



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

February 2009

Subscriptions are now due

Subscriptions were due on 01/01/2009 for the current year. Please send your cheques, payable to Plomesgate CC, to Viv Broughton, Bankside, The Street, Sternfield, Saxmundham, IP17 1ND. For over 18s it is £10, under 18 and over 12s, £5, and under 12s free. If you are a second claim member half of the above fee is due.

We remind you that in order to be allowed to ride any time trials, club or open events anywhere, subs have to be paid.

Please ignore this if you have already paid.

CLUB EVENTS FOR 2009

Distance/Type	Course	Date	Start Time
10	B10/9	30/4/2009	18:45
10	B10/9	7/5/2009	19:00
10	B10/9	21/5/2009	19:00
Come and Try it 5	B5/9	28/5/2009	19:00
10	B10/9	4/6/2009	19:00
Come and Try it 5	B5/9	11/6/2009	19:00
10	B10/9	18/6/2009	19:00
Come and Try it 5	B5/9	25/6/2009	19:00
10	B10/9	2/7/2009	19:00
Come and Try it 5	B5/9	9/7/2009	19:00
10	B10/9	16/7/2009	19:00
10	B10/9	30/7/2009	19:00
10	B10/9	13/8/2009	19:00
10	B10/9	27/8/2009	18:45



Open Events for 2009

Open 10

28th March, 14:00 HQ - Sudbourne VH
Entries to Evert Wijnberg. **Please note address change from that published in CTT handbook.**
Now: 2 White Lodge Gardens, Windrush Road, Kesgrave, Suffolk, IP5 2NQ. Tel: 01473 621659.
(Offers of help on the day needed)

Open 30

13th June, 14:00 HQ - Tunstall VH

Grasstrack

8th August, 13:00 Bredfield VH field
Sign on from 12 - 12:45. Held under British Cycling rules & regs. Should include a round of the National Endurance Series events (8km).

Open 25

19th September, 14:00 HQ - Tunstall VH

PCC committee meeting

The first meeting of the new committee will be on Thursday February 26th at The Dog and Duck, Campsea Ashe at 7:30pm.

All ordered National and East District handbooks will be available from Ron Shoobridge on the night.

All members are reminded that they are most welcome to attend.

February MTB ride

Meet at Sandgalls car park at 10am on Sunday 15th February for an off-road ride through the forest. We'll probably use some different tracks from normal if it's still muddy after the Winter Series. We'll ride for between 1 and 2 hours. If you have any questions e-mail broughton.m@btopenworld.com or ring Viv on 07798 715949.

Best wishes

The club sends its best wishes to Hilary Graham, who is having an operation on an old cycling injury. Hil's leg was pinned after a serious crash riding two-up a few years ago. We hope at he recovers quickly.



Winter Series 3 at Tunstall

Mark and Viv rode the Winter Series race at Tunstall on a very rainy 25th January. The entry for the races was full, and with all of those wheels it was a very, very muddy race. TROG had done a good job in setting up the courses, with plenty of single track and longer routes round the bomb holes as an alternative to the direct route. It was one of those days when you were glad to finish. Mark came 47th out of 101 in the 2-hour men's 40+ race and Viv was 11th out of 25 on the women's 2-hour race. The final round of the Winter Series is on 22nd February at Brandon. Hopefully it'll be a bit drier!

A message from Pete

I am receiving numerous emails from travel companies for warm weather training holidays or to continental races, etc. These emails are too large to publish in the newsletter, but if anyone is interested in any of these, then email me and I will forward the information to you.

Pete Whelan

Anyone after a cheap fix?

