



March club run

We managed to find some weak sunshine and dry weather in amongst the storms of March. The route through Tunstall forest is a nice mixture of single track (example in the picture below) and some of the forest tracks. The tracks were in good condition and it was an enjoyable ride. Hopefully some more people will turn up to ride the same route in April.

Viv Broughton



April club run

Meet at Sandgalls car park on **Sunday, April 6th** for a ride through Tunstall forest. We'll set off at 10am, with a stop just over half way for hot drink and cake. The loop's about 12 miles, so should take between 1.5 and 2 hours, including the stop. Contact Mark or Viv if you need more information, either on 01728 452143 or Broughton.m@btopenworld.com

Club run and Paris-Roubaix

I am proposing a club run on **Sunday, April 13th** from Woodbridge, 9:30am, Turban Centre car park (Budgens) to find some 'cobbled' roads for a few hours, with a coffee stop about 11am at Crockery Barn, Ashbocking, a lunch stop, then back to Woodbridge. Those wanting to watch Paris-Roubaix with us at 3.30 are welcome – (I'll try and have a few beers in):

9:30am Woodbridge, Turban Centre car park
11am Ashbocking, Crockery barn coffee stop
1pm Earl Soham lunch stop
3:30pm Pete & Bevs, Woodbridge.

Pete Whelan (01394 385281)

Thursday evenings Timekeeper/Pusher Rota

Here's a proposal for the Timekeeper/pushers rota for the evening events. I used the tried and tested 'Malenchino Method'; anyone who rode three events or more last year went into the hat; I then drew for timekeeper and pusher duties until all slots were filled. I did 'seed' Trevor to time-keep the 15 and 25. Matt D also kindly offered to help out. If anyone is unsure about timekeeping, don't worry, one of the 'old hands' will show you what to do.

I don't expect all these dates/duties to suit everyone so please let me know if you swap so we know who to expect each night.

Date	Distance	Timekeeper	Pusher
10	24/4/2008	Ron S	John V
10	1/5/2008	Marshall C	Martin A
10	15/5/2008	Pete W	Steve B
10	29/5/2008	Ron P	Jim H
15	5/6/2008	Trevor F	Matt D
10	12/6/2008	Adrian M	Bev W
10	26/6/2008	Magnus R	Ron P
25	3/7/2008	Trevor F	John V
10	10/7/2008	Jim H	Ron S
10	24/7/2008	Martin A	Adrian M
10	7/8/2008	Bev W	Marshall C
10	21/8/2008	John V	Pete W

Jim Hardwicke

Handbook error!

Please note that the Plomesgate 30 TT on June 14 is at 14.00 and *not* as stated in the handbooks. *See website for all correct race dates and times.*

Welcome new member

We welcome our new young member, Katie Bloomfield (*looking good in yellow at the open event on Saturday!*) and we hope you enjoy your cycling.

Katie has already joined Trevor, Jim, Jack and Viv for a ride on Good Friday and despite the worst of weather, really enjoyed herself.

Ed.

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UCI World Track Cycling Championships, Manchester

On Wednesday 26th March, along with Louise and Andrew, I attended Day 1 of the World Championships, featuring the Men's Individual Pursuit, the Men's Team Sprint, Women's 500m Time Trial and a 60 Lap Men's Scratch Race. We travelled up the previous evening and stayed at a nearby hotel where the Danish team were also encamped. This was interesting because I was able to observe the nutrition of the tall powerful Danish men and women. Imagine my surprise when, soon after having scolded Andrew for helping himself to a huge bowl of COCO POP's, I watched Alex Rasmussen return from the buffet with a large bowl of guess what? – Yep- Coco Pops. Andrew really left me without anything to say when we later watched the Danish team fly against the GB team in the team pursuit. So there must be a moral there somewhere.

