



CCS riders on the Mad March Hilly

Spindle – April 2012 – cycleclubsudbury.com

Guest Editorial.....*Dave Fenn*

Our esteemed Spindle Editor has decided it would be a good idea to get some other 'mug' to write the editorial from time to time, not least because he has run out of issues to let off steam about. With the improvement in weather conditions and the lengthening days I'm sure many of our readers will be formulating their cycling programme for the forthcoming season whether it be racing, Touring or Audaxing. Whatever your chosen branch of our sport is, good luck during the coming season and enjoy your cycling.

Our club's first promotion, the Mad March Hilly took place recently and proved to be an overwhelming success for the club. Not only did we provide the winner in a new event and course record but had there been a team prize we would have won this also.

Personally I was very pleased to see two ladies from our club taking part in the event, it's been a long time since we had more than one lady competing in open events. I for one look forward to watching their progress and some healthy competition amongst the ladies throughout the coming season.

The new Olympic Velodrome in Stratford proved very popular with both competitors and spectators at the recent World Cup meeting. With much talk about Olympic legacy hopefully the Velodrome will encourage more southern based riders to take up track racing. Whilst British Cycling and the National Track team are based at the Manchester Velodrome I do wonder if there is likely to be a dilution of track meetings at Manchester with the possibility of some of the major events being moved to the Stratford Velodrome.....good for us but maybe a problem for Manchester.

Many of us have never ridden a wooden track but with the proximity of the Stratford Velodrome we will hopefully have the opportunity to ride the track following the

Olympics. Could be a good venue for one of our Wednesday rides.

It would appear that Lord Coe has at long last given his agreement to building a replacement road circuit for the old Eastway circuit which was dug up to make way for the Olympics site. Apparently it is going to be built on 'Toxic land' close to the new Olympic Velodrome. Not too sure what is meant by 'Toxic land' (maybe something to do with Toxic debt) but hopefully the land will be cleaned up so that riders can once again enjoy good, safe racing on roads free of motor vehicles.

Whilst on the subject of the Olympics, I and many others are not happy with the methods used to allocate tickets. It would now appear that the Road Race which once was going to be free to watch has now been targeted by the 'Olympic Bean Counters'. Currently it has been suggested that selected areas of the road circuit, particularly Box Hill will require fans to purchase tickets. Is nothing sacred when the opportunity arises to fleece genuine fans of their hard earned cash? It's going to be interesting to see how LOCOG intend to apply any ticketing arrangements.

Now for my 'rant'.....*mudguards*, or a lack of them. I am always amazed at the number of riders who ride bikes without mudguards particularly when they are in groups during inclement weather conditions. I don't mind how filthy they get but I do mind getting covered in the filth from their rear wheels. So fellow cyclists, please show some consideration to other cyclists when riding in a group, get some mudguards.....rant over. Finally it was good to see Bradley Wiggins winning Paris-Nice. He is the only the second English rider to win the race, the last one being Tom Simpson in 1967. I'm sure we all look forward to see him perform in this year's Tour de France and the exciting prospect of Bradley finishing on the Podium.....dare I say top step.

CCS Open TT Winner – A Wright result for Sudbury!



So said the headline (well it should have!) Club rider Simon Wright, took

first place and set a new course record (by 12secs) as well, in our own recent CCS Open Time Trial. It's the first overall win by a CCS rider in a TT, for a long, long time. It's actually so long that we haven't any records of a previous one and may well be the first. (Unless someone out there knows different?) (*And apparently they do! More of this in a later edition.*)

Simon beat pre-race favourite Mark Arnold by nearly a minute to record a time of 50mins 55secs. Arnold is one of East Anglia's top time trialists and it shows just how good Simon is on a TT bike. I wish we could convince him to ride more TT Open events instead of his preferred Road Racing programme which he does with equal success. A pleasing total of 13 club riders took part in the 34 rider lineup and if we (the club) had the forethought to include a team prize in the awards available, we would have claimed that as well, with Simon's 1st, Simon Daw's 5th and James Rush's 7th place.

