



## *The Spindle* JULY 2015 [cycleclubsudbury.com](http://cycleclubsudbury.com)

**W**ell, where the heck did June go? It only seemed like last week that I was thinking 'Well that's the June edition put to bed and no need to worry for at least three weeks before the next one is due. But here I am with just days to go and nothing done. Time to panic as usual and can I do 'panic' with a very large 'P'

At least we've had weather conducive to riding our bikes at last after a very slow introduction to summer.

**B**oth of our Inter Club Evening competitions have been and gone with very satisfactory results. On both occasions, I arrived at Lavenham and surveyed our talent available and each time I thought we would do well to pull off another win as there were quite a few of our 'big hitters' missing. But on each occasion we showed what a splendid depth of talent we have on these short courses and fairly cleaned up the top placings to secure the right winning club result. Well done to you all out there including those who are not always (as yet!) in the top end of the Evening Series results but took valuable points away from the opposition and denying them of better placings. Unsung heroes all of you.....

**T**alking of our depth in talent on short courses, I should really include the mid and longer distance events as well as they are also producing very creditable results in the 25's, 50's and 100 mile Time Trials. We are invariably beaten by riders for the top positions from larger 'local' East Anglian clubs but a greater number come from 'specialist' clubs that are formed with no real base or tangible location and who seem to 'hoover' up the best talent available. We can't compete with this format and quite honestly we wouldn't want to as it would take away our ethos of being a local club for local riders.

Small, friendly, well run and beautifully formed sums us up nicely I think.

Anyway, another club audax looms this month from Bildeston which deserves your support as I know just how much hard work goes into organising these events. Give Robin Weaver some cheer and enter any one of the three distances he has on offer. If you enjoyed Andrew Hoppit's successful event from Long Melford, you'll have just as much fun on these ones as they will be the last of our trio of club run events this year. 'But I have never tried an audax' I hear some of you say.....

*Well, just go for it as it's a hugely rewarding experience and does become rather addictive!*

**I**t's pleasing to hear that our Junior section is flourishing and that membership is rising rapidly. Expect some news soon of expanding the organisation of this section.

**A** late item to mention is that a trio of our riders, Jody, James and Rob have just created a new 25mile club team record and reduced the previous one by nearly 5mins. Jody earlier in the month had also lowered the 50mile record by almost 3mins and this record breaking continues the trend from last season of setting new goals. Well done to all of them again!

More to come this year I'm sure!

## Prudential Ride London Free Ride

The annual Prudential Ride London Free Ride takes place on Saturday 1<sup>st</sup> August. This is really fun day out and a great opportunity to ride in London on totally closed roads. The route which is 8 miles long takes in some of London's famous landmarks and can be ridden at your own pace and as many times as you want. We are proposing to hire a coach to transport members of our Junior group plus parents plus bikes to London in order to take part in the event. The coach will take us to a point where we can join the cycling route and then collect us later in the day, actual timings etc will be confirmed. We do need to know who would like to take part, we will give first option to members of the junior group and if there are any spaces remaining we will offer them to other club members and their families. We expect the cost to be about £16.00 per adult with junior members being offered a subsidised rate of about £8.00, this includes transport to and from London by Coach and parking fee for the coach. For those of you interested please let David Fenn know by 4<sup>th</sup> July so we can book the coach, Tel; 01787374284, email; [dr.fenn@tiscali.co.uk](mailto:dr.fenn@tiscali.co.uk) Information about the Prudential Ride London Free Cycle can be found at [www.prudentialridelondon.co.uk/The\\_Events/FreeCycle](http://www.prudentialridelondon.co.uk/The_Events/FreeCycle)

You can register to ride if you want but it is not a requirement, we can just turn up and ride.

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## Aviva Woman's Tour

*By David Fenn*

Many of you will have watched the recent Woman's Tour from either the side of the road or on the TV, but how many of you knew that CCS had two ladies taking part in the pre race ride ahead of the Stage 1 start at Bury St Edmunds. We were given 2 golden tickets by Suffolk Leisure as a thank you for assisting with the organisation of the Woman on Wheels ride

in September. These rare Golden tickets enable 2 of our ladies to join a group of 38 other Golden ticket winners to ride part of the neutralised section ahead of the main race on stage 1. Our 2 tickets were given to Kirsty White and my daughter Rachel Smith (no nepotism there then). Apart from being a great opportunity for Kirsty and Rachel it was also good platform to show off our club colours in front of a huge crowd of spectators. On the evening prior to the first stage start all the teams were presented, the commentary was very professional and slick however it was a great pity that only Wiggle Honda, USA and Liv Plantur were the only 3 teams to present themselves in full sponsors kit, the remaining teams turned up in an assortment of Jeans,



T shirts and various sporting attire unrelated to their teams sponsors. If the woman professionals want to be taken seriously by sponsors and the public and have equal billing with their male counterparts they will have to up their game and adopt a professional at all times attitude.

