



IPSWICH BICYCLE CLUB

www.ipswichbicycleclub.co.uk



ROAD RACE NEWS

Four starts, three victories for Tom

CLUB junior Tom Castle has notched up his first victories since moving up to race with the big boys - with three wins in four starts.

Earlier in the month Tom won the opening event of the North Road CC's Circuit Series at Hog Hill.

Tom made a lone attack early in this 3/4 cat event. Five riders eventually joined him, so he attacked solo again, was caught after five laps away, but recovered to fly from the back of the break to win by a tyre's width.

Next morning Tom was racing again on the hilly Bourn road course in Cambridgeshire in the Ike Saul Memorial.

An early break of eight stayed clear to the finish. Tom challenged Gordon Cobb (Stowmarket & District) for eighth spot but just missed out.

Next was the Metropolitan Police CC race at Chigwell. Last year he made a schoolboy error at when he stopped for an, ahem, comfort break and then found himself all alone in the countryside.

This year he made sure he went before the race started, which was just as well.

He watched the early breaks in the 56-mile race come to nothing in spite of repeated efforts by Campbell Noon (Virgin Active). However with two laps to go four riders did escape and Tom went with them.

They held out despite a charge from the bunch and Tom's sprint from 200 metres out was enough to clinch the win by half-a-dozen bike lengths, his first in an open road event.

The other IBC rider who made the trip was Adam Keer, who came home in 41st.

Tom's third win came at Lotus, when he got into the fast opening break of eight, which stayed away for the whole race and included luminaries like the club's own Phil Hetzel and Joe Skipper (BMC UK).

When the sprint came Tom went for it and beat Skipper by half a wheel for a great result.



Three out of four ain't bad; IBC junior Tom Castle

Hugo Robinson in top time-trial form

Fourteen-year-old Ipswich Bicycle Club rider Hugo Robinson put in a tremendous performance to win round nine of the Ipswich Cycling Association 10-mile time trial series. Hugo, who was first off, scorched round the Crowfield circuit in 24m16s, 22s faster than next man, Stowmarket senior Ben Caisey. Hugo also had a placing on the road, with a third in the second Lee Valley Youth Series U16 event.

Good results in Lotus League

CLUB riders are making a strong showing in the Lotus league races at Hethel.

At the time of writing Dan Zagni is lying in second place overall, just five points behind series leader Shaun Aldous.

Phil Hetzel is fourth, Tom Stephenson seventh, Tom Castle 11th, Adam Keer 18th and Paul Driver 26th. Apart from the fourth round, where

the club drew a blank, results have been good.

Round 5: Dan sprinted to second, while Adam was fifth and Tom Stephenson sixth. In round 6 Dan was again second, with Tom S just behind, Adam in ninth and Tom C 10th.

In round 7 Tom C won, Phil Hetzel was fourth and Dan ninth.

With just three rounds left it could get interesting at the top!



TIME TRIALS

Angus breaks 15-year-old Club 50 record

DETERMINED to get a district medal that was cruelly snatched away by a peacock last time, Angus Jardine set a personal best and a new Club Record, at the Godric 50 mile TT East District Championships and bagged a Bronze district medal.

Shaving 25 seconds off John Wych's record of 1994 (must be the pointy hat), and 5 minutes off his personal best, Angus set a time of 1:50:51 on the E50/18 (revised) course at Attleborough.

The race almost never happened, as the start was delayed for an hour by fog, whilst the rest of us basked in early morning sunshine.

Angus was sporting the new caro fabric skinsuit, matching Ipswich gloves and his new white overshoes, handmade on his sewing machine the day before. He feels all of the above, made the difference (not two weeks cycling in the south of France...)



Nationals PB for Colin

Colin Lown finished in the top 100 of the National 25 with a PB time of 1:02:09.

FLIER: Angus Jardine, who set new 50 mile club TT record and a PB as well.

