



Another busy month to report on in this bumper edition of Spindle. Lots has been going on with more TT records being broken, junior members making the headlines, the club championship producing a sparkling evening and the final club run Audax coming to a successful conclusion. It's all included in this edition which will be the last until the beginning of September, as I'm having my annual rest from the monthly rigours of cajoling you all out there for content to produce a mildly interesting Spindle.

Pride of place this last month must go to Jody Downs who became the first club member ever to go under the magic 20 minute mark for a 10 mile TT. That's over 30mph for the entire distance and was an amazing performance. Last season during my end of season roundup, I think I predicted that Jonathan Weatherley would probably achieve a sub 20 ride, but sadly this year has seen Jonathan laid low and unable to compete with Jody. He has been greatly missed and it's a great shame as they are our best TT stars at present, and I hope next season we will see them both go head to head for the honour of being fastest out on the TT courses once more.

It is nice to see two female juniors have joined the Evening TT Series and a big well done to Molly Cutmore for her ride in the club championships which saw her win the Juvenile Cup and also to Patrick King for winning the Junior Cup. Full results are shown further on.

My mystery TT correspondent has penned some very useful tips and hints to help newbies and those just starting out on their TT competition journey and is all written in his inimitable style.

Included further on is a great account of riding (including to and from) the Dunwich Dynamo through the night by Simon Norton and will put hairs on your chest!

The Tour has finally finished and has left me wondering what will fill the void following it on TV every day? Have I become a Froome convert over the past 3 weeks.....well, I'm warming to him I'll admit and was impressed how he handled not only the daily race pressure, but more so the unnecessary verbal and physical attacks he endured by the French press and the so called 'fans' on the road. Typical French reaction when they're not winning, which they haven't done for 30 long years. You would think they would be used to it by now!

Still they are getting their own back on us all who are using Calais this year.....#\$*>!#\$">#'s

Along with us having other social media sites on the Web, we have now joined Instagram and have our own account which can be found on <https://instagram.com/cycleclubsudbury> and is basically a photo based site (with none of the chat etc) which will include up to date pics from our events. It's easier for me to upload pics onto, unlike the Flickr account which I really struggle with. If you want to include any pics on it, just email them through to me or Connor Mothersole (*who set the site up for us*) on..... cjmothersole@sky.com or rushr23@aol.com There are already quite a few photos on there, taken by Con and myself including the recent Club Championships.

Have a look and see what you think of it.

Just like buses !.....

The Club hasn't had a Juvenile Girl time trailist in its history (?) and now it has two! Both Molly Cutmore and Tabby Skeats have tried their hands at 'testing' in recent weeks with very respectable results. Molly started her first TT as part of a 2-up with Kirsty and Tabby did the same but with her g'dad and club member Martin North.

This is hopefully the first success story of the Clubs Junior section. The Saturday morning coaching sessions are now running at capacity; with 41 children signed on and 24 junior/juvenile members.



For two weeks in July the coaching sessions had the use of the Shoretrax wooden track system. Hired by Sudbury Town Council for the *Party In the Park*, in which the club had a stand, we were able to use the track to help the children hone their off-road skills on the bumps and berms. Hopefully this will give the children the confidence to look ahead to next year's Mud, Sweat and Gears mountain bike series.

To keep up with the Junior section, please visit and 'like' our Facebook page www.facebook.com/ccsjuniors. We are always looking for club members to help out at our sessions on Saturday mornings between 10am and 11am. If you can spare some time please contact Kirsty: kniamh@icloud.com



Err, I don't think that passes as a bike Kirsty!



The Club stand at The Party in the Park

BILDESTON AUDAXES, SATURDAY 18 JULY

by Robin Weaver

There were a good number of entries this year for Cycle Club Sudbury's long distance audax rides from Bildeston, on what was a very pleasant day of clear or lightly clouded skies, although with a strengthening south-west wind during the afternoon.