The first two stages through Suffolk were a great opportunity to watch the race flash past then in the evening switch on ITV4 at 7.00 to watch recorded highlights and maybe spot some of the villages we regularly pass through when out riding. Unfortunately ITV4 decided that it was more important to preview the racing with long discussions between Marianne Vos and Ned Boulting resulting in only about 20 minutes of actual highlights once all the chat and adverts were removed. Anyway on a more positive note it was a good race which hopefully will return next year so we can get our annual 'fix' of professional woman's racing in our area.



## **Race Report 1** *from Peter Goff*

Simon Potter and I were in the CC London Road race in Thaxted recently. The day started badly when a car pulled out on Simon while we were warming up causing him to brake sharply and go straight over the bars. No serious damage to him or bikes other than a few bumps and bruises. The race itself was held in horrendous conditions with torrential rain and high winds. The original field of 60 ish was quickly reduced with people being dropped, puncturing or crashing. There were at least 5 crashes with riders returning to HQ in various states of disrepair. Simon and myself both performed strongly and I got in a couple of attempted breaks which were quickly reeled in.



One guy was off the front but the rest of us competed the sprint for the minor placings. Simon and I were in prime position at the front of the group but a slight misjudgement on my part (complete cock up) meant we never went early enough and riders came past us and we were boxed in. We came in around 12-13th place approx. Bit disappointing really but on the positive side we seem to be coming into some decent form. I also had a top 10 at an LVRC race recently

*James Newton and I are entered in the Abberton Road race soon which is a 2/3/4 Cat event. This is likely to be a tough one and I will send you a report soon to let you know how we went.*

And following on nicely from the above, James Newton has sent in the report of their Abberton Race

## Race Report 2.....Abberton Road Race by James Newton



After a somewhat unsuccessful branch out into road racing last year, I decided to chuck my hat into the ring again this time into the Abberton Road Race. Nothing like trying the impossible and taking on the Cat 2's! The weather was perfect with a stiff breeze from the Wiggborough area. The race began and I felt personally that I was about to get dropped in the neutralised zone to the course, not the greatest start!!

The flag dropped and along with Simon Potter and Peter Goff we charged like wild men to try and keep in the main group. Successfully negotiating this and with a realistic ambition of completing 5 of the 11 laps I settled in to the bunch.

With speeds reaching 45mph in some areas the group stayed together. The speed was relentless throughout the race averaging 25mph plus. With my ambition of 5 laps passing I still felt reasonably comfortable and managed to complete all eleven laps in touch with the main group.

As you may have surmised I didn't trouble the scorers but this was a huge coup for me to finish with this calibre of riders. Peter Goff finished just in front of me and I believe that Simon struggled with cramp well into the race.

A good representation from the club supported us and was much appreciated. Hopefully we represented the club well and I look forward to my next Road Race.

## Evening Series TT Overview



Dan Upton is slowly eroding Dave Fenn's lead on the point's board and has whittled it down to within just a hundred points behind. With joint 3<sup>rd</sup> place riders Ashton Dyson and Gary Pamment a further 100 points behind Dan, it will take some mighty rides from these two to latch back on to the 2 leaders.....but, you never know in TT-ing. Justin Bellwood (5<sup>th</sup> at the moment) is waiting in the wings ready to strike when those above him crack! Colin Harris has found some good form (and a bag full of points) in the last month while last year's champ, David Miller, finding himself rueing all those massive time gains he made last season with points hard to come by in 7<sup>th</sup> place



Is Dave going to be the Fave

Or Is Dan going to be the Man?



