



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

Sept 2009

Foreword

♪“Summer has gone and past, the innocent can never last, wake me up when September ends.....Here comes the rain again falling from the stars, drenched in my pain again, becoming who we are.....” ♪

Well I actually like September, it comes before the “mists and mellow fruitfulness.....”

Take a seat and put your reading glasses on, this months is huge ten pages!!

Trevor

HILLCLIMB Sept 3rd – 7pm

Don't forget we are having a hillclimb at Cretingham. The hill basically takes you up through the pretty village past the pub and onto a bit of flat before gasping for your breath...enjoy!!

Open 25 miles Time Trial – Sat Sept 19th

Our last open promotion of 2009 is the 25 mile TT on two laps of our Tunstall, Bentwaters, Eyke, Bromeswell, Butley, Tunstall circuit. HQ is Tunstall Village Hall, and first rider will start at 2pm.

The organiser is Bev Whelan, and she would very much appreciate hearing from you if you can help on the day. You will get a free drink and cake for your efforts.

Contact Bev on 01394 385281 or e-mail her on bev.whelan@talk21.com

BROADS RAID

Get your passports ready for a “sortie” over the border.

Sunday September 20th – Broads Raid

Plomesgate Invade Norfolk, medium paced touring ride

Sunday 20th September

Start: Beccles Quay, 9:30am

to Reedham Ferry (toll) to Acle, then skirting the Broads with a coffee stop at either Ranworth or Woodbastwick

then through Wroxham and north to the Dilham/Neatishead area for lunch (pub or sit at the waters edge and picnic), then drop back to Horning and towards Potter Heigham (tea), then Acle, Reedham Ferry and Beccles (4:30/5pm).

Total distance will be about 100km

Coming soon on Saturdays.....

Morning Training Rides to resume

I intend to start the Saturday morning training rides again beginning on September 26th. Same format as last autumn/winter, start by the bakers in Framlingham at 09:00, same circuit, via Saxmundham, Leiston, Knodishall, Sternfield, Snape, etc.. Approx 40miles total, but join us along the route and do as little or as much as you want.

Afternoon mountain bike rides

I'll be starting the Saturday afternoon Off-road rides on 5th September. Give me a call before

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you come, just in case I'm having to do something else (01394 385281).

Rides will start from Melton traffic lights at 2pm (and later on in the season to 1pm) and head out into the forest via bridleways.

Pete

CTC "Rough Stuff" 11th October

Don't forget the Suffolk CTC Rough Stuff 25 ride, starting from Butley village hall on 11th October. start time 9:30 to 10:00. Get there early to sign on and pay your £3 (it can be busy with 150+ riders). Treat it as a leisurely ride or a fast blast to beat a previous time. Remember if it is a wet day then the course rides faster as the sandy sections are firmer, so don't be put off by the weather. Refreshments will be available.

Latest from Mildenhall Rally Grass Track (Sat)

Well done to Josh who was riding his first ever grass track meeting. It was fairly obvious to many onlookers of his pure gutsy power and sprinting potential, but converting that into getting around tight corners on a fixed wheel bike is not easy, as Josh discovered. However, he improved as the afternoon proceeded, and took an excellent 1st in his heat of the 400m handicap, and was narrowly pipped on the line into 2nd place in the final.

I hope he decides to give it another go, or even tries out the velodrome, where the bankings take out the pain of getting around the corners.

I for one would be very interested to see what sort of 200m time he could produce.

Request for a new webmaster

Hi everyone!

I've been running the website for Plomesgate CC

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for around 15 years now and I think it's probably time for someone new to breathe some new life into the site! This is especially since I moved out of the area over a decade ago now so I'm not quite as close to the action as I once was.

The site has been a great success over the years with lots of good feedback both within the club and from other clubs/organisation. It also has lead to a number of the current membership joining via enquiries having seen the site.

So would any of you like to take over the site and give it a well earned spring clean and refresh and run it from now on? I would, of course, help smooth the hand over by providing the entire current site structure/content and sort out moving the domain name so that people can keep using the address they all know.

It shouldn't require too much time each month to keep the site up to date, unless of course you'd like to go for a full redesign to make the site a bit more hi-tech.