Incidentally, these last 2 riders were separated in 6th place by Nick Webber who happens to be a CCS 2nd claim member! These were followed in by Rob Davies in 12th place, Jonathan Weatherley in 14th, Matt Shotbolt in 16th, Rob Harman in 20th, Matt Baker in 21st, Nick Baker in 22nd (despite a 2 min late start penalty) Trevor Pillet in 23rd, Darren Rule in 25th, Denise Leeder in 31st place and first CCS lady home with our other lady rider, Kirsty White tying for 33rd place.



Well done to you all for braving the early morning cold/mist/drizzle. Also thank you to the many club folk who also braved the elements, serving as vital 'on course' marshals, timekeepers and observers.

The high tech computer generated result screen added a touch of CCS class thanks to the efforts of IT 'wizz kid' Viv Marsh. The welcome hot drinks and cakes after (and before) was much needed by riders and helpers alike, so thanks to Mary and Dave Fenn and their assistants.

Finally, a big well done to our Organiser, Stewart Kirk, for putting together an event worthy of CCS's renowned organisational skills.

Note: If any riders who took part would like a copy of their photo, (including winner Simon in a blue top....hmmm, what, no club top Simon?) let me know on rushr23@aol.com and I'll email it to you.



As the Open TT season is now in full flow, further glory has been heaped on CCS with Simon Daw getting a excellent 2nd place and a 4th place in recent events. Could be a good year!

Diary Dates.....

AUDAXES for April/May;

Saturday 21 April: Manningtree: Green and Yellow Fields 300k ride.

Sunday 29 April, Woodham Mortimer: CCS audaxes: Witham Westerley 200k, Witham 150k, Witham Wander 100k rides.

Sunday 6 May: Radwinter: ECCA Festival 100 and 200km rides.

Saturday 19 May: Manningtree: Asparagus and Strawberries 400km ride.

Saturday 26 May: Long Melford: CCS audaxes: Edmund's Folk Go Paddling 200k and Edmund's Kingdom 100k rides; new routes.

Further details and entry forms for all of these rides on the Audax

UK website, at www.aukweb.net, under 'Calendar'. Entries open to all.

Finally, one of our members, Deniece Davidson, has asked if anyone out there is interested in riding the following Audaxes and sharing the costs in getting there as they are all out of East Anglia.

*Heart of England 300km – 14th April
Cirencester*

*Brevet Cymru 400km - 5th May Chepstow
Brian Chapman 600km -19th May
Chepstow*

SPORTIVE

First organised event by a new local club, Boxford Bike Club TORNADO SPORTIVES: 15th April, From Boxford Playing Fields; 20, 40 and 60 mile signposted routes. Full details on their website;
<http://www.boxfordbikeclub.co.uk/the-boxford-tornado-grand-cycl/>

CCS THURSDAY EVENING TIME TRIAL SERIES

This series starts on Thursday 19th April; full details and schedule under 'Events' on the CCS website and also shown further on in this issue.

We have received complaints from the public about riders wearing all black kits during T.T.'s and not being easy to see by car drivers. We would ask that you either wear your CCS shirt or a highly 'visible' top. This is very important for your safety!!

The Club has recently found it necessary (thanks to British Cycling) to increase the cost of riding time trials, to a modest £3 per ride or £45 a season for CCS and 2nd claim riders, or £4 per ride or £50 a season for members of other clubs.

Another possible change this year is that the start line for the '10 mile' TT course could be revised. The CCS committee is looking into moving the start to a similar spot as for the Brent Eleigh course. (This is to be confirmed)

This has been done in the interests of road safety/visibility, and to also pre-empt local criticism and concerns.

Remember that whatever start you are using, you should always wait with your bike **on the pavement** before being called to the start. The only rider in the road should be the rider being 'counted down'. A downside of riding time trials is that you are also required to marshal for one evening a season (at least we hope it will only need to be one). If you are able to marshal on an evening near the start of the season, could you please e-mail Robin at robinandpam@tiscali.co.uk to book a place. A list will be circulated on Thursdays to cover the rest of the season. Thanks. *Robin*

BILDESTON COMMUNITY CYCLING

Summer series of Tuesday evening rides start on 24 April, at 6.45pm from Bildeston Market Square for about 1hr to 1 and a half hours. There are two rides, *Slow* and *Regular*, starting at about 8-9 miles and 13 miles respectively. These will lengthen slightly as evenings lighten and riders get fitter. All are welcome.

