



PLOMESGATE CYCLING CLUB



www.plomesgate.co.uk

Spring 2015

Editorial

Hooray its spring! The sun is shining and the best bikes are out, for some at least...not for me yet as there is still some salt on the roads, and my saddles too hard...see below!.

Apologies for not doing a newsletter earlier but as some of you know I have been struggling with my health for a few months, add to that a house move, and you can see I have been a little distracted of late.

The good news is my health is on the mend, it seems I have suffered particularly nasty bout of chronic bacterial prostatitis. The worst seems to be over and I am learning to live with some of the discomfort caused by sitting down. As you will know cycling involves a lot of sitting down on a narrow saddle, so any plans I had for lots of cycling this year have so far been dealt a blow. I am back in the saddle, gingerly, I hasten to add, and am taking each day and each ride as they come with no grand plans for 2015.

Another of last years regular race participants, Jim Hardwicke, also had his plans for 2015 dealt a big blow, when he suffered a hernia. The operation was successful and although he is also back in the saddle he is having to take it a bit slower than planned while his body mends.

So the moral of that lot is, once you get near or beyond the age of 50m the best laid plans can some times be laid to rest!!

Club Subs 2015

Don't forget club subs became due from January 1st. If you officially helped at one of our open events in 2014 you will be eligible for a discount so check with Pete Whelan.

Please make sure you are paid up before entering any events in the club's name!

Open 10 Mile TT

It's our first open event on March 21st, if you haven't entered then you are now too late, so you

can help out instead. See organiser Marshall Crowe - Marshall (marshall.crowe@btinternet.com).

The event is on our usual "10" course and the HQ is at Sudbourne Village Hall, open from 1pm.

Events 2014

Open 10mile TT March 21st, organiser Marshall Crowe.

Open 25mile TT June 6th, organiser Stephen Ashurst

Open Grass Track July 5th, organiser Pete Whelan.

Evening TTs will be similar to this year starting on Thursday April 23rd, with 10 x 10mile TTs, with alternating 5 mile TTs.

Saturday Rides

The rides are still going and have been proving very popular, with numbers up to double figures some weekends. The persistent South Westerly winds, or should that be gales have made the run in from Snape a bit of a struggle, and that is when the strong men hit the front! Although today's North Easterly homeward bound tailwind made a nice change.

As the temperature warms up I expect the pace will as well.

The Training Year

In a continuation of Marshall's article here is the next section of the training year...

The Training Year – The Preparation Phase

The Recovery phase has long ended with the onset of winter. The Preparation phase is where the volume work is done. This is where your riding efficiency is built up to provide a strong solid base for more intensive training later in the year. Many inexperienced riders are tempted to short-cut this phase and go straight into high

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intensity training. To do this is the equivalent of building a house without foundations. It may look good from the outside and even work for a while but eventually this approach will fall apart and implode once the going gets tough.

The Preparation phase is what was traditionally known as 'getting the miles in' – long rides at low intensity usually in Z1/Z2, best done in company. The sociable club run is a good example of this effort level – you should still be able to hold a conversation and keep going all day at this sort of pace. Sportive effort while riding on the level is another example of the kind of effort level involved.

So what is happening physiologically during this level of riding? The answer is that no one knows with any great surety. The muscle fibres are thought to increase in density within the legs, blood capillary numbers are increased for more efficient transport of oxygen into the muscles. As with all endurance exercise the body is trained to burn fat and you will leaner without necessarily losing weight. One thing is certain, riding efficiency is improved. This is why you will see some elderly riders who are able to hold a high cruise speed in a time trial. They have developed their efficiency over decades from riding these long miles. They can no longer sprint fast or reach high terminal speeds but they can turn out a very fast '10', '25' or '50' time. There are other factors which come into play with the ageing process but efficiency is the main reason for seeing this.

What else should you be doing in the Preparation phase?

Learning to pedal is a classic winter mile-munching objective. Ride lighter gears, raise cadence to improve endurance and pedal circles to maximise efficiency. Some riders will switch to a fixed wheel to promote higher cadence (not on hills) and efficiency.