CALENDAR++CALENDAR++CALENDAR++CALENDAR

TIME TRIALS

8 July	ICA Henley
15 July	ICA Henley
22 July	ICA Henley
29 July	ICA Henley
5 August	ICA Henley
12 August	ICA Henley

ROAD RACING

5 July	Paul Simon RR
8 July	Lotus League Round 8
9 July	Hog Hill Summer League round 9
12 July	VC Norwich Summer Road Race
12 July	North Road Summer Road Race
15 July	Lotus League Round 9 **CLUB CHAMPIONSHIP**
16 July	Hog Hill Summer League round 10
19 July	VC Barrachi Summer Road Race
22 July	Lotus League Round 10
23 July	Hog Hill Summer League Round 11
26 July	Redbridge CC RR
30 July	Hog Hill Summer League Round 12

MOUNTAIN BIKES

19/07	Mud, sweat & gears	Danbury
19/07	City College Norwich Summer enduro	Thefford
09/08	Mud, sweat & gears	Codham Park
23/08	St Ives CC MTB Race	Huntingdon
20/09	Mud, sweat & gears	Langdon Hills

BIKE EVENTS

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

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. Neiland Kirsty did it - you can too! 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

SPORTIVE REPORTS

I overtook an F1 driver!



HE'S IN THERE SOMEWHERE: Neil Saunders and friends await the start of the event at Donington Park circuit

Bikeradar Live/ Cycling Plus 100 mile Sportive.

Started from Donnington Park race circuit, by doing a lap of the circuit, on which I passed Mark Webber (F1 driver) then out onto the rolling hills of Derbyshire and Staffordshire.

Just before half way round I got lost and came off the course, well actually was following a couple of guys which I had been

doing for a few mile and they went a different route which I followed.

Only to realise after about 6 miles that they were a small group of friends just out for a cycle.

Getting to the next junction there were no arrows and a quick call to event control lead to me turning around and going back to Hartlington to regain the route.

Then came the real Hills, a mile @ 1in4 plus longer steadier climbs.

At Ilam Hall, a refreshment stop, I met up with Geoff Thomas and his group from the Geoff Thomas Foundation and cycled the

last 40 or so miles with them. My final time was 8:16, which wasn't bad when I had done 14 mile extra than everyone else!!

All in all a good event but (even without my going wrong) could have done with a few more signs, or a route map.

Some of the route was single tracks with passing places and this was often a quite loose surface, which you had to be aware of especially when braking on decents.

Message to Self: Always in future on events check the arrows for self!!

Neil Saunders

Blown away by Cyclone

What an awesome (forgive the Americanese) ride.

101 miles, 8,803ft of climbing, according to my mate Big Gear Phil's Garmin GPS, about 17 litres of Powerade, eight bananas and a fistful of cereal bars, That was the Northern Rock Cyclone.

We knew it was going to be a good day from the off at the Newcastle Falcons' Rugby Club - for a start the sun was shining and locals were squinting upwards and shouting that the sky was on fire. Once we were over the shock we hit the road for a nice easy 25 miles to checkpoint one, passing the house we (the Castle family, not me and Big Gear Phil) lived in for six years. Hello Whalton!

Couple of good climbs, then a 45mph descent into Rothbury. Thought I was going well until some fruitbat came flying past a good 10mph quicker - fully expected to come across him later on embedded into a bank, but he could clearly handle a bike.

Thereafter more climbs and drops, fantastic scenery, very little traffic, friendly fellow riders ("Ipswich, aye? Ye divvent get many hills doon there!") good marshalling and signage, frequent checkpoints, not too much rain... and a ride time of 6.38 hours at 15.2mph. Not bad, but I started too slow.

Highlights? Passing the nutter on a full-on time trial bike with ludicrously high gearing. He looked dead at 35 miles as I twiddled past him but was still going a couple of hours later. Chapeau, mate, and chapeau to the one-legged geezer who was going strong after the first climbs. I was also chuffed, not to mention puffed, at getting up the hideous 30% Ryalls climb at 85 miles - the elite racers in the Beaumont Trophy Premier Calendar race, won by Bradley Wiggins, next day did this three times in a 112-mile race. Gulp.

It's a bit of a fag to get up to Northumberland, but I'd recommend it to anyone.

Dom Castle

Dartmoor Challenge

THINGS didn't get off to the greatest start when Paul Driver and I prepared to get off to Devon for the Dartmoor Classic 100km sportive.

