



# Spindle – December 2012 – cycleclubsudbury



This latest offering is also bit of a retro edition as Spindle is 30 years old this very month.

Further on, I have taken the opportunity to reproduce the very first edition which makes interesting reading. It's from an era when computers weren't heard of along with carbon frames, STi

levers and Bradley Wiggins.

What chances would the CCS members in 1982, given for GB having a T de F winner? I included *Bradders* as he must be the biggest most significant contributory factor that has put Britain on the world cycling map. GB Cycling has had a quite sensational year with the Olympics and T de F and can only hope that long may it continue. I like to think even little 'ol CCS has had an exceptional year with record membership numbers, new TT records & wins, more Audax events than ever and a lot of new club initiatives undertaken. More next year please!

Also included in this issue is an account of what it involved putting out these early Spindle's. Makes me shudder to see all the work involved especially having to deliver all the copies by bike.

Jonathan has written about his experience, riding on Bradley Wiggin's Sportive recently.

Our Open Hillclimb, which was held at the beginning of the month in appalling conditions, is recounted by Dave Fenn. And Barbara Law gives us the low down on her World's Duathlon experience in France. Bit of a bumper edition this month and it seems odd wishing everyone a *Happy Christmas* writing this in November!

And a special get well soon to our Evening TT statistician and cycling legend John Steed, who has been poorly recently and is still recovering in hospital. We all hope to see him fit and well at the 1<sup>st</sup> TT in April.

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## DIARY DATES

### CLUB TROPHIES

If you were presented with a CCS cup, shield, or bowl for your cycling achievements at the club awards presentation in Jan 2012, and haven't yet returned it, could you please arrange to deliver it (polished if possible!) to Peter Whiteley, 133, Melford Road, Sudbury, e-mail [peterwhiteley133@hotmail.co.uk](mailto:peterwhiteley133@hotmail.co.uk), phone 01787 375269, by 8 December at the latest,

so they can be engraved for the presentation evening in January. Thanks.

### QUIZ NIGHT

Thursday 13<sup>th</sup> December, 7.30pm at the Stevenson Centre, off Broom Street, Great Cornard. An opportunity to display your intellectual prowess (or otherwise!), and have an evening in good company. Bring your own nibbles. Teams of about 6 – if not in a pre-arranged team, they'll also be cobbled together on the night.

### AUDAX RIDES

A bit sparse at this time of year, unless you're really keen and into riding 'Permanents', whatever they are!

Saturday 15 December: Norwich: 100k ride.

Saturday 19 January: Norwich: 100k ride.

Further details and entry forms for all of these rides on the Audax UK website, at [www.aukweb.net](http://www.aukweb.net), under 'Calendar'. Open to all.

### 'BOXING DAY' RIDE



This will be held on the day after Boxing Day – the 27<sup>th</sup> December - at 11.00am starting (and finishing inside!) The Cock Inn at Lavenham.

Nothing too strenuous and will take the form of a Guess the Distance of the Ride. Santa lycra suits are optional!

### BILDESTON COMMUNITY CYCLING

The next Winter Warmer Saturday morning ride of about 25 miles, with a cafe stop will be on Saturday 1 December. Starting at 9.30am from Bildeston Market Square. Everyone welcome – just turn up. Any queries contact Robin Weaver; phone 01449 741048 or e-mail [robin@cycleclubsudbury.com](mailto:robin@cycleclubsudbury.com).

### ADVANCE NOTICE

**CCS SUBS NIGHT**; Thursday 10 January 2013  
**CCS ANNUAL DINNER AND PRESENTATION EVENING**; Saturday 19th January 2013; see elsewhere in this issue

**CCS RELIABILITY RIDE**: Sunday 26th Jan 2013  
**WATTBIKE** Training/Race Evenings: - 7.00 – 9.30 Jan 17<sup>th</sup>, Feb 21<sup>st</sup> & March 21<sup>st</sup> all at the Stevenson Centre. £2 per night including all refreshments. See the report of our first session further on.

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### CCS at the Sudbury Christmas Tree Festival.

Check out among other things, our own decorated Cycle themed Christmas tree at St. Peter's Church, Sudbury, from 5<sup>th</sup> – 9<sup>th</sup> Dec. 10am – 7pm. £1 entry.

## **World Age Related Duathlon Championships 2012 in Nancy, France, 23rd Sept.** by Barbara Law

Towards the end of September Terry and I drove to Nancy so that I could take part in the 2012 champs. I say "take part" as for some time I was not sure whether to go or not as I was feeling that I had had enough of the pressure and continuous training needed. I decided to go and take part rather than compete as this would quite possibly my last chance to wear my GB kit and be part of the team.



The run courses were similar to those for the European Champs a couple of years ago but the bike course was

much more technical.

