



The Spindle JULY 2014 cycleclubsudbury.com

It's turned out to be a remarkable few weeks for our TT contingent with records tumbling all over the place. Just like London buses, you wait ages for one to turn up, and then four arrive in as many weeks. It started off with the team 10 mile record being broken as mentioned in the last Spindle, then the 50 mile team record went, although this one had a bit of delayed action to it as the 3 man team didn't realise they had broke the record until about a week after. This was quickly followed by the team 25 mile record being smashed with a 3 minute improvement and finally the 10 mile record went by the narrowest margin of 1 second! Read the full details in the Open TT round up further on.

The Evening TT's continues to throw up P.B.'s by our riders nearly every week and shows how well the club is progressing within this discipline. The influx of new riders over the past 2-3 years has paid dividends as they are now at the 'sharp end' in terms of results and compliment our established 'stars' in posting very good times and results. With the Road Racing scene also flourishing, we are spoilt for choice and seem to be harking back to early club's early glory days in the 80's and 90's. Long may it continue!

I'm sure a lot of you will taking the Tour in the next few days and already located your viewing spot, be it in Yorkshire or Essex. The official club viewing enclave at Wethersfield will have a good gathering with some intending to camp over the night before to prolong the experience. I do hope we get the full works of the publicity 'Caravan' and the spectacle that precedes the Tour in France as it's something to behold. If you haven't experienced any of this before, prepare to be amazed!

The only dampener on proceedings is Sky's probable decision (now confirmed) not to include Wiggo which seems very short sighted as there will not be a viable Plan **B** (Bradley) if it all goes awry with the favoured one, Mr Froome.

I think he has been very clever and cute by manipulating the situation so that Wiggo doesn't steal his thunder! His gain is unfortunately our loss! I think he's a devious little man who's 'butter wouldn't melt' demeanour doesn't fool many.

I for one won't be supporting his efforts and hope his aspirations come unstuck. A bit unpatriotic maybe, (how does a Kenyan suddenly become a Brit?) but I'm very disappointed we won't get the chance to Wiggo on home soil.

My opinion only, but one held by a lot of other people far more important than me....

Latest News.....

Only 3 Brits are in the T de F – Thomas, Froome & Cavendish!!!!

CCS (Casualty Corner Sudbury).

Latest Update.....

With Terry and Mac having vacated their hospital beds and on the mend, two more members have taken their places in the 'CCS Ward'. Stewart Kirk got wiped out by a '*just passed her test*' teenager in The Sudbury area and his lovely Cannondale is no longer with us. Stewart is mending slowly complete with leg brace and is out of hospital and back at work. And was fully intending to go on the Dieppe Raid with his other CCS chums!

Then Simon Daw had an inexplicable head on with a parked car while in the final throes of an 8km grass track race. He's not sure how or why it happened but definitely came off second best with some horrible bruising (thanks for the graphic photos Simon!) and cuts but thankfully no broken bits which more than can be said of his bike which joined Stewart's in wherever dead bikes go to in the sky!

He is still off work but now at home and admits his season is probably all but over for the year. Get well to both of them and let's not have any more visitors to Casualty Corner **please**.

LAST CHANCE for the.... TOUR de FRANCE



If you've not done so already, please let Steve Barnes know (steveearthworks@yahoo.co.uk) if you'd like to join the party in the CCS Field at Wethersfield on Mon 7 July. £5pp. Parking possible in field (road closes at 7.30am), or later in Wethersfield on Recreation Ground (on left on approach from Hedingham, 10 mins walk from field). Portaloos and marquee available plus camping!

Is anyone prepared to provide and run a BBQ? Once again, please let Steve know asap.

CCS COMMITTEE.??????????

Several committee members are standing down at the AGM in November, having served for several years on behalf of the club. We therefore need nominations for a *new chairman, vice chairman and secretary*. If you're interested in helping advance and run the club, please contact any committee member.

SUDBURY PARTY IN THE PARK

Sunday 20 July; 9am-5pm. This was a



very successful event for the club last year. We had a few watt bikes from Cycle Suffolk, and brought out the competitive nature of Sudbury residents by running a speed competition. We can do the same this year, but an organiser and volunteers needed. If you're interested, please contact any committee member. If no-one is interested, it won't happen!

AUDAX RIDES

Friday 4 July; Dunmow; 300k
Saturday 5 July; Oundle; 100, 200k
Sunday 13 July; Garboldisham; 55, 100, 200k

And the best of the month:

Saturday 26 July; Bildeston; yet another CCS event, from Bildeston Sportsfield; 104km Bildeston Lanes audax
168km/100 Miles of Suffolk Lanes audax
209km Suffolk Lanes Extravaganza audax
Good routes, route sheets and refreshments. Book early to avoid disappointment!

