

NOVEMBER 2012

INSIDE THIS ISSUE:

Tour of Britain	2
The Saturday ride	3
Autumn Reliability	4
Time Trial round up	5
Cyclocross round up	6
Road Race round up	8

This month's newsletter is unashamedly cyclocross centric, so there! We have the first races of the cross season and the European Cyclocross Championships will be in Ipswich on November 4th. We now have three riders in the Eastern Cross League, if we can get all three of us out at one event we'll get team points!

Westy managed to get the club well and truly recognised on the TV at the Grand Depart of the Tour of Britain and what a great race it was.

Joe Alexander has done a tremendous job organising the awards night, don't miss it people, and he's also now started a Saturday ride at a slower pace and less distance with a café stop, a cracking social ride.

Sad to report yet more injuries as Dave Clark managed to throw himself under a car whilst on a TT in The Trossachs, cue Air Ambulance and everything! Fortunately nothing too serious, broken wrist and a lot of rest and recuperation! Get well soon Dave.

I must just mention the great work Graham Berry has been doing, putting the jersey out there and doing great work with the youngsters at the Tour Ride event and others throughout the year.

It's Hill Climb time and by the time you read this it will be too late to enter the shortest hill climb in the country but you could always come along to Watsons Hill near Semer to watch some serious gurning as the riders sprint up a very steep hill and try not to throw up at the top! I'll be there trying to win the EDCA Championship for the 4th year in a row. Scanning through the cycling websites, as you do, I was slightly surprised to come across this [The sign on - grassroots road racing in the UK](#) on road.cc which describes grass roots racing at our very own Mid Suffolk Road Race. A cracking little article; give it a look.

It's been a tumultuous year for cycling in the UK, hitting massive new heights for participation and public interest with the Tour, Bradley, the ToB, the Olympics; everything looks so good for cycling in this country; let's hope the Lance scandal doesn't dilute it somewhat. I guess LA will always be the original inspiration for me to a certain extent but I fell out of love with him a few years ago. Let's remember that it's NOT about Lance

Armstrong, it IS about the bike racing.

The AGM has now been and gone and we welcome a new Chairman in Mark Weston and a new Secretary in Mark Ormond. Huge thanks to outgoing chairman Renny who has overseen the massive growth in the club over the past few years. Gary continues as Membership Secretary with Colleen officially taking over Treasurer duties.

Sorry, it's been a long editorial this month, it's been a little light on material at this time of year so I had to fill the space somehow! and looks like you'll be getting more of them as I'm now permanent newsletter editor and webmaster.

So, enough from me, read on.

Mossy



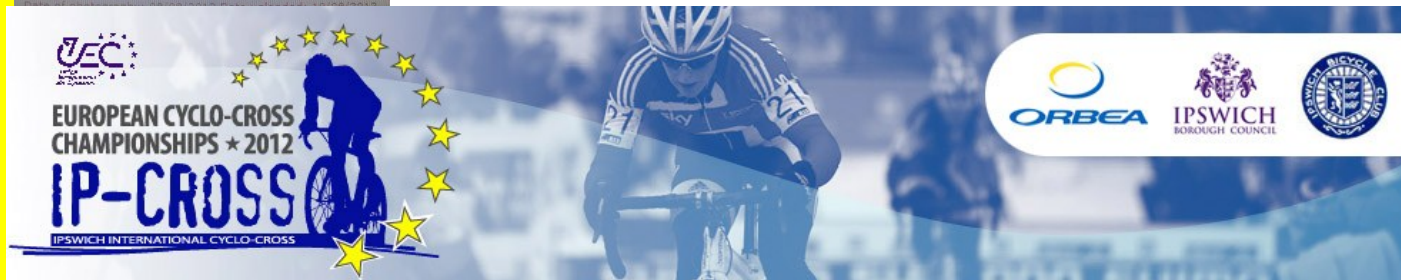
Proper Cross conditions! Photo by kind permission of Fergus Muir

Tour of Britain Grand Départ

The Tour of Britain has grown immensely since it was reborn in 2004. This year it hit the big time with huge amounts of interest in the UK following the success of Brad at the Tour and the Olympics. Cycling has finally grabbed the attention of the British public.

