



The Spindle — August 2013 - cycleclubsudbury

July brought us two welcome events:-

- 1) Summer has now officially begun &
 - 2) The Tour started and ended with another great result at the end of it. Froomey, like him or slightly warm to him, he rode an exceptional Tour and simply pulverised the opposition. When his team did go missing, he just did the job himself and produced some stunning performances. Quite phenomenal... Two T de F champions in 2 years, who would have thought it!
- Cav seemed to be lacking a consistent lead out train and can't believe he's on a downward spiral as a lot of people think. The coming weeks won't be quite the same without our daily dose of a Tour fix. (Can I say that?)
- I look forward to hearing from our 'Tour' band who witnessed Alpe d'Huez first hand. Was it really as bonkers as it looked on the tele?

Other events recently saw our final CCS organised Audax event from Bildeston take place. I'm not sure if the cooler cloudy weather was kind to them or a blessing. I do know over a 120 riders enjoyed the 4 events on offer and I also know what a massive organisational undertaking it is to get it all up and running. We are very lucky to have willing personnel who spend their time every year on our 3 audax events. Most clubs manage just one! They also help to keep your subs lower due to the finance they generate.

Sudbury Town's *Party in the Park* was attended by CCS who had a 'stand' It was all co-ordinated by Kirsty White and saw a lot of interest from the public especially in the Watt Bikes which saw 150 people of all ages have a go. Also during the event, new members to the main club were signed up along with 6 new juniors to the coaching scheme which we now operate. A lot of the general public (including the Mayor in the pic alongside) showed genuine interest during the 6 hours Kirsty and other members manned the stand. Well done to them all.



Following on from this, Kirsty has initiated two new ideas for the club, a CCS Junior Section and a winter Circuit Training programme which she has outlined below.....

Junior Section

Our junior section has made progress and added in numbers following the successful day at Party-in-the-Park. James Hancock recently competed in the Mud-Sweat-and-gears mountain bike series for the first time and came away with ninth place. The day involved an hours free coaching from a British Cycling Instructor and

races for all age groups. We're planning to return to this event next month so any adults (or children) that would like to join us or even show your skills in the adult race, do come along.

The junior section will now meet every Saturday 10 - 11 at Great Cornard Sports Centre. There is no age limit, just enthusiasm. Contact: Adam Chamberlin, Chris Sampson or Kirsty White.

Circuit Training

Is anyone interested in circuit training? We are able to hire the hall at Great Cornard Sports Centre during the winter. This would give no-one the excuse that you couldn't train over winter because your Turbo Trainer is too boring.

Please let me know as I need to have an idea of numbers to see if this is a viable venture.

Kirsty. kniamh@icloud.com

It's been a busy time for Kirsty as she has also made the headlines recently by creating a new 25 mile TT club record. She demolished the current 26 year old record by over 6 minutes with an exceptional ride on the fast (and very hot on the day) E2 course at Newmarket. Well done again!

Dates for your Diary

Sunday, 4 August; Newmarket Cycling & Triathlon Club, in association with the Animal Health Trust; The Dogs Sportive; Kentford; 25 mile "Terrier" route, 50 mile "Whippet" route, 80 mile "Greyhound" route. The entry fee is £19 (or £25 on the day), and will raise funds for both the Animal Health Trust and Newmarket Cycling & Triathlon Club. Entry via BC British Cycling web site.

AUDAXES

Saturday 24 August: Mildenhall: 300, 200, 100, 60k
Saturday 31 August: Bedford: 110k ride
Saturday 7 September: Dunmow: 600k
Sunday 8 September: Oundle: 110k

Saturday 21 September: Henham: 200, 170, 110, 50k

Sunday 6 October: Blaxhall: 110k

Sunday 13 October: Blundeston: 200, 150k

Sunday 27 October: Stevenage: 100, 67k

Long Road to Recovery

It's good to see club member Rob Davies back on the roads after an enforced layoff over the winter. He has been missed on the Open TT scene and has only ridden a few Evening Series events.



