



IPSWICH BICYCLE CLUB

www.ipswichbicycleclub.co.uk



Better late than never...

...well, that's my story anyway. Apologies for the late delivery of this newsletter.

I could give a long list of excuses about having too much work to do, having to decorate the house, fixing up busted bikes, being abducted by aliens and so on, but you'd quite rightly not be interested.

The highlight of this newsletter has to be the successful club dinner, held at the

Holiday Inn in Ipswich on Sunday February 8. Pictures and a report from the event are in the centre pages.

The calendars are starting to fill up already, with early season reliability rides (including the club's event on Sunday February 22) most weekends. Lotus lovers will know that the popular summer series launches on May 8 and that there is also a series at Hog Hill to

enjoy. It is a good bit bumpier than Hethel, though! Fair weather riders - and there are quite a few of us - will be looking at the forecasts with a little more optimism and hoping that the coldest winter we've had for years is finally thinking of giving way to Spring.

Whatever and however you ride, stay safe.

Dom Castle

ON THE ROAD

Ready for the reliability?

Sunday 22nd Feb

Ipswich BC Reliability rides Playford Village Hall
All distances 100/70/45 km all speeds catered for
Start for first event 9am £2 entry. Hot drinks and food available

Sunday 1st March

Colchester Rovers CC Reliability Trial. Hamilton Lodge, Gt Bentley.
50 miles starting at 10-00 with awards for Gold, Silver and Bronze
Awards which must be defined at signing on.
Gold Award 2 hours 15 minutes
Silver Award 2 hours 45 minutes
Bronze Award 3 hours 15 minutes
25 Miles starting around 10-15 or slightly later depending on how many groups take part in the 50 mile events. Certificate for all successful riders cut off time 2 hours 15 minutes

Time Trials

23rd May Ipswich BC 10 Sudborne Village Hall 2pm
24th May Ipswich BC 25 Sudborne Village Hall 9am
Help will be required for both events.
Contact Tim

If you go down to the woods...

FATHER and son Julian and Lewis Parker (pictured right at the recent EADT Cyclo Cross awards) braved the woods of Tunstall for the third round of the Whyte Winter Series mountain bike races on January 26.

They were among 600 riders who immersed themselves in a total mud experience as heavy rain soaked the trail carefully designed by the TROGS group in Rendlesham Forest. Julian's nominal 2-hour race took him almost three hours to complete, so tough were conditions. Even so he managed to finish a creditable 24th on a horrible day.

Lewis did even better, coming in 6th out of 30 in the fun event (what fun?) Well done guys, it was evil out there. The next event in the series is at Thetford on February 22 and your newsletter editor has foolishly decided to have a go.



YOU KNOW YOU'RE ADDICTED TO CYCLING WHEN...

Your surgeon tells you you need a heart valve replacement and you ask if you have a choice between presta and schrader.



**CLUB ANNUAL DINNER & PRESENTATION EVENING
HOLIDAY INN, IPSWICH, FEBRUARY 8 2009**



WELL DONE: Trophies for Tim Butler and Susannah Rosenberg



SAY CHEESE: The winners smile for the camera with their silverware

Club dinner success

OVER 30 club members and guests got together at the Holiday Inn in Ipswich for the annual club dinner and prize-giving night on Sunday, February 8. Making the presentations was the Mayor of Ipswich, David Hale, who congratulated all the winners on their efforts. The evening was a great success and thanks go to Angela Parker for organising the event and to Tim and Sandra Butler and Chris Jillings for sorting the trophies.



Phil Hetzel (top) Lewis Parker (above left) and Hugo Robinson (above right) collect their trophies from the Mayor of Ipswich

EVENTS

Hinckley CRC has booked another session at Newport Velodrome on Saturday 25 April 2-6pm and has some spare places.

Any IBC riders interested will need to secure their place by sending a £10 deposit to the organiser; Contact John at john.2.gabriel@telereal.com

Road racing

Sunday March 1

Crest Spring Road Race (ERRL)
Stag Hall, North Hall Road,
Quendon, Essex

Saturday March 7

Jock Wadley Memorial Road Race
Alderman Blaxill School, Paxman
Avenue, Colchester

Saturday March 14

Simon Hook Memorial + Support
Events, Hog Hill (Redbridge Cycle
Centre

Masters Only Elite, 1st, 2nd, 3rd,
4th Band 4 Masters C+ 60 mins
12:00 £12.00 (£16.00)

Women Only Band 4 Women 60
mins 12:00 £10.00 (£10.00)

Regional B 3rd, 4th Band 5 3/4
60 mins 13:30 £12.00 (£16.00)

National B Elite, 1st, 2nd, 3rd
Band 3 EL/1/2/3 60 mins 15:00
£12.00 (£16.00)

Sunday March 22

Interbike Road Race (ERRL) 9am
E/1/2/3

Peldon Village Hall, Peldon
Closing date for entries March 1.