The Suffolk Lanes Extravaganza (209k) attracted 59 riders on the day (including 6 CCS members), with 57 finishing the ride to the coast at Orford Quay and back, via Walsham le Willows, Halesworth, Wickham Market, Framlingham and Debenham. The south-west wind during the afternoon made the return from Orford Quay harder than the ride out! Pictured above are Byron Grimes, Nick Reed and Tony Grimes at Orford. Byron rode his longest Audax to date (209km) with his dad which is quite an accomplishment for one so young. Very well done!



The slightly shorter 100 Miles of Suffolk Lanes (168k) also had an excellent turn-out of 24 riding (3 from CCS), with 23 successfully finishing. The ride to the coast shared some of the 209k route, via Thornham, Framlingham, Orford Quay, Wickham Market and Debenham, passing castles at Orford and Framlingham.

The biggest field of the day was not surprisingly for the 104k Suffolk Lanes audax, a route linking many of the organiser's favourite lanes in the Bildeston area, visiting Flowton, Ringshall, Needham, Cotton, Buxhall and Brent Eleigh. 47 rode (5 from CCS), and all riders successfully completed the ride. There were cafe stops on route, one at Granary Crafts at Buxhall, complete with its own museum. A 25 mile Challenge ride also used this as a cafe stop.



Thanks to those who helped with this event; Peter Whiteley, parking, Orford control, and an evening kitchen stint. Pam, Liz Rush and Lynn Grimes for early morning and afternoon catering. David Fenn and David Miller for help with controls at Orford and Buxhall. Roger Rush for a major shopping expedition with me, and for staying 'til the last riders went home at 9.30.

Dunwich Dynamo Saturday 4th July.

By Simon Norton

After completing the 120 mile route last year, with Ashton Dyson and Viv Marsh. I enjoyed it so much I decided to do it again, but with a change just to keep it interesting. Ride to London, ride the route and ride home sounded like a challenge, so that's what I attempted. Leaving home 14.55, I headed up Ballingdon Hill with a strong headwind and the temperature a balmy 31 degrees showing on my Garmin. It was an effort and I doubted my sanity knowing the distance yet to cover.

Passing through the Heddinghams I pushed on through Finchingfield and into Gt Dunmow where I was caught up by another rider. We rode along chatting. Allan had parked his car at Dunwich and was riding to the start ready to ride the DD the correct direction with friends. The company and someone to share the work with was very welcome and we rode together until we caught up with another pair of riders from the Pistonheads Cycle Club who were doing the same as Alan. At Moreton we stopped at the White Hart Inn to get a cold drink and top up water bottles, Alan was keen to press on so we left the other two sat outside under a large sun shade.

The section though Epping seemed to be a slight downhill for miles and we made good speed until we hit the congestion and traffic lights of east London, arriving at London Fields and the Pub in the Park around 19:10. We shook hands and Alan headed off to meet his friends.

I secured my bike to the railings and headed into the pub for a beer. Filled rolls and a barbeque were also on offer along with a large water container at the end of the bar for topping up water



bottles. Outside I chatted to two Colchester Rovers riders, Andy Thompson and Alex Stepney and we watched each other's bikes to return to the pub for food and more beer. West Suffolk Wheeler Malcolm Borg waved to me from the queue for the barbeque, I would not see him again till Dunwich. A group of Colvelo riders arrived their dark club shirts stained with salt, I spoke to Jamie Lones (also of Boxford

Bike Club) and he told me of his 160 mile ride in the searing heat. Their plan after resting and enjoying a few well deserved beers was to catch a train back to Colchester, very sensible.

By now the street previously packed with cyclists was a lot clearer and a steady stream of riders arrived and departed in the direction of Dunwich. I decided that I too needed to make a move so got geared up and departed at around 20:55. The first half hour was a trial of negotiating London buses and too many riders. Approaching Epping and as things calmed down a bit I stopped to switch on my lights. I saw my earlier riding buddies from Pistonheads passing by with the rest of their club members.

