



Foreword

Here is the July newsletter a bit late as I was on holiday last week. Some of you have been busy and making the most of the fine weather as you will read.....

Trevor

Ron Philpot – Inquest gives verdict of accidental death

The Saturday 27th June edition of the East Anglian Daily Times carried a large article, with photograph, detailing the inquest into Ron's tragic accident.

I have copies the following from the online edition for those of you that didn't see the paper.

“Cyclist's death accidental

Last updated: 27/06/2009 06:00:00

A KEEN cyclist died from head injuries after he fell from his bike on a bend in a Suffolk village, an inquest has heard.

Ron Philpot, 70, was on a training ride with members of the Plomesgate Cycling Club when the accident happened, in Low Road, Sweffling, on February 21.

Mr Philpot, of The Street, Ashford-cum-Thorpe, was airlifted to Addenbrooke's Hospital in Cambridgeshire, but died on March 11, yesterday's hearing at Lowestoft Magistrates' Court heard. He was not wearing a cycle helmet.

The three cyclists were travelling east from Framlingham towards Saxmundham when they descended a steep hill before coming to a sharp bend in Sweffling. Lead rider Trevor Figgitt

successfully negotiated the bend, but Mr Philpot and another cyclist fell from their bikes.

In a statement, Mr Figgitt, said the riders knew the section of road well, but that it was damp on the day of the accident.

He added: “I was passing through the bend when I heard the familiar noise of something screeching across the road. I knew without looking behind me that a rider had come to grief.”

The EADT previously reported how an investigation was launched after about half dozen cyclists fell from their bikes around the same time of Mr Philpot's fall.

The inquest was told there was a suggestion contaminants such as oil or diesel were on the road, but subsequent investigations proved this was not the case.

Mr Philpot, who had three children, Andrea, Oliver, and Jules, and four grandchildren, was an avid member of the cycling club and produced its monthly newsletter. He was also an accomplished musician.

At the time of his death his family described him as an “inspiration to us all”.

His son, Jules Fayle-Parr Philpot, added: “It is true that he could maintain an average speed of around 21mph over a 10-mile course. He was 70 years old so that is pretty special.

“He touched the lives of many people, bringing them happiness, laughter, positivity and encouragement.”

Greater Suffolk deputy coroner Yvonne Blake recorded a verdict of accidental death. “

GRASS TRACK NEEDS YOUR HELP

To all,

Probably by now you all will know how your summer months look like.

Is Saturday 08 August 2009 not yet booked?

On this Saturday we run our Grass Track in Bredfield.

Help is still needed.

It would be great if you could make yourself available as helper.

We might need some help on the Friday afternoon for preparing the track.

And of course on the day itself.

Please let me know if you are available.

Kind regards,

Evert

Dunwich Dynamo – Pete's view

Dunwich Dynamo Night Ride from London to Dunwich 4/5th July

I had originally planned on riding the event this year with my son, Andrew. We had the cheap advance train tickets and bike space booked up a month in advance, only for him to catch glandular fever, confirmed a few days before - so we told him to stay at Cambridge and recover. James Roberts* kindly offered to take Andrews place, and we duly made our way to London late afternoon arriving at Liverpool Street at 7pm, then a couple of mile ride to the start, where London Fields was just a sea of bikes - I've not seen so many at this event before. Stephen Beaumont and son James were also due to arrive a bit later, with Stephen still building his bike sometime during Saturday (I had removed the bottom bracket for him on Thursday evening) - he was using this as a pre-test for his End-to-End. So, £1 paid for a route sheet and we were ready to depart when we wanted to. Whilst hanging around the Pub On the Park ready to ride off into the night, I met quite a few others from Suffolk (CTC, TROGs, etc). One group of the Suffolk CTC had ridden in from Colchester to do the ride, then ride home again to Colchester afterwards.

PLOMESGATE CYCLING CLUB

There were a vast array of bikes, from super light top end racers, to 'just about get to the shops' commuters. One lady was making the journey on a brand new Ordinary (penny-farthing) - we passed her on route, riding it very well. Similarly, the quality of lighting was very variable, some with no lights at all to mega-bright front and rear lights. I choose to use my winter commute bike with skinny 26" slick tyres, coupled to the hub powered Solidlight (recently upgraded brightness), which proved more than ample to ride as fast as our legs would allow through the bends of the roads - at no point did we suddenly lose sight of where we should have been pointing and go off road, in fact a few times we had a 'Klingon' making use of the available light