Let me know if you're interested and I can talk you through a bit more detail.

Best regards...

Jon

Has it really been 15 years? I know we were one of the first clubs in this region to have an easy to use and useful website thanks to Jon.

Editor

PLOMESGATE GRASS TRACK REPORT

Another well produced Plomesgate CC event, with plenty of compliments from the riders. As a rider myself I should also thank the Plomesgate CC helpers and the event sponsors - Earl Soham Brewery (Earl Soham Victoria & Framlingham Station pubs) and Zipvit (energy food and vitamin suppliers and sponsors also of Cervelo Test Team). We had had an article published in the village magazine (Grundisburgh News) so hoped to get a few spectators and younger children to come. The village shop had agreed to stay open for teas/coffees and other goods, plus Annelie had given them cakes to sell (profit to the shop).

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We were told the grass would be cut on the Tuesday before the event, so both Annelie and myself had been to look at the field on the Wednesday to find the grass uncut. Thursday evening, and with the weather forecast for Friday looking marginal, Evert and I started marking the track out, only to find the grass had been cut that day, so panic over and the prospect of a very fast track. We got 2.3rds of the way around before running out of light, with the final bit to be finished on Friday afternoon. Friday morning was equally hectic with Annelie and I collecting the beer prizes from Earl Soham and then having to go to a freight depot in Felixstowe to get the pallet of Zipvit goods (they had put the wrong address on the pallet and it had gone back to the delivery company).

Come the Saturday, the weather was fine and hot, with a gentle breeze. Riders started turning up early and settled down into the atmosphere of a grass track event. Warming up proved the track was indeed fast and fairly smooth (we did roller it for a few laps on the Friday), so it could prove to be an entertaining day, especially with 8 tricycles racing. I've been going reasonably well this season, and whilst being better at the endurance events have surprised myself in some of the sprints as well.

Tom Gosbee (Team Welwyn) was riding both the track bikes and tricycles (he had previously had 5 minutes riding a trike at Biggleswade a few weeks earlier) and did tremendously well, though he declined to ride the 2km race in favour of maintaining his league position in the national 8km series (and also for the licence points). Emilie Fisher, noted for her time trial ability on the road, was giving fixed wheel riding a first attempt, mainly against Elmy club mate Caroline Gammell and showing her endurance strength in the 3km event over the other ladies. The afternoon gave a few breaks for the riders and due to the heat the helpers had to have two breaks in the hectic schedule. All went off without any major hitches. One minor crash after the finish in one of the youth races due to a rider pulling a foot out and another running into the back of them.

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Everyone went away with a prize of some sort, either one of the main prizes or a Zipvit gift pack. We think we got a good spread of things and that everybody enjoyed themselves. I was pleased at the end of the day, having calculated I could probably get 5th or 6th in the 8km (I got 6th).

Same again next year but a month earlier (3rd July), so hopefully getting more youth riders as it is not yet school holidays (the following day will then be a grass event run by Colchester Rovers).



Pete

Many congratulations and thanks must go to 'Team Winberg' (Evert and Annelie) for all their hard work in creating another excellent event.
Editor

Next Committee Meeting – September 3rd

The next meeting of the club committee will be held after the hillclimb at The Bell pub in Creetingham. This is likely to be an important meeting where next seasons events and dates will have to be decided. All members are welcome, especially if you would like to contribute.

Agenda

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APOLOGIES FOR ABSENCE

2. MINUTES OF LAST MEETING
3. MATTERS ARISING / REVIEW OF OUTSTANDING ACTIONS
4. ITEMS FOR DISCUSSION

TTs – 2009

Open 25

Grass Track

Review of event
2010 Event

Evening TTs

Summary of the season

Team Ipswich

Update

Club Rides

Monthly rides/leaders

Other Events

MTB rides
Training

5. Date Fixing for 2010 Events

Early season 10 TT

Late Season 25 TT

?? 30 TT or another 10, inc local GHS

Championship or cyclo-cross for 2010/11
season

Grass Track

6. AOB

7. NEXT MEETING

Cyclo Cross

Just as soon as the time-trial, road race and grass track season draw to a close, the cyclo-cross season starts and runs through to February.

