



LONG RIDE

Help John on his Polish epic

WHILE the racers in the Tour de France are taking a breather after their efforts, a IBC's John Terrell is on his own two-wheeled epic to raise money for a cancer support charity.

John, who lives at Hollesley, near Woodbridge, set off on Monday July 27 on a 1,000 mile solo trip to Poland which will take him through France, Belgium, Germany and the Czech Republic.

He decided to make the grand tour, which he hoped to complete in around ten days, to aid the Macmillan Cancer Support charity. Macmillan helped John's brother Gary during his terminal illness two years ago.

"It's not until these things happen to you or a loved one that you realise what a good job they do," said John. "It's just nice to give something back."

The trip has been some



weeks in the planning, though John is travelling with a tent in case he can't find accommodation on his journey.

John is hoping to raise around £1,000 and anyone wishing to support John can go to www.justgiving.com/John-Terrell



TOO GOOD TO EAT: But they still did. The amazing chocolate trophy won at the VC Norwich Road Race



Adrian McTigue, Dan Zagni, Adam Keer, Pete Ingram and Tom Castle with the sweetest prize they're ever going to win...

Sweet reward!

Ipswich Bicycle Club collected a good haul of prizes in the VC Norwich Road Race.

Dan Zagni (fourth overall) was best veteran, Tom Castle (sixth) best Junior, Adam Keer (11th) best fourth category finisher while the IBC won the astonishing chocolate trophy which was the team prize. Overnight rain had washed flints across the

course and punctures were frequent. Ben Nicholson (Extreme Sports) and Nick Esser (VC Baracchi) were notable victims. Mark Farrow (VC Norwich) and Robert Hunt (API) were prominent in early attacks, but none of these survived. At the finish Liam Gentry (VC Baracchi) clipped off the front of the bunch to take third place.



From Alison Lilley

Just to let you know that I have secured use of the Snetterton motor race circuit as follows;

Wednesday 19 August.

Registration and signing-on from 6pm with session starting promptly at 6.30pm until 8.30pm. Open to all youth riders with road bikes. This coaching session will focus on group and team riding. They are FREE OF CHARGE. A Parental Consent Form must be completed and brought along on the night.

You will need to bring plenty of water based drinks and any snacks, e.g. cereal bars, Parental Consent Form:

It would be useful to know in advance how many riders may be attending so if you are able to e-mail your completed Parental Consent Form back to me that would be great. If not, just drop me a line giving me your name, age, club name (if applicable) and dates that you'll be attending.

Alison Lilley
Go-Ride Coach - Eastern Region
British Cycling
National Cycling Centre
Stuart Street
Manchester
M11 4DQ
alisonlilley@britishcycling.org.uk

TIME TRIAL NEWS

Tim top club time-triallist

TIM BUTLER is the highest-placed club rider in the summer ICA time trial series, which finished at Henley on August 12.

Tim was 5th overall, first 50+ Vet. Antony Birt was the first IBC senior; 7th overall, with Dave Copland, Neil Catling and Rob Smith all in the top 20.

Susannah Rosenberg got her reward for a consistent summer with 20th overall and 1st woman vet. Young rider Hugo Robinson was top junior after some flying rides, while Phoebe Aubugeau-Williams was best junior woman. Towards the other end of the experience spectrum Clive Sparkes was leading 60+ rider; Ted Saunderson the top 70+.

All the placings are available on the website, but the Ipswich riders were:

- | | | | |
|----|-------------------------|----|--------------------------|
| 5 | Tim Butler (V50+) | 29 | Colin Lown (V) |
| 7 | Antony Birt (S) | 32 | Angus Jardine (32) |
| 11 | Dave Copland (V) | 39 | Chris Jillings (V) |
| 13 | Neil Catling (S) | 41 | David Constable (V) |
| 18 | Rob Smith (V50+) | 42 | Pete Ingram (S) |
| 20 | Susannah Rosenberg (WV) | 45 | Tom Walker (S) |
| 22 | Sean Dunn (S) | 46 | Paul Smith (S) |
| 23 | Hugo Robinson (J) | 48 | Stephen Searby (V) |
| 25 | Ted Barber (V) | 49 | P Aubugeau-Williams (WJ) |
| 27 | Andrew Kennedy (V) | 50 | Tom Castle (J) |
| 28 | Clive Sparkes (V60+) | 53 | Dan Zagni (V) |
| | | 60 | Michael Jones (S) |
| | | 61 | Steven De'ath (S) |
| | | 63 | Dominic Castle (V) |
| | | 69 | Adrian Hine (V)* |
| | | 70 | Ted Saunderson (V 70+) |
| | | 72 | Rachel Clarke (W) |
| | | 76 | Phil Hetzel (V) |
| | | 77 | Leon Griffin (S) |
| | | 78 | Adrian McTigue (S) |
| | | 80 | Tim Snook (V) |
| | | 84 | Adrian Hine (S) |
| | | 87 | Paul Driver (V) |



Susannah Rosenberg and Tim Butler

Angus bags three new records

Angus Jardine racked up three new club time-trial records through June, July and August. Details are below - well done, Angus!

