



The Spindle. December 2018. cycleclubsudbury.com

I can't believe I'm doing the pre Christmas edition of Spindle again. Where does all the time go every year?

The next Spindle will be my 100th edition as editor; after starting out in May 2010. It was a mighty 5 pages long.! Top dog in the Time Trial scene then was Rob Davies, in both the Opens and Evening Series! Written reports on Open TT's and Road Races. Reports on changes to the Hitcham Hilly and Brent Eleigh courses for safety reasons. Bikes and books for sale. Some unusual hybrid and old school TT bikes used by Stewart Kirk and Damon early in the season! And plenty of club clothing listed which appeared cheap!!

In other words, it's not changed a lot! Same old, same old....

All in all, I would give it 5 out of ten, and the current editions, err maybe 7 out of 10 for endeavour!

So our recent AGM attracted one of our better attendances than usual but with no one coming forward to fill the vacant positions on the committee, it was a somewhat disappointing outcome.

With Darren stepping down as Chairman, the position is now open; no offers on the night for Time Trial Secretary or Press Secretary either. (Although the latter has since been filled – read on for the details). I'm not sure how the committee will deal with having no official chairman? We lost two committee members but also gained one on the night.

It's your club ladies and gents – anyone willing to take the plunge and help with the running of the club?? It's just a couple of hours a month!

This last Spindle of the year includes James Newton's take on winter, Awards Evening report, a look at what the Wednesday Riding Club get up to, an update on our Juniors lots of Spindle Snippets from various members and finally a Question & Answer session on top tips and techniques from Pro rider Andy Tennant (Canyon Eisberg)

Have a good Christmas everyone!

Rog SR99

Late News.....

'Many CCS members will know Julie Baker of Colchester Rovers, Mac's daughter, through audax riding, time trialling and Interclub events. She was recently involved in an accident in Stanway, and has suffered fairly serious spinal injuries; she is making progress, but still has a long way to go.

CCS wish her a full recovery, and we send our best wishes to her, Ken, Mac, and the rest of the family'. Robin Weaver

Must Be Mad Going Out in That!!



Yep! It's officially winter. Yesterday I walked the dogs in sleet and this morning I had to scrape the car window screen with another CD case.

The mornings are dark, the evenings darker, the fire is comforting and lethargy is setting in.

Thinking of riding your bike is either madness or the niggly injury that wasn't there in July, when it was 31 degrees, seems to be there every time the duvet needs removing from you stubbly legs.

We are all there, we are all feeling the same and when it comes to Midday on Sundays, when we make our daily check on Strava, we get the "guilt's" as other "Mad" riders ventured out whilst you consumed four pieces of cheese on toast whilst watching Andrew Marr on BBC1!!

There are several reasons why you should ditch the sofa, slippers and tea on Sunday mornings and join the "Mad" men and women on their cruise around the Suffolk and Essex lanes and I have tried to list a few below to try and convince you to join us.

Winter Miles = Summer Smiles



"Flippin' heck He/She's quick I don't know how they keep going!!!!". Ever thought it?? Well here's one of the key reasons, core fitness, which all Cyclists build from, is an Endurance Base which allows Athletes to draw on an Endurance engine.

This is built with regular low intensity rides of 2-3 hours usually ridden at Zone 2 (for those who like their Zones!)

Without a proper Endurance Base, your ability to "dig deep" when Time

Trialling or Road Racing is severely compromised leaving you either losing valuable seconds or positions in the final miles of your chosen event.

A good Endurance engine allows you to recover quicker and continue with strong efforts after pushing to your limits on hills etc.

It's Good To Catch Up

Club runs are the basis of any good cycling club and during the peak season they tend to get ignored due to hectic times.

The slow winter rides are good to catch up, spin a yarn and generally get to know those distant rivals all over again before the warmer months appear and the hostilities resume!!

Club runs are also key in teaching younger and new riders the ways of riding safely in groups without feeling intimidated.



It's a Lot Easier with More Riders.

As the title suggests, riding in a group is not only easier and quicker, but the time absolutely flies.

Whether your intent is to build up those long Endurance miles or a Social Café ride the more people you can bore, when gassing about your mid-week sessions, the quicker the ride passes. The ride itself becomes easier and fewer riders struggle as it is easier to hide in a group, than when riding in two's or three's.

