



Spindle – July 2011

cycleclubsudbury

The weather still continues to play a decisive part of the past month's activities. Time Trials are still blighted by the ever present winds and now the rainy days have joined in. A perfect day has yet to be found on the Open T.T. courses this season and record breaking rides seem to be a thing of the past. But a few exceptions to this have seen - Damon Day post P.B.'s almost every other week, plus some inspired circuit racing from Colin Hill, Viv Marsh (master) and George Hoppit. (pupil).

Also, well done to *Steve Barnes & Peter Faulks*,

who achieved Audax **Super Randonneur** status recently by completing a 200, 300, 400 and 600km Audax series of rides. Viv also completed the grueling 600km ride (for a 2nd year running)



Peter Faulks



Steve Barnes

with Steve, along with Dave Fenn, who sadly had to call it a day at 300kms as he was still suffering from the after effects of his injuries with Mr. Badger. Dave had aspirations of entering the Paris-Brest-Paris ride and this 600km would have been his final qualifying event for entry to this mammoth 1200km ride. With no more suitable qualifiers available, Dave must resign himself to gearing up for the next PBP in 2015! (Or London-Edinburgh-London in 2013) Chapeau for the brave attempt though.....

The Evening TT Series has been plagued by sporadic road closures and newly laid (chips) road surfaces. Having the benefit of 4 circuits available, some last minute changes by Brian Webber and his team, have ensured we haven't lost any Thursday evening events. With over individual **90** entrants so far in this series, the point's leaders at the moment are shown on page 6.

Jonathan Weatherley must take the prize for the most puncture affected rider with numerous flats before and during his rides. Perhaps he should try the industrial strength Marathon Plus winter tyres 'me an my chum use'!

Away from the TT scene, Simon Daw has given CCS its first Open win of the season with victory in Ipswich BC's grass track Devil take the Hindmost event. He attacked early on and pulled out a 100 metre lead

which he managed to hold onto for the entire race to be first across the line.

He also managed a creditable 5th place in the National Endurance Series 8km race. Well done!

On the club's Dieppe Raid this June, CCS's multi Time Trial record holder, Scott Jones, was taken ill & ended up in the local hospital for a few days (not biking related). I'm happy to report he is now back home and wish him a speedy recovery from everyone at CCS, especially his fellow Raiders who did an excellent job of looking after Scott until the French Cavalry took over!

Below are the latest new riders to join CCS recently. We now have 93 members in total at the present!

Ryan Wilson, Halstead
 Patrick Tatum, Sudbury
 Darren Pratt, Sudbury
 Mark Pillet, Gt Cornard
 Thomas Littlewood, Earls Colne
 Jody Downs, Gt Cornard
 John Skinner, Brent Eleigh
 John Clinch, Colchester.
 Matt Cobbald, Gt. Henny.
 Sam Hunt, Bildeston.
 Alastair Pawsey, Cockfield

Wise words from Brian Mann - June Spindle

On a recent Wednesday ride Brian had advised me to carry the link removal tool "as you never know when you may need it"

A few Saturdays later I was out with Robin Weaver and another Cyclist from Bildeston George Mann no relation to Brian, when some 15 miles from home a link side plate came apart from the pin, trapped itself in the rear cage, snapped the gear hanger and promptly wrapped the cage and derailleur round the cassette.

However as I was carrying the link removal tool we were able to remove and shorten the chain, remove all the damaged derailleur, re attach the shortened chain and use as a single speed.

One mistake we did make was not to align the chain ring and correct rear cog consequently the chain jumped up a cog as soon as I started riding which tightened the chain and stretched it, but hey, it got me home thanks to some good advice.

David Miller

Robin Weaver received this Enquiry via the website recently.

From: gordon lawson
<maxlawson@rogers.com>

I am coming up to Sudbury on the week end (June 4 and 5/11).

I am an intermediate rider, age 61, and would like to ride on Sat am for about 1.5 hours and possibly the same of Sunday. Can you recommend a route? Something with good roads and not too much traffic.

Thanks. I was impressed with your web site and organisation!

I am with the Unionville Cycling Club ucc.com
Gordon

Hello Gordon.

I've sent you a couple of Google routes.