I passed them or they passed me another two to three times, the last time they declared me an honorary member (I guess I have been called worse). The ride was near perfect, a warm tail wind propelled us towards the coast. Every hostelry along the route threw open their doors to provide refreshments and cash in on the opportunity which was embraced by the hordes of passing riders.

Once or twice passing a pub involved weaving through a crowd that almost engulfed the road, apart from stopping for more water I pressed on planning a halfway stop in Sudbury.

Sudbury arrived; or rather I arrived in Sudbury and left the route to pop home. Arriving around 01:10 I parked the bike in the garage, put batteries on charge, fired up the kettle and got some food cooking. 3 large mugs of coffee later I locked up and re-joined the route. It was a little cooler by now so my long sleeve top provided warmth. It was 01:50. A stop at Needham Lake to use the toilet facilities (it was all that coffee) was my only break. As I rode on, other riders were much thinner on the ground.

As I passed under the A14 and turned for Coddenham I could not see another soul so I was glad of my Garmin to confirm the route. Around 03:00 I saw the first faint glow of light, at 04:50 I saw the sun for the first time. At 05:10 I rolled into the car park at Dunwich and stopped to take photos. The queue for the café was miles long so I



decided a short break, get more water and head home to have breakfast would be the plan. I heard a shout from the direction of the café and Malcolm Borg came over. We agreed that we would ride back together, so after some flapjacks and a drink we departed He had got there far earlier than me and enjoyed a good old fry up (lucky sod).

The ride back was uneventful. We passed riders still heading to Dunwich until we reached Sudbury. Malcolm dropped me on each hill as my legs protested at the effort. We met Darren Rule around Bildeston and he rode with us until Waldingfield, where he joined a group of Boxford riders heading in the opposite direction. I finally arrived home around 08:30 some 221 miles completed.



A hot shower and breakfast of eggs, bacon, toast and coffee was a rich reward. I attempted to stay awake as we had the Grandchildren stopping over. I tried to give the youngest her bottle but the wife had to take over as I kept dropping off. I finally gave in and went to bed around 11:30 to wake up at 16:30. However, I still slept well that night.

Two things left to mention, Simon Keep and his 10 year old son Oscar who rode from Sudbury to Dunwich. A brilliant effort from the young rider!

And what do I do next year to keep the DD interesting?

C.C.S. Riders - Open T.T. Results - July 2015

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
July 4th	Norwich ABC - Bungay	B10/43	J.Rush	10	22.39	12th
July 4th	Norwich ABC - Bungay	B10/43	J.Bradbury	10	22.50	13th
July 8th	East Anglian VTTA - Rougham	B10/38	D.Fenn	10	26.42	PB 26th
July 8th	East Anglian VTTA - Rougham	B10/38	C.Harris	10	26.10	PB
July 12th	East Anglian VTTA - Newmarket	E2/25	R.Davies	25	54.52	5th
July 12th	East Anglian VTTA - Newmarket	E2/25	D.Day	25	55.30	
July 12th	East Anglian VTTA - Newmarket	E2/25	L.Finch	25	01.21.00	1st in Age Group
July 12th	ECCA - Attleborough	B25/4	J.Rush	25	54.41	
July 12th	ECCA - Attleborough	B25/4	J.Bradbury	25	56.24	
July 12th	ECCA - Attleborough	B25/4	D.Fenn	25	01.09.11	PB
July 12th	ECCA - Attleborough	B25/4	D.Miller	25	01.16.29	PB
July 15th	VTTA -	F11/10	D.Day	10	21.37	
July 15th	City RC (Hull) Hull	V718	J.Downs	10	19.56 PB	New CCS 10 Record
July 15th	City RC (Hull) Hull	V718	R.Davies	10	20.33 PB	
July 15th	Anglia Velo - Bungay	B10/44	C.Harris	10	27.24	
July 18th	Team Cambridge -	F2D/10	D.Crisp	10	22.16	PB 19th
July 19th	Diss & DCC - Bressingham	B25/17	J.Rush	25	57.49	4th
July 19th	Diss & DCC - Bressingham	B25/17	D.Day	25	58.30	9th
July 19th	Diss & DCC - Bressingham	B25/17	D.Fenn	25	01.13.59	
July 25th	Victoria CC - Ugley	E1/10A	J.Bradbury	10.2	23.42	
July 25th	Victoria CC - Ugley	E1/10A	D.Fenn	10.2	29.54	
July 25th	Victoria CC - Ugley	E1/10A	B.Bush	10.2	37.50	

