



New Editor

Hello from your new Newsletter editor. It has been a few years since I last did the newsletter, and I wish I was taking on the job in better circumstances. I hope I can do half as good a job as Ron.

Thanks go to Pete for standing in during the last couple of months.

Anyway this is a bumper edition with loads of stuff from race reports to charity rides and reminiscences about cycle speedway in Leiston so enjoy.

Oh and keep the articles coming in otherwise I will subject you to some of my ramblings and old black and white photos of people with big moustaches and baggy woollen shorts.....

Trevor

Goodbye Ron

Many of the club attended Ron Philpot's funeral on Friday April 3rd. It must have been very comforting for Ron's family to see so many cyclists, from Plomesgate CC and other local clubs turn out to say their last farewells. The day before Ron's funeral the East Anglian Daily Times ran a tribute article which some of you may not have seen so I have scanned it in and have attached it below, although I doubt you will be able to read it..



Club Subscriptions

I was going to write if you haven't paid your subs, then you won't be reading this, but realised that was daft....!!

May Rides/Club runs

Anyone not racing at the Ixworth Crits on Bank Holiday Monday May 4th, and wants a ride, then Pete & Bev will be leaving Woodbridge (provided the weather is good) to ride over to Ixworth, leaving Woodbridge 9:15, then out to Coddendam, Needham Market, Stowmarket, and a stop at Buxhall Granary Crafts for a cuppa at about 10:30 or just after, then the final 10 miles via Woolpit and Elmswell to get to Ixworth just before mid-day. Either bring a packed lunch or use the local pubs or burger van. Not sure what time we will be leaving (4pm ?), but probably follow the same route back. If interested, then email Pete on pete.whelan@talk21.com, or call on 01394 385281.

Trevor is planning a ride on 10th May, starting from Framlingham, at 10:00am. The ride will meet at The Elms car park, the one in New Road behind the bakery, its free so you can leave vehicles there. Coffee stop will probably be at Peasehall and lunch at Cratfield.

If you think you are able to lead a ride on future date, then let me (Editor) or Pete Whelan know what your plans are and we will publicise it to the members.

Evening 10s

The first evening 10 was held on April 30th - Well the weather stayed good which reflected in both the quantity of riders and the quality of the performances. Despite having trained earlier in the day Matt Donaldson blasted around the course to win in 23:32, 1:20 in front of second placed Jim Hardwicke (24:52) who managed to stay 1 second ahead of third placed Adrian

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McTigue (24:53), and Pete Whelan in fourth (25:23).

The heroes of the night though were definitely the youngsters, new member James Studd (15) rode an excellent first race, even catching a rider to finish with 32:44, whilst Jack Hardwicke (12) completed his first event in 34:44, and Katie Bloomfield got her season off to a good start with 35:48.

Future Evening 10s and 5s

The first one is out of the way this is the rota and line up for the rest of 2009 {-

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

Welwyn Track League

Track League started on Friday April 24th. If anyone fancies riding and wants to share a lift then Alan French would like to hear from you. Contact Alan on 07876 495 278

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Open TT Results

Spotted on CTT website results page
Kings Lynn CC 10 24th April
Pete 24:29 and Bev 29:56

Committee Meeting

A meeting was held after the race on April 30th in summary..... Highlights from last night meeting were praise for Evert in doing an excellent job organising his first open TT, not his first open event, as he did a brilliant job last year running the grass track, which he is doing again in August.

The grass track was also discussed at length and if any of you have any ideas/suggestions for potential sponsors then Evert would like to know. It doesn't have to be much, even a donation of a tenner say for an advert on the publicity poster or race programme all helps.

Stowmarket 20m TT

The event is held on a rolling circuit starting between Debenham and Pettaugh, travelling through Ashfield cum Thorpe and then north through Kenton to Occold where it heads south along the B1077 through Aspell and finishing on edge of Debenham. The afternoon was warm and sunny but with a stiff headwind on the long gradual uphill drag through Kenton. Our fastest rider finishing just outside the top ten in his first competitive outing of the year was Evert with 50:41. Next best in 16th place was Jim Hardwicke in 51:42 closely followed by Pete Whelan in 52:17 for 20th place. At the other end of the field Bev Whelan improved on last year's time by a massive 7 minutes to finish in 1:05:29 and get the better of Ron Shoobridge who finished with 1:09:00 and Paul Willsher on his trike with 1:13:20. The event was won by Stowmarket strong man Lee Bark in 44:09.