For those of you who haven't tried it, it is good interval training and should help your endurance, sprinting abilities and bike handling skills.

In the eastern region there is a series of events, for which you can sign up to the league (I think it then gives you a better entry fee on the day).

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See

<http://www.easterncross.org.uk/> for all the details. If you don't want to ride, then come along to watch or help a clubmate with his spare bike in the pits.

Evening “10” 27/08/09

I don't have the results yet, but there was an unfortunate accident whereby Stowmarket's Andrew Townsend came off on the bend in Tunstall and had to be taken to hospital for concussion and cuts and bruises. Latest news is that although cut, and shaken he is not too bad.

Thanks to his club mate John Adams for organising the safe return of Andrew's bike and car, and to those riders who sacrificed their ride to stay with Andrew until the ambulance arrived.

I am sure you will join me in wishing him a speedy and total recovery.

Evening “10” Results– 30/07/09

Pos	Name	Club	Time
1	Evert Wijnberg	PCC	00:24:05
2	John Adams Jayne Williams	Stow	00:25:03
3	Pete Whelan	PCC	00:25:30
4	Chris Lacey	Stow	00:26:02
5	Matt Dye	PCC	00:26:53
6	Clive Sparkes	IBC	00:27:03
7	Nigel Sadler	PCC	00:27:10
8	Alastair Gilles	PCC	00:27:20
9	Marshall Crowe	PCC	00:27:22
10	Paul Clarke	VCB	00:27:49
11	James Beaumont	PCC	00:30:39
12	Peter Lennard	PCC	00:30:53
13	Bev Whelan	PCC	00:32:06
14	Ron Shoobridge	PCC	00:34:03
15	Josh Hutchison	PCC	DNF

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Evening “10” Results– 13/08/09

Course: B10/9

Pos	Name	Club	Time
1	George Kerridge	V.C. B	00:24:58
2	Chris Lacey	Stow	00:25:41
3	Alastair Gilles	PCC	00:26:23
4	Paul Clarke	V.C. B	00:26:52
5	Nigel Sadler	PCC	00:26:57
6	Marshall Crowe	PCC	00:27:00
7	Andrew Townsend	Stow	00:27:32
8	Andrew Hawes	PCC	00:28:46
9	Viv Broughton	PCC	00:29:52
10	Amanda Mallett	IpsTri	00:29:56
11	Chris Jillings	IBC	00:30:36
12	Peter Lennard	PCC	00:31:41
13	Robin Hawes	PCC	00:33:34
14	Ron Shoobridge*	PCC	00:35:00
15	Jayne Williams/John Adams	IBC	DNF

* Include 4:10 spent looking for Jayne/John in the bushes

Timekeeper: Pete Whelan Pusher: Jim Hardwicke

Good night, not much wind about saw some good rides. Well done Robin Hawes, a PB that takes the lead in the handicap event from Nigel Sadler – who also had a PB.

Should mention a good ride from Ron S, had he not had to stop and check that the John and Jayne on the tandem were ok having disappeared into brambles.

Alastair Humphreys – “Round the World by Bike”

Hello everyone

My name is John Musgrave and I am a member of Eye and District Friends of St Elizabeth Hospice, Ipswich, as well as being a member of Diss CC.

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We have invited Alastair Humphreys, the round the world adventurer and cyclist, to give a presentation about his extraordinary journeys. The venue is Eye Community Centre and the date and time Friday 25th September at 7.30pm. A flavour of Alastair's recent and future activities can be found at www.AlastairHumphreys.com

All profits from the evening will be donated to the Ipswich hospice.

I would be grateful for any assistance you can give us in publicising the event. In case you would like a separate poster I have attached one to this email.

Tickets are priced at £8 (students £4) and are available from Eye Pharmacy or Madgett's Cycles, 8 Shelfanger Road, Diss. Alternatively if you would like to buy tickets via the post you can write (enclosing a cheque made payable to Eye and District Friends of St Elizabeth Hospice, along with a stamped addressed envelope) to:
Caroline Belgrave
85 Brome Avenue
Eye
Suffolk
IP23 7HW

Thanks.