Fashion Baby!!!



Christmas as you may be aware is in the middle of winter!!! “What do you want for Christmas??” is an often screamed question yelled in my direction around the 23rd December!

Well not this year as winter Cycling Apparel seems to have gone to a new level. Gone are the days of big bulky, sweaty, high vis bin bag style tops replaced by fitting, stylish outfits that wouldn't look out of place on any catwalk.

The “new style” tops offer superior warmth and comfort hand in hand with a touch of panache!!

Cake and Tea

It cannot be denied that the mid ride or end ride Cake and Tea/Coffee is sooooo much better when the skies are dull and the wind is keen.

Personally I tend to think of it along the lines of rivalling a cold beer after a long ride in the summer.



Don't Let it Become a Weighty Issue



I love food, I love stew, I love Shepherd's Pie, I love Treacle Tart and basically who doesn't!! These are all hearty winter warmers which we will over indulge in over the chilly months.

Long winter miles with friends is the ideal way in which to stop the excess pounds piling on and stops the panic when the season comes and your skin suit leaves you resembling the Michelin Man!! Also on a competitive footing, the sudden loss of weight close to season is detrimental to performance and power. Not ideal looking for any improvement.

And let's face it slim is Sexy!!

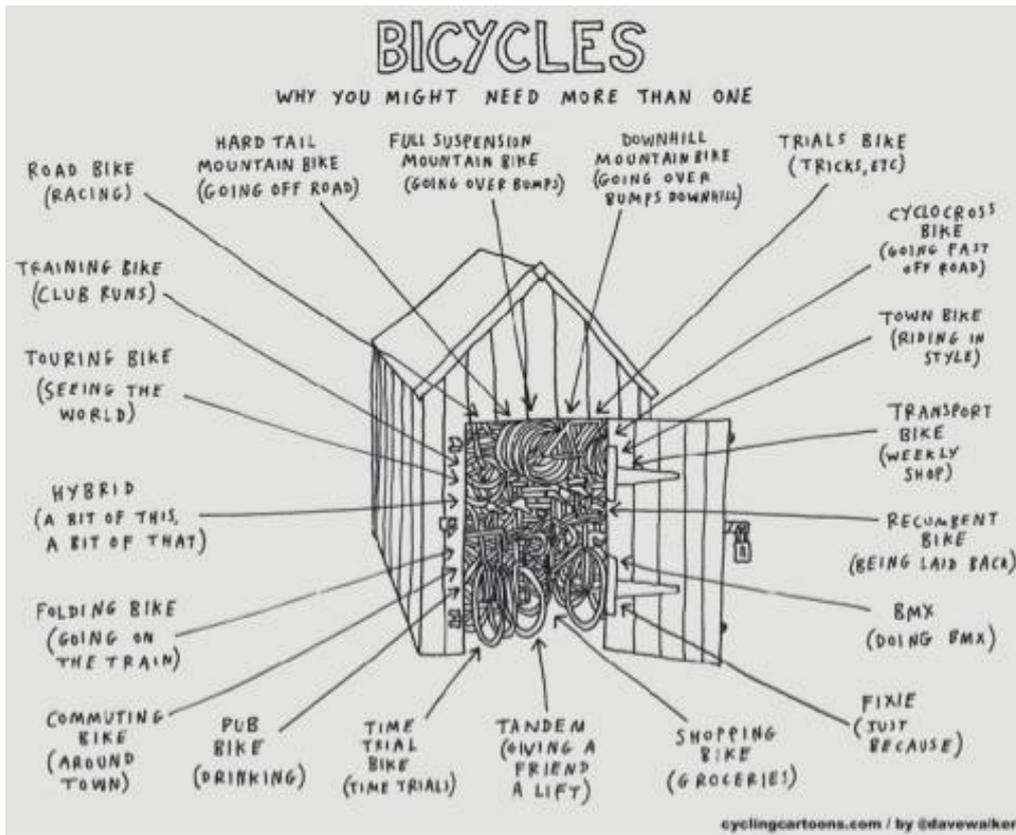
Show Off!!!

When spending hour after hour looking at walls, computer screens or televisions and trying to master the art of self-flagellation whilst clamped, teeth gritted on the turbo trainer, have you often wondered how well you are going? Find out on Sunday mornings!!

