



IPSWICH BICYCLE CLUB

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Cycling

WILDLIFE SPECIAL

Feathers fly as Angus tackles bird with a death wish



LUMBERJACK FELLED BY PEACOCK:
Angus Jardine shows his scars

WHEN top IBC time triallist Angus Jardine travelled to Norfolk for a 25 he saw it as a good chance of getting a medal.

Instead, he returned home with cuts and bruises, a torn skin suit and damaged bike – after a painful encounter with a peacock.

Angus was taking part in the Cycling Club Breckland open time trial when the costly collision took place. “It all happened in about two seconds.

“I was happily cycling along when I saw

the peacock standing by the side of the road on the pavement. The first thought that came into my mind was ‘don’t you dare step into the road’ as it was sort of stepping around on the pavement. I was only three or four metres away when suddenly it bent its knees, its wings went out and it leapt out in front of me.”

Angus estimated he was four miles into the ride and doing about 27mph at the time. “The next car to come round the corner found me

sitting on the pavement with feathers raining down from the sky,” he said. “There were feathers in the front tyre of the bike, stuck in the chain and all over the road including those big blue eye-shaped ones.

The peacock was nowhere to be seen. Angus was able to cycle back to the hall where the trial had begun and was given first aid for a cut knee, bruised face and black eye, and grazed shoulder and elbow.

His bike also needed some patching up.

CLUB OPEN TIME TRIALS

Smooth running for the Opens



TOP RIDERS: Hugo Robinson, Tim Butler and Angus Jardine

GOOD Bank Holiday weather greeted the riders who turned out for the club’s Open 10 and 25 mile Time Trials.

There was a field of 30 tackling the 10 mile Tunstall course on Saturday May 23, while a bigger contingent were in the same neck of the woods for the 25 on Sunday.

Angus Jardine left the wildlife well alone as he took third spot in each event, while there were good results for Tim Butler (9th) and Antony Birt, who was 14th and 8th respectively.

Young riders Hugo Robinson and Phoebe Aubugeau-Williams also performed well, Hugo was 13th and Phoebe pushed hard to come in with 32.00.

Chris Jillings and his cross bike were in 28.33 and Susannah Rosenberg tackled the 25 and was rewarded with 1.26.47. Chris, Hugo and Phoebe also took the top three spots in the handicap, which meant victory to the IBC.

Thanks to all who helped out with the event, marshalling, time-keeping and feeding and watering the riders.



Handicap winning team Phoebe Aubugeau-Williams, Hugo Robinson and Chris Jillings

Full results: Back page

RUBBISH BIKE JOKE A motorway walks into a pub. He goes up to the bar and orders himself a drink. He has just sat down when in walks a strip of tarmac. The motorway sees the tarmac, starts to panic and jumps behind the bar. “What are you afraid of?” says the barman, “You’re a six lane motorway and he’s just a piece of tarmac.” The motorway replies, “You don’t know him like I do. He’s a cyclepath.”



CALENDAR++CALENDAR++CALEND

TIME TRIALS

	Route	Distance	Organiser
20/05	Stow	10m	ICA round 6
23/05	B10/9	10m	Ipswich BC
24/05	B25/2	25m	Ipswich BC
27/05	Crowfield		ICA round 7
27/05	B10/3	10m	CC Breckland
31/05	B10/3	10m	East District CA
3/06	Crowfield		ICA round 8
07/06	B25/4	25m	RTTC National Champs 25 promoted by East District CA
10/06	Crowfield		ICA round 9
17/06	Crowfield		ICA round 10
24/06	Crowfield		ICA round 11
01/07	Crowfield		ICA round 12



ROAD CALENDAR

20.05	Closed Circuit	Lotus Cars Cycle Race League 3 Hethel
24.05	Road	Beccles Road Race
24.05	Road	Eagle Road Club Road Race (ERRL)
03.06	Closed circuit	Lotus Cars Cycle Race League 4 Hethel
07.06	Road	Peterborough CC RR
07.06	Road	Abberton Road Race (ERRL)
10.06.2006	Closed circuit	Lotus Cars Cycle Race League 5 Hethel
14.06	Road	Ike Saul Memorial Road Race (ERRL)
17.06	Closed circuit	Lotus Cars Cycle Race League 6 Hethel
21.06	Road	East London Velo Road Race (ERRL)
27.06	Road	Redgrave Road Race (ERRL)

MOUNTAIN BIKES

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

BIKE EVENTS

- June 6th - Tour de Tendring - 20 or 50 miles - Dovercourt 08.00
- June 7th - Norwich 50 or 100 miles - 07.00
- June 14th - Suffolk Villages, Elmswell 20k, 40k or 80k
- 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

Events to count for Blofield Trophy

These are the nominated events for this season's Blofield Handicap trophy. Tim Butler will need last year's best times for 10 & 25 miles, for those who wish to count toward it, so we can handicap them

- Stow 10 Wed 20th May ICA
- Wolsey 10 wed 8th July ICA
- Wolsey open 25 Sun 12 July (b25/50c) Pre entry req
- Plomesgate open 25 Sat 19th Sept (b25/2) Pre entry req

My Paris to Geneva Open Cycle Challenge

By Clive Sparkes

Earlier this year a friend of mine told me that some of his work colleagues from around the country were planning on cycling from Paris to Geneva for charity in September and he intended to do it.