Records and P.B's on the Open Roads

As I mentioned in the intro', Jody's season continues to soar by achieving the clubs first sub 20min time for a 10 mile TT in 19.56. This was his only outing this month so was obviously saving himself for his fabulous effort in Yorkshire. His companion for the day was Rob Davies who also produced a PB on the day on this fast course. Rob also produced a very quick time for a 25 on the E2 of 54.52 for 5th place and Damon wasn't far behind with a 55.30 and midweek time in the VTTA event of 21.37 was his fastest this month.

James continues to put in good times this season with 54.41 in the ECCA event being his best 25, with a best 10 in the Bungay event of 22.39. A 4th place on the 25 mile Bressingham course was his best placing this year.

John Bradbury seems to be back on form after shaking off a recent chest infection by posting a good 22.50 for the Bungay 10 and a 56.24 in the ECCA event. Dave Crisp keeps improving with a PB on the Cambridge 10 event with a 22.16.

Colin Harris produced another PB on the Rougham 10 mid week event with a very decent 26.10.

Dave Fenn was our most active member this month and rode to two PB's for his efforts. A 26.42 on the 10 Rougham course and a 01.09.11 on the wet ECCA event rounded off a great month for him. The other David also endured the nasty conditions on the ECCA event on his first ever 25mile TT and produced a gritty 01.16.29 through the gloom for a PB. Len rode the VTTA event on the E2 and recorded a 01.21.00 and took 1st in Age prize for his effort. Well done to them all.....

CLOTHING STOCK UPDATE From Trevor Hale

Current stock availability is quite good but I am running low on some items. I am though planning to place a new order in the near future so please let me know about any special requests ie. Skinsuits, WT race tops, as soon as possible. We are also planning to carry a selection of tops in kid's sizes to cater for our ever growing youth coaching group.

	S	M	L	XL	XXL
Short sleeve tops @ £43		6	6	3	2
Long sleeve tops @ £47-£50*	1	2	6	4	2
Windtex tops @ £60	3	5	3	1	2
Gilets @ £34	1	3	1		
Windtex gilets @ £46.		1		1	
Ultra packables @ £44		3	3	1	
Skinsuits @ £81			1		
Bib shorts @ £53			3		
3/4 bibs @ £44		2	2		
Bib longs @ £46		2	2		
Bib longs with pad @ £53-£57*		3	4	1	



Also, black adult polo tops £14, black full zip hoodies £22, multitubes £8, overshoes £13.

Remember, if you haven't already used it this year, there is a £10 membership discount off your first purchase of club tops and bottoms.

Contact Trevor Hale, clothing secretary. Email clothing@cycleclubsudbury.com

Hints and Tips on how to win the Tour de France or maybe just improve your TT results

By Ray Norshine

Following a recent club Time Trial I was looking for inspiration, direction or perhaps the secret recipe from the quick guys for faster TT performances. As always the club members are happy to share their knowledge, well almost everyone, and their collective thoughts appear to be as follows: -

'Quality not Quantity' – the name of the game is 'quality not quantity'.

First question was how much is enough?