Though most rides are low intensity the odd effort whilst climbing a hill or sprinting for a sign will give you a clear indication where you are with regards your midweek smash ups. Why wait until sunny warmer days and leave your performance to chance? Enjoy a Sunday ride in company, test yourself and adjust your training if required



Unclutter the Shed



If, like me, you get earache due to the number of bikes you have (last count 8), now is the time to quieten the nagging. Use that big heavy lump of iron, hidden behind the lawn mower and deflated paddling pool, and take it on the road and leaving the “other Arf” a note, with their cup of tea, that you lovingly deliver before going out, saying “I’m taking that bike out you said I don’t need” and smugly grind your way to meet others who are also riding equally smugly!!

Finally, Sign of a Good Club



The mark of a successful and all inclusive club is the attendance of the club run. CC Sudbury currently has in excess of 130 members, fantastic!!

The Sunday morning runs are well attended by a normal core of circa 20 plus members. No-one is left behind and there are usually 3 rides. Speeds vary between 12-14 mph up to 18-21 plus mph.

Please never read too much into average speeds as they are purely indicative, example the “quick” crowd went out for a 3 - 3.5hr ride which averaged just under 17mph but included numerous sprints and hill efforts, no-one could have gone much quicker!!

Riders meet at 9am every Sunday at Market Hill, Sudbury and each ride has a ride leader. It would be great to see more riders (new members or old members) attend whether it's for social or competitive reasons.

So hopefully I have filled you all full of enthusiasm, pulled you away from Andrew Marr, renewed your love for shaven legs and hopefully made Santa's list a little easier whilst your significant other cleans the shed and allows you to attend the CC Sudbury Sunday Run. See you there!!!!

James Newton

Spindle Snippets.

- **Wednesday Rides** by Jane Watson

On Wednesdays at 9.15 am the members of CC Sudbury who are not gainfully employed meet up in various members' houses to cycle to various parts of East Anglia. On our outings we test out new cafes and visit old favourites, recent destinations have included the National Stud at Newmarket, Suffolk Food Hall, Blue Egg, away days into deepest Norfolk, Boxted, Shotley, Maglia Rosso and Barrow.

After tea/coffee and biscuits, we set off at 9.30am to that week's cafe, usually an



approximately 20/25 miles ride. After food we then return to our host's house, doing other 20-ish miles, to eat cake and drink more tea/ coffee. Riding to the start and return will add up to another 35miles on to the days mileage, this keeps our aged legs spinning and burns off all the food that is consumed.

Last week's ride was from mine in Stowmarket. Dave Miller and Ian Lovelock rode in shorts, a very good choice as it was very warm. 11 of us rode to Framlingham; we even sat out in the sunshine to eat our brunch/lunch. We will be out every Wednesday throughout the winter unless it's icy (our brittle bones need to be considered) or very wet.....

Wish to join us? Robin Weaver sends out an email to interested members on a Sunday or Monday, telling us where the next weeks ride will depart from, the destination is often unknown to everyone besides that week's organiser.



- **Something to mention**, either from me or discussed at committee. 1st is that the Nationals are going to be around Norwich next year with a sportive linked to it. Could be a good event to get a strong club showing at. Also, UCI champs are being held up t' north. I will almost certainly make a short holiday of this. Again, be good to see if club wanted to organise a group trip to watch. *Leon West*



- **Thetford Winter Series – Round 1** – St. Helens, Santon Downham – 4th Nov
Three of our members were out this month in the 1st round of the Outdoor MTB Winter Series at Thetford.
Simon Norton (*Pics above*) rode the 3hr Veterans event and came back in a decent 36th place in a time of 3hr 38min 52secs. Mark Seaman and Graham White rode in the 1 ½ hr Veterans event and came in 74th in 1.37.37 and 85th in 1.43.03 respectively. *Rog*
(Thanks to my roving reporter *Fergus Muir* for the pics and info)

- **You can really get put in your place sometimes.....**I rode an E2/50 this year. Faffed around and missed my start time. Head dropped but everyone around encouraged me to give it a go anyway. Got around a 3 minute penalty and to top it off I got passed by this bloke (Marcin Bialiobloki) with a few miles to go. He started **17 PLACES BEHIND ME** on the start sheet!!!!!!! *Just remember... you're only ever racing yourself.....Leon West*



- **Sunday Rides** – Martin North has taken over from Steve Barnes as Rides Co-ordinator and sends this message:-

Steve Barnes has established a good routine for our Sunday rides which are well supported. Currently there are three levels of Sunday ride, there is the fast group who organise their own thing but usually meet during the winter at 9.00 am on Market Hill.

