



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

1st April 2009

Ron Philpot

As you probably already know, Ron was not able to recover from his injuries and died. The funeral is going to be held on Friday the 3rd April at 1pm in Ashfield-cum-Thorpe church with the wake at the village hall directly afterwards. Family flowers only, any donations to Addenbrookes NCCU or The Air ambulance.

Please try and come and say farewell to Ron. Come on your bike, in your bike kit. Let's try and brighten up a very sad time for his family and Plomesgate CC.

A big 'Thank You' to Mark Cozens for giving Ron's family copies of the images of Ron he has taken at various Open TT events. Mark also attends most cycling events in the eastern region. You can see his work at www.mphotography.co.uk, you may even spot yourself riding.

Club Subscriptions

If you haven't paid your subs, then this may well be your last newsletter. £10 (for a senior member) is good value, especially if you ride the evening time-trial series.

Club runs

Pete is planning a club ride, at a touring pace, on Sunday 5th April.

Start - 10am (prompt), Wickham Market, village square, with 11's at Stonham Barns, lunch at Framlingham (or if the weather is really nice lunch might be at Laxfield) and then back to Wickham.

Pace will be 13 - 15mph to suit all abilities. Enquiries to Pete Whelan, tel:01394 385281. If you can't make the start, then just turn up at one of the stops instead. This ride will meet up with the Suffolk CTC at Stonham, but make our own way to lunch.

The next date to put in your diaries as possible a club ride:-

10th May, starting from Framlingham, with lunch at Cratfield, led by Trevor

If you think you are able to lead a ride on future date, then let Pete Whelan know what your plans are and we will publicise it to the members.

Evening 10s (and 5s)

Club events start very soon. The first event is on April 30th, with a start time of 6:45pm at the start of the '10' course. The next event is the following week with a start time of 7pm. Get there in plenty of time to sign on and warm up. It doesn't help the timekeeper if you arrive to sign on when they are about to set riders off.

Also, remember that if you have not paid your subs for this year you can't ride. Don't leave it until the last minute to rejoin on the night, it just creates a bit more havoc than usual and delays the start and concentration of those timekeeping. See end of this newsletter for timekeeper and pusher rota, plus all the start times and distances. Remember to get there about 6:15pm to sign on and have a good warm-up.

Stowmarket 20 TT

Can we try and get a good entry from the club for this event on 18th April (you need to send your entries off NOW). This is a rolling lumpy course, one which was on Ron's doorstep (I think it went past his house) and one which he enjoyed doing. The event is based at Debenham and runs to Winston Green, Pettaugh, Ashfield, Kenton, Occold and back to Debenham. The first few miles are lumpy, especially the bit towards Ashfield, then it settles down and then a few final lumps a mile or so before the finish.

Time Trial Reports

The time trial season is upon us again and Pete & Bev Whelan have been exercising hard in the

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cool weather on Saturdays at the beginning of March. The season for us kicked off with the CC Breckland 10 mile TT – a ‘farmyard’ course around the lanes of Scoulton and Hingham. It certainly lived up to its nickname as within 500m of starting there was fresh smelly mud all over the road. There was no need for any Vick or Olbas oil to clear the nasal passages as the manure on the fields around the course took care of that. It was probably one of the warmest and driest times for this event, as quite often we get snow flurries or heavy rain. Bev and I both went faster than we did last year, me by a minute and Bev by 2 minutes. Bev even picked up the lady’s prize. The following week was the West Suffolk Wheelers 21 mile event, centred around Risby on a rolling, heavy course. Again the temperature was good and the day dry. The only difficulty was a strong wind on the long drag up from Lackford to start the second lap. It wasn’t any better the second time around, though the wind did help on the finishing leg up the hill to the water tower in Risby. Again we improved on last year, me by 2 minutes and Bev by 4 minutes. The following day Big Matt also did a good ride in the Gt Yarmouth 25 at Somerleyton, getting 3rd place.

Plomesgate CC Open 10 Time Trial

Our first promotion of the season, and a new organiser as well. This is the first time Evert has organised a TT, and well done to him and Annelie on a successful event.