I happened to be collecting some new rims for the touring tandem upgrade I have been in the process of doing for some time. Getting the right 40 hole rims has proved rather difficult. I wanted a fairly narrow rim mainly so I could run some more traditional cantilever brakes instead of the lo-profile types and get a bit better braking, so all the more heavy duty touring rims in 40 hole were ruled out as being too wide. Velocity, an Australian company, make a Deep V in 40 hole which from the profile should be very strong - I have seen some supplied on Santana touring tandems, so must be OK for the heavier USA person! Anyway, getting hold of them proved far more difficult than expected. 53-12 at Colchester had been the UK supplier, but didn't put another order in; a bike shop in Manchester (G Bob and The Hippy) just missed out on adding it to an order; then a new UK supplier of Brick Lane Bikes, in London took on the supply to the UK. In the intervening time a US supplier was trying to get them to me as well - so I will probably have more than I need for a few years (probably not a bad thing as the old wheels have had two new rims in 2008 after wearing thin).

Anyway, I went along to Brick Lane Bikes, which is about a 10 minute walk from Liverpool Street Station to the shop, it's easy to miss, it is quite small and not quite the glamour of the website, but they do have a large selection of fixed wheel frames and bikes, and a

lot of bling (pink anodised drop bars and stem anyone?). As is typical of a lot of the fixed wheel riders in London, there was not a lot of stock of brakes. Plenty of good quality fixed hubs and sprockets, quite a few retro (2nd hand) cranksets and saddles.

If you have the time, then pop along to them, it's an interesting contrast to some of the big bike shops, or even comparing to our local shops such as Elmy Cycles. The workshop merges into the retail area with total abandon.

Exit Liverpool Street station onto Bishopsgate, turn left and walk along half a mile into Shortditch and take a right into Bethnal Green Road. Just before you get to Brick Lane, BLB are on your right at number 118 Bethnal Green Road.

I'll let you know how I get on with the Velocity rims once I've built up the wheels. Graham Buck says they make a good wheel, so hopefully they will last reasonably well with us on the tandem. The old Mavic rims lasted 7yrs on the front and 15yrs on the back. The tandem upgrade is also bringing it into the 10sp world as well, with a few engineering tweaks to components, as little is available for tandems with this gearing, etc.

Pete

Rendlesham Forest Challenge

The **M.D.C Rendlesham Forest Challenge** will take place on **Sunday 15th March 2009**. The location is Rendlesham Forest Centre, just north of Woodbridge, Suffolk. All off road in the beautiful setting of Rendlesham Forest.

This is a Run/Bike event for teams of two - one cycles one runs, swap as often as you like but stay together and finish together.

Entry fee is £25 per team (entries on the day +£5). Champagne and chocolates to winning teams plus commemorative bottle of beer to all competitors. Free post-race refreshments.

More information and online entry available on our web site www.runbikeevents.com or email info@runbikeevents.com

For those prepared to travel a little bit further we are also organising the M.D.C. Kielder Forest Challenges, taking place on April 5th in Northumberland. Details available on our web site shortly.

Yours in sport, *Chris Cooke*

Race Director, Run/Bike Events



New Year's Resolution

After a year that is best forgotten for many reasons my New Years resolution, if I made them, would have been to ride my bike more in 2009. So with this in mind I entered the CC Breckland New Years Day 10. I rode this event back in 2006 and then promptly had a great season setting club records at 10, 25, 50 and 100 and winning the club 10 mile TT, Dave Bott Memorial, BAR and Road Race trophies, not a bad year really. With my desire to ride and a head clear of the distractions of 2008 I thought let's start the year as I mean to go on.

I have to say as the date grew nearer I was starting to get nervous, I had had the cold and chesty cough going round for 3 weeks, I had sold all my TT wheels and hadn't really done much on the bike all Autumn, in fact I rode three evening 10 mile TT in the whole of last season and hadn't enjoyed those as my mind was elsewhere. Still I told myself I was riding for fun, just to get round and it was the first step on the road to recovery. I must admit I was excited on the drive to Attleborough at the thought of riding and seeing a few friends, it was cold, clear and still so all round I couldn't ask for more.

I arrived in plenty of time signed on and chatted to a few friends, got the bike together, checked everything over and put on some warm kit. I then headed out for my usual warm up for half an hour. The bike felt good, the cold air made my lungs burn a bit but it was great to feel all the sensations from being on my bike pre race. Usually I ride to the start and check my watch against the starters so I can judge my arrival, I like to cut it fine on cold days so as not to cool down too much, just leave enough time to take off what ever I want, stretch and roll to the line.