Further details and entry to all these rides via the AudaxUK website at www.aukweb.net/events; anyone can enter these events.

SPORTIVE RIDES

6 July; Walden Velo Tour Route sportive
12, 13 July; Essex Behemoth Sportive weekend

13 July; CSUK Norfolk sportive

13 July; Cycle Together Sandringham

13 July; Chelmsford Cycle Swarm

20 July; Cozens-Hardy Cycle Ride, Aylsham

20 July; Evans Cycles sportive, Cambridge

26 July; Circuit of the Fens sportive

The Meeting of Two Legends!

Our own time trial legend Bob Bush meets one of his many admirers, Alex Dowsett from the Spanish *Movistar* Pro Race Team at a recent TT on the E2 at Newmarket.

Bob commented that starting a minute ahead of Alex and then being caught in a matter of ½ mile, was an honour and a privilege!



Alex proved what a nice and genuine lad he was by taking a lot of time signing autographs and posing for photos with his new found admirers. It's not often you get the chance to race against a Giro Tour of Italy stage winner!

As Rob Davies rightly pointed out, it's amazing how cycling links the generations and professional athletes with amateurs.

Interclub Success



Another Interclub win for CCS against the West Suffolk Wheelers this month by a whopping 240 – 201 points margin. Simon Wright (pictured) came out for one of his rare appearances to claim 1st place with a seemingly

effortless 22.41 time. CCS in fact filled the next 6 places with Darren Rule, Jody Downs, Simon Daw, James Rush, Lee Ford and Jamie Howe.

It would have probably been the first 8 places if Jonathan's mechanical maladies hadn't stalled his progress!

24 Hours of Le Mans On a bike!



Yes, there really is such an event and it's held around the inner Bugatti circuit (no public roads) for teams of 8, 6, 4, 2 and solo's! I discovered this on my annual visit

to the recent 24hr race for endurance cars.

It takes the form of a 'relay race' so no need to go flat out for the full 24hrs, but still a tough undertaking using normal racing bikes without any aero 'bits' on them. Just imagine a CCS team taking it on. Better start the training now for next year's event as this year's entry is already full with 350 teams taking part in late August including a 'few' British teams..

James was also with me for the week and found a novel way of getting the bike miles in by entering a charity bike turbo session (on very nice Look bikes) within the circuit.



For every km ridden, the local supermarket were donating 2€ towards a children's heart foundation in Africa. So despite the temps being

in the low 30's, James managed a total of 180kms and so raised 360€ for the charity and got some serious training in as a bonus. Their target was 12,000kms during the week.

We all know time on the turbo is dreadfully boring but being up on a stage and being cheered on by the passing race fans all the time obviously helped pass the time away and ease the pain.

Chapeau!

News Article

Nice to see Kirsty arranged for some welcome coverage of her Junior training scheme with a whole page spread, after being interviewed for this week's local Suffolk Free Press newspaper. Good stuff and well done!



Road Racing Round-Up

By Darren Rule



June started for CCS with Colchester Rovers' road race on the

Abberton circuit on Sunday 1st. Joe, Steve Hubbard and me were on the start line in a field of 70 on a beautiful, sunny morning. We had mixed fortunes in the race.... After riding thousands of miles training through the winter and spring without mentioning the "P"- word, I was visited by the puncture fairy at about mid-race distance. Then on the next lap Joe had a nasty crash after his chain snapped (it must be



all that power you're putting through it, Joe!!). He was a bit battered and bruised but I was glad to see him out riding the TT this Thursday again. Steve put in a real all-or-nothing approach to the race going in a couple of breaks – one of which was a two-man effort with the Cambridge rider who eventually convincingly won the race with a clear minute lead over the rest. I think these early efforts took their toll on Steve but he still respectively finished in the main bunch. A great effort, Steve! This month also saw the start of the Suffolk Cycle Racing Series at Trinity Park, Ipswich. This has had a great representation from the club with Ashton, James Newton, Alan Russell and myself taking part in the events. I would highly recommend the Go-Race which is a 30-minute race aimed at beginners.

Ashton had a great result (11th place, I think) in the first Go-Race, and I managed

a 12th place out of a field of 94 in the main race which I was pretty pleased with. Hopefully we can get some points for the club before this series finishes on Wednesday 16th July. For more details check out the British Cycling event page: <https://www.britishcycling.org.uk/events/details/106185/Suffolk-Cycle-Racing-Series-2014---Week-4>

There are several other events in the diary for July:

Stowmarket & District CC race day at RAF Bentwaters, Woodbridge – Sat 5th July

SCRS racing day - Trinity Park – Sat 12th July

Strada Sport road race (3rd & 4th Cat) - Sunday 3rd August.

