



Plomesgate Cycling Club

April 2016

Editorial

Spring has sprung, well as I write this it's hammering down with rain and is forecast for frost on Sunday morning. It's been a couple of months since the last newsletter and it's been busy for many of our members who have been taking part in many early season TT opens. Our riders have regularly featured in the top 10 of these events and Plomesgate has won the team prize in 4 opens. In the SpoCo East league Jim Hardwicke is currently leading the individual standings and PCC is 2nd in the team standings, trailing VeloVeolocity.

Over the next few newsletters I'll be introducing an interview feature where a member will answer questions so readers will be able to get to know what they get up to when not riding bikes. Trevor Figgitt is up first in the next newsletter.

Our first event of the year, the PCC Open 10 TT, went well. Thanks to Caroline for a fantastic event. We also won the team event.

On Sunday 17th April I took part in my first MTB XC race at Henham as part of the Mud, Sweat & Gears series. I thoroughly enjoyed it and would urge anyone who is, and not currently, thinking about taking part to do so. The category I was in, Open Male, had novices right up to serious riders. They also have women and children's categories—fun for all.

As ever if there's anything you'd like me to add to the newsletter, or you've got some results to report on email me on stuartfairweather@yahoo.com

Finally well done to Chris Tye who broke the club 25 mile TT record with a time of 54:31 on the E2/25. Chris gives us a full race report later in the newsletter.

Results and Race Reports

05/03/2016 — CC Breckland 10 - B10/19

Cold and drizzly with a not particularly helpful cross wind on the B road course between Hingham and Watton. Jim – 22:53, Nick-23:04, Chris – 23:17, Stu-23:22, Trev C – 26:07, Trev F – 27:32.

12/03/2016— Plomesgate CC 10 - B10/9

2nd Jim Hardwicke (22:50)

5th Stuart Fairweather (23:12)

11th Lyster Romero (23:51)

18th Jack Hardwicke (24:57)

28th David Gitsham (26:36)

32nd Trevor Caley (27:20)

33rd Alex Hinton (27:21)

1st Team – Plomesgate CC (Hardwicke, Fairweather, Romero)

13/03/2016—CC Sudbury 22—BS24/R

3rd Jim Hardwicke (51:29)

19/03/2016—West Suffolk Wheelers Mad Hilly 21—BS31

WSW Hilly “21” – The sun may have been out briefly but there was a nagging cold easterly wind that got worse as the afternoon drew on, making the second lap of the 10.5mile circuit even harder.

Jim was 5th with 49:54 and Trevor F finished in 59:42 and regretting wearing shorts!!

20/03/2016 IBC Spring Scramble Road Race

Lyster Romero 12th

25/03/2016—Great Yarmouth CC 10—B10/43

GYCC Good Friday “10” – A brilliant turn out from PCC once again. This event is usually freezing cold



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so it was a nice surprise to be presented with a relatively mild morning all be it with a non helpful cross wind blowing across the Waveney Valley. Jim as fastest Plomesgater again with 22:08, then Chris in 22:19 and Stu with 22:26 and this was good enough for first team prize. They were backed up by Nick in 22:38, Trev C in 25:15, Trev F in 26:01 and John Vidler in 31:50.

02/04/2016— Stowmarket & D.CC 20 — BS33

Stow Hilly 20 – A fine sunny spring like afternoon saw another good PCC turn out on this sporting circuit taking in the hills between Debenham and Eye. The South Easterly breeze was helpful on the long drag up to Occold and resulted in Stu finishing in 47:02, Chris – 47:38, Adrian McTigue – 51:47, Trev C in 52:55 and Alex Hinton in 53:48 and Trev F in 54:23.

10/04/2016— Wolsey RC 25

Another good turn-out for the club and another team win (Jim, Chris & Nick) and a shout out to James Wood for his first TT.

4th	Jim Hardwicke	58-21
5th	Chris Tye	58-33
=11th	Nick Partridge	1-00-46
22nd	Adrian McTigue	1-03-43
23rd	Trevor Caley	1-04-35
31st	Alex Hinton	1-07-33
37th	James Wood	1-10-05

09/04/2016— Lea Valley CC 25— E2/25

My 25 mile PB of 57:09 was set at the Lea Valley CC 25 mile time trial on E2/25 in April 2015. It has thus been on my mind that doing the event this year would be a great yardstick to test this season's form against last.

With training commitments to 2 other sports, it is rare that I can spare time to properly taper for a

short time trial, but I made an exception for this and scheduled in a 2 day mini taper to freshen the legs up. As ever, I felt worse during this 'rest', but stuck with it. Weather forecast suggested early rain clearing by 10am.

I was thus not happy when it was still raining when I left home for my 14:31 start slot at midday, and even unhappier when it was still raining on arrival at the HQ an hour later. It's a dual carriageway course and I won't ride if there is surface water/spray so it was touch and go whether I would even start. The rain stopped about an hour before the start and although side roads were still wet the course dried quickly so the ride was on. The warm up was shorter than I'd hoped due to my dithering over whether to start.

You start just above the slip road, so get up to speed quickly as you descend to join the A14. The first 5 miles have some slight drags and there was a headwind, although not too strong so I kept the speed field hidden on my garmin and just concentrated on sticking to power. This stops any temptation to see slower than expected speeds and chase, when patience and even pacing is the key.

