



Youth and newcomers 5-mile TT competition

THIS SUMMER Plomesgate CC has tried to generate interest in a series of dedicated youth 5-mile TT events on Thursday evenings. These events, so far, have had modest numbers but enthusiastic support from young people, with everyone enjoying the competition.

If you would like to have a try out on the Cretingham Circuit, the last event in the series of 4, takes place on 14th August, meeting at Cretingham Bell, for a 7 pm start.

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Results for Thursday, 31st July

Cretingham Circuit (approx. 5.2 miles)

1 st	Marshall Crowe	14.43
2 nd	Andrew Crowe	17.41
3 rd	Katie Bloomfield	19.49

This was a new course for Plomesgate offering a more technical challenge than our usual 'out and back' routes. This one comes with challenging corners, lots of climbing and fast descents. The weather was warm with some light rain to cool the riders but this did make the road surface slippery in places after the recent long dry period.

We had to brush and clear a lot of loose chippings and dust from the junction at the Framsdan end of the circuit to ensure a safe passage. A sighting lap was used to familiarise riders with the course and all negotiated it safely.

Thanks to Trevor for timekeeping and brushing the corners, Ron Philpot and Louise Crowe for marshalling at the junctions. Without their help we simply couldn't hold the events in the safe manner that we must practise.

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We are extending the invitation to all local clubs who have young riders so that they will enjoy and benefit from competing against others in the same age categories. It will also be an opportunity for more mature riders to try out

time-trialling on a short course – an opportunity to try it out over a relatively short distance.

For further details please contact marshall.h.crowe@btinternet.com or call Marshall on 07860 689125

Forthcoming PCC grass track meeting

PLOMESGATE CC will be promoting their annual Grass Track race meeting on Saturday afternoon, 9th August at Bredfield village hall with the first race at 1pm.

We are in need of a few helpers on the day (judges, lap board, refreshment stall, etc) and also riders. The event will include a round of the National Endurance League series so expect some good riders from all over the country to turn up for the 8km race.

A full range of grass track events will form the programme for short distance sprints, Devil and the 8km. There will be categories for U12, youth, senior and ladies. Youth and above categories must ride fixed wheel bikes in accordance with British Cycling rules & regs.

Entries to Evert at least a week before the event (no entry on the day, except for U12).

See British Cycling event calendar for details.

We will also be running some free 'fun' events for some U12s who want to give racing on grass a first go.

So, pack up a picnic and deckchair and come along and watch/take part.



Rob Cotton writes . . .

For those that know me and/or have an interest, recently I reduced my P.B. for a 10 by 45 seconds to 21:45, whilst aboard a 98" fixed. There is the potential to reduce this further, by around 30 seconds, this year, should the combination of the following happen all at once: the right course, on the right day, with the right sized gear (now into three figures), with both my body and mind in top form. Whether this happens or not, time will be the best judge. *Happy cycling Rob.C.*

DUNWICH DYNAMO 2008

Two riders give their own account of some interesting hours in the saddle from city to coast:

Well it all started with a phone call from my buddy Patrick, "are you doing the Dunwich Dynamo?". I remembered him talking about it on occasion, how all you could see was flashing red lights stretching into the distance and "last time it rained so hard you could barely see".

"OK" I said and the next thing I know my train was booked.

Saturday morning I started to feel nervous, was it going to rain and be a nightmare, would I get unbearably saddle sore or not even be able to finish, mild panic setting in!

Everything ready, on the train, light charged, tools, extra layers, spare back lights, tubes, energy drinks, Assos chamois cream (large pot) etc, etc.

Short ride to the start from the station, got lost a few times! Ah there's everybody at the Pub in the park, lots of bikes. We met up with four other friends, had a chat and decided to go having obtained a few maps from someone handing them out.

8.45pm, we're off through London, full of excitement. The weather is perfect, wonderful evening sun to guide us out of town. No mishaps yet and lots of people to follow so no need to use the maps.

Sun down, lights on and it starts to get a little harder as energy levels drop, lots of gel packs. Country roads wonderful to ride, few cars. Our group splits and Patrick (on a blasted fixed

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wheel), Josh (on a £100 second hand mountain bike) and me (on my winter Giant SCR2) trundle on behind. We all meet up again at a pub. We'll drink water we say, some looks, well maybe shandy, more looks, OK one pint each, a pint it was and off we went again.

Ten minutes later my supposedly fully charged light turns off, out of juice and no spare, oh my god you can not be serious we're only 3 hours into the ride. Well one of our group, James, had a spare (not very bright) and it fit my bracket so I'm OK (good man). One thing for sure, at night on dark country roads you need a good powerful light when you are riding swiftly, so grateful though I was, going fast downhill was worrying to say the least.