Having looked at your club site, you do know we're Sudbury, Suffolk, England, not Sudbury, Ontario, Canada?

Just checking!

Robin
CCS

Dear Robin

What an idiot I am. We have a Sudbury in Ontario that you obviously named your town after!

Sorry for the inconvenience. I would rather be in the UK.

Cheers,
Gordon

Continuing the world wide theme, I recently had a mail from my Spanish correspondent who picked this article out of the Benidorm free English paper (28/5/2011) which reported that the authorities found the following discarded items along the roads in the Costa Blanca region.....

2 Hernia Trusses

114 empty Vaseline jars

1023 Empty Red Bull cans

119 Empty puncture repair kit tins

91 Discarded inner tubes

67 buckled front wheels

14 left forearms (from those who were pointing out to their mates, the sites of interest as they pedaled along the busy roads!)

**(Not too sure about the last item though!)*

He also reported an enormous influx of bike riders on his local roads this winter/spring and that most of them seemed to be British and riding very expensive machines!

CR Woodbridge Criteriums May/June 2011

When Nick Reed circulated an email about the forthcoming Criteriums at Woodbridge airbase, I smirked to myself and moved on. Then I heard George (Hopit) was going to enter the Go-Race and I decided to ride over and cheer him on. It was a 75-miles trip from my home and it was a very hot day so by the time I arrived I'd already done a reasonable ride. Unlike when we raced in the 1980's, George, as cool as ever, timed his arrival to just a few minutes before his race started. I went into the office to check he was still OK to sign on and to my great surprise a mad woman asked me if I was entering!

"Well I'd love to but I'm hardly under 18!" I said.

"It's not just for Juniors" she said, "anyone can enter and buy a day licence."

"Err... err..., Well I've just cycled here so I, err..." I spluttered.

I quickly stumbled away thinking what a lucky escape that was. George duly turned up, signed on and took his place on the start line completely unflustered.

"Sit in," I told him. "It's not like a time trial. Sit in. Sit in. Sit in. If you think you can do more save it until the last lap or two."

The race started and George sat in. "Good boy". By the second lap George was on the front dragging everyone along!

"Sit in!" I shouted. Then he went off the front!

Oh well – "Go George!" The next lap he was off the back. Andrew and I cajoled him to close the gap but the pace was too high and the gap opened. So

George rode the rest of the race like a time trial and did enough to avoid being lapped before the race ended. Not bad for a first race but maybe a few tactics to learn.

I cycled back home and wondered about that mad woman and that there was another race next month.

It's evident from the club TTs that I'm not as fast as George but it seemed my advice was sound and could I have sat in? Road racing is as much about tactics as speed anyway... and the sun was obviously getting to me.

I wondered some more but pretty much dismissed the thought until Trevor said he was thinking of riding the next race too. Trevor and I are usually pretty similar in the TTs so this was the inspiration I needed to sway me.

So in May I found myself back at Woodbridge signing on for a 45-minute criterium. Apart from the trip Kev Raymond and I made to Eastway in 2006 before it was bulldozed for the Olympics we were both spat out the back), I hadn't ridden one since 1983.

Trevor didn't turn up but George was riding again and Colin Hill turned up too who despite being in trade team colours claimed to be riding for the CC Sudbury! So the 3 of us lined up and Colin asked me what my tactics were.

"Sit in, sit in, sit in" I told him.

"Oh – OK" he said. "But don't ask George" I said. And then we were off! I thought the windswept

airfield would suit me as it had no hills and my sitting-in plan would help me on the headwind section. And broadly I was right. After an initial sighting lap where, although we were officially racing, we were all weighing each other up – as much to see how good/dangerous the bike handling was going to be rather than how fast anyone was. I very quickly fell into race mode and although it was very fast along the home straight with the wind I found I was cornering well and had plenty of shelter up the back straight. After about five laps I began to realise that I might not get dropped and I resolved to stick with my sit-in tactics and see what I could manage.

About this point there was a prime lap (prn. "preem" – an intermediate prize during the race). George shot off the front and immediately opened up a large gap. Colin came up beside me and asked if I thought we should go and help him.

