



Membership doubles and new team to be launched in August

YOUR EDITOR is just trying to attract attention. The function of the editor, at present, is to collate and treat material submitted by the membership. Difficult to do, when nothing much comes his way.

This sounds like a call for help – *not really*, because I enjoy putting things together and if articles and information are thin on the ground, that’s fine.

It is always possible to find something from somewhere to fill the columns – *as I speak, a couple of pieces have just popped into the box..*

Thank you contributor!

Note the slightly changed style – Like it?

Ed.

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
30	B30/9R	14/6/2008	14.00
25	B25/2	20/9/2008	14.00
Grass Track	Bredfield	9/8/2008	12.00

Welcome new member

We welcome our new member, Andrew Hawes. Andrew has already experienced the first-of-the-season 10 time-trial on April 24, when, weather-wise, we were lucky. Enjoy your cycling, Andrew.

Events to go for

We would like to draw your members attention to our forthcoming unique event.

Run/Bike Events Thetford Forest Challenge. A 20k Run/Bike event for teams of two in support of the Muscular Dystrophy Campaign and sponsored by the World Property Centre.

Friday 7.00pm July 18th . Location May Day events field off B1106 in Thetford Forest.

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 is £25.00 per team plus £5 on the day.

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

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

CASH WAITING

Wanted: A 21-tooth sprocket for a 9-speed campag cassette. It seems they are no longer available (in any size would you believe). I thought the idea of cassettes was ease of change. Ron Shoobridge: 01502 722995.



Suffolk CTC events

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

Received via the website

Jon Smith
Plomesgate Cycling Club WebMaster
info@plomesgate.co.uk

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From: "Membership"
<membership@britishcycling.org.uk>

Date: 29 April 2008 14:03:37 BDT

Subject: Free British Cycling
Membership Forms



Dear Club Secretary

I am pleased to inform you that we will shortly be sending you a printed batch of British Cycling FREE membership forms for your club members. Please note that these membership forms are for club members who are joining British Cycling for the first time. They cannot be used by existing British Cycling members.

A text-only version of the form is available for you to download from our website until you receive your batch by post: [Download FREE membership form](#). In the meantime, I would ask that you take out of circulation any old stock of free membership forms, as they will now be out of date and incorrect.

Club members with internet access can avoid the paperwork and enrol for free as first time members of British Cycling using the following link, which you may wish to distribute

PLOMESGATE CYCLING CLUB

to your members via email: [FREE enrolment for first time members](#)

Please do not hesitate to contact the membership team should you have any queries about this promotion or if you require any assistance in promoting your club and British Cycling membership to prospective members. I wish you a successful 2008 .

Yours sincerely
Terry Greenwood
Membership & Event Services Manager
British Cycling
National Cycling Centre
Stuart Street, Manchester, M11 4DQ
Membership Services Tel: 0161 2742010 Fax: 0161 2742019
www.britishcycling.org.uk

From: "Graham Berry"
<graham.berry2@ntlworld.com>

Date: 29 April 2008 20:47:22 BDT

To: <info@plomesgate.co.uk>

Subject: Eastern RR Champs

For you information this year's race is being held on the Ashley circuit.
1st June 09:00

Entries to.

Graham Berry

185 Ashcroft Road,

Ipswich,

Suffolk.

IP1 6AF.

Entry £15.00 payable to
Stowmarket & District CC.

Regards.

Graham Berry.

www.stowcc.com



April Club run

It was good to see Trevor and Harry turn up for the ride through Tunstall Forest. The previous week's rain meant there were a few well-placed puddles, and there were a few snow flakes falling en route. The cold wind wasn't too noticeable in amongst the trees, and the route makes the best of the little hills in the forest. We bumped into Mark Howlett and the TROG riders, who were performing for a photo-shoot. An enjoyable ride – hopefully more people will turn up in May.

May MTB ride

Meet at Sandgalls car park on Sunday 18th May for a ride through Tunstall forest. We'll set off at 10am, and there probably won't be a 'café' stop part way round. We'll ride the same loop as April, about 12 miles, so should take between 1.5 and 2 hours. Contact Mark or Viv if you need more information, either on 01728 452143 or Broughton.m@btopenworld.com.

Articles for next month

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



Yaks and blokes

Well . . . why not?



This one could be Jurassic!