



Foreword

Happy New Year! Hope you achieve your goals for 2010.

This first newsletter of 2010 is a short one, but hopefully there should be plenty to report on in future editions.

Trevor

Club Subscriptions

As a new year arrives its time for you to renew your subscription to the club. You can pay either Pete Whelan or Viv Broughton, cheques payable to Plomesgate CC.

The fees which haven't changed for some years are £10 for over 18s, £5 for under 18s, and free for Under 12s.

Don't forget if you haven't paid up you cannot race or represent Plomesgate CC in any event, whether it be an open or a club event.

Annual Prize Presentation

This was held on Saturday December 5th at The Bell. As usual the food was excellent and the champions of 2009 all looked very happy to be receiving their well earned rewards.

Here is a picture of Robin Hawes receiving the Ron Philpot memorial trophy.



An evening with James Bowman and Paul Kimmage – Updated

Followed by a charity auction of cycling and sports related offerings

Tuesday 19th January 2010 7pm

Greene King Social Club, Cullum Road,
Bury St Edmunds, Suffolk, IP33 1QT.

We are proud to present an evening of talks from two notable and significant names from the world of cycling, each of whom has stamped their mark on cycling in very different ways:

James Bowthorpe – the man who recently shattered the record for cycling around the world

Paul Kimmage – Retired Tour de France rider, anti-doping campaigner and journalist

Each rider will have a wealth of tales to tell from their own distinct experiences on the bike (and, in Paul's case, off of it too), following which there will be an opportunity for questions.

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Also taking place in this evening will be an auction of various autographed cycling items from such cyclists as Sir Chris Hoy, Sean Yates, the Great Britain Cycling Team and other sport and fitness related offerings.

The event being held in aid of Sport Relief and the Lawrence Dallaglio Foundation (which in turn supports Help for Heroes, Debra and Leukaemia Research)

Refreshments will be available.

Tickets for this unique evening are £10

Please contact:

James Eastwood, Greene King
Destination Pubs,
Abbot House, Westgate Street,
Bury St Edmunds, Suffolk, IP33 1QW

Tel: 01284 714113 or 07974 132454

Email:

jameseastwood@greeneking.co.uk

PLOMESGATE CYCLING CLUB

31st CC Sudbury Reliability Trials.
Stevenson Centre Gt Cornard.
0930

February
7th Wolsey RC and CTC Suffolk
Annual Lunch and Prize
Presentation. Holiday Inn,
Ipswich. £16.00.

13th "The Old Squirt" 200 km
Audax 0800. Colney,
Norwich. £5. Keith Harrison.
"The Norfolk Marble" 100 km
Audax 0900 Colney Norwich.
£4. Keith Harrison

27th "Braziers Run" 100 km
Audax, 0900 Henham, £4.50
Kieran Yates. Also a 50km
event.

DIARY DATES (copied from Wolsey RC newsletter)

2010

January

- 16th** "Norfolk Nips 3" 100km
Audax. Colney. Norwich £4.
Keith Harrison.
- 19th** An Evening with James
Bowthorpe. Round the World
Record Holder
Bury St Edmunds 7pm. with
Charity auction of cycling
memorabilia.
Tickets £10. Details James
Eastwood or Nick Webber Tel
01284 714113 or 07974
132454
- 23rd** ECCA Centenary Dinner and
Prize Presentation. At Stock
brook Golf and Country Club,
Billericay.
Tickets £27 from Terry
Anderson, Tel 01245 467683
by 31/12/2009
- 31st** East District CA Prize
Presentation, Carbrooke V.H