



Rapha-Condor team launch

Whilst not as grand a day out as Jon Smith's weekend away with T-Mobile (my only claim to fame with T-Mobile is that Mark Cavendish once road my Cougar road bike when he and Andrew were racing as part of the British squad in Assen, when he punctured and Andrew gave him the bike to carry on), I had a very pleasant evening at the launch of the Rapha-Condor-Recycling racing team in London on the 24th January 2008.

The previous year I had to decline the invite for the launch of the Rapha-Condor team, as I wasn't able to get over to London on the day, but this year I decided to take a bit of time out and go and mix with all the press and other celebrities invited along.

I arrived at the venue (Singapura, near St Pauls) to see Chris Newton and another young rider going in, with Dean Downing coming out to nip to the pub next door. In the road was an old Citroen car dressed up in team logos, later to be used for one of the team photos.



Following me into the venue was David Duffield (Eurosport commentator and tricyclist) ... he is just as talkative as he is when commentating. I don't know if he was really interested in looking at the bikes, but he appeared to home in on me to talk to. He claimed it was a pure accident that he was wearing part of the team colours (Rapha tend to use black, white and pink for their clothing) ... he had pink socks, and a salmon coloured jacket (that had seen better days).

There was a good array of the team bikes put together by Condor, using some of their stock frames and in Rapha colours. I'm sure I could get the contract for supplying the riders names for the bikes, as they are no different to what I do (I already do them for Mercian Cycles). The team was busy 'hiding' on an upper level of the venue, looking down at everyone arriving. The

guest list didn't look that big, but the venue filled up to capacity, so probably about 200 of us.

By the time you read this you will probably already have read a bit about what the goals of the team are. John Herety wants them to be prominent in both the UK and European calendar, but realizes they don't have a right to ride all the events, so it was a shock to him when Mick Bennett, who runs the Tour of Britain, invited the team to take part in the Tour of Britain, and also to the Tour of South Africa (which he is organizing). During the introduction of the team and the sponsors a lot focused on Chris Newton and his Olympic hopes, and also on Dean Downing, co-leader, (to a chorus of 'Deano, Deano' from his fans) as it was his birthday.

It wasn't easy to get to the front of the stage past the mass of press photographers.



It's a very young squad, but looks powerful and will be a very challenging team to beat.

The level of sponsorship doesn't just stop at the three companies forming the team name, so a lot of deals have been done with equipment suppliers as well, so don't blame me if prices of Shimano, SIS, Giro and other products are high. It would be interesting to get figures of how much backing is being put in.

I could name drop a lot more about the evening, but will keep it this for now. It was a very interesting day, with plenty of food and wine flowing, then goody bags when you left. If they invite me again for next year, then I might be able to blag a place if anyone is interested !

Pete Whelan

The Early Bird

The club dinner has been booked for 2008. I think most people thought it went down well at The Bell last year. The date is Saturday, 6 December. Please make a note now. More info later.

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Congratulations to young Jack Hardwicke. Another 2nd place in the Eastern League Cross at Mistley. Where was dad?

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I would recommend a book edited by Les Woodland: *The Yellow Jersey Companion to the Tour de France*. Just about everything you would want to know.

This guide to the Tour de France includes the name and age of every stage winner, every mountain and the first to top them, a complete list of all the stage finishes since the race began, as well as all the unknown stories. This includes the rider forced to crawl along the finish line in search of his glass eye, the exhausted man who hitched a ride on the back of a donkey, the Tour star denied his yellow jersey hours after he'd won it, and the journeyman competitor who never got to wear his because someone drove away with it.

Ron Shoobridge

A few Suffolk CTC events coming up

Sunday 3rd February, Reliability Ride. Entry fee £3. Start Bredfield Village Hall from 09:00 Contact Judith Gunion <mailto:Judy.Gunion@eveningstar.co.uk> 01473 741992. 50km and 100km rides. Depending on how long you anticipate taking and the distance, the start times vary from 9am to 10:30am.

Sun 10th February, Suffolk CTC annual Dinner & Prize Presentation, Holiday Inn, Copdock 1.30pm for 2pm start. Menu as offered by hotel approx £15.00 per head. Contact Sue Page or Nicola Halton for tickets. Guest speaker - Fergus Muir (Tricycle Association, Cycling newshound, etc). Plus all the regular rides at <http://www.greenlivingcentre.org.uk/ctc/>

PCC Events for 2008

There was an error in the event dates published in the December newsletter – Please note, these are the corrected dates!

Thursday evenings

| 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 | 18.45 |

Open Events

| Distance | Course | Date | Start Time |
|--------------------|-----------|-----------|------------|
| 10 | B10/9 | 29/3/2008 | 14.00 |
| 30 | B30/9R | 14/6/2008 | 14.00 |
| 25 | B25/2 | 20/9/2008 | 14.00 |
| <u>Grass Track</u> | Bredfield | 9/8/2008 | 12.00 |

Free Tea & Cake!

Did you know that all Plomesgate members and their friends and relatives can qualify for free tea and cake? This year there are four occasions that you can do this. The key dates are 29th March at Sudbourne Village Hall, 14th June and 20th September at Tunstall Village Hall and 9th August at Bredfield Village Hall. How do you qualify? Just offer to help at the event, all helpers and marshals get free tea and cake. **Don't miss out, see page 3 for details of the first event.**



Plomesgate Open "10" 29th March 2008

The date of our first open event is approaching rapidly. I have already received the first few entries. The closing date for entries is the 18th March. The event starts at 2pm entry costs just £6.50 which includes a free drink at the finish. It is also a qualifying event for the SPOCO series (see <http://www.team-cambridge.co.uk/spocoeast/>). The HQ is at Sudbourne Village Hall. If you have never entered an open event before this is a good one to start with as it is run on our usual evening 10 course. I would be very grateful for any offers of help. There are indoor jobs at the HQ as well as outside marshals needed. Please contact me on 01394 385281 or email me at bev.whelan@talk21.com.