This is the third year in a row that the race has visited this area and for 2012 Ipswich won the right to host the Grand Départ and as luck would have it Bradley Wiggins and Mark Cavendish chose to ride, making the race even more popular.

Seeing as the race was so close SDCC just had to make something out of it. We had a group of 14 riders joining the leadout to the race and with media all around Westy was the centre of attention. (Can't think why!). Front page of the Star, interview on the Tele, Stow jerseys everywhere!



Next massive event to hit Ipswich. The European Cyclocross championships featuring Junior Men, Elite Women and Under-23 Men. A major coup for Ipswich and a huge event in the Cross calendar. Our own (OK Ipswich but close enough) Hugo Robinson is in super form and hoping to finish high up in the Under-23's

even though he's only 17.

Don't miss it on Saturday 3rd November, Chantry Park, 1st race at 11am.

And then, on Sunday, round 2 of the National Trophy, always cracking racing with the best National riders fighting it out in the National Series.



The Saturday Ride



Saturday Rides Prove Popular

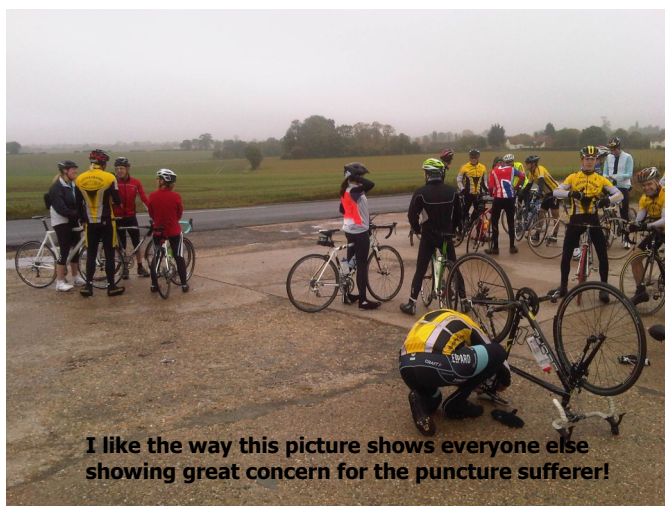
Well done Joe Alexander for organising the Saturday rides this autumn. Shorter distance, reduced speed, and a cake stop half way – ideal for those that want to get into cycling, but aren't yet ready for the Sunday speed fest!

First outing on Saturday 6th October attracted 6 riders. I missed it myself, but received very good reports. Joe sent emails round stating he would do another ride the next week. The aim is 15-20 miles at roughly 16mph, stop at a café for 30 minutes, then a similar distance back to the start. Joe was rather surprised to see over 10 riders in the Crown car park when he arrived on the second Saturday. The owner of Wickham Market café was even more surprised to see 16 lycra-clad maniacs arrive in her premises. But, she served us quickly and the carrot cake was to die for.

From strength to strength, Saturday 20th October attracted 20 riders, including three ladies (well

done girls – what a welcome change not to be looking at some blokes back-side for 3 hours). Similar format, great café in Semer, and a ride home. A few punctures, but everyone enjoyed themselves again.

I overheard one rider say he has been in the club for 4 years, but never ridden with the club before. Such comments, and the number of people appearing on these Saturday rides, demonstrate the need for a slower, shorter club ride. Well done Joe for taking the initiative, and what a great way to attract new members into the club. Many will be quite happy at this pace; others will use it as a stepping stone to the Sunday ride and, perhaps, competitive events. Another reason SDCC is the best club in East Anglia.



I like the way this picture shows everyone else showing great concern for the puncture sufferer!