The 'Over 50' females started at 7.30 CET which meant racking the bikes in the dark before 6.30 and eating breakfast at the crack of A sparrows f\*rt. i.e. 4.30 BST!

Thankfully it was dry if chilly. I completed the first run a few minutes slower than normal and then off on the bike. It was a 5 lap course with lots of sharp corners sometimes straight up short hills and included a dead turn around a bollard. Not being a "real" bikey these were quite a challenge but I was o.k. After nearly 40k it was into

transition and out on the final run. Crowds had now arrived and we were cheered by locals and many GB colleagues who were racing later. I grabbed a Union Jack a few hundred yards from the finish and crossed the line smiling. Yes, I know I didn't give it my all but I almost enjoyed



it. I finished 4th in my age group and had I given it a bit of "welly" would quite possibly have another bronze medal. Now I'm enjoying a rest from the bike but still doing a fair bit of running. Who knows what the future holds.

Barbara

## **And the Spindle takes off.**

*By Brian Webber*

Well, going back 30 years to the days of no mobile phones or computers, this is how Len, Harold & I done the Spindle. First there was the cost of the layout and money being short, Harold managed to get the likes of Sudbury Sports, Colchester Cycle Stores (our friend John Malseed), Manulife Insurance, Trade Tyres, Byhams Milk & Suffolk Free Press to pay for advertising on the covers of the Spindle. We then had it printed, that was the easy bit, next Harold & I would collect whatever news we could, then write it up by hand (what no typewriter or spellchecker?) I would then take them over to Marlene Broomfield our club secretary; she would then type them up on to skins. Then on a Thursday club evening at the Community Centre (now the Stevenson Centre) Tony Hall & I would put these skins onto this machine and crank it round by hand, and hey presto copies would come out the other side (well most of the time) Sometimes there was not enough ink and other times there was too much (which made a real mess), once the sheets had dried out we had to staple each copy together by hand, then at the weekend come rain or shine we would cycle round the Sudbury area delivering the Spindle; others would collect their copy on a club night or we would post them.

Looking back I sometimes wonder how we managed to turn out three to four copies a year. Who would have thought 30 years ago it could be made so much easier by mobile phone & computer technology.

On the other hand the editor still has to get all news and information in then has the very big task of laying it all out, but at least nowadays the editor does not get covered in ink or get wet delivering the Spindles, or told there is a spelling mistake or the grammar is incorrect! (Or does he?)

I really enjoyed my years as joint editor on the Spindle, but found it very time consuming but very worthwhile because I knew club members were waiting for each issue to appear and plus I was aware that it was being read, because of comments like, "you spelt that wrong", "is that True", "did that really happen" etc. etc

## Spindle December 1982

The following is a complete reproduction of the very first edition of Spindle, which was issued in December 1982 - 30 years ago this month. I can't comprehend the enormity of the editor's task in those days with just a typewriter and a pointy rubber to hand. What, no back button, no delete button, no way to resize the typing or spacing!

I know it was the norm in those days, but I don't think I could have managed it.

And what a good job they made of it all, especially the marvelous front cover.

Len Finch was the inaugural Editor with input from Brian Webber and Harold Raymond.

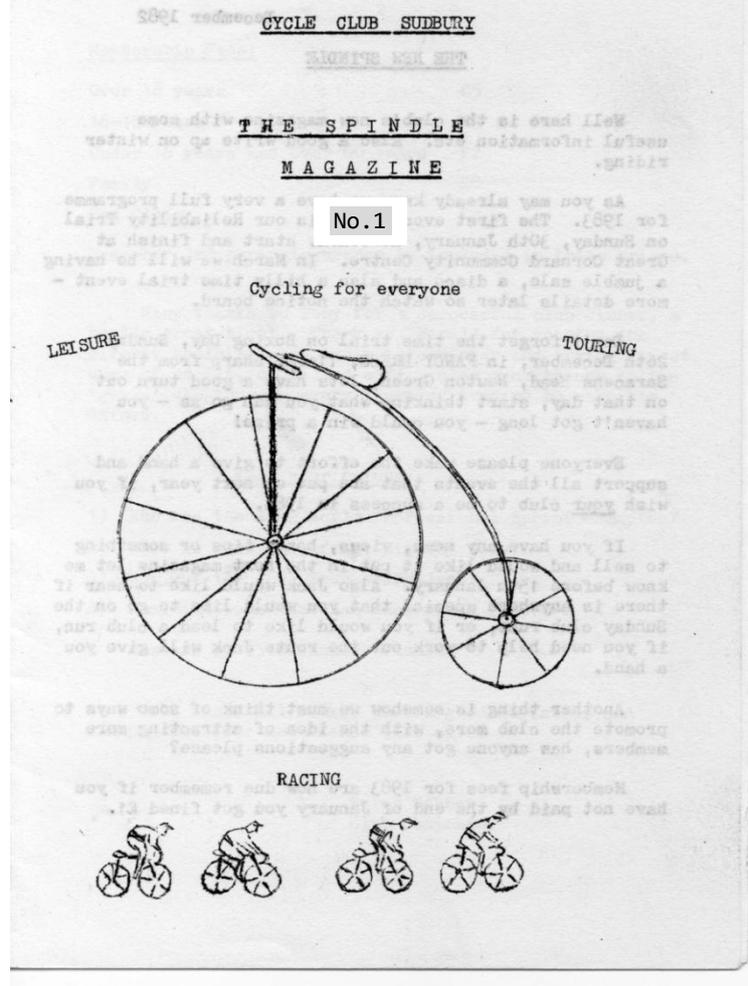
All three are still members of the club today!