Circuit racing at Lotus test track, Hethel, Norfolk every Weds evening until 30th July

And finally.....thanks to all the members and friends of the club who have offered to help out at our road race on Saturday 30th August. I am still looking for a couple of more people who can help with marshalling on the day, so if you can help and haven't already let me know please drop me a line on

roadracing@cycleclubsudbury.com

Open Time Trial Round-up

There's certainly plenty to report this month (thanks chaps!) with the pick going to our club record breakers.

The first one arrived almost by stealth as no one realised it had been broken! It was during May that Rob, Damon and Matt Traynor (welcome to the record books Matt) broke the existing 50 mile team TT record on the E2 at Newmarket, which was formerly held by Rob, Simon Daw and Stewart Kirk back in 2009 by a healthy 2mins 37secs. Next up saw the 25 mile team record go with Jonathan, Damon and another new record breaker Jody Downs, joining the list. The existing 21 year old record held by Scott Jones, Mark Jay and Graham White was bettered by 3mins 5secs. All riders posted P.B's and Jody's time was a huge improvement of over 4mins from the previous weekend 's PB. Whatever you're on Jody, I want some of it!

And finally, just 2 weekends ago, Jonathan rode a spectacular evening 10 miler on the F20 at Ware to record a 20.51



which he thought was a second off the record. But club archivist Len Finch soon informed him he had actually beaten the record by just 1sec, held (inevitably!) by Scott Jones since 1994.

So in the space of just over 4 weeks, we have had 4 new club records. Well done to all concerned...

Another ride that deserves attention is Damon's recent 100 mile TT in Norfolk, which nearly saw him snatch *Scott Jones' only remaining club record*. His excellent time of 4hrs 8mins was held up only a few miles from the finish by some unhelpful *tree fellers* in the road and time lost was further exacerbated by losing his rhythm and his weary legs refusing to play ball. A great ride all the same considering had admitted that he had never ever ridden a 100 mile distance anywhere before!

Jamie Howe posted a PB on the E2 with a very good 57.16 which bettered Jody's 58.43 on the same course. Rob managed to equal his own PB during a midweek ride at Attleborough with a 21.05.

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EDMUND RIDES AGAIN



I organised my first Audax event in 2002. The route was submitted for approval on a copied road map, and all

entries were received by post and listed by hand.

How different organising is now. Approval for events is now sought on-line (mind you that has caused problems with programmes claiming to give more accurate route lengths than cycles or cars that had actually gone along the roads involved!) and best of all most entries are received via Pay Pal and transferred Automatically to the event register. The Audax programme has been a real boon to organisers and will enter a members full details in the register just at the entry of the members number.

If you had known how straightforward it was you'd have offered to organise an event yourselfwouldn't you?

This year the Melford Audaxes were a week later than in 2013 because the Village Hall wasn't available on the Bank Holiday weekend. This probably resulted in a bigger field of riders – 61 in the 200k (17more than last year) and 83 in the 100k (32 more than last year). I think we'll keep the new date!

Last years event raised £521 for the Club, so how about a sweep stake on what this years profit will be?

Results exclusively in the next Spindle!

It's rewarding to get positive feedback on the welcome from the Club members; on a good route; on the refreshments we provided; and generally on a great event! If you weren't there I can confirm you missed the chance of a bacon, brie and cranberry roll... What will next years culinary event first be?

Grateful thanks are due to Robin for help with route checking, creating the GPS track and for registering riders; to Dave Miller, Dave Fenn and John Oakshott for manning Controls; and to Brian Mann, Bob Bush, Colin Dales, Mark Gentry, for help with tidy parking and serving refreshments. I hope I haven't forgotten anyone. Huge thanks too to my daughter Kate and partner Tony for their culinary skills and service in the kitchen.

Lastly but not least, thanks to Tom Moore for hiring the hall and with help clearing up.

Sweet and Savoury (Café) at Stonham Barns offer a great welcome to cyclists, so thanks and keep supporting them! Thanks to me too for providing the rope to line up the cars in the car park, and storing 90 surplus rolls in my freezer.

Our youngest entrant was ten year old Ben on the 200k route riding with his Dad and finishing cheerfully in 11 1/2 hrs (17.8kph average). Very impressive, and not the slowest by a long way!! Is he another George Hoppit in the making? Edmunds Folk will ride again probably on the 30th may 2015.

The 300 rolls I ordered from the Patisserie were baked the day before they closed for good!! Where do I turn to next year?

Peter Whiteley

CCS Bildeston audaxes, Saturday 26 July. Yet another CCS event, from Bildeston Sportsfield *From Robin Weaver*

104k Bildeston Lanes Audax

The route is circular through quiet and attractive countryside and villages, using many of the best country lanes in this part of Suffolk, with short stretches of minor A-road.