Mark Ormond

Upcoming Events

Cyclocross

European Cyclocross Championships—Nov 3rd 2012

National Trophy Round 2—Nov 4th 2012

Grafham Water—Nov 10th 2012

Hempton Cross—Nov 18th 2012

Redgrave Cross—Nov 24th 2012

Broome Heath Scramble—Dec 16th 2012

Snetterton Cross—Dec 29th 2012

MTB

Thetford Winter Series 1—Nov 4th 2012

Thetford Winter Series 2—Dec 2nd 2012

Road

East District CA Hill Climb Championship—Nov 4th 2012

CC Breckland 10—1st Jan 2013
(Entries by 1 Dec 2012)

March 2013
3rd 09:00 Crest CC Spring Road
Race Reg A

24th 09:00 Ipswich Bicycle Club
Spring Scramble Reg A

Autumn Reliability

The eagerly awaited Autumn reliability was soon here and on the 14th October conditions were good, it being dry and mildish with little wind. The fast group was about 20 strong, made up mainly of Stowmartians. We set off from Needham Community Centre at 0930hrs. It was pretty much like a club ride to start with albeit fairly brisk until we got to the narrow roads between Cockfield and Hitcham where the pace seemed to increase and when we hit the drag up to Preston St Mary a couple of riders paid for their earlier efforts and shot out the back! Next up, as we were heading downhill towards Hitcham, one rider on the front didn't hear the shouts of 'easy' as we were approaching 'Buckles corner' and almost came to grief but luckily stayed upright! Things settled down through Bildeston but Semer was the next sort out with Chris Leggett and Paul Wright pushing it on the front and more riders disappearing from view! From this point the pace seemed to increase big time and after Hadleigh I was on the front with Tim Haseldine but on the change found myself alongside Kev Curtis who clearly felt strong and was half wheeling me and I was glad when someone shouted "change" as the pace was relentless! A truce was called at the A12 underpass for a call of nature and I got my own back on Kev C by setting off whilst he was still sorting himself out! We were soon back up to speed with the fast run down to Cattawade. It was steady up Brantham Hill, Giles Sharp decided to take a short cut at Brantham Bull (aiming for

glory?). A break almost formed at Stutton but it all came back together until Church Hill, Holbrook where again riders were stretching their legs. Next up was the ski slope hill and Ben Caisey got quite a gap near the top but waited for the group. From this point I think there was less than ten riders with others fighting to get back on. Up Washbrook Hill Kev Curtis attacked and myself, Tim and a VC Revolution rider countered and got a gap but all to no avail as we had to stop for traffic at the Beagle RAB! It was single file through Sproughton and most were content to let Ben do all the work as we now had a headwind to contend with and the last big obstacle, Willisham Hill. As we went up the hill I touched wheels with Paul Wright but stayed upright and then Justin Fisk accelerated and a couple of us responded and got a gap but it didn't work out so it was status quo with just the fast run in to Needham. Paul Wright got back to Needham first, just ahead of Justin Fisk, Dave Page, Chris Leggett, Ben and myself. All in all a very enjoyable reliability(road race). Average speed of 20.1mph. I'm sure there would have been a lot more to report had Dave Clark, Westie and Mossy been able to ride! Special thanks to Graham Berry, Colleen & Gary, Rachel, Jo and Mark Ormond for helping out!

Kev Norman

Watt Bikes are back

Graham Berry has booked the Watt Bikes again with 5 sessions over 5 weeks, the dates this time are:- Wednesday 7th & 14th November, Thursday 22nd, Wednesday 28th & Wednesday 5th December.

The charge this year will be £3 per person per night and last seasons regulars will have first choice but if you want to go along, please contact Graham Berry

Needham Market Community Centre 19-21:00 hrs.

Time Trial Round Up

Time Trial season only stops in December when the hill climbs have finished ☺ but the longer stuff is all now done. It's been a pretty miserable season with the weather to be honest but we've had some cracking results amongst all the cancellations. Chris Leggett finished 2nd overall and 1st Vet in the Spoco East competition, again improving on his last years points total which is a fabulous achievement. Brother Andy finished 3rd overall and 2nd Senior which is also a fabulous achievement given that he became a father to twins in the Spring and broke his collarbone in the Summer! Looks like SDCC have also won the team prize with Peter Beard as the last counting rider. Emma was 2nd in the ladies competition and not very far away from Dad, look out she's gonna get ya!