"Nope." I said bluntly "But you can if you like." He didn't either, but George stayed away to win the prime by a tidy stretch. There were several attempts to close the gap over the next couple of laps and soon enough George was back in the group. I was forced close a couple of gaps during the splits but stuck with my plan to not do more than was necessary to keep it together.

The race continued in much the same vein. George even managed to open up another small gap once or twice but didn't achieve the same advantage as his first effort. There was a second prime and he tried the same tactic again but this time was chased down and caught before the line. Had there been an award for the most aggressive rider in this Go-Race it would surely have gone George's way. He put in a spirited ride that belied the fact this was only his second outing. He was still ignoring my advice and doing things his own way but he was making it work.

So as I'd planned we came to the last lap with a group of 16 of us (out of 35 starters) still together. I was feeling good for a sprint but also thought it was too much to hope that it would stay together to the line. Sure enough one rider, Mark Weston, obviously didn't relish a bunch sprint and romped off the front with about a mile to go. Ipswich BC's David Constable chased him down. He didn't catch him but they both stayed away to take first and second places. The remaining 14 of us rounded the last corner for the very fast finish – a long dead straight with the wind. I was in a good position and entered the corner in about fourth place. I was pushed a little too far out, skimming a bush but I went for the sprint anyway. At this point my enthusiasm wasn't matched by my ability and although I started well it was too far out and I was only able to hold third place behind Shaftesbury's Chris Bulley and Colchester Rovers' David Triggs.

I say "only" but I was delighted to get 5th place overall when I wasn't even sure if I'd keep up at all.

Colin came in 11th and George was 12th. So with that I promptly went back into retirement but I'm sure if George keeps at it he is destined for some good results. *Viv Marsh*

European Age Group Championships 2011 - 10k run; 40k bike; 5k run

This year's European Age Group Duathlon Championships were held in Limerick in Ireland on 16th April so I donned my GB kit once more. The plan was to share the 400 mile drive with Terry taking the lion's share. That was before his "break in the sun" only a few weeks before the trip.

So that meant I had to drive all the way. We arrived at Pembroke Dock on Tuesday evening and sat in the car until it was time to catch the night ferry at 2 a.m. We tried to doze during the 4 hour (calm) crossing before the drive across Ireland from Rosslare. Maybe not the greatest race preparation but hey ho!

The Parade of Nations took place on Friday evening and we all followed an enthusiastic band to an outdoor pasta party prepared by the Army. Not bad at all and the Irish folk singers and musicians were very entertaining. The GB contingent was almost as large as the home nation but the representation for the rest of Europe was a bit disappointing - blame the recession!

The race on Saturday was pretty well organised apart from the leading man on the bike leg completing his first lap before the barriers had been removed which meant he took the only available route and did a section of the run route which surprised those of us who were



running along it at the time. Fortunately he still won!! The run and bike courses were mostly flat with, on the bike, one hill and two "dead" turns per lap with one on a narrower road as the run course was alongside. There were 5 laps so we had 10 turns which slowed most of us down and we had to work hard to get the speed back a.s.a.p.

For yet another year, I was the only lady in the 65-69 age group with Elspeth Knott (Colchester Rovers) the only 60-64 and a German lady the only 70-75.

This can change your perception of the race as the gold medal is yours to lose and I was happy to complete the bike section without a hitch.

GB won the greatest amount of medals and we celebrated with a steak and a little beverage.

This was my first visit to Ireland and we found everyone very welcoming.

And Terry enjoyed his first Guinness! I am now training for the World Championships to be held in September in Gijon, Northern Spain. It will be a much harder task to come home with a

medal with competitors from USA, Canada, Australia, South Africa and the rest of the world taking part, but hopefully I will be there on the start line. *Barbara Law*