IXWORTH CRITERIUM RACES

Held on a tight circuit around the centre of Ixworth on Bank Holiday

Monday, 7 May, and organised by West Suffolk Wheelers. Roads closed from noon till 5pm. Races for all categories and ages of riders.

A great spectator afternoon, and a great opportunity to race locally for the more competitive riders of our membership! Details on West Suffolk Wheelers website at:

<http://www.westsuffolkwheelers.co.uk/racing/ixworth-cycle-races>

Thursday Evening Time Trial Schedule – 2012.....

| Date | Course | Time |
|----------|--------------------------|--------------|
| 19 April | Lavenham 10 | 18.45 |
| 26 April | Brent Eleigh | 18.45 |
| 03 May | Acton | 18.45 |
| 10 May | Hitcham Hilly | 19.00 |
| 17 May | Lavenham 10 | 19.00 |
| 24 May | Brent Eleigh | 19.00 |
| 31 May | Lavenham 10 | 19.00 |
| | Interclub with Col.R. | |
| 7 June | Acton | 19.30 |
| 14 June | Hitcham Hilly | 19.30 |
| 21 June | Lavenham 10 | 19.30 |
| 28 June | Lavenham 10 | 19.00 |
| | Interclub with H.R & WSW | |
| 05 July | Brent Eleigh | 19.30 |
| 12 July | Acton | 19.30 |
| 19 July | Hitcham Hilly | 19.30 |
| 26 July | Lavenham 10 | 19.30 |
| | Club Championships | |
| 02 Aug | Brent Eleigh | 19.30 |
| 09 Aug | Hitcham Hilly | 19.00 |
| 16 Aug | Acton | 19.00 |
| 23 Aug | Lavenham 10 | 18.45 |
| 30 Aug | Brent Eleigh | 18.45 |

TOUR of BRITAIN 2012

It's just been announced that this year's Tour will be starting the first stage from Ipswich waterfront on the 9th September. It will make its way up to the Norfolk Showground via Woodbridge, Aldeburgh, Leiston, Lowestoft and Dereham.

THE 12" BAGUETTE.

By David Fenn

It is a well known fact that cyclists have healthy appetites. During a recent very wet Wednesday ride the term 'healthy appetite' was taken to a whole new level by several hardy senior members. The mid ride eating stop was at the Transport Café at Risby. Your Eagle eyed Chairman was first in the queue and noticed the menu had some new mouth watering additions in the form of a 12"



Baguette with 3 rashers of Bacon and two fried Eggs.cor blimey I said I'll have one of them! This particular saliva inducing selection from the menu was repeated by other equally hungry (i.e

greedy) members of our group. (*Note: your diet conscious Editor had a tomato salad..*) We did advise the Waitress we would be checking the length of her Baguettes to ensure they were not contravening advertising standards; she gave us a knowing smile and carried on taking orders.

Now, a 12" floppy Baguette containing fried eggs with soft runny yolks requires a certain degree of care if one is to avoid squirting the yolk over anything or anyone in close proximity, quite apart from the waste of good yoke. Anyway, as the saying goes, practice makes perfect so I'm sure we will be returning to the Risby transport Café in the not too distant future to get in some more much needed practice. It was with a heavy bellies and straining Lycra that we all left the comfort of the Café for the very wet ride home complete with 6 punctures on route!

Commeth the hour, commeth the.....

There comes a time in everyone's life when they realise they will never achieve their goals without an extra bit of effort, so it was with my aspirations to make my mark on the local time trial scene, my extra effort took the form of training secretly throughout the winter, spending many hours in the cold and wet, choosing routes where I was sure I would not be spotted by any Sudbury club mates.

The day of reckoning Sunday March 6th was scheduled to be when I broke cover for the Mad March hilly time trial.