A lot of the advice on winter riding, given by Harold, still holds true today and rightly ends with the sage advice that 'Talking about it (cycling) is a poor substitute for actually doing it' How true!

It's also interesting to see that we had a Club and a Junior Club Captain in those days.

But I'm not sure about the quiz though chaps, I didn't get a single one right!

## Happy Birthday Spindle!



December 1982

### THE NEW SPINDLE

Well here is the club's new magazine with some useful information etc. Also a good write up on winter riding.

As you may already know we have a very full programme for 1983. The first event in 83 is our Reliability Trial on Sunday, 30th January, at 10a.m. start and finish at Great Cornard Community Centre. In March we will be having a jumble sale, a disco and also a hilly time trial event - more details later so watch the notice board.

Don't forget the time trial on Boxing Day, Sunday 26th December, in FANCY DRESS, 11a.m. sharp from the Saracens Head, Newton Green, lets have a good turn out on that day, start thinking what you can go as - you haven't got long - you could win a prize!

Everyone please make the effort to give a hand and support all the events that are put on next year, if you wish your club to be a success in 1983.

If you have any news, views, handy tips or something to sell and would like it put in the next magazine let me know before 15th January. Also Jack would like to hear if there is anywhere special that you would like to go on the Sunday club runs, or if you would like to lead a club run, if you need help to work out the route Jack will give you a hand.

Another thing is somehow we must think of some ways to promote the club more, with the idea of attracting more members, has anyone got any suggestions please?

Membership fees for 1983 are now due remember if you have not paid by the end of January you get fined £1.

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#### Membership Fees:

Over 18 years	£5
16-18 years	£3
Under 16 years and over 60 years	£2
Family	£8
2nd Claim	£2

Remember 3rd party insurance is included in these prices.

Many thanks to Tony for a successful club dinner, a really great night. Thank you Harold for running the circuit training once again this winter and trying to get some of us fit, or killed off! also many thanks to the 'girls' who turn up every Thursday evening to make the drinks.

#### Know your onions

- 1) Who was the 1982 World Professional Sprint Champion?
- 2) What is rule 131 of the highway code?
- 3) Who won the 1982 Tour of Holland?
- 4) Name the team that Jan Raas rides for?

answers by 15th January Please.

Well thats all folks, have a good Christmas and a Happy New Year and Please take care.

Brian Webber  
Club Chairman.

The main points of Winter riding or training can be summed up in just a few words. They are wrap up, keep moving and enjoy yourself.

To take these points in order. By wrap up we do not propose to attempt the impossible and keep a group of cyclists quiet. Wrap up, of course, refers to how you dress for Winter riding.

Club riding and training can and, of course, should be fun, but there is nothing funny about being cold or having the bonk with an hour's ride still to go to get home due to burning up energy keeping inadequately covered parts of the body warm.

So what to wear? Broadly speaking, kit for Winter riding should be as follows:-

1. Vest or tee-shirt in wool or acrilan (not bylon) or, better still, the new thermal wear.
2. Pants, if worn, cotton (not nylon) or, even better, old racing shorts with chamois.
3. Long sleeved wool or acrylic jersey.
4. Training bottoms or track suit bottom held up with braces to prevent gaps at back.
5. Good thick wool or cotton socks (not nylon).
6. Long sleeved jersey or track suit top.
7. Good warm gloves, thermal or pola mitts.
8. Training or any other wool hat (remember 60% of body heat can be lost through the head).
9. Cycling shoes or trainers (not done up too tightly).
10. Over-shoes or old socks worn over cut-away plastic bag covering top of foot and toes to keep out the wet. This works just as well and is a great deal cheaper.
11. Cape or kagoul in case of rain or extreme cold.
12. If extra cold, long johns or extra training bottoms and an extra layer jersey on top. Sheets of newspaper up the front works wonders.

13. EAT. NEVER GO OUT WITHOUT EATING BREAKFAST. Lots of bread or good solid cereal - not just cornflakes.

The above should take care of what you should aim to wear and do to look after yourself. Now to the bike.

