



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

1st March 2009

Ron Philpot

Ron sustained a serious head injury and a broken pelvis and jaw on Saturday 21st February whilst out on the Saturday morning ride with clubmates. He was airlifted to Addenbrookes hospital.

At the time of writing this newsletter he was still under sedation to allow swelling to reduce. I will endeavor to keep the club informed via email of any news of progress from his family.

For the moment I will be compiling the newsletter whilst Ron recovers. It is unlikely he will race this season. We wish him well in his recovery.

The section of road at Sweffling appears to be particularly slippery for anyone, as we have also heard that 3 Stowmarket & District CC riders also came off at the same point. Suffolk County Council have been informed.

Club Subscriptions

A gentle reminder that club subscriptions are now due.

Sorry, but if you haven't paid up then we can't allow you to race (rules of Cycling Time Trials and British Cycling).

Send your subs to Pete or Viv (see previous newsletter for details).

Club runs

Pete is planning a club ride, at a touring pace, on Sunday 8th March.

Start - 10am (prompt), Turban Centre, Woodbridge; riding to Snape for 11am coffee stop, then on to Kettleburgh for lunch at about 1pm, then back to Woodbridge (with tea for those who need it !).

Pace will be 13 - 15mph to suit all abilities.

Enquiries to Pete Whelan, tel:01394 385281. If you can't make the start, then just turn up at one of the stops instead.

To keep the momentum going with club rides, we propose to have them during each month, with a different person leading the ride, to their choice of destinations. They are not meant to be a hard training ride, but a ride for all abilities.

The following dates are to put in your diaries as possible club rides:-

5th April and 10th May

If you think you are able to lead a ride on one of these dates, then let Pete Whelan know what your plans are and we will publicise it to the members. Trevor Figgitt is leading the ride in May starting from Framlingham with lunch at Cratfield. More details next month.

Winter Series 4

Nearly 500 people turned up for the final race in the MTB Winter Series, which was held at Brandon on an excellent flowing course with hardly any mud. There were no bomb-holes this time, but a killer uphill singletrack section towards the end of the lap which sapped your strength. Mark came 58th out of 104, and Viv was 21st out of 32. See the report on the BC web site at

http://www.britishcycling.org.uk/web/site/BC/mtb/EventReports2009/20090222_whyte_enduro_4.asp

MTB Summer Series

There is a Summer Series planned by Thetford MTB racing. There will be one round at Tunstall and the other two at Thetford, see

<http://www.thetfordmtbracing.com/>

Dates of races: May 17th, July 19th, August 16th

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Based on the same format as the winter events with 2 and 4 hour races BUT with the addition of 6 hours that you can do as a pair or solo. Entry fee will be the same as the winter (£20 and £15) and the entry forms will be up by March 1st. along with start times etc

March MTB Ride

Meet at Sandgalls car park near Tunstall at 10am on Sunday 29th March for an off-road ride through the forest. We'll ride for between 1 and 2 hours. If you've any questions e-mail broughton.m@btopenworld.com or ring Viv on 07798 715949.

Saturday MTB Rides

These rides, led by Pete Whelan, have come to a close for the moment as he is riding time-trials again on Saturday afternoons. This doesn't stop others from meeting up to do similar rides. Just let everyone know what you intend to do.

March Open '10'

The club's first Open event of the season takes place on the afternoon of Saturday, March 28th, with the HQ at Sudbourne Village Hall and run over our normal 10 mile course.

Evert Wijnberg is looking for both riders and helpers for the event. **Remember there is free cake and drinks if you help.** Email Evert at annelie.wijnberg@btinternet.com if you can help

Evening 10s (and 5s)

Club events start very soon. The first event is on April 30th, with a start time of 6:45pm at the start of the '10' course. The next event is the following week with a start time of 7pm. Get there in plenty of time to sign on and warm up. It doesn't help the timekeeper if you arrive to sign on when they are about to set riders off.

Also, remember that if you have not paid your subs for this year you can't ride. Don't leave it until the last minute to rejoin on the night, it just creates a bit more havoc than usual and delays the start and concentration of those timekeeping. See end of this newsletter for timekeeper and

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pusher rota, plus all the start times and distances. Remember to get there about 6:15pm to sign on and have a good warm-up.

