



## Annual Dinner

As a nice lead up to the Christmas festivities an enjoyable evening was had by all at the Annual Dinner and Prize presentation, held at the Bell Hotel in Saxmundham.

This was a change of venue for this year and around 18 members and friends sat down to enjoy good food and even better company. Organizing any event can be 'character building' at times and our thanks go to Ron Shoobridge for doing the business and, on the night, looked to be relaxed and enjoying himself.

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## Summary of Annual General Meeting

Things didn't start well when we arrived at The Horse and Groom in Melton to find it closed due to illness. Fortunately we were able to convene at Pete and Bev's in Woodbridge, a couple of miles up the road!

The new officials for 2008 are :-

Chairman = Trevor Figgitt  
Secretary/Racing Sec: Jim Hardwicke  
Treasurer: Vivienne Broughton

In addition Marshall Crowe will take over the role of clothing organiser, and Ron Philpot the newsletter.

The committee is Evert Wijnberg, Ron Sutton, Ron Shoobridge, Marshall Crowe, Ron Philpot, Pete Whelan, Bev Whelan.

Although people are reminded that if they have something to say then any club member is invited to the committee meetings.

The following proposals were agreed and will be passed to the committee for further refinement and action.

1 - That the club buys and maintains a club first aid kit. Although some of the details were discussed on size and nature, the basic proposal was voted for and

the details will be discussed and agreed by the committee.

2 - The club sets up a reward/recognition scheme, to reward helpers, supporters, marshals, officials etc... The details will be discussed and agreed by the committee.

3 - The club increases the entry fee for non Plomesgate CC riders to club events to £2 for 2008.

4 - Marshall suggested that as we the club subsidise club jerseys for younger members. At £40 a jersey its cost prohibitive for parents to fork out for something that may only be used a few times. The meeting was in general agreement with the suggestion and the proposal and details will go forward to the committee for discussion and agreement of the details.

The first committee meeting of the New Year will be on January 17th at Evert and Annelie's. Details will be in January Newsletter.

*Trevor*

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## Club Kit

Marshall has recently taken over the job of club kit manager from Matt Donaldson. Thanks to Matt for his good work in procuring our club colours in the past years and giving me good advice on how to continue it.

I intend to put together an order with our Impsport supplier for next season within the next few weeks. There is a current estimated delivery time of 4 weeks from the point of order but this is likely to increase in the new year as we approach the new season. Another incentive to order soon is that prices are guaranteed to be held at 2007 levels for all orders placed before 1<sup>st</sup> Jan 2008. So please think about your requirements for next season and treat yourself to some new kit. With a new skinsuit you may even go a little faster using no more effort. At the very least you can be proud to be seen in those 2008 events, resplendent in the bright colours of Plomesgate CC!

*See Pages 2 and 3*

I have in stock now the following items for immediate availability.

### **Polyester Jersey, short sleeve road, short zip**

Lge, 40" (2 off)  
Med, 38" (1 off)  
Small 36" (2 off) all at £ 44.65 including VAT  
These are all Men's sizes (see below for details)

### **Socks**

Lge (2 prs) at £???.?? a pair

### **Overshoes**

XL (1 pr) £12:50

There is a large selection of available items. You can view the full range at [www.impsport.com](http://www.impsport.com) in their colour brochure which can be downloaded. Here is a list of the most popular items.

### **Lycra**

Short sleeve skinsuit £57:00 + VAT  
Coolmax Lycra, anatomically shaped, Seamless seat insert.

