

Come and try it....

Cyclo Cross

Community off-road cycling event
with coaching and fun competitions

fun for all the family

**Foxhall Stadium
Saturday 5th December 2009 1-3pm
£2 per person
Age 8-adult**

Ipswich Bicycle Club in partnership with Team Ipswich
Contact Adam Keer for further details 07880 601396



Ipswich Cycling Clubs

in association with **Team Ipswich Cycling**

Ipswich Bicycle Club

Male + female

Age: 8+

www.ipswichbicycleclub.co.uk

Contact: Adam Keer

t: 07880 601396

e: adam.keer@ipswich.gov.uk

Ipswich BMX Club

Male & female

Age: All

www.ipswichbmx.co.uk

Contact: Ria Goodman

t: 07843 687351

e: bmx_ria@hotmail.com

Venue: Landseer Park

Wolsey Road Club

Male & female

Age: 16-80

www.wolseyroadclub.co.uk

Contact: Mrs M Nichols

t: 01473 420136

e: secretary@wolseyroadclub.co.uk

Venue: based in Ipswich

Ipswich Cycle Speedway Club

Male & female

Age: 5+

www.freewebs.com/ipswich-csc

Contact: Dave Hill t: 07796 012827

e: catherine.hill50@ntlworld.com

Contact: Tony Stant

t: 07969 418226

e: shazza-1965@hotmail.co.uk

Contact: Jim Knights

t: 07729 949684

e: jamesknights@aol.com

Venue: Whitton Sports & Community Centre

Kesgrave Kestrels Cycle

Speedway Club

Male & female

Age: 5+

Venue: Kesgrave War Memorial Community Centre

www.Kesgrave-Panthers.co.uk

Contact: Dave Hunting

t: 01473 726522 m: 07850 028224

e: david.hunting@btinternet.com

Suffolk Cyclists' Touring Club

Age: All

www.greenlivingcentre.org.uk/ctc

Contact: Pete Whelen

t: 01473 642254/01394 385281

07711 026258

e: pete.whelen@bt.com

Venue: St Margarets Green

Somersham Cycle Speedway Club

Male & female

Age: 6-60

Venue: Playing field, Main Road, Somersham

www.btinternet.com/somershamcsc

Contact: Steve Copping

t: 01394 448618

e: Sjccopping@aol.com