



Newsletter No: 1  
July / August 2008

<b>Chairman:</b>	Paul O Donoghue
<b>Secretary:</b>	Rose Leith
<b>Treasurer:</b>	John O Sullivan

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

Autumn is nearly upon us and we will soon be winding down as the active/competitive season draws to a close. It has been a successful summer season with club members taking part in a wide variety of activities and for the first time in several years we organised an open touring event to mark the memory of founding member Mick Byrne. This proved to be very successful and we intend to build on this success and make it a permanent calendar feature.

The dates for several open events the club intends running have been drawn up and posted to Cycling Ireland. Organising events is never an easy task and hopefully volunteers will be more forthcoming next year as we were stretched thin at several events this season. It is intended to recommence weekly touring spins during the wintertime and details will be forthcoming shortly.

As I am sure everyone is aware Dave Peelo is currently in Beijing as a member of the Paralympics Squad. The Games commence on the 6th of September, Dave and tandem partner Michael Delaney are competing both on road and track in the visually impaired category. Several years of training and competition were spent in qualifying to reach this prestigious event and doubtlessly the Irish tandem will do us proud over the next weeks. RTE2 will be broadcasting from the Games and

when further details emerge re coverage we will post them on the website.

Well done to Enda Ryan on winning the League and snatching several first placings along the way. It was great to see youth shining through and shows the value of listening to the owl fellas advice which has been invaluable to members over the years. Congratulations to Aidan on retaining the vets track omnium championship he was obviously listening to his own advice.

Finally the club is running a 200k on September 7th from Bray Wheelers Clubhouse at 08.00hrs. Both riders and helpers are sought.

Don't forget to keep checking out the website for news and information:  
**[www.SorrentoCyclingClub.com](http://www.SorrentoCyclingClub.com)**

*Happy Cycling*  
**Paul O Donoghue**  
**Chairman**

### ***Club Road League***

This year's club road racing league was very tight at the top with any of the top six riders in contention for the top spot going into the final race. On the night Enda Ryan proved yet again that he favours the course with a great win which elevated him from sixth position in the table to first place. Congratulations to Enda. Thanks to all of the Marshals and Timekeepers who turned up every week in all weathers to help run the races in a safe manner!

### **FINAL TABLE**

1	Enda Ryan	46
2	Eileen O'Sullivan	45
3	Denis Cummins	45
4	Roy Bowden	43
5	Karl Monaghan	39.5
6	John O'Sullivan	38.5

### **Club Championships**

Well done to Will Byrne who took advantage of Dave Peelo's absence this

season taking home three out of four titles!

### **10 Mile Time Trial Championship**

1 <sup>st</sup>	David Peelo	22-14-99
2 <sup>nd</sup>	Denis Cummins	23-48-05
3 <sup>rd</sup>	Mark Prendergast	23-59-26

### **Ladies champion**

Rose Leith 28-31-31

### **25 Mile Time Trial Championship**

1 <sup>st</sup>	Will Byrne	59-35-50
2 <sup>nd</sup>	Denis Cummins	59-37-70
3 <sup>rd</sup>	John O'Sullivan	1-02-34-26

### **Ladies champion**

Eileen O'Sullivan 1-18-44-52

Congratulations to Denis Cummins who managed to go under the hour at the club's 25 mile championships. An admirable result at any time but especially noteworthy as Denis is only back on the bike since last Autumn.

### **Hill Climb Championship**

1st	Will Byrne	09:23
2 <sup>nd</sup>	Conal Higgins Jnr	10:02
3 <sup>rd</sup>	Conal Higgins Snr	11:20

### **Massed Start Championship**

1 <sup>st</sup>	Will Byrne	01-26-01
2 <sup>nd</sup>	Conal Higgins SNR	01-26-52
3 <sup>rd</sup>	John O'Sullivan	01-28-53

### **Murphy and Gunn Inter Club League**

The Murphy and Gunn Inter Club League had a record number of entries with 78 riders signing on for one of the races! All five races miraculously ran safely despite the last race being run in somewhat monsoon weather! The prize giving for the League will be held in October in Bray Wheelers Clubhouse with the date to be confirmed. Again thank you to all the marshals and timekeepers, thanks also to Murphy & Gunn for once again sponsoring the league.

### **Final Inter Club Table**

<b>NAME</b>	<b>CLUB</b>	<b>TOTAL</b>
John Lynch	Bray	33
David Peelo	Sorrento	29
Ian Mulvany	Bray	21
Mark Murphy	Bray	21
Dennis McCarthy	M & G	15
Eithne Ni Chinneide	Bray	15

### ***Open Road Racing News***

Conal Jnr has been showing us that he is a force to be reckoned with by being 2<sup>nd</sup> Jnr in the Eddie Tobin Memorial race as well as leading the juniors in the NPS league (MTB) with only one race to go.