It showed I was out of practice as I warmed up in my woolly hat with my regular sun glasses on. Any way, the warm up went well I had worked out that with my start time of 11:21 I should be back at my car for 11:05 get my helmet, have a drink and roll round to the start which is about a 7 minute ride away at a steady roll. For some reason my brain worked out I needed to turn back to the HQ at 11:05, so on arriving back at HQ at 11:15 I realised my error and threw on my helmet and raced to the start, arriving at breakneck speed with my watch showing 11:19, phew! Except the starters watch was 2 minutes ahead of mine and I had missed my start by 20 seconds, doh! So I waited for a

spare slot and finally got away as number 34, pretty cold and feeling a bit of a twit. I hammered off and settled into a nice rhythm, I felt good, I was enjoying the ride. I had decided to fit the visor to my helmet as I thought this might steam up less than glasses, wrong! After about 2 miles I couldn't see a thing, I considered taking it off and chucking into the verge and picking it up later but thought that it was a lot of money to chuck in the hedge so eased up and used a gloved finger to wipe the inside of the lens, I passed my minute man and promptly steamed up again, another wipe and I was nearing the turn, wish I could see it. I have to say I don't recommend this as I was riding blind and using the white line along the edge of the road as a guide, I got to the turn and wobbled my way round the two roundabouts after hitting something in the road on the approach, I have no idea what! Then headed back down the course puffing a bit over the railway bridge and steaming up repeatedly, it was starting to get annoying as my legs felt good, I was quite annoyed with myself as all my problems were avoidable. Still I kept going and with many wipes I made it to the finish in one piece.

As I slowed and my temperature decreased so the world came back into focus, I'd nearly caught my 2-minute man too. Back at the HQ times went up, I packed my stuff away had a cup of tea and piece of cake and got chatting to people when someone asked how I went, I laughed as I hadn't thought about it and hadn't looked at the results board! I came 15th in 24m 15s, which with my 20 second penalty meant I had actually ridden the course in 23m 55s, which was better than I hoped for even without continually having to sit up, take a hand off the bars and wipe the inside of my visor! Oddly looking back at my notes my ride was also a minute faster than in 2006, I know the weather was better this year but still I drove home feeling pretty good if a little peeved at myself for messing up so many things but hey practice makes perfect and those lessons have been learnt.

Incidentally the winning time was posted by a certain Mr Ian Cammish who rode an incredible 20m 54s, as well as being a great bloke he really is a class act and someone I admire greatly, but don't tell him that if you see him ☺

See you around in 2009.

Big Matt



The Testing Times

Some readers may want to reminisce, others may want to know what the old times were like. Well, Ian Cammish has the story for you - *The Testing Times* http://www.planet-x-warehouse.co.uk/cammish/testingtimes_PRINT.pdf

Sandlings Safer Cycling Campaign

For anyone interested in promoting safer cycling and using existing off-road routes, with the possibility of opening up new tracks, the AGM of Sandlings Safer Cycling Campaign is being held at The Tower Room, Thorpeness, on February 19, from 7-9pm. Everyone welcome to attend. Details from: sandlingssafercycling@yahoo.com.

Suffolk CTC events

For a good selection of events to join in on, go to: <http://www.greenlivingcentre.org.uk/ctc/>

Pre Season Warm Weather Training

Contact: Barry Marples

barry@ready2ride.co.uk

I welcome any questions you may have, please feel free to contact me.

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Gwynedd
LL48 6LT

Tel: 01766 771 073

I look forward to hearing from you soon!

It pays us to go to wiggle

When we buy new stuff, going to wiggle through the club website has proved beneficial to Plomesgate CC. The club receives 10% of your purchase price on everything. Please consider entering the wiggle site only through the club web page when splashing out next time.

Articles for next month

Keep the material coming by any means you wish. **Deadline is 26th of February 2009.**

It's your newsletter so drop me a line at

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or

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