He is at this moment embarking on a 900 mile marathon ride from Lands End to John O'Groats with a couple of friends for charity. They are intending to complete the ride in 10 days and son Jack, one of our junior members hopes to ride some of the way towards the end with his dad. Rob hopes to raise £2000 for Leukaemia and Lymphoma Research and anyone wishing to support the charity can donate at JUST GIVING, Rob Davies5. That's some comeback ride Rob!

NOTE:

The next edition of Spindle will be issued probably **in mid September** due to holidays and French rides getting in the way of compiling it all.

Anyone who has promised articles for me have now even longer to write up. I still need 'stuff', so please send to me by early September.

Anything (club matters) that is deemed important during this period will be emailed to everyone in the usual way.

Bildeston Audax Press Report

by Robin Weaver

Cycle Club Sudbury ran a series of long distance rides from Bildeston, last Saturday, in conjunction with Bildeston Community Cycling.

This was the first day for a fortnight that didn't feature end-to-end sunshine and high temperatures, but this was not a concern to the riders, who welcomed the more comfortable riding conditions.

The rides were advertised as being relatively traffic free on quiet lanes, and this attracted a



number of non-East Anglian riders from London, Bath and the home counties, and an Australian entry. Like several other riders, he was treating his ride as final preparation for the London/Edinburgh/London audax ride, which starts next weekend – a mere 1400 kilometres in 5 days, with 1000 entrants from 33 countries!

21 riders successfully completed the 209 kilometre "Suffolk Lanes Extravaganza" ride, which visited Halesworth, Orford Quay, and Framlingham, with cafe stops at each town. Part of this route was shared with the 168 kilometre "100 Miles of Suffolk Lanes" ride, with 26 riders completing the route which returned from Orford via Wickham Market and Debenham.

There were a record 60 riders for the "Bildeston Lanes" ride at 104 kilometres, which circled Bildeston visiting Flowton, Needham Market, Cotton, Buxhall and Brent Eleigh.

11 Bildeston and Hitcham riders followed a 25 mile route, with a cafe stop at Granary Crafts, Buxhall.

Profits from the day will be split between local hospices and Cycle Club Sudbury.

Evening Series TT including Club Championship and Open TT's Press Report.

By Roger Rush

Cycle Club Sudbury held their own club Time Trial Championship recently in what proved to be ideal weather conditions on the Lavenham 10 mile course.

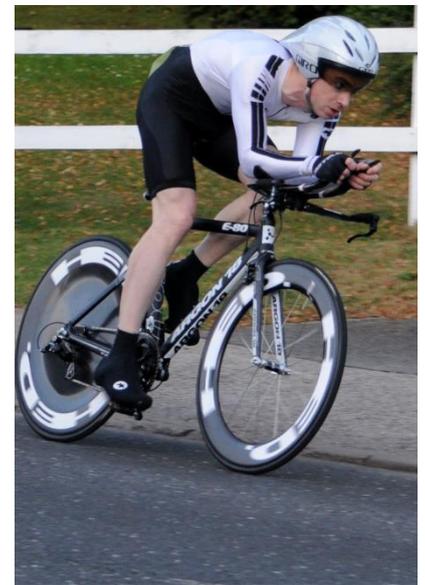
21 riders were entered for the various categories on offer during the event which was for club members only.

Due to issues with traffic on the course for most entrants, times were nearly a minute slower than last year's event. In

form Jonathan Weatherley was crowned champion on the night for the gold medal with a 23min 08sec ride. Simon Daw claimed 2nd place for silver with 23.37, but the

race for the bronze medal place was decided by just 1 second with James Rush (23.52) edging out an unlucky Darren Rule (23.53) Kirsty White won the gold medal to become Ladies Champion and her time of 28.31 was

nearly 7 minutes quicker than her time last year. Barbara Law claimed the silver with a 32.06.



