



IPSWICH BICYCLE CLUB

www.ipswichbicycleclub.co.uk



Spring is sprung - time to get out there!

FIRST up - congratulations to all those involved in the highly successful, nay record-breaking, reliability trail (see below). Well done and thanks, Kirsty and co!

Secondly good luck to those about to embark on what we hope will be a successful season on the road, either in road-racing or time trialling.

There is a calendar (thanks Tim) of many of the upcoming events listed on page two of this newsletter.

I know that at least three club riders will be in action in Essex this weekend at the Ciclos Uno ERRL race so hope to be able to report some good news from them, as well as from our time-triallists.

This weekend (March 29) also sees the

clocks go back which means we have the chance to get out in the evening without dressing up with more lights than a Christmas tree.

In the meantime enjoy the spring and lets hope it warms up just a bit. Stay safe!

Dom Castle

ON THE ROAD



CAMERA SHY: Riders in the hall post ride. Mick Hearn (front right) shares his view of the day with a fellow cyclist and a fist-sized chunk of cake.

Reliability is big hit with riders

A dry day dawned on the IBC Reliability Trials this year at Playford Village Hall, and despite a popular event over at Thetford tempting multi-disciplined riders, a record turn out of 69 riders braved the cool conditions.

Our normal massage service was available to ease tired limbs, and my parents travelled from Boston, Lincs to provide the refreshments and great cakes to Boston WI standard were quickly eaten, along with cakes donated by a work colleague of mine and the infamous S Butler high quality cakes plc.

Whilst it is not the objective of the event, after outgoings the trials made £77 for the club, which we hope to put towards a new banner-up with an updated photograph showing the new club kit.

My thanks to Mr and Mrs Butler (event services), Suffolk College Massage Team, and Mr and Mrs Collins (refreshments).

Hope to see you at the event next year, please note that times of rides may change next year, so keep an eye out!

Kirsty McLaughlin
Organiser

Coming soon - new look to the IBC website

This is the new-look Ipswich Bicycle Club website which is soon to hit a computer screen near you. Club member James Roberts has been toiling away to produce a good-looking site that with promises of more improvements - like pictures - to come. Keep an eye out for the launch!

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

Your car sits outside your garage because your garage is full of bikes and cycling gear.



CALENDAR++CALENDAR++CALENDAR++CALENDAR

TIME TRIALS

Date	Route	Distance	Organiser
28/03/2009	B10/9	10m	Plomesgate CC
04/04/2009	B25/33	25m	Kings Lynn CC
05/04/2009	BS5r	20m	Haverhill Whs
10/04/2009	B10/43	10m	Great Yarmouth
12/04/2009	BS13a	25m	VC Baracchi
18/04/2009	BS33	20m	Stowmarket & District CC
19/04/2009	B25/4	25m	East Anglian CC
25/04/2009	B10/37r	10m	Kings Lynn CC
26/04/2009	B10/38	10m	VTTA (East Anglia)
02/05/2009	BS?	25m	CC Breckland
04/05/2009	B10/43	10m	VC Baracchi
09/05/2009	B10/43	10m	Godric CC
10/05/2009	B25/6	25m	Wisbech Whs CC
16/05/2009	B10/33	10m	Stowmarket & District CC
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

29.03.2009	Road	Dengie Marshes Tour - Hell of the East National B
29.03.2009	Road	Ciclos Uno Road Race (ERRL) Regional B
04.04.2009	Closed Circuit Fairlop	Whitewebbs CC Spring Circuit Races Youth Only, National B, Regional B
05.04.2009	Road	Maldon and District Road Races National B, Regional B
11.04.2009	Closed Circuit Fairlop	East London Velo Spring Rumble Youth Only, National B, Regional B
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
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

BIKE EVENTS

- 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
- 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

Help needed please!

Tim has managed to volunteer himself to organise our two Open Time Trial promotions this and he is now appealing to YOU to come and help him. Both events are based at Sudborne Village hall. The '10' on Saturday May 23rd starts at 2pm and the '25' on Sunday May 24th starts at 9:30am. Please note the start and finish on Sunday are about 4 miles from HQ.

Saturday '10'

Timekeepers
Start John Adams
Finish Keith Hill
First Aider ?
Refreshments Sandra Butler & Pusher ?
Runner at finish

(text/phone results to HQ) ?
Results Board Tim Butler

Marshal points ?x7
Tunstall Common @ junction to Wantisden
Tunstall @ Snape Rd Junction
Tunstall @ Green Man corner
Rendlesham RB @ Industrial Estate exit
Rendlesham RB @ Eyke exit
Rendlesham RB @ Rendlesham Village Exit
Rendlesham RB @ Tunstall Exit

Sunday '25'

Timekeepers
Start Janet Berry TBC
Finish Keith Hill
First Aider ?
Refreshments Sandra Butler & ?
Pusher ?
Runner at finish
(text/phone results to HQ) ?
Results Board Tim Butler
Marshal points ?x9
Tunstall Common @ junction to Wantisden
Tunstall @ Snape Rd Junction
Tunstall @ Green Man corner
Rendlesham RB @ Industrial Estate exit
Rendlesham RB @ Eyke exit to Eyke
Eyke Zebra crossing
Bromeswell junction with B1084 turn left
Wantisden Corner to turn left
Tunstall Common @ junction to Wantisden to turn left for second circuit



A-Hoy, would-be track stars!

IF you fancy yourself as a bit of a Chris Hoy, or Vicky Pendleton, there's good news.

Ipswich Bicycle Club have booked a track training session at the Gosling Sports Park, Welwyn Garden City on Sunday 5th April, 1-3pm.

This will be a fun session for all abilities and experiences. Enjoy the thrill of the sprint or the challenge of the pursuit.

