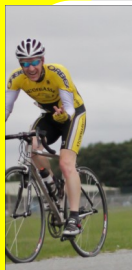




JULY 2011

Not entirely  
necessary  
Mr Moss!



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Well, hasn't it been a cracking couple of months? Welcome to a packed July edition of the newsletter. Stowmartians have been ripping up the tarmac in every way this past couple of months; from the Fred Whitton and Dragon sportives, plenty of TT action, the Ipswich Cycle Race series has started at Trinity Park, loads of road racing and mountain biking. I thought I'd include a little history from way back when and there's some interesting profiles from two of the club stalwarts.

I'd also like to give a big thanks to Ipswich BC, Suffolk County Council and all the partners involved in the Cycle Race league at Trinity Park. It's been a tremendous success with cracking racing on a fast and surprisingly safe circuit. Thanks and well done Tim Snook, Adam Keer, Phil Hetzel and all the helpers and sponsors involved. We've done our little bit to help out but credit where credits due. Enough of me, read on.



## SDCC Does The Dragon

What a weekend. Long drive to Bridgend, 200km ride, 3000m of climbing, and lots of beer in the most bazaar pub I have ever stayed in! Pleasingly, the gradients were easy, compared to the Fred, and I managed the whole ride without a walk this time – what a relief. Club riders included: Dave Clark, Matt Toone, Stuart Thomas, Kev Curtis, Phil Davis, myself, Westie, John Adams, and

Graham Bacon. Hope I haven't missed anyone out. Stuart and I arrived at the B&B to be informed there was a bit of a miscalculation with the room reservations. Result – He and I were in a double room with only 1 bed! Two big blokes in a double bed is not the best way to prepare for a long ride. I slept well, but Stuart said he didn't get a wink of sleep. Must have been my snoring. Having negotiated the problem of the queue to get into the car park, dumped cars on a large verge, jumped the queue to get nearer to the front of the pack of 3500 riders, we all started together at about 8.00am. Matt, Dave, Graham and a friend of Dave's roared into the distance ahead within minutes. I tried to stick with Westie and Stuart, but decided their pace was a bit too quick for me to manage for the whole ride, so dropped back to ride with Kev and John. Sorry Phil, not sure where you were in all of this. Luckily (*for me*), Kev was suffering from a cold, so was not up to his usual speed, so I had chance to keep with him.

The first feed stop came up very soon, but Kev needed to go to the ladies (ask him about that), so he and I stopped for 5 minutes. John carried on ahead.

The Dragon Ride includes 3 big climbs of 500m each. The 3<sup>rd</sup> climb is a repeat of the 1<sup>st</sup> one, and it is 8 miles long! At the top, you turn right for the 160km route, or left for the 200km one. Kev, still feeling under the weather, decided he really didn't fancy doing the climb again so turned left, leaving me to ride alone for a bit. He claims he felt unwell, but I think it was 'newlywed syndrome' and he wanted to get back to his wife.

Riding alone, I bumped into a chap from West Suffolk Wheelers, then rode for a while with a guy from a club in Braintree. At the last feed station, I caught up with John,

but he left it 5 minutes ahead of me, claiming he had hit the wall. I saw him 100m ahead as we approached the 3<sup>rd</sup> big climb of the day, thinking 'I'll catch up and ride it with you'. Not a hope – he just disappeared into the distance and I didn't see him again until the finish line! If that's the wall for a 66 year old, I wouldn't want to ride with him when he's feeling strong.

According to the results list, Matt and Graham were our quickest riders at 6 hrs 32 mins (well done lads), and I was the last to finish at 7 hrs 57 mins. There were problems with many of the timing chips which was very disappointing. It gave John's time as 1 hr after me, but he was at the finish line when I arrived there.

By 6.00pm, Dave, Matt, Westie, Stuart, Dave's mate, and I, were sat in the bar of the B&B, in sweaty lycra, enjoying the first of many well-earned pints. There was talk from many about early departures to places of work the next morning, but as the beers disappeared and the karaoke (yes, karaoke) started those plans disappeared for all bar Matt who had one drink then headed for home that night (which meant I could have a room to myself on night 2!). Most of us managed a shower at some point between drinks, and ended up in the bar watching a lot of very drunk fifty-something welsh women doing their Shirley Bassey impersonations – not pretty but very funny. Breakfast the next morning, with sore heads, and a very unhappy chef/waitress/receptionist/cleaner moaning that she had too much to do, and it shouldn't be her job to sort out the bills or purchase milk to go on our cornflake left us all with a truly unforgettable weekend. If you have never done the Dragon, give it a go next year.