John

Diary Dates

Sunday August 16th

As August is a bit difficult to plan due to holidays, again suggest we meet up with the CTC on 16th August, though two of the rides that day start early with plans for breakfast at Dunwich. If we opt for the easy ride, then it is Butley Barns for 11's and Sizewell for lunch, and Parham for tea. Suggest people make their own way to Butley.

Thursday September 3rd

Club Hillclimb Cretingham – see separate article.

Sunday September 20th – Broads Raid

Advance notice of a club ride - Plomesgate Invade Norfolk, medium paced touring ride

Sunday 20th September
Start: Beccles Quay, 9:30am

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to Reedham Ferry (toll) to Acle, then skirting the Broads with a coffee stop at either Ranworth or Woodbastwick then through Wroxham and north to the Dilham/Neatishead area for lunch (pub or sit at the waters edge and picnic), then drop back to Horning and towards Potter Heigham (tea), then Acle, Reedham Ferry and Beccles (4:30/5pm).

Total distance will be about 100km

Orchid Cancer Coast to Coast MTB Challenge 2009

The “she’s only 14 you know” Tour

Sunday 31st May

The tone for the whole trip was set by an evil wind up by Matt on Paul during the journey up to Kirkby Stephen, the travel arrangements were that the Shotley contingent, Paul and Dan, travelled in Paul’s car, while Matt and Derek travelled together. After Matt informed Paul that they had broken down at Huntingdon, when they were approx an hour behind Paul en route to Kirkby Stephen. Mother hen Paul kicked in and he spent that hour locating garages informing the B&B of our late arrival and generally flapping.

The above could possibly explain the rather frosty reception from our landlady, who was clearly not impressed to see us and informed us during the conversation at least four times that she would be out that evening and was leaving her daughter in charge and she’s only 14 you know! We were left wondering what she thought of us, Del thought it must be that Matt had that Gary Glitter look, but it may have been the large bag of Haribo that Derek was holding!! Unfortunately this was to become a catchphrase throughout the trip.

Anyway feeling like child molesters we headed off to the Black Bull in Kirkby Stephen, it was felt that one final call to ‘mother hen’ would be the icing on the cake of the wind up, so as we were theoretically being loaded onto an AA relay truck at Huntingdon, or so Paul thought, we entered the Black Bull and casually strolled into the beer garden, the look on Paul’s face was priceless and saw the first of what was to become

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later in the week the rather liberal use of a rather unpleasant swear word!

Unfortunately the hilarity led to an over indulgence in the local poison Black Sheep or Sheep Dip as we came to call it. Obviously the isotonic properties of sheep dip were a bit too vigorously researched and the ‘athletes’ staggered back to the B&B, where the landlady’s daughter (she’s only 14 you know) let us in, after some juvenile giggling we headed off to bed. Matt was quick to learn that Derek and alcohol leads to loud snoring!

Monday 1st June St Bees to Boot

Up bright and early, eager to get going but first breakfast and our delightful hostess had cheered up presumably as her daughter (she’s only 14 you know) managed to survive the evening unscathed!!

The team all looked smart and like real cyclists in the Orchid shirts!

After the two minute drive to meet up with the Packhorse minibus, the bus was loaded with bikes and bags and headed off to St Bees a drive of about an hour through increasingly hilly country.

After being deposited at the public toilets in St Bees, final preparations were made and the team headed down onto the beach to wet our rear wheel in the Irish Sea and collecting a pebble to take on the route. We luckily found a passer by to take the all important setting off picture.



We headed through St Bees up what Del thought was a steep hill (oh how little did he know). Rather quickly it became

apparent that Paul was struggling and Matt as expected was sailing along. Derek and Dan were heading for mid table obscurity. At an early stop the reason for Paul’s struggles became a little clearer as in the twenty six degree heat he proceeded to do a striptease of many layers of clothing. He was clearly expecting the weather to turn at altitude and his daypack was found to contain amongst many other things, two small toys that travelled the complete route and a complete mobile operating theatre disguised as a first aid kit!!!!

Paul soon found his rhythm and we headed along a disused railway track until we climbed again to overlook Ennerdale a beautiful lake and again

full of first day enthusiasm we stopped for a photo call.

