



Foreword

The TdF is quickly becoming a distant memory, the main roads are filling up with caravans and cars loaded to the gills, and its raining again – it must be August!

Trevor

Its PLOMESGATE GRASS TRACK TIME !!

Next Saturday – The 8th August at Bredfield Village Hall. If you are not riding then your help would be much appreciated. Competitors will be signing on from 12 noon, with events scheduled to start at 1pm.

Brentwood Grass Track Report from Pete Whelan

Easterley Road Club, in association with Brentwood Rotary Club, promote the first Brentwood grass track meeting, in lieu of the round the town crits. Number of riders wasn't huge, but the racing was still hard, especially due to the strong winds on the day. The track (330m) was good, but slow due to the wind – it was like going up a 20% hill coming into the finish straight on a flat field.

The event was run as an omnium, which for those who don't know means that your placing in the events of the day all count towards an overall placing. First event was a one lap TT, and depending on if the gust of wind was at its peak when you started had a big influence on your time, next up was a 800m handicap, based on the TT time – somehow I managed to win the handicap event !. A 2 lap scratch sprint, a devil (3rd) and then a gut busting 3km scratch – I died

due to the wind. Overall I got 4th, so was pleased. I think this gives me enough to keep my 2nd cat licence for another year.

Heckington Grass Track Report, from Pete Whelan

Heckington Show is the biggest village show in the country and not far off the size of Suffolk Show. It is now in it's 142nd year and apparently grass track racing has been a main attraction for a very long time. The main ring forms the grass track which is long and narrow with slight banking on the corners, but as the bends are tight the banking doesn't give a lot of grip ! The two chestnut trees either end of the track are now huge and legend has it that they were planted there when the grass track originally started.

For your standard entry fee to ride the event you get a privileged car park pass and tickets for yourself and one other, which works out cheaper than buying two tickets normally. The only trouble with being part of the entertainment at such an event is that the racing is interspersed with other attractions (some years it has been camel racing, Saxon warrior battles, etc), so it makes it a long day, but if you are good, the prize money here is high (£100 for 1st in most events)

This year the event hosted the National 8km Championship, I was aiming for top 10, but only managed 12th – competition was high and a struggling headwind on one straight – or maybe just my age starting to show against the youngsters – I was probably on a slightly too high a gear. I dropped a tooth for the remaining events and fared a little better in the Devil and 800m sprints.

We decided to stay over and explore the area the following day, staying at Swineshead Bridge, it was then not too far to Boston, with The Stump visible from miles away. We then battled into a fierce headwind, typical of the Fenland area, for

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about 12 miles to some other villages, with few roads to detour on, then later a turn to a tailwind to return with a total of just under 40 miles for the morning.

A pleasant weekend.

Evening “10” Result – 16/07/09

Pos	Name	Club	Time
1	Evert Wijnberg	PCC	00:24:03
2	George Kerridge	V.C. B	00:25:03
3	Stephen Beaumont	PCC	00:26:02
4	Paul Clarke	V.C. B	00:26:03
5	Matt Dye	PCC	00:26:23
6	Marshall Crowe	PCC	00:27:49
7	Andrew Hawes	PCC	00:28:21
8	Stephen Searby	IBC	00:30:01
9	Amanda Mallett	Ips Tri	00:31:01
10	John Cooper	V.C. B	00:32:25
11	Ron Shoobridge	PCC	00:33:36
12	Robin Hawes	PCC	00:36:02

Thanks to Pete Whelan (timekeeper) and Steve Beaumont (pusher)

A breezy , but warm evening, with a headwind back from the turn. Well done to Robin in his first go at 10 miles, though a little unfortunate to get blocked by a car. The midges didn't appear to be too prolific, except when Marshall turned up on the line – something about his midge repellent that attracts them.