At the same time and place a medium pace group also meet but usually ride a different route to the fast group and have a cafe stop. There is a very social group who also meet with the medium group and go at a very sensible pace on the same route as the medium group.

The club is looking for more riders to lead the medium pace ride. Do you have a favourite local ride you'd be willing to show others? Even if you feel you could lead only one or two rides please let me know at msnorth@waitrose.com as soon as possible.

Usually the ride is 38-40 miles & aims to be back in Sudbury by about 12.30pm.

The dates we need leaders for are

2 December,

9 December,

16 December,
23 December,
30 December
and 6 January 2019

Hope to hear from lots of you!
Martin msnorth@waitrose.com

- **One item that was agreed at the AGM** this month was that everyone riding in next seasons Thursday Evening Time Trial Series will be required to use a front light as well as a rear light. This has come about after numerous complaints from vehicle drivers telling our organisers that riders are difficult to spot, especially on dull or very bright evenings. As we use a lot of tree and hedge lined lanes and roads on our courses it's a positive move! Brian Webber will have a selection of front lights available for visiting riders – until they get the message!
- **A lively discussion followed** concerning the wearing of black skin suits/tops which gives other road users the same visibility problems. It was concluded that short of banning their use, there was little the club could do to rectify the problem!!
Hopefully, all CCS riders will be wearing their very visible club tops every Thursday!
- **A post AGM piece of welcome news** comes with Dan Upton volunteering to write up the Thursday Evening TT Series results and details for the Suffolk Free Press each week. Well done Dan!

- **SPOCO EAST Competition**

The official SPOCO East final league table shows John in 6th place only 3pts behind 5th place rider and behind 4 Team VeloVelocity riders who seemed to be determined to scoop all the top positions!

<u>Rider</u>	<u>Team</u>	<u>2018pts</u>	<u>2017pts</u>
1 st Matthew Senter	VeloVelocity	839	840
2 nd Ben Stancombe	VeloVelocity	836	-
3 rd Stuart Fairweather	VeloVelocity	836	
4 th David Proctor	VeloVelocity	819	814
5 th Steve Cave	Plomesgate	805	764
6 th John Bradbury	CC Sudbury	802	802
18 th James Rush	CC Sudbury	646	776
22 nd Mandy Bunn	CC Sudbury	566 (2 nd Lady)	-
27 th Leon West	CC Sudbury	469	824

- **“No excuses if limited for space”**

Now that the colder & darker days are with us I'm tending to stick indoors for a bit of turbo mileage. Trouble is that the garage is full with toys & garden debris so I'm limited to finding some space at work. Having found a lovely warm spot in the kitchen, where the Aga cooker thumps out the heat, it was pointed out that it was rather off putting listening to my turbo hummmm away with me sweating profusely. So having scoured the remaining space; I'm left with either the cellar which just too damp & smelly or the 1.8m x 1.2m small entrance hall we have to the old part of the building. This has proved to be ideal as keeps me away from the disapproving colleagues & allows my bike & turbo just to squeeze in! The only downfall is that it's not for the *claustrophobic*, as it can feel as the walls are literally coming in on you & also the odd DHL delivery being



shoved in the door!

Doing a quick 45min spin at lunch, even if it's a short workout, just helps the day go a little quicker & gets you away from the desk & idling over the computer for at least a hour (Obviously that relates to us pen pushers!)

No excuses everyone, there's always a spot to find & sweat away! (You just gotta find it) (Subject to a good large sink or shower to use afterwards of course!!) James Rush

Junior's Update.

A few changes took place in the Junior Coaching section this year with Dave Fenn stepping down. I would like to thank Dave for all his help and a great deal of time over the past few years. Certainly without his help we wouldn't have been able to keep the sessions going. This change meant that with just one coach we had to change the location and timings of the sessions. Using the off-road course at Maglia Rosso either



once or twice a month gives us a longer and more technical session plan, allowing the kids to learn the skills needed to start competing off-road and also improve their stamina. This certainly seems to be working with several of the children competing in both Mud Sweat and Gears and Maglia Rosso's Cycle-Cross Series. It was also very pleasing to see several youngsters taking on the club Hill Climb in October. It was also great to gain a few new members during the summer, with Oscar travelling over from Kelvedon for our sessions. Thank you to all the parents for supporting the sessions this year and helping where required. Without you it wouldn't be possible.....*Chris Sampson* (Chris could really do with more help running the Juniors and really can't be expected to run it single headedly. Please contact him and help out if you can!)

