



The Spindle — July 2013 - cycleclubsudbury

Welcome to the July edition of Spindle. Now that summer has reappeared again, the nights are now getting shorter. How fair is that? But lots of warm sunny biking days ahead of us all, we hope!

Our large contingent of Dieppe Raiders are in err, Dieppe, sampling the French roads and cuisine as you read this.

The Tour is underway and again another group of CCS will be ensconced in the Alps soon flying the CCS flag.

(Is anyone else out there perplexed as I am with the Wiggins situation? Apparently he's preparing himself for the World Championships in September and then may revert back to the track! September, what about the rest of the season. Things don't seem to be quite the ticket in the Sky team with the new favoured son, Froomey the phoney Brit getting all the attention. I can see Wiggo moving on next season.)

Anyway, this year's tour will not be quite the same without our T de F winner and just hope that Cav comes up with the goodies.

Other CCS members are preparing for riding forays into France including myself and Robin W, who 'hope' to cross from the Atlantic to the Med in record time! Ok, I lied about the time; it may just be at a little more leisurely pace.

It would be nice to have some reports for Spindle if you are intending to do something a bit special or even just a nice ride somewhere different this summer.

I'm pleased to report that our club committee has gained a new member with the inclusion of Kirsty White. She will be a welcome addition and not only will she be looking out for our lady members interests but has also some fresh ideas for helping to take the club forward.

I watched the Tour Series Criterium final round in Ipswich recently and was impressed to see a huge number of Stowmarket & DCC members in their kit everywhere. I'm sure there were more of us there, but I only spotted 3 other club members. You all missed a great spectacle!

Last week's Interclub between CCS and West Suffolk Wheelers resulted in yet another win for the club.

Not too many of you out there will remember that in past years, we rarely got a look in with these Interclub competitions against WSW and Colchester RCC, so it's great we are coming out on top during the last few years. We seem to be producing a good 'second wave' of decent time trialer's joining our regulars.

Another team prize for 1st place has been captured at the recent Plomesgate 25 mile TT by our fastest 3 riders and against the might of strong Stowmarket & DCC and Ipswich BC teams. A great effort!

Included further on is a graphic account of The Wiggle Jurassic Beast Ride and is well worth the read!

Also included is an account of one of our member's first time trial experience which will strike a chord with some of you who are also new to TT's. I long remember my first one as being the worst experience I had ever had on a bike. But also remember being back again the next week for more.

It's good to report that the stolen (and expensive) bike from the CCS Audax HQ at Long Melford has been re-united with its Cambridge owner, albeit less his car keys and Garmin. Some sharp eyed club member had spotted the likely machine being pedalled around Melford and informed the authorities. Not really sure if the rider was the original person who pinched it but a good result all the same and well done to those concerned.

PARTY IN THE PARK, SUDBURY; SUNDAY 21 JULY



This annual event in Belle Vue Park, Sudbury, gives a chance for local clubs to highlight their activities. The club is intending to have a stand at this event, hopefully featuring Watt Bikes for the public to have a go on.

If you would be able to lend a hand with the manning of this, could you please e-mail Kirsty White at kniamh@icloud.com, or contact her at a Thursday evening time trial – with enough helpers, a shift system should be possible. You'll probably be able to sneak a go on the bikes as well!

If you're not able to help, please come along to the event, and have a go with the family.



INSURANCE

Do you have third party insurance cover when cycling? If not, why not? If you cause damage to cars, etc or injury to a third party (including your fellow riders) you could be personally liable. CCS recommend that all members have third party insurance, and for cyclists this is most easily obtained by joining the Cyclists Touring Club(CTC), who charge £16 a year to members of affiliated clubs – CCS is affiliated – or British Cycling, whose basic Ride membership is £28 a year. The CCS committee believe all members should have this insurance, and it's possible that at the AGM it might be proposed that this is a condition of membership. The committee are keen to hear the views of the membership. Please contact a committee member if you feel strongly either way on this – contact details on the website, or back of the Handbook. *Robin*

Having been at a Sunday morning time trial near Chelmsford recently, the event had the misfortune to be on the same tarmac as a 'Charity Ride' and our 2 CCS TT-ers had to negotiate around these groups. The cycling standard of these so called riders was nothing less than appalling. Riding 3 abreast, wobbling all over the place and with total disregard for cars AND other road users, they were causing chaos.