C.C.S. Riders - Open T.T. Results - 2011/May

Date	Event	Course	Name	Dist	Time	Notes
May 1st	Ogmore Valley Wheelers - Wales	R25/3H	S.Kirk	25	01.02.53	28th
May 2nd	V.C. Baracchi - Bungay	B10/43	J.Rush	10	24.14	13th
May 7th	Rudy Project Series Rnd 4 - Doncaster	O13C	S.Kirk	13	33.30	27th (Vets)
May 7th	VTTA. (East Anglia) - Newmarket	E2/25	R.Davies	25	54.09	17th
May 7th	VTTA. (East Anglia) - Newmarket	E2/25	D.Day	25	56.26	36th PB.
May 7th	VTTA. (East Anglia) - Newmarket	E2/25	B.Lee	25	01.08.49	117th
May 7th	VTTA. (East Anglia) - Newmarket	E2/25	B.Law	25	01.16.15	122nd
May 8th	Maldon & Dist. C.C. - Maldon	E21/25A	S.Daw	25	01.01.06	10th
May 14th	Lea Valley CC - Newmarket	E2/10	R.Davies	10	22.06	29th
May 14th	Lea Valley CC - Newmarket	E2/10	J.Rush	10	22.27	36th
May 14th	Lea Valley CC - Newmarket (Middle Markers)	E2/10	B.Law	10	32.23	71st
May 15th	Wolsey Road Club - 50th Anniversary - Bungay	B25/50	J.Rush	25	58.26	6th
May 15th	Wolsey Road Club - 50th Anniversary - Bungay	B25/50	D.Day	25	01.02.08	24th
May 21st	ECCA 50 - Newmarket	E2/25	J.Rush	50 25	55.48	15th
May 22nd	Stowmarket & Dist CC - Wickham Market	B10/36R	D.Day	10	23.54	8th
May 22nd	Stowmarket & Dist CC - Wickham Market	B10/36R	B.Law	10	33.20	38th
May 22nd	Essex Roads CC - Heybridge	E22/24	S.Daw	21.5	53.19	11th
May 28th	Victoria CC/VTTA - Newport, Essex	E1/10A	S.Daw	10.2	24.35	13th
May 28th	Victoria CC/VTTA - Newport, Essex	E1/10A	B.Law	10.2	33.29	57th
May 28th	Victoria CC/VTTA - Newport, Essex	E1/10A	B.Bush	10.2	38.43	61st-1st in age group
May 29th	Maldon & Dist. C.C. - Woodham Mortimer	E21/50	S.Kirk	50	02.16.22	37th
May 30th	EDCA - Wymondham	B10/3	R.Davies	10	21.30	10th
May 30th	EDCA - Wymondham	B10/3	J.Rush	10	21.58	14th
May 30th	EDCA - Wymondham	B10/3	D.Day	10	22.02	16 th P.B.
	Fastest time to date =		* Club Record		PB - Personal Best	

Now for something completely different.....

Gems of advice from a booklet published in 1906 by "Barrett's Ironmongery Stores - Cycle Dept" of Duke Street, Barrow-in-Furness.

Cyclists should know..that one of the finest remedies in the world for cyclists, and one that is little known, is the sustaining power of the Tomato. No matter how tired and exhausted the rider may feel, if only a small piece of tomato is

eaten, it acts like magic, taking all the depressed feeling away and making one feel quite fresh. Cyclists who are travelling long distances should try this.

Cyclists should know - after a long ride, a warm bath with a little ammonia in the water is very

refreshing, and will take away all effects of stiffness.

Cyclists should know - that one of the finest things to keep in your pocket is a piece of orange (or lemon) peel. It does not matter how hard and dry it may get; when you feel thirsty, bite a piece and let it lie on your tongue for a few

moments, and it will bring moisture to your mouth.

Cyclists should know - never take a cold bath when tired.

Cyclists should know - that Bovril is the finest beverage a cyclist can take. In drinking a cup of Bovril, you have nourishment as well as stimulant. Another great point to the touring cyclist - if you see that you are supplied with Bovril, you can always count on it being a perfectly pure preparation.

Some cyclists may say Bovril is too hot a drink after riding; this is a great mistake; it is much better for you than a cold beverage. Bovril is better than tea, as it has a lasting effect, and is infinitely better than cold beverages, which frequently lead to internal troubles if taken when the system is hot.

Cyclists should know - to avoid colds, ride with the same quantity of clothes as usually worn.

After riding in bad weather take a bath, using a couple of hands full of salt in the water.....

Some scary and very odd/good(?) advice in there, from over a 100 years ago.....

