



Plomesgate Cycling Club

January 2016

Editorial

Happy New Year! I trust you all had a good, and not too excessive, Xmas break and managed to get some time on the bike to 'get the miles in' (unlike me). There's not much to add since the last PCC newsletter in November so this one will be short & sweet. Pete and Jim have covered most things to say in the following sections. The information is mainly covering time trialling as that is what many of our members focus on, but if you want any information (or fancy taking part in) about road racing, grass track or audax speak to some of the club's elder statesmen.

As ever, if you have anything you'd like to add or think that the newsletter should cover, or know of a result that needs to be reported, then email myself (stuartfairweather@yahoo.com) or one of the committee members.

Remember subs are due from the 1st January so if you haven't done it yet, speak to Pete. You can pay using a bank transfer, again speak to Pete for the details.

I think it's going to be a good year for PCC with many members training hard for the upcoming road and TT season. The Saturday training ride is going well and consistently getting 10+ riders — let's hope the weather is goes easy on us over the next couple of months.

From the Chairman

Wishing everyone a happy New Year and that you achieve your goals this year. I hope any excesses of Christmas haven't put your aim too off target. Don't forget that I have all the club kit at the splendid price of £27.50 a jersey, or if you are one of the

lucky sizes, then £15 for one in the old design. I'm also taking orders (by 15th January) for skin suits, so get your measurements to me if interested. (see email sent 29th December).

It's time to start planning your season for 2016, be it TTs, road races, grass track, MTB Audaxes or Sportives, etc. I will be putting out regular updates to the Race Calendar, though may rely of you sending me some of the data at times.

How to Enter a Time trial: There are a few rules for entering a TT. The events we run on a Thursday evening are the club events, which are a more relaxed affair compared to the Open events. At club events you can ride in any kit design, (trade team kit, club kit or plain kit). Open events, are those events that you have to pre-enter and the riders are seeding, start-sheets are issued and results published and prize money given out. For Open events you can only wear club or plain kit. Nothing with a trade team design or name on it (e.g. no Team Sky, Trek, etc.), which includes shorts, jersey, gloves and overshoes. It's OK to show the manufacturers mark name/logo. Club events are just a turn up and ride event, which for members of Plomesgate means our own club events are free, but other clubs events will cost you a small amount, e.g. £3 - £4 each time. Open events need a bit of forward planning as you need to have entered the event at least 10 days before the event date, and paid money to enter. For very popular events there might be a cut-off based on your best time over the past 3 seasons, so it pays to keep a record of your dates and times at events, including club events, to use when filling in the entry form. Cycling Time Trials (CTT) is slowly coming into the digital age and has internet entry for a lot of the events it publishes in the handbook. Events are



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listed on the CTT website and also in the paper handbook (the club gets one copy, so contact me if you need info for an event if it is not shown on the website). You can enter on a paper form or via internet (for enabled events).

Once entered you should receive a start-sheet either by email or post about a week before the event. Study this carefully as it may contain important information about the course, etc. On the day turn up at the HQ to sign-on and collect your number. It's always best to arrive at least an hour before your start time so you can relax, get changed and warm up. If you can get there earlier you may have time to ride the course. A couple of points to be aware of regarding rider etiquette is not to do any U-turns visible to the timekeepers or marshals either on the course or start/finish areas - you may get disqualified from the event, similarly, obey the rules of the road and be prepared to stop at a T-junction, don't cross the central white line on corners, be prepared to stop at a zebra crossing. If you catch a rider then make sure you keep your speed up and put distance between you and the rider you have overtaken, don't pass and then relax. If you are caught by a rider then be prepared to drop back about 5m - you don't want to be accused of slipstreaming and get a penalty or be DQ'd as I said, Open events are run a lot more formally than our club events ... but still we expect the rules of the road to be obeyed and no slipstreaming. Any questions, then contact me or one of the more seasoned members of the club. <http://www.cyclingtimetrials.org.uk/Contents/view/beginners> for a bit more info on events.

Pete

Time Trialling

SPOCO (SPOrting COurses) East

If you have been enjoying the club's evening 10s and want to try a few different courses and dis-

tances, maybe think about competing in the SPOCO competition.

The competition uses courses in East Anglia are based mainly on non dual-carriageway roads.

You need to ride at least three 10m TT (Category A events), and four 25M or more TTs (Category B events). The emphasis of the competition is on finishing position rather than super-fast times. More details can be found here: <http://www.team-cambridge.co.uk/spocoeast/index.html>

I'm hoping to complete the qualifying number of events. I think that with the strength in depth we have in the club, we could see Plomesgate getting awards in a number of the categories - and as a team, I think we could get in the 'medal' positions, which would be a brilliant achievement given the size of our club. If you want to give it a go, fill the form on the site and post it in time for your first event.