My point being, there were lots of incidents that could (and probably did) end up as accidents. With this sort on the road, you would be very wise to have some sort of insurance behind you. It's not always the cars that are our main 'enemy' out there.

I rode a charity event once from Colchester and was so taken aback by the abysmal riding etiquette and standard that I vowed never to enter another, however good the cause was. Rog

CCS TRAINING RIDES

The Tuesday evening training rides are going well and are proving to be popular.

I'm sure this training regime is one of the reasons there has been some excellent improvements in riders TT times recently.

They start at 6.45pm from near the Post Office Sorting Office on Church Field Road, Chilton Industrial Estate, Sudbury, CO10 2YA, for a 1 hour hard ride. The aim is for enough people to be there to enable one or two groups.

MAINTENANCE CLASS



Malcolm Borg's recent Bike Maintenance evening at the Cycle Clinic, Unit 5, Clockhouse Farm, Cavendish Lane Glemsford, was not fully booked, but was highly recommended by those who attended. There's another evening organised for Thursday 10 October, from 7pm to 9 pm – no charge! There's room for 8 people. It's a brilliant opportunity to learn more about keeping your bike on the road especially as it's free!

If you'd like to attend (bring your bike and some allen keys if you want) could you please e-mail Malcolm to book a place - first come first served! If one or two people could bring their own bike stand as well, that would help.

E-mail address;

workshop@thecycleclinic.co.uk

INTERCLUB

The 2nd of our Interclub competitions, this time against West Suffolk Wheelers, resulted in another win for the club, 232 points to their 213 points. Our 5 points scoring riders were:-

2 nd place	Jonathan Weatherley	- 49pts
3 rd place	Simon Daw	- 48pts
5 th place	Darren Rule	- 46pts
6 th place	Damon Day	- 45pts
7 th place	Nick Baker	- 44pts.

Well done to everyone on a great result!



AUDAX RIDES Saturday 6 July; Baldock; 300k ride. Saturday 6 July; Oundle; 100, 150, 200k rides. Sunday 7 July; Garboldisham; 55, 100, 200k rides. Friday 12 July; Great Dunmow; 300k ride.

Saturday 20 July; Bildeston Cycling Festival

Cycle Club Sudbury audaxes, organised by Robin Weaver and Roger Rush; 104k Bildeston Lanes, 168k 100 Miles of Suffolk Lanes, 208k Suffolk Lanes Extravaganza rides.

NOTE –

There will be a limit to the number of Brevet Cards/rides available so don't get caught out like a few riders did in our last 2 Audaxes. Get your entry forms in Now!!!

Also 25 mile Challenge Ride (2.00pm start), 11 mile and 5 mile Family rides (2.30pm start), and a chance for younger children to ride on a large expanse of grass in front of the events HQ...

For audax rides, see AukUK website for details; for family rides, just turn up.

Sunday 28 July; Loughton; 1400k London/Edinburgh/London ride. Too late to enter, but volunteers still welcomed to help at controls and start/finish.

Further details and entry forms for all of these rides on the Audax UK website, at www.aukweb.net, under 'Calendar'. Entry open to all.

UPCOMING LOCAL RIDES Sunday,

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

MY FIRST TT.

By David Miller



I have to blame someone for getting me into this, so it's all Terry Law's fault! Thursday 18th April I arrived at Lavenham Cock car park, signed on and paid my £3.00 to Brian who looked over the top of his

glasses and said with a quizzical look "You're riding???"

Anyway, after many admiring comments mainly from the female riders on the colour scheme on my newly built Eddy Merckx and other comments like, "Take it easy for the first 9.5 miles or you won't finish" and "If you can catch the rider in front (your minute man) then you are doing ok". I collected my number and was off to warm up.

Up passed the church and garage and on for a couple of miles. This feels ok so don't want to overdo it and turn round to go back and realise I've had a strong tail wind on the way out and now a head wind but it's too late to back out now.

Arrived at the start in good time. Peter Whitley is pushing off but as I have never done it before I elected to decline the offer and just do a standing start.