Bev Whelan

How about a holiday or some training?

This month we include several bits and pieces sent to Trevor, giving information about places to take off to, or events to take part in.

From **Allons-y Pyrenees**, South West France:

It's a great place to come and train or just have a relaxing holiday. Contact Keren and Chris Bland at allons-y-pyrenees@hotmail.co.uk or call 0033562351707.

Full details, prices etc: www.allons-y-pyrenees.com

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From **Get Kids Going!**

L'Etape Du Tour, Sunday, July 6, 2008
Pau to Hautacam – 154km

Get Kids Going! is a sports charity for disabled young children. We provide them with sports wheelchairs so they can participate in sports such as: racing, basketball, rugby, etc. We are only able to provide such sports wheelchairs by encouraging able-bodied sports people like yourselves to participate in events like the L'Etape du Tour and raise money for our many disabled youngsters. The charity receives no government or local authority funds at all!!

For information and application forms:

Email: info@getkidsgoing.com

Website: www.getkidsgoing.com

Tel: 020 7481 8110.

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Cycling holidays in Lapland

These summer cycling tours in Lapland offer a unique opportunity for exploring and getting to know one of the last wilderness areas of Europe. Go wild in the land of the midnight sun.

Information and reservations: Tel: 01923 822388
www.cycling-in-lapland.com



... and don't forget the universal dancing!

Diary Dates and What's On

Hi, we would like to draw your members' attention to our forthcoming unique event.

World Property Centre Rendlesham Forest Challenge. A 20k Run/Bike event for teams of two in support of the **Muscular Dystrophy Campaign.**

Sunday March 9th 2008, 11.00am Rendlesham Forest Centre off B1084 nr, Woodbridge, Suffolk.

Competitors take turns to run or cycle. Swap as often as you like but stay within 10 metres and finish together. Minimum age 17.

Entry fee £25 per team +£5 on the day.

More information, entry forms and online entry available from our website www.runbikeevents.com or email info@runbikeevents.com

Yours in Sport
Chris Cooke, Race Director
Run/Bike Events

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Ipswich BC Reliability Trials

March 2nd 2008,

Playford Village Hall, Organiser Kirsty McLaughlin, Usually starts around 09:00 and various distances. All rides £2. kirsty@lamva.co.uk

Ipswich BC Training at Copdock/Washbrook Hill

Meet 7pm, Tuesday and Thursday evenings for Hill work at Copdock (old London rd). Meet at the bottom near the houses and parked cars.

Everyone welcome, format is to train at your own level up the hill, re-group at the top and continue with through and off style riding, don't worry we can show you if you're not used to this.

The session lasts approx 1hr 20.

Bring good lights and visible clothes. Spares, food and drink.

Nathan Miller: 0770 6006082

Stowmarket & District Cycling Club Reliability

Rides

Sunday 17th February 2008

Needham Market Community Centre, School Lane, Needham Market.

70 or 100Km rides. Start 0900 to 1030

See stowcc.com - Events link - for more details.



A great hat, but not yet available from Marshall.

PLOMESGATE CYCLING CLUB

Welcome to new members

We welcome new members, Katie Bloomfield and Michael Pritchard-Barrett. Enjoy your cycling, whichever discipline you may choose.

Club Kit

Do you need some new club kit for the new season? Marshall is seeking to put together an order with a new supplier who is quoting significantly reduced prices compared to Impsport, our current supplier. Prices would be £27 for a ss jersey with a full zip and £32 for bib shorts. We need to order in minimum quantities of 15 for each item type, so please let Marshall know ASAP of your requirements. If you are riding open events or just want to have club colours then you should consider getting these. Providing the kit is of good quality (Leader supply API Metrow) then this offers a very significant saving on Impsport's latest prices (see December newsletter) and the jerseys do appear to have a better spec to begin with. Please contact marshall.h.crowe@btinternet.com or call him on 01473 612900 with your requirements so that we can get things moving on this front.

Are your subs paid?

The club subscriptions for 2008 will stay the same as 2007, at £10 for Over18s, £5 for under 18s, free for under 12s, and 2nd claim members are 50% of the above. Please remember subs are due on the 1st January, make cheques payable to Plomesgate Cycle Club and post to Viv Broughton, 185 Saxmundham Road, Aldeburgh, Suffolk, IP15 5PE.

Articles for next month

Keep the material coming by any means you wish. Deadline is close to February 25, 2008.

It's your newsletter so drop me a line at

philpotrons@aol.com

or

Ron Philpot
The Cottage, The Street
Ashfield-cum-Thorpe
Stowmarket
Suffolk
IP14 6LX

Tel: 01728 685822

5 FOR SALE

PLOMESGATE CYCLING CLUB

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

Vitus Road Bike For Sale

Pale Blue/White Vitus Road Bike, (possibly original livery). Size – 48cm

Has been ridden and raced by teenage son, now outgrown.

Offers in the region of £50.

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

CTT National Handbooks

Anyone who wants a CTT Handbook, please get your request in to Trevor (trevor.figgitt@btinternet.com) by 15th February, and he will send off an order to CTT HQ.

Cost will be £7:00.