### ***Open 10 Mile Time Trial***

Sorrento ran an open 10 Mile Time Trial in July. The event was very successful. 1<sup>st</sup> place went to Colm Cassidy from Usher IRC with a very fast 20.19.05. Many thanks to all club members who came along to marshal or help with timekeeping.

### ***Track Cycling News***

Dave Peelo (with partner Michael Delaney) won 3 gold's medals in the Tandem events at the National Track Championships on 26-27/07/08. Dave also took an individual bronze medal in the senior 35 lap scratch race. Meanwhile Will Byrne finished just outside the medals (4<sup>th</sup>) in the European Masters Track Championships in Manchester the following week. Back home on the Track, Aidan Ryan retained his Vets National Omnium Championship title. The title was hotly contested by 21 riders and Aidan tied with Liam Collins of Cycling Pursuits in Limerick for points but was declared the winner as his cumulated times from both his time trial events were better. A big congratulation to all our track stars

### ***Underage League:***

Sorrento's willingness to turn up and ride to the best of their ability in the rain turned a losing position into an overall win and a win in the MTB competition. Details of the prize presentation will be circulated when Mark Loughran has organized it with Stephen Murphy from Murphy & Gunn, the sponsors of the event. [Many thanks to all those who helped over the 5 events. It would not be possible without you](#)

### **Overall Result**

<b>Sorrento</b>	253
<b>Bray</b>	236
<b>Orwell</b>	31

### **Best Road Team**

<b>Sorrento</b>	100
-----------------	-----

<b>Bray</b>	102
<b>Orwell</b>	14
<b>Best MTB Team</b>	
<b>Sorrento</b>	116
<b>Bray</b>	102
<b>Orwell</b>	0

### ***Congratulations:***

As always our Sorrento Members are never idle and a few of our members have been busy showing representation of our great club at a variety of events other than league and national races. Well done to Gary Luff who took part in this years Etape which covered the grueling stage 14 of this years Tour. The stage started at Pau and finished sometime later in Hautacam having passed over several major climbs including the Tourmalet on the way.

Beth McLuskey was 3rd in the European Masters MTB while John O Reilly was 28<sup>th</sup>

Paul O Donoghue, John O'Sullivan (The Audax one not the Finance one) and Rose Leith ventured across the ocean to do the British Champs 24hrTT. This was the first time Sorrento (and Ireland) has put forward a team and they did not disappoint - ably supported by the superb second team of John and Eileen O Sullivan (yes the finance one!) and Clare (Paul's 'other' half). Paul completed his 5<sup>th</sup> 24hr placing 10<sup>th</sup> with a distance of 428 miles. He has consistently been placed in the top 10 on all his previous 24hr rides so an incredible achievement for him. John completed his first 24hr with a great distance of 261 miles. John is only in his 2<sup>nd</sup> year of cycling and this was his first Time Trial!! (Talk about going big!) Rose finished with a distance of 351 miles. As the only other female competitor dropped out of the ride sometime just after midnight it left Rose happily taking home the yellow Jersey and the Title of Female British 24hr Champion.

If that was not enough for Paul and John they decided to go back to ride the Welsh 12hr TT on the 31.08.08. This time Paul came back with 236 miles and John hit his target of 201 miles

### ***Social:***

The Slide Show - despite the small turnout the slide was very enjoyable. I hope to

run another one later in the year and hopefully a few more members and past members will be there. The Dinner Dance for the clubs 40th anniversary is looming. So now is the time to book your place. You can download a booking form from the website and send it and your money to John O Sullivan or any committee member you meet

### ***Upcoming events:***

A wide array of upcoming club events are organised, ranging from MTB events to road spins, Audax events to Socials. A calendar of forthcoming events follows:

#### Mountain Bike

- Club MTB Champs U10, U12, U14, U16 & senior Djouce Woods Sat 13/09/08 9.45am
- Under age MTB spin Lugala car park on Sally Gap road near Wicklow Way, Sun. 28/09/08, 9.45am
- Under age MTB spin Ashford car park, Sun. 12/10/08, 10am
- MTB spin 06.09.08 10.00 Djouce middle car park

#### Touring Spins

- 27.09.08 - Glen o Downs
- 18.10.08 - Ashford

All tours start at 10am sharp

#### Dinner Dance

Don't forget the dinner Dance is being held on the 17<sup>th</sup> October at the Esplanade hotel, Bray. Please get your application forms and monies to John O Sullivan or any other committee member by the 30<sup>th</sup> September at the latest as the hotel needs finale numbers shortly after that date.

Next Newsletter, Oct 2008.

Issued by Rose Leith on behalf of the Executive Committee.