Vets 10 mile TT record Team Cambridge 10

New record: 20.47

Course E2/10, date: 01.08.09, winning rider; Peter Balls, 19.25

Vets and Mens 50 mile TT Record Godric CC 50

New record: 1.50.51

Course B50/18 date: 28.06.09, winning rider, Lee Bark, 1.45.29

Vets 25 mile TT Record Norwich ABC 25

New record: 53.59

Course B25/4 date: 05.07.09, winning rider, Lee Bark, 51.08

CALENDAR++CALENDAR++CALENDAR++CALENDAR

ROAD RACING

16/08	Ipswich BC Road Race	Crowfield circuit
22/08	Shaftesbury CC day at Hog Hill	Redbridge Cycle circuit
23/08	Essex Roads CC Summer Road Race	East Hanningfield
31/08	Southend Wheelers Criteriums	Redbridge CC
05/09	London Open Circuit Race Championships	Redbridge CC
06/09	Easterley Falling Leaves Road Race	Ugley
13/09	Victoria C.C. Road Race	Ugley
20/07	Shaftesbury CC Road Race	Henham (Essex)
27/09	Last Chance Points Grabber	Whitwell

MOUNTAIN BIKES

23/08	St Ives CC MTB Race	Huntingdon
20/09	Mud, sweat & gears	Langdon Hills

CYCLO CROSS

13/09	Cross at the Farm (EADT Eastern League)	Sible Hedingham
27/09	CC Ashwell Cross (EADT Eastern League)	Baldock

BIKE EVENTS

29-31/08	Mildenhall CC Cycling Rally	Mildenhall
----------	-----------------------------	------------

Let's be 'avin you!

...as someone apparently said once. Done something good on your bike? Ridden a big sportive or raced... whatever it is be sure to let me know. I try and check all the results but I'd hate to miss anyone out. Don't be shy and let me know and I'll do my best to get it in the newsletter.

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 always welcome too.
Dom Castle



LOTUS LEAGUE

Final Lotus positions

■ League podium for Dan at Lotus ■ Tom is club RR champ

DAN Zagni took second place overall in the Lotus Cars Cycle Race League 2009 season at the Hethel track in Norfolk.

Fellow clubman and defending champ Phil Hetzel was 4th and junior Tom Castle 9th.

The series wound up with a win in the last race by Chris Guy, of Norwich-based Extreme Sports Therapy, pressed closely by the regional champion, Joe Skipper, of BMC UK RT, currently an Essex University student, but hailing from Lowestoft.

Mike Auger, of VC Norwich, was third and one of this year's promising prospects, Liam Gentry, of Lowestoft-based Velo Club Baracchi, was fourth.

A break of six went away just before half distance and finished 45 seconds up on the bunch.

Shaun Aldous, of Extreme Sports Therapy, took 10th place in this race but in the series as a whole he was a clear winner overall with his best eight results. Mike Auger, of VC Norwich, was third.

The "Go Race" winner on the day was Gary Funnell, of VC Norwich, and Alaister Grille, of Plomesgate CC, was sixth. The Under 16 handicap was won by Josh Hannan, of Extreme Sports Therapy, and the main Suffolk interest was a sixth place taken by Patrick Cook, of Ipswich BC. The Under 12 Handicap race went to Zak Coleman, of Team Tri-A-Sport, who also won that category overall. Josh Hannan was the overall winner in the Under 16 racing.

The Lotus venue has been well supported again this year and has provided wonderful traffic-free riding for all competitors, but especially for the youngsters to learn the craft and experience the fun of road racing.

There had been further successes for the club in previous rounds, including another win for Tom Castle, who took the line in Round 9 with a great sprint for his second triumph of the series.

It was a double success for 17-year-old Tom



INCOGNITO: Dan Zagni

as the round was the designated Club Championship.

Dan was 4th in that round, while Phil was 8th and Adam Keer 9th, an excellent round for the club.

There was also a success the previous week from Colin Lown, who put aside his time-trialling to enter his first ever road race, the Go Race event at Lotus. Putting his speed to good use he won!

Unsubstantiated rumour has it that he will now retire so that he can claim that he was never beaten on the road!

Fathead of the week award went to your shamefaced newsletter editor, who, while leading the Go-Race bunch took, ahem, a wrong turn and found himself alone in the Norfolk countryside. What a plonker.

MOUNTAIN BIKING

Phoebe wins, Lewis third in Thetford,

The Parkers were in action in Thetford for the City College Norwich Summer Series round two.

Lewis was third in the youth men two-hour event, despite the effort of actually having to ride for almost two and a half hours (that's crazy mountain bike laps for you!)

Dad Julian, battling with arch rival Ian Newby of Diss, was 29th in the men's two-hour. Phoebe Aubugeau-Williams won her event, the Fun Female section, while Chris Jillings was second in the Fun Male race.

In the Essex-based Mud, Sweat & Gears series Paul Driver rode the Danbury course to take 46th in the two-hour event. Dominic Castle was 60th.

