



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

January 2009

Support for Muscular Dystrophy Campaign

Back by popular demand, the **M.D.C Rendlesham Forest Challenge will take place on Sunday 15th March 2009**. The location is Rendlesham Forest Centre, just north of Woodbridge, Suffolk. All off road in the beautiful setting of Rendlesham Forest, made famous by the *1980 U.F.O. sightings.

This is a Run/Bike event for teams of two - one cycles one runs, swap as often as you like but stay together and finish together.

Entry fee is £25 per team (entries on the day +£5). Champagne and chocolates to winning teams plus commemorative bottle of beer to all competitors. Free post-race refreshments.

More information and online entry available on our web site www.runbikeevents.com or email info@runbikeevents.com

For those prepared to travel a little bit further we are also organising the M.D.C. Kielder Forest Challenges, taking place on April 5th in Northumberland. Details available on our web site shortly.

Yours in sport, *Chris Cooke*

Race Director, Run/Bike Events

WHYTE Winter Series 3

Date: 25 January 2009

Venue: Rendlesham, Ipswich

Details - <http://www.thetfordmtbracing.com/>

Competitive

Discipline: MTB Endurance

Date: 25.01.2009

Event [Website](#)

Cheques Payable To: Thetford MTB

Entries on the day: Yes 8am till 10am

Tunstall Forest, near Rendlesham, Ipswich

Promoted By:

[Thetford MTB Racing](#)

Race Organiser: Mr Paul Hore

19 Thyme Close, THETFORD, Norfolk

IP24 2YA

01842 763817

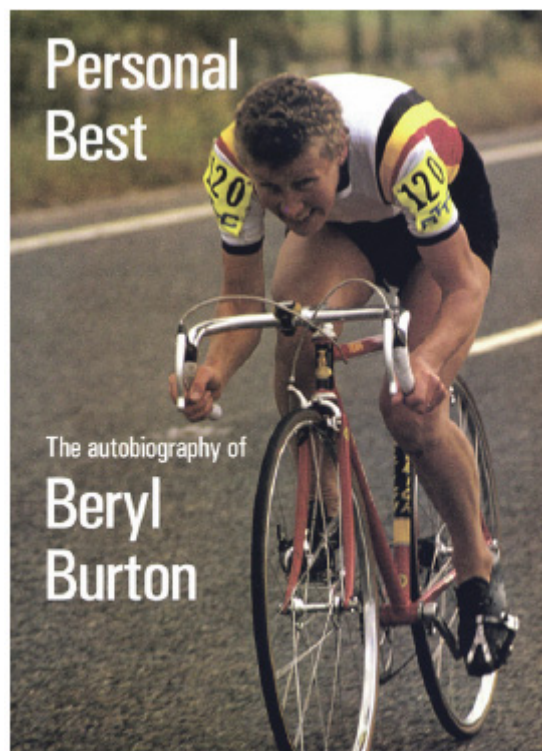
[Click to Email](#)

Riders must race 3 from 4 races for a series standing.

No Cyclo-Cross bikes.

| Name | Dur. | Starts | Fee |
|--------------|-------|--------|-----------------|
| 40+ Male | 4 hrs | 10:30 | £20.00 (£25.00) |
| 18+ Female | 4 hrs | 10:30 | £20.00 (£25.00) |
| 16-39 Male | 4 hrs | 10:30 | £20.00 (£25.00) |
| 18+ Female | 2 hrs | 10:40 | £20.00 (£25.00) |
| Junior 14-17 | 2 hrs | 10:40 | £20.00 (£25.00) |
| 40+ Male | 2 hrs | 10:40 | £20.00 (£25.00) |
| 18-39 Male | 2 hrs | 10:40 | £20.00 (£25.00) |
| Fun Ride | | 10:45 | £15.00 (£20.00) |

Beryl Burton Autobiography available



PRESS RELEASE:

With the success of both the British men's and women's cycling teams at the 2008 Olympic Games, and the World Championships, the sport of cycling has come to the attention of the public.

