



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

June 2009

This month

Here's the June newsletter, another bumper one free to all Plomesgate members, but just in case any of you are thinking of standing for parliament the code to claim it back on your expenses is "newsplom06".

Did anyone see the article and picture in Saturday's East Anglian Daily Times? Well if you didn't then seek me out at the next club "10" or committee meeting and I should have a copy with me.

Trevor

PCC Open 30 June 13th

Saturday June 13th is our Open 30 mile TT, incorporating the East District 30 Mile Championship. We are in need of both entries and helpers. Official closing date for entries is Tuesday, 2nd June.

Saturday Rides

With summer well and truly here, races, holiday etc., I have decided to stop the Saturday morning rides for now.

Plan is to start them again in September, similar format possibly slightly different route, so watch this space in August!

Evening 10 Results

8th May 2009

Thanks to Pete W (Timekeeper), Ron S (pusher) and Trevor F (Photographer)

Windier night than last week, but another good turn-out. Great to see more younger riders, Joshua Hutchison doing a great time for his first ride.

<i>P</i>	<i>Name</i>	<i>Time</i>
<i>o</i>		
<i>s</i>		

1	Jim Burgess	00:23:19
2	Matt Donaldson	00:23:54
3	Jim Hardwicke	00:24:55
4	Andy Hill	00:25:57
5	Stephen Beaumont	00:26:09
6	Mark Broughton	00:26:57
7	Matt Dye	00:27:10
8	Marshall Crowe	00:28:00
9	John Williamson	00:28:29
10	Nigel Sadler	00:28:50
11	Viv Broughton	00:29:12
12	Joshua Hutchison	00:30:47
13	Andrew Hawes	00:30:54
14	Amanda Mallett	00:31:40
15	Peter Lennard	00:31:59
16	Bev Whelan	00:32:16
17	Phoebe Aubugeau-Williams	00:32:58
18	Clio Aubugeau-Williams	00:33:57
19	Jack Hardwicke	00:34:51

21st May 2009

Unfortunately Jack Hardwicke had a spill thanks to a broken tree branch in the road and is now recovering from a broken collar bone, and that wasn't the only incident that evening....

There was a fire on the heath near Tunstall Common with fire engines blocking the route, so we elected to ride the 5 course instead. Here's the results:

Position	Name	Club	Time
1	Pete Whelan	PCC	12:10
2	Matt Dye	PCC	12:45
3	Charles Rowe	Stowmarket CC	12:56

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4	Nigel Sadler	PCC	13:26
5	Marshall Crowe	PCC	13:53*
6	Andrew Hawes	PCC	14:07
7	John Vidler	PCC	15:17
	Phoebe		
8	Aubugeau-Williams	IBC	15:37
DNF	Jack Hardwicke	PCC	DNF
DNF	Amanda Mallett	Ipswich Tri	DNF**
DNF	Chris Jillings	IBC	DNF**
DNF	Jim Hardwicke	PCC	DNF

Timekeeper - Bev, Pusher - Jim

May Club Ride

Me, myself and I do a club ride

Well no one else turned up so I headed south east into a cool stiff headwind. Stopped for coffee at Butley barns, and even had that place to myself, makes mental note to change deodorant!!

Then spent 40minutes or so using the charity cyclists on the Suffolk Sunrise ride as "cannon fodder", much fun but my legs can only sustain speeds over 20mph for short spells these days, just ask Stephen Beaumont who was out with me the day before and had to wait for me.

Trevor

Club Jerseys

Don't forget club jerseys are available for £30 from Marshall Crowe.

City College Norwich Summer MTB Series

This was held at Tunstall Forest on May 17th and I spotted a couple of familiar names in the results...

4 Hour Female

1st Vivienne Broughton - 4 laps in 04:00:19

4 Hour

29th Mark Broughton - 4 laps in 03:12:44

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Harsher Penalties for drivers who use mobiles!

If you want to support the petition to the UK government on this, as the outcome of this can affect all road users, then sign up at

<http://petitions.number10.gov.uk/mobilemenaceban/>

Danbury Bike Festival

The Danbury Bike Festival takes place on Saturday 18th and Sunday 19th July 2009

The event comprises "The Little Havens Off Road Bike Ride" on the Saturday and the "Mud Sweat & Gears" Mountain Bike Races on the Sunday.