Other things to be developing in the Preparation phase are new skills – riding in a group, ride etiquette, through and off, echelon riding, learning to 'hold a wheel'. Gym work is very important for building strength and power. If you want to be a match sprinter you will need to be lifting serious squats and derivatives. These are also very useful for endurance riders as you need strength to be able to develop high power levels. Psychologically, long distance rides will build your confidence to know that you can keep going for long distances/durations. Experience gained on riding different terrains and into strong head and side winds will make you a more intelligent rider – you will know how to pace yourself and will recognise the signals that indicate you are starting to fatigue e.g. when riding a hill too fast.

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So, don't neglect the vitally important Preparation phase. Enjoy getting the volume miles done, preferably in the company of other like-minded riders so that you stay motivated with the miles pass quickly under wheel.

Marshall



www.ForemostCoaching.co.uk

Club Website

Jim has very kindly been working on the club website and revamping it a bit.

It has had a small change of internet address from .co.uk to .org.uk so please update your links and let other know, who reference our club in their links

<http://www.plomesgate.org.uk>

Please take a look, hopefully things should be kept up to date.

Early Season Races

The eagle eyed amongst you may have spotted that Trevor and Nick Partridge have already ridden a couple of open races. Starting with the Ely Hardriders "25" back in February and more lately the CC Sudbury Hilly "22", in which Nick finished 27th with 57:52 and Trevor finished ... 38th with a time of 1:01:54. The event was won by the promoting club's Simon Wright in 51:05.

Other club members Jack Hardwicke and Adrian McTigue have been racing in road races under cover as Ipswich BC riders, with mixed results. Its all good preparation for the summer!!

SPOCO East

For those who prefer to time trial on the more sporting course (SPOCO), there is a season long competition running.

Most of the courses use quieter roads than the dual carriageway fast courses, so the ones we use for Plomesgate events are fairly typical.

Have a look at the website <http://www.team-cambridge.co.uk/spocoeast/seeeventsd.html> for terms and conditions. You need to pre-register for the competition before your first event, for it to count.

A mix of A and B type events needs to be completed.

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Points are scored based on your position in the event, not your time.

<http://www.team-cambridge.co.uk/spocoeast/secomp.html>

	Date		Course	Group
1	8 Feb	Ely & Dist CC 25	BS19	B
2	7 Mar	CC Breckland 10	B10/18	A
3	8 Mar	CC Sudbury 22	BS24r	B
4	14 Mar	West Suffolk Whls 21	BS31	B
5	21 Mar	Plomesgate CC 10	B10/9	A
6	4 Apr	Stowmarket & Dist CC 20	BS33	B
7	11 Apr	Kings Lynn CC 25	B25/33	B
8	19 Apr	Wolsey RC 25	B25/50	B
9	2 May	Kings Lynn CC10	B10/37R	A
10	4 May	VC Baracchi 10	B10/43	A
11	16 May	Tri- Anglia 100	B100/9	B
12	3 Jun	CC Breckland 25	BS37	B
13	6 Jun	Plomesgate CC 25	B25/2r	B
14	7 Jun	Ely & Dist CC 10	B10/1r	A
15	20 Jun	Victoria CC 10.2	E1/10a	A
16	21 Jun	VC Barracchi 50	B50/17	B
17	4 Jul	Norwich ABC 10	B10/43	A
18	15 Jul	Anglia Velo 10	B10/44	A
19	19 Jul	Diss & Dist CC 25	B25/17	B
20	8 Aug	Kings Lynn CC 25	B25/33	B
21	8 Aug	Cambridge CC 25	E33/25	B
22	29 Aug	Victoria CC 10.2	E1/10a	A
23	12 Sep	Norwich ABC 10	B10/43	A
24	26 Sep	East Anglian CC 10	B10/44	A
25	27 Sep	Godric CC 25	B25/24c	B
26	3 Oct	Norwich ABC 10	B10/43	A
27	4 Oct	Norwich ABC 25	B25/50	B

New Trophy for 2015

There are a couple of new trophies up for grabs for 2015, in addition to all the existing trophies, see the qualifying criteria as follows:-

Junior/Youth TT Short Distance BAR Handicap Trophy (New for Issue 8)

A trophy to be awarded to those of an eligible age (male or female, Junior and Youth age categories, as defined by CTT) for the Club Evening TTs over 5 and 10 mile distances, with the handicap times being set at the beginning of each season. The first 10 and first 5 mile events ridden in a season will set the handicap, and then all following events will count towards the handicap. A minimum of 2

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x 10 mile and 2 x 5 mile events need to be ridden after the first rides. The best two handicap times at each distance will be used to calculate the winner (cumulative total). In the event of a tie, the best handicap time(s) will count, using 10 mile time first. Note: The handicap for this trophy is calculated each season, and may result in a different handicap to that used for the general handicap trophy.