CCS Prize Presentation Evening.

Nearly 60 members attended the recent evening at the Bull Hotel in Long Melford which was a change of venue for us and appeared to be a successful choice.

Chairman Darren Rule gave a brief overview of the clubs busy year and congratulated the organisers and helpers of our Audax events, the Hill Climb, the Mad March Hilly Open TT, the Thursday Evening TT Series, our Road Race and lastly Andrew Hoppit for organising the evening's proceedings.

The cup and medal winners were detailed in the previous Spindle except for the last 5 recipients who were voted for by members or the committee.

Namely:-

- *Clubman of the Year* - *Darren Rule*
- *Rider of the Year* - *John Bradbury*
- *Junior Rider of the Year* - *Lucas Fielder*
- *Ladies Trophy* - *Isabella Johnson*
- *Golden SpindleNut Award* - *Mark Gentry.*

Darren deservedly won the Clubman award for his work not only as chairman but also over the past years organising and staging both the Road Races and the Mad March events almost single handedly and turning them both into well respected and well run events.

The prestigious Rider of the Year award went to John, who gets some well earned meritorious recognition for his efforts on the TT courses away from the quicker dual

carriageways and on the more sporting ones and dominated our own SPOCO competition throughout the year. The Junior rider on the Year went to Lucas Fielder. Lucas has attended almost all of the sessions this year showing a great deal of enthusiasm. He competed for the first time in the Maglia Rosso Summer Cyclo-Cross series. Well done Lucas....keep it up!

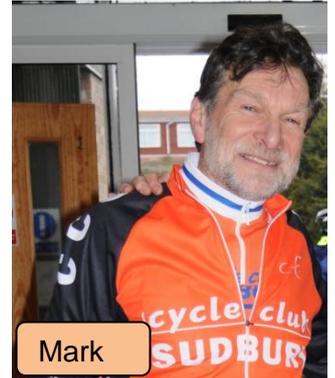


Lucas



Isabella

The Ladies Trophy went to Isabella who looked somewhat overwhelmed when she was named the winner. Leaps and bounds come to mind on her personal improvements and achievements this year. A super season and is destined for greater things in the future! And finally, you don't necessarily need to be a super quick biker to win a Golden SpindleNut award, just a way with words and a splendid sense of humour. Who else but Mark could have won it, for literary excellence in *the Sunday Club Run's* narrative and priceless Spindle articles. Well done to them all.....



Mark

A few of the prize-winners shown alongside



DIARY DATES *Compiled by Robin Weaver*

7.30pm, THURSDAY 6 DECEMBER; CCS QUIZ NIGHT

At the Stevenson Centre, off Broom Street, Great Cornard.
An evening to test your wits against the opposition!
General knowledge, with quite possibly a cycling question or two.
Teams of up to six people, or turn up and form a team on the night.
Bring your own drinks and nibbles.
All welcome.

CCS 'BOXING DAY' EVENT; NOT ACTUALLY BOXING DAY, BUT THURSDAY 27 DECEMBER

A 'Guess the Distance' Ride. Meet in the Cock Inn car park at 11am, for a ride of about an hour. You'll be deprived at the start of time and distance measuring devices, and on completing the ride will be asked to estimate the distance travelled. Closest to the actual distance wins. A distinct possibility of a pub visit after the ride.

AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to

enter (most of them) on line, visit <http://www.aukweb.net/>

Saturday 1 December; Witham; 100k

Sunday 23 December; Colchester; Santa Special 200k

Saturday 12 January; Kelvedon; 100k

Saturday 2 February; Witham; 100k

Sunday 17 February; Henham; 50, 100k

CYCLO CROSS

SATURDAY/SUNDAY 8/9 DECEMBER; TRINITY PARK

National Trophy Series, Round 5

SUNDAY 16 DECEMBER; TRINITY PARK

Ipswich BC; Eastern League, Round 12

SUNDAY 30 DECEMBER; WRITTLE COLLEGE

Eastern League, Round 13

MOUNTAIN BIKING

SUNDAY 9th DECEMBER – West Bilney Woods, Common Road, West Bilney, Kings Lynn, PE32 1JX. Entry closes midnight 1st December.

