



Newsletter No:  
July 2010

<b>Chairman:</b>	John O'Sullivan
<b>Secretary:</b>	Mark McGarry
<b>Treasurer:</b>	Clare Irwin

### **Chairman's Notes:**

Dear member,

The weather has been great since the last Newsletter was issued at the end of March and the number of cyclists out on the roads has really picked up. The club has been busy on all fronts. The Saturday spins continue apace, every Saturday from the Glen of the Downs. Sunday Easy tours have been running each Sunday from Ashford or Kilmacanogue. The club league is nearing another exciting conclusion, thanks in no small way to the dedication of Joanne in giving up all her Wednesday evenings.

A number of riders have tasted success in various competitions. Paul lists the results further on, so I won't repeat all the success here but pride of place goes to Dave Peelo on winning the National Veterans Road race championships. Congratulations also to Paddy Mackey on a fantastic 3<sup>rd</sup> place in the Veteran category of the season long NPS MTB races. Fintan Ryan blazes through the U-14 ranks with wins on the road and the track! Older brother Enda represented Ireland in a Junior race in the Isle of Man. Eileen O'Sullivan,

Joanne O'Shea took the top two spots in the Wicklow Ladies League.

Roy Bowden and Tony Brabazon continue to impress on the road and Ian Murphy, George O'Rorke, Stephen Healy, Alan Kilroy, John Connaghan and Rose Leith are regular racers on the IVCA races, with Ian and George having tasted success.

The club had 9 riders in the Wicklow 100/200 and they all finished in fine fettle.

Special mention must be made of the great job our newsletter editor did in running the Mick Byrne 100/160/200. As usual he pulled things together in fine fashion and the club ran an event to be proud of. So many club members helped out on the day that it would take another newsletter just to name them, but sincere thanks to all of you. On the day we catered for 153 cyclists and all were full of praise for the tremendous support they received from club members that they met on the day. Here's to an even bigger and better event in 2011.

Joanne ran a successful open 10TT event last Saturday, despite the terrible weather. Again, thanks to all club members who helped on the day. The event was won by Aaron Buggle in 20.31.

Finally, I am adding a "Results" section to the website so please e-mail me your results from your races, audax, endurance rides etc this year. Don't be bashful. Just send me your results and I will add them. And if you have any pictures, send them to me to!

Get out on your bike!

John O'Sullivan  
Chairman

### **Mountain Bike:**

M.T.B secretary Linda recently took part in several races in Norway while on a trip home. Despite finishing well she still managed to save a bit of energy to help at the Laragh control during the Mick Byrne, arriving at the Brockagh Centre direct from airport. After riding well throughout the whole series Paddy Mackey clinched the number two slot in the ultimate National Points Series race at 3 Rock to finish the series as third placed vet. Nice one Paddy!

Triathlon Report: And now for something completely different. Rose and John Connaghan recently took first team priz in the inaugural Aranmore triathlon sharing the swimming and cycling duties.

### **Underage:**

Upcoming events are listed on website and reminder texts will be sent out beforehand.

### **Racing report:**

*Sligo hosted the Nationals this year and the club was represented by Enda, Tony and Dave. Enda was the victim of a puncture early in his race and unfortunately had to pull out on a course suited to him while he was riding strongly.*

*Both Dave and Tony were riding the Vets Championship which was marked by a two man break away who managed to hold off all chasers for a large part of the race. Tony finished in the group whilst one of the breakaway riders was our own Dave Peelo who outsprinted his rival to claim the Championship for 2010. A classy performance by Dave who adds another trophy to his already substantial hoard .As usual when Dave sets his sights on something he gets the result he wants aided by relentless dedication and commitment. The result wasn't too much of a surprise as Dave had comfortably completed his placing 24<sup>th</sup> Rás a few weeks earlier as well*

*as 2<sup>nd</sup> in the Paddy Flanagan 2 day exactly one week before.*

Aidan and Dave's plans to boost club participation in open racing is paying dividends and Tony Brabazon now finds himself with a host of clubmates to chat to during races. Chatter was kept to a minimum in Roundwood when Tony finished 3<sup>rd</sup> in his category for the Christy McManus.