The road dropped and some high speed brake squealing minutes later we were riding along a forestry track next to the lake, we made good progress and in the baking heat the sparkling stream looked far too tempting and a full paddling session ensued.

We headed off and very soon we reached Black Sail YHA, having been told that Black Sail Pass was difficult and we had breezed there Del happened to mention and I quote 'well this is a piece of piss'. Hmmm, Matt wasn't so sure, he had the maps and route cards and was feeling slightly concerned about the apparent lack of any discernible path but kept this to himself, for now! Matt decided to give the team a caffeine boost so played mother and brewed a fantastic pot of fresh coffee in the Youth Hostel.

After checking the route cards we appeared to have to climb the steepest and rockiest side of the valley, we checked and rechecked but no it was definitely right. So off we set and very quickly the second catchphrase of the week was uttered as the hill steepened "that's got walk written all over it".

After climbing, literally at some points, with bikes and day packs on our backs we reached the summit sweaty and unbelievably tired, Del rather foolishly expected to be able to jump on his bike and coast to the bottom! Wrong! The slope, boulders & drops meant we had to slowly wheel our bikes down most of the hill. Eventually we managed to hop on and rolled the last couple of miles into Wasdale Head and the pub there, amazingly Dan & Matt managed a pint of Sheep Dip but unfortunately Paul and Del opted for a fruit based drink for the ladies.

Suitably refreshed we set off again and disaster the first puncture of the day! Derek took the dubious honours, bugger! Luckily Rossy was only too keen to get some use out the mobile workshop he also had in his bag and with the speed of a Formula 1 team, Del watched as the other 3 sorted the problem and we were back on the road again, ready for the next big climb of the day.

We headed up to Burnmoor Tarn, on the lower slopes of Scafell, again an unbelievable slog, no riding was possible as the path was boulder strewn and very uneven and at the top we were greeted by a bleak looking lake and several highland cattle, undeterred we pressed on despite the lack of a path we headed through some bracken down into a valley, by now we were all tired but our way was blocked by a river. Matt set off looking for the correct route, Del was contemplating setting off down the middle of the

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stream holding his bike over his head in a Platoon style!!!!

A quick recce and a sneaky climb over a dry stone wall set us on the right path, unluckily this also coincided with a spectacular ass over tit moment by Del, Dan nearly fell off laughing (shame he didn't mention Derek). It must have been at this point Del lost his pebble from St Bees, his sun glasses and Paul lost his sense of humour.

After reaching our destination, the village of Boot, we pulled into what we thought was the only pub in the village and ordered drinks and asked to check in, the look on Paul's face was again a picture when no booking was found and the little smile that crossed his face when the bar maid phoned through to where we were staying to confirm our booking was heart warming.

A tired drink and a massive Boot Burger followed swiftly followed by bed and no alcohol for Derek led to a better nights sleep for Matt. 9 hours on the bike and 4500 feet of climbing probably helped too, this was harder than we thought!

Tuesday 2nd June Boot to Ambleside

After another big breakfast, we set off for Ambleside in blazing sunshine, the first couple of miles along the valley floor on minor roads was very pleasant but we very quickly started off road and climbing. Derek's bike threw its chain and with it Derek managed to get off, in a slow speed comedy fall.

Again a Formula 1 style repair and we were off on an extremely steep and rocky climb, upon reaching the summit we came across our first bog and very quickly bikes were on backs, and pristine cycling shoes were covered in muddy bog water, in places up to our knees!

Soon we were through the bog and set off on a very fast, very rocky descent and inevitably a few accidents were had, unless your names were Dan and Matt of course, who managed to stay remarkably upright! But the first chance to ride most of a descent made up for this.

A relatively easy section through forest into a little village called Seathwaite followed where we stopped for drinks and collected some in pub sponsorship.

Then onwards and upwards to the nightmare that was Walna Scar or Walnut Scars as it came to be known. This was an unbelievably, long, hot and hard climb. Matt "mountain goat" Donaldson was first up followed eventually by Dan and then as Del was struggling up to the summit Matt came down the last few yards to offer to help

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with his bike and was promptly told to “f*** off I’m doing it on my own”. A few minutes later he got the same response from Paul!! ‘Sorry mate we were both feeling tired and emotional!!!’ was the excuse that evening along with smirks.