However, few are probably aware that 50 years earlier a Yorkshire woman, Beryl Burton, was already ►



winning the Women's World Road and Pursuit Championships for Britain and setting records in the National Women's Time Trial Championships. She continued to win Championships for another 30 years.

With the renewed national interest in cycling the time is right for Beryl's autobiography "Personal Best" to be re-issued so that her outstanding story and achievements can be made available to a new audience.

Book Details:

Title: "Personal Best" The autobiography of Beryl Burton.

ISBN: 978 1903088 47 0
 Size: 218 x 145 Hard cased and jacketed
 Pages: 182 (including pictures)
 Price: £19.95 plus £2.50p+p UK
 Available from December 2008.

Published by:
 Mercian Manuals Ltd
 353 Kenilworth Road
 Balsall Common
 Coventry
 CV7 7DL
 01676 533304

www.mercianmanuals.co.uk

Action Medical Research

Dear Cyclist,

What a summer for cycling it's been: Team GB won eight gold medals in Beijing, Mark Cavendish conquered two stages of the Tour de France, Lance Armstrong announced his comeback and 400 of you joined us under the Eiffel Tower after another successful London-Paris Bike Ride. In addition, we had record numbers on our Action 100 rides across the UK. And it's all going to get bigger and better in 2009!

We want to keep you updated with all our cycling events, so we hope you'll enjoy reading our regular cycling newsletter full of tips, training info and event information. To start the ball rolling find the info on all of our 2009 rides below.

The biggest London-Paris charity bike ride EVER

22-26 July 2009

That's right: in 2009 we are expecting more people than ever before to take on the four-day cycle challenge to Paris. Route 4 is full already! We are still taking entries for routes 1-3, so get your entries

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in sooner rather than later for what will be the cycling challenge of 2009.

Register for London to Paris 2009

****STOP PRESS:** You've seen the Tour de France, now tackle the Tour of Spain! 2009 sees us launch a new cycling challenge – La Vuelta – which takes place in the heart of the Sierra Nevada mountains. Check out the [website](#) for more information or email lavuelta@cycling.org.uk

To register for rides use website

Ride 24

The 24-hour World Championship Relay Bike Race



27-28 June 2009

Just launched and this brand new event for 2009 is already attracting a great deal of attention. New for 2009 is a teeth-gritting, thigh-busting, nerve-crunching brute of a cycle challenge – the Ride 24.

So if you're a beast on a bike and know three more, then you've got a team for Ride 24, a unique 24-hour relay cycle challenge aimed almost exclusively at masochists and maniacs. You'll be balancing your need for sleep and nutrition while overcoming pain and fatigue to beat the rubber on the Top Gear track in Dunsfold, Surrey.

Teams of four will need stamina, speed, skill and strategy in this brutal relay race. This is the ultimate. This is Le Mans on bikes.

Register for Ride 24



Our century ride for you

Thousands of riders will be taking part in one of our fantastic 100-Mile rides in 2009. With eleven great rides on offer, you can choose to take on one of our great endurance rides in Scotland, Ireland and England. Just click and sign up now to be sure of your place.

[Outdoor Show 100](#)
new

29 March 2009

[Suffolk Sunrise](#)

10 May 2009

[Castle Ride](#)

17 May 2009

[Trossachs Ton](#)
new

21 June 2009

[Chiltern Challenge](#)

28 June 2009

[Surrey 100](#)
new

19 July 2009

[York 100](#)
new

16 August 2009

[Action 100](#)

30 August 2009

[Finn MacCool 100](#)

13 September 2009

[Forest of Arden](#)

13 September 2009

[Essex 100](#)
new

30 August 2009



Action Medical Research is one of the country's leading medical research charities. For over fifty years we have been funding pioneering research into a wide range of illnesses and conditions. By pushing back the boundaries of science and helping to develop breakthroughs such as the UK polio vaccine, ultrasound scanning in pregnancy and pioneering hip replacement surgery, we play a crucial role in fighting disease and disability and improving the health and quality of life of everyone in the UK.