*G.PAMMENT	25.40	20.58	21.25	35.45		25.38	21.22	34.58	25.02	25.19								576 jnt 3rd
*A.PETITT	24.35				20.50													
T.PILLET	31.27		DNF		22.52	28.47	23.35	41.33	33.55									373
D.PRATT	27.40																	10
L.PRYKE	29.17																	10
D.RULE									24.21									
J.RUSH	24.06	19.06		33.36	18.35	22.56	19.21			22.53								309
*D.SCHINDLER		22.11	21.56															
*S.SEGGER						28.32	22.45											
*M.SHINN			DNF	35.49	20.42	25.41	20.55	35.44		25.38								
J.SHOTBOLT					27.30	33.23	27.48	48.18	32.54	32.33								110
M.SHOTBOLT	24.18			33.53	18.54	24.02 inc pen 37secs	20.43	32.25 inc pen 28sec!	23.16	23.23								305
*C.STEWARD			21.43	35.36	20.41	25.54	20.54	33.56	24.35	24.42								
M.TRAYNOR			22.51															14
D.UPTON		21.35	21.59	35.53	20.43		21.21	34.54	25.00	25.53								583 2 <sup>nd</sup>
J.WEATHERLEY																		30
*N.WEBBER		20.29			19.43	24.35		33.33		24.15								117
L.WEST		21.14	DNF				21.21	35.37		24.58								40
*J.WILSON	28.18																	
S.WRIGHT																		
*J.WHARTON			20.38	33.45	19.49	24.27		34.00	24.05	24.37								

## Diary Dates by Robin Weaver

**It's still not too late to enter your very own CCS audax rides, for Saturday, 18 July 2015,** from the Sportsfield Pavilion, Bildeston, organised by Robin Weaver.

If you've never ridden an audax before, why not give it a try. You're not pampered with signs, but follow a route sheet, so exercise the brain as well as the legs. Not a sportive, and much more relaxed! Good route sheets, good cafe stops en route, and good refreshments at start and finish.

**8.30am: 'Suffolk Lanes Extravaganza, 209k** ; that says it all, really! There are few hills on the route, which mainly uses country lanes with short stretches of minor A and B-road.

**8.45am: '100 Miles of Suffolk Lanes', 168k**; through central Suffolk to the coast and back, mainly on quiet lanes.

**9.30am: 'Bildeston Lanes' 104k**; The route is broadly circular and uses many of the best country lanes, with very short stretches of minor A-road.

If the family fancy shorter rides:

**2.00pm: Bildeston Challenge ride; 25 miles**, with a cafe stop, on quiet roads. £3 entry fee, for local hospices.

**2.30pm: Family Challenge rides, 5 miles or 11 miles**, quiet roads (and one hill!), free.

Or just bring the children for a ride around the Sportsfield.

Entry to audax rides (open to all) via the AudaxUK website. For all other rides, just turn up.

If you'd like to help with this event, we currently have only one person on the control at Orford Quay; another would be very helpful and it's an idyllic spot to spend an afternoon!

## OTHER AUDAX RIDES

Further details and entry to all these rides via the AudaxUK website at [www.aukweb.net/events](http://www.aukweb.net/events); anyone can enter these events

Sunday 5 July; Garboldisham, 55, 100, 200k

Friday 10 July; Dunmow, 300k

Saturday 8 August; Dunmow, 100, 200k

Saturday 29 August; Mildenhall, 100, 160, 200, 300k

## SPORTIVE RIDES

Full details, and entry for most events, on the British Cycling website at

<https://www.britishcycling.org.uk/events>

9 – 12 July; Papworth Trust; 300 miles in 4 days; Wales to East Anglian coast; full details on their website; <http://www.papworthtrust.org.uk/news/sign-up-to-cycle-challenge>

Sunday 28 June; Ipswich, Cambridge

Sunday 12 July; Cambridge

Sunday 19 July; Essex

Saturday 25 July; Essex Castles

Sunday 26 July; London to Cambridge

## **CYCLE CLUB SUDBURY CLUB TT CHAMPIONSHIP THURSDAY 23 JULY**

Any first claim CCS riders who would like to win prizes should read this.

The Club Championship has the following trophies;

Awarded to the fastest rider in each category riding in the annual Club Championship.

Club 10 mile TT Champion Shield,

Club 10 mile TT Ladies Champion,

Club 10 mile TT Junior Champion,

Club 10 mile TT Juvenile Champion

Club 10 mile TT Champion Veteran on Standard

Awarded to the fastest rider on Standard (age related) in the annual CCS Club Championship.

Club 10 mile TT Champion on Handicap

Riders will be handicapped on their fastest time on the Lavenham 10 course over the last 2 seasons; handicap based on a scratch time of 17 mins (CTT recommendation).

