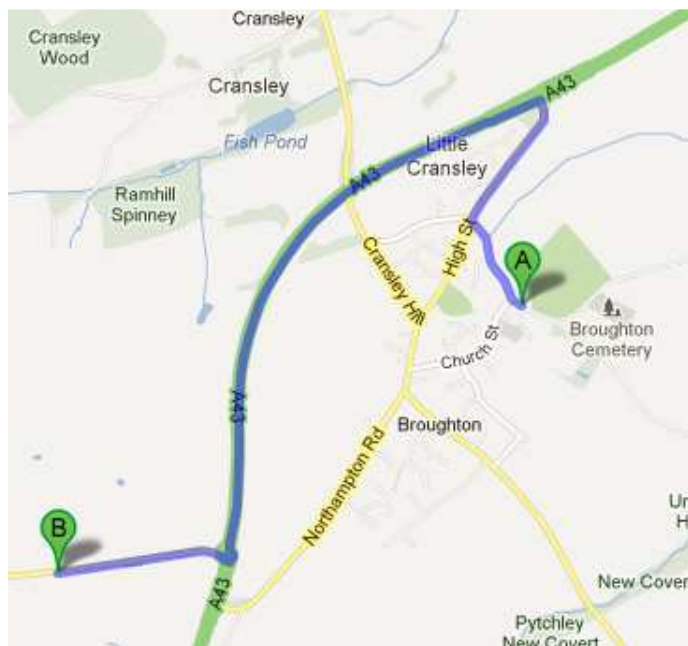
Course map:



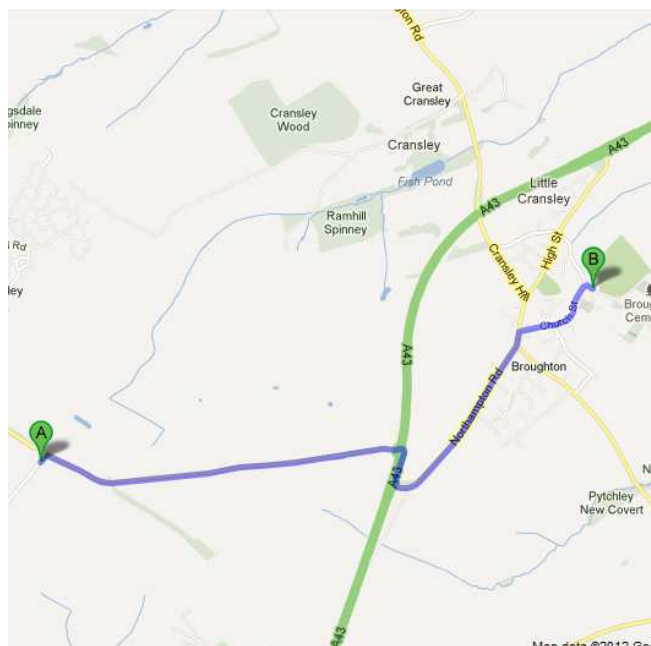
HQ map:



(See also: <http://ridewithgps.com/routes/1648419>)



Map: HQ to Start



Map: Finish to HQ

HQ:

Please respect the facility & park courteously. The HQ is at the end of a residential area so please take care & be courteous. **Parking only at the HQ car park** please, no parking on the course except for officials. Please park on the tarmac car park & basketball court initially. Please avoid parking on the narrow lane due to wide tractors using the road.

Distance from HQ to start is 2 miles. Distance from finish to HQ is 2.1 miles. Please take care on the A43

Safety:

Hard-shell helmets are recommended (compulsory for under 18 year olds). In the interest of your own safety, Cycling Time Trials and the event promoters strongly advise you to wear a hard-shell helmet that meets an internationally accepted standard.

Any rider performing a "U" turn within the sight of the start or finish **will be disqualified** & reported to the district committee. A working rear red LED- type light is recommended to increase your visibility to other road users

Other information:

Competitors in the solo events must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A competitor overtaking another must pass without receiving or giving shelter. The onus of avoiding company riding shall be upon the rider overtaken.

Clothing – Sorry, no trade jerseys (Team Sky etc.) are allowed, due to advertising / approved sponsorship etc.

Road Bike category info:

To comply with the 'rules' to compete for the old skool / road bike awards, competitors are required to compete on a standard road bicycle. No rear disc wheel; no deep section (>80mm) wheels, no less than 12 spokes per wheel; no tri-bars & no aero / pointy hats or skinsuits. Apart from that, anything goes!