# Calshot Velodrome



Miriam Edwards has booked for the club to go to Calshot Velodrome on Saturday 6<sup>th</sup> August for 3 hours between 1 and 4 pm.

Miriam has also booked a coach (as in person not bus!) for the full session who can help those who have never ridden on a track before and set training exercises for those who have.

Whether experienced on the track or not, competitive or a social rider, everyone is welcome. In order to incorporate everyone the group will be split into sub groups depending on ability and experience. The groups will then take turns on the track meaning everyone gets riding time but also a breather.

The total price for the day is £270. This includes the track hire, coach, bike hire and shoe hire. If you have your own track bike then feel free to bring it along. I am hoping to get about 20 riders to attend meaning the cost will be just under £15 each. This may change depending on how many are interested. Obviously

the more that want to come the cheaper it is for everyone.

I would just like to say that if anyone is not quite sure if they'd like to come and need a bit more persuading that riding on a track is the best cycling experience I have ever had. I have ridden at Manchester and have been to Calshot twice and I loved every second of it. Not only does the track not have the wind, rain, potholes and inconsiderate drivers that riding on the road does but it also gives you a rare chance to ride what is the most basic bike and see exactly what you, when there is nothing to stop, slow or hinder you, can do. There are no external excuses that you can use (trust me I've tried to come up with everything!). It is just pure man and machine and for that, even if it is not the toughest physical session, it's the toughest mental one.

As well as all this it should be a good fun day and a rare chance to ride on a track and have a laugh. There are bril-

liant facilities at the centre including changing rooms, showers and a café serving food and drink. There is also seating area around the track if friends/family want to come and support.

If you would like to come along or would like more information then please contact me via email or text me on my mobile (number : 07539275827) I am being sent a forests worth of paperwork to fill out including medical checks and safety information. I will therefore let you know more when I have it.

Ok, that's me done. So basically – Calshot Velodrome, 6<sup>th</sup> August, 1 till 4

## Race Results

Racing has been coming thick and fast this month. See the website for full results but here are the highlights:

Matt Toone finished in 6<sup>th</sup> at the Ixworth Crits after cracking work by Jonny Shuster and despite being taken out at the last corner. Kris Mobbs 9<sup>th</sup> in the CC Hackney RR to get his 3<sup>rd</sup> cat license. Mark Weston wins the Go Race at the Woodbridge Crits. Gavin Moore 6<sup>th</sup> at the Abberton Road Race, 10<sup>th</sup> at the Ipswich Cycle Race series rnd 1 and 10<sup>th</sup> at the XRT Elmy Cycles road race. Mark Yale was 2<sup>nd</sup> in the Go Race at the 2<sup>nd</sup> round of the Ipswich Cycle Race series. Matt Toone wins a wet Ipswich Cycle Race series round 3.

Chris Leggett beats his brother for the first time at the VC Barrachi 10.

Gavin Moore 3<sup>rd</sup> at the Godric 10 and Chris Leggett 4<sup>th</sup>. Andy Leggett has again been stomping out some cracking results and brother Chris is now hot on his heels and they currently stand 1<sup>st</sup> and 2<sup>nd</sup> in SPOCO East. Chris pulls out a PB at the Plomesgate 25 only for Andy to beat him by a few seconds; on a steel fixie with mudguards! Let the battles commence!

Emma and Peter Beard have been riding more TT's than ever, the highlight probably the Godric 50 which Emma did in 2:42:50, awesome achievement and well done Emma.

The evening TT series is being well supported with SDCC riders dominating the standings in Seniors, Vets and Ladies.

Not to forget the Mountain bikers with the Sampsons having some brilliant results in the National series and Laura still stamping her authority on the local Mud Sweat and Gears. Graham Berry has been enjoying some good racing in the over 50 category

# A little history

Not many people realize that SDCC is possibly the oldest club in the region. Formed in at least 1881 members were already racing between Claydon and the head quarters at the Kings Head in Stowmarket.

In the 1890's the club was



extremely active with 120 members in 1895. It seemed to be known as the Stowmarket Cycling & Athletic Club and held an annual sports event on the Cricket Meadow (where Asda is now). Smoking concerts and lantern parades were promoted in the 1890's as well as "road races" although I'm currently unclear

what a "road race" entailed in that era. J Lillistone appears to be the mainstay of the club and also was a prominent member of the Stow-

market Town Council. Lillistone's was a shop in the town for many years.