Although there is no denying you need to put in a good amount of base work to build from, if you think riding 20 miles per day as hard as you can is going to make you the best you can be then you may be disappointed.

Sure you would be quicker than you would have been by riding everywhere slowly but it's all about specific training for the event you want to improve at. If you want to do 100mile TT's one minute intervals may not be the best session?

A big part of the quality side of training is the recovery, apparently you can actually get quicker sitting on the sofa or whilst you are asleep at night dreaming of PB's. You need to train smart – over train at your peril!!

'Self-Harm' – They weren't suggesting you start slicing at your wrists or stub burning cigarettes into your skin, although this actually could be less painful.

You need to be able to take yourself to a dark place, your own personal pain cave, on a consistent and continuing basis to get the very best from yourself, though perhaps not to the extent that one member suggested being that you 'Train until your eyes bleed'

Just look around the car park, without doubt everyone has put in hours of hard graft to get where they are.

Genetics & age aside (we are all limited by these) is the guy or girl next to you quicker because they can hurt themselves with greater consistency and for longer? One member commented "If you're training hard are they training harder??"

'All The Gear No Idea' – Been there, done it and possibly still doing it!! Of course it's great to have all the latest fastest kit when you first start, drawn in by the promises that this aero kit will knock minutes of your times. It's true if you put every racer on comparable kit the pecking order might be slightly different but probably not by a huge amount? Suggestion was to set yourself tough but achievable targets and every time you nail one of those targets get yourself that new bit of cycling bling, a new pointy helmet, some over shoes or a club skin suit.

'One Horse Race' – Well it isn't but initially you are not actually racing anyone else. What you are racing against is the timekeepers watch. This is the only thing that should matter to you in the early days; it's all about improving yourself and reducing the time taken to ride a particular course.

Would you rather PB and come tenth OR ride slowly and win?!?!?!?

Once you have established your level you can then gauge your times against those who achieve a similar time to you each week, take secret pride in progressing quicker than them!! It's not important if the event winner is miles quicker.

'The Arms Race' – like with all warring parties your arsenal needs to be bigger and stronger than the other guys. (Once you have put in the hard hours and you have 'earned' that bling)

So you have been training like a demon and your form is brilliant, you don't want to be slower just because you're not riding a decent weapon. If he buys a Zipp 808 Firecrest front wheel then surely I've got to buy one??

Just remember though, the holder(s) of many CCS Club records ride one of the best value for money entry level TT bikes, it's not all about the bike.

Although you may want and benefit from TT specific kit you don't need to break the bank to go quicker, feeding the kids is more important than time trials, correct?

Human Sponge – be prepared to soak up as much information as possible. Some of it will be complete fantasy (buy some overshoes and you will shave minutes of your times). Some of it could be the best addition to your race game plan all year, some of it may send you to an early grave!

Don't be afraid to ask questions, we all have and we all continue to. Most are happy to share whatever level of knowledge they have, you will soon learn and not bother asking the ones that won't.

Waiting Game – No don't sit around waiting for a miracle dose of speed to find your legs but be prepared that getting to a reasonable standard can take years. Initially your improvements can be rapid but the quicker you get the harder it is to improve or to even maintain.

Even the faster members of the club go to race open events and finish way down the leader board. Big fish little pond.....again it's about you improving yourself. There are no shortcuts to improvements, well not legal ones anyway and no one likes a cheating scum bag!!

Appreciation –Not just the fact that you have survived another leg busting effort or the fact your race was hold up and traffic free but that you appreciate the efforts of the committee members, time keepers, helpers and marshals who make our club TT series possible and the best around for miles. Without them all of the above is irrelevant!!

Ray Norshine

CCS Road Race Details *By Darren Rule*

Things are hotting up (no, not the weather!) for the second latter-day CCS Road Race on Sunday 23rd August.

At the time of writing, we have nearly a **full complement of 60 entries** for the Regional B (3rd and 4th Cat) race and I'm really pleased to announce that we have nearly **30 female entrants** for the Women's race, which means we are going to have two action-packed races on the day.