In the next round at Codham Park Paul, armed with a shiny new bike, was 63rd on a very tough course.

Dan's good summer continued at the VC Baracchi Road Race near Beccles when he secured third spot in a race marred by crashes and complaints about the standard of riding. Tom Castle was one of the crashers, being brought down in Somerleyton. At the Redbridge CC Road Race Dan was in the points again, picking up 11th while Adam Keer was just behind him in 14th.

Club gear

IBC Clothing is now in stock at Elmy Cycles' new emporium.

- Short Sleeve Jerseys – (Size-Qty) - 1(3) 2(2) 3(5) 4(5) 5(3) 6(2) - £29.95 - plus the pre paid transfer fee
- Long Sleeve Jerseys – (size Qty) - 1(1) 2(2) 3(3) 4(2) 5(2) 6(2) - £34.95 - plus the pre paid transfer fee
- Bib Shorts 3(2) 4(2) 5(4) 6(2) - £53.95 – plus the pre paid transfer fee.

Prices have crept up a little from the last order due to changes in the exchange rate. Also we now have in stock bioracer gloves in matching Blue & White with the 'IPSWICH' Logo in all sizes at £20 per pair.

Antony joins roadies

ANOTHER club rider joined the ranks of the roadies when Antony Birt tackled a road race at Dunton.

"I was pleased with my first Road Race at Dunton 30th July coming 24th but more importantly, coming from triathlon where you race on your own, TT style, I was chuffed just not to cause a crash and be in with a sniff over the finish line," said our man. Good stuff Antony - we'll be watching for you in the results columns.

He also did a PB In July 12th at the Wolsey 25M open TT 01:02:11 on a very windy course.

In the same event Angus Jardine was 3rd, 57:25, Tim Butler did 1hr 02:19 and Colin Lown 01:02:26



IN IT TO WIN IT:
Alberto Contador,
in his national
time trial
champion's
colours, gets
aero



IT'S A GAS: The
lime green
Liguigas boys get
warmed up.



SEVERAL club members took the chance to catch a little Tour de France action over July, among them Neil Saunders who took some great pics including this one of a well-known American competitor!
"Flew out to Nice on Friday, then took the train to Monaco for the opening time trial," said Neil. "Stayed in Nice and then watched the Tour again go through there on Sunday. Already planning Rotterdam next year!"

Committee notes July 21

IBC Committee July 21st 2009 - Agenda 7:30pm 340 Felixstowe Rd

Present: Tim, Steve, Colin, Adam, Rob, Dave, Chris, Mick, Phil

Apologies: Kirsty, Dominic, Angela, Julian & James,

Matters arising -

Grant application - in progress

Club kit: At the shop - standard items have arrived - specialities still awaited.

New Members

Pierce Bacon

Prop

Tim

Sec

Adam

Correspondence - None

Secretary reports

RR. (16th August - 13:00) Month to go. Marshals and refreshments

to be organised Paul/Phil

Possibility that police may refuse permission for an all day event.

Permit form in the post. Permission for the Gosbeck course has been

applied for - concerns about the width of parts of this route but

Derek Lusher has already made a risk assessment.

TT - ICA ongoing - numbers are down from last year - Lotus may be affecting this but this week is the last one at Hethel.

Youth. - Tom has had two excellent results, winning at Lotus ahead of

Phil!!!! He took the club championship as well this week. Hugo and

Patrick went to Hog Hill mid-week for a RSR training day.

Coaching: -

Cyclo-Cross training to hopefully start in early September. No

summer sessions are running currently.

Cross. -

We are promoting the Regional Championships at Foxhall on Sun 6th

December. Adam will be the promoter. All going to plan currently

including amended race times making the handbook. Could we hold a

go-ride race on part of the course the day before? Short races for

adults and children. Registered with BC for insurance purposes.

Steve to have a meeting with the council concerning the National

Trophy soon. Final discussions on the European Championships

logistics. Meeting concerning Ravenswood has occurred.

MTB - Brandon round 2 on 19th July. Excellent ride from Lewis, who

moved up to the 2-hour event and got through the gate before the 2-

hour deadline to complete the full 5 laps. Julian had a reasonable

result after getting bogged down in the bunch off the start. Phoebe

won the Women's Fun and CJ managed second in the Men's Fun.

Webmaster-

Waiting for a reply from WPK Systems regarding the new site. James

is still working on this and hopefully may complete the transfer this

weekend.

Ravenswood -

British Cycling's Dave Cochran has made a site visit at Ravenswood

on the 16th July and attended a meeting with Steve and the Borough

Council.

Forthcoming events

ICA Every Wednesday, until early August

Lotus RR Wed See web for dates

Ford Go Race RR series, Dunton, Essex - alternate Thursday

evenings - same as Plomesgate 10TT.

Hog Hill RR Series - every Thursday

Welwyn Track evening - every Friday.

MTB CCN series 3- mid August, Santon Downham.

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

Outstanding results:

Congratulations to Angus for setting a new club 50 record, which has

stood for many years.

AOB - None

Meeting closed: . 20:50 hrs

Next meeting: . Tue 11th Aug 2009.