I'd suggested to James that I would ride at about the Suffolk CTC 50 in 4 pace (in reality 50 miles in under 3hrs), and considering a tailwind journey should be relatively easy. The four of us started off at 9pm, so darkness was upon us fairly soon. All you could see in the distance was a very long line of tail lights and no matter how many you passed there were still plenty more in the distance; look behind you and you get blinded by the front lights. After about 8 miles, Stephen and James had had enough of the brisk pace and would continue behind at their own pace. James and I pushed on to get to the 64 mile point (Gt Waldingfield) by 12:40am (17mph), and there were already a few hundred people there for food and drink. Stephen and James got in about 1:30am, with Stephen queuing for food and James asleep on the grass outside. So as not to be too early at the beach, we hung around until 2:30am and made our way off into the darkness and familiar roads. As we got to Bildeston, we sent a text to some work-mates to get them up, then another at Needham Market for them to leave home with the plan to meet at Helmingham - they weren't there so we sent a text at Framdsen - they then caught us at Cransford when we had stopped to water the verge. By this point James' legs had started to rebel so he was quite happy to ride along with a slower rider. I carried on to arrive at 5:40am, with James less than 10 minutes behind. he was pleased as it was the first time he had gone under 6 hrs for a 100 miles and also to complete the 120 miles in about 7hrs of riding time. Stephen and son arrived about 7am.

The ride home was a little damp, with waterproof jacket necessary approaching Snape. A good ride enjoyed by all. Not sure what the total was,

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but expect it to be close to 1000. Next year it is 24/25 July - put it in your diaries.

* For those that don't know him, James is an accomplished MTBer having done many 24 hour MTB events. Last year he completed the Etape following a training program from yours truly.
Trevor

Dunwich Dynamo – Stephen Beaumont's View

Dunwich Dynamo 2009

Hot, manic, dark, tiring, wet, long and satisfying, could all be used to describe the 4th July overnight ride from London to Dunwich.

After the recent good spell of weather and a good forecast I think there must have been record numbers participating (700+?). My son James (15) and I got the train down to Liverpool St. and thankfully were able to join a couple with a tandem from Ipswich etc who knew the way to the start. I'd been bike building all day to get ready and had not managed to plan how to get there. I bought food and batteries at Liverpool St. – not the most organised!

Having arranged to meet Pete Whelan at London Fields, his Plomesgate shirt was surprisingly easy to spot and he'd managed to buy a route sheet for me which was just as well, as they were all sold out by then (~8pm).

Pete, with James Roberts, James and I set off about 9pm – still very hot in London, and light, and the first few miles were a pretty manic dash through the traffic along with large numbers of fellow adventurers. The light had faded by the time we got out to about Epping Forest and it was a special sight to see the trail of flashing red tail lights disappearing up the road. Looking back was an equally impressive snake of white.

Mr Whelan was storming up the road at about 18 – 20mph and after about 9miles I decided, wisely, that James B and I would not continue to try to keep up or we'd 'blow up', so we left James R to cling to Pete's blinding red rear led! Out through Essex it was a clear moonlit night with little wind and there were always enough fellow cyclists for us not to have to consult either the route sheet or my map (at least I'd managed to collect that in our rush for the train – even

PLOMESGATE CYCLING CLUB

though it is so old that the M25 is only partially complete!)

Just past Sudbury and ~62miles was the feed station. James B lay down and fell asleep on the tarmac of the car park which was strewn with hundreds of bikes, while I queued (30mins at least) to get soup, pasta and bananas for us to refuel. We shared a table with the smiling Mr Whelan and James R who wasn't smiling so much!

Getting going again between 2am and 3am was a bit of a struggle and after a slight detour near Monks Eleigh, when I missed a turning, we got back on route as dawn filtered through a mainly clear sky. The weather wasn't so kind to us after that, though still warm enough, we had intermittent spots of rain and a couple of light showers.

With all our food eaten and James slowing, with a sore xxx (where xxx can be replaced with any of the following: neck, elbows, hands, back, backside and knee), we steadily made progress across to Framlingham, Peasenhall, Darsham and finally Dunwich about 6:50am. Elated, but tired and hungry, we joined another long queue for the café as the rain started again and were very glad to get into the dry and dig into some nosh until our 'lift home' arrived (~118miles total and 14.4mph average).

James says:

"It was my first one. I thought it would be great fun..."

We reckoned it would be good because we are doing Lands End to John O' Groats in the summer and it would get us in the distance mood + reassure us if we would need to get a more comfortable saddle...

It sure was a thrilling experience.

The best parts were the trails of flashing red bike lights, the friendly attitudes of all cyclists and the light in the morning, man that was a relief! Not having to rely on your bike lights.. My arms were sore from the hidden potholes shuddering through my locked out elbows which was eventually the only position to hold because of tiredness.

I saw a bike which pivoted/steered in the middle of the top & downtubes? + a penny farthing - it amazed me – did she finish?"