I arrived at the headquarters in good time to find Stuart Kirk had marshaled the troops with Mary Fenn dispensing tea from the kitchen, Viv Marsh had set up some new fangled inter web projector thingy (eat your heart out Robin) which would sort out riders times and positions at the click of a button - very impressive. All the usual suspects were there, Ashton Dyson looking much fitter than when I last saw him, Geoff Morse, Brian Webber and John Steed among them, luckily no one noticed my cycling gear under my normal clothes! At the start Jonathon Weatherley was calmness personified as first rider off, Simon Wright gave his impression of a tightly wound spring such was his concentration on the line and went off like a rocket. Darren Rule, Rob Davies, Matt

Baker, Simon Daw and James Rush appeared more relaxed, Denise Leeder looked as though she'd rather be anywhere but Lavenham, Kirsty White took things much more calmly.

The lesser spotted Rob Harman and Trevor Pillet went without incident; Matt Shotbolt was without his usual pointy headgear, which was much safer for his pusher off! Nick Baker, trying to leave his arrival at the start line until the last moment, missed his slot twice and found solace in the old adage "third time lucky". At last it was my turn, calmly up to the line; David Fenn was my pusher off.

Concentrate, listen to Alison, "30 seconds, 10 - 5, 4, 3, 2, 1, GO have a good ride". A good shove from David helps me on my way, steady now, not too fast too soon, get the breathing right then increase the speed, remember Stan Nichol's advice - start slowly then ease off! Passed Howlett's Garage, out of the speed limit, the road rises slightly now, enough to remind me that putting in too much effort too early will hurt, top of the hill past the farm where in the summer they sell the most gi-normous rhubarb, keep left to avoid the rumble strips which will send shocks up through the tri-bars, spot my minute man in the distance, downhill now, top gear, strong wind in my face hardly hinders me, pass the Little Waldingfield turn, my minute man is on the poorly reinstated road surface as I keep well out on the smooth to take him.

Pass the village hall, more effort now as the road climbs



slightly, no one on the pedestrian crossing, up to the mini roundabout where Colin and Mark wave me left into Valley road, the road climbs slightly, dips then climbs again, not much but enough to make me crouch lower over the bars and look forward to turning towards Hadleigh and maybe getting some wind assistance. Looking ahead I can see Damon and Barry marshalling the main road junction, this is the junction I dread, visibility is o.k. but it's easy to get carried away and the poor sight line to the right means it must be approached with some caution. Luckily

all is clear and I turn onto the main road, dropping down a gear as I'd scrubbed off too much speed, back into top gear I fly through Newton Green to the Hadleigh road where Peter Whiteley is standing, now I'm feeling good, I glance behind me, move to the centre of the road and turn left in fine style still in top gear and with some wind assistance now, I stand up on the pedals and power out of the corner.

Settling down again before the double white lines, a car catches me up here but with the double lines, traffic coming the other way and my speed, he is unable to overtake me until the Boxford speed limit is in sight. Passed the funny new house on the left, down the Boxford by pass, up the other side I fly, passed the Brewers Arms to where Geoff Morse is marshalling and ease round the sharp right hander.

In no time at all I'm sprinting down the Hadleigh by pass where Adam signals me left into the Semer road, wow that corner was tight, nearly lost it there. A bit of flat twisty road then the sharp climb to Letts Pools where Roger is waiting to send me left towards Monks Eleigh. "Go on Bri" he yells from behind his camera, "Bri" obeys and goes on, downhill, uphill, along the flat, wind sideways on now, past the large pothole which Stuart has helpfully marked with a sign saying "pothole". I briefly wonder how many motorists have seen that sign and muttered something about penny pinching councils, then comes the glorious downhill stretch into Monks Eleigh where Bob and Ashton are on duty, through the village towards Brent Eleigh where I find the slight climb by the Cock pub much easier than on summer Thursday nights, must be the absence of the drinker sitting by the open door and raising his glass as I sweat my way by! Only a mile and a half to the finish now and I sprint my way to the chequered flag and our club's three trusty timekeepers, Linda, Alison and Brian. At last crossing the line, completely spent, I could hardly get up the hill back to headquarters. Once rolling I'd used only my two top gears, now I was in bottom gear and struggling.