Top priority for Winter riding is mudguards-preferably long at the back. These serve two functions: the first is to keep you dry, the second and more important is that they prevent you from throwing muck and wet onto the person on your wheel. Next on the list is good tyres - remember most punctures happen in the wet. ALWAYS carry a repair kit or spare tube or tubs if applicable. Don't rely on someone else - remember, you could get dropped.

Also important, good lights front and rear if out after dark or in fog.

Ok so having followed the above, we are now wrapped up and as warm as toast and the bike is ready to go and we get down to the whole point of the exercise of riding a bike.

CLUB RUNS

The club run has been the backbone of British cycling for generations and justifiably so as it provides three basic functions - motivation, companionship and competition for both the racing and non-racing member; it provides the motivation to turn out on a Sunday morning and it also provides the companionship of a group with shared interest. For the racing member on the training rides it provides that vital ingredient - competition.

Winter riding should be undertaken on low gears, ideally around 64 to 66 inches but not higher than 70 inches. The rule of thumb should be keep moving, keep warm. Remember that the body is like a car engine, the faster you rev it the warmer it gets.

The pace should be steady and consistent and, in the case of the training group, everyone should take their turn at the front. This is achieved by the whole group moving round in an anti-clockwise direction - the rider

at the front left drops back allowing the front rider on the right to move over to the left and the next man in the right hand string to move up to the front. This process is repeated throughout the session, the left hand inside line moving backwards and the right or outside line moving forwards. As the riders on the inside reach the back they move over to join the outside line and the whole process repeats itself.

Stints on the front should be limited to about 4 minutes so effectively you are changing every 2 minutes.

The last 10 - 15 miles of training rides are usually livened up by sprints for village and town signs with the ride re-grouping after each sprint. On either training or club rides, if the person in charge of the run asks you to do or stop doing something then take notice as there will be a good reason for it.

If you have mechanical trouble or just get dropped, let someone know so that you don't get left out miles from nowhere on your own.

One final note - always take something to eat with you; cake, mars bar, nut bars or jam sandwiches. If you start to feel weak, start eating a little at a time. This will help to push up the blood sugar level and keep you going. Don't wait until you get dropped; by that time it is far too late to do anything about it.

Bike riding, like all forms of physical activity, requires self discipline and determination and to achieve any worthwhile progress must be undertaken regularly. Cycling is arguably the hardest of the competitive sports and there are no secret formulas or easy routes to success other than sheer hard work and dedication.

The aim of Winter training should be a steady build up of bike handling, riding technique and the ability to ride non-stop for 2-3 hours without undue distress. This, combined with some hard work in the gym at the Wednesday circuit training sessions should give a good basis to start adding some speed work to by the beginning of February with

interval and sprint training sessions which will be covered at a later date. For the non-racing member it will simply help you get more out of your club riding.

Remember, the only way to really enjoy cycling is to get out with the lads and start making their legs hurt. Like most things worth doing, talking about it is a poor substitute for actually doing it.

Last but not least, don't stand about at the end of a ride in sweaty gear. Get home and change, a warm bath or shower is also a good idea.

Harold Raymond.

List of Club Officers

- |                                      |                                   |
|--------------------------------------|-----------------------------------|
| Chairman                             | - Brian Webber                    |
| Vice Chairman                        | - Bill Carrigan                   |
| Secretary                            | - Marlene Broomfield              |
| Treasurer & Membership               | - Tony Hall                       |
| Timekeeper & Records                 | - Brian Nixon                     |
| Events Secretary & B.C.F. Membership | - Peter Broomfield                |
| Press Secretary                      | - Harold Raymond                  |
| Club Captain                         | - Jack Seeley                     |
| Junior Club Captain                  | - Ian Poulson                     |
| Female Representative                | - Andrea Nixon                    |
| Junior Representatives               | - Karl McDermott<br>Andrew Webber |

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**For sale**..... my Ribble alloy framed winter/audax bike, with Carbon Alpina forks, a full Shimano Ultegra 10 speed groupset, Mavic Aksium wheels, Continental Gatorskin Tyres, ITM 110mm stem and ITM 27.2 seat post, Ergonomic bars and Selle Italia saddle. Complete with SKS black mudguards. It's a 56cm frame. Any questions call me on **07851 306130** or text me on [scottcolinjones@yahoo.co.uk](mailto:scottcolinjones@yahoo.co.uk) It's had only very light use and has thousands of miles of life left in it! I'm looking in the region of £850....**Scott Jones**



