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The Kettering Cycling Club

We're 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 – Official Result Sheet

Saturday 22nd September 2018



Joy & Frank 1942, Hill climb in Kent

Event Secretary:

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

Tel: (Mob): 07740 725368

Time Keeper (start):

George Barnett
& Grant Warwick

Time Keeper (finish):

Richard Daniells
& Helen Hinxman

Thank you once again to Karen & Alan Blackburn for their financial support for this event which allowed us to present nearly £1000 worth of prizes. Karen again made the trip down to attend and marshal the event (the lady at the finish junction), all in memory of her mum & dad. We missed Frank's brother, George this year – he is poorly at the moment – and we wish him well.

We also raised a massive £200 for the STROKE Association with takings from the catering, unawarded prizes and donated prizes – That's going off to support Rachael Elliott's fundraising efforts

Timekeepers	George Barnett, Grant Warwick, Richard Daniells, Helen Hinxman
Numbers / drinks / goodies	James Hinxman, Bernard Smith
Catering	Margaret & Terry Hazelwood, Sue Freeman, Helen Hinxman & David Robinson
Pushing off	Same Barker & Adi Clark (80's / 90's fast-men & ready for a comeback in 2019!)
Traffic control	Mike Castalette & Steve Webster
Results	David Robinson, Gemma Royles & myself
Marshalling	John & Pat Tilley , Gwyneth Wood & Pat, Alan Spencer, Dan Bates & his boys, Karen Blackburn
Warning Signs	Jon Thorne & Simon Frost (both did signs / raced / signs)

No reports from our Wee-watchers or gel-wrapper police out on the course. Thank you

Thank you to our generous supporters:	
George Halls Cycle Centre	Vouchers for the fastest novices
Monster Energy	Monster Energy drinks for all riders
Planet X	Bottle tool carrier for all riders
Secret Training	Energy gels for all riders
Drag2Zero	Spot / raffle prize – d2z arm rests

Please put the same weekend in your diaries for next year & come back again for the 24th edition.

Well done to all prize winners, in fact – well done to all riders – it was cool & wet this year, sorry to Pat & Gwyneth – I promised you better!

We had a few first time racers & juveniles plus riders from Northants Tri.

Mercedes HPP retained the Merc champ trophy. Mark Ellis & Richard Harrison got the scores for MGP & WF1 up there though – drum up more for next year – you'll nail it!

I managed 43.5mph down that muddy wet hill – anyone top that?

Martin Keable retained the Frank Sheppard Improvement Trophy

YOUR PHOTOGRAPH IN THE EVENT



Thank you to Brian Jones of Kimroy photography who travelled down from Sheffield to take photos of all the riders.

Check out the gallery on the website. Lots of quality pictures available to buy.

http://www.kimroy-photography.co.uk/gallery2/main.php?g2_itemId=869181



Refreshments for Guide Dogs (!!)

#watts4rachael

We raised £200 ! 😊 thank you very much

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

Pos	Name		Club	Cat	Merc/ Ntri	Time	Prize	Award
Tandems								
1	Marcus	Buksh	Kettering CC	Tandem		00:25:46	£20	1st
1	Roger	Reed	Kettering CC	Tandem		00:25:46	£20	1st
2	John	Dainty	Rockingham Forest	Tandem		00:29:04		