I walked slowly into the hall where everyone was looking at Viv's magic screen; Viv was on the phone to the timekeepers "Really?" he said "are you sure? O.k." With that he clicked his

mouse, the numbers on the screen beside my name flickered, there was my time and placing, everyone looked at me then again at the screen where beside my name was what I'd trained hard for all winter - first place - everyone cheered, THEN I WOKE UP.

By Brian 'April 1st' Mann

BACK IN TIME - Chapter two

by Brian Webber

During the summer of 1980 Tony Hall and I suddenly found that we leading the Sunday club runs, it was not until the AGM, at the end of the year, that we found out why, someone had forgotten to inform us that there were no club runs during the summer as the others were doing open Time trials, Road races and Audaxes, You have to remember there were no mobile phones or Emails to communicate in those days, but I do know that two of the older members used to communicate with two tin cans on a piece of string!. The following year, Len started a newsletter called the Spindle, (*Top bloke!.. Ed*) in an attempt to keep club members in touch. The best thing about being runs leader was you could ride at your own pace and go where you wanted to even if you did get lost at times, which did happen sometimes, however we never lost anyone, (although there were times when I wished I could!). So on Saturday it was study the local map and decide where we would go on the Sunday club run and also where we would stop for a cup of tea, then come Sunday have you guessed? Yes we would go somewhere completely different. By this time the wife decided that she was not stopping at home cooking the Sunday dinner while we were out enjoying ourselves, "I am coming out with you" (if the weather is nice, that was an afterthought) she said, so the Sunday club run became more of a family ride, in those days we had quite a number of youngsters in the club and the number of punctures they had was unbelievable, and the parents did not think to send them out with a spare tube or a puncture outfit, however I soon became an expert in repairing punctures (see photo). I well remember one club run where we had four punctures within half a mile, I was repairing the fourth puncture for one of the young lads when Peter Broomfield (who would later

become club secretary) noticed that my front tyre was going down, "I will soon fix that for you Brian" he said, and pulled out a canister and promptly squirts some stuff into the valve on my front wheel, he then spins the wheel round and pumps up my tyre " there you go, fixed in a minute, a lot quicker than you with your patches" he said, with that we back on the road, but not for long we had only gone about a 100 yards when white foam started to pump out of my front tyre. It went everywhere and stuck to everything. We stopped, I took out my wheel and pulled the tyre off, the inner tube had become like a snake with rabies, the stuff Peter had squirted in had lifted all the patches on the inner tube,

after
cleaning my
tyre and
wheel with
my socks (I
never did
tell Pat how



my socks got in that state) I fitted a new inner tube that I always carried, and after a few choice words and telling Peter what to do with his quick repair kit we were back on the road.

Footnote:

Picture shows the late Brian Nixon and Andrew Webber watching yours truly (long haired git) repairing the puncture.
To be continued.

AND FINALLY..A FRENCH REQUEST...

Hello,

My name is David LAM, I am 21 and I am a French student in an engineering school. I am writing you this letter because a friend of mine told me about you. His name is François Doyer, a French student, too. He cycled with your club a few times when he was doing his internship in England and he is fine. His stories inspired me to go in the U.K. Actually; I would like to learn to know the Anglo-Saxon culture and meet people but also improve my English.

So I wondered if you had any ideas or information that could help me to find a summer job in your country. Thank you for reading me. Please do not hesitate to contact me for anything even for asking news from François. I would be glad to answer you.