If you've got any questions, feel to contact myself (although I don't know much more than on the website), or Trevor Figgitt who used to organise it, or Pete/Bev who have competed in it in the past (and won medals).

Evening TT Helpers

I've published the dates of our evening events for this year (<http://www.plomesgate.org.uk/events/club-time-trials/>), notice we added a few extra 10's and even slipped in a 25 on a Saturday afternoon. For this to work we need volunteers to time-keep and push at each event. If you can look at the dates and email me (hardwickejj@gmail.com) any slots you can do, I'll start filling in the website. As we get nearer the start of the season, my pleas will get more desperate (and maybe targeted to any-



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one who rode 3 or more events last year!).

Jim

Saturday Training Ride

For those that want to join us on the Saturday Training ride we meet Saturday mornings at 08:20 at Melton Cross Roads and 09:00 at Framlingham Bakers. The good thing about the loop we do is that there are shortcuts if you don't want to complete the whole ride. For example, after Snape, and instead of turning left towards Iken and Sudbourne you can carry on towards Tunstall and miss the hard part of the ride. The ride happens most Saturdays but there is always an email sent out on the Thursday or Friday to gauge interest, particularly if there's a bad forecast. To get on the distribution list email Trevor (trevor.figgitt@btinternet.com).

Events Calendar

Reliability Rides

It's the time of year for reliability rides and here's a few upcoming events. I normally do the IBC ride, which is really well attended and the cakes (or cheesy beans) at the end are really good.

Trevor F gives some snippets from his reliability ride history -

"When I were but a sallow yoof my old club Walsall RCC used to have an open Reliability Ride that went from Cannock to Montgomery, on the Welsh borders, and back, 104miles, my first attempt when I was 16 took 8 hours, including getting lost, literally around "The Wrekin"....or perhaps that's just a Midlands saying. There was trophy for the club who had the most finishers in there nominated times. However, as with today's sportives

etc....it used to attract many of the Midlands based pros, and would often turn into a 104mile "tear up", and if you were still there a bunch sprint outside The Hollies Transport café!! . I do remember doing it in under 5.5 ours one year, can't remember whether I was in at the finish but I doubt it! When the M54 was built it didn't stop one or two riders making a favourable detour along the motorway which shortened the route.

They also used to run a club reliability ride of 100 in 6, 7 or 8, that's 100miles. It started in Walsall and went out over the Clee Hills then up the A49 from Ludlow to Shrewsbury and finished in Cannock. Sometimes there would only be a few of us, and one year I rode most of it on my own. Being in February it could sometimes get "quite interesting" in a snowy/icy sort of way when traversing the Clee Hills.

Wolsey Club Reliability Trail

14th February 2016

Starts at Bredfield Village Hall, 100 kms and 50kms. Start 0900 entry fee £5. Refreshments available at start and finish. HQ open at 0800. Entry on the day.

Event organiser Karen 07786 392882. Offers of help on the day and donations of refreshments are welcomed.

More information:

<http://www.wolseyroadclub.co.uk>



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West Suffolk Wheelers - Suffolk Punch Reliability Trial

Sunday 7th February 2016

EVENT HEAD QUARTERS – at the West Suffolk Wheelers & Triathlon Club's HQ

On the campus of Priory School, Mount Road, Bury St Edmunds IP32 7BH. Entry via the school's rear entrance in Shakers Lane. Registration from 9.00am – first group away at 9.30am

Entry fee £5

Choice of three routes – 75 miles, 60 miles and 36 miles

Four average speed categories - 18, 15, 13 & 11 mph (no 11mph category for 75 miles)

Certificates to all qualifiers

Stowmarket & District CC

Date: 14th February 2016

Venue: Needham Market Football Club, Bloomfields, Quinton Road, Needham Market, IP6 8DA

Distance: 40, 70 & 100km routes

Cycling ability: All catered for.

Entry fee: £5.00

Open to: Anyone who can ride a bike

How do I enter: You don't. Just turn up on the day, pay your entry, sign in, pick up your map and away you go.

There will be 3 routes (40, 78 & 100 km) so there is something to suit every age and ability. See links below for gpx exports. Groups will be split according to expected average speed. The aim is for all people to finish their ride back at the venue at the same time to tuck into drinks, hot pasta and cakes.