WANTED

Ron Shoobridge is in need of a cyclo-cross frame 50 to 52cm sizing. If you have or know of one (or two) going spare, then let him know. Tel: 01502 722995. [I'm sure he won't mind what colour the frame is, even pink would do - Ed]

Lotus Crit League

The Lotus Cars Cycle Race League 2009 season opens on 6 May. There will be ten nights racing over twelve weeks.

This year the main event will be Regional C+ Scratch race under BC rules of one hour duration for seniors, E/1/2/3/4, juniors, women and vets.

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There will also be a Go-Race event for non members and 4th cat riders of 30 minutes duration.

A feature of this years programme will be a Go-Ride series for 11 -16 year olds - 40 minutes coaching followed by a 20 minute race.

Full information and registration see the website

<http://www.lotuscyclerracing.org>

Tony Clarke 07811747890

Kings Lynn 10m TT

KL10 was a windy day, with a headwind on the first leg, largely uphill, then good after that for the other two legs of the sporting course. Both pleased with our times, and first time under 30m for Bev on that course.

Big Matt goes cross country across country

Matt Donaldson has organised another charity cycle ride and to support Orchid Cancer Trust. This time he is staying in Britain and riding off-road! The challenge is to ride mountain bikes off road from coast to coast, from St Bees on the Cumbria coast to Robin Hoods Bay on the North Yorkshire coast in 5 days between 1st June and 5th June 2009. This is 220 miles over hill and dale, climbing over 20,000 feet, the Coast to Coast route was the brainchild of Alfred Wainwright, author of a well-known series of mountain-walking guide books on the English Lake District, and crosses three National Parks, the Lake District, the Yorkshire Dales and the North York Moors. There will be plenty of steep gradients and rough going during the crossing of several high passes in the Lake District. The 4 riders will then head across the country mostly on level ground, between Richmond and Osmotherley before more gruelling climbing over the Cleveland Hills and North York Moors. As well as providing a challenge, the route is renowned for its variety of beautiful scenery. Particular highlights include the idyllic Lakeland

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Valley of Borrowdale, the historic cobbled streets and market square of Richmond, and the marvellous heather-covered plateaux of the North York Moors..



The riders are Derek Cawston, Dan Webb, Matt Donaldson and Paul Ross, four friends with one great reason to raise money and say a huge thank you to Orchid. Stefan Cawston who, as well as being a friend, the son of Derek, one of Matt's oldest friends and a member of the same rugby club, has had a tough few years fighting testicular cancer. He underwent three different bouts of High Strength Chemotherapy and Stem Cell Transplants as part of his treatment. Derek has run the London Marathon while Matt and Paul along with Plomesgates own Trevor Figgitt completed an epic cycle ride in the Dolomites in Northern Italy to raise funds for Orchid and show support for Stefan whilst he was battling cancer whilst still in his teens.

The good news is that Stefan has made a good recovery and after 2 years was getting back to full health and playing rugby again and was due to complete the ride with Derek, Matt and Paul but has had a set back in his recovery that means his place has been filled by Dan. Matt had the idea and approached Stefan and his father Derek in 2008 to join him and his best friend Paul Ross, who accompanies Matt on most of his hair-brained schemes to raise money for cancer charities, to join him in riding the Coast to Coast route. Stefan is upset that he can't ride but will be at the end of the ride, to laugh at the state of his Dad, I mean cheer the riders across the finish line.

Matt would like to ask for your support on this tough challenge by sponsoring him via his web

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<https://www.bmycharity.com/V2/orchidc2c2009>

which is quick, SSL Secured (128 Bit) and easy to use or contact him on 01394 411589 to make a sponsorship pledge if you would rather. Every penny donated will go to Orchid as we are funding the trip entirely from our own pockets. We hope all the training and preparation we will be doing for the ride and the ride itself will encourage you to part with your hard earned cash in these difficult financial times and support a very worthy charity.

Matt Donaldson

For Sale

Ron Shoobridge has for sale a Shimano bottom bracket tool . £3. Contact Ron at ronshoo@tiscali.co.uk.