Evening “10” Result – 30/07/09

1	Evert Wijnberg	PCC	24:05
2	John Adams/Jayne Williams	Stow	25:03
3	Pete Whelan	PCC	25:30
4	Chris Lacey	Stow	26:02
5	Matt Dye	PCC	26:53
6	Clive Sparkes	IBC	27:03
7	Nigel sadler	PCC	27:10
8	Alastair Gilles	PCC	27:20
9	Marshall Crowe	PCC	27:22
10	Paul Clarke	VC	27:49

PLOMESGATE CYCLING CLUB

		Bar	
11	james Beaumont	PCC	30:39
12	Peter Lennard	PCC	30:53
13	Bev Whelan	PCC	32:06
14	Ron Shoobridge	PCC	34:03
15	Josh Hutchinson	PCC	DNF(puncture/tyre explosion)

Provisional results, until Jim can work his magic and do the handicapping and vets times. A cooler evening than of late, with a bit of a headwind to the turn, but reasonable on the way back. Don't think there were any records broken.

Josh suffered an exploding tyre on the return leg, just before the forest, which he thinks was due to catching a stone on the tyre wall – oh, well two more events to try and finish. John Adams and tandem partner Jayne Williams managed to break the gear cable before the start, so went off last, pushing the only gear they had (53 x 12) to still do a respectable time for a first outing – I'm just glad it wasn't me on our tandem as that would have meant stuck in 57 x 11. A really good performance from Alastair Gilles, his first at 10 miles after his first ride on the 5 course should easily get a 26 minute time or better with a bit of practise.

Thanks to Andrew Hawes (timekeeper) and John Vidler (pusher)

Club Hill Climb – Cretingham – September 3rd 7pm

The last club “10” is on 27th August, the week after we are holding a club hill climb.

OK its not Mont Ventoux or the Tourmalet, but it is approximately 0.5mile of around average 8% (1 in 12) and should provide a nice challenge for les grimpeurs amongst us.

Start is on the Otley Road in Cretingham, at the bottom of the hill (funnily enough), just beyond river bridge. Proceed through the village and up the hill past the pub. Continue for a couple of hundred metres over the top of the hill to finish opposite cottage.

I crawled up it this morning, at the end of a 2 hour ride and did it in just under 3minutes, so the faster guys will do it about 1minute less than that.

Next Committee Meeting – September 3rd

The next meeting of the club committee will be held after the hillclimb at The Bell pub in Cretingham. This is likely to be an important meeting where next seasons events and dates will have to be decided. All members are welcome, especially if you would like to contribute.

Diary Dates

Sunday August 16th

As August is a bit difficult to plan due to holidays, again suggest we meet up with the CTC on 16th August, though two of the rides that day start early with plans for breakfast at Dunwich. If we opt for the easy ride, then it is Butley Barns for 11's and Sizewell for lunch, and Parham for tea. Suggest people make their own way to Butley.

Thursday September 3rd

Club Hillclimb Cretingham – see separate article.

Sunday September 20th – Broads Raid

Advance notice of a club ride - Plomesgate Invade Norfolk, medium paced touring ride

Sunday 20th September

Start: Beccles Quay, 9:30am

to Reedham Ferry (toll) to Acle, then skirting the Broads with a coffee stop at either Ranworth or Woodbastwick

then through Wroxham and north to the Dilham/Neatishead area for lunch (pub or sit at the waters edge and picnic), then drop back to Horning and towards Potter Heigham (tea), then Acle, Reedham Ferry and Beccles (4:30/5pm).

Total distance will be about 100km

From Wolsey Newsletter

August
3rd

Wolsey RC Committee
Meeting

9 th	Suffolk Coast Ride – 35 or 60 miles. Glemham Hall, Lt Glemham Bike Events. Start 08 00.
29/31 29 th	Mildenhall Rally CTC Suffolk 100,200 and 300km Audaxes- Mildenhall Anne Scott Tel: 012067 211638
September 7 th	Wolsey RC General Meeting. Tower St, Ipswich
20 th	“Essex 100” – 100 Miles – Chelmsford. – Action Medical Research
October 3 rd	CTC Suffolk “ Suffolk Byways” 100km Audax Blaxhall V.H. Paul Fenton - 01473 311222
11 th	CTC Suffolk “Roughstuff 25” Butley V H. Dave Dodds 01394 388851

Thanks to Maureen and Ken Nichols for these dates.