He asked if I was interested in going along with them. The idea immediately appealed as I like a challenge; plus I have not been to Switzerland and I also assumed there would be a mountain or two to ride up which added to the interest.

After a short period of thought I agreed to do it. Unfortunately, my friend has since had to drop out but I am committed even though I have not yet met the 6 of his colleagues who are doing it.

The challenge is being organised by Discover Adventure and has 35 participants in total. We will have good back up and so can concentrate solely on the physical effort of cycling from A to B where A = Paris and B = Geneva. If you are interested, you can see the itinerary on: www.discoveradventure.com/UserFiles/image/trips/Paris_geneva_cycle/itinerar y.pdf

We will have 3 flat or undulating days of 125, 125 and 150km respectively. Day 4 is the real test as, although 'only' 110km, we cross the Jura Mountains into Switzerland. This includes the Col de la Faucille (1232m), which has featured in the Tour de France several times. If lucky with visibility, we should see Mont Blanc from there.

I am now in training for the challenge for, while I have previously cycled up an equivalent mountain - Tourmalet in the Pyrenees, I have not done so after 400km in the 3 previous days. Many of you who read this will regard this challenge as 'easy' but, as I have written before in the IBC Newsletter, I am not a seasoned cyclist; nor a spring chicken.

I have agreed with the other riders to collectively support their chosen charity which is Bowel Cancer UK. I already have some funds accumulated as a result of previous fund raising initiatives but I need to add to this and would greatly appreciate it if IBC club members would sponsor me. This can be done by speaking to me and adding your name to my sponsorship form or you can do it on line by logging on to

www.justgiving.com/teamlabc2009

Thank you in advance for your generosity.



ROAD RACE REPORTS

Tom pipped to the line at Whitwell

IBC roadman Tom Stephenson came within a couple of inches of claiming his first win of the season at the Whitewebbs Road Race in Whitwell.

After enduring a filthy, cold and miserable race for the first hour and a half - only 20 riders actually finished - Tom was perfectly placed in the final metres.

He was in Eagle RC rider Damien Foy's wheel and whipped round him at the line - but the effort was not quite enough and Foy won by a fraction.

Tom was still pleased with his effort, his highest place of the season and only needs a few points more to hit 2nd Cat status.



GOT IT: Not quite - though the picture appears to show Tom ahead he ended up a fraction behind Damien Foy at the line



Track trip a total triumph

Eight riders set forth on a glorious April Sunday morning to experience the thrills of track riding at Welwyn Garden City's open air velodrome.

Met by a warm and experienced coaching duo provided for us by our host club, we began a 2 hour learning assault. Equipped with the bare essentials that places any cyclist on equal terms, our fixed wheel steeds were to become part of us.

Little did any of us realise there was a large syllabus to undertake before we could even sniff the banked asphalt, with control, safety and consideration the key subjects of the day.

Once our learners permit had been earned we progressed on to the taster slopes and Welwyn's track didn't fail to get the adrenalin pumping and raise the enthusiasm for track riding. Once fully up to speed the 2 lap sprint put a sting in the legs of even the more experienced fixies amongst us with a satellite recorded 30mph+ pace set by Mr Butler.

The session was thoroughly enjoyed by all with a wide wealth of knowledge banked. If any club members are interested in visiting a velodrome for a session in the future please let me [Adam Keer] know via coaching@ipswichbicycleclub.co.uk

Hetzel so close to repeat win

PHIL Hetzel came up with a strong result in the E123 Southend Wheelers Andrews Trophy.

Feeling that he could win this race for the second year in a row he put a lot of work in and was well-positioned when it came to the final part of the race, but Martin Ford and Ben Thompson came in ahead, leaving Phil third.

He tried his luck at the Beccles Road Race, where the average speed over the 82 miles was 26.4 mph. Unsurprisingly no breaks survived long.

Eventually Joe Skipper (BMC), Phil and Martin Ford got out of sight on the last lap but Duncan Urquart (Endura) led the counter-attack on Brampton- Beccles road and it was all down to the sprint.

Phil and a good group of other Ipswich riders have been figuring in the top places in the Lotus League season at Hethel.

The opening race saw Phil Hetzel pipped to the line by BMC's Joe Skipper, with Tom in 6th place and Dan Zagni in 8th. In the second round a break got away and stayed away with Tom coming across the line in 5th. Dan was a place behind him and Phil 8th.