We had 64 riders listed on the start sheet, but 19 decided against riding, which we think was mainly due to the weather forecast of rain and high winds, as well as it being a little on the cool side – certainly a lot cooler than the CC Breckland or West Suffolk Wheeler events of a few weeks ago. As it turned out, there were a few squally showers and blustery winds, but nothing to stop the seasoned riders or those who had made long journeys from the north of England. The course was well signed, though one rider appeared in a world of his own and took a detour at the roundabout – perhaps he was thinking too much about the fuel spill on the turn instead of which exit to take – even with Viv there marshalling it wasn’t enough (we only just had enough helpers on the day to make the event work – so a BIG ‘Thank You’ to all who helped in any way.

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The event was won by Lee Bark (Stowmarket & Dist CC) 22m49s, who also won the team prize. Fastest lady was Emilie Fisher (Elmy Cycles), who did a PB for the course, 25m03s; fastest veteran was James Rutherford (Team SIS) from Manchester. Of our club Adrian McTigue was fastest in 25m25s followed by Pete Whelan 26m42s and Jim Hardwicke a further 7s down. Bev Whelan was the only lady rider today for the club with a 33m12s, followed by Paul Willsher at 33m55s. Andrew Hawes looked a little disappointed to not break 30 minutes with a 30m56s, though if it is any consolation most people were a minute or two slower (excluding the winners). Mark Broughton swapped fat tyres for thin and did a 28m44s. and we think Stephen Beaumont stayed in bed as we didn’t see him !

We also had a collection in memory of Ron Philpot for the Air Ambulance, which totalled, £19.10, plus Lee Bark has kindly donated his prize winnings as well.

Pete

Grass Track Training & Racing

One of my passions of the racing season will soon be around. It’s also one of the disciplines that Victoria Pendleton excelled at, winning numerous national titles. Both my children raced grass track from an early age regularly racing against Victoria. Sarra had some good battles on the track with Vicky, coming second to her most of the time in the sprints. If you haven’t tried grass racing, then get yourself a fixed wheel bike with cyclo-cross tyres on it. Don’t worry about fitting brakes – you’re not allowed them. I hope to have a few evening practice sessions during May either at St Mary’s school field, Woodbridge or Bredfield village hall field on a Tuesday evening.

The first event in the eastern region will be at Letchworth on 6th June (400m track), followed a week later at Hertford on a tight 160m track. Prior to this the first two meetings are on the last May bank holiday weekend at Carlisle and Richmond (N. Yorks). Both of these are good events, even if the weather can be a little cold, with Richmond being held on a banked grass track. During the day there are a variety of races for you to take part in ranging from 400m sprints to 8km endurance events, with some meetings

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also having a game similar to musical chairs but with hoops to get your back wheel in.

This year one of my targets is the National 8km Championship at Heckington, Lincs. It's a long day out, but plenty to do apart from the racing as it is also an agricultural show – one of the benefits of entering for the grass track is it gets you entry for you and another to the show for free. The grass racing is very much part of the entertainment to the crowd at Heckington, but still good fun. The best I've ever got there in the Nat. 8km was 6th. Sarra won the National Ladies title there in 2001, a year I had a bad tumble a week before. Remember if you want to enter these events if pays to get your entry in a few weeks beforehand as some do not allow entries on the day, or the entry fee goes up considerably.

If people are in need of a lift to events, or just want to come and watch, then we will probably have room in the van.

Pete

Committee News

The next committee meeting will be at the Dog & Duck, Campsea Ashe after the evening '10' on Thursday 30th April. All club members are welcome to attend – we pride ourselves in being an open and honest club with no restrictions on who can come along to meetings.

Bikefood Bottles

Did anyone else take up the offer I emailed out to get free bike bottles. We scoured the house for the four most manky old bike bottles we had not sent for recycling and sent them off; only to receive a package back, return of post, with 4 nice bright yellow bottles and some sachets of Bikefood. Well worth the £1.63 postage cost to send the old bottles, which would never have used again.