Long sleeve skinsuit £59:00 + VAT  
(Spec as above)

Bibshorts £44:00 + VAT  
Coolmax, anatomically shaped with printed side panels, leg grippers and seamless seat insert.  
Mesh bibs traps for cooling

Shorts  
Spec as above, no straps £37:50 + VAT

Bibtights (no pad) £42:00 + VAT  
Coolmax, anatomically shaped with printed side panels, foot loops. Wide straps

Arm warmers £14:00 + VAT  
Coolmax

Legwarmers £15:00 + VAT  
Coolmax

Time Trial Overshoes (very fast!!)  
£12.50 + VAT

### **Polyester & Gamex**

Short sleeve road jersey £38:00 + VAT  
in Sprintnit (£1 extra for 3/4 or full zip)

Long sleeve road jersey £40:00 + VAT  
in Sprintnit (£1 extra for 3/4 or full zip)

Full zip training jersey in Sprintnit £41.50+ VAT  
(Full length front zip, single zipped rear pocket)

Rain jacket £36:50 + VAT  
(Gamex, Sprintnit unlined)

Rain Jacket £53:50 + VAT  
Gamex, Sprintnit lined, full zipped rear pocket

### **Thermal**

Winter Training Jacket £52:50 + VAT  
(full length front zip and 3 rear pockets) In Isowind material

Bodywarmer Gilet £39:50 + VAT

Thermo-Dress Bibtights £45:50 + VAT

Thermo-Dry ski hat £14:50 + VAT

Arm warmers £17:00 + VAT

Leg warmers £20 + VAT

Sizing as follows:

<b>Men</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
Chest	34	36	38	40	42
Sleeve	19	20	21	22	22
Waist	28	30	32	34	36

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Women	XXS	XS	S	M	L
Chest	33	35	37	39	41
Sleeve	18	18	20	20	20
Waist	25	27	29	31	33

I will be ordering a small number of children's size jerseys (30, 32") for use by the younger club members. These will be loaned out on a seasonal basis with the aim that youngsters can proudly represent their club in open and other events without the prohibitive cost of a jersey which they can often outgrow within a year.

All the above prices are for orders of 12 or more mixed main garments. For small orders of between 5 and 12 the suppliers will add a 10% surcharge. We can avoid this by planning ahead and getting a sizeable order together. So please let me know by **21<sup>st</sup> December latest** of details of your requirements so that I can beat the 1<sup>st</sup> January deadline for potential price rises.

**NB:** If you are ordering skinsuits please refer to the measurements page on the Impsport order form or contact me for details. I will need advance payment for these as they are tailored to fit individuals and the club obviously cannot afford to stock these.

If you have any questions please contact Marshall on 01473 612900 or email me on [marshall.h.crowe@btinternet.com](mailto:marshall.h.crowe@btinternet.com)

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## V.T.T.A. (East Anglian Group) Annual Luncheon

Along with 80 others, Jim Caplin (Godric) and myself attended the V.T.T.A. (East Anglian Group) Annual Luncheon and Prize Presentation at the Holiday Inn, Ipswich. I recall last year in the *Newsletter* saying how good an event this is. That fell on stony ground.

However, some of us have little chance of getting a place in open events but with V.T.T.A. (joining costs £9) one can ride to try and obtain a standard time depending on age and should you be successful, a medal, which is a nice momento for the future.

If anyone is interested I will try and explain the details. The region also has a newsletter four times a year together with a national edition, once a quarter. I

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am not pushing the vets but it does add enjoyment to a season.

This was written before our own Plomesgate dinner, which it is hoped, will be just as good.

*Ron Shoobridge*

*(It was, it was!. Ed.)*

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## PCC Events for 2008

The following are the Time Trials the club will be running in 2008:-

There is a slight change from previous years as we could not get the May date for the "25", so we have secured a new date in September.

### OPEN EVENTS

Distance	Course	Date	Start Time
10	B10/9	20/3/2008	14:00
30	B30/9R	14/6/2008	14:00
25	B25/2	20/9/2008	14:00

### CLUB EVENTS

Distance	Course	Date	Start Time
10	B10/9	24/4/2008	18:45
10	B10/9	1/5/2008	19:00
10	B10/9	15/5/2008	19:00
10	B10/9	29/5/2008	19:00
15	B15/9	5/6/2008	19:00
10	B10/9	12/6/2008	19:00
10	B10/9	26/6/2008	19:00
25	B25/2	3/7/2008	19:00
10	B10/9	10/7/2008	19:00
10	B10/9	24/7/2008	19:00
10	B10/9	7/8/2008	19:00
10	B10/9	21/8/2008	19:00

Also don't forget the Grass Track meeting which is on Saturday August 9<sup>th</sup> at Bredfield Village Hall.