The Handicap Trophy was won by Barbara's husband Terry with an adjusted time of 15.59 which narrowly beat Stewart Kirk's time of 16.02 by 3 secs. Matt Traynar was only a further 5secs behind in 3rd place.

Simon Daw claimed the Vets on Standard Trophy with a +3.14, followed by Weatherley on +2.56 and Kirk on +2.13.



Viv Marsh provided a bit of variety on the night by riding his recently constructed 'trike' and also recorded a club record with a 32.30 which included stopping to 'unship' his errant chain during the ride.

In the Evening Series TT

competition, it's becoming a '2 bike race' between current leader Kirsty White and Malcolm Borg. White has a slim 4 point lead with 1062 over Borg's 1058pts. With only 5 events remaining, it's going to be a tense run in for both riders for the gold position. In 3rd place, Jamie Howe with 858 and is pulling away from youngster Charlie Pratt on 796. Darren Rule (729) and Jodie Downs (695) follow in 5th & 6th places.

Kirsty White has also claimed the headlines in the Open TT scene. She demolished Sue Parkers 27 year old record by 6 minutes with a 1hr 6min 35secs ride on the fast E2 course at Newmarket in very hot conditions.

Simon Daw posted a PB many years since his last one at 25 miles with an excellent 55.28 at



Bungay.

This followed an equally good time he set for 50 miles of 01.58.11 on the same course a week later. He has now ridden the fastest times for 25 & 100 miles so far this season by a CCS rider. Jonathan Weatherley scored a 3rd place at Maldon with a 23.06 for 10 miles then impressively followed this up with a 21.38 on the fast F2 course near Cambridge to post the fastest 10 of the season by a CCS rider. He recorded a PB for a 25 on the N1 course at Sawtry of 58.58 to round off a good month. Damon Day has had a good season so far with a PB of 55.34 recorded for 25 miles on the E2 course and followed up 2 weeks later with a 56.15 on the same but very hot (30degs) course. James Rush also rode the E2 'hot' course on the same day and rode his best 25 to date with a 55.54. Darren Pratt ventured into new territory by riding his 1st 50 mile TT and was rightly pleased with a PB of 02.12.43. A week later he produced another PB but for 25 miles with a 59.11 on the E2.

Jody Downs also got a PB with his first sub 1hr for a 25 mile TT with a 59.11 on the E2.

Our Super Vets have also been busy with Terry Law finally finding some decent form to record a 01.13.16 on the E2 and a 27.58 for a 10 on the F2. Wife Barbara rode an excellent 29.11 on the same day with Bob Bush riding



a 31.44 for his best of the season. This followed another best for Bob of 01.19.30 for a 25 on the E2 with Len Finch also recording his best of 01.14.03 on the same day.

<i>D.Rudling</i>			25.07								20
<i>D.Rule</i>	19.59			33.08	23.46	24.00	18.47	19.53		23.53	729
<i>J.Rush</i>	19.24	23.59	20.25	33.12		24.00	18.46	20.00		23.52	271
<i>A.Russell</i>		26.38									70
<i>M.Shinn</i>				36.04				21.21			
<i>J.Shotbolt</i>						31.34		26.07	44.23	30.55	251
<i>*M.Shotbolt</i>						23.27	18.46				
<i>J.Swain</i>								22.42	37.44	27.34	30
<i>D.Upton</i>		27.03				26.25	21.21	21.56		26.32	291
<i>S.Toy</i>											10
<i>M.Traynar</i>										26.20	456
<i>*S.Tyrell</i>											
<i>*I.Young</i>											
<i>J.Weatherley</i>					22.58					23.08	132
<i>*N.Webber</i>					24.35			20.32			
<i>*J.Wharton</i>						24.26					
<i>K.White</i>	24.35	29.55	24.31	40.38	28.42	29.09	23.11	24.18	40.14	28.31	1062