Chris Leggett also competed in Spoco South East and finished an excellent 11th.

The ICA series was again dominated by Stow riders with Dave Clark and Ben Caisey 2nd and 3rd seniors; Chris Leggett winning the vets with Kev Norman 3rd; Chris Lacey winning the 50+ vets; Miriam Edwards 3rd Lady and fantastic to see Rob Ormond win the juniors. We had far more riders compete in the ICA series than any of the other clubs and it's great to see so many new riders give time trialling a try, it really is enjoyable and addictive trust me!

The Open time trials have seen some great rides and it would be good to see some motivation to try and win more team prizes next season. SDCC should be able to clean up the team prizes if we get the right riders at the right events.

Don't forget the ICA Evening time trial series presentation and "guess the time" trial on Boxing Day. Further details nearer the time but I guess it will be at the usual location of Henley Community Centre. Maybe I'll bring some mince pies!

Chris Leggetts TT Roundup

I had a season of three halves. In Open Events, for the

opening 2 mths of the racing season I was on fire smashing 6 personal course bests from 7 races. I then discovered what overtraining meant - my 2012 lesson learnt is recovery is as important as training! Spent the following 2 mths recovering and building back up to race pace again. The last 3 mths of the season were happier hunting grounds, setting 7 personal course bests from the final 10 races.

In the ICA series I set 3 successive personal course bests on the Combs circuit (beginning of the season) and 1 on the Henley circuit (last race of the series). I won 5 of the 13 events ridden.

I achieved one new career PB this year for 10 mile distance - 22.09 *[And that's on a sporting course, Chris doesn't ride non sporting courses—Ed]*. This time put me on the podium in 3rd position, my highest ever position in an Open Event. My 25 season best was 58.06 on a less than fast day on the Bungay Bypass (B25/24).

2012 Trophy honours:

- **Winner of SPOCO East Vets Trophy** & highest placed SDCC rider. This year's points were an improvement over 2011 by 32 points.

- **Winner of SPOCO East Team prize** (Me 1st, Andy Leggett 2nd and Peter Beard 3rd man)

- **Winner of Vets ICA Series Trophy** & highest placed SDCC rider. *[2nd year running - he won the Senior Trophy last year—Ed]*

Medalled in SPOCO South East (11th place - bronze medals awarded for 3rd to 12th). *[This is a really strong competition with entrants from a big district, namely Essex, East London, Kent and East Sussex.—Ed]*



Cyclocross Roundup

September arrives and I'd promised myself that I would have started specific cross training in August; didn't happen! Still, I was feeling quite fit actually so maybe I'd be OK. I'd have to wait and find out as I missed the 1st race down at Brentwood for the Essex Roads cross, it was hot and



Photo by kind permission of Dan Swindells

it was a Saturday and it was a long way so I left it to Jason Battle and Rob Smith to battle a tough course down in Brentwood. It's a tough one by all accounts and a lot of crashes on

the hard ground with tricky climbs and descents. Jason finished 61st in the Senior race with Rob Smith 32nd in the Vets. Next race, and my first of the season, Springfields in Chelmsford. Warm, dry and



Photo by kind permission of Dan Swindells

flat. Largely around football pitches but with some off camber slopes and 2 sets of steps this was a fast race. I had a good start and made some good progress in the 1st half of the race, then I faded, Paul Rippon caught and passed me and although I regrouped towards the end I couldn't catch him and finished 28th and 3 secs behind Paul. Jason Battle was 66th in the same race.

Rob Smith was the only

Stow rider at the next round at Hogg Hill finishing 37th in the Vets race.

Rob Smith again the only Stow rider at Welwyn, finishing 38th, pretty consistent Rob!

Next up for me was Hillyfields in Colchester. One of my favourite courses and again a good start. Battled with Greg Andrews and Neil Stevens throughout the race, Greg pulling away but I stuck with Neil until the last lap and when the leaders came past to lap us I took the opportunity to get back up to his wheel, unfortunately Neil dropped his chain on the last corner

so no sprint to the finish but a good result with 31st overall and 11th Elite Vet. Rob



Photo by kind permission of Greg Andrews

Smith was 35th in the Vets race.