We have the Reg B event starting at 9:30am and when they have completed the first lap of the 13-mile Bulmer course at around 10:00am we'll start the Women's race. Both races are 4-laps in duration, giving a distance of around 50-miles (80km) each and the spectators about 3-hours of racing to watch. The race is being held on the Bulmer course again this year which can be viewed at the following link:

http://www.walkjogrun.net/routes/current_route.cfm?rid=FD816AD5-FDC4-CF49-0550D821EF31C312

The event HQ has changed from last year due to availability, so this year we'll be at the Long Melford Football Club (CO10 9JY). This means they'll be a 3-mile neutralised zone from the HQ, through Borley, to the start of the race which will give the riders a reasonable warm-up before the flag drops.

Although I have had a number of club members come forward for helping on the day I am looking for a few more, so if you can help please let me know on either darren_rule1@hotmail.com or 07747643858. Among the duties on offer I'm looking for another first aider and another driver or two.

If you'd like to support the event but can't help on the day I'm also looking for someone to put up some advertising posters and drop some flyers through some doors on the course route a couple of weeks before the event. Also we need plenty of cake bakers to provide sustenance to riders when they return.

If you can help with any of these duties or just want to come and get involved please let me know



Cycle Club Sudbury Road Race Sunday 23rd August at 9.30am



9.30am - Regional B Race is over 50 miles and is open to all 13rd & 4th Category Riders but preference will be given to Eastern Road Race League members

10.00am - Women only Race is over 50 miles and is open to all Category female riders.

DIARY DATES

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, click [here](#). For further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/>

Saturday 8 August,; Dunmow, 100, 200k
Saturday 29 August; Mildenhall, 100, 160, 200, 300k
Sunday 13 September; Oundle, 110k
Sunday 18 October; Carlton Colville, 160, 200k
Sunday 8 November; Carlton Colville, 100k

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

Full details, and entry for most events, on the British Cycling website at <https://www.britishcycling.org.uk/events>

Sunday 9 August; Suffolk Coast
Saturday 22 August; Ipswich
Sunday 23 August; Norfolk
Sunday 30 August; Suffolk
Sat/Sunday 5/6 September; Suffolk
Sunday 20 September; Colchester.
Sunday 20 September; Hadleigh Bike Club run the first edition of their ***Gayfordflyer Sportive***; ***further details here. www.thegayfordflyer.info***

MTB RACING

This season's Mud Sweat and Gears series is now under way; details at <http://www.mudsweatgears.co.uk/>

Sunday 9th August, Radical Bikes, Essex
Sunday 27th September, Hadleigh Farm, Essex

ROAD RACING

Sunday 23 August; CCS very own road race, and concurrent women's road race; details elsewhere in Spindle.

Saturday 12 September; Stage 7 of ***the Men's Tour of Britain***; Fakenham to Ipswich, via Bury, Needham, Hadleigh.

<http://www.tourofbritain.co.uk/stages/index.php>

TIME TRIALS

The following link shows details that may be of interest to Time Trialers.....
<http://www.cttlondoneast.org.uk/page21.html>