He sat at his house waiting for me to turn up... I sat at mine waiting for him. We get eventually get going though but it wasn't the only time we were late.

Ride day dawned, we parked up and headed out of the car park. We'd ridden for almost 10 minutes when we realised we hadn't seen any other riders... until we came across them all flying out of the starting road.

A sprint back to the now deserted field saw us set off five minutes after everyone else. We soon caught up with the first of the fat and wheezy boys struggling up the first climb - and I joined them.

A cold (honest!) meant that I had less power than usual - i.e. next to none - and Paul eased away every time the road went up. Which was all the time.

When we did come to the descending it was hilariously fast, cheeks flapping away like an old spaniel, for what seemed hours.

Paul heroically refused to leave me to struggle round on my own until 25 miles from the end when he relented and shot off only to cruelly miss out on a gold standard time by four minutes. Sorry.

For a relatively short ride its a toughie, Going to do the 100 miler next year, apparently.

DC



Committee notes June 23

Present: Adam Keer, Colin Lown, Angela & Julian Parker, Phil Hetzel, Tim Butler & Chris Jillings.

Apologies: Mick Hearn, Kirsty McLaughlin, Rob Smith, Dave Copland & James Roberts.

Matters arising -

Grant application: Look into grant for Hugo. New round of funding due within the next six months. Adam to look into further funding and to liaise with Keiron Robinson.

Also Adam to look into funding for the club for either a new event or to have Go Race type event.

Club kit: Deliver hopefully by Thursday 25th June.

Steve also has matching track mitts with Ipswich printed on them

New Members

None

Correspondence -

Request from East District to provide marshals for the 15ml Championship on Thurs the 2nd July on the B15/1, (Attleborough - Wymondham - Attleborough). Colin has volunteered to cover the club's duty.

Secretary reports

Road Race

(16th August - 13:00) Possibility that police may refuse permission for an all day event. Phil to contact Derek Lusher. Permit form in the post IBC RR Champs- Wednesday 15th July at Hethel, part of the Lotus League.

PLEASE NOTE: ADVANCED LOTUS REGISTRATION IS REQUIRED (see web site for details).

TT

IBC Opens. Tim thanked all who helped and made the weekend a great success and profitable with just over £81 profit

Blofield events: remaining events:- Last Wolsey Wed 10TT, Plomesgate 25TT, and the Wolsey 25TT

Low numbers from the Club riding the ICA series.

Youth.

Youth account updates £691.23.

Hugo won Round 9 of the ICA overall with a 24:16 round the Crowfield circuit.

Coaching:

Three dates left on the Summer term. Numbers up & down. Thanks to Julian helping out. Discussion over changing format to encourage more riders.

Jo Pearson's last event this week before he emigrates to New Zealand.

Cyclo-Cross training to hopefully start in early September.

Adam is requiring names to help out as assistant at coaching sessions. Helpers will be required to go through a CRB check though, which will be funded by British Cycling.

Tim, James & Adam attended the Team Ipswich conference in the centre of town at the beginning of the month.

Cross

We are promoting the Regional Championships at Foxhall in early December. Adam will be the promoter.

Steve has meeting next week with the council, concerning the National Trophy

MTB -Thetford round 2 in the middle of July. Lower attendance than the winter series.

Webmaster

Problem with uploading resolved but still waiting for a reply from

WPK Systems regarding the new site.

Ravenswood

Meeting imminent, with British Cycling's Dave Copland doing a site visit at Ravenswood on the 16th July

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 Summer series- July, Santon Downham.

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

Outstanding results:

Dan currently 2nd in Lotus League.

Colin Lown finished in the top 100 of the National 25 with a PB time of 1:02:09.

Tom Castle has had a win at Hog Hill.

AOB -

Accounts are currently being audited by Mrs Jillings.

The bank account has been balanced and showed a small loss of just over £23, which considering our loss at the club's Road Race at Bentwaters and the down payment of the purchase of the club's kit, was outstanding.

Meeting closed: . 20:45

Next meeting: . 21st July 2009