Willows Nursery (gateway just before the start): **Important, please read**

In 2016, we received a **COMPLAINT** from the owners of the Willows Nursery near the start, to say that their gateway was partially blocked by cars & congregating cyclists.

More concerning, a number of cyclists had entered their private property to urinate. As well as their business, this is also their home. I'm sure that you will all agree that this is not acceptable & should not be tolerated in the future. Anyone witnessed doing this will receive a DQ from the event & will be reported to the district committee. If you spot someone anyone ignoring this rule, please remind them, as this course will be lost if we receive further complaint. Also, please do not drop litter (gels etc.) anywhere on or around the course. Thank you in advance for your support

Returning your race numbers

All riders have to return their race numbers back to the signing on table & SIGN BACK IN. Unfortunately anyone not signing back in will be disqualified from the race result, so PLEASE REMEMBER. For those of you riding multi events (solo & 2-up etc.) I am happy that you sign in both numbers after your final ride.

Notice to novice / first time racers

Aim to get the HQ 1 hr before your start time. Report to the numbers clerk to sign on, collect your number (& free energy drink). Numbers are to be placed on the lower part of your jersey at the back so they can be seen from behind while in the 'racing' position. Get to the start area around 5 mins before your start time, don't be late or you will miss your start! Familiarise yourself with course description beforehand. Keep safe & keep your head up. No pacing allowed, if you are caught by another rider, please do no 'jump on' their wheel, instead, drop back & allow them to ride away. **On reaching the finish SHOUT OUT your number to the finish timekeeper.** Carefully return to the HQ where you must return & SIGN BACK IN your number. Replenish your energy reserves with tea & cakes etc. that will be on sale (donations) for Air Ambulance. Your results will be added to the result board at the HQ. **Please stay for the presentation if you can.** Check out the event photos after the event (see below)

Photography:

Brian Jones of **Kimroy Photography** will be in attendance at this event to take your action picture. Pictures will be available for viewing & purchase within a day or two of the event via:

<http://www.kimroy-photography.co.uk/>

Please support Brian, who has travelled down from Sheffield to take pictures of the event. Please check out the images (Brian gets several shot as you zoom by). Why not buy that special picture of you on that bike / new kit /



2-up/ first time race etc. I'm going to buy an action shot of me on the trike hanging on round a juicy bend. Digital copies will also be available for you to purchase as well as various sized prints, coasters, place mats, mugs, key rings, fridge magnets & T-shirts – what lovely presents for that special loved one that gave you permission to spend all Saturday afternoon out on your bike! End of season gift for the family maybe ☺

Pat Houghton – Cycling Art

Kettering CC's very own Pat & Dot Houghton will be exhibiting Pat's fantastic cycling based paintings & prints. Lots to view & some for sale. Pat normally has a selection of cycling related gift cards too; a lovely present for another cycling enthusiast or *long-suffering spouse of an obsessive racing cyclist!!*

Mercedes Formula 1 TT challenge

We are incorporating the Mercedes Time Trial Championships into this event, for any riders employed by Mercedes HPP, Mercedes AMG, Williams F1 & Force India. It's just a fun thing.....as none of us are really that competitive... .. but there is a trophy at stake& we like trophies. Many riders are first time racers, mainly on road bikes. Great to see a few new riders. The fastest MGP/HPP finisher will be awarded 20 points down to 1 point for the 20th finisher, then the calculations begin.....

Northants Triathlon Club

Thank you to all the NorthantsTri riders taking part in the TT. We will award some prizes to spice up the competition! Please remember CTT rules, shoulders covered & no need to swim before & run afterwards (how do you do that? !!!)



Prize Presentation

Please try to stay for the prize presentation, 3.30pm at the HQ



Refreshments for Guide Dogs (!!)

A fantastic selection of refreshments will be on offer too
Please add donations to the pot, money will be donated to the Guide Dogs

#watts4rachael

Money raised by the sale of refreshments will be presented to the Guide Dogs charity. This is the chosen charity of team mate Rachael Elliott – who just one year ago was setting national records & is now registered blind following a stroke earlier this year & is on the waiting list for a guide dog. Rachael reports that the Guide Dog charity has already supported her a lot, but like lots of charities close-to-home, they rely on public funding support.

Please donate generously – the cakes will be worth it ! ☺

Where else can you get home made mince pies in September!