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Here is a piece from another source, which we think you may be interested to read. *Ed.*

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### Mersey Roads Club Twenty-Four

#### RTTC 24-Hour National Championship

Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> July, 2007

When I started Time Trialling in 1986 my ambition was to have a go at all distances. With the help and guidance of Frank Edwards (Brighton to Newcastle winner in 1953 and who represented England in the Tour of Britain in the same year), I made my first attempt at a 100 in 1995, suffering badly in the last 20 miles. The remembering my first '12' in 1998 and scraping home with 202 miles and feeling dreadful at the end, would it now be possible to go on and do another 12 hours? No chance!

With the turn of 2007 I had committed myself to the End-to-End in five days (to raise £2,700 for the Bishop Simeon Trust) and with all the training that this entailed I entertained the idea that maybe I could also do a '24' hour. I entered in June but was so nervous about the thought of it that I told no one.

The End-to-End came and went. I completed in 56 hours, 20 minutes and 10 seconds (riding time), leaving me two weeks in which to rest and train for the '24'. I nervously told my family – 'Grandad, you are mad!' My training partner, Mike Wood, also questioned my sanity. However, with the promise of tea forever, he kindly agreed to help.

We set off at 5.30 a.m., Saturday, 21<sup>st</sup> July, 2007. The forecast was for rain and more rain! Arriving at 10.30 a.m. we checked out the circuits. The Quinn Brook circuit was flooded! Feeling nervous and scared we arrived the Headquarters and bumped into John Pugh (Godric), who has broken the 24-hour National Age Record twice! Fergus Muir, *EDP* correspondent and Pete Trodden who took part in the End-to-End in the May Group.

Bike read, signed on, collected numbers and food bag, got myself ready, keeping my gilet and arm warmers on as it was raining. I felt quite emotional at the start,

which for me was 1.44 p.m. (number 44), then made my way to the Shaw Birch Island circuit (36 miles)

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worked for three hours and then had a cup of tea and a bun. This was my plan, to break the ride into eight sections and have a goal every three hours. I completed 178.697 miles in twelve hours (average 16 m.p.h.)> All going to plan and feeling o.k. The Quina Brook circuit was still flooded so we stayed on the Prees circuit, slight deviation from Tern Hill to Prees (two circuits).

Into the night, lights on, leg warmers on, extra gilet on. Not pleasant riding in the dark, can't see the computer, hard to keep up the average of 16 m.p.h. Mike Wood was superb with back up. Always there, always encouraging, plenty of tea and a bacon butty at one stage!

At 1.30 a.m. I started to feel bilious, lost energy and wanted to sleep! I stopped at the tea hut at Espley Island and tried to recover. I managed tea but had no appetite and then tried to sleep for five minutes. Mike, correctly, advised me to 'plod' on. At 3.00 a.m. I was feeling the cold and donned my waterproof, slowly my tummy was getting better and I felt some energy returning – so, back on the tri-bars I pushed my speed back up to 15 m.p.h. Dawn came and it was freezing, so cold it gave me a headache. Stoic Mike was with me all the way and by 6.00 a.m. I was feeling much improved and picked up the speed to 17-18 m.p.h. albeit with an aching back. There then was a variation in the circuit, turning at Shawbirch, and an interesting ten miles battling with Ron Longstaff (the 80-year-old vet legend) who was going very well. Lynne Taylor, the leading woman, was also going very well. The talk was that she was on for the comp. record of 461 miles. She is a lovely person, always ready with words of encouragement, which certainly encouraged me!

The lead man, Eamonne Deane, was going like a rocket. The marshals and helpers were fantastic, the couple in the tea hut at Espley Island were especially so.

At 7.00 a.m. I was trying to work hard. It was waterproof and lights off. The rain stopped but the wind was up but it was still cold. 10.30 a.m. and at last we were on our way back for the finishing circuit and the headquarters at Farndon. Sixteen miles with a tail wind and I was starting to feel a whole lot better with my speed up to 20-21 m.p.h.