Next stop, punctures. Some kind person had thrown some drawing pins onto the road and two of our group had flats. Out with the tools and off with the wheels. Punctures mended on one bike but the other had fulcrum wheels and we had such a struggle getting the tyre on that we had to use two of us with levers and pinched the tube in two places !**!? Start again, well we did it and off we go to the halfway point. Starts to get cold and a bit damp as the due sets in and by now lack of sleep is really sapping our energy.

We arrive at 4.00am at the halfway point Lavenham village hall (about 68 miles), soup and roll, or pasta salad stuff. Nobody says much, lots of bloodshot eyes and blank stares. Josh loses his sense of humour and heads for his grandparents house in Framlingham, on his own, traitor. Patrick (on the blasted fixed wheel that has been holding us up the whole way) says he also wants to go home, I tell him he can't. So he says he wants to lie down for a while, I tell him he can't. He says he will wait here and get a train in the morning, I tell him he damn well can't as if it wasn't for him I would be in bed and boy did I want to be.

Half an hour later and we are getting on our bikes, bleary eyed, sun on its way up and James informs us that he has another puncture, we see the funny side and get it fixed, off we go. Four of our group who are very keen race on ahead and I can't keep up so slow down and wait for Patrick. We decide to take it a bit slow and as the sun comes up so do our spirits. Two of the keenos wait for us and we become four. We get renewed energy and the sunrise is fabulous, open roads, the odd car occasionally, beautiful scenery that starts to become more and more familiar as we get closer to home. We have to rely on our maps now as the line of bikes is thin and we are often on our own. Soon



we are in Bruisyard and I have to ride past home to get to Dunwich but we push on re-energised by the glorious morning and a ride that for me is as good as it gets in Suffolk. Fantastic!

We arrive at Dunwich at 8.30am tired but in good spirit and order food, lots of it, oh and cider.

The ride was a strange combination of misery and ecstasy and Patrick has agreed to buy a new bike with gears! However I must commend Patrick on his incredible effort of pedaling every single mile with no freewheeling and never being far behind. I fear that when the new bike arrives it will be me who is left behind!

So long as the weather is good I would recommend this ride, I am not sure I will do it every year but I am very glad I did it this time.

Mouse

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Dunwich Dynamo 2008:- I did this ride a few years ago, for the first time, with Mark Howlett and thoroughly enjoyed it, even after a days grass track racing in Tonbridge. This year I didn't have any events during the Saturday, apart from my normal ride to Ipswich and back with a trailer load of fruit and veg from the market. The weather forecast for the evening was looking good and the rain from earlier in the morning had cleared away by mid-afternoon. The wind was a westerly, so a perfect direction to lead out from Hackney to Lavenham, thence to Dunwich. I decided to use my winter bike (26" wheels), but with 28mm tyres, as it has a good hub dynamo and powerful LED headlight (Solidlights).

A cheap advance train ticket from Ipswich to London with the bike (£6) and then to London Fields and the Pub On The Park and a token pint and see who you can recognise from the crowds of people. £1 for a route sheet, though to be honest you could probably get away without one for the first 20 miles or more, as you just follow the trail of rear flashing lights (and the retina burn from the super-bright ones!). The next 200km are just pure fun and madness. Not wanting to set off too early, I hang around until 8:30pm and make a start. It's not quick for the first few miles as you pick your way along with the traffic. Once out towards Epping and North Weald it all starts to get quiet on the road and very relaxed. The terrain is relatively flat with gentle rises, hardly needing a change of gear. I go along at a comfy pace

either catching other riders or others joining me, a bit of general chat and onto the next group, etc. The miles fly by and Lavenham (110km) is reached rather early (12:20am) helped by the wind. The new village hall, behind the Cock Inn is rather good, with plenty of food and drink available if you didn't carry your own. So as not to get to Dunwich too early, I hang around until 2am. Another rider who I met up with between Sudbury and Lavenham has now recovered (he was a bit dehydrated) and welcomes the opportunity to ride with me, as it is now all roads I regularly use. Dunwich was reached after a gentle ride by 5am. The café was already open and about 50 riders there. A bite to eat, plenty of fluids and the ride home to Woodbridge. I'd given Bev a call to say I was there so sort of expected her to ride out at some point. A couple of people I had met up with on the run to Lavenham had decided to ride to Ipswich to get the train back to London instead of waiting for the local train a few hours later; so we trundled along at 20mph, idly chatting in the sunshine as the temperature rose. Bev met us at Eyke, and then to home for a shower and an hour of sleep.

http://www.itvlocal.com/london/londonlife/?player=LON_LondonLife_15&void=214181 for another view of the ride.

Will I do it again, yes, hopefully with Andrew (he was ill this year). My bike lights were perfect for riding hard in pitch dark, though there was a bit of moonlight. Next year is 4/5th July ... put it in your diary now.

Pete Whelan

We know it's early . . . but you know what people are like!

This is an early reminder about the club dinner, which takes place on Saturday, 6th December, at The Bell Hotel in Saxmundham. Last year the organisation was carried out by Ron Shoobridge and as often happens with someone who does a good job, he has taken on the business again.