Linda calls out 30secs, 20secs, 10secs, 5, 4, 3, 2, 1 and I'm off.

Up the hill and out of the village I am soon passed a fast rider, continue past the B1115 Waldingfield turn and then get passed by one rider, then another before the Acton turn off, shouts of encouragement or was it abuse from the guys at the post office. Couldn't tell, due to the blood pounding in my ears! Round the mini roundabout (managed to miss all the cars) up passed the Chilton airfield, more riders passing me now and starting to feel it in the legs. My minute man passed me going the other way and tried to calculate how far ahead he was. Reckoned it was less than a minute which spurred me on.

Round the home base roundabout ½ way and relaxing, down past Chilton and round the mini roundabout feeling good now on the homeward stretch passed the Waldingfield turn off into the headwind now, seemed like it was one long grind uphill heart pounding and a few more riders passing me, legs now feel like lead. Where is that chequered flag but it's another mile before I'm passed it. Didn't catch my minute man, but made time on him! It felt like I had been on the road for hours but 35mins 11 secs; not the slowest but close.

67 years old, I must be mad.



Nice Bike!

FOOTNOTE

Since committee member/club treasurer David took to the TT tarmac for the first time, it obviously inspired another of our committee, clothing Secretary Trevor Hale, to take up the challenge and rode his first TT as well recently. (And did a decent time!) He said he enjoyed the experience which makes me think he was either:-

- a) lying through his handbars,*
- b) wasn't trying hard enough,*
- c) really **did** enjoy himself!*

I hope this trend of committee members riding evening TT's isn't compulsory as there have been some worried faces at the recent meetings, especially mine!

CCS - Thursday Evening Points Series – 2013

Results up to Week 10

Name	B.E. Course Apr25	Acton Course May 2	H.Hilly Course May 9	Lav 10 Course May16	B.E. Course May23	Lav 10 Course May 30	Acton Course June 6	H.H. Course June 13	Lav 10 Course Interclub June 20	Lav 10 Course 27 th June	Total points to 27 th June
*M.Arnold	21.34										
N.Baker		20.42				25.07	20.56		24.12		79
S.Barnes	22.59	24.02			23.43		23.50				82
*M.Borg	22.48		48.31	29.06	23.09	28.41	23.16	39.03	27.22	28.26	891
*J.Bradbury			37.21		21.10		22.07				
G.Buckles	22.45	24.22		29.33	22.49	28.38			28.09	28.12	229
R.Bush	28.45	31.35		35.00		35.10			34.48	34.48	113
*D.Carver	23.17	24.38	DNF								25
*D.Crisp	20.16		38.09	26.02		25.56	21.09		24.49	25.18	188
J.Davies											
R.Davies	19.41	21.05		24.31		24.24			24.27		65
S.Daw				23.23			19.37		23.07		130
D.Day									23.58		
J.Downes	20.05	21.14		25.35							431
A.Dyson							24.08	40.38	24.39		50
R.Empson											10
A.Flynn		21.25									117
L.Ford		22.00		25.50	20.47					26.07	216
*J.Goodright					22.17						
C.Harris	24.36					30.28			29.39		78
A.Hoppitt								34.14			30
G.Hoppit					21.35	25.27	21.08		24.59		337
J.Howe		21.18		25.34	20.50		21.30	34.25			718
A.Howlett	26.44										10
*A.Kennedy	18.49					24.17					
S.Kirk				26.17							10
B.Law							28.30		32.39	32.49	60
T.Law						33.49	28.35		31.01	31.26	118
D.Leeder	23.31					29.31		41.25	29.33		148
T.Lighttower		23.55									
T.Littlewood											
*C.Love	23.53			29.20	23.25						
*S.Mackay	21.41	22.23		27.09			22.05	36.15	25.34		308
B.Mann	DNF	23.21		28.21	22.45	27.53		38.46	26.54		160
D.Miller		28.19	47.50	33.27			27.08			32.06	326
*T.Moore	27.57		48.25	33.00	26.54	32.07	26.46	45.08	31.23	32.13	506
K.Moorhouse							*				
J.Newton					22.34		23.08				20
J.Palmer	26.23		50.08		27.18		27.03	43.22	29.47		496
*A.Pettit						24.24					
T.Pillet	22.35	22.50	39.52	26.17	22.00		22.22	38.40	28.04		141
*R.Porter				25.51	20.43		21.31	35.32	25.44	25.44	
C.Pratt		DNF punc	38.24	26.20	21.12	26.00	21.50	34.53	25.15		700
D.Pratt		21.12	35.08	24.46	19.58	24.18	20.36	33.48	26.54		285
*C.Rowe	22.38	23.45									
D.Rudling		23.45					25.07				20
D.Rule	19.33				19.59			33.08	23.46	24.00	500
J.Rush	19.13	20.01	33.38	24.07	19.24	23.59	20.25	33.12		24.00	176
A.Russell	22.51	23.46		25.56		26.38					70