11.45 a.m. feeling hungry, which was a good I arrived at the finishing circuit at approximately sign. The sun came out and for the first time I was able to take off

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gilets and arm warmers! After a ham and cheese roll and flask of tea I started the finishing circuit feeling good and strong. I couldn't believe it. I could see Ron Longstaff about 50 yards ahead, wobbling. I saw him go on to the path and fall off, hitting his head on the bridge wall. I stopped to help as he looked in a bad way and raised the alarm. Fortunately his helpers/son were only about 100 yards away. Ron's head was bleeding and his son phoned for the ambulance. I couldn't do any more so it was back on the bike.

Still feeling good and comfortable on the tri-bars I was averaging 19-20 m.p.h. and for the first time started to overtake people!! I passed the headquarters going like a rocket and all the supporters were cheering and clapping. For an hour and 35 minutes I worked as hard as I could and actually completed 34 miles in that time, just the opposite as to how I had been feeling at 2.30 a.m.

I finished at 1.44 p.m., completing 332.421 miles at an average speed of 15.6 m.p.h. with a top speed of 31.5 and a bottom speed of 9 m.p.h.

Back at the headquarters there was a good atmosphere, my relief that it was over and that I'd completed it! A little disappointed that I had missed my vet's standard (336) but there you go! The atmosphere in the main hall was terrific with photos of all the cyclists already being shown. Two pints of Carlsberg and egg and chips went down a treat.

Jon Williams (Event organiser) presented the medals and trophies. The winner was Eamonne Deane (Bournemouth Jubilee) with a fantastic 501.042 miles. (The competition record stands at 525.07 by A. Wilkinson.) Runner-up was John Warnock (Twickenham C.C.) with 475.342 miles. The lady winner was Lynne Taylor with 459.291, a P.B. but just missing the record (461.45 by Christine Roberts).

What an excellent job by Jon Williams. The whole organisation was superb and all the marshals and helpers were first class. For an ordinary veteran club rider it was a privilege just to take part.

Statistics: 85 started and 71 finished. One completed 500 miles plus, 21 completed 400 miles plus, 20 completed 350-400 miles, 23 completed 300-350 miles and 6 completed over 200 miles.

I must acknowledge the absolutely superb help that I received from Mike Wood. He got me there and back safely, provided backup and encouragement, which was second to none. *Thank You.*

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My thanks also to Pat Harboard for sorting my bike out the night before! The readjustment of my tri-bars, extra bar tape and new tyres enabled me to get round safely.

My family? I must thank them for their support and tolerance! What an experience.

Will I do it again?

*NO, NO, NO!!*

*Michael Rainton*

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### Bargain second hand

#### club kit

With my leaving the club and riding in new colours next season I have a few pieces of good condition kit that may interest anyone after a bargain. All official Imsport kit less than 2 years old.

1 x XL long sleeve skin suit	£20
1 x L short sleeve skin suit	£20
1 x XL short sleeve full zip jersey	£15
1 x L (34") bib shorts	£15
1 x L (34") bib shorts (new in packet)	£20
1 x L Thermo Gillet	£20
1 x XL Thermo Jacket	£25

All this kit is in excellent condition and some is barely used, it is also pretty fast stuff ☺

Contact Matt on 01394 411589 or [matt.donaldson21@btinternet.com](mailto:matt.donaldson21@btinternet.com)

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If anyone would like a Club Kit List as a separate item, Please let me know. *Ed*

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*Lady racing cyclist – 1896 New Zealand*

What wonderful kit this is!

I struggled for pictures this month – but couldn't resist a lady on a bike. *Ed*.

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## Articles for next month

Keep the material coming by any means you wish. Deadline is around the end of December 2007.

It's your newsletter so drop me a line at

[philpotrons@aol.com](mailto:philpotrons@aol.com)

**or**

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## PLOMESGATE CYCLING CLUB

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*May I, on behalf of  
everyone,  
wish all members  
and friends a very  
Happy, Safe and  
Peaceful Christmas*

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*Ron Philpot*