WANTED

Ron Shoobridge is in need of a cyclo-cross frame 50 to 52cm sizing. If you have or know of one (or two) going spare, then let him know. Tel: 01502 722995. [I'm sure he won't mind what colour the frame is, even pink would do – Ed]

News Contributions

Send any news of events, rides, results, or anything of interest to club members, etc so that they can be included in the newsletter.

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Trevor has volunteered to take on the post of Editor, though if anyone else wants to have a go then let either Pete or Trevor know.

For the next issue, the e-mail address for contributions is Trevor.Figgitt@btinternet.com

For Sale

If you have any unwanted bike bits, then advertise them here.

Vinyl Decals

If you want your name on your bike, just like the professionals, then Pete is offering club members 25% off his normal vinyl label cost until the end of May. See Pete at Club/Open events or email him for details. pete.whelan@talk21.com

Time Trail Bike

A classy 'Argos', 853 Reynolds tubing frame (not Argos the catalogue shop, but the magic frame builder in Bristol), immaculately finished in a stunning purple. It has all the bits to race now, it just needs the right legs to go fast.

Spec:- 20.5" frame, aero handlebars, clip-on tri-bars, FIR deep rims on Hope (front) and Campagnolo (rear) hubs. Shimano 9spd gearing using Dura-Ace components. Bar-end and downtube gear shifters. Look Pedals. £675 or thereabouts.

Contact Ron Sutton Tel: 01502 724098

Coaching & Bike Skills

This is open to all children in the area, not just Plomesgate children. Marshall Crowe is running a series of coaching sessions most Saturday afternoons at Grange Farm, Kesgrave (with kind help from Evert). These have started slowly with just 3 riders but they are already proving very successful and enjoyable. Marshall can take up to 15 riders in a session, so get their early if there is likely to be a rush.

Note that there is no charge for these. Riders will need their parent/guardian to complete a Parental Consent form which is available on the day.

Marshall

See poster on next page



go-ride

Developing the Next Generation of Cyclists



Club Name & Activity:	Plomesgate CC – a series of 6 Coaching Sessions in basic cycling techniques. Free of charge
When:	2:00-3:00 pm on remaining dates:- 4 th April, 18 th April, 25 th April and 2 nd May
Where:	Oak Meadow, Grange Farm, Kesgrave
What to Bring:	Bike, Helmet and suitable clothing (including some waterproofs).
Age Range/Ability Level:	7-12yrs, Teenagers, Beginners & Intermediates
Contact Details:	Marshall Crowe 07860 689125



For more information, please call: 0161 274 2070
British Cycling, Stuart Street, Manchester, M11 4DQ

SKY SPORTS

www.britishcycling.org.uk

5 West Suffolk Wheelers Rough Ride

West Suffolk Wheelers are promoting another Rough Ride in the Culford area. Ideal for MTB or cyclo-cross bikes.



WSW PRESENTS
**CULFORD
ROUGH RIDE**
SUNDAY 19TH
APRIL '09

15-30 Miles of Forest and Ancient Heath Land Tracks
Suitable for MTB Cross / Rugged Road Bikes

STARTS AT 9:00AM
Registration From 7:30AM

CULFORD VILLAGE HALL
4 Miles North of Bury St Edmunds on B1106

Entry in Advance Adults £10 Under 16 £6
On The day Adults £12 Under 16 £8

Download an entry form
www.westsuffolkwheelers.co.uk - payment by cheque
or enter online www.everydaycycling.com

PLOMESGATE CYCLING CLUB Thursday Evening Club Event Calendar

April 30th "10" Start: 18:45

May 7th "10" Start: 19:00

May 21st "10" Start: 19:00

May 28th "Come & Try it 5" Start:
19:00

June 4th "10" Start: 19:00

11th June "Come & Try it 5" Start:
19:00

18th June "10" Start: 19:00

25th June "Come & Try it 5" Start:
19:00

2nd July "10" Start: 19:00

9th July "Come & Try it 5" Start:
19:00

16th July "10" Start: 19:00

30th July "10" Start: 19:00

13th August "10" Start: 19:00

27th August "10" Start: 18:45

3rd September "Come & Try It - Hill
Climb" Start: 19:00 (Cretingham)