2015 CCS Evening TT Series - Results and Points Positions

Name	LAV 10 Apr16	B.E. Apr23	ACTON Apr30	H.HILL May7	B.E. May21	LAV 10 28May	ACTON Jun4	H HILL Jun11	LAV 10 Jun18 Inter Club	LAV 10 Jun25 Inter Club	B.E. Jul 2	ACTON Jul 9	H HILL Jul 16	LAV 10 Jul23 Club Champ	B.E. Jul 30	H Hill Aug 6	POINTS
*P.BARNES	25.00	19.56	19.59	33.43	19.31	24.04											
J.BELLWARD	28.42	22.12	22.28	37.07	22.12	26.33	21.33	35.52		25.34	20.30	20.57	34.50	25.08	20.16		733 3rd
A.BIGG	29.14	23.58						39.12				20.59					40
*M.BORG						26.38		37.43	26.15								123
J.BRADBURY									24.03	24.07				23.38			68
D.BREE	25.36	20.33		34.23		25.45	21.37		25.51		20.50						89
G.BUCKLES	28.30	22.55	23.09	39.36	21.50	27.55	23.12			26.49		22.36	38.21		22.14		412
B.BUSH		31.16	31.10						36.50	35.18		29.20	51.03	35.26	28.58		376
A.CHAMBERLAIN												20.30					
R.CRACKNELL	28.54	22.35		37.57	21.34	27.16	21.42	37.15		26.21		21.40	35.40	25.38	20.45		600 6th
D.CRISP	24.00	19.22			19.08	23.42			23.24	23.33	19.11	19.25		23.41			484
M.CUTMORE											30.34 2-UP	26.32 2-UP	47.20 2-UP	33.16	27.48		50
*S.DANIEL					21.34	25.43				25.45				26.08			
R.DAVIES	23.12	18.56	20.25		18.27			32.21			DNF	19.00		22.48			288
D.DAY					19.19						19.38			22.57	18.52		234
J.DOWNS	23.03					22.51			22.48	22.34				22.02			195
A.DYSON	27.47	22.28	22.45	36.53		27.54	22.23	36.37	26.35	27.23 inc pen 30sec	21.46	21.21	35.17	25.43	20.57		819 1st
D.FENN		23.43	24.17	39.39	23.15	28.58	24.03	39.39	28.33	28.23	23.24	23.19	39.49	28.23	23.07		789 2nd
L.FORD									24.20	24.27	19.45		32.18	23.19			186
T.HALE		25.52															
R.HARMAN	26.06																10
C.HARRIS	31.04	24.39	24.53		23.10	DNF	23.41		28.31		22.56	23.02	39.53	28.00	22.32		566
*B.HO	29.53	23.18															
*D.HATRELL						31.33				28.02							
L.HUNT COLE	29.29	22.59	23.12														
E.JACKSON																	
*A.KENNEDY	24.19	19.25		32.35		23.52					19.12	19.18			18.44		367
P.KING													29.41	28.27			
B.LAW	34.49						30.10				28.23	28.28		34.34			177
M.LAWSON			23.58		22.36		23.08										80
*B.MacDONALD					18.59												
*S.MacKAY	26.03			37.36	21.38	26.37	21.59			26.47	22.22						100
I.MILLARD	27.28										22.03						50
D.MILLER		25.11	25.53	44.02		30.33	25.10	42.18	29.47	29.28			41.36	30.13	24.01		548
*T.MOORE		27.28			25.59	32.00	26.49	44.04	32.22	32.11	25.51	25.56	44.05	32.17	26.44		329
J.MUMFORD																	
J.NEWTON	25.27	20.38	20.51		20.11	25.14	20.59	34.40	24.43	DNF	20.25	20.25		25.07	20.43		294
M.NORTH												32.47 2-UP			28.29 2-UP		
*G.PAMMENT	25.40	20.58	21.25	35.45		25.38	21.22	34.58	25.02	25.19	20.25		34.37	24.55	20.40		677 4th
*A.PETITT	24.35				20.50												
T.PILLET	31.27		DNF		22.52	28.47	23.35	41.33	33.55		25.54	24.51	43.13	30.16	24.48		423
D.PRATT	27.40																10
L.PRYKE	29.17																10
D.RULE									24.21								10
J.RUSH	24.06	19.06		33.36	18.35	22.56	19.21			22.53	18.38	19.06	31.45	22.42			516