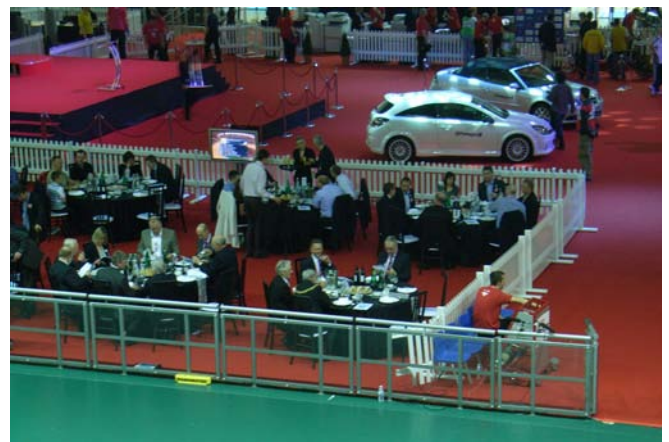
The National Velodrome is an impressive building and there was a very convivial atmosphere. Louise who is no cycling fan was soon able to understand the vagaries of pursuing and time trialling. The really exciting event was the Scratch Race where 16 riders, one from each country, set out on a 60 lapper. About 3 laps in the Belarusian, Lisouski, looked round, saw he had a gap and went for a break. For several laps he extended his lead until he eventually had the back of the main field in view in the same straight and a lapping was a distinct possibility. At this point the bunch picked up speed and slowly but surely Lisouski was hauled back. I explained to Louise that his best strategy now would be to take it easy, get caught and sit in the bunch. In my opinion he had burnt his boats and there would be no chance of him winning except if there were to be a crash. Imagine my shock when with about 3 laps to go with a Japanese mounting a strong attack and looking good for the win, who should appear but Comrade Lisouski to ride straight past and quickly open up a large gap on everyone else. The Dutch rider, Wim Stroetinga, saw the danger and got a sprint going in the final half lap and got so close on the line but Lisouski held out to win. The whole crowd was on its feet willing the riders on and the atmosphere was really electric. Louise was really excited and said this had been real racing, none of this Time Trial stuff.'

I am sure most readers will have followed the racing on BBC television so I won't bore you by asking you to read what you already know about the racing.

PLOMESGATE CYCLING CLUB

Suffice to say the GB team have had a fantastic week with 9 gold medals won and this should lead to very high expectations for the Beijing Olympics in August.

Apart from the racing there were other notable events. The opening ceremony was performed by Pat McQuaid (who was racing back in Ireland when I was in my youth) and the Mayor of Manchester. The dignitaries were sat at several tables in the track centre area and I was entertained watching the huge platters of food being taken to the tables. It really is a tough job being a dignitary at these events but I am sure our BC membership and licence fees are really being spent wisely!



In the picture I suspect Mr McQuaid at the top table is busily reading the menu and trying to decide what to have next – decisions, decisions! (There didn't appear to be any Coco Pops available at this point!)



Part of the opening ceremony involved a gymnastic display by a number of skinsuit-clad young ladies. I will say no more than they were extremely agile, fit and strong. Judge for yourself from the picture.



The Malaysian team seemed to have cracked the old problem of men's shorts in any colour other than black. A strategically placed leaf-shaped pattern on the front of the short area seems to have been their humorous way of dealing with the issue.



I was also very impressed by the extreme aero position of one of their Team Sprint riders. I wonder will it be banned because he can't see where he is going?

So, Manchester is a highly recommended venue for a trip to a cycling fest or should I say 'feast'? I left there at 2130 and was home in Ipswich by 0130 and up to work next morning not feeling too tired at all. Try it sometime for yourself. You will really enjoy it!

Marshall Crowe

Jim has fished out the club competition rules and hopes this will clarify how the different trophies are awarded. As the season progresses he will try and publish the standings in the various competitions.

DESCRIPTION OF ANNUAL TROPHIES AND RULES GOVERNING THEIR AWARD - PROPOSAL.

All trophies are awarded annually unless otherwise stated.

David Bott Trophy

This annual competition will be based on a rider's best six events from the evening time trial series. This allows riders to miss one or two for helping out and holidays etc. The winner will be awarded the David Bott trophy in honour of David Bott, a Plomesgate rider who tragically lost his battle with cancer in December 1999. The placings will be based on Plomesgate riders only.

The points system is as follows:-

- 1st place Plomesgate Rider = $\frac{3}{4}$ point
- 2nd place Plomesgate Rider = 2 points
- 3rd place Plomesgate Rider = 3 points
- 4th place Plomesgate Rider = 4 points
- 5th place Plomesgate Rider = 5 points and so on....

Why $\frac{3}{4}$ point for 1st place. It's all about a 1st and a 3rd being better than two 2nd places.

If you are a non starter then you will be awarded a point score equal to the number of riders in the series + 1. If you start but don't finish you will be awarded a point score equal to the number of Plomesgate riders on the night + 1.

The winner will be the rider who has the lowest points score at the end of the series in his/her best six counting events.

10 mile Champion

This trophy will be awarded on an annual basis to the Plomesgate CC rider who posts the fastest individual time for that season in an evening ten mile time trial promoted by the Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next fastest performance of each rider will be taken and the rider with the fastest time will be deemed the winner.