## Westy the racer!



The 2nd Woodbridge Crits held on the Woodbridge Airfield turned into another cracking days racing. Brilliantly organised by John

Time for a victory salute

Sanderson of VC Revolution ably assisted by IBC, SDCC and Plomesgate. The highlight for Stow was another win, this time for Mark Weston in the Go Race. The wind played a role in all races down the vast runway and Westy used this to his advantage with an audacious attack into the wind on the last lap. Everyone thought they could catch him in the sprint to the line but Westy hung on by a few bike lengths to record a memorable win.

Mark Weston  
wins the Go  
Race at  
Woodbridge  
Airfield Crits  
with an  
audacious  
attack into  
the wind on  
the last lap

### Monthly Club Meetings

Held every 1st Tuesday of the month at the Needham Market Community Centre.

Very informal, just turn up around 7:30pm have a chat and a drink.

Next one will be on the 5th July

### Upcoming TT's

2/7/11—Norwich ABC 10  
3/7/11—Norwich ABC 25  
10/7/11—Newmarket C&TC 21  
13/7/11—CC Breckland 15 (District Championship)  
24/7/11—Diss & District 25  
31/7/11—EDCA Championship 100  
7/8/11—SDCC 10

### Upcoming Road Races

3/7/11—Ike Saul Memorial  
6/7/11—Ipswich Cycle Race Series  
8/7/11—Gas Hill Gasp  
10/7/11—VC Norwich RR  
10/7/11—Glendene Classic RR  
13/7/11—Ipswich Cycle Race Series  
17/7/11—Essex Mid Summer RR  
24/7/11—VC Barrachi Summer RR  
31/7/11—Essex Roads Summer RR



## SDCC does Fred Whitton

Stu Thomas said "it was horrible, wet and cold. It hurt lots but I loved it! " I think that probably sums it up!

For those that don't know the Fred Whitton is a 112 mile ride in the Lake District covering all the major climbs of the area including 25 and 30% sections over Hardknott, Kirkstone and Whinlatter.

Justin Fisk was the quickest of the SDCC riders in 7hr 44mins (seriously good effort fella!) but just to finish was an awesome achievement for everyone. April was gloriously sunny and dry but come the 8th of May in the Lake District the weather decided it was time to show who was really the boss. The Fred was characterized by torrential rain, hale stones and strong winds to make the 112 mile epic a right proper challenge. To quote Westie "I can safely say NEVER AGAIN !!!!! 114 miles of wind rain and hale stones !!! 12000 ft of brutal climbs in 7hours 49min... Beat my time by 6 mins x I'll take that! "

Awesome riding by the Stow train as ever, top effort guys!



**It's grim up North!**

110	Joe Alexander	Stowmarket	10:34
1221	Stuart Thomas	Stowmarket & Dist C C	9:05
554	Nick Addy	Stowmarket & Dist C C	10:19
553	Alan Rouse	Stowmarket & Dist C C	9:53
1220	Mark Ormond	Stowmarket & Dist C C	9:26
94	Charles Tweed	Stowmarket & Dist C C	9:45
552	Gary Buckle	Stowmarket & Dist C C	8:54
7	Justin Fisk	Stowmarket & Dist C C	7:44
	Mark Weston	Stowmarket & Dist C C	7:49

## BILDESTON CYCLING FESTIVAL

Saturday 2 July: Bildeston Sportsfield

8.30am: 160k Castles, Coast and Cornfields audax ride

9.30am: 100k Bildeston Lanes audax ride

1.45pm: 25 mile Bildeston Challenge ride  
Quiet roads, and a cafe stop

2.30pm: Bildeston Family Challenge rides  
5 or 11 mile routes

3.00pm: Sportsfield ride for younger children

if weather is dry (on grass)

Audax rides in conjunction with AudaxUK; see

[www.aukweb.net/events](http://www.aukweb.net/events) for details and how to enter.

All other rides: just turn up and register. £4 entry for 25 mile ride, 11 & 5 mile rides £2/ family, for local hospices. Helmets compulsory for all children. No unaccompanied children under 16 years old.