Last year the meal was very good indeed and everyone enjoyed the new venue. So we would urge you to keep this date available in your calendar. More information later.



Come and Try Youth Summer Series 08

Find attached details of a come and try it event on 16th August, organised by the Eastern Cyclo Cross Association and held at Foxhall stadium Ipswich.

The event is aimed at those that would like to learn about and have a go at Cyclo Cross in a fun and friendly environment.

All riders are welcome so please pass on to your club members. Riders will need a road worthy bike suitable for off road and a helmet.

Adam Keer, Club Development Officer, Team Ipswich, Ipswich Borough Council. Tel: 01473 433513. www.teamipswich.com



Here is your chance to try this exciting form of off-road cycle racing

Each session includes expert coaching followed by a fun race

DATE	VENUE	CLUB	START TIME
Sun 29th June	Priory School, Mount Road/Shakers Lane, Bury St. Edmunds, IP32 7BH	West Suffolk Wheelers	9.00am
Sat 12th July	Springfield Hall Park, Arun Close, off Waveney Drive, Chelmsford, CM1 7QE	Ciclos Uno/ Maldon & Dist	9.00am
Sat 16th August	Foxhall Stadium, Foxhall Road, Ipswich, IP4 5TL	Ipswich BC	9.00am

- All ages Under 16 welcome
- Small fee of around £2 per event
- Series Trophy for the club/team/school with the most points
- Bikes and helmets can be borrowed. Contact below for details

For more details or to book a mountain bike to use contact Mark Wyer on 07534 281271 or e-mail: markwyer@britishcycling.org.uk

More info on local events

This time including Grass Track at Chantry High School led by British Cycling.

1. **Mountain Biking Skills and Techniques** at Springfield Hall Park, Chelmsford on:

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30th July, 6th August, 13th August, 20th August.

These sessions are ideal for those just getting into Cycle Sport and fancy trying some racing in the future.

Book here:

http://www.chelmsford.gov.uk/media/pdf/4/4/Sports_Dev_-_Summer_holiday_08.pdf



2. **Olympic Grass Track** at Chantry Sports Centre, Ipswich on 27th/28th August.

The Under 16's group will use Fixed Wheel track bikes and the Under 12's group can use any bike, Mountain Bikes, Road or Cyclo-Cross bikes.

For these two days the Under 16s will focus on the **Madison**, the event that Mark Cavendish is going for at the Olympics.

The Under 12's group will have a go at many of the track events featured in the Olympics, including Team Pursuit, Team Sprint, Keirin and the Points race.

More news - the two days of Grass Track at Brentwood on 18/19 August will include an Under 12s group using any bike, Mountain Bikes, Road or Cyclo-Cross.

Details for the complete Summer Holiday Programme at <http://www.britishcycling.org.uk/web/site/BC/clu/News2008/easternholidayprogrammes.asp> where booking forms can be downloaded or contact me for a form.

Best wishes,
Mark.

Mark Wyer
British Cycling Eastern Go-Ride Coach
07534 281271



Thursday evenings Timekeeper/Pusher Rota

Date	Distance	Timekeeper	Pusher
10	7/8/2008	Bev W	Marshall C
10	21/8/2008	John V	Pete W

PCC Open Events

Date	Course	Date	Start time
25	B25/2	20/9/2008	14.00
Grass Track	Bredfield	9/8/2008	12.00

Sunday Market/Café

For anyone looking for somewhere different to stop for a coffee while out on the bike. I have been informed that there is a regular monthly Sunday market held at Henley Community Centre from 10am to 4pm. Henley is a village north of Ipswich and the Community Centre is in Church Meadows.

The dates for the next few months are :-
 Sunday 20th July
 Sunday 31st August
 Sunday September 28th
 Sunday October 26th.

FOR SALE

MOUNTAIN EQUIPMENT JACKET, size small (unisex), Proline Textile fabric, guarantees to keep out rain and wind, breathable/windproof, safety light. As new, worn once (cost £160). Sell £99. Tel: 07713733422.

MEN'S BLACK THERMAL BASE LAYER LEGGINGS, size large, Helly Hansen (cost £50), worn once. Sell £20. Tel: 07713733422.

LADIES NORTH CAPE THERMAL BASE LAYER LEGGINGS, size small (10), cost £35, worn once. Sell £15. Tel: 07713733422.

2 PAIRS LADIES size 10-12, black thermal trousers (Calagne), cost £55 a pair. One pair new, one pair worn once. Sell two pairs £50 only. Tel: 07713733422.

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LADIES THERMAL TROUSERS, size 12 (Calagne), worn once, cost £45. Sell £20. Tel: 07713733422.

Suffolk CTC events

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



Our National Time Trial Champions Michael Hutchinson and Julia Shaw favour bare hands for speed. *Well, I'm giving it a try before the end of the season. Ed*

Articles for next month

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

It's your newsletter so drop me a line at

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or

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