



Spindle – June 2012 – cycleclubsudbury.com

A big welcome back to some of our long lost summer days. (Although, looking outside, I'm not so sure!) Oh how we have missed you. Earlier this month it was rain, rain, rain and the first 4 Evening Time Trials were blighted by this rubbish weather, although to be fair, everyone of them was run in dry conditions but the strong possibility of rain seemed to put off an awful lot of riders. An average of just 12 riders for these first 4 events shows how the series suffered.

But we're almost back to normal now, (it's drought conditions on the land and in the Spindle article locker!) and the riders have returned to the last 3 in droves.

Also, compare the 2 Audaxes CCS have just organised, a mere 4 weeks apart. The first one held during a tropical monsoon; the second one held during a tropical heat wave. See pics above. Mad, quite mad!

But I hear the Audaxers amongst you are saying it's character building. If you're a character and mad, I suppose they're right.

This brings me neatly onto 3 'characters' that performed quite madly and magnificently recently. Dave Fenn completed a 400km Audax around East Anglia (without any incidents with animals this time) and Steve Barnes and Peter Faulks completed the fearsome Brian Chapman 600km Audax in Wales. Well done chaps!

I do look forward to rider accounts of all the above. (I live in hope, which is quite near Hadleigh, now that you ask!)

For those of you that are new to the gentle art of Audaxing, Robin Weaver has written a useful introduction for you.....

Audax rides

For those who've never ridden an audax, they're not as daunting as they might sound (apart from the distance)!

They're open to all riders, not just AudaxUK members.

For a start, they're not races. Speeds are a max of 30kph, min of 15kph, a fairly sedate 9.5mph (that includes stops). Most 'sensible' riders (that's me!) average about 23-24kph, about 14mph. Secondly, audax rides also have built in cafe

Thirdly, there are usually other CCS riders taking part in local audax rides who will be more than happy to show you the ropes. Audax rides use a printed route sheet, so a 'map' holder of some sort is a good idea – an increasing number also have a down-loadable GPS track
Audax events coming up include.....
Saturday 2 June: Great Dunmow: Fritchbikes 100 and 200k rides.

NEW: Thursday 7 June: Swaffham: Icenis 100 ride.

Sunday 10 June: Hertford: 50, 100, 150 and 200k rides.

Saturday 16 June: Hempnall, Norfolk: AudaxUK National 400k ride.

CCS are providing a Control and refreshments at Long Melford for this event.

Sunday 24 June: Chelmsford: 110 and 200k Windmill rides.

Saturday 30 JUNE; FROM BILDESTON;

CCS ORGANISED (so bound to be good!) 105k Bildeston Lanes ride; the route is broadly circular, through quiet and attractive Suffolk countryside.

210k Suffolk Lanes Extravaganza ride; a new route on lanes to the coast at Orford and back, passing three castles on the way.

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.

Other rides

SUNDAY 10 JUNE: BURY ST EDMUNDS WHEEL BIKE RIDE

A charity event, 15, 25, 50 and 100 mile routes; website

<http://www.stedmundswheel.org.uk/home.html>

16 & 17 JUNE - GREAT BARROW CHALLENGE 30 – 125 mile bike rides.

Please look at the event website:

www.greatbarrowchallenge.co.uk

Guidance note on Club Runs

Links to these from the website Homepage and the Club Run section of the Events page.

Marshalling

As ever, there is a shortage of marshals this year. If anyone would *like* to marshal, consult the list on

the Time Trials section of the website, choose a date, and e-mail Robin at.....

robinandpam@tiscali.co.uk

Evening Series TT's.....

More of the same with the weather and earlier results. Despite stormy aspirations, the rain held off for James to win from a depleted field on the Lavenham 10, from Rob with George taking an excellent third place.

Next up was the Hitcham Hilly which again saw James claim first spot, but by only 2secs from Jonathan with Damon in 3rd place. Alex Flynn and Tom Littlewood made



their seasons debuts with very good rides.

A few more riders ventured out for another Lavenham 10 and visiting rider Gavin Moore from Stowmarket pinched 1st place with Rob and Simon Daws behind him.

Next, we were finally able to use the Brent Eleigh course after earlier disruptions with roadworks.

With a mighty 27 rider entry on a glorious evening, James got back to winning ways with an 8sec margin over Mat Shotbolt who in turn was only 3secs quicker than Rob. Again, our juniors, Alex and Tom put in mighty efforts to record very good times, with Alex only 1min 21secs down on the winners time!

And onto last Thursday Evenings Interclub Competition with Colchester Rovers.

Having won the previous two encounters, CCS was keen to make it a hat-trick of wins over our neighbours. 43 riders turned out on another iffy looking evening and where the sun finally made an appearance. Thanks to a stunning ride by Simon Wright, the only rider to go under 23 mins, and some solid points scoring from our ever dependable TT squad, we carried off the trophy again to win by the narrow margin on 8 points – 231. Well done to all our riders!