The Little Havens Off Road Bike Ride is a mass participation cycle around a 3KM Loop around the Danbury Outdoors Centre in Chelmsford Essex. The course has a number of challenges but anyone of reasonable fitness will be able to cope with it. The event starts at 2pm and is particularly good for families and children who want to have a go at off road cycling possibly for the first time. There will be Bronze, Silver and Gold Challenges available where riders will complete 3, 6 or 9 laps of a 3 Kilometre loop. Riders will have the option of opting in or out of some of the more technical aspects of the course. Sponsorship goes to the Little Havens Hospice.

The Mud Sweat & Gears day on the Sunday is a more competitive event with a series of races around a 5KM loop. The course features hard-packed paths, grass fields and single track with some off camber aspects. There are also a couple of stiff climbs and some nice fast descents that will challenge legs, lungs and nerves!

The races follow the popular Enduro format where riders complete as many laps in a set time. This forms part of the Mud Sweat and Gears three race series across Essex .

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Leaflets and application can be downloaded from the website.

<http://www.chelmsford.gov.uk/index.cfm?articleid=16869>

Race Results

VC Baracchi 10 Bank Holiday Monday

Our only representative on the Bungay course was Adrian McTigue who finished in 17th place with a time of 24:14.

The event was won by Lee Bark in 21:17 and Matt Donaldson was 6th with 22:42, with only 6 seconds separating him from a top 3 place.

Godric CC 10 May 19th

A breezy afternoon saw Evert as our best finisher in the Godric 10 on the Waveney Valley course. Evert finished in 6th place with 23:14, other Plomesgate riders were Marshall in 27:45 and Ron Shoobridge with 32:12.

IBC "10"

Pete Whelan was 11th with 24:46 whilst Bev was just outside evens with 30:21 and John Vidler returned in 33:36.

IBC "25"

Top Plomesgater was Evert in 6th place with 1:02:32, Pete was 11th again in 1:03:53, while Bev finished in 1:21:25.

Etape Caledonia Sunday 17th May

Stephen Beaumont had trained well and was looking forward to the Etape Caledonia. Thousands (3,500 this year) take part in what is billed as the largest mass participation event on closed roads in the UK. Based at Pitlochry and covering roads in the Tayside area of Scotland it must be one of the most challenging and most beautiful 80mile sportive routes in the UK.

However, all that was spoiled by what some might call a terrorist attack by a small minority of people protesting about being inconvenienced by the road closures. In order to disrupt the event a large section of road was strewn with carpet

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tacks resulting in hundreds of riders having punctures, and the event having to be temporarily suspended while the police and organisers attempted to clear the roads.

Our own Stephen Beaumont did not escape unscathed although he was able to complete a shortened route. As he explains himself:-

"I've mended the puncture (by removing the tack!) and got the tyre re-inflated to the correct pressure now. I'm going to get a compressed gas inflator rather than the micro-pump I carried.

Bit of a shame really, I was on for a good ride with ~18.3mph average for the first 50miles before they halted the race right at the top of the big climb. We then had a 1h25min wait before a controlled descent with ~800 other riders behind a Police motorcycle, before being allowed to complete a shortened course (73 rather than 81m).

At least the weather improved from raining at start to ~15degC & sunny intervals by finish though, and most people took the whole thing in pretty good humour.

Not sure how my time would've been or where it would've placed me, but my trip computer shows 3h44m28s for 73miles which is 19.5mph average. I managed to get into a good fast 'train' into the headwind for ~15 of the last 23miles.

It was complete carnage at some points with the road through blocked by riders with punctures. I was luck just to get only one, one of our team got 3! It could've been very nasty if someone had punctured on the long downhill section."

According to the BBC news, a 62-year-old man has been charged in connection with the sabotage. The man, from the Rannoch area, is due in court on Wednesday 20th May.

Paul Willsher – End to End or End over End?

Paul Willsher had to take an unplanned break from his recent Lans End to John O' Groats trip when he had a nasty crash on a descent near Bolton. As a result of the tumble he gashed his leg on the chain ring which required 20 stitches, his two companions continued on to John O' Groats.

The good news is that after returning home to recuperate, Paul has travelled back to Lancashire and as you read this he should have completed his trip alone.

I look forward to reading of Paul's exploits in a future newsletter.....

Big Matt's Coast to Coast

If you didn't get around to sponsoring Matt, its not too late. He has started the ride (June 1st) and details of how to sponsor him are in the last newsletter.

More organised rides in Suffolk

Folks,

There appear to be quite a few rides being announced in the area at the moment. I sent details out about the Tour De Tendring a few days ago, and now the Norfolk 'Huff & Puff' Cycle Challenge on June 28th from Sheringham, Norfolk. See <http://www.cyclenorfolk.co.uk/events.html> for fuller details if interested.

