



Ipswich Duathlon Alton Waters, 23rd September 2007

Three Plomesgate riders had a go at this year's Ipswich Duathlon. I think this was the biggest Plomesgate participation at the event ever. Martin Alabone, Jim Hardwicke and myself were doubtful if cycling alone was hard enough, and thought that the duathlon was a good way of finding it out.

The Ipswich duathlon is run every year by the Ipswich Triathlon Club. It starts and finishes at Alton Waters and includes a 5km run, across the dam into Holbrook and then back up to Alton Waters; a 23km bicycle ride that from Alton Waters goes down under the Orwell bridge, up the ski slope then follows the road towards Manningtree turning back to Alton Waters at the Brantham Bull where riders leave the bike for another lap of the 5km run.

The event is limited to 150 starters, this year the event was oversubscribed with a significant waiting list.

The riders start in 3 waves, divided by category (age) starting 10 minutes apart. Jim and myself were in the second wave, young Martin was in the third with the professionals.

The only Plomesgate rider with some previous experience of multisports events was Martin, who has already done a few duathlons and triathlons, while both Jim and I were facing their first experience. The advice I got from Martin was: take it easy in the first run, it's a long way to go ...

That is easy to say ...

Not being a runner at all, my plan was to run the first lap in not less than 25'-26', take it easy on the bike and the use anything left in the tank in the last run. Jim, being much more of a runner, had better ambitions, and I knew enough to try not to follow, so the last I saw of him was when the starter blew the whistle.

The first run felt ok, I hung on to an Ipswich Triathlon rider that (I thought) was doing just the right pace for me. As I found out later, that was not really the case, since my first lap time was around 23'40", a couple of minutes shorter than common sense. The first transition was not good at all, I realised that changing shoes after the run was not that easy, mostly because I could not stand reliably on one leg while trying to fit the shoe. My legs were beginning to give some worrying signs ...

The bike section was much better. I can pace myself on the bicycle better than on a run, so I kept an easy pace using lower gears that I would have used in a normal time trial. I was worried enough about the second run to avoid being carried away. The ride gave a good feeling, also because I was constantly in sight of some riders in front of me, so I always had a target to chase. The course was very hilly, and I had my revenge on a few runners that destroyed me on the previous section: I cannot run, but some runners cannot cycle.

Second transition was much quicker, left the bike and started running, well, in my mind at least... My legs were simply refusing to move. I think I have never experience anything like that. Martin had warned me before the start about the second run, but nothing could have prepared me for the experience. I jogged for 5km, while most of the people I overtook on the bike went past me again. It was 5km of hell, and it took me more than 27' to go round. The finish didn't come too soon.

The funny thing is that 5 minutes after the finish I was very happy with the experience, and thinking about redoing it again next year ... Cyclists are weird people ...

At the end I was 71st, and I am more than pleased with that. My target was to finish the race alive, so I feel like I have outdone my objectives. The fact that I could still walk was just short of a miracle.

Martin was unlucky, pulled both calves on the hilly first run, and had to call it a day. For him the season is over, time to rest for next year.

Super Jim had a fantastic race, and ended 3rd in category and 12th overall! Didn't I train him

well? Maybe we have spotted a new career direction here ...

In spite of all the pain, it was a worthwhile experience. Hope you are getting curious about trying it out. Maybe next year we'll have a full strength Plomesgate team at the start?



This is just after the finish. Jim looks fully recovered already, I am still thinking "Why on earth ..."

Valerio

Hill Climb Results

A gloriously sunny morning, though slightly cool on the ride over to Walpole. Coming down the incline from the Sibton water tower, I met the two Ronnies doing a practise ride (not sure if it was their first ride up, or if they had been practising for an hour or more). Trevor was at the start, followed not too long after by Valerio, to be followed by the other Ron (Philpot) and John Dupen (Somerset Roads).

The starting order was set and Trevor would go off first, with me last. Counting him down to zero and letting go (no push for hill climbs), Trevor promptly fell sideways into the nettled verge, banging his dangly bits on the top tube - nothing better to focus the mind into what he should have been doing! Everybody else pushed off OK from the start a few minutes later, leaving me as last man off to gather my bike and pannier and set off at the appointed time. I really should try harder (I'm rubbish at hill climbs), though I wasn't using a MTB style bike this year, but I did freewheel

the last few metres across the line - my damaged knee, from my tumble in the summer was fighting me.

Ron Sutton 6m 28s (riding fixed)
 Ron Philpot 6m 07s
 Trevor Figgitt 6m 06s (including time in the verge, texting, etc)
 Ron Shoobridge 5m 43s (it's all these long distance time trials that have given him the edge)
 Valerio Malenchino 5m 22s
 John Dupen 4m 56s
 Pete Whelan 4m 56s

OK, John and myself generally do similar times for 10 mile TTs, but for a hill climb to come out at the same time if creepy.

After this we had a brisk ride over to Dunwich to Bridge Farm café and relaxed in the sunshine.

Pete Whelan

T-Mobile Ride with the Champions

I guess like me you've always felt that no one really wins competitions in papers etc. It's always 'Mrs. C from Bolton' or something similar. Consequently I was amazed last month to get a phone call the day after I entered a competition in London Lite the free newspaper I'd picked up on my way home from a meeting.