40k & 78k both leave at 10:00am

100k @ 16mph average leaves at 9:15am

100k @ 19mph average leaves at 9:30am

PCC Evening TTs

| Date | Time | Distance | Course |
|---------|-------|----------|--------|
| 21/4/16 | 18:45 | 10 | B10/9 |
| 28/4/16 | 19:00 | 10 | B10/9 |
| 5/5/16 | 19:00 | 5 | B5/9 |
| 12/5/16 | 19:00 | 10 | B10/9 |
| 14/5/16 | 14:00 | 25 | B25/2R |
| 19/5/16 | 19:00 | 5 | B5/9 |
| 26/5/16 | 19:00 | 10 | B10/9 |
| 2/6/16 | 19:00 | 5 | B5/9 |
| 9/6/16 | 19:00 | 10 | B10/9 |
| 16/6/16 | 19:00 | 5 | B5/9 |
| 23/6/16 | 19:00 | 10 | B10/9 |
| 30/6/16 | 19:00 | 10 | B10/9 |
| 7/7/16 | 19:00 | 10 | B10/9 |
| 14/7/16 | 19:00 | 5 | B5/9 |
| 21/7/16 | 19:00 | 10 | B10/9 |
| 28/7/16 | 19:00 | 10 | B10/9 |
| 4/8/16 | 19:00 | 10 | B10/9 |
| 11/8/16 | 19:00 | 5 | B5/9 |
| 18/8/16 | 18:45 | 10 | B10/9 |
| 25/8/16 | 18:45 | 5 | B5/9 |



