



IPSWICH BICYCLE CLUB

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teamipswich
Cycling

NATIONAL TROPHY CYCLO-CROSS



TOP OF THE HEAP: IBC youth rider Hugo Robinson in yellow as the National Trophy Series leader on the podium at the Ipswich round

Yellow jersey for Hugo

HUGO Robinson capped a brilliant weekend of racing at the Ipswich round of the National Trophy cyclo-cross series by taking the yellow jersey in the youth event - the best performance by any clubman at this level.

He rode superbly to take second spot on the podium in his home event, just 11 seconds behind the race winner.

That was enough to send him to the top of the rankings and send him into the fourth round at Mallory Park as the series leader.

It was an outstanding showing from the youngster who still gives away a year or more in age to his rivals and is set to dominate his class in the coming years in 'cross.

None of the club sages could recall anyone bettering his achievement at this level since the 70s - very well done indeed, Hugo.

The Chantry Park races were judged an unqualified success, not least because of the

great support from club members and others who put in a great deal of hard work to make sure that the competitors were greeted by an excellent course, well marshalled and marked out.

The revised layout meant that spectators were able to see most of the course from the hilltop vantage point near the clubhouse and British Cycling podium truck, which boosted the atmosphere.

The weather was kind as well, which helped!

On the track our riders seemed to enjoy themselves; Lewis Parker was 32nd in the Youths, and Alwyn Newstead 14th in the U14s. Tom Castle was 18th in the Juniors.

Plenty of the old boys turned out; Julian Parker was top of the heap in 16th, closely followed by Dave Copland in 18th. Colin Newstead was 36th and your newsletter editor was 43rd and um... last.

In the 50+ Tim Butler came in 12th place and Rob Smith was 20th.

It was another great success for the club as Steve Grimwood leads the way in preparation for the 2012 European Championships.

In the next round at Mallory Park our riders were greeted with a completely different type of course.

Heavy rain made it an absolute mudbath, with the type of thick, heavy clag that sticks to bikes and wrecks gears.

Club chairman Tim Butler discovered this to his cost; after just 400 yards of his first practice lap the rear hanger on his bike snapped. Deciding not to risk his spare bike he was reduced to the role of spectator.

Earlier in the day, when the mud was wetter and not quite as destructive, Hugo kept out of trouble to come in fourth with a steady ride.

It meant he lost the yellow jersey by just two points, but he's well placed to get it back in the final two rounds.

STOP PRESS
Regional title for youngster: Report Page 3



AVG MPH	Peak MPH	Peak MPH	Dist	AVG Watts	Peak Watts	Peak Watts	RPM	AVG RPM	Peak RPM	Peak RPM	Pulse	AVG Pulse	Peak Pulse	Peak Pulse	CAL	Grade
0.0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0.0	0.0%

Calling all pot hunters - can you topple Turbo Tim?

Tim needs a challenger on the Compu-trainers (we have a pair) to try and beat his posted time for the 3 mile downhill interval course.

Fastest time holds the 'Hercules Trophy' for a year.

So far Tim has been close to his PB of 5:33.15 and has posted a time to beat this year of 5:34.2.

The course profile is below and involves six descents of 5% and six ascents of 2%- Sounds easy doesn't it.

Listed on the screen is all the data you will need for a proper training session, plus also you are able to view a 'Spinscan' which graphically shows power output per leg.

Just drop him an email at tim.butler1@ntlworld.com or give him ring (01473-414546) to book a session.

Do you have any trophies? Or do you have any claim on any trophies this year? Then please contact Tim Butler NOW as the club's presentation night is looming... see below.

**Tim Butler, 340 Felixstowe Road, Ipswich, IP3 9AA Tel: 01473 414546
E-mail tim.butler1@ntlworld.com**

Dinner date for your diary

It's now the time of year that we start thinking about arranging our Club Dinner.

Arrangements have been made for Saturday 30th January 2010.

Our chosen venue is The Arboretum in High Street, Ipswich. It has been very highly recommended by many.

Time has been set for arrival at 7p.m.

Any one interested in attending must let us know by **18th December** 2009, as a deposit of £10 per person has been requested by that date.

Any special requests, please let us know and we'll pass them on to The Arboretum.

ANGELA PARKER
angela.parker40@ntlworld.com

THE MENU

Starters

Rabbit Pate + Picallili
Poached Loch Duart Salmon + Duck Egg Mayo
Fennel + Ooggleshield Gratin (v)
Lentil + Smoked Bacon Soup

Main courses

Fish Pie + Creamed Leeks
Venison Stew + Herb Dumplings
Belly of Suffolk Pork, Apple+Rosemary
Mash +Cyder Sauce
Butterbean + Vegetable Hotpot (v)

Desserts

Sticky Toffee Pudding
Cambridge Cream
Flourless Chocolate Cake
Cheese (£2 supplement)

£15 Two Courses
£20 Three Courses



CYCLO CROSS - REGIONAL CHAMPIONSHIPS

It's that boy again!