*D.SCHINDLER		22.11	21.56													
*S.SEGGER						28.32	22.45									
*M.SHINN			DNF	35.49	20.42	25.41	20.55	35.44		25.38		20.51	35.07	25.37	21.07	
J.SHOTBOLT					27.30	33.23	27.48	48.18	32.54	32.33	20.01			32.19		134
M.SHOTBOLT	24.18			33.53	18.54	24.02 inc pen 37secs	20.43	32.25 inc pen 28sec!	23.16	23.23				23.47		325
T.SKEATS												32.47 2-UP		28.29		20
*C.STEWARD			21.43	35.36	20.41	25.54	20.54	33.56	24.35	24.42		19.52		19.46		
M.TRAYNOR			22.51											28.08		54
D.UPTON		21.35	21.59	35.53	20.43		21.21	34.54	25.00	25.53		21.08	35.26			616 5th
J.WEATHERLEY																30
*N.WEBBER		20.29			19.43	24.35		33.33		24.15	20.15					127
L.WEST		21.14	DNF				21.21	35.37		24.58				25.41		50
*J.WILSON	28.18															
*J.WHARTON			20.38	33.45	19.49	24.27		34.00	24.05	24.37	20.02		33.33	24.08	19.40	
K.WHITE											30.34 2-UP	26.32 2-UP	47.20 2-UP	31.36		40



EVENING TIME TRIAL SERIES UPDATE

The tables have turned in the Evening Points Series with long time leader Dave Fenn slipping into 2nd place, just 30 points behind Ashton Dyson who has been 'Hoovering' up loads of points this month. Both have been setting new Personal Best times on the courses and I really don't know who will win the series overall as it's so tight. Justin just keeps banging out good improvements every week and is not far away from them both. One good ride and he will be up in the mix with them. Gary Pamment has made steady progress up the chart in 4th spot with Dan slipping down to 5th after missing the last 2 events. Ryan has really come on well this month with a hat full of improving points and now sits behind Dan by a mere 19pts. Colin Harris, David Miller, James Rush and Dave Crisp round off the top ten and are all handily placed to pounce on those above them. It's good to see Molly Cutmore and Tabby Skeats joining in the fun with their first rides this month. Molly has now ridden the last 5 events and Tabby had ridden in two. Well done to them both for taking the plunge. Nearly every week, there seems to be PB rides from a lot of the riders and have never known so many PB improvements in one season.

The Club 10 mile TT Championships were held this month and have reproduced Rob Davies' Press account of the evening:-



'CC Sudbury held their annual club time trial championship on the Lavenham 10 mile course on Thursday evening. Twenty four club members took part on a warm and relatively still night. The early pace was set by James Rush and Rob Davies with the former achieving a PB riding a bike with a fractured saddle rail (!) in 22-42 and the latter missing a PB by 1 second in 22-48. The inform rider all year has been Jody Downs and he saved his best form for the championship to eclipse the course record, (held by Simon Wright with a 22-04 for several years) in a time of 22-02. It was an extraordinary ride giving him a massive 40 second margin of victory over Rush and Davies.'

The ladies title went to Kirsty White 31-36 from Barabara Law 34-34, with Molly Cutmore winning the juvenile cup in 33-16 with her first solo ride. The handicap event was won by Lee Ford from Ashton Dyson and Ryan Cracknell. Downs also won vets on standard from Davies and Damon Day who set a PB in 22-57. The male junior cup was won for the second year in a row by Patrick King in 29-41. Brian Webber's team of time keepers and marshals ensured the event was run to the highest standards seen at club TT's.'

T.T. Gallery of the Winners

Ladies Champion Kirsty



Superb shot of O/A & Vets Champion Jody caught at speed by Connor



Handicap Winner Lee



Junior Champion Patrick



Juvenile Champion Molly

*And so, I come to the end of a rather packed edition and feel I may have earned my holiday, assuming I can breach fortress Calais!
As I mentioned before, there will not be another Spindle edition for two months as batteries and brain needs to be recharged.
Have a lovely summer holiday break and keep safe.
Rog