Off on the tricky downhill section into Coniston and for Derek an emotional low point as after yet another off, he was lying looking at the sky and a nearby sheep decided to baa at him, well that clearly tipped him over the edge and he promptly berated the poor sheep and turned the air blue with expletives. He has stated he would like to apologise to the poor sheep and also the well to do middle aged couple out for a days rambling who looked a bit miffed at his outburst! Into Coniston where Derek purchased a new set of sunglasses to replace the ones that he had lost on the way and no he didn’t go back to see if he could find them, even after the others suggested he might like to!

From Coniston after yet more bloody great hills we arrived in Ambleside where we found our guest house and much to Matt’s relief, he and Derek had single rooms. Paul and Dan were snuggled up in a twin again.

After a shower we went off to the pub for refreshment and the league of nations that was Ambleside. The debate between the Kiwi and the Aussie was very entertaining in the pub on the High Street.

Off to bed for a snore free night for Matt, Derek wasn’t sure it was really necessary to post about his snoring on Facebook though!

Another 10 hour day on the road with 4700 feet of climbing!

Wednesday 3rd June Ambleside to Kirkby Stephen

Wow what a day!!

Leaving Ambleside early after the ubiquitous Full English!

We promptly got lost! Which given the rubbish nature of the Woodcock route guide instructions it was a miracle that this was only the first time. After quickly retracing our steps we were soon on our way up yet more steep hills but fine views of some lakes, dry stone walls and sheep and stuff including the Sadgill Tea Rooms, we stopped for a hot beverage and cake. The owner was very used to people doing the C2C stopping and mentioned that someone had stopped the day before doing the reverse route from Robin Hoods Bay to St Bees and was then turning round to go back, all in a week! Carrying everything they

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own with a full fridge freezer strapped to their back on a penny farthing with no shoes on!!!! Well it was something like that and made us feel a bit inadequate. She then proceeded to ask if all four of us were doing the whole ride, when we replied yes she said that Matt looked fit enough but wasn’t sure about the others! Oh how Matt laughed, he was laughing on his own! For quite some time!!

Derek was hoping that Day 3 was going to be



easier, he was wrong. We came to Long Sleddale and yes it was very long! This was then followed by the path to Wet Sleddale and yes

this was very wet. A highlight was Matt, as usual leading from the front, flying down a short steep hill at 20 mph, straight into a bog! His bike disappearing from view except half the rear wheel and his saddle, closely followed by a gymnastic somersault dismount over the handle bars into the bog! It would have been well worth £250 if we had caught it on camera. Matt shortly afterwards took an opportunity to climb into stream fully clothed to wash himself off and reduce the pungent smell of bog water!!

We then started the climb into Shap and our first sight of the M6, this was a real boost as it proved we were making progress.

A brilliant downhill run into Shap village and a stop at a pub then onto the final push back to Kirkby Stephen.

Our trip coincided with Appleby Horse Fair or alternatively called the biggest gathering of pikeys in the world and on the final hills into Kirkby Stephen a pikey van stopped by Derek and enquired if the two riders in front were his mates, he responded that they were and was about to enter into his charity ride spiel when the charming young pikey bastard launched into a torrent of abuse about the two in front before driving off. It would seem that Matt had taken exception at being rammed off the road and had had an altercation with this, as Matt so eloquently put it, ‘thieving gypsy bastard’ sorry I mean upstanding member of the Romany community. Paul also suffered the same fate but was too tired to argue.

Despite all the banter en route we were all too knackered to walk from our B&B up to the Jolly Farmers and enquire if the landlady’s daughter “she’s only 14 you know” was coming out to play and a large and very welcome Chinese was quickly devoured before bed and snoring again!