Prize Presentation

Please try to stay for the prize presentation, 3.30pm at the HQ

Prizes:

Solo TT Main Event						Road Bikes			2-up		Team
	Fastest	Vet on Std	Lady	Jun (M)	Jun (F)	Fastest	Vet on Std	Lady	Fastest	Female Pair	Of 5 - Any solo event
1 st	£40	£20	£40	£15	£15	£30	£20	£20	£30 _{ea}	£15 ea.	£10 _{ea}
2 nd	£30	£15	£30	£10		£20	£15		£20 _{ea}		
3 rd	£20	£10				£10	£10		£10 _{ea}		
4 th	£10										

Tandem - fastest	£20 ea. rider
"Novice" – 1 st	£30 George Halls Cycle Centre voucher
"Novice" – 2 nd	£25 George Halls Cycle Centre voucher
"Novice" – 3 rd	£20 George Halls Cycle Centre voucher
"Novice" – 4 th	£15 George Halls Cycle Centre voucher
Lantern Rouge (any events)	£10 George Halls Cycle Centre voucher
Sheppard Improvement Cup	KCC rider best improvement (vs. 2017 result)

OUR SPONSORS

Thank you once again to **Karen (nee Sheppard) & Alan Blackburn** for their support of this event.

Thank you to **George Halls Cycle Centre** in Market Harborough for the continued support of this event.

Please visit the shop at 10-12 Northampton Road, Market Harborough

Tel 01858 465507. See Website www.georgehallscycles.co.uk

See Internet shop www.247cycleshop.com

For mountain, road, racing, tandem, BMX. Workshop facilities for new builds & repairs. See Neil Holman (The Boss) or Jake Kangurs (Workshop Manager)



Thank you also to **Monster Energy** and **Mercedes AMG** for the supply of the **Monster Energy drink, One free to each rider at sign-on.**

Monster Energy is known for supporting many extreme sports events such as Formula 1 BMX, Motocross, Speedway, skateboarding and snowboarding,And is now involved in the leg-end-ary KCC Sheppard TT, how extreme must we be? !!

& see www.mercedesamgf1.com the official website of the Mercedes AMG Petronas Formula One Team
Free to all helpers too



Thank you to Tim & Denise Lawson of **SECRET TRAINING** (see www.secret-training.com) –

for the supply of the **REAL FRUIT energy gels for each rider.**



Secret Training is the brainchild of European Champion Track Cyclist, Tim Lawson. An elite masters athlete, with over twenty years' experience in developing the best sports nutrition products, working with athletes from beginners, right up to Olympic medalists and Pro Tour winners.

Secret Training engineer & supply the best sports nutrition products

Please check out the website & take a look at the nutritional & care products



Dave Loughran, the CEO of Planet X has kindly provided some **Planet X drink bottle mounted tool cases**. Planet X continues to support riders entering the sport.

Founded in Sheffield over 25 years ago, PX design & build Planet X, On-One & Titus products and sell over 10,000 bicycle products worldwide. Planet X is currently the second biggest bike assembler in the UK. All our bikes are designed by us, developed with our team riders, then manufactured by carefully selected factories and assembled right here in Sheffield. We're proud of our bikes and we take a great deal of care over every step in the process. You can buy our products exclusively through this website, www.planetx.co.uk, over the phone or from our destination stores in Sheffield and Barnsley.

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.

One free tool cases to all helpers, juniors, novices, 2-ups & road bike riders

Are you looking for a Performance Coach.....?

Move your training up a gear. Tailored coaching customised exactly to your needs utilising leading techniques.

BE THE BEST THAT YOU CAN BE

Embrace your future



We are qualified sports coaching and physiology professionals who are here to help you achieve your sporting goals. Whether you are an elite level rider, starting on your

sporting journey, making a return to fitness – or somewhere in-between your results can start here

 **WWW.THEOXFORDCYCLIST.COM**

 **THEOXFORDCYCLIST@OUTLOOK.COM**

 **@OXCYCLIST**

 **The Oxford Cyclist**

 **07761023688**

Want to know 'the secrets' of the fast riders?

They train hard, they have great coaching, they have the right nutrition and they are motivated to do well.

They are most likely to be more aero too.....

Drag2Zero offer a number of bike fit & aero testing packages that come recommended & have proved to work.



We want to help you find that aerodynamic/biomechanical sweet spot and be the fastest that you can. From those just starting out in time trialling or triathlon to those competing at national championships or as an age group podium contender, we can help you fulfil your potential with one of the packages below

STUDIO AERO FIT
£399

Aimed at people who are still learning how to ride a

sustainable aero position or for those who do not want the expense of a wind tunnel test.