## Audax report November 2012.

By David Fenn

With the 2012 Audax season finishing on 30<sup>th</sup> September the last few days of the month proved to be popular with riders trying to squeeze a few more points onto their season's total. Peter Faulks realised he was a few points short of the magic 50 so in the final 14 days rode one 200 km and two 300 km events for a seasons total of 51 points. Determined to complete a 300 km ride before the end of September, John Oakshott successfully reached his target on 15<sup>th</sup> September accompanied by Peter Faulks. The Suffolk Byways 110 km ride was well attended by CCS riders including Robin Weaver returning to Audaxing following an accident earlier in the year. Deneice Davidson also had a sudden surge of energy, riding a 600 km permanent to successfully complete her Super Randonneur Series. With October being the start of the new Audax year, both Peter and John continued with their round the year series completing 200 km rides in October and November. Norfolk Nips 1, always a well organised event, attracted 6 riders from CCS. The event was ridden in dry but very cold conditions until with about 10 km to go the heavens opened up to ensure the riders received yet another unwelcome soaking for the umpteenth time this year.

Date	Event	Riders
15 <sup>th</sup> Sept	DIY 600 km	Deneice Davidson
15 <sup>th</sup> Sept	DIY 300 km	Peter Faulks, John Oakshott
22 <sup>nd</sup> Sept	DIY 200 km	Peter Faulks
22 <sup>nd</sup> Sept	Henham 200 km	Steve Barnes
22 <sup>nd</sup> Sept	Henham 160 km	Mark Gentry, Mac McDermott.
22 <sup>nd</sup> Sept	Henham 100 km	Viv Marsh.
29 <sup>th</sup> Sept	DIY 300 km	Peter Faulks
30 <sup>th</sup> Sept	Pendleton 200 km	Brian Mann
7 <sup>th</sup> Oct	Suffolk Byways 110 km	Mark Gentry, Mac McDermott, Viv Marsh, Pete Gibson, John Oakshott, Robin Weaver Dean Cross, David Fenn
8 <sup>th</sup> Oct	DIY 200 km	Peter Faulks

14 <sup>th</sup> Oct	Silly Suffolk 200 km	John Oakshott, Brian Mann.
14 <sup>th</sup> Oct	Silly Suffolk 160 km	Viv Marsh, David Fenn
22 <sup>nd</sup> Oct	DIY 200 km	Peter Faulks
3 <sup>rd</sup> Nov	DIY 200 km	John Oakshott
3 <sup>rd</sup> Nov	Norfolk Nips 1. 100km	Brian Mann, Viv Marsh, Trevor Hale, Alan Russell, Simon Daw, David Fenn
11 <sup>th</sup> Nov	DIY 200 km	Peter Faulks

### Club team points.

Peter Faulks – 6. John Oakshott – 4. Brian Mann – 2

## 'Ride with Brad' Sportive 2012

by Jonathan Weatherley



On August 19<sup>th</sup> this year

I was one of 1500 cyclists to take part in the inaugural Bradley Wiggins 'Ride with Brad' Sportive. For £40, this Sportive gave the chance for anybody to ride alongside Bradley Wiggins on the challenging roads in north-east Lancashire, on which he trains. It also raised funds for the newly formed 'Bradley Wiggins Foundation' which aims to encourage people to participate in more sport and exercise by providing equipment and funding to community groups, clubs and schools. Two distances were available, one –which I chose, at 100km (with 1940m of climbing) and one at 160km (with 3122m of climbing).

The ride started in the small town of Barnoldswick and passed down narrow quiet country roads, through a green landscape divided by dry stone walls, animated with sheep and cattle. It was stimulating to ride in such a beautiful setting. It wasn't long before the route went up into the surrounding hills. The organisers of the event created a 'King of the Mountains' competition in recognition of Wiggin's climbing abilities. The first of these climbs was up Waddington Fell. This was 4km long, had 3.5% average gradients and provided 258m of elevation gain. It was long and steady rather than short and sharp. It was unlike anything I'd ever experienced in East Anglia. I didn't race up the climb as I was mindful I still had 70km to go, but found I had to get in a good rhythm to keep momentum going. In so doing, my heart rate got up close to the sort of levels I ride Time Trials at. Riders times for the climbs (and the whole event) were recorded via a unique chip placed in each riders' event number. Results were then posted on-line afterwards. This climb took me 15minutes to complete, placing me 29<sup>th</sup> overall. Having made such a long ascent, I was rewarded with both super views of the surrounding landscape and a long fast descent, where I hit a maximum speed of 70kmph. The second designated climb in this competition was up Nick O'Pendle which came at around 70km.

This was 2.5 km long with an average gradient of 3.5% and provided 155m of elevation gain. It took about 5 minutes to complete. I finished 12<sup>th</sup> on this one and so was 20<sup>th</sup> overall in the 'King of the Mountains' competition.