Andy Rogers Cycling Memories – Part 2

Although the Secondary School I attended was only 2 miles from my house, it was too far to walk. No way was I going to spend my hard earned paper round money (11 shillings or 55p) on bus fares, so a bicycle that my dad had put together for my 11th birthday became my daily transport and trusty friend. It was a hand painted blue frame, side pull brakes and as far as I can remember, 5 speed Benelux derailleurs gears which were none too reliable, and a cyclometer! In June 1969, I left school and entered the world of work, joining what was then the GPO as a telegram boy. Riding those red Pashley single speed iron horses did nothing for my desire to take up cycling seriously. Instead, I discovered the joys of motorcycling! For the next few years I spent my hard earned cash on motorcycles, until one day I decided that a quality lightweight touring bicycle was what I needed. Not for the first time I got talked into buying something that I didn't really want. The bike was a Falcon of some description. It was ok, served me well, but what I really wanted was a Dawes Galaxy. Ironically, some years later, I bought another Falcon from Ranleigh Road Cycles in Ipswich, which I just loved, and when dad retired from Writtle College, I bought him a dark blue Dawes Galaxy, his first new bike!

Following a television programme about people with disabilities doing amazing things, including blind people riding tandem bikes, I was inspired to take up this pursuit. My first problem was I didn't have a tandem. But somewhere in June of 1990, I came across an advert in that 'much read' paper, The Maldon and Tiptree Bugle for such a bike, for the princely sum of £80.

I telephoned the owner, and yes it was still for sale; but the next problem was how do I get it from Tiptree to Sudbury. There was only one way in my book...ride it back.

The Royal Mail is full of characters, not least my friend John Jarvis...a prime example. "Ever ridden a tandem JJ?" I asked him the next morning."NO" he replied. "Hmm, would you like to?" "Yes ok" he replied after a rather long pause followed by the obvious question "When?" "How about tonight?" "Yes that would be fine, just bring me some sandwiches along for me tea" At 18.00, my wife Jan picked JJ and I up from the P.O. in Girling Street and drove us over to Tiptree. We found the address and rode the machine (make unknown, but definitely 1950's vintage) up and down the road a few times. We managed not to fall off and did a deal with the owner for £60.

We set off for Sudbury knowing that as we didn't have any lights, we were really going to have to get a move on. Every time we came across an unsuspecting pedestrian, JJ would shout out "Are we on the right road for Dover?" He would then reach into his coat pocket for another sandwich and eat it as we rode along. We just about made it home before it got dark, and this was to be the first of many memorable rides on the tandem, but more of that later.....

If, like most of us who tried and failed for tickets to watch some Olympic Track Racing, you want a good alternative, the new Olympic velodrome will host a high-profile test event when it stages a leg of the Track Cycling World Cup in February 2012. While the BMX circuit, (alongside the velodrome) is to put on part of the 2011 BMX Supercross World Cup. It could be a 'good' substitute for the actual Olympic event although I know a fair few of you out there are intending to go and watch the Olympic Road Race as well.



The Evening TT Series results are set out below but an **important** message from Brian Webber who requests that.....
Any 1st.claim CCS rider who wishes to ride the Championship 10 (Lavenham 10 course) on

Thursday 21st July, we need your name plus age on the day of the event by Thursday 14th.July please.