Davy Down in Thurrock next and it had rained... a lot! This meant mud but the long trip to Thurrock was worth it as I came away with a 20th overall and 6th Elite Vet, my best result to date. It was muddy, very muddy, I made a good start and was

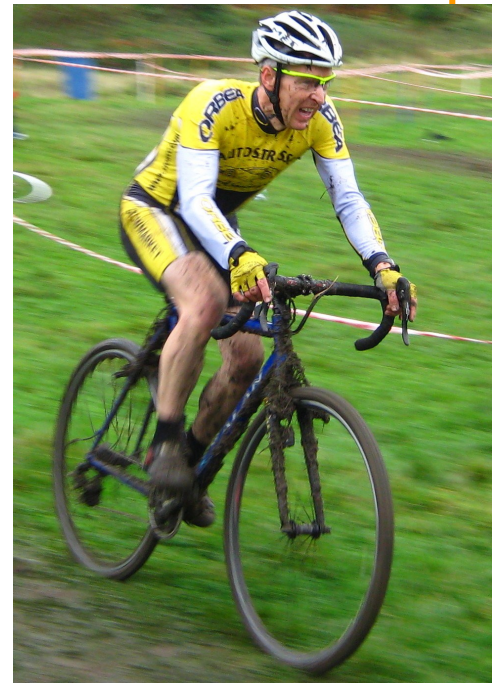


Photo by kind permission of Fergus Muir

making surprisingly good progress. I seemed to be coping with the conditions well and I soon reeled in Greg Andrews and Patrick Stokes who are my usual "target" men. I dropped Patrick fairly quickly, "mmm, this is going well", I

thought. Clive Harrison came past, I jumped on his wheel, Greg was gone. Clive is a far better bike handler than me and comes good at the end of a race and I couldn't stay with him but 6th was certainly worth the long trip.

Mistley? we have a love and hate relationship and it had been raining and was very cold. Furze Hill is a technical challenge being on the side of a hill there's usually no need for artificial dismounts and in the mud and cold it's a real slog. Surprisingly though, it brightened up and the sloppiness drained away! OK, it was still muddy but nothing like the slogging mudfest I'd expected. A stomach bug during the week meant I wasn't sure of form but I needn't have worried. I made a crap start, a bit of a pussy when the start is short into the singletrack and I found myself going backwards. Mistley has a habit of rewarding consistency though. I had few mishaps and felt strong towards the end, reeling in Greg Andrews and putting 30+ seconds into him by the end. I was fighting with a Maldon rider throughout and on the last lap I'd pulled back up to his wheel on one of the climbs and fancied the sprint at the end. Unfortunately, again, not to be as he tangled with the tapes on the downhill and even though I had a puncture, I rode it to the finish uncontested in 22nd overall

and 9th Elite Vet, pleased with that! Rob Smith was delighted to move up the field in the Vets race, finishing 26th in



considerably worse conditions! Well done Rob. Hempton next, can't wait.

This is a great sport, I absolutely love it. The bikes are cool, the races are quick and exciting, why would anyone not want to ride them? And as an added bonus there are races for everyone; Under 8's, 10's, 12's, juniors, seniors, vets and ladies; all very friendly, accessible and fun.

Paul Moss

2012 Annual Awards Evening

Just to finalise and confirm with you all that the arrival time on the night is 7pm for welcome drinks and photos.

Dress code is 'Dress to Impress with a hint of yellow'

Table plans have been set out and you will be able to see where you are sitting on arrival.

As last year there is a pay bar available throughout the night.

The disco will finish at 12pm, with doors closing at 12.30am

This year promises to be an excellent night with a great awards ceremony and lots of fun.

We will also be holding a charity raffle with some fantastic prizes on offer.

Tickets will be £1 each with proceeds from the raffle being donated to the Air Ambulance charity

Look forward to seeing you all there on the night!!!!