Whilst there were only two 'King of the Mountains' climbs on the 100km course (and three on the 160km ride), there were shorter, steeper climbs in the course which I found a little more difficult. Some of these were close to the finish, providing quite a sting in the tail to the ride! Some were so steep that most riders I encountered on them were off their bikes and walking! I managed to keep going (just!) on these hills by using my smallest gear (39/25) and giving it everything. A compact chainset would have been useful here.

All these hills made for a challenging course. Afterwards Wiggins commented on this, saying that these were "some of the toughest roads in England" and that next year he'd, "...like to see it (the course) a bit easier because it was quite hard today. It took me six hours so God knows what it would have taken some of the people out there. But it was brilliant just to see so many people not giving up and even walking up some of the last climbs to get to the finish."

Thankfully, feed stations were set up along the route where participants could stop for 'free' (included within the entry fee) energy drinks, gels, and bars, to replace some of the energy lost on these climbs.

It rained for the last two hours or so of the ride (this when the south of England was enjoying the hottest day of the year!). The rain didn't dampen my spirits, though it did contribute to a few accidents as riders went too fast for the conditions. I now exercised great caution on the descents.

Despite the bad weather, a large number of people had turned out along the route to see & support Wiggins, and generously clap and shout encouragement for all the riders taking part. They also left

numerous signs on the roadside to congratulate Bradley on his very successful year. My favourite



was written on a small piece of card and left on a dry stone wall at the front of an isolated farmhouse. It read 'Well done Bradley, you didn't do badly'.

The crowds increased in number at the finish, where there were roadside barriers, a large banner across the road and even a commentator calling the riders home- creating a scene not unlike that at the finish of a road race. I crossed the line with a smile on my face, satisfied at the enjoyment provided

from riding such a challenging course in different, beautiful surroundings and heartened by the support of the crowd. I finished 71<sup>st</sup> overall in a time of 4 hours 20mins (including a feed stop).

After the finish, participants were directed firstly into an area where bikes could be securely stored.

Then to a series of tents where a finisher's pack (including a special commemorative T-shirt, drinks



bottle, bag etc) could be collected and a 'free' pasta lunch consumed. I spoke to other riders over lunch, some of whom were lucky enough to ride alongside Wiggins on the course. Seems that he wasn't racing round, but rather was leisurely moving from group to group, enjoying talking with riders as he went.

Afterwards Wiggins said, "It was fantastic today. I'm not comfortable going to receptions and things like that so it's really nice being able to do what you do best, go out and ride your bike and talk to people, and then when you get fed up move on to the next group or drop back. I really enjoyed it." I also spoke with Steven Burke who had brought along his London 2012 Olympic gold medal and bumped into British Cycling president, Brian Cookson.

Wiggins re-appeared an hour or two after he finished his ride for a Q&A session on the temporary stage. He was given a warm reception by the rain soaked crowd and responded to questions with typical humour. He also drew the numbers for the raffle - as promised on the Champs-Élysées earlier this year! Afterwards, despite the rain, Wiggins came along to everyone that had waited and generously signed autographs and posed for pictures. Whilst I hadn't seen him on the road, finally meeting Britain's first winner of the Tour de France was the icing on the cake to what was already an enjoyable day. I rode back to the hotel under grey skies in the pouring rain, feeling cold and wet, but bursting with enthusiasm.

If you'd like to take part next year, then keep an eye on the Bradley Wiggins Foundation website for details

<http://www.bradleywigginsfoundation.org/site/>.

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## ***Painfest on Semer Hill.***

by David Fenn

Riders from as far afield as Kent and Wisbech descended on Semer to take part in the Cycle Club Sudbury Hillclimb held on 4<sup>th</sup> November. Thirty four masochists were entered for this annual painfest with eight riders deciding there were better things to do on a wet Sunday morning. In addition to the

usual Leg Breaking, Lung Searing, Heart Thumping pleasure of riding the hill the riders were also treated to the most appalling weather conditions of pouring rain, cold and fallen leaves which made for a slippery surface.

Final check... Road closure signs at the bottom of the hill under the control of Dave Miller were in position as were the road closure signs at the top of the hill with Steve Barnes the man in charge. Recorder, Viv Marsh relaxing back in the event headquarters, in the warm and dry with phone at the ready to receive riders times as they finished ( As it turned out the communications system failed and Viv became surplus to requirements ). Catering staff, Peter Whitely and Brian Mann were in the warm dry headquarters awaiting customers. Watches synchronised, finish Timekeepers Brian Webber and Colin Kindred in position in a warm dry car. Start timekeeper Linda Pillet standing in the pouring rain and cold...ready. And finally two pushers off; Trevor Pillet (in his waterproof Michelin man jacket) and me, standing in the pouring rain and cold...rrrrrrrrready.

Time 11.01, it was now all systems go.

