



# CycleClubSudbury

Spindle – June 2010

[www.cycleclubsudbury.com](http://www.cycleclubsudbury.com)

Welcome to June's edition of Spindle. It doesn't seem 5 minutes ago that the May one came out. This is probably the reason why I have had trouble filling it up.

I really do need to hear about your experiences, anecdotes, rides, time trials etc, for the rest of us to enjoy. Not necessarily the triumphs but also the glorious failures, which tend to be far more interesting. So please get thinking and send me whatever you have at [rushr23@aol.com](mailto:rushr23@aol.com)

## Cycling Shorts...

### Time Trials

The season so far, has seen a rise in the number of competitors taking part in the Evening time trials on Thursdays and a slight decline in the club



George Palmer

members riding the Open time trials. Thursday evening events are attracting large fields and it's really encouraging to see so many youngsters and new members having a go. Over the years,



George Hoppit

we often wonder if time trials are just for 'old Joe's' as Terry Law succinctly describes it, as there has been an absence of juniors taking up the sport. Local TT legend, Lee Bark, asked me recently what our secret was in attracting younger riders, as his club (Stowmarket) had very few.

Err, well, yes, was my reply. I think

it just goes in 'cycles' (forgive the pun) and if we can attract a couple, then others might follow. Plus, we do seem to be very good at organising the Thursday evening events which must help

towards taking part, a painless experience. Recently, we had a visiting rider from RAF Marham, who rode the Brent Eleigh circuit and described it as a 'peach of a course' and loved riding it. He said if he lived a bit closer, he would join us every week. Praise indeed!

As for the Open events, I'm not sure why numbers have dipped this season. It's obvious that more effort is required to get to the start line, sending off entries a couple of weeks beforehand, getting up at silly o'clock for some events (not all though) and going to unfamiliar courses. If anyone who hasn't tried them and fancies a go, just speak to the riders who regularly ride them (the Open TT reports show who they are) on a Thursday evening and they will advise on suitable courses and will probably mentor you through the day if they are doing the same event. They're just like Thursday evening TT's, but on different courses.

### Audax's

Another growth area within the club, is riding Audax events. There has always been a hardy group, who has ridden 100 & 200km events most months (weeks!) Some of these 'hardy men' - Brian Mann, Dave Fenn, Andrew Hoppit, Viv Marsh and Peter Faulks - have decided to up the stakes and take in a full series of 200, 300, 400 and a 600km events this year, for the Super Randonneur Award. 600kms over a weekend, with little in the way of sleep? Hardy souls (and bums) indeed. And very good luck to them!

### Osteopath (Could apply to the above riders?)

Just a reminder that if any of you need the services of an osteopath or a decent massage, we have a biker friendly one in Nick Salway, based at the Hadleigh clinic. He normally charges £36 but does CCS members for £25.

tel. 01473 354137

## Mount Ventoux

Another small group of CCS riders, consisting of Viv Marsh, Andrew Hoppit and son George, (does this constitute child cruelty?) are preparing for a ride of a different kind by attempting to join the **Club des Cinglés du Mont-Ventoux** by riding up Mt. Ventoux (of Tour de France fame) via the three ascent roads, all in one day. That entails up the first and down again, up the second and...well, you get the idea. So if three rides up a very inhospitable and invariably scorchingly hot, 1900 metre high lump in Provence sounds like fun, then you must be bonkers as well. Chapeau lads! Another report to look forward to.....

It makes my planned French summer excursions for 2 laps round the Le Mans 24hr circuit and some 'pootling' round the lanes of the Languedoc seem rather tame. But then, I'm not bonkers!

## Garage Sale

Well, not actually a garage sale, but more of a garage clear out. Having de-cluttered my bike workshop/garage, it produced half a bike, a load of saddles, tyres, pedals, and a box of usable bike bits which will duly make their way to Rob Sidgwick in Bildeston. He somehow transforms them all into working examples of road bikes and sells them on, with all the proceeds going to the St. Nicholas Hospice.

Rob can be contacted on 01449 740 404 also [robinsidgwick@hotmail.co.uk](mailto:robinsidgwick@hotmail.co.uk)

## CCS Open Time Trial

After 2 attempts to run our own Open 10 mile Time Trial, the club has decided to change the course in an attempt to attract more competitors. As the previous 2 were poorly supported, we asked various visiting & club riders what would entice more people to take part in our early season event. The majority suggested a longer, hilly course would be more appropriate for riders who were trying to gain early season fitness. So we have combined the best bits of two local courses (B/24 & B24A) which were last used in the 90's. The start will be opposite Lavenham church, up to Gt. Waldingfield, left at the mini roundabout, left onto the A134 through Newton, left onto the A1071 through to Hadleigh by-pass, left onto the A1141 towards Bildeston, left opposite Letts swimming pool towards Lavenham, through Monks Eleigh before finishing on the outskirts of Lavenham. Distance approx 22 miles.