Our Studio AERO FIT uses our in-house Aero tools, experience in aerodynamically optimising positions and Retul® to help you find your optimum and most efficient position

WIND TUNNEL
Starting at £800

The wind tunnel option is for those who may be producing enough power

but are not going fast enough, or for those who want the data that tells them categorically what impact different aspects of your position will have on your aerodynamics

Start time	No.	Name		Club	Cat / Age	Bike Cat	Merc / NTri
		Marcus	Buksh	Kettering CC	55	Tandem	
13.02	2	Roger	Reed	Kettering CC	53		
		John	Dainty	Rockingham Forest Whs	66	Tandem	
13.04	4	Michael	Prescott	Rockingham Forest Whs	64		
13.05	5	Michiel	Vaal	Team Backstedt Bike Performance	56	TT Bike	
13.06	6	Mark	Booth	Kettering CC	43	TT Bike	HPP
13.07	7	Marcin	Basinski	Northants Tri Club	35	TT Bike	N.Tri
13.08	8	Bethany	Spencer	Kettering CC	F Juv 15	TT Bike	
13.09	9	Allyson	Anstee	Mercedes AMG Petronas CC	F 45	TT Bike	MGP
13.10	10	Gavin	Hinxman	DRAG2ZERO	50	TT Bike	HPP
13.11	11	Hugo	Hocknell	Team Salesengine.co.uk	44	TT Bike	
13.12	12	David	Robinson	Kettering CC	52	TT Bike	
13.13	13	Paul	Thurman	Rugby Racing Cycling Club	43	TT Bike	
13.14	14	Annette	Golawska	Rugby Triathlon Club	F S	TT Bike	
13.15	15	Mark	Ellis	Team Milton Keynes	54	TT Bike	MGP
13.16	16	Martin	Keable	Kettering CC	50	TT Bike	
13.17	17	John	Osborne	Kettering CC	42	TT Bike	
13.18	18	Charles	Spencer	Northants Tri Club	31	TT Bike	N.Tri
13.19	19	John	Aldridge	Rockingham Forest Whs	68	TT Bike	
13.20	20	Richard	Harrison	DRAG2ZERO	41	TT Bike	WF1
13.21	21	Michael	Cope	Kettering CC	58	TT Bike	
13.22	22	Dave	Wentworth	Team Salesengine.co.uk	65	TT Bike	
13.23	23	Mark	Gray	Kettering CC	50	TT Bike	HPP
13.24	24	Stavros	Carayannis	Northants Tri Club	42	TT Bike	N.Tri
13.25	25	Thomas	Weir	Hitchin Nomads CC	23	TT Bike	
13.26	26	Kevin	Creese	Chronos RT	64	TT Bike	
13.27	27	Simon	Frost	Kettering CC	44	TT Bike	
13.28	28	Sarah	Ashcroft	Northants Tri Club	F S	TT Bike	N.Tri
13.29	29	Michael	Wood	Kettering CC	76	TT Bike	
13.30	30	Ryan	Witchell	Team Salesengine.co.uk	23	TT Bike	
13.31	31	Antony	Brown	Kettering CC	59	TT Bike	
13.32	32	Simon	Fitzhugh	45 RC	52	TT Bike	
13.33	33	Simon	Murphy	St Neots CC	42	TT Bike	
13.34	34	Michael	Hutchings	Harrogate Nova CC	52	TT Bike	
13.35	35	Max	Sahota	Team Bottrill / Vanguard	23	TT Bike	
13.36	36	David	Creese	Chronos RT	66	TT Bike	
13.37	37	Pete	Trotman	A5 Rangers CC	64	TT Bike	
13.38	38	Eddy	Clutton	Kettering CC	52	TT Bike	
13.39	39	Jack	Bosence	Welland Valley CC	M Juv 14	TT Bike	
13.40	40	Jack	Patmore	VeloElite RC	21	TT Bike	
13.41	41	Paul	Welsby	DRAG2ZERO	51	TT Bike	MGP
13.42	42	Tony	Ball	Team Swift	49	TT Bike	
13.43	44	Graham	Pigott	Kettering CC	36	TT Bike	
13.44	45	Jon	Simpkins	DRAG2ZERO	47	TT Bike	
13.45	46	Warren	Drew	Rapha Cycling Club	48	TT Bike	
13.46	47	Jon	Thorne	Kettering CC	57	TT Bike	
13.47	48	Stephen	Messenger	Bicester Millennium CC	49	TT Bike	
13.48	48	Chris	Duckworth	Kettering CC	29	TT Bike	
13.49	49	Michael	Carter	Welland Valley CC	M Juv 13	TT Bike	
13.50	50	Fabos	Young	VeloElite RC	43	TT Bike	
13.51	51	Mark	Greenhow	St Neots CC	50	TT Bike	
13.52	52	Simon	Richardson	St Neots CC	46	TT Bike	
13.53	53	Richard	Lamb	Peterborough CC	38	TT Bike	
13.54	54	Thomas	Evans	Welland Valley CC	46	TT Bike	
13.55	55	Paul	Pardoe	Peterborough CC	37	TT Bike	
13.56	56	Edward	Smith	Baines Racing	55	TT Bike	
13.57	57	Paul	Ashdown	Kettering CC	50	TT Bike	HPP
13.58	58	Tim	Webster	Northants Tri Club	31	TT Bike	N.Tri
13.59	59	Stephen	Comber	Kettering CC	34	TT Bike	