168k 100 Miles of Suffolk Lanes Audax

A 100 mile meander through golden cornfields to the Suffolk coast and back, taking in pleasant towns and two impressive castles along the way. The route uses quiet country lanes, with short stretches of minor A road.

209k Suffolk Lanes Extravaganza Audax

A rural wander to the coast at Orford and back, through country towns and passing three castles. Mainly using quiet lanes with short stretches of minor A and B roads, through this quiet part of Suffolk. Good routes and route sheets, very little traffic, and good refreshments. What more could you want! Book early to avoid disappointment.

Further details and entry to all these rides via the AudaxUK website at

www.aukweb.net/events; anyone can enter these events.

As well as you signing up to ride one of these routes, we need some help with the organising.

Wanted:- Someone to help with car parking, 7.30am to 9.15am (or 8.30am if our willing volunteer wants to ride the 168k or 209k audax).

Someone to man a control at The Granary Crafts, Buxhall, on the 104k route, from 12noon to 2.30pm.

Two people to help with food, drinks, from 1.30pm until as late as they like! Making teas/coffees, filling rolls etc.

Please contact Robin;

pamandrobinw@gmail.com

Junior Cycling

Great Cornard Parish Council has given CCS permission to run a taster session for children at the Stevenson Centre on 5th July 10:00 - 13:00. There is a car boot sale on at the same time, which helps as the public will already be around. Kirsty needs a few people to help and others to just pop down and support even if it's for half hour. She has planned a small mountain bike course for those that ride, cycling techniques for the wobbly riders, and teaching to ride with our balance bikes. All low key and great fun. She really needs someone to help with the transportation of bikes as well, from her house and Cornard Sports Centre to the Stevenson Centre. If you're able to help, please contact Kirsty; e-mail:

kniamh@icloud.com

Robin

The Wednesday Club on an Away Day at Thorpeness



C.C.S. Riders - Open T.T. Results - June 2014

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
June 7th	Plomesgate CC - Tunstall	B25/2R	J.Weatherley	25	59.39	7th
June 7th	Plomesgate CC - Tunstall	B25/2R	D.Rule	25	01.00.50	9th
June 7th	Plomesgate CC - Tunstall	B25/2R	S.Daw	25	01.01.46	12th
June 7th	Shaftesbury CC -Middle Markers- N'mkt	E2/25	J.Howe	25	57.16	PB
June 7th	Shaftesbury CC -Middle Markers- N'mkt	E2/25	J.Downes	25	58.43	
June 14th	API Metrow-Zak Carr Memorial - N'mkt	E2/25	J.Weatherley	25	53.28 PB	New CCS club 25 mile Team Record
June 14th	API Metrow-Zak Carr Memorial - N'mkt	E2/25	J.Downes	25	54.30 PB	
June 14th	API Metrow-Zak Carr Memorial - N'mkt	E2/25	D.Day	25	55.09 PB	
June 14th	Maldon & DCC	E21/10	D.Crisp	10	25.10	15th
June 19th	East Anglian CC -Attleborough	B10/3	R.Davies	10	21.05=PB	11th 1st age cat
June 21st	Hertfordshire Wheelers - Ware	F20/10	J.Weatherley	10	20.51 PB	New CCS club 10 record
June 22nd	ECCA/VTTA - Newmarket	E2/100	D.Day	100	04.04.48	PB
June 22nd	VC Baracchi - Bungay	B50/17	J.Rush	50	02.04.46	
June 28th	VTTA National Champs' - Newmarket	E2/25	J.Weatherley	25	DNF	Event abandoned during race - due to weather conditions
June 28th	VTTA National Champs' - Newmarket	E2/25	D.Day	25	DNS	
June 28th	VTTA National Champs' - Newmarket	E2/25	J.Downes	25	?	
June 28th	VTTA National Champs' - Newmarket	E2/25	L.Finch	25	?	
June 29th	Godric CC District Champs' - Bungay	B50/17	J.Rush	50	02.06.15	

NOTE: (Please let me know if any of 'your' results are missing from the lists issued this season and help me considerably by sending them in to me after the events you have ridden)
rushr23@aol.com

And Finally, an offer not to be refused! *From Geoff Morse*

At the interclub evening with West Suffolk Wheelers, Ron Back (WSW) pointed out that CCS had funded the CTT levies for all visiting competitors, and that this had been the case since these evenings were first instituted. In his opinion this meant that the relationship was a little one-sided. Although it was pointed out that it had been our decision, he insisted that something should be done to provide some compensation and proposed that when he organises their Open 21 mile Hilly in March next year, he will accept entries from CCS members free of cost to them. So, if you wish to test out your early season fitness next year, make a diary note, fill in your Entry Form and ride the rolling countryside around Risby and Tuddenham.