Sincerely David LAM

Contact David if you can help on
dl-snkt@hotmail.f

C.C.S.Course Times from 2011 & Targets for 2012

(Note – Lavenham 10 target times may alter if course is revised)

| Name | Lav 10 (& target) | Brent Eleigh | Acton | Hitcham |
|--------------|-------------------|---------------|---------------|---------------|
| N.Baker | 24.00 (24.50) | 19.36 (20.17) | 19.48 (20.30) | 33.19 (34.29) |
| S.Barnes | 29.52 (30.55) | 23.05 (23.53) | 0 | 39.34 (40.57) |
| G.Buckles | 28.39 (29.39) | 22.25 (23.12) | 23.35 (24.25) | 39.08 (40.30) |
| R.Bush | 35.38 (36.53) | 28.19 (29.18) | 29.35 (30.37) | 49.21 (51.05) |
| S.Carson | 26.47 (27.43) | 21.36 (22.21) | 22.02 (22.48) | 36.49 (38.06) |
| J.Clinch | 29.52 (30.55) | 23.46 (24.36) | 0 | 0 |
| C.Cowen | 29.43 (30.45) | 23.29 (24.18) | 24.45 (25.37) | 0 |
| R.Davies | 23.16 (24.05) | 18.59 (19.39) | 19.32 (20.13) | 32.43 (33.52) |
| S.Daw | 23.22 (24.11) | 18.57 (19.37) | 19.20 (20.01) | 31.53 (33.00) |
| D.Day | 23.37 (24.27) | 19.04 (19.44) | 19.32 (20.13) | 0 |
| J.Downs | 0 | 23.38 (24.28) | 23.48 (24.38) | 40.45 (42.11) |
| A.Dyson | 28.51 (29.52) | 23.17 (24.06) | 23.47 (24.37) | 38.39 (40.00) |
| A.Flinn | 30.03 (31.06) | 24.11 (25.02) | 0 | 39.47 (41.11) |
| C.Harris | 31.21 (32.27) | 0 | 0 | 0 |
| C.Hill | 26.49 (27.45) | 21.11 (21.55) | 22.59 (23.47) | 36.32 (37.49) |
| A.Hoppit | 27.56 (28.55) | 23.24 (24.13) | 23.13 (24.02) | 38.39 (40.00) |
| G.Hoppit | 25.35 (26.29) | 20.17 (21.00) | 20.21 (21.04) | 33.50 (35.01) |
| S.Kirk | 25.24 (26.17) | 20.24 (21.07) | 21.59 (22.45) | 34.58 (36.11) |
| B.Law | 31.13 (32.19) | 25.20 (26.13) | 26.13 (27.08) | 43.49 (45.21) |
| T.Littlewood | 29.41 (30.43) | 23.50 (24.40) | 24.55 (25.47) | 0 |
| S.Mackay | 26.12 (27.07) | 20.40 (21.23) | 0 | 38.38 (39.59) |
| B.Mann | 28.12 (29.11) | 22.34 (23.21) | 23.16 (24.05) | 38.51 (40.13) |
| J.Marsh | 0 | 0 | 27.09 (28.06) | 0 |
| V.Marsh | 26.31 (27.27) | 21.10 (21.54) | 22.47 (23.35) | 37.51 (39.11) |
| L.McKnight | 32.22 (33.30) | 26.18 (27.13) | 26.26 (27.22) | 0 |
| T.Moore | 33.12 (34.22) | 26.14 (27.09) | 27.06 (28.03) | 45.04 (46.39) |
| J.Newton | 27.19 (28.16) | 21.56 (22.42) | 22.23 (23.10) | 0 |
| M.Pillet | 30.23 (31.27) | 0 | 0 | 0 |
| T.Pillet | 26.06 (27.01) | 20.57 (21.41) | 21.59 (22.45) | 36.47 (38.04) |
| D.Pratt | 26.16 (27.11) | 20.32 (21.15) | 0 | 43.46 (45.18) |
| D.Rule | 27.58 (28.57) | 22.11 (22.58) | 22.55 (23.43) | 38.49 (40.11) |
| J.Rush | 23.16 (24.05) | 18.46 (19.25) | 20.02 (20.44) | 0 |
| A.Russell | 0 | 22.14 (23.01) | 0 | 0 |
| J.Shotbolt | 31.11 (32.16) | 25.20 (26.13) | 26.07 (27.02) | 44.43 (46.17) |
| M.Shotbolt | 22.56 (23.44) | 18.55 (19.35) | 18.50 (19.30) | 31.32 (32.38) |
| J.Steed | 32.09 (33.17) | 26.40 (27.36) | 26.48 (27.44) | 45.42 (47.18) |
| M.Taber | 28.27 (29.27) | 0 | 0 | 0 |
| P.Tatum | 0 | 0 | 25.38 (26.32) | 0 |
| M.Trayner | 31.05 (32.10) | 0 | 25.35 (26.29) | 0 |
| J.Weatherley | 26.05 (27.00) | 20.23 (21.06) | 21.00 (21.44) | 35.05 (36.19) |
| D.West | 23.58 (24.48) | 19.16 (19.56) | 19.45 (20.26) | 33.10 (34.20) |
| S.Wright | 22.34 (23.21) | 0 | 18.43 (19.22) | 0 |

