

SORRENTO CYCLING CLUB AUDAX IRELAND

Summer 2008

Mop your brows, drop ice cubes in your lemonade (after your cycle) and enjoy the long hot summer that has just begun! There is so much to report on that 'yours truly' has decided to just say well done to all of you for all the wonderful things I'm sure you have done. That's it see you in September!

OK I'm only kidding. Here it is in all its amazing glory, your exciting summer edition of

“We know what the Sorrento's did this summer”

Part 1

Congratulations to Linda Haug who leads the ladies national point's series with some fine wins in recent events. Also well done to Aidan Ryan, John O'Reilly, John Doris, Karl Thomas, Conal Snr. and Jnr. For keeping the flag flying in mountain biking. Conal Jnr. is also winning the junior series, well done.

Part 2

Dave Peelo is having a great year having finished the Ras and equalling the all-time record of 22 Ras rides and is preparing now for the Olympics in September.

Part 3

John O'Sullivan keeps the flag flying in the vet's road racing and has earned some very good high placing through some hard riding in these events.

The other John O'Sullivan has just completed an unassisted end-to-end from Fair Head to Mizen Head. This is a very unique achievement and shows the strength in depth we have in long distance riders in the Club.

Part 4

Speaking of which, our Club Chairman, Paul O'Donoghue is preparing for an attempt on the 24 hour time trial record and Rose Leith is preparing for her amazing 1600 kilometre Milan-Rome-Milan. Best of luck to you both.

Part 5

And this brings us to the **MBMR** (The Mick Byrne Memorial Randonee). Congratulations to all who completed the 100 and 200 km event on a very tough day and well done to all who assisted in the running of this event. The feedback from participants was very positive and we will run this event every year from now on and thank you to Rosa for designing those lovely certificates (she is blushing with delight as she types this!!). The Club also ran a 200 km Audax event in the spring and this was very successful and will establish the Club as a long distance event runner.

Part 6

The Club league sees Enda Ryan leading and being chased by numerous challengers. Keep it up Enda, they might not catch you.

The inter-club league has also added to an already exciting road calendar. Well done, Joanne for all the hard work in both of these leagues.

Part 7

The Club ran the first round of the National Points Series Mountain Bike league. This was a very successful event due on no small part to Conal Higgins Snr. who did a marvellous job and also managed to race on the day. Conal has informed me that the Club mountain bike championship will take place in the autumn. Date to be decided.

Part 8

On the social side, Geraldine has been organising furiously!!! On the 18 July there will be a social night consisting of a slide show in the Esplanade Hotel, Bray starting at 7.30 pm. Everybody is welcome and a finger food supper will be served. There will be a small cover charge of €5 to help cover the cost of the food. This should be a great bit of craic as you will see some of the older members showing off the fashions of the 70's and their very tasteful dress sense!!! Some even had hair then that wasn't grey! And don't forget the Club 40th anniversary dinner dance/disco has also been organised in the Esplanade on the 17 October 2008.

Part 9

An underage mountain bike event will take place at 7pm on July 7, Ballinastoe Wood.

This year's underage interclub league will take place as outlined below. It will be a team competition between Sorrento, Bray and possibly Orwell .

- 1. Mon. July 21st Road, old Cullenmore Hotel near Ashford, 7pm**
- 2. Mon. July 28th MTB, Ballinastoe Woods near Roundwood, 7pm**
- 3. Mon. Aug. 11th Road, old Cullenmore Hotel near Ashford, 7pm**
- 4. Mon. Aug 18th MTB, Kindelstown Wood near Delgany, 7pm**
- 5. Mon. Aug.25th Track, Eamonn Ceannt Park Sundrive Rd. Crumlin, 7pm**
- 6. Prize presentation, date & location to be announced.**

Every participant will score for their team regardless of where they finish in their event.

The points will go towards three team competitions for which there will be perpetual trophies. Points for the Track events will only go towards the overall competition.

1. **Best MTB Club**
2. **Best Road Club**
3. **Best Club Overall**

There will also be special bonus points/prizes for effort/endeavour/improvement/sporting behavior.

We hope to have the same level of support from senior club members and parents as we had last year. Experienced cyclists accompanying the underage riders on the bike and parents marshalling were vital to the safety and success of last year's events.

All we need now is for all our underage riders to get out there and do their best for Sorrento so we can carry off the trophies. Remember every rider who finishes scores points for his/her club.

Part 10

A tour will take place on the 29 June at 10am departing from Shanganagh cemetery. It will be approximately 3 hours duration.

I hope you have enjoyed this edition, more to follow in the autumn of
“What the Sorrentos did last summer”.

Don't forget to use your sun block and enjoy your holidays. I'll be back!

Pablo Esco Handlebar.

P.S. I'm really, really sorry if I omitted anything or more importantly anybody so well done to you too if I did.

P.P.S. Two of our members are out injured at the moment and we wish them a speedy return to cycling.



NEWSFLASH

Ends Ryan just won a silver medal at the National Track Champs in Belfast and **Fintan Ryan** won 3 bronze medals.