M.Shinn								36.04			
J.Shotbolt		27.19			27.22	32.03	27.24		31.34		79
*M.Shotbolt	18.46	19.23		23.19						23.27	
D.Upton	22.06	23.03		27.34		27.03		37.24	26.25		149
S.Toy											10
M.Traynar				27.13							393
*S.Tyrell				26.23							
*I.Young			42.25								
J.Weatherley				23.08					22.58		122
*N.Webber							20.48			24.35	
*J.Wharton	19.46			24.59						24.26	
K.White	24.30		43.55	29.55	24.45	29.49	24.31	40.38	28.42	29.09	895

EVENING TT SERIES ROUND-UP

The Evening TT Series is benefitting some of the riders who are using the Tuesday evening training runs to extract extra speed from their legs and TT bolides! Entry levels have been hit this year with riders missing Thursday evenings and saving themselves for the Open TT's they have entered at the weekends. Right or wrong, I'm not sure!

Still on top of the pile is Kirsty on 895 points which is only a smidge better than Malcolm's huge leap into second place with 891 points.

Jamie Howe is chipping away in 3rd place with 718 just ahead of the rapidly improving Charlie Pratt on 700. With Tom Moore on 506, he will soon be in the clutches of Darren Rule on 500 who enjoyed his first overall win on the Hitcham Hilly, beating James by 8secs.

The recent Interclub against WSW saw a whole host of riders return with P.B.'s on what was considered to be almost ideal TT conditions (Now there's a rarity!)

With the series now passed the half way mark, I wouldn't rule out any of the top 6 making first over the line at the end of August.

WIGGLE JURASSIC BEAST

By Jody Downs



During a conversation with Jamie Howe earlier in the year he mentioned that he and Jules Mumford had signed up to do one of the Wiggle Sportive called the 'Jurassic Beast'. I immediately assume it would involve cycling around the Jurassic coastline and the 'Beast' part could mean it was either fairly long or lumpy. Having told Jamie I would investigate further before I committed to ride it, I logged on and checked out the distance and elevation stats, 100 miles and rather hilly with climbing basically most of the route. Now 100 miles is not a great challenge to most cyclists but throw a few hills in along the way and it becomes a totally different scenario for me in particular!

Knowing that Lee Ford is always happy to undertake a day long cycling experience, having ridden the 130 mile Tour Ride with him last year (well the first 75 miles before he happily rode away with a slight faster group leaving me 55 miles to roll in on my own) I called Lee and without hesitation he agreed.

So with a group of four all signed up, travel and accommodation, was the next consideration and as luck would have it ex Sudbury resident and triathlete Terry Nipress lives just down the road from the start at the Bovington Tank Museum. Quick call to Terry and he is on board for putting Lee and myself up the night before, looks like Jamie and Jules are in a B&B !!, Terry is also keen to ride with us.

Terry outlined his training plan that would involve riding sections of the route and reporting back. He had never ridden much more than 30 miles before he was going to need to put in some serious work.