SUNDAY 13th JANUARY – Brandon Country Park, B1106, Shakers Road, Brandon, IP27 0SS. Entry closes midnight 13rd January.

PLEASE SAVE THIS DATE.....CC Sudbury Audax

Next year's events from Long Melford Village Hall will be held on

Saturday April 6th 2019

160KM, 100KM and 50km events.....more details to follow.

(From new organising team of Jane Watson & Ian Lovelock – Taking over from Andrew Hoppit)

Below are some top tips and techniques from professional road and track rider Andy Tennant. He rides for Canyon Eisberg (we are also sponsored by Eisberg!) and passes on some useful information.



Andrew Tennant is an English professional track and road racing cyclist who rides for the Canyon Eisberg team. He has represented GB in both categories.

(Thanks to John Bradbury for arranging for Andy to send us the info)



If you were to give an amateur cyclist your top training tips and techniques what would they be?

It's definitely important to get the right fuel in before and after your ride: it can be easy to head straight to the biscuit tin, which is probably the worst thing to do.

A protein drink with a banana is a great option, or a pint of milk is pretty much bang on. I would try and consume one of these 20 minutes after riding. It's a cheap and easy way to get the right fuel into your body.

If you're planning on doing a sportive, it's always best to try and stay in a group if possible. You tend to see a lot of people riding alone, but this can use a lot of energy.

In a bike race, all you're doing is trying to save as much energy for as long as possible, so you have enough left in the tank to attack at the end. Imagine your energy is a sugar cube: the more chipping away you do at it, the less of the sugar cube you have at the end to try and go past people.

I would definitely recommend joining a club if you can, and go out on club rides as it's more sociable. You'll definitely start to pick up skills that you didn't even realise you were missing.

I also suggest buying a good pair of cycling shorts and a decent saddle. Make sure you have got used to it before you go out on a long ride as this can make a big difference. Clip less pedals are also very useful and certainly make it easier uphill.

What are your favourite things to eat when out on the bike and the night before?

I think a lot of people tend to overeat: you don't need to eat loads the night before. When you get on the bike, I'd advise eating little and often. Your body can only absorb 60g of carbs in an hour, so there's no point starving yourself for the first few hours and then shoving loads of flapjacks or jelly babies down your neck. As soon as you get on the bike, it is best to feed every 20 to 30 minutes.

I try to stick to natural foods when I'm training, as during a race I consume lots of energy bars and gels and stuff like that. When I'm at home I tend to make my own flapjacks or banana bread with oat flour. It's fine to keep it simple: I often make my own sandwiches with jam or cream cheese and ham.

If I'm doing an intense training session then I will add an energy drink in my bottle and use lots of energy gels. For the long distance stuff I normally stick to a gel an hour which is quite low. Little and often is the key; and not to overeat. Personally, I'd just eat normally.



How to do you prepare in the week before a big race such as the Men's Tour?

Five or six weeks before the race I use progressive overload to make it harder and harder each week.

The week before I'll still fill my days with bike riding. I'll also do a bit of gym work, but I might lower my sets so instead of doing four sets of five I might only do three sets, reducing the volume but keep the intensity there.

I might cut my training down from 20 or 30 hours a week to about 15 hours. The aim is to keep the same intensity and effort but just reduce the volume. That will freshen you up as well, because if you just rest and do nothing you will end up in a worse position.

How do you recover in between each stage of a big race?

As soon as I've finished, I'll have an energy drink. The transfers are quite long for the Tour of Britain so you can be in the car for up to three hours. I have a bit of food in the car and try to relax as much as possible. At the start of the first week you'll be chatting away, but towards the end of the week you'll just want to sleep.

When I get to the hotel, I have a 30-minute massage, but this is very much down to personal preference. It's then important to fuel up as much as possible, since I burn more calories when racing. Then you just try and sleep. I wish I could say that there was this fantastic little thing that we did, but it's that simple, really: the aim is to eat, sleep, and get a massage in between.

