



Newsletter No: 3
July 2008

Chairman:	Paul O Donoghue
Secretary:	Rose Leith
Treasurer:	John O Sullivan

Chairman's Notes:

Well we seem to be having a better summer than the previous few and I hope that everyone has the time and opportunity to get out and about on their bikes and enjoy the scenery. So far this year the club has successfully run an open MTB race and the Mick Byrne Memorial spin.

Next on the agenda is our annual 10 mile time trial and I would ask anyone who hasn't volunteered their time at the previous 2 events to help if they are not riding and are free for an hour or two on that morning. Last year we were left in the unenviable position of being overstretched for marshals with riders going off course. If you think that you may be free on the day can you please contact Joanne a.s.a.p. A new supply of club clothing has been received so anyone requiring clothing may contact Paul O Donoghue.

Paul O Donoghue
Chairman

Club League:

With very few races left in the league Roy Bowden has a whopping 10 points lead followed by Enda Ryan and Eileen O Sullivan.

The 10 Mile TT Club Champs was won by David Peelo with Rose Leith taking the Ladies title.

The top 10 places on the club league are as follows

	RIDER	TOTAL
1	Roy Bowden	50
2	Enda Ryan	40
3	Eileen O'Sullivan	38
4	Dave Peelo	38
5	Denis Cummins	36
6	Aidan Ryan	33
7	Ian Murphy	32
8	John Connaghan	28
9	Mark McGarry	28
10	Conal Higgins Jnr	27

Open Road Racing:

We have had a number of our club members doing well in the open road races with Tony Brabazon completing his 15th consecutive Gorey over Easter and claiming a 4th place at the Phoenix park race. Unfortunately he was knocked off his bike in a race the following week and broke his wrist so wishing him a speedy recovery back to his great form. Enda Ryan was selected for the Youth Development Squad U16 and Dave Peelo is also showing brilliant form in his road racing this year.

Mountain Bike:

Conal Jnr has been performing well in the Mountain bike races and is leading the national point's series in his group. Matthew Cosgrave and David McKenna took 3rd and 4th place in the most recent Junior NPS race and Paddy Mackey is showing great form as well in the MTB races – must be that cross training with the road racing!

Underage:

After the great success of last year we are pleased to advise that the under age interclub league will be run this year again. The races will be held every Monday with a break on the public holiday at the beginning of August. There will be five races including road, mountain bike, and track races, with prizes on offer. As with last year there will also be a team aspect to the competition, where Sorrento club competes

against other clubs like Bray wheelers. So something for everyone!

The league table is below

Murphy & Gunn Underage Interclub League

Mon 27.07.09 – Road Race, 7.15pm in Ashford on Cullenmore Bends

Mon 03.08.09 – (No race due to Bank Holiday)

Mon 10.08.09 – MTB Race, 7.15pm in Ballinastoe

Mon 17.08.09 – Road Race, 7.15pm in Ashford on Cullenmore Bends

Mon 24.08.09 – Track Race, 7.15pm in Track in Crumlin

Mon 31.08.09 – MTB Race, 7.15pm in Kindlestown

IVCA:

This year we have an excellent showing of Sorrento riders at the vets racing – aging is definitely becoming us! Before where there were only one or two Sorrento riders – John O Sullivan and Rose Leith out at the Vets races we now have a solid showing of Sorrento Cycling Club with the likes of Stephen Healy, Mark Prendergast, Alan Kilroy (back from a rib injury – good to see you fit and well again Alan) and (other) John O Sullivan flying our flag along with new member John Connaghan. It is also great to see long standing members like George O'Rorke back racing and getting places at the Vets racing this year.

Ladies League:

There is a ladies league that is run in Ashford every Tuesday evening starting at 19.30 sharp. This is open to ladies of all ages and all abilities. There is a separate race for the underage and riders are put in groups of similar ability and pace. This is a great way for any of our younger female members to break into racing. Our very own race secretary who only recently took up

cycling has now completed four races and will agree it is a fun way to be introduced to the wonders of racing without feeling intimidated or out of her depth. The support from our male members is greatly appreciated and we thank all who have come out to assist in this very well run and controlled league.

Mick Byrne:

For the second year running the club ran a touring event in memory of founding member Mick Byrne. After the success of last year it was decided to include an extra distance of 160k as a lot of people were unable to complete the 200k last year, this left us with 3 distances of 110,160 and 200k. We also changed our start point to Dalkey United which cost us nothing as Mick had been an active member of the club. Any surplus was to be sent to the Irish Hospice Trust where Mick had spent his final days. Despite the extra distance we ended up with exactly the same amount of starters as last year with oddly enough the 200k proving the best supported distance. In the week leading up to the ride many an hour was spent marking the route only to see it washed away within minutes by the ever present rain. Despite this dubious lead up, the day proved to be probably the warmest one we had been rewarded with so far this year. The sunny weather only added to the ambience of the day and despite the challenging routes everyone was content on the day and it turned out that the 200 had in excess of 4000m of climbing as I was informed by a rider with a satnav.