As an aside, my newly rebuilt 'tourer' performed flawlessly, despite it's shakedown ride being from Liverpool St to Hackney! The 'Jtek Shiftmate' gizmo, which Pete recommended, and which allows me to run Campag 9speed ergo-

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shifters (cheaper and more elegant than Shimano for cable routing) with Shimano 9speed mtb (11-34 'dinner plate' cassette) derailleurs, gave excellent service - once I'd got my head around the Campag/Shimano changer differences!

Evening 10s

4th June 2009

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Jim Hardwicke	PCC	00:24:54
2	Andy Hill	PCC	00:25:52
3	Paul Driver	IBC	00:26:27
4	Andrew Townsend	Stow	00:26:55
5	Nigel Sadler	PCC	00:27:42
6	Dom Castle	IBC	00:27:55
7	Rik Berry	Ips Tri	00:29:31
8	John Vidler	PCC	00:32:20
9	Ron Shoobridge	PCC	00:33:46
10	Matt Dye	PCC	00:33:52*
11	Rachel Clarke	IBC	00:35:23

*includes time to fix puncture

Thanks to Andrew Hawes (timekeeper) and Pete Whelan (pusher)

After an unpromising day, the wind dropped and we had a decent, if a bit chilly night. Well done to

Nigel and Andy who both set P.Bs for the course.

Well done also to Matt Dye who (probably) set a new course record for a ride including a puncture repair.

RESULT OF 'Come & try it' 5 TIME TRIAL HELD 11th June 2009 Course: B5/9

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Pete Whelan/ Ian Horsley	PCC /Guest	11:16
2	Antony Birt	IBC	12:07
3	Jim Hardwicke	PCC	12:10
4	Steve Beaumont	PCC	12:30

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5	Alistair Gillis	Guest	13:09
6	John Sanderson	IBC	13:24
7	Nigel Sadler	PCC	13:24
8	Marshall Crowe	PCC	14:05
9	Tim Brammer	PCC	14:08
10	Andrew Hawes	PCC	14:14
11	Bev Whelan	PCC	15:21
12	Peter Lennard	PCC	15:36
13	Robin Hawes	PCC	16:36
14	John Vidler	PCC	16:47
15	Toby Hill	PCC	18:06

Thanks to Trevor (timekeeper) and Jim (pusher)

Weather was fairly ok, rain not starting seriously until we had finished and wind wasn't too bad. Good turn out, with a mix of youngsters, novices and the others just having a blast!

18th June 2009 Course: B10/9

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Jim Hardwicke	PCC	24:23
2	Pete & Bev Whelan (tandem)	PCC	24:48
3	Stephen Beaumont	PCC	25:18
4	Adrian McTigue	PCC	25:33
5	Chris Lacey	Stow	25:41
6	Matt Dye	PCC	26:34
7	Nigel Sadler	PCC	26:54
8	Andrew Hawes	PCC	28:41
9	John Vidler	PCC	30:27
10	James Beaumont	PCC	31:11
11	Peter Lennard	PCC	32:04
12	Jenny Hardwicke	PCC	32:15

Thanks to Evert (timekeeper) and Viv (pusher)

The wind dropped and we had our first really good night of the season. Steve B, Matt Dye and Nigel Sadler all set PBs for the course, well done. Really good to see another couple of younger riders, Jenny and James setting very respectable times in their first rides. Nigel's time gives him a good lead in the handicap event.

'Come & try it' 5 TT HELD 25th June 2009
Course: B5/9

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Steve Beaumont	P CC	00:12:16
2	Adrian McTigue	PCC	00:12:17
3	Tom Walker	IBC	00:13:43
4	James Beaumont	PCC	00:14:28
5	Amanda Mallett	IpsTri	00:14:37
6	John Vidler	PCC	00:14:46
6	Ron Shoobridge	PCC	00:16:08
8	Robin Hawes	PCC	00:16:15

Timekeeper : Trevor Figgitt Pusher: Becky Figgitt

2nd July 2009 Course: B10/9

<i>Pos</i>	<i>Name</i>	<i>Club</i>	<i>Time</i>
1	Evert Wijnberg	PCC	00:23:43
2	Pete Whelan	PCC	00:25:03
3	Chris Lacey	Stow	00:25:18
4	Matt Dye	PCC	00:26:20
5	Clive Sparkes	IBC	00:26:33
6	Nigel Sadler	PCC	00:26:54
7	Andrew Hawes	PCC	00:28:01
8	Peter Lennard	PCC	00:31:23
9	John Vidler	PCC	00:32:08
10	Ron Shoobridge	PCC	00:33:18
11	Andrew Townsend	Stow	DNF (punc)
12	Jack Hardwicke	PCC	DNF (loose seatpin)

13	Jim Hardwicke	PCC	DNF (guilty dad)
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Thanks to Bev Whelan (Timekeeper) and Jim Hardwicke (Pusher).