Meanwhile back in Suffolk each of us went about their own preparation, anyone who follows Lee on Strava will know he is often out on his own clocking 50 plus miles but rarely as far as the 100. Jules had commitments with Melford FC which meant distance cycling preparation over the initial period would be harder to fit in, Jamie again being self-motivated was getting miles in on solo rides and some riding buddies from Bury St Edmunds but again nothing near the total distance of the ride expect the Newmarket 100. I on the other hand decided on a slightly different approach, ignore it for as long as possible as my main concentration has been Turbo work to try

and improve my TT performances, having said that we all managed to squeeze in the usual 30 and 40 milers in addition to a couple of local sportives. The week before the event Lee and I joined Damon Day on a 60 mile tour of Essex , mostly in Damon's tow, whilst Jamie took the alternative preparation of a 4 day stag trip to Benidorm, from what I understand it was not a cycling break either!!

The Beast weekend was upon us and Lee & I set off for Terry's and Jamie & Jules to their B&B, Lee use of his Smartphone satnav was absolutely amazing, the closer we got to our destination and the less familiar we were with where to go the more he chose to ignore it!!!

Morning of the ride and up at 5am, breakfast and dress and in the car for 6am, on arrival at the tank museum the operation to hand out the timing chips, number tags and goody bags was extremely slick. Following a bit of pre ride nerves requiring a slightly extended visit to the gents, I could hear the queue moaning beyond the door, and we are on our bikes and ready to go. A quick briefing from the organiser and were on the road with a total of near 2,000 other riders.

The first 7 miles was a gentle affair with plenty of conversation, at 7 miles the first climbing started and eventually peaked at 13 miles, the top of the final part registered a grade of 19% on the Garmin and we were all pleased to hit the top.

After a short flat section the benefit of a long climb was realised



with a fast decent in excess of 40mph, unfortunately as I came round the corner Jamie was no longer attached to his bike having caught the rear wheel of Jules and been thrown up in the air, the bike was showing early signs of battle damage as was Jamie who was bleeding from elbow, knees and mouth. Had it been me I may well have been ready for a car ride back to the HQ, Jamie seem fairly dismissive to his injuries. Quick patch up and off we go but with two miles of comical arguments between Jules and Jamie as to whose fault it was.

Within minutes we find ourselves again faced by a similar climb but on the occasion every one descends safely. The course is now nonstop up & down with kicks in the road that mean you are never able to relax.

Jamie's bike is misbehaviour with the chain coming off at the base of a long climb; we hang

back as he rolls down to flick it back on, it now annoying him.

At 18 miles we hit a serious climb, for most anyway as riders start to leave their bikes and walk, at this stage there no sign of us getting off and slowly we separate on the climb, Lee goes off like a mountain goat, followed by Jamie, I pass Jules and Terry who find their own tempo. The last time I glanced at the Garmin the grade was in the mid to high 20's. All concerned have the added pressure of a ride photographer at the side of the road to record your performance up the hill. We are less than 20 minutes in and the heart rate monitor and legs are telling a worrying story. Going down to other side we quickly reach the first feed stop at 20 miles, a feed stop after 20 miles sounds ridiculous but boy, was it welcome. After a quick conversation we head off but not before being told that between 20 and 50 miles there were no major climbs, this was true but it was by no means flat! Jamie's parting words when told by a marshal that there some serious climbs in the second part of the course are 'bringing it on - bigger the better' my thoughts do not mirror his!!

There is now a clear difference in our groups ability to ascent and descent, Terry is taking the more cautious approach and a gap on the road naturally appear with Jules, Jamie and Lee riding together with Terry and myself dropping back, although I am reluctant to hang back I am aware that this may be an obvious outcome in the ride at a later stage anyway.

We arrive at food stop number 2 after approx 50 miles where the others are waiting, the sports gels and the energy supplement intake having taken its toll on one of the group who has made a quick dash to the WC to have a cleanup, disaster averted!!

We learn that that immediately after this stop there are two climbs in quick succession, both in excess of two miles with the second one being the steeper of the two, again a photographer is recording the pain, a clear case of the mind taking charge of the body. This was the last time we saw Lee, Jamie & Jules. I agree to ride with Terry for the balance of the ride and he was keen to ride at his own pace to ensure it makes it to the end which was a wise decision.

We stick together for a further 8 miles but at this point we become separated, at the top of a long climb a sign reads 'wait until you get to the top the view is worth it' to be honest it wasn't. I ride on through Swanage and start the 4.5 miles of uphill cycling, my compact gearing (thank goodness I put it on before we came down) is now in its easiest gear despite the climb being gentle in comparison to the previous efforts. I am catching slower rides but get overtaken by quicker riders but I am unable to hang on to them.