Regional title for Hugo as club puts on major event at Foxhall

HUGO Robinson fought off the effects of flu to win the youth regional title at the South Eastern and Eastern Cyclo-cross Championships at Foxhall on Sunday December 6.

He won by almost a minute in a crushing display, and will go on to the National Championships next month in improving form.

There was a good turnout in the event from club riders, including four in the seniors.

Antony Birt was 25th, just ahead of Adam Keer, who must have been knackered after organising an excellent event with a small band of helpers. Tom Walker was 29th with Pete 'it's my first cross' Ingram 30th.

In the 40-49 vets Julian Parker managed a good top-ten finish when he came in 7th. Dave Copland was next for IBC in 16th.

Dave was looking ruggedly handsome, in a slightly battered way, sporting designer stubble because he couldn't shave after sustaining nasty facial injuries in a road crash. Hope it clears up soon, Dave!

Colin Newstead was 21st, then Dom Castle 26th and Paul Driver and his mountain bike in 38th.

Tim Butler was the runner-up in the 50+ group, while Rob Smith was 9th and Colin Cracknell 11th. John Terrell made a rare appearance this season to get 13th and Chris Jillings was 17th.

Youngsters Lewis Parker and Patrick Cook rode well in the youths, getting 9th and 12th respectively.

Alwyn Newstead was 5th U14 and Phoebe Aubugeau-Williams was 4th girl and Charlotte Wickens 8th girl.

The U12 race also brought good results for club racers.

Tomas Gould was an excellent 8th, while Pierce Bacon won the U10 category in style, also taking 12th overall.

Issy Wickens completed the day's work with 19th place.



I CAN SEE KEER-LY NOW: Adam takes time off from organising a great event for the club to do a spot of cross racing

Hill Climb Report

On a very wet and windy Sunday morning when the sanest of cyclists would have opted for the turbo, five of Ipswich BC's boys donned some extra layers in preparation for the East District Cycle Association Championship organised by CC Sudbury.

The 11% incline at Watson's Hill, Semer nr Hadleigh hosted the annual battle on October 31 where organisers frantically swept sodden leaves from the road to avoid any spinouts and tumbles.

Undeterred and resolute the riders emerged from the warm dry comfort of the village hall to a vicious whipping of rain soaked gusts; a lengthy and indulgent warm up was not going to be possible.

As the riders took their turn in minute intervals some even heartier spectators cheered the ascending riders on. The annual event also plays host to Ipswich BC's own club hill climb championship, playing out in the following final event overall finishes and club order - Dan Zagni (3rd), Phil Hetzel (4th), Peter Ingram (7th), Adam Keer (8th) and Tim Snook (10th).

All I could think at the end of the lactic-filled sub minute was thank heaven it wasn't an hour's cross race in this rain! This is a well organised local event that doesn't eat into your day, hopefully we'll see some more blue, black and white shirts on the climb in 2010.

Adam Keer

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. Thanks to those who have contributed so far.

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



AGM notes and Chairman's report November 4

Minutes of The Ipswich Bicycle Club AGM held at Northgate Sports Centre, Ipswich on 3rd November 2009 at 17:30hrs.

Present from the outgoing Committee: Tim Butler, Mick Hearn, Chris Jillings, Kirsty McLaughlin, Phil Hetzel, Adam Keer, Colin Lown, Jo Newstead, Angela Parker, Dominic Castle and 5 members.

Apologies received from Jack & Marie Pickess, Herbie Neville, Julian Parker, Dave Copland, and Steve Grimwood.

Chairman opened the meeting at 19:37. Minutes of 2008 AGM having been previously printed in the Newsletter and circulated on the night.

Matters Arising

There were no matters arising and the minutes were duly signed by the Chair.

Chairman's report:

Another year has gone and a very active one for the club.

December saw a new, but not inexperienced editor for the newsletter with Dominic Castle taking over the keyboard. The newsletter format morphed into a mini EADT (I wonder why?) and looked superb. We also started to e-mail it to most of the members, thus saving a small fortune on postage. Dominic's first edition covered bridge construction and mobile WCs!!

But back to the news - Hugo recorded his first National Trophy win at Mallory Park with many more to come I'm sure. He also took the Eastern Cross league title but sadly slipped up in the SE Regional Champs, only coming in 5th after a fall. He also finished the National Trophy season in 6th place overall, which was very creditable considering most of the opposition were a year older.

The Club's Reliability Trial was a great success, again thanks to Kirsty. Angus 'hit the headlines', literally, in May after having that disagreement with a peacock. We promoted a very successful Time Trial weekend at Sudbourne with our 10 & 25 on consecutive days. IBC took the team prize on the Saturday as well as all the Handicap prizes, while Angus, with no 'wildlife problems', managed 3rd on both days.

On the Road, Phil (I'm retired) Hetzel opened the season with a 3rd at Southend and a few placings at Hethel along with Tom Stephenson, Dan (2nd cat!) Zagni, Tom Castle, Adam Keer, and Paul Driver. Dan finally finished in 2nd place in the Hethel RR League.