THE RIDE THAT NEARLY BROKE ME.....By Dean Cross

Pete Gibson and I signed up for the '100 Miles of Suffolk Lanes'

168kms from Bildeston and decided to ride the 8k from Hadleigh to the start and therefore would be riding home again after the event. The weather forecast was perfect, 20c and slightly overcast. We set off from home at 7.45 arriving at Bildeston for the start. I was already absolutely dripping - and we hadn't even started the event yet! We met up with Ashton and after a cuppa the 168k group set off. Immediately, we found ourselves riding on the front with a couple of guys from Norwich and an ex club member Colin. I was riding along with Colin and



was chatting about the inspiration that the tour had given us, cruising along at a fair speed when we got a shout to slow down. I pulled back though no sooner had we slowed we began to notch up a fair speed again and this time Ashton rode up alongside me saying if I wanted to ride off with the three guys on the front he would stay with Pete, this was just a little faster than he wanted to ride. That wasn't my intention so slowed a touch and watched the two guys from Norwich and Colin ride off.

By 11.15 we had made our way to Framlingham 65k in, I was thoroughly enjoying the ride. At this point we took a short but welcome drink stop at the Co-Op keeping receipts as part of the control. We set off and met up again with the two Norwich riders who joined us for the leg to Orford. The route map was spot on and after a great ride through the sandy roads with minimal hills, we meandered around the Iken 'Alde' estuary and by 12.50 had made our way to Orford Quay Stamp Control.

Here, Liz and Roger Rush waited to stamp our Brevet cards. Pete, Ashton, Ken, his son and I wandered over the many metres of stones to the café and there we sat to enjoy a lunch stop - toast, eggs, beans, teas, coffees and some even went for cake. Suddenly, a lady with an apron came shooting out of the kitchen as a large brown Labrador had climbed the steps and also wanted to enjoy some food!! Out it went though no sooner had she returned to the kitchen, it appeared again sniffing around the floor. I gave her a shout and she led it out again but this time, out and down the steps. We all really enjoyed our lunch, finished up and stood up ready to get back on our bikes to move on (shame as oddly I was quite enjoying the stop!) and we set off to complete the remaining 74k. Initially, I didn't consider the remainder of this ride to be as challenging as it panned out to be.....Off we headed towards the next Control at Wickham Market where I noticed my trip computer registered 100k!! (I had reset it at Bildeston before we left the headquarters) We rode through the village of Chillesford and picked up another control question from the sign post to Rendlesham, over the A12 bridge we continued and came to the next control at the shops and cafes, a receipt was required to be kept here too as part of the control. Now this was just over 21k from the food stop I had enjoyed at Orford and at this point I was beginning to really feel it and downed a gel bar hoping it would help. I noticed the 'Easton' village sign but by now I really was struggling. 49k to go, oh, and the 8k home. I thought I'd better let the guys know I was finding this ride hard so mentioned my pain and sat on someone's wheel for a few k. Ashton and Pete were riding well and I

was hoping that I would recover a little. We all did our turn on the front (I think) but there was a point in the ride where the guy from Norwich got on the front and began to peel away, I caught him and said he was unhinging his mate and it was then that he told it was his dad! His dad, Ken had stopped as he had dropped something, so we all slowed for him to join on again. I don't think I rode many more miles on the front but had to sit on Pete or Ashtons' wheel, thoroughly exhausted. Through the remaining villages we ploughed - Mickfield, Creting St Mary, Needham Market, Barking.

Suddenly I looked up in hope, since I recognised where we were. We were heading through Wattisham and were almost at the hill coming down to Bildeston High Street. At last we were nearly done and headed into the hall at 4.05pm.