2010 has seen club members active in mtb, vets, track and open racing Enda showing good form and application to training was chosen to ride for the Irish Junior team in the Isle of Man Youth Race. Not to be outdone by big brother, Fintan is also showing fine form as witnessed by his recent success in Dundrum at the Stephen Roche Criterium. This came only 3 or 4 days after the U14 Track Championship where he showed a clean pair of heels to the whole field at sprint, TT and scratch level. Fintan also took 2<sup>nd</sup> place at a recent Youth Race in Gorey having been pipped at the line for first place.

Speaking of young talent, unfortunately Conal (Jnr) has been sidelined with a knee injury for several weeks and has been off the bike since the early part of the season. Hopefully he can overcome this setback to salvage something from the season after showing great promise earlier in the year.

At vets level Ian Murphy riding his first year as a vet recently placed 2<sup>nd</sup> on the TT stage of the I.V.C.A 2-day. George O'Rourke has also notched up two first places so far this year.

Current League Champion, Roy Bowden, came in second at a recent open race in Wexford.

Eileen was the well deserved winner of this years Womens League in Ashford where she clinched victory on the night after several strong performances. Joanne swapping clipboard and stopwatch for 2 wheels came in a fine second overall. Local lass Sadie also took part in the series to give a strong showing by Sorrento.

Congratulation to John O'Sullivan (audax) who completed his second Gael Force West 24hr Challenge in Connemara. The event is run over rough roads around Nephin Beg Co. Mayo with the majority of participants taking parts as team members. John was one of six solo riders.

#### Touring News:

This years Mick Byrne Memorial Spin was once again run off in fine sunshine. The day was somewhat shadowed by Dermot taking a tumble near Ballinstoe which required an ambulance. Thankfully he is well on the road to recovery having sustained some cracked ribs and keen to get back out on the bike.

More promotion including an online ad saw participation grow from low 80's to 153 including everyone from an ex. T de France rider to a priest. About 55 signed on for the 200k with 65 for the 160 and the rest opting for the 100k ride.

Many thanks to all those who helped on the day and the committee would like to extend their appreciation to the following members:

John Gaskin, for use of Cycling Safaris van and supply of energy bars.

Zoe and Andy Kavanagh, for supply of Gatorade rehydration drinks.

Ian Murphy, for supplying Kellogg's snack bars.

Well done to Fintan, Sadie and Eileen who recently completed the Wicklow 100.

Congratulations to Linda, Paul Cullinan, Mags, Paddy Mackey, Roy and Denis who completed the 200 route

**Social News:** Ongoing.

#### **Get Well:**

*While holding top position in his first year taking part in the Club League Paul Cullinan took a tumble while mountain biking and was unlucky to damage several ribs along with a*

*broken scapula. We wish him speedy recovery and hope that he is back in action soon as Linda has been brushing up on some new offroad routes. Rumours that Roy was seen cycling up Djouce with his bushmans saw are being investigated by the club disciplinary committee.*

*Best wishes and a speedy recovery to Linda's Tom who broke his ankle recently after a motor bike accident.*

#### AOB:

National Bike week: Club member Paul O'Donoghue recently represented the club in a Dept. of Transport initiative to cover the 32 counties during Bike week. The plan was to promote cycling by visiting schools en route and to be met by local cycling clubs everyday. The schools idea never materialized but several Mayors, Sports Development Officers and Transport officials got their pictures in their local paper alongside a sunscreened and sweaty Sorrento jersey. Many thanks to the Laois C.C, West Coast Wheelers and Lakeside Wheelers who showed up over the week.

Welsh 12hr. For the first time ever Sorrento fielded a team at the Welsh 12hr time trial made up of Rose Leith, John O'Sullivan and Paul O'Donoghue. On a day characterized by a 359 degree headwind everyone managed to hold to their previous time. John Connaghan who was also riding won the Reub Giles Cup for the rider closest to 219 miles.

Issued by Paul O'Donoghue on behalf of the Executive Committee.

members