Welwyn is a banked outdoor track and the use of a fixed wheel bike will be needed. If you haven't got a fixed wheel bike, these can be hired from the venue.

The venue hire bikes use Look, Look Keo or clips and straps. Minimum age is 6 provided the child fits a 35 cm frame bike.

Coaching and races will take place during the session, so some learning and a workout is guaranteed. If you haven't ridden a fixed wheel bike before don't worry, it's very easy to learn and is great fun.

It's not too late to pledge your interest but do so quickly.

If you have a spare seat or need a lift please let me know when pledging your interest, I'll try and help match up people.

Making your own arrangements would be advisable if possible.

**Gosling Sports Park
Stanborough Road
Welwyn Garden City
Herts.
AL8 6XE**

Please pledge your interest by emailing Adam Keer at coaching@ipswichbicycleclub.co.uk Adam will then confirm arrangements for payment which will be required in advance. Price Adults £10, juniors (U18) £5, bike hire £3 if required.



READY? Dom Castle, Rachel Clarke and Paul Driver at the start of the Whyte Winter Series final round at Brandon

Six go mad in the woods

SIX club riders got fat-tired and emotional at the final round of the Whyte Winter Series mountain bike races at Brandon.

It was a cool but dry day, in contrast to the muddy hell of the Rendlesham round earlier in the year.

Top finisher was Lewis Parker, who came in 7th in the Fun Ride section, getting round two laps of a testing circuit in 1.24.22.

Just five minutes behind was Patrick Cook in 14th place.

Rachel Clarke, riding the pinkest

bike on earth, put in a great effort and saw off the lightweights who could only manage one lap. She'd have got round a bit quicker of she

hadn't been so polite and well-mannered in stopping and letting hundreds of other people past!

At the more serious end of the scale was Lewis's dad Julian, who came 24th in the two-hour 40+ event. Paul Driver took his vintage Greg Fuquay round to 49th and Dom Castle squeaked into the top half in 51st.

Fancy a go? There are three more MTB race dates this summer at www.mudswatgears.co.uk

Your chance to meet legend Hugh

IF you have taken a trip down St Helen's Street in Ipswich you may have spotted that something is happening involving bike store Elmy Cycles.

After decades in the little shop and a somewhat shorter spell 'over the road' Steve Grimwood is moving five doors down the street to a big new shop.

The all-in-one Elmy's will boast two floors of bikes and gear, plus a host of new features like a training and fitting room (plus shower) and a lounge area where you can relax with a cappuccino while watching Tour highlights on the

big screen, says Steve.

Messrs Butler and Driver have been spotted toiling away in the premises, bringing the heating and power up to 21st Century standards in time for the grand opening on Easter Saturday, April 11 at 11am.

Cycling legend Hugh Porter OBE will be doing the official honours at 1pm and there will be a ride out at 2pm.

Steve also promises other events around the opening, so keep up to date at www.elmycycles.co.uk





Committee notes

IBC Committee March 17th 2009 - Agenda

Present: Tim, Colin, James, Rob, Jo, Dom, Dave, Mick (+11 minutes), Steve
Apologies: Kirsty, Adam, Angela, Julian

Matters arising -

Reliability - Great success. 69 riders this year. Profit of £77.44. Times will change next year to bring the 45k ride earlier.

Club kit: Order has been submitted. It includes some spare short sleeved jerseys.

Tee Shirts - received, shirts are being distributed. Rob will take them around to various events to sell the spares.

Track day - need more members to help with costs.

'Cross regional champs -

New Members	Prop	Sec
Adrian McTigue	Tim	Rob

Correspondence -

Forthcoming events

Hog Hill winter series

Welwyn Track trip - Sun 5th April - likely costs £5 and £10. Hire of bike £3 (must take own Look shoes)

ICA series starts April 15th.

Chelmer CC have a new sporting course TT at the end of the month.

Secretary reports

RR. This year RR 16th Aug. Need to ensure that RR is registered on BC web site.

TT - IBC Open's Helpers required, Colin is progressing police forms. One timekeeper is booked, we're waiting for a reply from the other.

Youth. - little to report. Hugo R has been training with the Olympic Development squad in Scotland.

Coaching: - Tim & Jo attended Norwich Go-Ride Forum. Very few clubs attended - IBC was the only Suffolk club represented. There will be a new "Go-Race" category to bridge the gap between Go-Ride and full-on racing.

Cross. - Tim & Steve attended the National Conference at Kegworth. Cat C races and above will have pits nationwide. Under-12s will have a £1 entry fee for races.

MTB - Lewis Parker was 6th at Brandon Park. Julian was 21st, Paul D 40-somethingth and Dom was 51st.

Webmaster- New site is in test mode. It can be switched over to become the main site whenever

Ravenswood - Adam visited Hog Hill and Hillingdon to find out how they are run and financed.

Outstanding results:

AOB -

Grant application- towards summer grass track coaching sessions. Steve has forms.

Ron Philpott's funeral will be held on April 3rd.

Everyone is invited to the grand opening of the new Elmy shop at 11am on Easter Saturday (April 11). Official ceremony at 1pm with a ride at 2pm.

Meeting closed: . 20:37

Next meeting: . 14 April 2009



Have you got your Club T-shirt yet?

NO? Don't despair - it's not too late to get one of this season's must-haves for the summer wardrobe. Modelled here by a skinny teenager this stylish, well-made tee is going to be the talk of the town! You can wear it casually, with jeans, or with shorts at races. And why not dress it up with a bike-chain necklace or sprocket earrings? (That's enough fashion tips - Ed)
Anyway, Rob Smith has a few of these left - a bargain at just a tenner. Contact him at rlsmith@ntlworld.com

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