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Regional Open TTs

| Month | Date | Event | Course | Distance | G1 | G2 | Fee | |
|------------|--------------------------|--|--------------------------------------|--------------|-------------|-------|--------|-------|
| Feb | 14/02/2016 | Ely & District CC (Hardriders) | BS19 | 25.00 Miles | IE | | £8.00 | |
| March | 05/03/2016 | CC Breckland | B10/19 | 10.00 Miles | IE | | £8.50 | |
| | 12/03/2016 | Plomesgate CC | B10/9 | 10.00 Miles | IE | Tan | £8.50 | |
| | 13/03/2016 | CC Sudbury | BS24/R | 22.00 Miles | IE | | £8.00 | |
| | 19/03/2016 | West Suffolk Wh & Tri Club | BS31 | 21.00 Miles | | | £9.00 | |
| | 20/03/2016 | Wisbech Wheelers | B10/2 | 10.00 Miles | IE | Tan | £8.50 | |
| | 25/03/2016 | Great Yarmouth CC (120 riders) | B10/43 | 10.00 Miles | | MH | £10.00 | |
| | 25/03/2016 | Great Yarmouth CC (60 riders) | B10/43 | 10.00 Miles | | WJH | £10.00 | |
| April | 02/04/2016 | Stowmarket & D.CC | BS33 | 20.00 Miles | IE | | £8.50 | |
| | 03/04/2016 | Diss & District CC (2-up TTT) | B25/17 | 25.00 Miles | IE | | £19.00 | |
| | 03/04/2016 | Diss & District CC (MG 72") | B25/17 | 25.00 Miles | SCIE | | £9.50 | |
| | 03/04/2016 | Diss & District CC (Pre 1980 Spec Machines) | B25/17 | 25.00 Miles | SCIE | Tan | £9.50 | |
| | 03/04/2016 | Tricycle Association (East) | B25/17 | 25.00 Miles | IE | THB | £9.50 | |
| | 09/04/2016 | Kings Lynn CC | B25/33 | 25.00 Miles | IE | Tan | £8.00 | |
| | 09/04/2016 | Kings Lynn CC (2-up TTT) | B25/33 | 25.00 Miles | IE | | £16.00 | |
| | 10/04/2016 | Wolsey RC (W&J Free Entry) | B25/50 | 25.00 Miles | IE | BTan | £8.50 | |
| | 24/04/2016 | VTTA (East Anglian Group) | B10/38 | 10.00 Miles | | VTan | £10.00 | |
| | 30/04/2016 | Kings Lynn CC | B10/37R | 10.00 Miles | IE | Tan | £8.00 | |
| | May | 01/05/2016 | VC Norwich | B25/5R | 25.00 Miles | IE | BTan | £8.50 |
| 02/05/2016 | | VC Baracchi | B10/43 | 10.00 Miles | IE | Tan | £8.00 | |
| 07/05/2016 | | Orwell Velo | BS33 | 20.00 Miles | IE | | £8.50 | |
| 07/05/2016 | | Orwell Velo (2-up TTT) | BS33 | 20.00 Miles | IE | | £17.00 | |
| 11/05/2016 | | CC Breckland (60 slowest riders + 15 Tandems) | B10/3B | 10.00 Miles | | Tan | £8.50 | |
| 15/05/2016 | | Wisbech Wheelers | B25/6 | 25.00 Miles | IE | BTan | £8.50 | |
| 22/05/2016 | | Great Yarmouth CC | BS13a | 25.00 Miles | | HB | £8.50 | |
| 22/05/2016 | | Great Yarmouth CC (2-up TTT) | BS13a | 25.00 Miles | | | £17.00 | |
| 30/05/2016 | | Stowmarket & District CC | B10/38 | 10.00 Miles | IE | Tan | £8.50 | |
| June | | 01/06/2016 | CC Breckland (District Championship) | BS37 | 25.00 Miles | IE | B | £8.50 |
| | | 04/06/2016 | Plomesgate CC | B25/2R | 25.00 Miles | IE | Tan | £8.50 |
| | 05/06/2016 | Ely & District CC | B10/1R | 10.00 Miles | IE | | £8.00 | |
| | 07/06/2016 | Godric CC | B10/44 | 10.00 Miles | IE | HTan | £9.00 | |
| | 11/06/2016 | East District CA (District Championship) (Preference to East DC riders) | B10/37R | 10.00 Miles | SCIE | Tan | £8.50 | |
| | 15/06/2016 | CC Breckland (Fastest 60 riders + 15 Tandems) | B10/3B | 10.00 Miles | IE | Tan | £8.50 | |
| | 19/06/2016 | East District CA (District Championship) (Preference to East DC riders) | B25/6 | 25.00 Miles | SCIE | Tan | £8.50 | |
| | 26/06/2016 | Godric CC (District Championship) | B50/19 | 50.00 Miles | | HBTan | £8.00 | |
| 29/06/2016 | CC Breckland (60 riders) | B25/4 | 25.00 Miles | IE | B | £8.50 | | |
| July | 02/07/2016 | GHS DISTRICT CHAMPIONSHIP (East DC)(Under 17 on 31st August)(Championship Entr | B10/43 | 10.00 Miles | SCIE | | £5.00 | |
| | 02/07/2016 | Norwich ABC | B10/43 | 10.00 Miles | IE | Tan | £8.00 | |
| | 03/07/2016 | Eastern Counties CA | B25/4 | 25.00 Miles | IE | AHTan | £10.00 | |
| | 06/07/2016 | CC Breckland (District Championship) | B15/1 | 15.00 Miles | IE | Tan | £8.50 | |
| | 17/07/2016 | East District CA (District Championship) | B100/4 | 100.00 Miles | IE | BTan | £10.00 | |
| | 17/07/2016 | TA (East Region) | B100/4 | 100.00 Miles | IE | B | £10.00 | |
| | 23/07/2016 | Anglia Velo (90 riders) | B10/35 | 10.00 Miles | IE | Tan | £8.00 | |
| | 31/07/2016 | Stowmarket & D.CC | B10/36R | 10.00 Miles | IE | Tan | £8.50 | |
| August | 07/08/2016 | RTTC NATIONAL CHAMPIONSHIP (East DC)(Entries close 12/07/2016) | B25/4 | 25.00 Miles | NSIE | M | £20.00 | |
| | 13/08/2016 | Kings Lynn CC | B25/33 | 25.00 Miles | IE | BTan | £8.00 | |
| | 13/08/2016 | VTTA (East Anglian Group) | B10/43 | 10.00 Miles | | V | £9.00 | |
| | 14/08/2016 | Diss & District CC | B25/17 | 25.00 Miles | | BTan | £9.50 | |
| | 21/08/2016 | TA (East Region) | B50/17 | 50.00 Miles | IE | | £8.00 | |
| | 21/08/2016 | VC Baracchi | B50/17 | 50.00 Miles | IE | Tan | £8.00 | |
| | 29/08/2016 | VC Norwich | B10/3B | 10.00 Miles | IE | Tan | £8.50 | |
| September | 04/09/2016 | CC Breckland (District Championship) | B12/3 | 0.00 Miles | IE | BHTan | £15.00 | |
| | 04/09/2016 | TA (East Region) | B12/3 | 0.00 Miles | IE | BH | £15.00 | |
| | 04/09/2016 | Stowmarket & District CC | B10/38 | 10.00 Miles | IE | Tan | £8.50 | |
| | 10/09/2016 | CC Breckland (District Championship) | B30/1 | 30.00 Miles | IE | Tan | £8.50 | |
| | 17/09/2016 | Norwich ABC | B10/43 | 10.00 Miles | | Tan | £8.00 | |
| | 25/09/2016 | CC Breckland | B50/18 | 50.00 Miles | IE | BHTan | £8.50 | |
| October | 02/10/2016 | Godric CC | B25/50 | 25.00 Miles | IE | BHTan | £9.00 | |
| | 08/10/2016 | Norwich ABC | B10/43 | 10.00 Miles | IE | Tan | £8.00 | |
| | 09/10/2016 | Norwich ABC | B25/50 | 25.00 Miles | | Tan | £8.00 | |