Getting our Brevet Cards stamped, we all enjoyed a drink (a recovery coke for me!) and some food, though I had to make my way outside to the field as I was feeling rather....peaky. After a coke and a roll, I came round a bit and felt a lot better so headed back in for a cuppa. We all sat round the table and had a chat then soon stood up to leave. We said goodbye to our new riding pals Ken and his son from Norwich. Pete, Ashton and I were all riding back to our respective homes, I was more than happy to ride that last leg on the front but on mounting our bikes and leaving, this time **I did not shout.....**

'Men of Steel'!

I was almost broken.

Riding time 6.47 with average speed of 16.5mph



C.C.S. Riders - Open T.T. Results - July 2013

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
July 6th	Norwich ABC - Bungay	B10/43	T.Law	10	30.02	
July 6th	Norwich ABC - Bungay	B10/43	B.Law	10	31.12	
July 7th	Norwich ABC - Bungay	B25/4	D.Day	25	56.46	
July 7th	Norwich ABC - Bungay	B25/4	S.Daw	25	55.28	11th - PB
July 13th	API Metrow - Newmarket	E2/25	J.Rush	25	55.54	67th
July 13th	API Metrow - Newmarket	E2/25	D.Day	25	56.15	72nd
July 13th	API Metrow - Newmarket	E2/25	D.Pratt	25	58.05	91st
July 13th	API Metrow - Newmarket	E2/25	K.White	25	01.06.35	PB-New club record
July 20th	Team Cambridge - Caxton Gibbet	F2/10D	J.Weatherley	10	21.38	7th
July 20th	Team Cambridge - Caxton Gibbet	F2/10D	J.Downes	10	23.01	26th
July 20th	Team Cambridge - Caxton Gibbet	F2/10D	T.Law	10	27.58	55th
July 20th	Team Cambridge - Caxton Gibbet	F2/10D	B.Law	10	29.11	12th - women
July 20th	Team Cambridge - Caxton Gibbet	F2/10D	B.Bush	10	31.44	59th
July 21st	Diss & DCC - Bressingham	B25/17	J.Rush	25	59.43	6th
July 21st	Diss & DCC - Bressingham	B25/17	D.Day	25	01.00.29	7th
July 21st	Diss & DCC - Bressingham	B25/17	M.Traynar	25	01.10.55	30th
July 27th	Victoria CC - SPOCO - Ugley	E10/1A	T.Law	10	30.25	
July 27th	Victoria CC - SPOCO - Ugley	E10/1A	B.Law	10	32.11	
July 27th	Victoria CC - SPOCO - Ugley	E10/1A	B.Bush	10	34.45	
July 27th	Northampton & DCA - Sawtry	N1/25C	J.Weatherley	25	58.58	10th - PB

That Mythical Beast!

By Roger Rush

I am of course referring to a *bike that's comfortable* to ride on short and long distances and doesn't seem like an instrument of the devil....

I had absolutely no idea what it felt like to arrive back after a long ride and feel no pain, stiffness or happiness. It's always been this way and I have always counted down the miles at the end of a journey to just stop and relieve the uncomfortable misery.

Fellow finishers around me look just fine and don't moan and bitch like I do.

How do they do it? A great number of my peers ride huge mileages during a day, distances I can only dream of, with seemingly no problems. Me, I'm struggling after the first 20 miles. Not comfortable, not relaxed and definitely not 'appy.

So I concluded it must be '*All about the bike*' and also '*All about me*'.

Me; I'm convinced it's all down to my power to weight ratio (technical stuff, huh!) I concluded that I don't have enough power and have got too much weight. Simple!

I need to lose weight and become a 'racing snake', well maybe not that radical, but enough to help going up hills

etc and to relieve pressure in the sitting department.

The bike; none of the bikes I've owned/do own, be they steel, aluminium or carbon, have ever felt comfortable. I constantly source and devour anything in the bike mags that mentions word 'comfortable'. As all the testers in these mags are as mentioned above, 'racing type snakes', I take what they say lightly. I want a chunky type bloke to come out and say 'I've found a comfy bike and it's transformed my riding'. Fat chance, chunky blokes don't do testing and reviewing. So I'm left to my own devices. But one recurring theme during my readings is the words Titanium allied to Comfortable.