First rider off Darren Cole from Boxford set a time of 62.4 sec which was soon beaten by Sebastian Dickson of Thanet with a time of 53.0 which gave him the fastest Junior award. Darren Rule was the first CCS rider to complete the climb with an excellent time of 58.4, followed shortly after by Jonathan Weatherley and Kirsty White with times of 63.6 and 89.1 respectively.

A new fastest time of 49.9 was set by Paul Moss from Stowmarket off number 15.

Rider number 16 was our own James Rush who had been training on the hill over the previous weeks and was keyed up for a good ride.

Unfortunately the Gremlins had other ideas. James completed the climb

but due to a mix up at the top of the hill was unlucky not to be given a time.

The next CCS riders to start were father and son Darren and Charlie Pratt. Darren, grimacing through gritted teeth all the way to the top of the hill set a time of 58.2



to record the fastest time by a CCS rider beating Darren Rule by just 0.2! Son Charlie set off one minute after Dad but unfortunately the Gremlins struck again from the first pedal stroke. With his starting effort Charlie was unlucky to pull his left foot out of the cleat; he was unable to recover and was forced to stop about half way up the hill.

Last year's winner and course record holder Tom Stephenson was unable to reproduce his winning form recording a time of 50.5 for eventual 3<sup>rd</sup> place. Top honours were taken by Daniel Zagni from Ipswich, beating Paul Moss S&DCC by a full second to record a time of 48.9 secs.

## **Watt a success!**

Members of Cycle Club Sudbury recently took part in a Watt Bike evening jointly organised by Cycle Club Sudbury in partnership with Cycle Suffolk. The stationary Watt Bikes allow riders to compete against each other whilst also providing data to assess the individual's fitness.

Four Watt Bikes were linked to a computer and large screen to simulate race conditions and enable both riders and spectators to see each rider's progress.

Whilst the evening was primarily organised for fun the competitive nature of the 18 riders taking part set the scene for a very lively and exciting evening. The evening started with a series of 250 metre sprint races with the fastest time of 13.25 seconds being recorded by Darren Rule, closely followed by Darren Pratt in 13.8 seconds.

Having recovered from the sprint efforts the next series of races were over the longer distance of one mile. The longer distance required different tactics to the sprint races if early fatigue was to be avoided. It was clearly evident that some over enthusiastic and less fit riders paid a high price for starting too fast. Darren Pratt was clearly on top form producing a winning time of 1 minute 53 seconds for the one mile race series, this time beating Darren Rule who recorded 1 minute 59 seconds for the runner up spot.

The third and final series of races was held over the ultra short distance of 100 metres. This event lasts for about 5



seconds so it was important to start fast and maintain the flat out speed to the finish. This proved to be a very close fought and competitive set of races with only split seconds dividing the riders. Due to the success of the evening repeat sessions are planned for 17th January 2013, 21st February 2013 and 21st March 2013. More details will be made available on [www.cycleclubsudbury.com](http://www.cycleclubsudbury.com) in due course. DF.

*\*On Sunday 9<sup>th</sup> December Cycle Club Sudbury will organise a short leisurely 'Taster' ride starting from Market Hill, Sudbury at 9.00 am, contact [robin@cycleclubsudbury.co](mailto:robin@cycleclubsudbury.co)*



# Cycle Club Sudbury Hillclimb Results

(Incorporating EDCA Championship)