Hopefully, this will be more appealing than an out and back 10 mile TT and get some much needed interest into our own Open TT promotion. All we need now is a suitable catchy name for it.....

## 2010 European Duathlon

**Championships**.....by Barbara Law

The European Duathlon Championship of 2010 took place in Nancy in France. The venue was very impressive as it was in or near the main Stanislas Square where the Hotel de Ville and other beautiful buildings were. The numerous side roads all had ornate gilded gates with statues and a fountain. Transition was just yards (metres) from the square. The weather was most unkind to the age group women as it started to rain part way through the first run of 10k and then absolutely poured for the bike stage plus it was cold especially as we all were wearing skimpy tri-suits. The run was 4 laps around the adjacent park with each lap starting and finishing in Stanislas Square. The bike section was just under 40k and consisted of 8 laps of a very technical course with extremely tight corners and an elevated section of road. Twice I had another girl lose control just in front of me in the heavy rain, their wheels just sliding out. I managed to avoid them but rode very cautiously as I was the only one in the 65+ category and the gold medal was mine as long as I finished. The second run was 2 laps and I ran ok in spite of being so cold from the bike ride. The GB team was easily the largest there and we had a lot of medals. The national anthem was played for each gold medal so I got all the Brits singing God Save the Queen each time. The French organisation was great in some things and diabolical in others. Elspeth Knott and I arrived to put our bikes in transition to find that neither of us had a place. The experience as a whole was great - I just wish it wouldn't rain at big events as I am a bit of a "woosie" with tight corners and rain. On the Sunday after, just for a change, I completed my 18th marathon - the hilly Halstead marathon. I finished in 4.22 which I was quite pleased with as I was a bit short on training.



## **March 2010 - Open TT Results**

**(Note - These March reports got out of sync and should have gone into the previous edition before the April lot ..doh!**

### **7<sup>th</sup> March – CC.Sudbury – Stan Nichols Open 10mile TT – B10/39R – Lavenham**

Our own Open 10 TT was moved from the end of season to the beginning, to try to entice more riders out. I think the weather put paid to our good intentions as the previous weeks saw a lot of snow and ice and riders didn't want to commit to riding in 'iffy' conditions. As it happened, the day was a gloriously sunny one, if a tad on the frosty side. The sub zero temperatures and a rising headwind on the return leg, ensured fast times would be a rarity and the course record wouldn't be troubled.

Glenn Taylor (API-Metrow/Silverhook Chemicals) won the event in 23mins 43secs from Nino Piccoli (TT Weekly) who came back in 23mins 53secs. Quickest back for CCS, Simon Daw, came home with a very good 25.16, followed by Rob Davies in a 26.05, which included a minute penalty for missing his starting slot!! James Rush was a further 6secs behind with a 26.11. Matt Shotbolt recorded a below par (for him) 26.46 with Alan Russell not far behind in 26.08. Our only other home rider was George Hoppit, (who was surprisingly our only young rider representative) and rode a solid 30.00. Simon also collected 3<sup>rd</sup> prize in the best improver category. A pity more riders didn't come out to play (especially from CCS) as new organiser Stewart Kirk deserved more support for his faultless running of the event.

### **13<sup>th</sup> March – West Suffolk Wheelers – Hilly Open 21mile TT – BS/31R – Risby**

On a challenging and windswept course, Simon Daw produced a time worthy of his intense winter training and new TT machine, to record 52min 35secs which was good enough for 5<sup>th</sup> place. It was an improvement of 2min 40secs over last years time and had he have found another 10 seconds more, he would have secured 3<sup>rd</sup> place. Damon Day was pleased with his 56.34 on his first ride on this course. Stewart Kirk also improved his time from last year by 26secs with a 57.46. The threesome was also close to securing the team prize, which is encouraging for the coming season.

### **27<sup>th</sup> March – ECCA – Open 10mile TT – E2/10 – Newmarket**

On our favourite drag strip of a course, Rob Davies opened his TT season in earnest, with a very good 22min 22sec ride for 9<sup>th</sup> place. Rob reckoned the weather made it a 'slow' day. When conditions become ideal, I expect to see his new training regime help him into the 21's before the year is out as he was only 1min behind the winner!

Len Finch used this event to start off his TT campaign on the bike and showed he is still up there with the 'good uns', to record a 29.16.

### **27<sup>th</sup> March – Plomesgate CC – Open 10mile TT – B10/9 – Tunstall**

On the same day as the E2/10 event, 3 CCS riders attempted to tame the rural niceties of the mud strewn Tunstall course through the surrounding forests. Right on cue as the event started, the rain came down in rather large dollops, the extra wide tractors appeared, errant guests from a wedding party wandered about in front of riders. It was so comical and frustrating for the riders, you couldn't make it up!