A registered charity in England & Wales (208701) and in Scotland (SC039284)



Update on Saturday morning training rides

Saturday 6th December - No ride.

Saturday 13th December - I turned up at the start in Framlingham, and headed off into the gale force winds and lashing rain. I only got as far as the Leiston side of Saxmundham, when mechanical trouble meant I had to turn back to ensure I got home. Apologies to anyone waiting further along the course! I believe Matt Dye was waiting and did some of the route alone.

Saturday 20th December - I started out alone again, as I came out of Framlingham I could see a rear cycle light in the murky distance, Thinking it was one of our regulars I put my head down only to catch up with a previously undiscovered Framlingham cyclist. After a chat he turned off at Cransford and I carried on. The mild air and slight tail wind increased my speed slightly. I met Matt Dye on the outskirts of Leiston and it was just the

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two of us for the rest of the ride. Matt punctured on the return past Knodishall and after a tube change carried on to Rendham before turning home. The cross wind meant a tougher ride back to Fram, but total ride time was 2h 20mins, and average of just under 17mph.

Trevor

Cyclo - Cross

Here are the fixtures and other off-road type events for the season 2008-9. League events are those with a Round number. Again I've copied these from the site, the links for each event give you times and a map.

| Date | Round | Event | Promoter |
|-------------|-------|---|-----------------------|
| 4 Jan 2009 | 13 | Ciclos Uno Cross | Springfield Hall Park |
| 10 Jan 2009 | | National Championships - Bradford | |
| 11 Jan 2009 | | National Championships - Bradford | |
| 18 Jan 2009 | | National Trophy Round 6 - Derby | |
| 24 Jan 2009 | | World Championships | |
| 25 Jan 2009 | 14 | Colchester Rovers Mistry Cross | Colchester Rovers CC |
| 1 Feb 2009 | | End of Season Madison | Mildenhall CC |

You don't need a cross bike to compete, a mountain bike will do fine.

Finally, if you've got any further questions or are tempted to give it go and want to know more, please feel free to give me a call. jim.hardwicke@bt.com

Jim Hardwicke

Last call for CTT National and East District Handbooks

This is the last call for handbooks. The order goes in on January 14. Please contact Ron S. on ronshoo@tiscali.co.uk or ring 01502 722995 for one, the other, or both.



PCC committee meeting in February

The first meeting of the new committee will be on Thursday February 26th at The Dog and Duck, Campsea Ashe at 7:30pm. All members are reminded that they are most welcome to attend.

Suffolk CTC events

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

It pays us to go to wiggle

When we buy new stuff, going to wiggle through the club website has proved beneficial to Plomesgate CC. The club receives 10% of your purchase price on everything. Please consider entering the wiggle site only through the club web page when splashing out next time.

Articles for next month

Keep the material coming by any means you wish.
Deadline is 29th of January 2009.

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

** from page one*

The **Rendlesham Forest Incident** is the name given to a series of reported sightings of unexplained lights and the alleged landing of an extraterrestrial spacecraft in Rendlesham Forest, Suffolk, England in late December 1980. It is perhaps the most famous UFO event to have happened in Britain, ranking amongst the best-known UFO events worldwide. It has been compared to the Roswell UFO incident in the United States and is commonly

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referred to as "Britain's Roswell" or the "English Roswell".

Following the event, the Ministry of Defence (MoD) denied that it posed any threat to national security and stated that it was therefore never investigated as a security matter. Later evidence indicated that there was a substantial MoD file on the subject and this led to claims of a cover-up. Some interpreted this as part of a larger pattern of information suppression concerning the true nature of unidentified flying objects, by both the United States and British governments (see the [UFO conspiracy theory](#)). However, when the file was released in 2001 it turned out to consist mostly of internal correspondence and responses to inquiries from the public. The lack of any in-depth investigation confirmed that the case was never taken seriously by the MoD.