Jo Alexander

Stowmarket District Cycling Club
Presents:
The 2012 Annual Awards Evening

Date: Saturday November 10th 2012
Venue: Fynn Valley Golf Club, Westerfield
Tickets: £22 per person
(Tickets include 3 course dinner and disco)
Contact: Joe on 07740 878833 or
joalexander@btinternet.com for tickets
Tickets sold out last year so book early to avoid disappointment

www.postermywall.com
background by iStock

3 Peaks Cyclocross Race

The 3 Peaks Cyclocross race. The hardest, and biggest, cross race in the UK. It's a 61km race with 28km road, 33km unsurfaced, 6-8km unrideable and 1524m of climbing, up the 3 peaks of the Yorkshire dales, Ingleborough, Wharfedale and Pen-Y-Ghent. This year was the 50th running of the event and with 700 entries it was always going to be an epic race. Epic it turned out to be as well! With torrential rain the week before the event and on the day itself, coupled with wind, hail and whatever else could be thrown out of the sky it really was a battle to finish. Our battler of the Jason variety (*did you see what I did there?*) finished the race in 479th place, an epic achievement in 6hrs 11 minutes. The winner, and his 9th victory, was the legend that is Robb Jebb who did it in 3hr 9mins, phenomenal! Anyway, fabulous achievement Jason, send us some photos and I'll get it in the next newsletter. Youtube the 3 peaks cyclocross race and you'll find plenty of muddy face plants and water up to top tubes!

Rapha Super Cross

This is a 3 series cross series with a difference. Held in the usual high profile way that is Rapha it includes an Elite invitation only race with support races for vets/women and children. The events have challenging courses, cowbells, Belgian beer and frites, live music, the foam wall and the tequila shortcut! The pro teams battle it out over the three races for the honour of best team and the rest, well, they just race for the fun of it. The final round of the series was held at Alexandra Palace in London, an iconic venue and a tough old course by all accounts even if you don't include the wall of foam and the tequila shortcut! Our own Jason Battle seems to have a penchant for the high profile this year and finished a very creditable 54th in the Vets race. Jason, if you can find some pictures of yourself in the wall of foam or the tequila shortcut we'd love to see em!

Road Race Roundup

Well, the road race season is now over and we've had a great season. More riders have ridden the road races with more success than ever. David Page was the highest ever finisher for a Stow rider in our own race, finishing 2nd. We've had 7 riders scoring road race points this season; David Page, Paul Wright, Justin Fisk, Mark Yale, Will Kitcher, Kev Curtis and Graham Bacon.

David Page followed up his 2nd with 4th at the Easterley Falling Leaves. Justin Fisk was 6th in the same race and followed that up with another 6th at the Victoria Road Race.

We finished a very creditable 21st in the Eastern Road Race League with David Page 52nd, Justin Fisk 92nd and Kev Curtis 134th.

Lets get a proper team together for the races next season, show that Stow train means business!

Paul Wright finished a superb 3rd in the Ipswich Cycle Race series at Trinity Park with Mark Yale 11th and David Page 14th.

Anyone interested in the Ipswich Cycle Race series is invited to attend a debrief and planning meeting on Wednesday 7th November. The meeting will be held at Whitton Sports Centre, Whitton Church Lane, Ipswich, IP1 6LW.

Suggested agenda

2012 review – operation and performance
2012 finance
2012 matters remaining
2013 forward plan – dates, venue, items to resolve

Agenda items welcomed.

Next Edition due 1st Jan 2012

Looking for ideas for the next edition. I'm thinking the digital profile will be back.

How about some technical articles from anyone? Maybe there's a budding nutritionist or sports scientist out there who can offer some insight into the latest thinking? Maybe a cartoonist?

Let me know and send me some stuff. I try and keep abreast of what's happening in the club and the events that people do but if you don't send me stuff the newsletter ends up being a lot of my own stuff and you don't want that do you?