*If you want to ride in this 10 mile Club Championship TT you must let us know by e-mailing Brian Webber on [spindlenut@btinternet.com](mailto:spindlenut@btinternet.com), or by completing a form at a Thursday night TT, **BY 16th JULY AT THE LATEST**. We need to know your name, age on 23 July, and your fastest time on our 10 mile TT course in this season or last year. If you've not ridden on this course for the last two seasons you can still ride, but you will not be given a handicap.*

## MTB RACING

This season's Mud Sweat and Gears series is now under way; details at <http://www.mudsweatgears.co.uk/>

Sunday 5th July, Ickworth House, Suffolk  
Sunday 9th August, Radical Bikes, Essex

## ROAD RACING

Sunday 23rd August; **CCS's** very own road race and concurrent women's road race; details to follow, but mark the date, to either spectate or help run the event.

*\*19<sup>th</sup> July...Party in the Park (Belle Vue) at Sudbury*

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## For Sale.....Fuji Team Bike



1) Carbon Fork and seat stays. 9 Speed. Shimano Ultegra gears & brakes. FSA crank set. Size - 56cm. Ritchey Aero wheels, hubs, stem and Bars. Weight only 8.23kg. All for the bargain price of £495 ...And in Immaculate condition!!!

2) A pair of Velomax wheels. Very lightweight.

Front – 16 spokes @ 610g and

Rear – 24 spokes @ 825g. Only £200.

*Phone Brian Mann on 07710332899*

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## **My first *Open 10*** by David Miller

I could blame our chairman David Fenn, Colin Harris or anybody else that comes to mind as I think that I am becoming addictive at 69 years old, to TT events. After having a reasonable successful year on our evening 10 series I am now entering open events. The first one was the Stowmarket 10 on the A14 bank holiday

Monday. Now I have listened to all the pros and cons for riding dual carriageway events and approached this with some trepidation, any way I had a start time of 8-29. 07- 00 set off from home (in the car) and arrived at the event HQ signed on and asked another CCS rider for directions to the start, it's easy came the reply turn left out of the car park left at the bottom of the road under the bridge and keep going and you will see riders warming up its about 4 miles. Ok I turned left out of the car park left at the bottom of the road under the bridge and kept going ½ mile on I came to a tee junction? Not another rider in sight, which way I ask myself, I turn right and take the chance and as it turns out it's the correct way as a few miles further on I see a left turn arrow and other riders warming up, I watched the start for a short while and joined the queue thinking what the heck am I doing cycling on the A14 on a bank holiday Monday, 30 secs 15 sec 10 sec 5,4,3,2,1 and I am off saw Roger with his camera on the slip road tried to smile through gritted teeth settled down to a good rhythm and ignored the traffic HGV's gave you a wide berth but some car drivers seemed to take great delight in seeing how close they pass you without knocking you off. Got to the Woolpit turn and pleased to see It was well marshalled as I remembered Bob Bush telling me that the slope up to the road bridge was pretty steep and nearly caught me out in the wrong gear. Returned to the A14 into a slight head wind and sloping uphill. I kept going with a few riders passing me but feeling good. Pleased to see the flag and looked down at my stop watch; under 29mins, 46secs, well pleased! On reflection dual carriage ways not that bad at least the traffic is going the same way and generally keep clear, good lights are a must and light coloured clothing you must be seen and find out where the start is in relation to the HQ



I have now signed up for the 2-Up series (with Dave Fenn), a 25 miler and more open 10's.

## ***Snap Shot***

Morning Roger

Yesterdays E2/50 was ridiculous, but despite pouring with rain it rode incredibly fast.

I almost DNS, then nearly abandoned at Six Mile Bottom and then at Newmarket but didn't!

Did a time of 1:46:53, needless to say that is a PB ☺ (And new club record!)

Jody

*And the moral of the story is.....*

***Never give up as you just don't know what the rewards will be at the end of it all.....***



***A wise man once said.....(Probably Brian Mann!)***

***"You can't buy happiness but you can buy a bike and that's pretty damn close!"***

## Hi all, *(Timely reminder No.1, from Brian Webber)*

The Championship 10 is only 4 weeks away on 23rd July, and as we have quite a number of new members we need to draw their attention to the number of trophies that can be won, *this really* needs to go into the July Spindle As we have no TT sec. I am quite willing to set this up. (but please note I am away from the 3rd. till the 12th. July). I will require the names of 1st claim riders who wish to take part their age on the date of the event and also their fastest time for the last two seasons, I will need this information by the 16th. July as I need to work out the handicaps and the Vets standards, contact me on a Thurs .TT or by Email on **spindlenut@btinternet.com** (Sorry I forgot to mention in Email yesterday, Fastest times for the last two seasons [on the Lavenham course B10/39R](#). if a person has not rode on this course for the last two seasons they can still ride, but they will not be given a handicap.)  
*Thanks for your time, regards Brian Webber*

***Timely Reminder No.2*** \*Please note we had another stopwatch fail completely the other week, however Geoff M has kindly bought another and donated it to the club. On behalf of the club and myself many thanks Geoff.

