



IPSWICH BICYCLE CLUB

www.ipswichbicycleclub.co.uk



teamipswich
Cycling

Early season action under way

THINGS are starting to get more lively now that the competitive members of the club are getting into action.

We've had the first road races of the season in the Eastern Road Race League and the time triallists will be limbering up for the ICA series.

Lotus lovers will be heading up to Norfolk next month for the opening race

of the series on the test track (must be like racing in Holland, all that flat land and wind). See the story below for details on the new format for this year. One thing to mention regarding time-trialling is that we always need marshals for our events (the Crowfield circuit) so why not help out the club - it's always appreciated and will reduce your sub!

■ On a sad note a number of club members attended the funeral of Ron Philpot, a rider from Plomesgate well known to many who died after an accident while out on a training run. Our condolences to his family and friends.

Stay safe.

Dom Castle

ON THE ROAD

Ready to get competing?

TIME to get out the aero bars, squeeze into the skinsuit and hit the road for the summer time trial series.

If you're new to the club and/or cycling this is a good way to get into competitive riding, especially if you're a little wary of riding in a large group with others.

You don't need a special machine, though you'd best avoid using the mountain bike.

During the summer the club joins up with two other clubs, Stowmarket and the Wolsey, to put on a league of 18 Wednesday night events.

They are all 10 mile time trials, a race against the clock, on three different circuits based at Stowmarket, Henley and Crowfield.

All you need to do is turn up, hand over a couple of quid and sign on, get your number and you're ready to go. Riders go off at one minute intervals and the basic technique is to ride as hard as you can*.

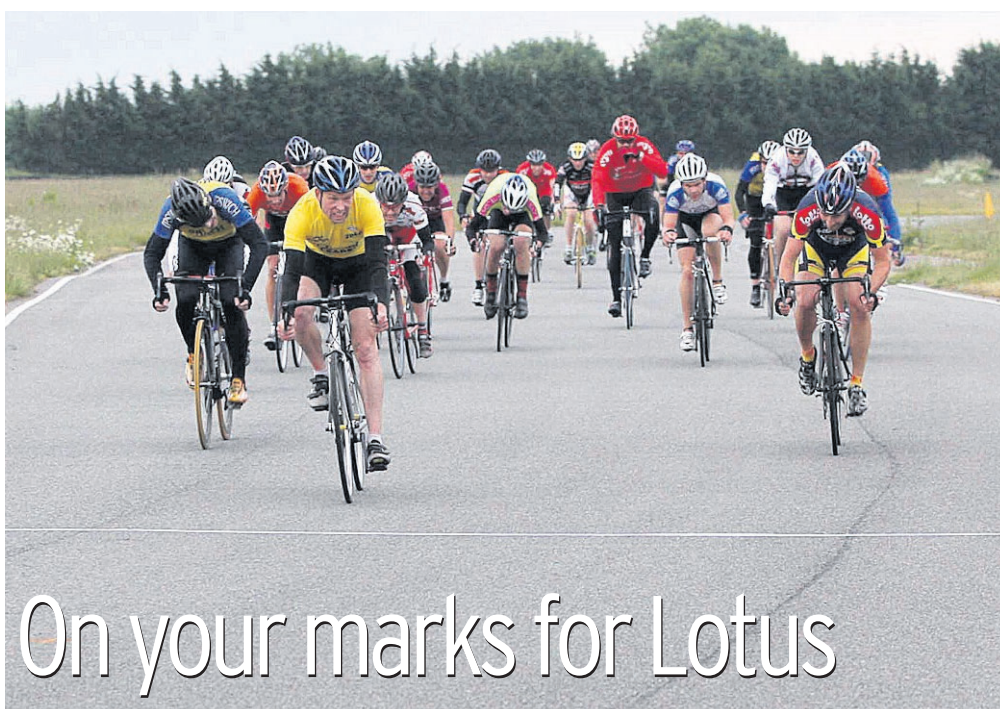
There are marshals at all the turns so it is difficult (but not impossible!) to get lost.