			Wheelers					
2	Michael	Prescott	Rockingham Forest Wheelers	Tandem		00:29:04		
TT Bikes								
1	Jack	Patmore	VeloElite RC	TT Bike		00:21:47	£40	1st
2	Paul	Pardoe	Peterborough CC	TT Bike		00:22:18	£30	2nd
3	Mark	Jones	DRAG2ZERO	TT Bike		00:22:22	£20 £15	3rd .=2nd VOS
4	Ryan	Witchell	Team Salesengine.co.uk	TT Bike		00:22:29	£10	4th
5	Gavin	Hinxman	DRAG2ZERO	TT Bike	HPP	00:22:40	£15	.=2nd VOS
6	Richard	Harrison	DRAG2ZERO	TT Bike	WF1	00:22:49		
7	Michiel	Vaal	Team Backstedt Bike Performance	TT Bike		00:22:58	£20	1st VOS
8	Mark	Ellis	Team Milton Keynes	TT Bike	MGP	00:23:00		
9	Kevin	Hobbs	Peterborough CC	TT Bike		00:23:42		
10	Mark	Gray	Kettering CC	TT Bike	HPP	00:23:59	£10	Team of 5
11	Antony	Brown	Kettering CC	TT Bike		00:24:13	£10	Team of 5
12	Hugo	Hocknell	Salesengine.co.uk	TT Bike		00:24:24		
12	Thomas	Weir	Hitchin Nomads CC	TT Bike		00:24:24		
14	David	Robinson	Kettering CC	TT Bike		00:24:36	£10	Team of 5
15	Mark	Greenhow	St Neots CC	TT Bike		00:24:36		
16	Warren	Drew	Rapha Cycling Club	TT Bike		00:25:20		
17	Martin	Keable	Kettering CC	TT Bike		00:25:24		Sheppa rd Cup Team of 5
18	Mark	Booth	Kettering CC	TT Bike	HPP	00:25:29		
19	Simon	Murphy	St Neots CC	TT Bike		00:25:42		
20	Charles	Spencer	Northants Tri Club	TT Bike	N.Tri	00:26:00	£20	1st Ntri
21	Simon	Richardson	St Neots CC	TT Bike		00:26:04		
22	Simon	Frost	Kettering CC	TT Bike		00:26:12		
23	Kevin	Creese	Chronos RT	TT Bike		00:26:16		
24	Pete	Trotman	A5 Rangers CC	TT Bike		00:26:21		
25	Chris	Duckworth	Kettering CC	TT Bike		00:26:29		
26	Michael	Cope	Kettering CC	TT Bike		00:26:40		
27	Graham	Pigott	Kettering CC	TT Bike		00:27:10		
28	Paul	Thurman	Rugby Racing CC	TT Bike		00:27:11		
29	Eddy	Clutton	Kettering CC	TT Bike		00:27:17		
30	John	Osborne	Kettering CC	TT Bike		00:28:10		
31	Michael	Hutchings	Harrogate Nova CC	TT Bike		00:28:24		
32	Graham	Read	VeloElite RC	TT Bike		00:28:37		
33	Jon	Thorne	Kettering CC	TT Bike		00:28:41		
34	Bethany	Spencer	Kettering CC	TT Bike		00:29:04	£40 £15	1st female 1st Jun girl
35	John	Aldridge	Rockingham Forest Whs	TT Bike		00:30:51		
36	Thomas	Evans	Welland Valley CC	TT Bike		00:30:54		
37	Stephen	Messenger	Bicester Millennium CC	TT Bike		00:31:15		
38	Allyson	Anstee	Mercedes AMG	TT Bike	MGP	00:31:51	£30	2nd