2008 Evening 10 Series Summary for Plomesgate CC members

| | B | C | D | E | F | G | H | I | J | K | L | M |
|----|---------------------|------------|------------|------------|------------|------------|------------|------------|------------|----------------------|------------|----------|
| 1 | | 24/04/2008 | 01/05/2008 | 15/05/2008 | 29/05/2008 | 12/06/2008 | 26/06/2008 | 10/07/2008 | 24/07/2008 | 07/08/2008 | 21/08/2008 | |
| 2 | Alabone | - | 00:28:08 | - | 00:27:26 | 00:28:27 | - | 00:26:21 | 00:26:16 | 00:26:11 | 00:26:11 | - |
| 3 | Beaumont | - | - | 00:26:58 | - | - | - | - | - | - | - | 00:26:42 |
| 4 | Bestow | - | - | 00:30:12 | - | - | - | - | - | - | - | - |
| 5 | Bloomfield | - | - | 00:34:49 | - | - | - | - | 00:36:05 | - | 00:35:21 | - |
| 6 | Broughton | - | - | - | - | - | 00:28:15 | 00:28:14 | - | - | - | - |
| 7 | Broughton | - | - | 00:31:56 | - | - | 00:30:39 | 00:29:40 | - | - | - | - |
| 8 | Cooper | 00:34:08 | - | 00:31:59 | - | - | - | - | - | - | - | - |
| 9 | Crowe | - | - | - | - | - | 00:32:50 | - | 00:32:33 | - | - | - |
| 10 | Crowe | 00:28:40 | - | 00:28:17 | - | - | 00:27:48 | 00:27:08 | - | 00:27:20 | - | - |
| 11 | Donaldson | - | 00:24:49 | - | - | - | - | - | - | 00:24:47 | - | - |
| 12 | Fight | - | - | - | - | - | - | - | 00:25:32 | - | - | - |
| 13 | Fox | - | - | - | - | 00:38:07 | - | - | - | - | - | - |
| 14 | Goldsworthy | 00:37:31 | - | - | - | - | - | - | - | - | - | - |
| 15 | Hardwicke | - | 00:25:20 | 00:24:51 | 00:25:30 | 00:24:37 | 00:24:25 | 00:25:02 | - | 00:24:38 | 00:24:11 | - |
| 16 | Harvard | - | - | - | - | 00:28:00 | - | - | - | - | - | - |
| 17 | Hawes | 00:31:38 | 00:30:22 | 00:29:53 | 00:30:49 | 00:28:51 | 00:29:02 | - | 00:28:50 | 00:28:02 | 00:28:34 | - |
| 18 | Hill | - | - | - | - | - | 00:26:33 | - | - | - | - | - |
| 19 | McTigue | - | - | 00:24:51 | 00:25:37 | 00:25:26 | 00:24:50 | 00:24:53 | 00:25:16 | 00:24:44 | 00:24:48 | - |
| 20 | Philpott | 00:30:42 | 00:30:50 | 00:30:02 | - | 00:29:31 | 00:29:10 | - | 00:28:47 | 00:28:34 | 00:28:58 | - |
| 21 | Ross | - | - | - | - | - | - | - | 00:35:30 | 00:32:22 | 00:33:23 | - |
| 22 | Shoobridge | - | 00:31:40 | 00:31:44 | - | - | - | 00:32:00 | 00:32:04 | 00:32:04 | 00:32:08 | - |
| 23 | Vidler | - | - | 00:33:42 | 00:33:20 | 00:33:09 | 00:34:09 | 00:32:37 | 00:32:04 | 00:31:12 | - | - |
| 24 | Whelan | 00:26:17 | 00:25:54 | - | - | 00:25:21 | - | 00:24:57 | 00:25:22 | - | - | - |
| 25 | Whelan | 00:33:30 | 00:32:58 | 00:32:40 | - | - | - | 00:31:28 | 00:32:06 | - | 00:31:23 | - |
| 26 | Whiting | - | - | - | - | 00:33:26 | - | - | - | - | 00:30:56 | - |
| 27 | Wijnberg | - | - | - | - | 00:24:31 | - | 00:24:05 | 00:24:35 | 00:24:28 | - | - |
| 28 | Katie Bloomfield | - | - | - | - | - | - | - | - | 00:24:21 (tandem) | - | - |
| 29 | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | |



2008 Evening 10 Series Summary for non-Plomesgate CC riders

| | A | B | C | D | E | F | G | H | I | J | K | L |
|----|-----------------|---|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | | | 24/04/2008 | 01/05/2008 | 15/05/2008 | 29/05/2008 | 12/06/2008 | 26/06/2008 | 10/07/2008 | 24/07/2008 | 07/08/2008 | 21/08/2008 |
| 2 | John Adams | | - | - | 00:25:03 | - | - | - | - | - | - | - |
| 3 | Steve Ashurst | | - | - | - | - | - | - | - | - | 00:27:51 | - |
| 4 | Dom Castle | | - | - | - | - | - | - | - | - | - | 00:27:12 |
| 5 | Tom Castle | | - | - | - | - | - | - | - | - | 00:24:53 | - |
| 6 | Paul Clarke | | - | - | - | - | - | - | 00:26:51 | 00:26:21 | 00:26:32 | 00:26:08 |
| 7 | John Coles | | - | - | - | - | - | - | - | - | - | 00:27:16 |
| 8 | David Constable | | - | - | - | - | - | 00:26:52 | 00:27:09 | - | - | - |
| 9 | John Cooper | | - | - | - | - | - | - | 00:29:01 | 00:30:15 | 00:29:25 | 00:29:00 |
| 10 | Ben Davies | | - | - | - | - | 00:27:32 | - | - | - | - | - |
| 11 | Paul Driver | | - | - | - | - | - | - | - | - | 00:27:02 | 00:28:05 |
| 12 | Matt Dye | | - | - | - | - | - | - | - | 00:27:12 | - | - |
| 13 | Emilie Fisher | | 00:26:34 | 00:26:27 | - | - | - | - | - | - | - | - |
| 14 | Alan French | | - | - | - | - | - | - | - | - | - | 00:27:06 |
| 15 | Steve Greenwood | | - | 00:28:01 | - | - | - | - | - | - | 00:23:38 | - |
| 16 | Baard Grindberg | | - | - | 00:27:12 | - | - | - | - | - | - | - |
| 17 | Andy Hansler | | 00:35:01 | - | - | - | - | - | - | - | - | - |
| 18 | Helen Jones | | - | - | - | - | - | - | - | - | 00:30:22 | - |
| 19 | George Kerridge | | 00:25:20 | - | - | - | - | - | 00:25:14 | 00:25:32 | 00:24:46 | - |
| 20 | Chris Lacey | | - | - | - | - | - | - | - | - | - | 00:25:54 |
| 21 | Peter Lennard | | - | - | - | - | 00:31:50 | - | 00:32:01 | - | - | - |
| 22 | Amanda Mallett | | - | - | - | - | - | 00:30:54 | 00:30:34 | - | - | - |
| 23 | Mike Moore | | - | - | - | - | - | - | - | 00:28:30 | - | - |
| 24 | Maureen Nichols | | - | 00:33:25 | - | - | - | - | - | - | - | - |
| 25 | Ken Nichols | | - | 00:31:27 | - | - | - | - | - | - | - | - |
| 26 | Ed Packard | | 00:25:40 | - | - | 00:25:29 | - | - | - | - | - | - |
| 27 | Charles Rowe | | - | - | - | - | - | - | - | 00:25:46 | - | 00:25:32 |
| 28 | John Sanderson | | 00:29:30 | 00:28:27 | - | - | - | - | - | - | - | - |
| 29 | Clive Sparkes | | - | - | - | - | - | - | 00:27:05 | 00:26:46 | - | - |
| 30 | Tom Walker | | - | - | - | - | - | - | 00:26:38 | 00:26:11 | 00:25:47 | - |
| 31 | Spencer Wix | | 00:28:05 | 00:28:10 | - | - | - | - | - | - | - | - |
| 32 | | | | | | | | | | | | |