Does any one remember the Leiston Aces??

Well Matt Dye does as he and his brother used to ride Cycle Speedway for them, see Matts article here..

Here is the photo I mentioned of Leiston aces cycle speedway circa 1978. My older brother Simon (approx 14 then) is second right in the rugby shirt, I'm not in the photo but did to also race. This was a practice night as all riders were club members and we used to have race bibs on for competitions. Notice the flares tucked into socks, gardening gloves, cheap trainers/baseball boots all of which were the norm ! I'm sure the hairstyles were fashionable and did give the impression you were wearing a cycle helmet !

We used to have an elastic start on a concrete grid marked with starting lines, the very short dash to the first bend was the key to the race (as it is in motorcycle speedway) to get your nose in front without a crash and then pedal like mad on the next short straight and another tight bend, a race was 4 laps. The track i think was shale with concrete kerbs (as i found out to my teeths dispair !). Bikes had no brakes, single low ratio gear, butterfly handlebars and nobbly tyres.

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We used to find an old scrap road bike, strip everything off it, change the tyres & gearing and straighten the forks then go have some fun. We would ride these bikes to our track (for me this was 2 miles) and often home in the dark with no brakes, or we would ride our normal bike and tow this bike beside us with our left hand, very precarious !



Sadly the track is no more, I still have great memories of going as part of a team to races at places like Blakenham, Kesgrave, Southend, Norwich etc. We usually got beat but hey looking back on it we had a lot of fun.

Matt Dye

Note– With the news that Somersham have just folded the only two cycle speedway teams now left in Suffolk are Ipswich and Kesgrave .

Dates for the Diary

- May 4th** Ixworth crits or ride their see separate article.
- May 6th** Lotus Cars Cycle Race League – Hethel also May 13th and 20th
- 7th** Plomesgate CC Club 10 19.00
- 10th** Club Run Framlingham 10:00
- 17th** CTC Norfolk. 50 Mile Reliability Ride
Andrew Mills 01603 402645
- 17th** Essex Countryside – 20 or 60 miles
Chelmsford 07.30 – Bike Events
- 23rd** C Sudbury “ Four Fords” 100km
Audax. £5. Long Melford. Andrew Hoppit, 32
Harefield, Long Melford CO10 9DE
- June 6th** Tour de Tendring 20 or 50
miles – Dovercourt 08.00
Bike Events
- 7th** Norwich 50 or 100 miles –
07.00 Bike Events
- 20th** “Asparagus and Strawberries” 400
km Audax. £5.

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Herman Ramsey. Sextons,
Rectory Rd, Wrabness
Manningtree CO4 2TS

28th "Windmill Rides" 100 and 200 km £5.
Chelmsford

Brian Taylor, 45 Fairfield
Rise, Billericay, Essex CM12 9NP

I have Maureen and Ken Nichols to thank for
some of these dates as I nicked them from the
Wolsey newsletter!

Dunwich Dynamo

Mark Broughton is thinking of doing
the Dunwich Dynamo and would like
to know if anyone else is interested.

What is it? Its a non competitive ride
that starts in NE London at about
9pm on Saturday evening. Hundreds
of cyclists ride through the night
aiming to arrive at Dunwich beach
early Sunday morning.

When is it? Sat 4th and Sun 5th July

It's sort of free to enter - £1 for a
routesheet. There is food and drink
available at the halfway point (last
year it was Lavenham village hall)

If you book a cheap train ticket from
Ipswich to London to get there, it can
be done for £6, though book well in
advance - it's not too much of a loss
if the weather is bad.

The total distance is almost 200km.

Set off from London, Pub In The
Park at London Fields, sometime
after 8pm (any earlier and you loose
some of the fun of riding in the dark),
then follow the stream of tail lights
out through the suburbs and into the
wilds of Essex. Good lights help you
to ride faster. Part way along this
first 100km of route you will come
across the odd candle in a jam jar -
an aid to riders that you are on the

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right route. Don't leave the halfway
stop too early otherwise you will be
at Dunwich before the cafe opens. It
is normally scheduled to open early
(6am), but the past few times it has
been open by 5 - 5:30am. Then it's
a relaxing ride home

(details from Pete)

If you are interested then contact
Mark at...

broughton.m@btopenworld.com