No new Club "25" ..!

The club "25" planned for May 9th is not being allowed to go ahead thanks to CTT East DC putting the kybosh on it. So I am afraid you won't be able to get a "practice" ride in before the open "25" .

We will try again for next year, but you can still enter the Open "25" on the same course on June 6th, entries close a couple of weeks before.

One for the summer calendar?

Sportive - Suffolk Spinner 19th July 2015

Dear fellow cyclist,

We are running a sportive the Suffolk Spinner sponsored by Cycling Weekly on July 19th 2015.

Details here:

<http://www.ukcyclingevents.co.uk/events/cycling-weekly-suffolk-spinner-sportive/>

We would like to invite you and your members to ride the event for free in return for some assistance with the registration of riders / car parking at the event venue. All volunteers who ride will also receive a free finishers t-shirt and Powerbar event pack.

We also need to recruit a number of Marshalls who are happy to work all day and in this instance we will pay a day rate.

I can be contacted at phil@ukcyclingevents.co.uk

Yours sincerely

Phil Glasgow - Event Specialist

www.ukcyclingevents.co.uk

phil@ukcyclingevents.co.uk

What's On

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March

21st Plomesgate Open "10" – B10/9.
Organiser – Marshall crowe

28th CC Sudbury 100, 200km audax

Wormingford.

April 12th "Boxford Tornado" 40 and 60 mile sportive.

Fully booked.

19th Wolsey RC Open 25

26th St Elizabeth Hospice, 80 and 40 mile Suffolk

Sportive, Alton Water.

May 3rd Cambridge 50/100 mile – Bike events

10th "Action Suffolk Sunrise" 60- 103 miles

Framlingham. Action.org

17th Tour de Tendring 20 and 60 miles

Dovercourt. Bike events

31st Norwich 25, 50, 100 miles Bike events.

31st "Thetford Devil" 80 and 102 miles. Thetford

Community Centre. redkiteevents.co.uk

PLOMESGATE CYCLING CLUB

Vince Wheels, and the services that we can provide to your members.

We are based in the Woodbridge area and specialise in bespoke hand-built performance bicycle wheels for road, cross, track and mtb use.

We offer a completely bespoke specification and build service with wheels produced by hand, in small numbers, using quality components carefully chosen to suit all needs and budgets.

We are keen to support the local cycling community and are therefore pleased to advise that we are able to offer all club members a discount of 10% off all wheel builds. Please visit our web site for further information.

www.vincewheels.com

21st June 2015 Newmarket Hilly Charity Sportive

A hilly and challenging charity Cyclo-Sportive around the beautiful country lanes of Suffolk. This is a Charity Ride with the choice of three routes 100 mile Epic. 50 Mile Standard, 25 mile Fun Ride

CYCLE CLUB SUDBURY AUDAX RIDES 18TH JULY

FROM BILDESTON SPORTSFIELD

THREE DISTANCES AVAILABLE

209k SUFFOLK LANES EXTRAVAGANZA To Eye, Halesworth, Orford, Framlingham

<http://www.aukweb.net/events/detail/15-870/>

168k 100 MILES OF SUFFOLK LANES To Thornham, Framlingham, Orford, Wickham Market

<http://www.aukweb.net/events/detail/15-152/>

104k BILDESTON LANES A country route through the best local lanes

<http://www.aukweb.net/events/detail/15-39/>

GOOD ROUTES, GOOD ROUTE SHEETS, GOOD REFRESHMENTS, GOOD VALUE!

ENTRY £7 BY POST, £7.80 ON LINE

£2 less for AudaxUK members

GREAT CLUB DISCOUNT OFFER!

We are offering local cycling clubs 20% discount on their entry fee.

Hand Built Wheels

I am writing to you to introduce my business,

And Finally.... Congratulations to new grandparents Pete and Bev Whelan!

Daughter Sarra gave birth to a healthy daughter Hazel Louise.