The wind was now difficult, the rain was falling and the temperature had dropped which made for a fairly miserable 20mile section until the next stop.

The final feed stop came shortly after 75miles and at this point my enthusiasm was slipping away, wrong it was nearly gone, as I ride in I hope that at least one of the other 3 were there but they are not. I wait for Terry and when he arrives he confirms he was going to ride the final leg on his own as he was suffering, the truth was everybody look fairly well cooked. So of I set for a fairly lonely last leg, the 25 miles felt longer and I found myself looking at every mile ticking away on the computer, each mile got longer!!

The last major challenge is at 83 miles, a long climb that kicks badly at the top, the sign on the side of the road reads 'the last climb, until the next one'

if this true then I am done for!!

I later learnt it was at this point where Lee



rode away from Jamie and Jules, Jamie having under fuelled and was now paying the price and later confirmed that he was completely done at this point. Lee tells me he actually enjoyed the final part and put in a decent final push by hooking up with a faster group and 'going for it' for the final leg.

The ride home from this point was straight forward except for my legs that were absolutely gone and a headwind to add torture to the experience; I am now telling myself that this type of event is not for me. I see a sign in the distance and once I am able to read it the message is well received - 5k until the finish - one final push and I am back. As you pass the finish line you are given a 'finishers medal' and a goody bag full of gels and alike, that's the last thing I want at this point. I tell myself that I won't be coming back next year!! Great credit goes to Lee, Jamie & Jules for their ride times, and to Terry for completing the course as he did. We all agree that this is a very tough and demanding ride regardless of your ability.

Open TT's Press Report

Up to June 8th 2013

Cycle Club Sudbury continued their winning streak recently in the Plomesgate 25 mile Open Time Trial around the roads of Rendlesham and Tunstall forests.

They secured 1st place in the team award by a narrow 9 seconds from Ipswich BC who were

closely followed by Stowmarket & DCC in 3rd place. The riders who top scored for the club were Jonathan Weatherley (5th) in 59mins 17secs, Simon Daw (9th) in 01.01.12 and James Rush (11th) in 01.02.04. This takes the number of team awards to 3 this season and was a great effort in the presence of such stiff opposition from the larger clubs.

It's also good to record that the number of club riders taking the plunge this year into Open time trials is on the increase with a further 5 riders also competing at this event. Nick Baker rode an excellent 01.03.02 and was closely followed by Darren Pratt with a 01.03.38. Jody Downs rode his 1st ever 25 and was rightly delighted with his time of 01.05.56. Kirsty White represented our ladies section and was rewarded with 3rd fastest lady in 01.16.24 which was a personal best time.

Elsewhere during the past weeks, our 'super vets' have been performing well with the pick of these being octogenarian Len Finch's remarkable 28.02 time in the 10mile ECCA event on the E2 at Newmarket. Barbara and Terry Law have finally shaken of all their early season ailments and are beginning to record some competitive times with Barbara riding in the same event and recording a decent 30.55. Bob Bush turned in a slightly quicker time of 30.47 to complete the 'super vets' times. Our seniors also performed well at the same event with Damon Day fastest with a very rapid 21.58, followed closely by Darren Pratt on 22.08 and Jody Downs with a 22.45.

Damon has also recorded the quickest time of the year so far in a 50mile TT with a 01.56.48 in the ECCA event on the E2. Rob Davies rode a 01.59.04 in the same event which was all the more remarkable as it was his 1st Open ride of the year.

Simon Daw keeps up his record of top ten results with a 6th in the Essex Roads 24 in 58.55 and a commendable 7th in Maldon CC's 50miler in 02.04.39.

Jonathan Weatherley also keeps popping up in the top ten with a best placing of 5th at the Plomesgate 25, 8th and PB time of 22.44 at the Kings Lynn CC 10 and 9th at the Ipswich BC 10 in 24.52. He also took part in the National 10 mile TT championship held in Norfolk recently and recorded a good 23.10 time.

Jodie Downs rode a PB in 23.46 at the Stowmarket & DCC 10, which also saw David Crisp (24.55) Matt Traynar (26.04) and Len Finch (31.07) compete.