Soon I peeled off onto the A11 and the remaining 7.5 miles of gentle rollers to the turn. All was going well, although it was a lonely ride as my minute man was a DNS and no one had caught me. The turn is a roundabout set above the dual carriageway, so you go up a sliproad and the roundabout is large and not too busy and I feel much safer not having to cut across traffic to make the turn. Alex Dowsett's recent 17:45 on E2/10 with the same turn featured him making it without dropping below 32mph, mine was a little less but still well over 20mph so not much pace lost.

Going back on the E2 is where the fun starts, as you start getting the tailwind. A cheeky timecheck showed about 29 minutes at the turn so with a much quicker return on the cards it was on! Going along the gentle rollers of the A11 saw a few trips into 55-11 gearing, so it was fast. Just before the road rejoins the A14 I had a cramp in my left calf,



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Once you are back on the A14 it is really fast, and payback for the first 5 miles if you have anything left. I did a 5 mile split at 33.5 mph on this stretch once on a day with brutal wind, shame going out was about 18mph though...The wind was not as strong today but I was still wishing I had a 58 on the front and lost some power as even with 55-11 my cadence was too high to really get the power out. I had another cramp on the other calf and had to stand up to stretch it out again, but soon was at the BP garage, 1 mile to go, and emptying the tank of whatever I had left.

Passed the finish line, and found that I could not unclip, and made several attempts before I could manage it, almost running out of road. Nearly a very undignified end to the ride. I didn't have a lot left! Back at the car I finally got to check the time....54:31, 27.7mph. Fantastic! This was a PB, a club record once the results are confirmed and a first ride below 55 minutes which was one of my season targets. This is also a time that could even get a start at the National 25 which is on one of the 'B' courses in our region in August. I'd done the last 5 miles in 9:57, it would be good to hold that for a '10'. The winner rode 47:57, showing how fast it was out there.

All in all a great feeling to get a good ride out on a fast course. I still managed to turn out for the Wolsley RC 25 the following morning as well....

Time Trialling

PCC Evening TTs

The club TTs start on Thursday 21st April and we need time keepers and pushers to help these events to run. Please speak to Jim Hardwicke to help out either pushing or timekeeping. Training for both can be provided. For your convenience the dates for the club and open events are published at the back of this newsletter.

and had to stand up, and stretch it out on order to keep pedalling.

Upcoming Events

Mud, Sweat & Gears MTB XC

Sunday 8th May — Shouldham Warren, Norfolk

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

Plomesgate Open 25 Mile TT

19th June 2016 on the B25/2

SCRS - Suffolk Cycle Racing Series

Spring is well and truly with us and that means that midsummer is not that far away and, with the middle of summer comes the first of the Suffolk Cycle Racing Series or SCRS as it's known to many.

SCRS is a series of 6 races held annually at the Trinity Showground on a Wednesday evening. Historically the committee and volunteers have consisted of club members from the immediate vicinity: Ipswich Bicycle Club, Stowmarket & District CC, Wolsley Road Club and Plomesgate CC but for this year other clubs have been represented at the meetings: Orwell Velo, Ipswich Velo, Sudbury CC and Boxford BC.

The ethos of the series is to provide closed circuit racing for both novice and experienced racers, also with a focus on encouraging children into cycle racing and women into circuit racing, there are approved British Cycling coaches to organise the children groups which provide potential young racers with experience so they can feed into the Youth classes for the Series. To this end the race format is tailored each year to get the most from the limited daylight and provide suitable race categories for all categories of racer. Each week there are friendly, supportive spectators along the start/finish



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straight providing lots of encouragement and cheering which together with the knowledgeable commentating all contribute to a good atmosphere. The circuit is varied each week so it is interesting for the riders but the challenges remain: firstly, don't get dropped by the peloton and secondly once that is achieved, how far up the group can you finish?

First race is on 22nd June 2016. See you there?

Plomesgate Grass Track

3rd July 2016 at Bredfield Village Hall, nr Woodbridge

Saturday Training Ride

We meet at 08:20 every Saturday morning at Melton crossroads. There are a number of people coming from, and going back to, Kesgrave & Ipswich. There is an email distribution list so people can gauge interest particularly if the forecast isn't great.

The ride usually gets quite nippy especially for the last 15 miles, and sometimes the group can splinter with slower riders being left behind. This is expected for a training ride / chain gang, however we need it to cater for all participating riders, and if they're dropped early in the ride they may not get the chance to partake in the through & off session later in the ride.

The ride has three points where it naturally offers a place to slow and let other riders catch up. These are: Framlingham, Saxmundham and Snape.

At **Framlingham** we actually stop to meet any riders joining the ride at this point. It also means we can wait for any riders that missed us at Melton or have had an issue en route.

Through **Saxmundham** we usually have to ride slower due to the traffic and normally have to stop at the traffic lights. We can wait for any dropped riders before moving on. (Some riders choose to go for a 'long one' to reach the Give Way sign at Snape Church).

Snape Church sees the end of the sprint. We can let any riders dropped from Saxmundham or the sprint to re-join by waiting near the junction or by soft pedalling through the village.

The ride gets progressively quicker from Snape/Iken and any dropped riders will be waited for at **Melton Rail Station**.



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Club 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	