# Digital Profile - Kevin Norman



In 1995 I made the GB Railsport cycling team who were to compete at the world railway cycling champs in Montdidier, Picardie in northern France. Anyway, I was under no illusions of why I got selected; there aren't many rail workers who are any good at cycling! We had a six man team, director sportive, mechanic, interpreter plus an ambassador! The championships consisted of four stages which were a 43k tt, 150k road race, a 60k crit and a 27k individual tt. Anyway, we were totally outclassed and I particularly remember the 150k rr being a war of attrition and with some nasty climbs, we were off the back after the first 25k lap(whoever said that part of France is flat is lying!) and the temperature

was in the 80's! The individual tt was very professional with every rider having a motorbike marshal and a following car with spare wheels! For the crit it seemed like the whole town was watching and there was a commentator to keep the crowd entertained! We all had a great time and even though we were lantern rouge and in the company of some quality cyclists it was an unforgettable experience! Unsurprisingly, France won followed by Switzerland and Austria.

## **How long have you been riding and competing and what got you into the sport?**

In 1990 I suffered a knee injury while playing football for Stowmarket Town and was advised by the physio to do some cycling to speed up my recovery, which I did and found I really enjoyed it and kept on doing it after I was fit again! In fact I got myself a road bike and joined Stow cc and started doing the TT's and road racing and fast forward 20+ years I'm still at it!

**What is your worst experience on a bike?** I haven't had too many bad of these but one that stands out was the Ipswich reliability several years ago when I spectacularly blew up on Kettleburgh hill and had to ride home with fellow Stowmarshon, Steve

Johnson to 'help' me. Suffice to say he promptly rode 200yds in front of me, giving me no shelter in the h/wind so it was a very slow and agonising ride! Another worst experience was the Railsports national champs R/R which was held at Oakley in Bucks two years ago. I had worked my way up through the bunch and was beginning to think I could actually win, when as we entered the final k there was a touch of wheels right in front of me and I hit the deck! That was my race over and apart from some road rash I was ok. The long drive home was pretty painful but the fact that I was going to Cyprus on a family holiday the following day made me realise that I had got off lightly!

## **What is your best memory/experience out on your bike so far?**

Highlights for me are the club trip to Kent for the 2007 TDF which was awesome and the 'dragon ride' last year!

## **How many bikes have you got?**

Four. My old Raleigh for the turbo, trek 1000 winter bike, Orbea aluminium, summer bike and Orbea Ora for time trialling.

## **What was your first bike?**

A secondhand holdsworth 531

## **What interests/hobbies do you have outside cycling?**

With a family I don't have time for anything else!

## Flynn's Summer BBQ

You are invited to the  
Flynn's Summer BBQ

30<sup>th</sup> July 2011  
From 2.00pm 'til late

Please bring your own BBQ  
food

We will provide salads,  
sauces and puds etc.

Drink gratefully received!

The Hollies, 4 Wash Lane,  
Onehouse,  
Stowmarket IP14  
3BT 07960 167503

RSVP

*"The legend*

*that is Matt*

*Flynn presents*

*the summer*

*BBQ of the*

*year"*

## Offroad news and results

Andy and Laura Sampson have been on the MTB's as usual and they've written a little résumé of their results this year

National's Round 1 - Sherwood Forest.

Laura - 1st Place, masters cat  
Andy - 33rd Place, masters cat

National's Round 2 - Dalby Forest

Laura - 5th, Expert cat  
Andy - poor Andy, dislocated his little finger on practice run day before so was unable to race on the day. Tough course, too many bloody climbs!! that were exceptionally steep!!

MSG - Round 2 - Thet-

ford Forest

Laura - didn't race as was ill with Flu  
Andy - had a great race, 9th position which was exceptionally good as was not gridded on the starting line as we didn't do Round 1.

Caitlyn and Dean competed in the Children's race under Stowmarket Cycle Club so here are their results. They had 1 hour of coaching before the race on some descents which really boosted their confidence.

Caitlyn - 8th  
Dean - 24th

Our next race (kids too) was at Tunstall 1st weekend in June. Made a change for it to be a

dry race after 3 years of mud baths!

Laura won the 2 hr Female "warrior" class by over a lap and her time would have won the female expert class!!! Andy came 8th in the mens 2hr which as I'm sure you can appreciate is a seriously good effort!!! Dean was 23rd in the Grommet boys and Caitlyn 3rd in the Grommet girls.

Graham Berry has also been doing some cracking rides in the Mud Sweat and Gears races

The Timelaps website isn't working for the 1st two rounds but Graham was 9th in Round 3

## Ipswich Cycle Racing League



**Mobbs dishing out the pain!**

The inaugural race was dominated by the E/1/2's who dealt out the pain

from the gun. Gavin Moore came in 10th. We won't mention that Tooney was dropped.