The great thing about TTs is that you can mark your own improvement through the season as your fitness improves; it's also a good way to meet clubmates and other riders.

If you do fancy a go at road racing with other riders, see the piece on the Lotus series (right).

Events start at 6.30 on Wednesday April 15 at Stowmarket; see IBC website for details.

*Or until you're sick. Not recommended.



DEFENDING: IBC elite rider Phil Hetzel, 2008 overall Lotus League winner, crossing the line with Dan Zagni (left) last year

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

duration, which is ideal for beginners wanting to have a go. 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.
www.lotuscyclerracing.org

RUBBISH BIKE JOKE

What do you get if you cross a chemical and a bicycle? Bike carbonate of soda!



CALENDAR++CALENDAR++CALENDAR++CALENDAR

TIME TRIALS

	Route	Distance	Organiser
12/04/2009	BS13a	25m	VC Baracchi
15/04/2009	Stow	10m	ICA round 1
18/04/2009	BS33	20m	Stowmarket & District CC
19/04/2009	B25/4	25m	East Anglian CC
22/04/2009	Stow	10m	ICA round 2
25/04/2009	B10/37r	10m	Kings Lynn CC
26/04/2009	B10/38	10m	VTTA (East Anglia)
29/04/2009	Stow	10m	ICA round 3
02/05/2009	BS?	25m	CC Breckland
04/05/2009	B10/43	10m	VC Baracchi
06/05/2009	Stow	10m	ICA round 4
09/05/2009	B10/43	10m	Godric CC
10/05/2009	B25/6	25m	Wisbech Whs CC
13/05/2009	Stow	10m	ICA round 5
16/05/2009	B10/33	10m	Stowmarket & District CC
20/05/2009	Stow	10m	ICA round 6
23/05/2009	B10/9	10m	Ipswich BC
24/05/2009	B25/2	25m	Ipswich BC
27/05/2009	B10/3	10m	CC Breckland
31/05/2009	B10/3	10m	East District CA
07/06/2009	B25/4	25m	RTTC National Championship 25 promoted by East District CA

ROAD CALENDAR

12.04.2009	Road	Glade Cycling Club Spring Road Race (ERRL) National B
13.04.2009	Closed Circuit Fairlop	Bill Temme Memorial Criteriums Youth Only, National B, Regional Masters C+, Regional B
19.04.2009	Road	Ken Wright Memorial Road Race (ERRL) Regional A
26.04.2009	Road	Ed Taylor Memorial Road Race Regional A
04.05.2009	Road	Ixworth crits* (ERRL)
06.05.2009	Closed Circuit	Lotus Cars Cycle Race League Round 1 Hethel
07.05.2009	Closed Circuit Laindon	Heron Cyclesport Go-Race Series 1 Go-Race
09.05.2009	Closed Circuit Fairlop	Essex Roads CC Spring Criteriums Youth Only, National B, Regional B
10.05.2009	Road	Lea Valley 40th Anniversary Road Race (ERRL) National B
10.05.2009	Road	Anglo Polymers Road Race (ERRL) Regional B
13.05.2009	Closed Circuit	Lotus Cars Cycle Race League Round 2 Hethel
17.05.2009	Road	Southend Wheelers Andrews Trophy (ERRL) National B
17.05.2009	Road	Whitewebbs CC Road Race (ERRL) Regional B
20.05.2009	Closed Circuit	Lotus Cars Cycle Race League 3 Hethel
24.05.2009	Road	Beccles Road Race National B
24.05.2009	Road	Eagle Road Club Road Race (ERRL) Regional B

*First five events are category races. 1st 10 places in these races to invitational race A (*with the exception of E/1/2 race which will be dependant on number of riders - further details on the day). Places 11-20 in these races to invitational race B (*with the exception of E/1/2 race which will be dependant on number of riders - further details on the day). Entry fees include category race plus invitational. Points will be awarded to riders based on their category results. Part of the Eastern Road Race League (ERRL)

