



Youth 5-mile TT competition

WE HELD the first of our new series of 4 events on Thursday 19th June on the Tunstall-Bentwaters course. Disappointingly, we only had 3 entrants for this event, including one senior. But it is a start and we are hoping to build the numbers. Jenny Hardwicke and Andrew Crowe put in good quality rides on the evening and we look forward to the next event on the same course on 17th July and then on the new (very rural) Cretingham circuit on 31st July and 14th August. Please come along and enjoy these events which are being organised for young riders and newcomers alike. Do please invite your young friends and other club juniors to participate. There will be trophies for the winners of U14 and U16 age groups so let's make it a competition within the club.

Thanks to Trevor, Ron Philpot and Jim Hardwicke for their help in running this first event.

From Pete & Bev: Our month (or thereabouts) on bikes

IN THE run up to June there was the first grass track of the season at Letchworth run by Max Pendleton of Mildenhall CC. Some good hard racing on a cool, blustery and dry afternoon. Those in Suffolk riding the Stowmarket 10 that day got rather wet.

Towards the end of the month we rode the Ipswich BC 10 and 25, one on a nice sunny and breezy day and the other in a torrential downpour for the whole event. We both did good rides in the 10, but Bev punctured on the 25 at about 16 miles, but got a lift back to the HQ from a passing motorist who had just dropped one of his children off for a MTB party in the forest. He was heading back towards Melton but was quite obliging in taking Bev all the way back to Sudbourne. His daughter in the car must have wondered what was happening with a very soggy cyclist getting in.

After the IBC 10 event Pete did a trial ride of the racing tandem with Gary Smith (Kings Lynn CC) as we had entered the Godric CC 10 in a few weeks time, so thought it best to at least try riding together. 89 miles in very blustery winds was enough that day, but also enough to make us believe we could do a reasonable time on the Bungay by-pass.

So the 7th June dawned, Bev ready to ride solo at Bungay, which she hadn't done for a few years, and me 'ready' to race tandem, again something I hadn't done for a couple of years (broken bones over the past few years - not as a result of tandem riding). The weather forecast was not looking good, but there was a chance it would be dry by the time of the start!

It rained and rained, very heavy at times, and got no better by 1pm, so into skinsuits and on the bikes for warm-ups. Gary and I decided it would be prudent to have a normal spoked wheel on the front to aid handling in the conditions. Rolling up to the start line, the timekeeper announced a half hour delay due to too much spray on the road. 30 minutes later we didn't think it was any better, in fact 30 seconds into the ride the rain came down even harder than any other time that afternoon.

We had one other tandem to compete against (Bateman & Empson), two seasoned and experienced riders. To not get caught by them would be an achievement (we were at 2 minute intervals). I had been getting too much spray off the front wheel so was riding without glasses - flying blind, which I think worried Gary's wife a little. Anyway, we were going at what we thought was a good pace, trying to keep our power input even and ride steady. A car decided to pull right over to the right on the roundabout leaving very little room (no need to do it as it was going straight on), but we maintained speed and got round OK.

Coming back from the turn we saw the other tandem, I reckon they were 30 seconds up on us at that point. I think this spurred Gary on a bit, as we flew up the slight drag at Earsham and continued going well. As we approached the Homersfield junction we hit 21 minutes and the power went up. We crossed the line in 21m50s; We were well pleased to do better than 22m for our first outing. The other tandem came in at 21m9s, so only a 41s beating. I'm sure we can do better in good weather and with more practise. Bev was also onto a good ride - she seems to be going well in the wet, and finished in 29m38s.

The following week Pete road the St Andrews grass track in Hertford - this is a tight track of 160m long, though this year the corners road well, but I still found it a difficult track to handle - perhaps it is the self-preservation hormones getting a bit too active. Bev was chief judge for the event.





After this it was a few days holiday on route to York Cycle Rally and the National 8km grass track championship. We've done this type of holiday a few times going to the more distant events, taking a few days break either side to explore areas on the tandem. This time we stayed over near Lincoln for a couple of days, with one day exploring Lincoln itself and another the countryside, getting an 80 mile lumpy, headwind ride in before heading to York. The day before the race was a ride to explore York itself (something we hadn't managed when at the Rally all the other times).

The day after the race it was a 65-mile ride into the Howardian Hills and Castle Howard, Malton, Pocklington, etc. It was difficult to control the tandem at times as the wind was blowing very strong (65mph we found out later on the weather resume on TV). The 8km champs were doused in rain, making the bumpy track difficult to ride, especially as it got cut up quickly and became very slippery. I got a bad start as a rider in front had trouble clipping in and the rolling start was more like a criterium start, with the starter firing the gun before everyone was really together.

So I was playing catch-up most of the time. Riders were finding it hard going for the 23 laps of the 340m track, with some of the top riders dropping back and out quite soon. I did my usual of picking riders off and getting up the placings to finish about 10th - I was too cold afterwards to do any more events as the time delay was a bit too long. Not a bad day in the end, picking up some bargains in the trade stands.