It turned out I had won - somewhat at the last minute - a long weekend at a cycling training camp being run by the T-Mobile Team in Majorca. It was Wednesday when I found out and the camp started on Saturday so there was a lot of frenzied re-arrangement at work for me and Steve one of my neighbours with whom I go out on a bike with of an evening/weekend. It was pretty much 'all expenses paid' with flights, accommodation, food etc. as well as a complete set of T-Mobile team clothing and use of top of the range carbon Giant bikes. By the way, never call the team kit Pink - it's Magenta - the Germans who run the team get really touchy about the 'P' word! My own pedals were about the only things I had to bring along!

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On arrival at the airport in Palma we were collected in the T-Mobile team mini-bus - very swish and probably the only time I'll travel in a bus with UCI-ProTour stickers on it. Our driver was Guido, a former Deutsche-Telekom/T-Mobile Pro and seeing his calf definition as we followed him out to the mini-bus we started to wonder whether this was going to be hard work. We were taken to a local 'Finca' (converted farm house) with its own pool which was to be our base. We were issued with our kit and the bike/helmet we were going to be using.



T-Mobile Team Mini-bus (check out the ProTour sticker)

The first afternoon we had a 'Roll in' along with the other 4 winners, which seemed actually to be an opportunity to see how fast Guido and William an uber-mechanic from Giant, who was riding with us, could push us before we squeaked! What with the sweltering temperature it was certainly different to my normal evening ride out to the pub. Overnight that night after we'd been treated to a posh meal in a local restaurant, the two Champions referred to in the title of the event arrived - namely Mark Cavendish & Roger Hammond 'fresh' from the Tour of Britain and with the Green Jersey still a bit damp with champagne in Cav's luggage!

PLOMESGATE CYCLING CLUB



The bikes

On Sunday we went out for a longer ride with the Pros. Despite having just finished a week of full on racing they could have easily have left the rest of us for dead and they were constantly challenging each other and zooming off. By the end of the day I was probably more exhausted than I have ever been on a bike! However the day was rounded off with a barbecue at the Finca. I'm not sure how many people have had their food cooked by celebrity chefs more usually leading out/sprinting for T-Mobile. They're not only good at cooking the barbie but Roger proved to be very eloquent discussing life as pro cyclist including the ups and the downs (e.g. the crippling drugs test regimes) and dishing the dirt on various other riders!



The Pros



NOT the Pros!

Next day Cav returned home but Roger went out with a group of the faster/madder folks for a pretty epic ride whilst the more sane ones of us went for a less mad (but still challenging) ride which even took in a coffee stop (that's more like it!) Roger headed off after he lead the others back in a hurry so he wouldn't miss his flight - he was fresh as a daisy and they were all a whisker off collapsing from exhaustion. We had a great meal out in Palma watching the sun set over the sea.



The Finca

We started the final day early to get a ride in before breakfast which was actually good as it was a bit cooler. Then after yet another monster breakfast prepared by a couple of local ladies in the Finca we all headed off to our various flights. It all seems like a dream in hindsight! Over the course of the weekend I did about 130miles but they were all fast and generally in the heat. I wish I'd had a bit longer to prepare to do justice to the bikes and company! You can probably guess which team I'll be cheering for at events in future events even if their kit is pink (oops - magenta!)



On the road...

You can see lots more pictures at...

<http://gallery.mac.com/jon.smith/100033>

You can even see a rather scratchy mobile phone video at...

<http://www.youtube.com/watch?v=5nRI3a4hXn8>

The routes we rode are at..

http://www.plomesgate.co.uk/Bergholt_Rides/au-g-sept07.html

Jon Smith

PCC 2007 Dinner

The Dinner and Prize presentation will be at The Bell, Saxmundham on be on Saturday 1st December starting ay 7pm at The Bell Hotel, Saxmundham.

The evening will cost £25 per person which will include the 3 course dinner, drinks, coffee and entry into a raffle.

Please can you let Ron Shoobridge know how many are going and your menu choices by November 13th.

*Menu***Starters:**

Wild mushroom soup with truffle oil and croutons
 Terrine of Guinea fowl and foie gras wrapped in Parma ham
 Trio of salmon – poached, smoked and marinated – with a buckwheat pancake, crème fraiche and chives
 Salad of tea smoked duck with macerated apricots and toasted almond flakes
 Carpaccio of beetroot with goat's cheese and orange

Main:

Pan-fried sirloin steak with Dauphinoise potatoes and green peppercorn butter
 Tenderloin of pork dusted with cep powder, served with fondant potato and creamed leeks.
 Pan-fried gilt head bream and tiger prawns on a butternut risotto with saffron sauce.
 Steamed paupiette of sole and salmon with a chive butter sauce.
 Twice baked blue cheese soufflé with wild mushrooms.

Desserts:

Pear and ginger cake cheesecake with crème Anglaise.
 Lemon tart with raspberry sauce.
 Chocolate and chestnut torte with coffee ice-cream.
 Rum baba served with pached fruits and a vanilla syrup.
 Selection of farmhouse cheeses served with grapes, celery and cheese.

Ron can be contacted on 01502 722995 or e-mail at ronshoo@tesco.net

Thank you Matt

This is our chance to thank Matt very much for editing the *Newsletter* over a good period and managing to make it both interesting and amusing. *Having good communication in any club is important and using this media is essential for keeping members and friends in touch, even if at times, happenings may be a little thin on the ground. – Ed.*

AGM

The AGM is scheduled for Thursday, November 15th at 8pm, Horse and Groom, Melton.

Articles for next month

This month has been encouraging for myself as the new *editor*, so if anyone has anything at all, please keep the material coming by any means you wish. Deadline is around 25/11/07.

It's your newsletter so drop me a line at

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