We are also planning on having a hill climb on the evening (7pm start) on Thursday 3rd September over at Crettingham. It's not too bad a hill, not like the one over at Semer anyway, but a good introduction to having a go at a hill climb if you haven't tried one before. More details nearer the time, but put the date in your diaries now.

SPOCO East

The Eastern region, like other parts of the UK, run a series of time trial events on course similar to those we ride as a club, over a range of distances. Each counting event you ride gains points and if you compete in enough, then you become eligible for a range of prizes. You may not win a time trial, but you can win a SPOCO medal. It is open to all riders in the region, from Youth to the extremely old. Quite often very few if any youth or juniors ride, so those under 18 could be guaranteed a prize at the end of the year. All three of our Open events count towards the series.

Have a look at the SPOCO East website <http://www.team-cambridge.co.uk/spocoeast/> The cost to register, which needs to be done BEFORE riding your first event is £6.

Identification when on Rides

In light of the incident with Ron and the difficulty in giving details of contacts to the emergency services it would be a good idea to do at least one of the following three things:-

- ❑ Put details on your mobile phone under the name ICE (*wife or other person*), with ICE standing for In Case of Emergency, and a contact name and number – the emergency services know to look for this on a mobile.
- ❑ Have a 'dog tag' or other contact details on your person.
- ❑ Let the club know these details to keep with your membership records.

Committee News

The next committee meeting will be at the Dog & Duck, Campsea Ashe after the evening '10' on Thursday 30th April. All club members are welcome to attend.

Club Dinner and Prize Presentation

This was enjoyed by all attending with good food, if a little slow coming at times. We propose to do similar again this year on the first Saturday in December, with maybe a little seat swapping as the evening progresses – just for fun !!

Medal Winners

The club had two medal winners and four medals for Eastern Region time trials in 2008. Bev Whelan got a gold for the East District 30 mile Championship for handicap and also a silver for 2nd Lady. She also got a silver for 2nd Lady in the SPOCO series. Adrian McTigue got a bronze for the regional hill climb

For Sale

If you have any unwanted bike bits, then advertise them here.

Vinyl Decals

If you want your name on your bike, just like the professionals, then Pete is offering club members 25% off his normal vinyl label cost until the end of May. See Pete at Club/Open events or email him for details. pete.whelan@talk21.com

Tandem Wheels

I thought I was going to have a bundle of bits for sale from my tandem rebuild, but it looks as if they have already been snaffled up quickly by others.

What is left is a pair of wheels, in excellent condition, rebuilt last year (after wearing out the rims [again]), both 40 hole on Suzue sealed bearing hubs, Mavic Module 3 rims. Rear is 140mm frame spacing. Screw-on freewheel, and thread for an Arai hub brake. Suitable for 5/6/7 spd freewheels. £50/pr

Other bits I have for sale are:-

Froggleg Cyclo-cross brake set (cantilever), new, unused. £25 set (front & rear)

Profile Design BOA Ahead stem (silver) for 1" steerer, 25.4mm bar clamp. 120mm long, 20' angle. £5

Avenir Ahead stem (silver), 1 1/8" steerer, 25.4mm bar clamp, 130mm long, 6' angle. £5

Ovation Ahead stem (orange), 1 1/8" steerer, 25.4mm bar clamp, 125mm long, 4' angle. £3

IMiche front road hub, 36 hole, new unused, with skewer £8 o.n.o.

Shimano Altus rear hub, 7 spd freehub, new unused. Nut fixing, 36 hole. Worth it just for a replacement freehub and bearings. £12

Pete Whelan, Woodbridge. 01394 385281 or email pete.whelan@talk21.com

A 30 year old picture dropped through my letter box the other day!

Last year an elderly member of my previous cycling club Walsall Roads CC passed away. John Evans was a fairly prolific photographer and whilst sorting out his belongings his friends and family came across a huge stock of cycling related photographs going back many years. A few weeks ago I received a package containing several photographs, featuring either myself or my brother. Most of the pictures appear to be from the 1970's. Apparently many others are now in the Walsall archives!

The picture

The event, is possibly a Walsall RCC club event, it may even be a South Staffs CA 100mile TT, which would explain why I am not racing in it myself. The course is the K6, the particular location is the A5 at Hatherton near Cannock, note the lack of traffic! I am fairly sure the rider is Bill Hodges. From my appearance I am guessing the year is either 1977 or 1978. I can

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identify most of the spectators, from the left the lad with the Peugeot musette is Carl Crabtree, who several years later was Midland District Road Champion and was doing 55minute "25"s. Next is my brother David, then its me, displaying the latest in 1970's cycling fashion.