If you are just out for a gentle ride or a training ride, then the Beach House Cafe and The Meare Shop & Tearoom at Thorpeness would be pleased to welcome cyclists.

Pete

Tour De Tendring

If you fancy doing the Tour De Tendring

If interested, then see the website <http://www.tendringdc.gov.uk/TendringDC/Leisure/Sports+Development/Sports+Events/TourDeTendring+2009.htm>

Tour De Route 51

Details of an event which is supporting the celebration and promotion of Route 51.

Riders covering the 'Tour De Route 51' will visit Holywells park where the route passes through. Lots of activities and interaction will be taking place.



Working with people with disabilities to improve the quality of their lives and improve the community.

'Tour De Route 51'
Friday 12th June 2009
12:15—15:00
The Stable Block, Holywells Park

The Green Bike Project, a joint venture between Genesis Orwell Mencap and Keystone Development Trust, is pleased to be able to invite you to join them at The Stable Block, Holywells Park, Ipswich to meet the 'Tour De Route 51' riders from Sustrans, the national sustainable transport Charity, as they cycle the length of National Cycle Route 51!

There will be a whole host of activities throughout the day, including:

The NHS 'Blender Bike' Cycling Course
Pedal Powered Scalextric
And Much More!

The Green Bike Project will also be celebrating the start of the refurbishment work within The Stable Block, and will be exhibiting the latest plans for the project.

Please come and join us for all or part of the day!

Supported by
The National Lottery® through the Big Lottery Fund

GENESIS ORWELL MENCAP

keystone development trust

Thetford Forest Challenge

Thetford Forest challenge 17th July

We would like to draw your attention to our forthcoming event in support of the Muscular Dystrophy Campaign.

Back by popular demand the **M.D.C Thetford Forest Challenge will take place on Friday 17th July at 7.00pm.** Location May Day Events Field off B1106 in Thetford Forest. All off road in the beautiful setting of Thetford Forest..

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 +£5 on the day. 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

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The Suffolk Villages Charity Bike Ride

Event: Sunday 14th June 2009

In aid of Anthony Nolan
Trust, Lions Charities
and British Heart
Foundation

Choose from the three
Charities for which you
will raise sponsorship
and/or to which you
may make a donation.
Choose from three
routes through beautiful Suffolk villages;

- 20k (12miles) green route
- 40k (25miles) red route - .
- 80k (50miles) blue route

There will be colour coded route markers on all routes. 16 Marshal Points, Travelling Marshals on duty on all routes, 3 Check Points for your security. First aid, Radio communication and water at check points. There will be a Travelling Cycle Mechanic available. Emergency Telephone Number on the day.

HQ, Registration and Start between 9 am -11am at the Blackbourne Centre, Elmswell. There is ample car parking at the centre. IP30 9UH. Refreshments, at modest prices, will be served throughout the event. Showers available after event.

Entry Fee: £10

Entry Form: download from -
www.stowlions.org.uk, telephone 0845
8335114, email: bikeride@stowlions.org.uk or send for
by post; address below.

Post completed entry forms with your cheque to: Lions
Club Stowmarket and District SVBR, 10 Abbey Fields,
Haughley, IP14 3TA

Don't Try This at Home....

Or anyone elses home for that matter:-

<http://www.youtube.com/watch?v=Z19zFIPah-o>

And Finally.....

Thanks to Ron Shoobridge for this ;



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A note from a compassionate, loving and caring
Aussie husband...

LOOK AFTER YOUR WIFE...

A couple of weeks ago, I was sitting on the patio, drinking beer and watching my wife mow the lawn.

Cheryl from next door saw us and was so upset that she came over and yelled at me, "You lazy prick! Sitting there drinking beer while your poor wife pushes that ancient lawn mower around! Get up off your fat arse and give her a break!"

I thought 'Shit women!' Took another swig from my stubby, wiped the cold foam from my lips, lifted my sunnies, stared directly at this nosey cow and told her in no uncertain terms to sod off and mind her own business. I told her my wife had green fingers and that she really enjoyed gardening.

After a few days I felt really bad, so I went out and bought her a ride-on mower to show my sensitive side. I'm really proud of the deal I got and also very proud that my wife can now sit down while mowing the lawn. Yes guys, we **should** take good care of our wives... then maybe they'll take good care of us.

I've attached a picture below...hope it comes through OK



**I KNOW...I'M TOO BLOODY SOFT WITH
HER. SHE'LL PROBABLY WANT GEARS
ON IT NEXT!!**