Are there any things you've had to add or remove from what you're eating and drinking during your preparation?

I'm lucky that I don't drink that much anyway: someone once told me that the less you drink the less your body wants it. I might have the odd gin and tonic or a beer with a curry but that's about it. I don't put on too much weight: if I want something then I have it but it's all in moderation.

I am relatively disciplined: if I want a chocolate bar I will just have a couple of squares and I don't have the urge to go through the whole thing. For me it's probably ice cream and sweets that are my main downfall. That said, I try not to completely avoid anything, as it can often make you want it even more.



What benefits does regular cycling bring?

The easiest thing to do sometimes is to go for a run, but the problem is that it's an impact sport, which can result in bad knee injuries. There's obviously no impact in cycling, so you can be 70 years old and still get round on a bike.

Getting on a bike was my first real sense of freedom as a kid and I think that's still there. There are various ways you can get out on the bike: to start, you could go round a national forest on your mountain bike, where you can take the kids and feel safe.

As a sport, it's fantastic and a great way of getting outdoors: I'll never give up bike riding. It's quite sociable: you can do four hours of bike riding and be chatting the whole way, which is hard to do if running.

What advice would you give to someone who wants to start cycling?

I still think clubs are the best route, if you want to get good and pick up skills quickly. You might be able to get fit by going out on your own, but there's a lot more to bike riding than just being fit.

I see people going faster up a hill than they can go down, which makes no sense to me. You can miss a lot of those key skills, which I think are important to pick up at an early age.

You also see very simple errors on the road, which could land people with a broken wrist or collarbone. These errors wouldn't be made if people were part of a club.

Why do you love cycling?

Why I love it now is probably different to when I was younger. I used to be a chubby lad, who loved eating and really used to love going out on the bike for a laugh riding to the café with my mates: then again, that's probably the same pleasure that I get out of cycling now.

I am a competitive person so I like to win and I like to race: cycling is a fantastic way for me to use that competitiveness and I just appreciate being outdoors. I can go out on the bike for five hours a day and a lot of people don't get that so I am very lucky.

CCS Age Related TT Records.

Distance; miles	Age	Rider	Time	Year
10	42	Jody Downs	19.56	2015
10	52	Damon Day	20:13	2018
10	61	Alan Wiseman	22.31	1999
10	64	Alan Wiseman	22.38	2002
10	67	Alan Wiseman	24.57	2004
10	68	David Fenn	24:59	2018
10	70	Colin Harris	25:04	2018
10	72	Len Finch	25.48	2004
10	77	Len Finch	25.57	2009
10	78	Len Finch	27.12	2010
10	81	Len Finch	28.02	2013
10	83	Len Finch	29.42	2015
25	50	Damon Day	52:03	2016
25	52	Damon Day	52:33	2018
25	62	Alan Wiseman	55.49	2000
25	63	Alan Wiseman	59.49	2001
25	64	Alan Wiseman	1.00.51	2002
25	67	Len Finch	1.03.30	1999
25	68	Len Finch	1.05.05	2000
25	76	Len Finch	1.06.14	2008
25	78	Len Finch	1.07.57	2010
25	80	Len Finch	1.12.51	2012
25	82	Len Finch	1.13.24	2014
25	83	Len Finch	1.21.01	2015
30	42	Jody Downs	1.01.52	2015
30	51	Damon Day	1:04:22	2017
30	60	Alan Wiseman	1.11.51	1998
30	62	Alan Wiseman	1.12.52	2000
30	63	Alan Wiseman	1.14.01	2001
30	65	Len Finch	1.18.03	1997
30	70	Len Finch	1.18.54	2002
30	74	Len Finch	1.22.07	2006
30	75	Len Finch	1.25.01	2007
30	77	Len Finch	1.27.10	2009
50	42	Jody Downs	1.46.53	2015
50	52	Damon Day	1:47:35	2018
50	61	Alan Wiseman	2.04.55	1999
50	62	Alan Wiseman	2.09.56	2000
50	63	Alan Wiseman	2.10.58	2001
50	64	Len Finch	2.11.25	1996
50	68	Len Finch	2.14.32	2000
50	76	Len Finch	2.18.06	2008
100	51	Damon Day	3:55:06	2017
100	58	Stewart Kirk	4.28.55	2011
100	63	Len Finch	4.58.27	1995