The suited elderly gentleman is Fred (Gnutti) Russell, the owner/proprietor of F.R Russell Cycles in Walsall, where I worked on Saturdays.

(↗ to top of next column)

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Fred was a tough task master and an ace wheel builder, he built Hugh Porter's wheels for him. Next is Ian Simpson, club masseur and coach, I can't identify the next person, but the elderly gent on the far right, who looks like he is timekeeping, is Jack Aspinall, who was club president of the time, and was a well known dignitary and businessman from Walsall.



Trevor Figgitt

Tandem Re-Fit

This has taken some time to complete, mainly the gathering of the rims, as mentioned in the last newsletter. Well it's all complete and ready to go on the road. The old (1993/4) frame polished up well we have looked after it over the years, and it has done a lot of miles, probably over 30,000 and awaiting a new lease of life.

I wanted to go to a 10 speed gear hub on the rear, but also a triple on the front and Campagnolo Ergo levers (better for use with a bar-bag, plus we have them on all the other bikes). It's not easy getting hubs for a tandem (140mm rear drop-out spacing), let alone 40 hole and Campag fitting. The last bit I gave up on and opted for a

little engineering instead, so bought a set of Phil Wood hubs which are meant to be bomb-proof. This then gave me two options on the cassette to use either a normal Shimano 10 speed (and add a JTEK Shiftmate) or one of the types from Ambrosio which fits Shimano splines but is spaced for Campag. I opted for the JTEK Shiftmate solution, as it meant the choice of cassette in the event of a problem was better. The Shiftmate is a little roller gadget to put on the reach mech that alters the cable pull ratio so that you can mix and match various bits of gear from a mix of suppliers – it is really easy to fit and works very well, even giving the cable outer to the rear mech a better line. The chainset

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choice for going 10 speed was not huge, with TA not now having much and a few others saying it should work OK but no guarantee, so I went my own way and bought three Record chainsets (one triple and two doubles), 2006 vintage so square taper, all in a sale so good value. Selling off the spare outer rings and cranks paid for the re-threading of three of the cranks from left to right, etc and so we have a unique Campag chainset.

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I put traditional old style cantilever brakes on (similar to the old Mafac cantilevers of the 60s and 70s) a modern version made by Tektro to match the cable pull of the Ergo levers, which from a brief test in the garage seem very effective. That's about it, it all looks very nice and modern.



Pete Whelan

News Contributions

Send any news of events, rides, results, or anything of interest to club member, etc so that they can be included in the newsletter.

The e-mail address, whilst the editor is out of action, is pete.Whelan@talk21.com

Evening Time Trial Rota

The rota for pusher and timekeeper is listed on the next page.

Date	Distance	Time	Timekeeper	Pusher
April 30th	10 mile	18:45	Marshall Crowe	Jim H
May 7th	10 mile	19:00	Martin Alabone	Ron Shoobridge
May 21st	10 mile	19:00	Bev Whelan	Evert
May 28th	"Come and Try it" 5 mile	19:00	Paul Wilsher	Jim H
June 4th	10 mile	19:00	Andrew Hawes	Pete Whelan
June 11th	"Come and Try it" 5 mile	19:00	Paul Willsher	Jim H
June 18th	10 mile	19:00	Evert	Viv B
June 25th	"Come and Try it" 5 mile	19:00	Trevor	Jim H
July 2nd	10 mile	19:00	Bev Whelan	Adrian McTigue
July 9th	"Come and Try it" 5 mile	19:00	Paul Willsher	Jim H
July 16th	10 mile	19:00	Magnus Ross	Steve Beaumont
July 30th	10 mile	19:00	John Vidler	Andrew Hawes
August 13th	10 mile	19:00	Pete Whelan	Marshall Crowe
August 27th	10 mile	18:45	Ron Shoobridge	Jim H

Any problems with the suggested dates, please contact Jim Hardwicke jim.Hardwicke@bt.com as soon as you can please so it can be amended.

Remember, if you are a pusher, then you can opt to be last man off and so get a ride in. If you are timekeeping, then please get to the start at least 30 minutes before the start to sign people on.