11 hours on the road and 6500 feet of climbing

Thursday 4th June Kirkby Stephen to Osmotherley

This day has somehow been more or less blanked from Derek's memory, he says he can only vaguely remember some excellent riding through the dales and along the Pennine Way and some good fun descents into Richmond. The ride started with a short road section that climbed steadily through Rookby to a right hand turn at Barras that took us up the Long Causeway across a very bleak moor under an overcast sky to Tan Hill. Matt had a little panic as we arrived at the famous Tan Hill Inn at about 10am, he had stated he was not coming to the highest pub in Britain without stopping for a pint. After 5 minutes bothering the tame sheep that live outside the pub we ventured in and to Matt's delight found that while 4 cups of tea were needed they were also happy to serve him a pint of 'Sheep Dip' Dan, Paul and Derek passed up on the opportunity, with rather unkind comments like 'Your not normal', 'there is something wrong with you' and 'were you dropped as baby?' After leaving the pub the best descent of the week ensued as the team plummeted off Tan Hill on a metalled road via West Stonesdale to Keld, everyone made it unscathed with grins on their faces, after crossing the bridge over the early stages of the River Swale, taking the customary photo's of the water falls the team headed along the track half way up the valley wall of Upper Swaledale, the path was stony but the speed was kept high as the bikes ate the miles up. Swaledale was a particular highlight for scenery and the wonderfully named Crackpot Hall amused us all as we whizzed by. This was followed by some country lanes through Gunnerside and Crackpot until we followed the tracks over Harkerside Moor and dropped into Grinton where we made a stop at the pub for lunch as the rain set in. The finish of lunch happily coincided with the rain stopping and we pushed on through Marrick, Sour Nook to Marske on some undulating tracks that in places had walk written all over them for Dan, Paul and Derek. Legs were tiring and the cumulative efforts of the week were taking their toll, even Matt was aching but did his best not to show it! The final section to Richmond was pretty and afforded some nice rolling tracks through Whitcliffe Wood but this was punctuated by frequent miniature gates in dry stone walls that meant a dismount and assault course to navigate the tracks, before a fast descent on farm tracks into Richmond. We arrived at the

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afternoon rush hour and the hustle and bustle of the first large town of the week was quite startling to the team, so after a short stop for Matt to buy some ear plugs to aid his sleep, we pushed through without seeing anything of what is apparently a very picturesque town. The day all went horribly wrong for Derek after Richmond and the long flat section to Osmotherley on what seemed like busy main roads was a trial of endurance for everyone. Derek was particularly struggling, he had made the mistake of forgetting to hydrate and feed himself in Richmond but had instead taken a work call and dealt with some problems related to it. He paid sorely for this for the next couple of hours which became an absolute nightmare for him as he experienced every cyclist's nemesis 'the bonk' or the hunger knock as it is known. Matt produced some emergency Mars bars and energy gels but Derek suffered all the way to the finish of the day. The grey overcast sky and endless mile on mile on the B6271 and A684 were not pleasant for anyone. Then when we at last turned onto road into Osmotherley none of the team could believe that the guide failed to mention the monster hill that was the road to the village centre! In fact the map barely showed it, unless you looked closely and spotted the contour lines very close together for a short way into the village, Bastards! Well let me tell you that that hill most definitely had walk written all over it!! Except for Matt, who had stated he would sell all his bikes and never ride again if he came across a tarmac hill that he couldn't ride up! He managed it too but he was puffing at the top.

More beers or fruit based drinks for the ladies, some excellent scoff and an excellent night's sleep for Matt after his purchase of earplugs in Richmond.

This was a tough day and all the team struggled at various points, the mood had dipped in the afternoon and the endless miles of road work meant spirits fell, 11 hours on the road with 4500 feet climbed.

Friday 5th June Osmotherley - Robin Hoods Bay

The Final Push!