In Race 3 Dan sprinted to the win, led out by Phil, who came in second, while Paul Driver finished in the points in ninth place.



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Open 10 mile Time Trial Result 23/05

1st James Eman Anglia Velo, 2nd Andrew Leggett Stowmarket & Dist, 3rd Angus Jardine Ipswich BC
 1st Handicap Chris Jillings Ipswich BC, 2nd Handicap Hugo Robinson Ipswich BC 3rd Handicap Phoebe Aubugeau-Williams IpswichBC
 1st Woman Miriam Edwards Ipswich Tri
 1st Team Angus Jardine, Tim Butler, Hugo Robinson Ipswich BC

Ipswich BC Open 10 Result

1 James Eman	S	Anglia Velo	22.35
2 Andrew Leggett	S	Stowmarket & District CC	23.12
3 Angus Jardine	V	Ipswich BC	23.17
4 Ben Caisey	S	Stowmarket & District CC	23.54
5 Nathan Miller	S	Lotto Olympia Interbike	23.57
6 Alan Hale	V	Anglia Velo	24.13
7 James Rush	S	CC Sudbury	24.14
8 Dave Gill	S	A5 Rangers CC	24.19
9 Tim Butler	V	Ipswich BC	24.22
10 Alan Russell	V	CC Sudbury	24.45
11 Pete Whelan	V	Plomesgate CC	24.46
12 Patrick Ellis	V	VTTA East Anglia	24.33
13 Hugo Robinson	Jv	Ipswich BC	24.35
14 Antony Birt	S	Ipswich BC	24.56
15 Chris Leggett	S	Stowmarket & District	25.36
16 Simon Lockwood	S	Stowmarket & District CC	26.09
17 Phil Hollingsworth	V	East Anglian CC	26.12
18 Mark Pearce	V	Wolsey RC	26.19
19 John Parkes	V	Wolsey RC	27.26
20 Charles Rowe	V	Stowmarket & District	27.35
21 Chris Jillings	V	Ipswich BC	28.33
22 John Thompson	V	VC Baracchi	28.44
23 Miriam Edwards	W	Stowmarket & District	29.38
24 Rickaby Shearly-Sanders	V	Colchester Rovers	30.03
25 Bev Whelan	WV	Plomesgate CC	30.21
26 Colin Clarke	V	Wolsey RC	30.57
27 Phoebe Aubugeau-Williams	JvW	Ipswich BC	32.00
28 John Vidler	V	Plomesgate CC	33.36
Olive Forsbrook	WV	Wolsey RC	DNS
Duncan Murphy	S	Cambridge CC	DNS

Ipswich BC Open 10 Handicap result

1 Chris Jillings	V	Ipswich BC	16.34
2 Hugo Robinson	Jv	Ipswich BC	16.40
3 Phoebe Aubugeau-Williams	JvW	Ipswich BC	17.06
4 Nathan Miller	S	Lotto Olympia	17.17
5 Simon Lockwood	S	Stow & Dist CC	17.17
6 Tim Butler	V	Ipswich BC	17.23
7 Alan Russell	V	CC Sudbury	17.59
8 Antony Birt	S	Ipswich BC	18.00
9 Pete Whelan	V	Plomesgate CC	18.00
10 Alan Hale	V	Anglia Velo	18.04
11 Ben Caisey	S	Stow & Dist CC	18.08
12 John Parkes	V	Wolsey RC	18.12
13 James Rush	S	CC Sudbury	18.19
14 Bev Whelan	WV	Plomesgate CC	18.33
15 Mark Pearce	V	Wolsey RC	18.48
16 Patrick Ellis	V	VTTA E Anglia	19.13
17 Angus Jardine	V	Ipswich BC	19.22
18 Dave Gill	S	A5 Rangers CC	19.22
19 Phil Hollingsworth	V	East Anglian CC	19.32
20 Miriam Edwards	W	Stow & Dist CC	19.35
21 James Eman	S	Anglia Velo	19.36
22 Andrew Leggett	S	Stow & Dist CC	19.38
23 John Thompson	V	VC Baracchi	20.11
24 Chris Leggett	S	Stow & Dist CC	20.14
25 Colin Clarke	V	Wolsey RC	20.44
26 Rickaby Shearly-Sanders	V	Colchester Rovers	20.56
27 Charles Rowe	V	Stow & Dist CC	21.35
28 John Vidler	V	Plomesgate CC	23.36
7 Olive Forsbrook	WV	Wolsey RC	DNS
25 Duncan Murphy	S	Cambridge CC	DNS