As the principal organisers Aidan and myself would like to thank everyone who contributed to the success of the cycle both on the day and beforehand. Many people were very impressed and commented on the impromptu water station organised by some of our underage members in Killiskey. This proved to be most welcome to all riders as the mercury was starting to rise. Special thanks to Ian Murphy and Kellogg's for

supplying us with a wide range of snackers.

Club Clothing:

For those of you needing to renew or top up your club clothing supply we have new clothing stock in. Please contact Paul O Donoghue if you would like to purchase any clothing. Paul is also holding stock at the moment for members who had previously put in orders. Those of you who pre ordered and have not collected yet please do so, or we will have to cancel your orders, as it is too difficult to manage the stock while holding deposits for long periods. I am unable to put a full summary of the clothing sizes below however here is a list of the various clothing and prices. Paul will be able to advise on size availability.

	Price
Short Sleeve Jersey	€47.00
Long Sleeve Jersey	€58.00
Bib Shorts	€57.00
Bib Tights	€73.00
3/4 Bib Shorts	€59.00
Ladies Shorts	€47.00
Windex Jacket	€61.00
Windex Gillet	€65.00
Winter Jacket	€120.00
Caps	€7.00
Socks	€9.00
Polo Shirt	€11.00
Fleece Gillet	€26.00

BikePure:

"Bike Pure is an independent, non profit organisation, committed to redirecting trust to Professional cycle sport. Bike Pure is an umbrella group for all concerned parties in cyclesport. A medium to let the fans, riders, teams and cycle trade join together in a united stance for a new era of clean cycling."

The above is taken from the BikePure website and explains who they are. They hope through support of cyclists and media pressure that they/we can encourage clean drug free cycling.

We wish the BikePure campaigners every success. We too want our cycling heroes to know how proud we are of them staying drug free in and out of competition. We feel it is essential that these elite cyclists know this. It will help increase their resolve to remain clean. The BikePure campaign is leading the way and they deserve the support of all cyclists and supporters of cycling. Sorrento are on the Bikepure website with a photo of some of our younger members wearing the wrist bands. They can view themselves on www.bikepure.org

For any one who would like to join in the support of this worthy campaign you can contact Paul Murray who has a supply of the wrist bands for €2.00 each.

Adventures:

We have a few club members who have been off on holidays however never too far from their bikes. Linda Haug was flying our Sorrento Colours in a MTB race in Norway when home visiting family and we had 3 of our long standing members making the mountains in France look flat. Aidan Ryan, Karl Thomas and Paul Murray decided that the best way to celebrate the big 50 was to go ride the Tour de France hills and prove that age means nothing! We are glad all are back safe and sound and no doubt we will be entertained with numerous stories of how easy it all was!

Comings and goings:

We have had a few sad days in the lives of Sorrento with the passing of the Higgins father/Grandfather Kevin, Clare Irwin's Mother Margaret and John Piggott's mother Agnes
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But on a brighter note we have also had additions to families. Congratulations to Neil and Sinead Coleman on birth of son Ryan.

Best Wishes:

We have four of our members heading off to the UK at the end of

July. Paul O Donoghue and (other) John O Sullivan are off on the weekend of the 26th July to ride in the London Edinburgh London event (1400km). And on the same weekend John Connaghan and Rose Leith are off to compete in the British 24 hour Time Trial event. We wish them all good luck and sure they will do our club proud.

Upcoming events:

10 Mile TT –

Our annual Open 10 mile TT will be held on 11th July starting at Newtownmountkennedy. Sign on is from 09.30 to 10.30 and race will start at 11.00. As always Marshals are required so anyone not wanting to ride please put your names down to help out. The rest of you we hope to see you in the race.

Wicklow Regatta-

We have the Wicklow Regatta coming up on 1st August. We host an underage ride at the regatta every year and doing so again this year. Any adult who are available to assist please contact a committee member and we look forward to seeing a good showing of our underage members in the event.

Touring Spins-

Touring spins continue to take place every Saturday starting at 10.00 from Glen of the Downs car park.

Tour de France Draw-

The Tour de France draw will be starting shortly with the start of the race this month. Please can all those who have tickets get them and the monies into John O Sullivan (Finance) as soon as possible. For those of you who have not bought tickets yet it is not too late! Just contact John O Sullivan and he will be able to sell you one.....or several.

Issued by Rose Leith on behalf of the Executive Committee.