BIKE EVENTS

- May 10th - Beccles Cycle for Life 7, 15, 25, 40 or 50 miles
- May 10th - Suffolk Sunrise Sportive 50 or 100 miles - Woodbridge (time tbc)
- May 17th - Essex Countryside - 20 or 60 miles - Chelmsford 07.30
- June 6th - Tour de Tendring - 20 or 50 miles - Dovercourt 08.00
- June 7th - Norwich 50 or 100 miles - 07.00
- June 14th - Suffolk Villages, Elmswell 20k, 40k or 80k
- July 18th - Essex Castle Ride 25,50 or 75 miles - Colchester 08.00
- August 9th - Suffolk Coast 35 or 60 miles - Glemham Hall 08.00

Wanted: Club member to help at Nationals

The National 25-mile Time Trial Championships organisers are asking for help from Ipswich BC.

The prestigious event is looking for a club member to do the pushing off duties at the men's event.

If you can help - and don't forget that volunteering will earn points and a reduction in your annual club sub - please let Tim Butler know by Friday May 1.

The event itself is on Sunday, June 7 at Connaught Hall, Attleborough.

Pro-level crits at Colchester

The Tour Series has announced Colchester as the final hosting venue completing the 10 round line-up for this summer's brand new UK town and city centre cycle racing tour.

The Colchester event falls in the middle of National Bike Week, on Thursday 18 June, when 10 of the best professional teams in the UK will battle it out around an exciting 1.6km street circuit.

The format of The Tour Series sees ten teams of five professional cyclists compete to place their top three riders in the highest positions at the end of a period of intense, fast-paced racing. Round one of the Tour Series kicks off in Milton Keynes on 21st May. Further info on the Tour Series can be found at www.tourseries.co.uk

Foxhall coaching

The new season of coaching on the track at Foxhall Stadium starts this Saturday (April 18) from 10am to 12 noon. See IBC website for more details.

More cycling stuff

There will be a cycling promotion event on Tues 21st April at the Waterfront Building at the UCS in Ipswich. There will be displays by bike shops, interest groups and other from 11am-3pm, with a 7-seater circular bike to try out on the plaza outside! All is open to the public. There will also be related maintenance and safety classes. These are the first of what is hoped to be annual springtime events at UCS, aimed to get more students and staff cycling, to save congestion and pollution whilst getting everyone fitter and happier!



ROAD RACE REPORTS

Top ten for Tom and Tim

IPSWICH had two riders in the top ten at the Maldon and District Road Races.

There were five clubmen on the start of the races, which took in the breezy flatlands of the Essex marshes around Steeple but ended on a short and nasty finishing climb.

In the E/1/2/3 race Phil Hetzel began his summer campaign with a stroke of bad luck, puncturing on lap 1 and finding himself too far out to catch up.

He put in a charge, though, and picked up a couple of stragglers, including IBC junior Tom Castle, who had found the pace a little brisk and dropped off after a lap. The pair circulated for a while, the young tyro getting some training in with the wily master before calling it a day at a couple of hours.

In the 3/4 event the club's representatives were Tom Stephenson, Dan Zagni and Tim Snook. The trio rode steadily in the bunch; Tom went with a break which didn't get too far - in fact none of the attempts succeeded until the last lap, when Rob Hunt (API Metrow) and David Baker (Met Police CC) slipped away. Tom was left trying to get a chase up over the last few hundred metres, but no-one seemed interested, though, and while the lead pair crawled up the hill they had enough of a gap to take the first two spots - Tom came in 4th and Tim 10th.

They were justifiably pleased with their placings while Dan, having been attacked by the cramp monster the week before, was pleased to finish in good shape.



ALMOST THERE: Tom Stephenson (above) comes to the line just a few metres short of third place at Maldon. (Left) Tom Castle in the bunch at Ciclos Uno's race and (bottom) Tom C, Tom S and Dan Zagni looking lovely before the Ciclos Uno event.



Matching up to expectation

The previous week the Toms and Dan were on the start line for Ipswich BC at Matching Tye in Essex for the Ciclos Uno Road Race.

Dan was bravely racing despite a broken wrist and a cracked rib picked up in a snowboarding accident a few weeks earlier.

