



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

March 2008

Helpers needed for Plomesgate Open "10" 29th March

The date of our first open event is even closer and the closing date for entries is approaching (18th March). The event starts at 2pm, entry costs just £6.50, which includes a free drink at the finish. It is also a qualifying event for the SPOCO series. See:

<http://www.team-cambridge.co.uk/spocoeast/>.

The HQ is at Sudbourne Village Hall. If you have never entered an open event before, this is a good one to start with, as it is run on our usual evening 10 course.

To date, the only helpers I have are the timekeepers and a pusher! I would be very grateful for any offers of help (*and you do get free tea and cake!*). There are indoor jobs at the HQ as well as outside marshals needed. Please contact me on 01394 385281 or email me at bev.whelan@talk21.com.

Bev Whelan

March Club Run



Meet at Sandgalls car park, Tunstall forest, on Sunday 9th March for a 10am start. This will be an off-road ride through the forest, lasting about 2 hours. All are welcome to join, and if needed the ride will split into two to cater for the faster and slower riders. We'll be riding a mixture of forest tracks and single-track, so helmets are recommended. If you want further details contact Mark or Viv Broughton by e-mail broughton.m@btopenworld.com or phone 01728 452143.

PCC committee meeting

The next committee meeting will be held at the Dog & Duck, Campsea Ashe, at 8pm. Opposite the station. All welcome.

Suffolk CTC events

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

Diary Dates and What's On

Hi, we would like to draw your members' attention to our forthcoming unique event.

World Property Centre Rendlesham Forest

Challenge. A 20k Run/Bike event for teams of two in support of the **Muscular Dystrophy Campaign.**

Sunday March 9th 2008, 11.00am Rendlesham Forest Centre off B1084 nr, Woodbridge, Suffolk.

Competitors take turns to run or cycle. Swap as often as you like but stay within 10 metres and finish together. Minimum age 17.

Entry fee £25 per team +£5 on the day.

More information, entry forms and online entry available from our website www.runbikeevents.com or email info@runbikeevents.com

Yours in Sport
Chris Cooke, Race Director
Run/Bike Events

Ipswich BC Training at Copdock/Washbrook Hill

Meet 7pm, Tuesday and Thursday evenings for Hill work at Copdock (old London rd). Meet at the bottom near the houses and parked cars.

Everyone welcome, format is to train at your own level up the hill, re-group at the top and continue with through and off style riding, don't worry we can show you if you're not used to this.
The session lasts approx 1hr 20.

Bring good lights and visible clothes. Spares, food and drink.

Nathan Miller: 0770 6006082



Still time to pay your subs

The club subscriptions for 2008 will stay the same as 2007, at £10 for Over18s, £5 for under 18s, free for under 12s, and 2nd claim members are 50% of the above. Please remember subs are due on the 1st January, make cheques payable to Plomesgate Cycle Club and post to Viv Broughton, 185 Saxmundham Road, Aldeburgh, Suffolk, IP15 5PE.

Articles for next month

Keep the material coming by any means you wish. Deadline is close to the end of March, 2008.

It's your newsletter so drop me a line at

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or

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