June and July saw the records tumble as Angus hit form (rather than the bird life) re-modelling the fifteen year old '50' record (1:50.51), the Vet's 10 (20:47) and the Vet's 25 (53:59) times. The ICA events were well attended as usual with thirty-four club members participating and somehow I managed to retain my 50+ title, ending up as the highest placed IBC rider in the overall league table.

We finish the year with Cross again, but what a difference a whole year makes! Hugo is currently leading the National Trophy series with a fine run of results, being on the podium in every round so far. This is the first time an Eastern rider has led a National

Cross category since the 1970s, when Lee Wardley won what was then the Viking Junior Trophy.

Well done Hugo and all the members that have had a successful season - I noted that we had at least 20 active members riding at two of the rounds of the Eastern League so far.

I will finish on a slightly sad note however, with the news that our President, Herbie Neville, has had a bad fall and is currently in hospital. He has reached the grand old age of 94! Also Jack and Marie Pickess are unable to be here due to Jack's frailness. We wish them well.

Treasurer's report:

We currently have a surplus for the year of £886, although we still need to pay out approximately £360 to the ICA from this. Some of the details for the year are - the Dinner lost £66, principally due to the complementary guest tickets that were given out, but The Reliability generated £77, the 10 & 25 £78 and although we have yet to receive an account for the Road Race, we currently have a surplus of £270 from this event. Also the sale of club kit continues to generate some payback from the initial large outlay for Bio-papers. There is presently £813 in the Youth account and just over £6,500 in the bank. This is currently generating relatively little interest and I am currently looking to find an alternative deposit account. (Adam suggested that he could help by using a local authority advisor - after discussion it was agreed that the Committee would continue to pursue alternative deposit account arrangements).

Mick declared that, subject to re-election, this would be his last term.

MTB Secretary:

Julian was absent due to illness and could not present his report.

Cross Secretary:

Steve was not present so there was no report.

Road Race Secretary:

Phil reported a number of successful results for members during the season. Dan had a 2nd, Phil himself being 4th and several others well placed in events. Tom won two Lotus events and two Open Road races. We have seen the most number of 2nd Cats or above (5) that the Club has ever had. Many members have been in various series from Eastern RR league to Lotus. We promoted an Elite race, on a new circuit, and this will be used again for the event on 21st March next year. We are expecting a decent field.

Track Secretary:

Both Adam and Steve have raced on Grass Track this year, with the most notable achievement that of Steve beating Brian Taylor in a sprint during one Grass event B final!! - Phil has raced on the hard track.

Time Trial:

Most of the headlines this year have been dominated by Angus - oh, and the Chairman's new bike!! Colin himself had won an event and lowered a few PBs, but mostly only he and Angus had been competing. Ted has managed to ride a few races as well. The Wednesday evenings had been successful but we still had trouble finding marshals and a number of riders had

to fore-go several rides to ensure that the events went ahead. We desperately need more help. Next year the 10 and 25 have been separated, the 25 will be on 19th June at Tunstall and the 10 on July 10th at Sudbourne - both dates being Saturdays.

Social secretary:

Angela reported that a new venue had been arranged for this coming year's Club Dinner on 30th January 2010 even though everyone had enjoyed last year's event at The Marriott. We have a private room at The Arboretum, a deposit of £10 is required for each person - a menu will be circulated shortly.

Coaching Secretary:

After discussion, it was agreed that this report would be included in the agenda for the AGM next year as it is an important formal post and should therefore always have been included in the reporting structure.

Election of Officers:

Existing post holders, willing to be re-elected and being un-opposed, were voted in unanimously and no formal Proposer or Seconder were called upon. The newly adjusted role of Accounts Examiner, however, was formally nominated and unanimously voted in favour as below:

Club President	Herbie Neville	
Vice Presidents	Jack & Marie Pickess; Keith Hill, Joyce Nevill	
Chairman	Tim Butler	
Vice Chairman	Mick Hearn	
Treasurer	Mick Hearn	
Accounts Examiner	Nina Jillings (Proposed)	Seconded (Phil)
Secretary	Chris Jillings	
Membership	Tim Butler	
Road Race & Track Sec	Philip Hetzel	
Cyclo Cross Sec	Steve Grimwood	
MTB Sec	Julian Parker	
Social Sec	Angela Parker (Welfare Officer)	
TT Sec	Colin Lown	
Press Officer	Dom Castle	
Newsletter Editor	Dom Castle	
Ladies Rep	Kirsty McLaughlin	
Coaching Sec	Adam Keer & Kirsty McLaughlin	
Youth Rep	Dom Castle	
Club Representatives	Rob Smith (Welfare Officer) Jo & Colin Newstead Dave Copland	

Following general discussion on the efficacy of the position of Events Coordinator and considering the successful achievements of our various individual events promoters, it was agreed by all present to remove this position from the List of Officers for the present.

After a question to the members present about helping Mick out as our main Time Keeper the meeting discussed eligibility of certain members to be finishing timekeepers, the need for more people to be trained, and more assistants to be sought.

There being no other matters, the Meeting was closed at 20:45 hrs.

There followed the secret ballot for the award of Club Personality of the Year.