After York we headed to the North York Moors, with a day of walking (5hrs) in the Goathland area - we couldn't get down one of the tracks due to them filming Heartbeat. The following day we headed out to the coast for a 50-mile ride (we were cutting back a bit knowing the terrain was going to be hard).

So within half a mile from starting out we were going up a 25% hill. It didn't get any easier, the worst being 33%, which for a tandem is very hard work. We road out to the coast and came down from Port Mulgrave to Whitby and then to Robin Hood's Bay (via an indirect lumpy route). There were a few screams from Bev as I attempted to go down the 1:3 to the base of the Bay, and she was not getting enough braking off the hub brake, and as I didn't want to overheat the rims we walked down this bit. Any other road it would have been OK as they don't have a dead stop at the end!

We got back to our B&B very tired but pleased we had made the route. It had taken a little longer in places as various people stopped to talk to us about the bike, etc. Putting the route into Tracklogs showed we had done 1.4km of climbing. The following day it was back to Suffolk. We were a little tired still to ride the Thursday 10 that week.

AT THE end of June the West Suffolk Wheelers grass track was held at Priory School, Bury St Edmunds on a 180m track; so a little tight on the bends.

PLOMESGATE CYCLING CLUB

Pete managed 3rd in the 5km and was second in the Madison paired with Phil Lisher of Team Welwyn and third in the Team Sprint with Max Pendleton and Ester Coleman. It was the first warm and sunny event so far this season of grass tracks. The next event is that by Fenland Clarion at Biggleswade, followed by Heckington Show at the end of July. The beginning of August is the Regional Championships at Hertford then our own event and another West Suffolk the following day.

Pete and Bev Whelan

Microsoft UK Challenge

MARSHALL was one of a 6 man BT team that took part in the MSUK Challenge from 11th – 14th June at Stirling in Scotland. This is a huge Intelligent Sports event with around 800 competitors from 120 corporate teams participating in running, MTB, and kayaking disciplines with a lot of strategic planning required to tax the brain as much as the body. There were 2-3 stages each day, some lasting up to 6 hours and one each night. Sleep was in short supply with the teams getting to bed in the University of Stirling accommodation by about 2:00am and then needing to be up and about again by 6:00am for breakfast in preparation for the next long day.

Our BT team (which was one of 3) ended up in a creditable 62nd place overall out of 120 teams from top UK companies. After day 2 we were in 15th place after finishing 2nd in the construction stage and winning the chariot race the previous night. Unfortunately, from there onwards the team slipped down the table as the top teams really got into gear and put their superior skills and fitness to work and we made some strategic errors and picked up some 2.5hours of aggregate time penalties.

Surprisingly the weather was dry after the first evening and this year dust was more of a problem than mud. (This was Scotland after all!) On the night MTB stage visibility was difficult at times in the forest as dust clouds were raised by the hundreds of bikes riding through the forest. It was a fantastic experience riding at speed in the dark. Here is a description of that stage taken from the organisers' Challenger World website. For me this was the high point of the event.

Stage 6 - Road to Beijing

by Paul Stringer

FOR STAGE number six the teams were encouraged to get into the Olympic spirit with a task entitled: 'The Road to Beijing'. Spurred on by the stage motto 'Citius, Altius, Fortius . . . sed tantum unus vesper', roughly translates into 'Stronger, Faster, Higher . . . but only for one evening', they set out for their third evening task in three days.





With the Olympics being only 55 days away, the teams had left their training a little late, but with the Senior Executives taking up the position of GB Team coaches, the participants had one final chance to get in shape and qualify for the Beijing games in up to 20 events. As an added twist the teams qualifying times for this stage would impact on their performance for task seven – Going for Gold.

The action took place at Devilla Forest, which is about 17 miles outside of Stirling. An Olympic Village, complete with the compulsory flames, was erected and the teams arrived eager to find out what was in store for their third night challenge.



Like all of the other night stages, the Road to Beijing had a close time of 2 hours and 15 minutes with a set maximum time of 2 hours 30 minutes. The task was created to test strategic planning and the Senior Executives were encouraged to think carefully about which events they wanted the teams to target.

Events such as discus required only strength as a quality to get gold, where as sports like football required a multiple skill set of strength, endurance, tactics and teamwork. However, such monumental requirements would take time to train for (visit the correct stage locations) so teams had to think carefully about using their time so effectively.

The training was hard, fast and at the end of the 135 minute intensive course the teams in best shape for Olympic competition were Accenture (Team 54) with a total time (including penalties and bonuses) of 42 mins 0 secs. Accenture (Team 53) ran their colleagues very close and clocked in second on the stage with a time of 46 mins and 0 secs. Detica (Team 39) came in third just after with a cumulative stage time of 48 mins 0 secs.

Heading into the final day the teams were all exhausted, drained and bitten to pieces by the local midges, unaware of what lay ahead. Hopefully, most thought, not ANOTHER night stage . . .