Well what can we say the final day brought a mixture of emotions. The anticipation of finishing, the tiredness, the breaking up of the team and the thought of seeing family and loved ones again meant we all had a lot to reflect on, on the ride to the end of our Odyssey. We left

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Osmotherley at a fast and furious pace, mainly due to riding down the other side of the hill we had entered on the night before, Matt and Paul had a moment on one particularly tight corner on the way down and had to utilise the full capacity of their hydraulic disc brakes and the entire width of the road and the mud bank that ran around the outside edge of the corner! There were a couple of hills with 'walk written all over them', some further harem scarem descents and some rain on the Moors, god its bleak up there! After Cumbria the rolling Moors looked less threatening but proved they too had some bite, Urra Moor, Ingleby Moor and Battersby Moor were despatched on the well marked and easily ridden Cleveland Way in the sunshine before the weather turned and the tough bits started. We joined a C road just before New Row and turned a corner to climb up the 25% hill up on to Wayworth Moor, Matt again rode it, even though his front mech would only get his bike into the large or middle chain ring, what a freak! This was closely followed by Sand Hill another 25% climb at Foul Green which eventually took us up onto Moorsholm High Moor, the clue was in the name! After a break neck descent into Danby and a stop at the tea rooms for coffee and cake followed by some more tough climbs and very fast descents over Egton Flats, that weren't, Egton Low Moor, which wasn't, to Egton Bridge, which was!

We had our first glimpse of the North Sea once we had climbed up onto Aislaby Moor, followed by an undulating run to Briggswath where we picked up the path that follows the River Esk into Whitby, the day had brought no crashes and as we got closer the eager anticipation of finishing was building and energy found that wasn't there a n hour before. Just after Ruswarp we touched the outskirts of Whitby and turned onto a disused railway line from Whitby to Robin Hoods Bay. The good surface and knowing we were on the last few miles spurred to team on and we raced along above the cliffs with the North Sea on our left round Ness Point to the outskirts of Robin Hoods Bay. The view of the finish brought on all kinds of emotions for everyone and Derek admitted he had dropped back and had a welling up moment as we approached Robin Hoods Bay.

Then a quick stop to strip off wet weather gear and descend like Valkyries into Robin Hoods Bay to the finish on the quay next to the Robin Hoods Bay Hotel in all our Orchid Cancer shirted blue and pink finery.



PLOMESGATE CYCLING

We felt very lucky to be cheered home by Derek's wife Lara and his Mum Jan and Dad Alan and Dan's friend Emily, who is at Uni in Leeds, who had travelled up to cheer us home. Derek stopped to kiss Lara on the way past, he is a newly wed after all! This meant he was last into the sea but made up for this by miscalculating the waves and getting soaked in the process. You'll see the grins in the photo, pleased to finish and pleased that Derek provided one more moment of cycling comedy before we finished. Matt threw his pebble into the North Sea having carried it 220 miles, climbing 24200 feet after 47 hours on the road! A symbolic way to finish the journey.

Then beers in the Bay Hotel, courtesy of Alan, while we were quietly steaming away as we dried out. Then for reasons best known to ourselves we decided to cycle up the hill to meet the minibus, The mountain goat made it but I am afraid for everyone else it had walk written all over it!!!

Then goodbyes all round as Dan, Matt and Paul made for Kirkby Stephen in the minibus and Derek luxuriated in a hot bath at the hotel with his wife for company!!!

A great effort by everyone, Matt was particularly impressed with the others as they are leisure cyclists and really dug deep to complete a very tough ride in 5 days, even though everyone in the know advised we wouldn't be able to do it. To date the sponsorship has raised well over £2000 but any further donations can be made securely online at

www.bmycharity.com/V2/orchidc2c2009 which is quick, easy and the payment section is SSL Secured (128 Bit). Thanks go to Impsport for producing the shirts exactly as Matt could see them in his head. Also thanks to Noel Holloway at Sportsclass Ltd in Woodbridge for producing the leisure shirts we wore in the evenings and generated plenty of discussion with locals and accounted for some on the spot donations, the pink was a lovely touch Noel and meant we stood out everywhere we went! Thanks to everyone who supported us and kept our spirits up with calls, texts and via Facebook and finally to our families who put up with the time spent training, worrying and preparing for the ride and the week away doing what we believed in.

Thanks to Matt for this report, and apologies for removing most of the photos in order to reduce the size. - Editor

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PLOMESGATE CYCLING

From Wolsey Newsletter

October	
3rd	CTC Suffolk “ Suffolk Byways” 100km Audax Blaxhall V.H. Paul Fenton - 01473 311222
11th	CTC Suffolk “Roughstuff 25” Butley V H. Dave Dodds 01394 388851

Thanks to Maureen and Ken Nichols for these dates.