			Petronas CC					female
39	Annette	Golawska	Rugby Triathlon Club	TT Bike		00:32:26		
40	Michael	Carter	Welland Valley CC	TT Bike		00:33:01	£15	1st jun boy
41	Michael	Wood	Kettering CC	TT Bike		00:36:12	£10 V	Lantern Rouge
	David	Creese	Chronos RT	TT Bike		DNF		
	Edward	Smith	Baines Racing	TT Bike		DNF		
	Marcin	Basinski	Northants Tri Club	TT Bike	N.Tri	DNS		
	Stavros	Carayannis	Northants Tri Club	TT Bike	N.Tri	DNS		
	Max	Sahota	Team Bottrill	TT Bike		DNS		
	Jack	Bosence	Welland Valley CC	TT Bike		DNS		
	Paul	Ashdown	Kettering CC	TT Bike	HPP	DNS		
	Tim	Webster	Northants Tri Club	TT Bike	N.Tri	DNS		
	Stephen	Comber	Kettering CC	TT Bike		DNS		
	Dave	Wentworth	Salesengine.co.uk	TT Bike		DNS (A)		
	Sarah	Ashcroft	Northants Tri Club	TT Bike	N.Tri	DNS (A)		
	Simon	Fitzhugh	45 RC	TT Bike		DNS (A)		
	Paul	Welsby	DRAG2ZERO	TT Bike	MGP	DNS (A)		
	Tony	Ball	Team Swift	TT Bike		DNS (A)		
	Jon	Simpkins	DRAG2ZERO	TT Bike		DNS (A)		
	Fabos	Young	VeloElite RC	TT Bike		DNS (A)		
	Richard	Lamb	Peterborough CC	TT Bike		DNS (A)		
	James	Bellamy	Kettering CC	TT Bike	HPP	DNS (A)		
Road Bikes								
1	Gavin	Howell	Wellingborough Cycles	Road		00:22:58	£30	1st
2	Robert	Barker	Kettering CC	Road		00:24:51	£20 £15 £10	2nd 2nd VOS Team of 5
3	Mark	Ellis	Team Milton Keynes	Road	MGP	00:25:17	£10 £20	3rd 1st VOS
4	John	Armstrong	Coventry Road Club	Road		00:26:04	£30V	1st Novice
5	James	Hargreaves	Kenilworth Whs	Road		00:26:06	£10	3rd VOS
6	Gary	Hewitt	VeloElite RC	Road		00:26:43		
7	Ed	Hatwood	Kettering CC	Road	HPP	00:26:46		
8	Greg	Ashley	Team Jewson - MI Racing ~Poly Pipe~McCann	Road		00:26:54		
9	Jez	Morris	Kettering CC	Road	HPP	00:26:59		
10	Andy	King	Kettering CC	Road		00:27:06	£25V	2nd Novice
11	Daniel	Gee	Ashfield RC	Road		00:28:27		
12	Caroline	Hewitt	VeloElite RC	Road		00:28:43	£20	1st female
13	Gavin	Chapman	Kettering CC	Road		00:28:58	£20V	3rd Novice
14	Simon	Barnett	Welland Valley CC	Road		00:29:02	£15V	4th Novice
15	Andrew	Carter	Rockingham Forest Whs	Road		00:29:23		
16	Nathaneal	Rice	Kettering CC	Road	HPP	00:29:29		
17	Roger	Reed	Kettering CC	Road		00:29:31		
18	Dean	Barnett	Welland Valley CC	Road		00:29:47		
19	Paul	Smith	Kettering CC	Road	HPP	00:29:52		

20	Conrad	Hollywood	VeloElite RC	Road		00:30:22		
21	Peter	Crofts	Southborough & Dist. Whs	Road		00:31:19		
22	Stuart	Walters	Kettering CC	Road		00:32:39		
	Robin	Bellamy	Kettering CC	Road		DNS		
	Arnaud	Ceci	Kettering CC	Road	HPP	DNS		
	Simon	Hunt	45 RC	Road		DNS		
	Jo	Lee	VeloElite RC	Road		DNS		
	Paul	Rowland	Kettering CC	Road		DNS (A)		
	Gavin	Tillson	cyclisme du loup solitaire	Road		DNS (A)		
2-Ups								
1	Andrew	Green	Team Jewson - MI Racing ~Poly Pipe~McCann	2-Up		00:23:31	£30	1st
1	Ian	Smith	Lutterworth C C R T				£30	1st
2	Paul	Hardy	VeloElite RC	2-Up		00:24:32	£20	2nd
2	Paul	Southern	VeloElite RC				£20	2nd
3	Chris	Old	Kettering CC	2-Up		00:24:54	£10	3rd
3	Andy	Fairley	Kettering CC				£10	3rd
4	Craig	Pinder	CC Weymouth	2-Up		00:26:26		
4	Hugo	Hocknell	Salesengine.co.uk					
	Natalie	Sharp	Kettering CC	2-Up		DNS (A)		
	Sarah	Slater	Kettering CC					

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.