Email Brian at spindlenut@btinternet.com

CCS - Thursday Evening Points Series - 2011

Name	Lav 10 Apr14th	B.E. Apr21st	Acton Apr28th	H.H. May5th	Lav 10 May12th	B.E. May19th	Lav 10 May26th Incl Current Pts Position	Acton Jun2nd	Lav 10 Jun9th	B.E. Jn16th	Lav 10 Jn23rd	B.E. June30th Incl current points position
*A.Anderson							DNF					
*R.Back											27.29	
N.Baker									26.24	21.11	24.29	19.56/203pts
*A.Barbooke											24.45	
S.Barnes	29.52	23.05		39.34		23.18	-/185pts					-/255pts
*S.Bowen					28.45							
*K.Brady					22.51							
G.Buckles	29.00	23.02	25.11	41.00	28.39		29.23/345pts			23.23	28.48	22.25/412pts
*S.Bursill							24.34					
R.Bush		29.51		52.13	26.21		38.19/80pts	30.25	35.38			-/216pts
*C.Byford										21.20		
*B.Caisey												20.38
*S.Carson	27.04	21.36	22.38	36.49	26.54	22.02	-/60pts		26.59	22.06	26.47	-/97pts
*C.Cowen	29.50	DNF	26.07		29.43	24.10	31.03/62pts	25.37	30.52	25.02	31.55	23.29/183pts
J.Clinch							29.52					-/20pts
*D.Davis											26.42	
R.Davies	23.28			33.43	23.20	D.N.F. Puncture	23.34/60pts				23.16	18.59/160pts
S.Daw	23.43	19.00	19.44	31.53	23.34		24.21/226pts	19.47	23.22	19.21	23.39	19.13/288pts
D.Day	24.10		20.39		23.56		24.09/132pts				23.37	19.04/171pts
J.Downes										25.39		23.38/20pts
A.Dyson	30.16	23.43		40.03		23.17	29.54/138pts	24.16	28.51		29.39	-/224pts
*D.Fuller	23.34				23.17	18.39						
*M.Eastwood											28.04	
*M.Gale											27.05	
*D.Gibson											29.13	
*D.Giffin											24.02	
*N.Grainge		23.45	25.42									
*C.Hall							34.27					26.44
*P.Hall							26.36					
C.Harris											31.21	-/10pts
C.Hill		22.09	22.59	37.16	27.09	22.02	27.32/246pts		26.49	21.38	27.12	21.19/379pts
*S.Hodson											25.16	
A.Hoppit		24.48	24.48	38.39	28.22	23.44	-/174pts	23.44	27.56	23.24	29.01	-/237pts
G.Hoppit	26.12	20.50	22.49	34.55	25.37	21.16	-/166pts	20.47	26.09	20.59	26.13	20.30/267pts
*M.Jackson							30.34					

*M.Toone	21.51	18.48										
M.Taber					28.27		-/10pts					
P.Tatam								25.38				-/10pts
M.Trayner	31.05		25.35		D.N.F. Puncture		-/25pts					-/25pts
*N.Webber							DNS					20.01
J.Weatherley	27.44	21.54	22.51	36.53	26.35		DNS/326pts Punctures!	22.22		D.N.F. Puncture	26.46	21.06/438pts
*D.West		19.39	20.21		23.58	19.21	-/48pts		24.15		24.00	19.21/78pts
*J.Wharton							26.04					
*C.White							33.58					26.42
*M.Wilson											25.23	
*C.Woodley	25.47											
S.Wright			18.47				22.34/66pts					-/66pts
*D.Young											26.54	
*Name = Guest or 2 nd claim member. Highlighted box = Fastest time of the day. 22.34/66pts = Time/ Cumulative points to date.												

Our second Interclub evening time trial event of the season, held recently against West Suffolk Wheelers and Haverhill Wheelers, saw an emphatic victory for our CCS team. We filled the first four positions and ran out winners by a considerable margin of 26 points.

Final team points were:-

CCS.....239 points
West Suffolk Wheelers.....213 points
Haverhill Wheelers.....29 points



Mat Shotbolt

Ride of the evening went to Mat Shotbolt, who is finding some very good form lately, to claim fastest time of the evening. He was well supported by Rob Davies, Damon Day, Simon Daw and James Rush.

W.S.W. brought over a large contingent of 20 riders for the event (we had 22!) but except for Ben Mickleborough in 5th place, they couldn't overcome CCS's strong showing. Haverhill Wheelers efforts were hampered by only having two riders on the night!

Long gone are the times when we often had to settle for 2nd place in these Interclub competitions and as you can see from the CCS times, we now have a very good set of riders who can put in consistent and winning rides.

Well done again to all CCS riders who rode the event.

The fastest 5 riders from each team were:-

<u>CCS.</u>		<u>West Suffolk Wheelers</u>		<u>Haverhill Wheelers</u>	
Mat Shotbolt	23.06	Ben Mickleborough	23.41	Dave Gibson	29.13
Rob Davies	23.16	Dave Giffin	24.02	Ted Jackson	32.54
Damon Day	23.37	Adi Barbooke	24.45		
Simon Daw	23.39	Lee Sturman	24.54		
James Rush	24.00	Julien Long	24.55		