C.C.S. Riders - Open T.T. Results – March 2012

| Date | Event | Course | Name | Dist | Time | Notes |
|------------|---|--------|--------------|------|----------|--------------------|
| March 3rd | C.C. Breckland 10 - Bungay | B10/19 | B.Law | 10 | 35.48 | 49th |
| March 4th | C.C. Sudbury - Mad March Hilly – Lavenham | BS24R | S.Wright | 22 | 50.55 | 1st & Course rec'd |
| March 4th | C.C. Sudbury - Mad March Hilly – Lavenham | BS24R | S.Daw | 22 | 52.58 | 5th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | J.Rush | 22 | 55.46 | 7th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | R.Davies | 22 | 57.22 | 12th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | J.Weatherley | 22 | 58.02 | 14th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | M.Shotbolt | 22 | 59.09 | 16th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | R.Harman | 22 | 01.00.22 | 20th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | M.Baker | 22 | 01.01.22 | 21st |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | N.Baker | 22 | 01.01.31 | 22nd-inc 2min pen |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | T.Pillet | 22 | 01.04.48 | 23rd |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | D.Rule | 22 | 01.05.28 | 25th |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | D.Leeder | 22 | 01.14.29 | 31st |
| March 4th | C.C. Sudbury - Mad March Hilly - Lavenham | BS24R | K.White | 22 | 01.20.55 | =33rd |
| March 10th | West Suffolk Wheelers Hilly - Risby | BS21 | S.Daw | 21 | 51.25 | 7th |
| March 10th | West Suffolk Wheelers Hilly - Risby | BS21 | D.Day | 21 | 54.03 | 11th |
| March 10th | West Suffolk Wheelers Hilly - Risby | BS21 | J.Weatherley | 21 | 55.38 | 17th |
| March 10th | West Suffolk Wheelers Hilly - Risby | BS21 | M.Traynor | 21 | DNF | - |
| March 18th | Maldon & Dist CC Hilly - SPOCO | E18/18 | S.Daw | 18 | 47.57 | 2nd (1st Vet) |
| March 18th | Maldon & Dist CC Hilly - SPOCO | E18/18 | J.Weatherley | 18 | 51.58 | 17th |
| March 24th | ECCA 10 - Newmarket | E2/10 | R.Davies | 10 | 22.08 | ? |
| March 24th | ECCA 10 - Newmarket | E2/10 | L.Finch | 10 | 28.38 | ? |
| March 24th | Plomesgate CC - Tunstall | B10/9 | J.Rush | 10 | 24.09 | 9th |
| March 24th | Plomesgate CC - Tunstall | B10/9 | D.Day | 10 | 24.19 | 11th |
| March 25th | Chelmer CC Hardriders - Finchingfield | E99/25 | S.Daw | 25.6 | 01.02.14 | 4th |
| March 25th | Chelmer CC Hardriders - Finchingfield | E99/25 | J.Weatherley | 25.6 | 01.08.56 | 25th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | S.Daw | 20 | 48.15 | 6th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | J.Rush | 20 | 49.14 | 8th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | D.Day | 20 | 51.07 | 18th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | J.Weatherley | 20 | 51.37 | 20th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | B.Lee | 20 | 01.05.34 | 39th |
| March 31st | Stowmarket & DCC 20 - Debenham | BS33 | M.Traynor | 20 | 01.22.28 | 41st |
| March 31st | VTTA East Anglia | E33/25 | B.Law | 25 | 01.27.51 | ? |
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