Start time	No.	Name	Club	Cat / Age	Bike Cat	Merc / NTri	Start time
14.00	60	Mark	Jones	DRAG2ZERO	46	TT Bike	
14.00	61	Kevin	Hobbs	Peterborough CC	48	TT Bike	
14.03	63	Jez	Morris	Kettering CC	S	Road	HPP
14.04	64	Simon	Barnett	Welland Valley CC	50	NOV Road	
14.05	65	Paul	Rowland	Kettering CC	46	NOV Road	
14.06	66	Gregory	Ashley	Team Jewson - MI Racing -Poly Pipe-McCann	52	Road	
14.07	67	Daniel	Gee	Ashfield RC	43	Road	
14.08	68	Conrad	Hollywood	VeloElite RC	53	Road	
14.09	69	Robin	Bellamy	Kettering CC	42	Road	
14.10	70	Arnaud	Ceci	Kettering CC	S	Road	HPP
14.11	71	John	Armstrong	Coventry Road Club	50	NOV Road	
14.12	72	Andy	King	Kettering CC	58	Road	
14.13	73	Simon	Hunt	45 RC	47	Road	
14.14	74	Andrew	Carter	Rockingham Forest Whs	49	Road	
14.15	75	Paul	Smith	Kettering CC	52	Road	HPP
14.16	76	Gavin	Howell	Wellingborough Cycles	S	Road	
14.17	77	Gary	Hewitt	VeloElite RC	48	Road	
14.18	78	Caroline	Hewitt	VeloElite RC	F 40	Road	
14.19	79	Roger	Reed	Kettering CC	53	Road	
14.20	80	Dean	Barnett	Welland Valley CC	49	NOV Road	
14.21	81	Gavin	Tillson	cyclisme du loup solitaire	44	Road	
14.22	82	Stuart	Walters	Kettering CC	78	Road	
14.23	83	Peter	Crofts	Southborough & Dist. Whs	80	Road	
14.24	84	Gavin	Chapman	Kettering CC	40	NOV Road	
14.25	85	James	Bellamy	Kettering CC	29	Road	HPP
14.26	86	Robert	Barker	Kettering CC	46	Road	
14.27	87	Graham	Read	VeloElite RC	59	Road	
14.28	88	Ed	Hatwood	Kettering CC	41	Road	HPP
14.29	89	Jo	Lee	VeloElite RC	F S	Road	
14.30	90	Mark	Ellis	Team Milton Keynes	54	Road	MGP
14.31	91	James	Hargreaves	Kenilworth Whs	56	Road	
14.33	93	Natalie	Sharp	Kettering CC	F 52	2-Up	
14.34	94	Sarah	Slater	Kettering CC	F49		
14.35	95	Craig	Pinder	CC Weymouth	43	2-Up	
14.36	96	Hugo	Hocknell	Team Salesengine.co.uk	44		
14.37	97	Paul	Hardy	VeloElite RC	46	2-Up	
14.38	98	Paul	Southern	VeloElite RC	45		
14.39	99	Chris	Old	Kettering CC	S	2-Up	
14.40	100	Andy	Fairley	Kettering CC	42		
14.41	101	Andrew	Green	Team Jewson - MI Racing -Poly Pipe-McCann	40	2-Up	
14.42	102	Ian	Smith	Lutterworth C C R T	S		

JOY AND FRANK 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.

Joy Sheppard c.1943



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.

We are proud to sponsor this event in their memory, and are pleased that KCC continue to promote it.

Karen (nee Sheppard) and Alan Blackburn

Frank Sheppard



The **Sheppard Cup** will be presented to the KCC club member showing the greatest improvement on result time compared to last year. 2017 winner was Martin Keable.