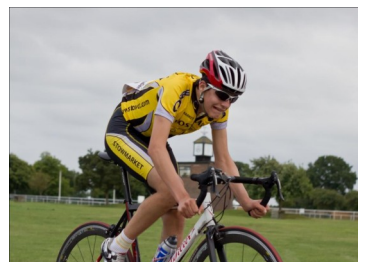
The 2nd race was run in a handicap format with the E/1/2's a minute ahead of the 3/4 and having to catch us for a lap. Kris Mobbs got in a group of 5 that stayed away with Kris coming in 5th and Gavin 11th. Mark Yale had a cracking race in the Go Race event coming in 2nd with Will Kitcher in

5th.

The 3rd race saw a shorter circuit because of a prom and circus on the site at the same time. Throw in some rain and it was an interesting night! A cracking win for Matt Toone who was the sole remainder of a 3/4 front group and came in ahead of the E/1/2's. Jonny Shuster was 6th followed by Adrian Pettit who won the sprint of the 2nd group in 10th. Mark Weston 12th, Paul Moss 13th and Mark Yale 17th. The Go Race saw a debut for little Shuster, young Michael coming in 5th and Will Kitcher 7th.

The 4th round saw a return to the longer circuit. The 3/4's having a 2 minute lead on the E12's but that

was soon eroded as the fast boys came past at quite a chat! Rain during the race made conditions a little tricky for a while. Not sure of the results yet but Gavin and Jonny were involved at the front as ever. Last two rounds still to come and it really is worth coming down to have a go, whether in the Go Race or the main race. I can't praise this series enough, it's just what Ipswich needs and has been superbly organised and raced by the riders.





# Digital Profile - Matt



**Believe it or not that's Matt Toone.**  
It's not cycling but I thought it was  
such a cool pic I'd put it in

## How long have you been riding and competing and what got you into the sport?

I've been riding properly for 4 years.  
I only got into the sport by accident  
really. I used to sail keenly around  
the UK and got a road bike to gain a  
bit of extra fitness. I did a bit of  
mountain biking before but nothing  
too serious. I enjoyed the road  
bike and it slowly took over to the  
point where my boat was sold as it  
was getting seriously expensive to  
run and travel to all the good UK

and European events. Believe  
me, cycling is cheap compared  
to running the boat ! (4 grand a  
year just for sails just to keep it  
fast !)

## What is your worst experience on a bike?

Getting dropped like a sack of  
spuds and going backwards at  
this weeks Trinity Park was  
pretty high up there !

Nothing too bad otherwise, a few  
bonks in the early days !

Oh and watching Flynny go over  
the bars at 26mph about 6  
inches from my wheel ! right  
mess.....seriously not good!

## What is your best memory/ experience out on your bike so far?

Holiday in Italy with the bike  
(club trip) was pretty awesome !  
Really recommend it.

Smashing a pb is always a good  
feeling. Ixworth and Woodbridge  
were great fun this year, al-  
though proper hard !

## How many bikes have you got?

Road, TT, Fixie, Mountain  
bike, spare road/turbo bike.....

so 5! desired number is always N+1.

## What was your first bike?

Red Raleigh BMX (which guttingly my  
dad sprayed gold when it became the  
chariot in the school play - Joseph n  
his technicolour dreamcoat)  
Then a raft of crud mountain bikes,  
raleigh lizard (putrid green), raleigh  
alaska (putrid blue), saracen - with el-  
liptical chainrings !!!! (how fashions  
come round!)

## What interests/hobbies do you have outside cycling?

Sailing, used to do loads of teaching,  
even taught SDCC's own Jonny Shus-  
ter to sail about 10 years ago !  
Windsurfing  
Bit of guitar playing  
My brother bought me a kitesurfing  
lesson for Christmas.....sweet.....but  
another expensive hobby I could really  
do without..haha

## Club Records

### Senior Men

Rider	Distance	Event / Course	Date	Time
L. Bark	10 miles	E2/10		00:19:58
L. Bark	20 miles	SDCC 20	18/4/09	00:44:09
L. Bark	25 miles	E2/25	12/5/09	00:51:12
L. Bark	30 miles	B30/9R	14/6/08	1:07:21
L. Bark	50 miles	E2/50C	31/5/08	1:46:36

**Have a look on**  
**[www.sdcc.com](http://www.sdcc.com) for a**  
**full list of club**  
**records.. Needs**  
**updating so please**  
**let me have claims**  
**for current records**