Club returnee, Barry Lee found it hard going and could only muster a 30min 23sec ride. Damon Day however, reveled in the adverse conditions on his training bike (complete with down tube shifters!) to record a very, very good 26.11, which also reflected his increased training schedule over the winter. James Rush managed to find most obstacles available on the course (nothing new there then!) but still managed to improve on last years time by 48secs for a 25.38.

### **28<sup>th</sup> March – Chelmer CC – Jim Perrin Memorial Hardriders Open 25.5mile TT – E99/25 - Finchingfield**

Simon and Stewart endured similar conditions over on the Finchingfield course with numerous potholes and Sunday drivers doing there best to upset proceedings. Simon went out quick to the turn but was fighting a stiff headwind on the return leg. Despite this, his time of 01hr 06min 37secs was 2mins faster than last year's effort. It was good enough for 9<sup>th</sup> place overall AND to secure 1<sup>st</sup> place in the handicap. A great effort. Stewart had a 'bit of trouble' getting to his start slot on time and incurred a 24min penalty. His official time was down as 01hr 37min 35secs, but he really rode a 01.13.35 which was 24secs quicker than last year.



## My First Audax

By...David Miller



Having been convinced by my neighbour Robin Weaver to join him and others on the community cycle rides in Bildeston last May, I soon discovered that my cycle bought in France for the princely sum of €120 was not quite up to the job.

But hey, for those of you who did not know, we have a very good cycle shop here in Bildeston run by Rob and his assistant Matt. After a brief visit I am now the owner of my first road bike.

I'm now able to join several others on the Weds morning rides, 40-50 miles, with the inevitable cafe stop.

It took some getting used to riding these distances until my fitness improved to a level where at least I can talk going up hill, also how come the cafe is always only another mile...that's a Terry Law mile! Anyway on these rides, I listened to Brian, Dave, Robin, Mac and others all talking about 100K, 200K & 400K rides they did at the weekend, I politely ask what that's all about (bad move!), don't you know about Audax's they all shout. At the cafe stop I am further enlightened on the Audax association, the various distances, and the points for the club\* you can accumulate.

I was not yet convinced that even the short 100k distance is achievable this year, but by continuing the Weds rides and the odd Sunday Club run including riding to and from Sudbury, I was up to 50-55 miles.

One Wednesday we were joined by Ed Nevard from Witham & District CC. Both he and Brian Mann were on 'fixies' and were up and down the road like a pair of sheep dogs (no offence guys) Ed enquires if I am doing the Witham Wanderer on the 18<sup>th</sup> April, either the 150K or the 100K. Ok I said in a moment of madness I'll do the 100K to which choruses of voices shout, "Do the 150K". I now join the Audax association, fill in my entry form for the 100K and depart Sunday morning 18<sup>th</sup> April for the 9 o'clock start.

Now, bearing in mind the 200K starts at 08.00hrs and the 150K at 08.30hrs, I wondered why Brian and one other are already on the route 2 miles from the start at 07.45 hrs. I thought that it was a ploy to get ahead of the bunch but later found out they were needed to man a control. My Sat Nav got me to the village hall at Woodham Mortimer in

good time and watched the 160K start with a few CCS members in a group.

Signed in and waited for the off naively expecting something more formal than off you go then by Ed.

It was a nice warm day and as you would expect the 50 or so cyclists were all bunched up for several miles but by the time we got to Wickham Bishops, the hill had spread the cyclist's out a lot. As the day warmed up, groups were stopping to take outer layers of clothing off.

Over the cross roads at Snows Corner, I found myself on my own about 200m ahead of the group behind, needless to say I missed the next turning to Gt. Braxted and just about heard the cries from behind that I had gone the wrong way. Turned around and eventually caught up with a group at Layer Marney.

By now I was finding the pace a bit too fast and slowed to a more comfortable level and met up with Louise (Tanous) an ex CCS member and Trevor. We proceeded onwards. We thought we had lost our way after the George & Dragon, but seeing colourful cycling tops in the distance gave us some confidence which was quickly shattered as they passed us in the other direction, however we were ok and got to the control at Specialties Tea Rooms (probably as one of the last groups) for the compulsory tea and cake. Nearly forgot to get the Brevet card stamped but realised just in time!

Set off with Louise and Trevor with easy riding for the most part and considered stopping at Rayne Station Cafe but decided to press on. As we rode passed the cow sheds between Terling and Boreham, the air and consequently our mouths were full of flies. I was now anticipating the hill at Little Baddow which I had been warned about. Started climbing, got into the small chain ring on my triple but still had another two left on the rear, dropped one more and got into a nice rhythm. I got to the top out of breath but still alive and waited for the other two to catch up. It was all down hill from here and back to the control. Total time - 5hr 20min, riding time - 4hr 40min. By the time this goes to press I should have completed Andrew's Four Fords ride.

\* Note – CCS are currently placed 5<sup>th</sup> out of 162 other clubs throughout the country with 99 points, in the Audax Club Points system for Audax's ridden by members.