## 4<sup>th</sup> November 2012 - Course BHC/1 Watsons Hill, Semer.

No	Name	Club	Cat	Start	Time	Place
1	DAVID COLE	BOXFORD BIKE CLUB	S	11.01	1.02.4	
2	OLIVER DICKSON	THANET RC	J	11.02	1.05.2	
3	SEBASTIAN DICKSON	THANET RC	J	11.03	53.0	1 <sup>st</sup> Jun
4	DENISE LEEDER	CYCLE CLUB SUDBURY	LV	11.04	DNS	
5	DARREN RULE	CYCLE CLUB SUDBURY	V	11.05	58.4	
6	MIKE REMBLANCE	WOLSEY ROAD CLUB	V	11.06	1.03.7	
7	GRAHAM COLLINS	IPSWICH BIKE CLUB	S	11.07	53.3	
8	JONATHAN WEATHERLEY	C.C. SUDBURY	S	11.08	1.03.6	
9	KIRSTY WHITE	C.C. SUDBURY	LV	11.09	1.29.1	
10	JAMIE LEUNG	MANCHESTER WHEELERS	S	11.10	DNS	
11	PATRICK COOK	IPSWICH BIKE CLUB	J	11.11	DNS	
12	JACK PAYNE	ANGLIA VELO VELOMAX PERFORMANCE	S	11.12	56.1	
13	SIMON SCOTT	ANGLIA VELO VELOMAX PERFORMANCE	S	11.13	DNS	
14	RALPH KEELER	CAMBRIDGE CYCLE CLUB	V	11.14	1.01.4	
15	PAUL MOSS	STOWMARKET & DISTRICT C.C.	V	11.15	49.9	2 <sup>nd</sup> O/A
16	JAMES RUSH	CYCLE CLUB SUDBURY	S	11.16	No Time	
17	SANDRA MACKAY	GB CYCLES.co.uk	LV	11.17	1.07.6	
18	TREVOR ROBERTS	WOLSEY ROAD CLUB	S	11.18	DNS	
19	DARREN PRATT	C.C. SUDBURY	S	11.19	58.2	
20	CHARLIE PRATT	C.C. SUDBURY	J	11.20	DNF	
21	SIMON JARROLD	IPSWICH BIKE CLUB	S	11.21	DNS	
22	SALLY WITHEY	VC NORWICH	LV	11.22	1.26.4	
23	TOM STEPHENSON	COLCHESTER ROVERS	S	11.23	50.5	3 <sup>rd</sup> O/A
24	STUART EMMETT	WISBECH WHEELERS	S	11.24	1.15.4	
25	DANIEL ZAGNI	IPSWICH BIKE CLUB	S	11.25	48.9	1 <sup>st</sup> O/A
26	ANDREW PEARCE	IPSWICH BIKE CLUB	S	11.26	DNS	
27	ADRIAN McTIGUE	PLOMESGATE CYCLE CLUB	S	11.27	56.8	
28	CHRISTOPHER PEARCE	CYCLE CLUB ASHWELL	S	11.28	1.04.4	
29	ADAM KEEBLE	STOWMARKET & DISTRICT C.C.	S	11.29	1.14.7	
30	PHIL JARVIS	COLCHESTER ROVERS	V	11.30	DNS	
31	LEE FORD	C.C. SUDBURY	S	11.31	1.05.3	
32	JIM BURGESS	ANGLIA VELO VELOMAX PERFORMANCE	S	11.32	1.04.3	
33	CLARE LEAVER	ZAPPI'S CYCLING CLUB	L	11.33	1.02.8	1 <sup>st</sup> Ladies
34	PETER INGRAM	IPSWICH BIKE CLUB	V	11.34	55.8	

Team Award – Ipswich Bike Club

(PS. Pics available from me at [rushr23@aol.com](mailto:rushr23@aol.com))

Well that's it for another year/season. Thank you to all the contributors to Spindle, without which there would be nothing to read every month. As it's the last one of the year, I won't bully you all for articles for January's edition.....err, but then..... if you want something to read after Christmas besides what happened at the AGM.....then you all know my email address.

Happy Christmas to you all.

Rog.

**Stop Press** (*I've always wanted to do that!*) We **urgently** need one more volunteer to come forward to train up as a Level 2 British Cycling Coach. All fees will be paid by the club and you join our 2 other volunteers on a course in Bury next year which will take place over a weekend and one other day. Full details can be furnished by David Fenn on 01787 374284 or email on [dr.fenn@tiscali.co.uk](mailto:dr.fenn@tiscali.co.uk)



Oh, and just one more reminder for January...



## ANNUAL PRIZEGIVING AND BUFFET SUPPER

To be held at the Granary Sudbury

19<sup>TH</sup> January 2013 07.00 for 07.30

**FIXED MENU £13.00 PER HEAD EXCLUDING DRINKS**

### Savoury selection

**Cold Meat Platter to include**

**Slices of Honey Roasted Ham**

**Slices of butter Basted Roast Turkey**

**Slices of Roast Sirloin of Beef**

**A selection of Quiches**

**&**

**Vegetarian Option.**

*All served with*

*Hot Buttered New Potatoes*

*Moroccan Style Cous Cous*

*Homemade Coleslaw*

*Savoury rice Salad*

*Mixed Green Salad*

*Pasta Salad*

**And a selection of Mixed Rolls & butter**

**Desert**

**Profiteroles with Rich Chocolate Sauce**

**Pavlova**

The annual prize giving is to be held on 19th January 2013 at The Granary Sudbury.

We have this year decided to have a buffet type meal at a fixed cost of £13.00 per head as the attached menu

We hope this will attract more members to the occasion.

If you have won an event please come along to collect your trophy and support the committee as it is disconcerting to have many uncollected trophies at the end of the evening.

Even if you have not won an event it would be nice to see you there.

Attached is the menu for the evening together with the application form. Let me have these back ASAP together with payment

If anybody wishes to pay by transfer the account is Barclays sort code 20-83-50 account no 30308188 but please ensure you email an application form to me and reference your payment with your name.

any questions please call or e-mail me

*Dave Miller*

*CCS Treasurer*

*Old School House*

*Chapel Street*

*Bildeston*

*Suffolk*

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