PLOMESGATE CYCLING CLUB

You can view the report of the whole event and see detailed results for each stage at <http://www.challengerworldresults.com/results.php?viewevent=37&chall=Microsoft%20UK%20Challenge&year=2008>

The event has raised in excess of £600,000 so far for the NSPCC charity. Marshall would like to thank all the Plomesgate CC members and friends who supported the team so generously. This is a very worthy cause and the lives of many children will be changed for the better as a result of your help. Thank you all.

Marshall

Forthcoming PCC grass track meeting

PLOMESGATE CC will be promoting their annual Grass Track race meeting on Saturday afternoon, 9th August at Bredfield village hall with the first race at 1pm.

We are in need of a few helpers on the day (judges, lap board, refreshment stall, etc) and also riders. The event will include a round of the National Endurance League series so expect some good riders from all over the country to turn up for the 8km race.

A full range of grass track events will form the programme for short distance sprints, Devil and the 8km. There will be categories for U12, youth, senior and ladies. Youth and above categories must ride fixed wheel bikes in accordance with British Cycling rules & regs.

Entries to Evert at least a week before the event (no entry on the day, except for U12).

See British Cycling event calendar for details. We will also be running some free 'fun' events for some U12s who want to give racing on grass a first go.

So, pack up a picnic and deckchair and come along and watch/take part.

Returning member and new member

WE WELCOME back Paul Willsher to the club and say hello to new member, Andrew Hill. Andy put in a very good performance on his first-ever time-trial on 26 July. We hope this encourages a few others to have a go.



19th July - Castle Bike Ride

AFTER SEEING the route for this event pass through West Bergholt, where I live, for the past few years I thought I really ought to do it - so this year I am.

The ride I'm doing is 75 miles, starting in Colchester heading out through Castle Hedingham (along with Colchester Castle this gives the ride its name!) and then on to the pretty village of Finchingfield on the way to Saffron Walden

The ride is in aid of Marie Curie Cancer Care which is a very worthy cause! I am looking for sponsorship as I'm hoping to raise at least £250, so I'm hoping that anyone reading this newsletter may wish to bung in a few quid as reward for all the hard work that I'm putting in!!

If you would like to donate please go to...

<http://www.justgiving.com/jonsmith>

If you'd prefer, I do have a traditional paper sponsor form - drop me an e-mail to get your donation onto it.

I am really looking forward to the ride and I hope to raise some money for this really good cause!

Jon Smith

nutmeg@btinternet.com

Biggleswade Grass Track Saturday 12th July

Hi Folks

I hope you can make this year's Biggleswade Grass Meet, run by Fenland Clarion CC. This year we are back at the old Fairfield Sportsground, not where we were last year.

It's a good event as always, a good track and I have organised the sunshine as always.

We hope to get plenty of youths again, so please spread the word round any U16s you know.

Many thanks
Ian

Ian Clarke

Tel: 01767 314207
Email: irclarke@ntlworld.com

PLOMESGATE CYCLING CLUB

BIGGLESWADE GRASS TRACK CYCLE RACES - SAT 12TH JULY '08

PROMOTED BY THE FENLAND CLARION C.C.

Kit Update

WE NOW have a full stock of club jerseys in a range of sizes from XS (children) to XL. We have been able to reduce the cost this year to £30 due to a better deal from our new suppliers. Whilst riding in open events these will identify you as a Plomesgate CC rider and, of course, you can also wear them in club events too. They really are a good safety feature as they increase rider visibility on the road with their bright fluorescent colour. There also 2 pairs of club socks remaining. If you need any of these items please contact Marshall on 07860 689125.

Thursday evenings Timekeeper/Pusher Rota

Date	Distance	Timekeeper	Pusher
10	24/4/2008	Ron S	John V
10	1/5/2008	Marshall C	Martin A
10	15/5/2008	Pete W	Steve B
10	29/5/2008	Ron P	Jim H
15	5/6/2008	Trevor F	Matt D
10	12/6/2008	Adrian M	Bev W
10	26/6/2008	Magnus R	Ron P
25	3/7/2008	Trevor F	John V
10	10/7/2008	Jim H	Ron S
10	24/7/2008	Martin A	Adrian M
10	7/8/2008	Bev W	Marshall C
10	21/8/2008	John V	Pete W



PCC Open Events

Date	Course	Date	Start time
25	B25/2	20/9/2008	14.00
Grass Track	Bredfield	9/8/2008	12.00

FOR SALE

PAIR OF children's Vittoria cycling shoes in excellent condition (These have seen little use). Size 4.5 – would fit a young rider of 10-12 yrs. Will take Time, Look, Shimano cleats. £15. - Contact Marshall on 01473 612900.

Don't forget the club 25 TT on Thursday evening!

Thursday, July 3rd, start at 7 pm. Come and have a go.

Suffolk CTC events

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

Articles for next month

Keep the material coming by any means you wish. Deadline is close to the end of July, 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

Warming up with a deer!

On Thursday evening, the pre-event warm-up ride for Ron Shoobridge was certainly hazardous. We are glad to report that Ron recovered well after a collision with a young deer.

And not make light of this potentially dangerous happening, of course, there are always two sides to every story . . .