Open 25 mile Time Trial Result 24/05

1st Glenn Taylor (Palmer Cup) 2nd Bobby De'ath 3rd Angus Jardine
 1st H-cap Amanda Mallett 2nd H-cap Pete Whelan 3rd H-cap Mark Pearce
 1st Woman Tracy Prewer 4th H-cap Owen Bannister
 1st Team Stowmarket & District, Michael Jones, Paul Moss & Kevin Tozer

1 Glenn Taylor	V	API Metrow	58.23
2 Bobby De'ath	S	CC Breckland	59.25
3 Angus Jardine	V	Ipswich BC	1.00.01
4 Gary Record	S	VC Deal	1.00.16
5 James Rush	S	CC Sudbury	1.02.28
6 Evert Wijnberg	V	Plomesgate CC	1.02.32
7 Alan Russell	V	CC Sudbury	1.02.49
8 Antony Birt	S	Ipswich BC	1.03.46
9 Rob Crozier	S	Trisportnews.com	1.03.47
10 Owen Bannister	S	VC Revolution	1.03.47
11 Pete Whelan	V	Plomesgate CC	1.03.53
12 Cliff Loveday	V	Ely & District	1.04.07
13 Steve Presland	V	Ely & District	1.05.19
14 Iain Dawson	S	CC Breckland	1.05.59
15 Michael Jones	S	Stowmarket & District CC	1.06.00
16 Paul Moss	V	Stowmarket & District CC	1.06.52
17 Mark Pearce	V	Wolsey Road Club	1.07.09
18 John Steed	V	West Suffolk Wheelers	1.08.45
19 Kevin Tozer	V	Stowmarket & District CC	1.10.07
20 Charles Tweed	V	Stowmarket & District CC	1.10.23
21 Mark Eastwood	V	West Suffolk Wheelers	1.11.15
22 Robin Taylor	V	Newmarket CC & Tri	1.15.40
23 Tracy Prewer	WV	VC Baracchi	1.15.47
24 John Thompson	V	VC Baracchi	1.16.33
31 Kenneth Nichols	V	Wolsey Road Club	1.18.05
25 Amanda Mallett	WV	Ipswich Triathlon Club	1.18.45
26 Bev Whelan	WV	Plomesgate CC	1.21.25
27 Colin Clarke	V	Wolsey Road Club	1.21.48
28 Peter Beard	V	Stowmarket & District CC	1.24.05
29 Maureen Nichols	WV	Wolsey Road Club	1.24.49
30 Susannah Rosenberg	WV	Ipswich BC	1.26.47
Alan Stevenson	V	CC Breckland	DNF
Lee Bark	V	Stowmarket & District CC	DNF

Punctured

Ipswich BC Open 25 Handicap Result 24/05

1 Amanda Mallett	WV	Ipswich Triathlon Club	42.0
2 Pete Whelan	V	Plomesgate CC	43.24
3 Mark Pearce	V	Wolsey Road Club	43.50
4 Owen Bannister	S	VC Revolution	43.71
5 Antony Birt	S	Ipswich BC	44.57
6 Alan Russell	V	CC Sudbury	45.19
7 Kevin Tozer	V	Stowmarket & District CC	45.23
8 Paul Moss	V	Stowmarket & District CC	45.23
9 Charles Tweed	V	Stowmarket & District CC	46.63
10 Rob Crozier	S	Trisportnews.com	47.06
11 Evert Wijnberg	V	Plomesgate CC	47.22
12 Kenneth Nichols	V	Wolsey Road Club	47.65
13 Bobby De'ath	S	CC Breckland	48.26
14 Michael Jones	S	Stowmarket & District CC	49.05
15 Angus Jardine	V	Ipswich BC	49.06
16 John Steed	V	West Suffolk Wheelers	49.07
17 Glenn Taylor	V	API Metrow	49.32
18 Cliff Loveday	V	Ely & District	49.59
19 Bev Whelan	WV	Plomesgate CC	50.10
20 Steve Presland	V	Ely & District	50.40
21 James Rush	S	CC Sudbury	50.48
22 Mark Eastwood	V	West Suffolk Wheelers	51.30
23 Iain Dawson	S	CC Breckland	51.45
24 Colin Clarke	V	Wolsey Road Club	52.44
25 Maureen Nichols	WV	Wolsey Road Club	53.47
26 John Thompson	V	VC Baracchi	53.58
27 Tracy Prewer	WV	VC Baracchi	53.59
28 Susannah Rosenberg	WV	Ipswich BC	56.49
29 Gary Record	S	VC Deal	1:00.16
30 Robin Taylor	V	Newmarket CC & Tri	1:00.30
31 Peter Beard	V	Stowmarket & District CC	1:24.05

Bike roof rack carriers for sale

Two lockable Thule 530 car roof-mounted cycle racks, decent condition, with keys. Easy mounting on most roof bars. £25 each. email dominic.castle@eadt.co.uk or call 0794 1231450 for more details.