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www.philsbikecompanyltd.com



IPSWICH  
BOROUGH COUNCIL



**Ipswich Bicycle Club & Ipswich Borough Council  
present the**

## **Ipswich Cycle Racing Series**

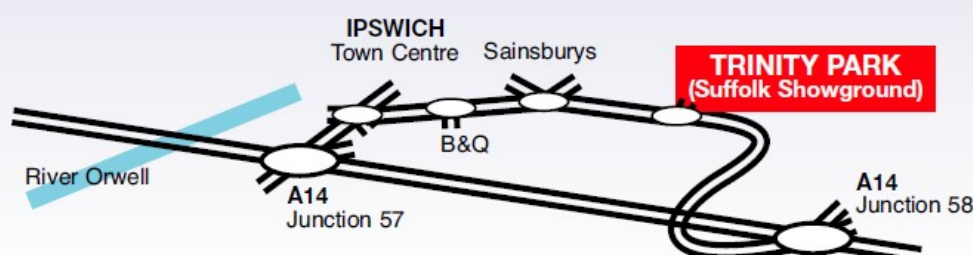
**Every Wednesday from 8<sup>th</sup> June to 13<sup>th</sup> July  
(8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June and 6<sup>th</sup>, 13<sup>th</sup> July 2011)**

**Location:**

**Trinity Park, Felixstowe Rd, Ipswich, IP3 8UH.**

**More Race Details & Entries online:**

**[www.ipswichcycleracing.org.uk](http://www.ipswichcycleracing.org.uk)**



## **Cycling opportunities for all. Closed Circuit = Traffic Free!**

6:00pm Go Ride coaching/racing Youths & Juniors, FREE

6:55pm Go Race

Youth A/B, Junior & New Racing Cyclists, £5pr wk

7:30pm Full Race

Club & Experienced Riders, £10pr wk

**All events registered and run under the British Cycling Rules and Insurance.**



### Teacups Teashop

A shameless plug for my parents Tea Shop in the middle of Woolpit. Tea, Coffee, Cakes and snacks.

Good company and cyclists welcome

### Artisans Tea Room

Introducing a new Tea Room to you and your members, we are located at Assington, Suffolk (CO10 5LW) in the Street just behind the Farm Shop that has recently re-opened under new management.

We have seating inside for 30 plus and outside for 20 with a view of our farmyard animals. Our menu comprises of Teas, Coffees, Soft Drinks, Cakes, Sandwiches, Baguettes, Soup, Paninis, Salads and Ploughmans lunches and cyclist are always welcome!

If you would like to visit us, please feel free and if there is a group of more than six we would be happy to reserve a table if you would like to email or phone in advance.



### Tour of Britain ride

Coming to Suffolk again on Saturday 17th September starting in Bury and passing through Lavenham, Hadleigh, Ipswich, Debenham, Diss and finishing at the Queens House in Sandringham.

Not sure what to do this year as the Ipswich KoM and Intermediate Sprints are right on my doorstep and there's a cross race on the same day. Will be impossible to ride to catch the start and finish but we could ride to the start in Bury and then catch a sprint or KoM in somewhere like Debenham or Diss. If anyone has any good ideas for a ride, let me know.

Congrats to Jonny Shuster who's just gained a 2:1 Degree in Law from Sheffield University. Fast and clever eh? Going places dude!

### Gas Hill Gasp

A few of us are entered in the 4 up race up Gas Hill in Norwich on Friday 8th July. It's part of the Lord Mayor's celebration and promises to be a cracking event on a closed road with good crowds. Come and cheer us up the hill!

## New Members

Richard Hewitt  
Craig Walsh  
Jacob Andrews

Welcome to the club guys!

**NORWICH City Council** **Friday 8th July at 7pm**

**Gas Hill Gasp**

*Can you make it to the top?*

**Cycle Accident Specialists**  
Specialist solicitors with over 20 years experience who will recover compensation at no cost to you.  
Call for free advice.

**Freephone**  
**0800 387 815**  
[www.cycleaid.co.uk](http://www.cycleaid.co.uk)

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FOR SALE – '08 YET NEW!

ORBEA 'ORDU' TT Bike

This bike has only done two 10's and one 25 since new.....never been dirty.

Size medium, Ultegra through-out, 2 seat- stems (one un-cut), expensive 'Arundel' aero drinks bottle inc.

ZIPP 404 wheels optional.

£2,600 complete.

£1950 without wheels (wheels have more mileage)

Reason for sale - frighteningly fast.

Contact:

Charles Tweed

07906714786

chazamatazza@gmail.com