As you are all aware with the number of riders that new are now getting on a Thursday, we could do with 2 people on the Lavenham 10 finish & the Brent Eleigh finish. if one of us is on holiday or off sick we are stretched, early this year we came close to cancelling an event as we only had one timekeeper with only 10minutes before the start!. ***The club needs someone who is committed to being trained ASAP, as we have over 100 members, step forward someone, please!!!***

### ***C.C.S. Riders - Open T.T. Results - June 2015***

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
June 6th	Plomesgate CC - Tunstall	B25/2R	J.Rush	25	01.00.43	7th
June 6th	Plomesgate CC - Tunstall	B25/2R	D.Day	25	01.01.28	11th
June 6th	Bedfordshire Road CC -	F15/10	R.Davies	10	23.11	12th
June 7th	Ely & DCC	B10/1R	J.Bradbury	10	24.42	12th
June 13th	VTTA - Newmarket	E2/50C	J.Downs	50	01.46.33	11th -PB & Club 50 Record
June 14th	Chelmer CC - SPOCO - Chelmsford	E9/25	D.Day	25	01.00.21	12th
June 18th	VTTA - Newmarket	E2/10	D.Day	10	22.02	
June 20th	Victoria CC - 2Up - Ugley	E1/10A	Fenn/Miller	10.2	29.51	<i>P.B</i>
June 20th	Victoria CC - Ugley	E1/10A	J.Bradbury	10.2	24.29	
June 20th	Victoria CC - Ugley	E1/10A	B.Bush	10.2	38.11	
June 24th	CC Breckland - Wymondham	B25/4	D.Day	25	55.49	
June 27th	API - Metrow - Newmarket	E2/25	J.Downs	25	53.07	New CCS Team 25 Record
June 27th	API - Metrow - Newmarket	E2/25	J.Rush	25	53.57 PB	
June 27th	API - Metrow - Newmarket	E2/25	R.Davies	25	53.58	
June 27th	API - Metrow - Newmarket	E2/25	D.Day	25	56.02	

## **Press Report.....2<sup>nd</sup> July 2015.....**by Rob Davies

Sudbury had an emphatic victory over Colchester Rovers on the Lavenham 10 interclub TT with the Sudbury riders filling the first five scoring positions. Fastest was Jody Downs 22-34 PB, James Rush 22-53 PB, Matt Shotbolt 23-23, Dave Crisp 23-33 and John Bradbury 24-07. Fastest Colchester rider was Jim Reed 24-07 from Roy Cuppelditch 24-12 and Nick Webber 24-15.

Thus the final scores were **Sudbury 240** and **Colchester 215 points**.

At the weekend Downs, Rush, Rob Davies and Damon Day competed in the API 25 mile, open TT, on the E2/25 course at Newmarket competing for the Zak Carr memorial trophy. There was an extremely strong field of 120 riders with the slowest rider having a PB of 57 minutes.

The Sudbury riders were aiming to beat the CC Sudbury team record of 2 hours 42 minutes and 49 seconds set by Downs, Day and Jonathan Weatherley on this course in 2014.



To achieve this all three riders would have to break the 54 minutes averaging 28mph for the 25 miles.

Starting 1 hour before the others Rob Davies returned a 53-57, Downs set a PB of 53-07 and then after a long wait Rush's time went on the board, 53-57. Day came home in 56-02 probably fatigued from his quick time on his 25 mile TT on the Wednesday evening, The record had gone by nearly 2 minutes in a combined time of 2-41-02 for Downs, Davies and Rush.

Sudbury currently has its strongest ever team of time trialists with at least 7 riders capable of winning the club championship in July.

This week's club event starts at 7.30 and takes place on the Brent Eleigh course.

**And finally**, well that's all there is for this edition.

At the time of writing, I haven't heard whether our CCS Dieppe Raiders have returned from their extended weekend ridings or if they are still stuck on the quayside at Calais thanks to random strikes by FRENCH Dockers. I really hope not as Calais Port is nearly the end of the world for passenger facilities.

As reported in the British Press, this would never happen in Britain because it would be illegal in this country.

The French get so many things right but invariably let themselves down on the important things....!

Rog