A bit of a headwind on the way back, but probably the best night of the season so far (for those who finished!). Evert had a great ride, setting a PB for the course, the fastest PCC time of the season and the fastest Vet on Standard time, not bad for one ride. Matt, Nigel, Andrew and Peter all set course best times too. Good to see Jack riding again, shame his Dad hadn't tightened his seatpin enough.

Evening 10 Handicap Competition

Pos	Name	Time
1	Nigel Sadler	00:20:04
2	Mark Broughton	00:20:43
3	Andy Hill	00:21:19
4	Matt Dye	00:21:22

Open Event Results

EDCA 100

Evert did a brilliant ride in the EDCA 100 mile TT, to finish 11th with a time just over 4 hours in 4:07:10. Is this a new unofficial club record?

Godric 50

Matt Donaldson finished 12th in the Godric 50 with a time of 1:57:17.

PCC and East District Championship 30

It was a sunny, warm and breezy afternoon for the club open "30" on Saturday June 13th. Held over 2 laps of the Tunstall, Bromeswell, Butley circuit, the stiff SW wind caused a few problems for the riders.

The fastest Plomesgate rider was Evert in 1:13:46, who had a successful afternoon with fourth place overall, fastest vet on standard. As 2nd placed rider was a non East district rider Evert also took 3rd place in the East DC Championship.

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He was backed up by Jim Hardwicke in 1:17:10, and Stephen Beaumont in 1:19:34, but unfortunately they were beaten for the team prize by the Stowmarket & District CC who provided the winner in Andrew Leggett with 1:10:38.

Letchworth Grass Track

The track was riding slow despite dry and windy conditions. Pete chose to ride a 78" gear. Pete was 8th in the National Series 8km, a; though the official result had him in 9th with the herider I dropped in 8th. Reasonably pleased for a 1st event of the season

Dates for the Diary

Future Club Rides

Sunday 12th July – CTC Ride

Elevesens Campsea Ashe Dog & Duck
Lunch Westleton
Tea Parham Air museum

Either meet up at Woodbridge 10am, Turban Centre to ride to Campsea Ashe or turn up at the Elevesens stop, and then join in the ride to lunch (pub or picnic lunch).

Sunday August 16th

As August is a bit difficult to plan due to holidays, again suggest we meet up with the CTC on 16th August, though two of the rides that day start early with plans for breakfast at Dunwich. If we opt for the easy ride, then it is Butley Barns for 11's and Sizewell for lunch, and Parham for tea. Suggest people make their own way to Butley.

Sunday September 20th – Broads Raid

Advance notice of a club ride - Plomesgate
Invade Norfolk, medium paced touring ride

Sunday 20th September
Start: Beccles Quay, 9:30am
to Reedham Ferry (toll) to Acle, then skirting the Broads with a coffee stop at either Ranworth or Woodbastwick
then through Wroxham and north to the Dilham/Neatishead area for lunch (pub or sit at the waters edge and picnic), then drop back to Horning and towards Potter Heigham (tea), then Acle, Reedham Ferry and Beccles (4:30/5pm).

Total distance will be about 100km

PLOMESGATE CYCLING CLUB

From Wolsey

Newsletter

July 4th	CC Sudbury 104 and 161 km Audaxes from Bildeston £5. Robin Wheeler, 14 Chapel St, Bildeston, Ipswich. IP7 7EP. Tel: 01449 741048
8th	ICA 10s Start at Henley Community Centre – Wolsey RC for six weeks
12th 18th	Wolsey RC Open 25 – Essex Castle Ride – 25, 50 or 75 miles. 0800 Colchester – Bike Events Tel: 0117 925 2726
19th	CTC Essex 160 km ride Chelmsford 0830. £4. John Steer, 10 Frobishey Way, Shoeburyness, Essex. SS3 8XA. Tel: 01702 309958
August 3rd	Wolsey RC Committee Meeting
9th	Suffolk Coast Ride – 35 or 60 miles. Glemham Hall, Lt Glemham Bike Events. Start 08 00.
29/31 29th	Mildenhall Rally CTC Suffolk 100,200 and 300km Audaxes- Mildenhall Anne Scott Tel: 012067 211638
September 7th	Wolsey RC General Meeting. Tower St, Ipswich
20th	“Essex 100” – 100 Miles – Chelmsford. – Action Medical Research
October 3rd	CTC Suffolk “ Suffolk Byways” 100km Audax Blaxhall V.H. Paul Fenton - 01473 311222
11th	CTC Suffolk “Roughstuff 25” Butley V H. Dave Dodds 01394 388851

Thanks to Maureen and Ken Nichols for these dates.

Energy Drink

Anyone want a cheap pack of energy drink, gels, bars and a bottle. No

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postage charge. All for
£3.99/household.

Go to www.zipvit.com/success to get
your pack. Worth it just for the bottle

Pete

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