Sunday March 29

Dengie Marshes Tour - Hell of the
East

St Peters High School, Burnham
on Crouch

E/1/2/3 closing date for entries
March 8

Sunday March 29

Ciclos Uno Road Race (ERRL)
Matching Tye Village Hall

3/4 Closing date March 15

THOUGHTS of CHAIRMAN TIM

The Cross committee are looking for another two delegates who can attend the National meeting on March 7 at Kegworth, Leicestershire. I will be going from Ipswich, and at the moment I will have room for further passengers. It is an important meeting, as it seems that there are some contentious issues to be resolved, which might affect us all.

Current Eastern delegates attending are: Tim Butler, Mandy Cook, Chris Gooch, Chris Reed



Committee notes

IBC Committee January 20th 2009 - Minutes

Present - Tim, Chris, Colin, Jo, Steve, Angela, Adam, Phil, Dave, Mick, Rob, Dom.

Apologies: Kirsty.

Matters arising

RR. Confirmation of times of event - Phil has completed the forms. IBC will start at 12:00 after Stowmarket has finished. 130k (approx. 13 laps).

Club kit

Tee shirts latest - Rob to send out a final reminder before order is placed. Steve needs a few more items to finish a kit order. This should be ready this week.

Time Trials

Provisionally booked the Village Hall at Sudbourne for half Saturday and Sunday. Colin to check booking of our ICA Wednesday nights, arranging marshals, and booking the Crowfield Rose.

ICA-presentation - Boxing Day presentation was successful. Most prizewinners were present.

Outstanding results

Hugo was second U15 at the Cross Nationals.

Club Dinner

The Mayor, his consort and the Open 25 winner Lee Bark have been invited to the club dinner. Latest numbers are 30. Just a couple of return menus needed.

New Members

None

Correspondence -

Letter from CTT and form for CTT handbooks.

Letter from Ipswich, Australia, enquiring about links between the clubs.

Adam has an advert request from a sports drink company. This will not be pursued.

Forthcoming events

Hog Hill winter series has started. This series continues every week until Feb.

Mistley Cross, Tunstall MTB Enduro, and Madison Cross.

IBC Reliability.

Youth.

Lewis and Phoebe had good rides at Chelmsford. Hugo was 6th at Derby and finished 6th overall in the series.

Coaching

Nearing the end of the winter coaching. Has been a steady 6-8 attendees. The Christmas tobogganing event was a success. Adam will provide a final report. Potential joint trip to Welwyn (Sun April 19). A resident in Valley Road had lodged a concern about cyclists, but any training there is not a club event. The Parks Department may give us permission if we made a formal application.

Cross.

AGM will be this weekend after the Mistley race. Tim will propose changes to event times and a change to the Senior race to make it fully 'open' allowing Veterans to choose where they race.

Ravenswood

Ipswich Borough responded to Team Ipswich Cycling indicating that they could not fund the project. However a meeting between all interested parties, including BC, took place in Colchester and a very positive position supporting a circuit is still present.

AOB

Madison, this year's Cross Madison clashes with the Worlds. Should we suggest an alternative date, but a new venue would have to found. Foxhall is not available

Reliability is all set up ready. Has been advertised. Massage will be available again.

ICA accounts- ICA have bought 3 new trophies - this will be recuperated from next year's income.

Lotus is likely to run this year but this has to be confirmed. Hog Hill will also run a summer series this year.

Plans for Foxhall Cross for Sept 09 has been confirmed as are the Regional Champs in December. The venue has already been booked. Nathan is considering upgrading the IBC event to Cat A, but he will need to organise the logistics for this.

Can the club website be used to take incoming e-mails for the coaches etc.? Steve replied that it could be set up and he will contact the web provider.

An application to IBC can be made for funding again. Some new avenues are open, including funds for 'new events'.

We could apply for funding for the summer schools grass track training.

Final cheque is required for annual dinner payment.

Meeting closed: . 20:45hrs



Strewth! It's fair dinkum hot etc.

Aussie cyclists to the rescue! Seems that even the wildlife Down Under struggles in the heatwave, as these photos show.

Luckily these riders are happy to share their drink with this thirsty koala; hope it doesn't get addicted to Lucozade Sport, or whatever they drink down there...



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