Wanted**Turbo Trainer**

If you have one to sell, Nick Hammond would be interested. Please contact him at Nick.Hammond@orchardworld.co.uk

New Members

Sept Joanne King
Chris Errington

Oct Gary Cullum

Welcome to the club

Website, Facebook and all things Digital

Well the website is currently a little broken but it'll soon be back. The intention is to leave the design as it is and I'll try to update the content a little more often. My thoughts are that it will remain as fairly static pages, just telling people what's coming up, details of our events and some links to various results pages. If people want me to put something on the site just let me know and I'll put it up.



We have a Facebook page which has become far more lively the last few weeks, give

it a Like and see what's going on.

We also have a Facebook group called SDCC Mates which is intended for SDCC Members to keep in touch with what's going on so if you want to be a member, let me know.

If anyone has ideas for the website or Facebook or any other digital media, please let me know. Anyone for a Twitter account?

Essex University Human Performance Unit

Chris Leggett has arranged a couple of group testing sessions at the HPU. If you're serious about your training, testing is a must. Read more about the tests here -> http://www.humanperformanceunit.co.uk/sports_science/introduction.htm

Both sessions now have the maximum number of takers but if you're interested, let Chris Leggett know as there may well be people who drop out or further sessions arranged.



Winter Training Camp

Who finds winter training on cold, wet and icy English roads unrelenting? Quite a few of you I guess. So, who fancies the lure of a sunny oasis at the end of the winter months to top up their mileage (and to kick-start their tan)? If you answer yes to this and have a spare £500 then look no further because there are four of us already booked on a plane to Gran Canaria!

Trip information:

Graham Berry and I (Chris Leggett) have been going here for the last 3 years. Last year Kev Curtis and G joined the pilgrimage. It was such an enjoyable week we have all booked up for 2013 already!

The format is self-catering and the rides self-guided. Graham Berry has been going to the island for years so he knows where all the best* routes are (*code for 'hardest'). We ride as a group everyday (with one off or 'easy day' and have a friendly 'race' up the last hill on the final day). The geographical aspect of the island means there are a lot of hills, which makes for excellent strength training (it's a dormant volcano with a four hour ride to the summit - just over 2000m - but the descent is simply phenomenal!). Unlike the neighbouring islands it's very green so the scenery is stunning. However, the best thing is the climate – consistently low to mid 20's with very little rainfall makes for an ideal training camp location. Having trained in Majorca and been snowed on I'm a convert to Gran Canaria for this reason alone!

We haven't booked any accommodation yet but we will look towards hiring a villa or similar when we know how many others want to come.

Dates - flying out Friday 01/03/13, returning Friday 08/03/13 (EasyJet from Gatwick: 14.10 outward, 19.15 return).

Cycle hire is available on the island should you not want to take your precious on the plane (from Free-Motion). Please check for availability before booking your flights if you intend to do this option.

So, who's up for some sun, sea and riding then?? Please get in contact with Chris Leggett with any questions and confirm your place on the trip before the end of November 12 so accommodation can be coordinated.

leggett.christopher@yahoo.co.uk

Fed up with this?



Why not try this?



OK, so maybe it wont look quite this regimented when we try but why not have a go anyway.

I have made us a booking at Calshot Velodrome, Southampton on **Sunday 17th Feb 2013** between **1:30 and 4:30**.

I have managed to get us an instructor (Called Ben just for info!) who will coach us throughout and make sure we get the most out of the day.

Anyone, no matter what experience or ability, is welcome to come. The group will be split up into ability so no one will be pushed beyond their limits or left out.

All bikes and equipment are provided as part of the day and cost. You are more than welcome to bring your own stuff along if you prefer.

The total cost of the day is £300 which will be split up equally between riders. The minimum amount of riders we can go with is 10 and the maximum is 16 meaning the cost will be between £18.75 and £30 each (I do not charge commission for my services!)

If you would like to come along, please send me an email (or facebook me) and I will add your name to the list. This time I am asking for a £10 deposit with each booking and then the rest of the money nearer the time when I have exact figures.

If you'd like some info on the venue the website is: <http://www3.hants.gov.uk/calshot/track-cycling.htm>

miriamjedwards@gmail.com

Happy pedaling.