On a cool, dry spring morning our boys made a sound start, easily staying with the bunch as the race got underway.

There were a few half-hearted attempts to open things up. Tom C, back in Ipswich colours after a short spell away (no, not prison, just another club) joined one attack which opened a small gap but there was no real intent and the break failed.

As the pace began to rise Dan was caught by a cramp in the calves and quickly found himself on his own and out of the race.

The two Toms meanwhile kept going well. Tom S, despite complaining of knee pain and not having ridden much, looked strong and smooth and was holding good position when it came to the final few hundred metres and the big sprint.

He went hard for the line and was rewarded with 8th place, which he declared himself reasonably pleased with in his first race of the season.

Tom C had nothing left for the final sprint and came in 39th, the second junior.



Tiger feat

“People always used to refer to the old IBC kit lovingly (or perhaps not so lovingly) as the ‘tiger stripes’. However, I think we might have been beaten by the Capannuccia team,” says Dave Copland, who unearthed this frankly alarming spectacle on the interweb.

Committee notes April 14

Present: Tim, Colin, Adam, Chris, Jo, James, Julian, Angela, Dave, Phil, Steve, Dom,

Guest: John Adams

Apologies: Kirsty, Mick, Rob,

Matters arising

Track day - eight people attended, which was a little low but everyone had a great time and learnt a lot. Extremely well organised. We would like to go again but would probably combine with another club.

Grant application towards summer grass track coaching sessions. Steve has forms. Council did not receive an application in time.

Club kit: Awaiting delivery. Steve will check next week.

New Members

	Prop	Sec
Antony Birt	Tim	CJ
Neil Saunders	Tim	CJ

Correspondence

Entry forms for charity rides as listed below
10th May Beccles Cycle for Life 7, 15, 25, 40 or 50 miles

6th June Tour De Tendring 20 miles or 50 miles

7th June British heart Foundation Norwich

Ride 50 or 100 miles
14th June Suffolk Villages, Elmswell 20k, 40k or 80k.

We have received 5 fluoro vests for marshals from the CTT. Also request for a helper at their National 25 in June - see Newsletter. We have received our confirmation forms from Suffolk Police.

Forthcoming events

Hog Hill winter series
ICA series starts April 15th.

Lotus Wed TT.

MTB Summer series-May June July, Tunstall and Rendlesham.

MTB Essex series - Mud, Sweat and Gears Series - June, July and August.

Secretary reports

RR. (16th August - 13:00) BC have cashed our cheque. Ensure that RR is registered on BC web site. (Phil). Phil has checked the new venue at Somersham VH.

TT - IBC Open - Helpers required. Only one entry so far.

Youth. - Not much action recently.

Coaching: - Kirsty will drive the summer coaching sessions. First session is this coming Saturday. We now have an additional

CRB registered helper that may ease coaching pressure.

Cross. - Will not be able to get Hugh Porter for our cross event.

MTB - Summer series. Entries filling fast
Webmaster- New site latest. James is waiting for the current hosts to make contact to arrange swap over. Invoice received for registration and host fee in advance. Mick to send cheque.

Ravenswood - no further news - still ongoing.

Outstanding results: Tom Stevenson 4th, Tim Snook 10th at Maldon RR.

AOB - John reported to the meeting about a proposed off road cycle in conjunction with Stowmarket. Starting from Playford VH. And riding over towards Creeting. Will look for a suitable date in July or August (before Cross season). Any potential income to be forwarded to the Cross Youth Development Funds, both Eastern Region and our own. Club marshalling points to be re-cooped to Club funds. John will do the small amount of signage required.

Meeting closed: . 20:30hrs

Next meeting: . Tue 19th May 2009 - 19:30hrs

It's your newsletter...

Got something you'd like to share? Maybe you have a result you're pleased with, or you've done a special ride on holiday, or you're doing a sponsored something - anything really - just let me know and I'll do my best to get it in the newsletter. Don't be shy! Send your info to me by email at dominic.castle@eadt.co.uk or by snail mail to 8 Ladywood Road, Ipswich IP4 3NH. Pictures are welcome too.

Dom Castle