Kirsty White rode a personal best time at this event in 28.36 for 2nd fastest lady but topped this effort with a 1st fastest lady in the Ipswich BC 10 in 31.03. So a 1st, a 2nd and a 3rd fastest lady in 3 events in the space of 3 weeks for this ever improving rider!

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
June 1st	ECCA - Newmarket	E2/10	D.Day	10	21.58	30th
June 1st	ECCA - Newmarket	E2/10	D.Pratt	10	22.08	33rd
June 1st	ECCA - Newmarket	E2/10	J.Downs	10	22.45	42nd
June 1st	ECCA - Newmarket	E2/10	B.Bush	10	30.47	71
June 8th	ECCA - Newmarket	E2/10	L.Finch	10	28.02	33rd
June 8th	ECCA - Newmarket	E2/10	B.Law	10	30.55	34th
June 8th	Plomesgate CC - Tunstall	B25/2R	J.Weatherley	10	59.17	5th -1st Team Prize
June 8th	Plomesgate CC - Tunstall	B25/2R	S.Daw	10	01.01.12	9th -1st Team Prize
June 8th	Plomesgate CC - Tunstall	B25/2R	J.Rush	10	01.02.04	11th-1st Team Prize
June 8th	Plomesgate CC - Tunstall	B25/2R	N.Baker	10	01.03.02	14th
June 8th	Plomesgate CC - Tunstall	B25/2R	D.Pratt	10	01.03.38	19th
June 8th	Plomesgate CC - Tunstall	B25/2R	J.Downs	10	01.05.56	31st
June 8th	Plomesgate CC - Tunstall	B25/2R	K.White	10	01.16.24	44th-3rd Ladies
June 8th	Plomesgate CC - Tunstall	B25/2R	D.Day	10	DNF	-
June 15th	Maldon & DCC	E21/10	J.Weatherley	10	23.06	3rd
June 15th	Maldon & DCC	E21/10	D.Pratt	10	24.56	10th
June 15th	Maldon & DCC	E21/10	D.Crisp	10	26.09	18th
June 15th	Shaftesbury CC MM - Newmarket	E2/10	M.Traynar	25	01.11.59	55th
June 15th	Shaftesbury CC MM - Newmarket	E2/10	B.Bush	25	01.28.56	59th
June 15th	Shaftesbury CC MM - Newmarket	E2/10	L.Finch	25	01.38.39	60th
June 16th	Chelmer CC - SPOCO - Chelmsford	E83/25B	S.Daw	25	01.01.06	6th
June 16th	Chelmer CC - SPOCO - Chelmsford	E83/25B	J.Rush	25	01.16.10	Inc 10min late start
June 23rd	VC Baracchi - Harleston	B50/17	S.Daw	50	02.03.12	6th
June 23rd	VC Baracchi - Harleston	B50/17	N.Baker	50	02.08.29	13th
June 23rd	VC Baracchi - Harleston	B50/17	D.Pratt	50	02.12.43	18th
June 29th	VTТА - Newmarket	E2/25	D.Day	25	55.34	45th PB
June 29th	VTТА - Newmarket	E2/25	D.Pratt	25	57.53	77th PB
June 29th	VTТА - Newmarket	E2/25	J.Downs	25	59.11	87th PB
June 29th	VTТА - Newmarket	E2/25	T.Law	25	01.13.16	122nd
June 29th	VTТА - Newmarket	E2/25	L.Finch	25	01.14.03	124th
June 29th	VTТА - Newmarket	E2/25	B.Law	25	01.15.01	17th - ladies cat.
June 29th	VTТА - Newmarket	E2/25	B.Bush	25	01.19.30	125th
June 30th	Godric CC - Attleborough	B50/18	S.Daw	50	01.58.11	10th
June 30th	Godric CC - Attleborough	B50/18	J.Rush	50	DNF	-

And finally, I omitted to award the Rider of the Month in the last edition, so I'll remedy that by nominating Jonathan Weatherley for his sterling efforts in the Evening Series and Open TT's. This month's award goes to Darren Rule for his Evening TT achievements. Well done boys and don't forget, no prizes, just the glory!

Rog