Hmm, is this the comfort Holy Grail for fat blokes? Who better to ask than professional bike doctors, i.e. the mechanics/bike shop gurus in Bildeston? So, after much trying of their patience and time with my constant (inane) questions, I elicit the fact that both Mat and Stu have titanium bikes as their daily mode of transport and swear they are as comfortable as you can get. Rob chips in with many more sage and wise words on the advantages of titanium, all of which seems to make sense, even to me.

The official brochure blurb even tells me this is the only bike you will need to own! So what to do? Bite the very big bullet and go down the titanium road? The shop just happened to have a suitable Enigma titanium frame hanging up which would fit the bill.

A long story shortened, I decided to offer my current best bike as a donor to equip the new frame as it had had quite a lot of renewed parts on it recently, to keep the cost down. Some new bits were required

but with a very favourable deal 'done' with Rob, it all became feasible. The help and advice they gave me was very encouraging and went beyond just trying to 'get a sale' (*Local Bike Shop 1 – Internet 0*)

Now 5 months on, with a USE suspension seat post fitted, I can honestly say, I now have a comfortable bike that doesn't bruise my nether regions, doesn't give me back or shoulder ache and is a joy to ride. Which is all rather handy as it will be the ideal partner for my forthcoming French trip this September. (And I have managed to shed a few pounds into the bargain).

Finally, it just leaves me to announce that Kirsty White has again been nominated as Rider of the Month for her all round efforts and achievements....

And spare a thought for the 2 CCS members, Peter Whiteley and Brian Mann, who volunteered as London-Edinburgh-London controllers/helpers from today until Thursday.

That's a long shift chaps, well done.

*Remember there **will not** be another Spindle until late September, so everyone out there, have a good summer holiday.*

Rog

Which only leaves me to recall a story I heard recently.....

A tandem rider is stopped by a police car. "What've I done, officer?" asks the rider. "Perhaps you didn't notice sir, but your wife fell off your bike half a mile back . . ." "Oh, thank God for that," says the rider - "I thought I'd gone deaf!"

And finally, finally, don't forget this end of season 'do' which is always a very low key and relaxing event with no Lycra necessary!

Cycle Club Sudbury

End of Evening Time Trials Season Dinner Menu.

Venue; The Cock at Lavenham.

Date; Thursday 5th September 2013 @ 7-30 pm.

Price for 3 courses = £15-95.

Price for 2 courses = £12.45.

Drinks from the Bar and Coffee is extra.

	Name				
Starters					
<i>Homemade Soup. With fresh bread and butter</i>					
<i>Prawn Platter. With Marie-Rose sauce, bread, butter and salad garnish</i>					
<i>Pate. With hot toast and butter</i>					
Main Courses					
<i>Roast Beef, with new and roast potatoes, Yorkshire pudding and fresh vegetables.</i>					
<i>Lentil Roast, with new and roast potatoes, Yorkshire pudding and fresh vegetables.</i>					
<i>Beef Lasagne. With garlic bread and salad</i>					
<i>Mediterranean Vegetable Lasagne. With garlic bread and salad</i>					
<i>Sausages and Mash. Served with garden peas and onion gravy</i>					
<i>Chicken. In creamy cheese and bacon sauce with new potatoes and fresh vegetables.</i>					
Desserts.					
<i>Hot Apple pie and custard</i>					
<i>Chocolate fudge cake and cream</i>					
<i>Vanilla Ice Cream</i>					

Please indicate your selection on the menu and return to David Fenn by

Thursday 22nd August 2013 (Lavenham '10').

Please make payment in full when submitting your chosen menu.

Contact details; Tel 01787 374284 or e-mail; dr.fenn@tiscali.co.uk