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Best All Rounder

This trophy will be awarded on an annual basis to the Plomesgate CC rider who posts the fastest average m.p.h. in approved RTTC time trials (open or association) over the distances of 10 mile, 25 mile, 50 mile and 100 mile achieved on RTTC approved courses with a B or E prefix only (i.e. East Anglia and Essex).

One qualifying ride will be eligible for each distance and evidence of performance may be required in the form of a result sheet.

The m.p.h. for each distance will be added together and the average taken. The average m.p.h. will be calculated to three decimal places.

AGM 2005 – Due to the lack of events in the area at distances of 50 and 100miles, a competitor may only have one chance to complete one qualifying ride at the longer distances of 50 and/or 100 miles. Therefore in the event that a competitor has started the event and then suffers a mechanical failure, and/or other mishap, which prevents him from finishing he will be given a standard average speed of 18mph for that event. The competitor must still complete a minimum of 3 qualifying events.

Veteran Champion

This will be awarded to the Plomesgate CC veteran rider who posts the largest plus score (or smallest minus score), based on the VTTA age related standards, for that season in an evening ten mile time trial promoted by Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next largest standard score will be taken and the rider with the largest plus score (or smallest minus score) will be deemed the winner.

Handicap / Best Improver Trophy

This will be awarded to the Plomesgate CC rider who posts the fastest handicap time for that season in an evening ten mile time trial promoted by Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

Each rider will be given a handicap at the start of the series of evening events based either on their fastest performance from the previous two seasons or in the case of a new rider based on their first event of that current season. In the latter case the time done in that event will not be eligible for the handicap competition. The handicaps will be calculated from a “par” for the course, the suggested “par” is 22.00 minutes.

In the case of a tie the next fastest handicap time will be taken into consideration and the rider with the fastest time will be deemed the winner.

PLOMESGATE CYCLING CLUB

Abduzhaparov Award

This will be awarded to the member who in the opinion of the committee has performed in a manner befitting of Djamodoline Abduzhaparov, (the sprinter who made an acrobatic exit from the Tour de France on the final sprint along the Champs Élysées in 1989???) whilst cycling.

Women’s Champion

This trophy will be awarded to the Plomesgate CC female rider who posts the fastest individual time for that season in an evening ten mile time trial promoted by the Plomesgate CC on the B10/9 (Sudbourne/Bentwaters/Sudbourne) course.

In the case of a tie the next fastest performance of each rider will be taken and the rider with the fastest time will be deemed the winner.

Road Race Champion

This will be awarded to the Plomesgate CC member who finishes in the highest position (placing) in a nominated road or circuit.

Cyclists on holiday

I wish to relate a story about a person whom I met on holiday in Italy a few weeks ago. His name is Dave Briggs and we began talking about sport in general and the conversation turned, somehow, to cycling, as it does. It transpired this chap knew a great deal about cycling in general. I discovered he used to race in cyclo-cross in the late 50’s and early 60’s.

Pressing him still further, it became apparent he was Midland Champion 1957-67, Inter Counties Champion for the same years and National Champion in 1960. He rode the World Championship in Germany, Luxembourg and Holland, the Martini International G.P. in ’58, ’59, ’60 and ’61. All these were pro events in which he was allowed to compete against at those times.

Both he and his wife now run a B & B near Snowdon at a place called Carmel. Should anyone be interested, I could supply the details.

Ron Shoobridge





Dave Briggs (with hat)

For Sale

21" BUCK OF IPSWICH. Shimano 9-speed rear, double chain ring, Shimano Flightdeck brakes, Look pedals, Cinelli bars and stem, Mavic wheels, computer, SKS guards, San Marco saddle, £250. Ron Shoobridge: 01502 722995.

Racing Tandem For Sale

Hand-built Edison Low Profile racing tandem, black, in almost perfect condition, just a few paint chips.

44cm (c-c)/44cm (c-c), Lo pro TT bars and Tri Bars. Campag Record chainset, plus spare chain rings.

Specialised 3 spoke carbon wheels, 26" (650c) front, with spare front tubs.

This has been raced by current owner and offspring and friends, all of varying heights from 5' 4" up to 5' 10", and has produced some pretty fast times.

Offers in the region of £900.

Contact Trevor Figgitt, at
Trevor.figgitt@btinternet.com

Corima Front Track Disc for Sale

Tubular Rim, fitted with Tufo 135gm Lite Tubular. Only been ridden a few times in TTs and Pursuits on indoor velodromes. Comes with wheel bag.

Offers in the region of £350.

Contact Trevor Figgitt, at
Trevor.figgitt@btinternet.com

Suffolk CTC events

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

Articles for next month

Keep the material coming by any means you wish. Deadline is close to the end of April, 2008.

It's your newsletter so drop me a line at

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or

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