Top 5 points scoring riders:-

CC Sudbury		Colchester Rovers	
Simon Wright	50	Mark Lloyd	49
Mat Shotbolt	48	Adrian Manley	47
Rob Davies	46	Phil Jarvis	45
Simon Daw	44	Jim Reed	42
James Rush	43	Nick Webber	40

C.C.S. Audax...The Whiteley Variety

CCS was well represented at the Edmunds Folk Go Paddling 209k Audax on 26th May. Dave Fenn, Steve Barnes and John Oakshott all rode on the Friday so they could help on the day. Ed Nevard and Peter Gibson both rode.

Altogether there were 30 riders amongst who was Richard Phipps, the secretary of Audax UK, and Tony Greenwood the regional member of the Auk Events Team.

The Edmunds Kingdom 105k Audax attracted more riders as one would expect. From the club were Colin Dales, Ashton Dyson, Mark Gentry, Trevor Hale, Viv Marsh, Mac McDermott, Louisa McKnight, Terry Wilby, Tom Moore, James Newton, Alan Russell, Geoff Simms, Bill Pidgeon, Andrew Hoppit, and new 2nd claim member Mick Pepper.



Some will know Dave Redmonds who rode with his 13year old son Arthur. Could he be another George in the making?

Herman Ramsey, local purveyor of 'permanents' and several Audax routes over the years, was also amongst the 65 participants.

A good turnout for the hottest Audax of the year so far, after modest fields in earlier events, and I'm delighted to report high levels of satisfaction with the route; the catering; the general organisation which includes the parking and marshalling; and of course the weather. Thanks are due to Tom Moore for booking the hall at a good price, for finding a light-bulb to enlighten the gents WC. and for patiently helping with the final clear up.

Also a big thank you to all who came out of the woodwork in the last few weeks with offers of help. Colin and Mark were the welcoming faces who oversaw efficient parking.

Robin was a customarily efficient Control manager. Dave, Steve, and Brian dispensed teas and coffees and prepared food for the part-way and final controls. Thanks too to John and Gwyneth (Langham) and Roger and Liz (Harwich Pier) for manning Controls.

I have organised rides in past years when I dealt with Peter Coulson by post and phone but all that was lost when AUK became computerised. I'm grateful to Robin Weaver for patiently supporting me through the present on-line registering process. It has many advantages including being ready for re-use another time, but had its frustrating moments. One such was trying to persuade the Events Team with online mapping where the route went – There are two Langhams and also two Rose Greens in this area!

Lee Garner drove up from London but as luck would have it got stuck behind a serious crash and so was 100minutes late starting. Thanks to Roger for hanging on at his Control for an extra few minutes to welcome him. Even with his late start he finished before 8pm.

Autumn Barlow from Lancashire booked early but was unable to ride through injury. Her overnight room was booked and local relatives were expecting her so she offered to help for the morning in the kitchen. She had said that she had previous YHA catering experience and proved to be great company, a brilliant worker, and the only one who could fool the oven buttons into action for baking the potatoes!

John's Control at Langham was at a delightful spot featuring a ford and bridge and some shady trees. Sorry there were no wading cattle. He set up his table in the shade and soon attracted the attention of the neighbouring householder. Curiosity satisfied she went on to offer coffee and sun block!!

Top marks to Louisa for persuading her riding group that this was the right turning because the kilometre count agreed with her cycle computer. She is obviously good company for future Audaxes.

Top marks too to Bill Pidgeon for leaving his helmet behind at the final control. Happily nothing else was 'left in my care'.

Two riders dropped out of the 209k ride on the return to Melford because of the heat, but we had no accidents or mechanicals. The last rider back from the 'Go Paddling' ride returned at 20.45. - an hour earlier than than the closing time thank goodness. I'd been up since 05.00 and bought final supplies at Tesco before opening the hall at 06.30. It had been

a long day and he needed a welcome and some food, before our final cleanup and packing everything into the car.

Would you believe it he had been 'in the print' all his life, partly as a proof reader, and helpfully went through the route sheet with his corrections for me !! You meet all of human life on bikes.

All-in-all another successful event to add to the Clubs stable, and to our wider reputation.....

Now to plan a new route for next year – suggestions of favourite lanes, cafes, and destinations welcome.

Thank you all. Peter Whiteley.

Back in Time: chapter three: The London - Brighton ride

by Brian Webber



By the latter part of 1980 Bill Carrigan had joined the club, and he and Tony Hall thought it would be a good idea for the club to ride the London to Brighton ride the following year so between them they got everything organised, registration transport etc. So very early on a Saturday in May about 15 of us arrived in Hyde Park for the start, as we were unloading our bikes we were inform that there were over 14,000 cyclists taking part, one of our ladies who had gone to the loo came back with the news that the ladies toilet was shut, Bill remarked "well the Gents are open". Pat said "right ladies follow me" and with that six ladies disappeared down the steps to the gents toilet, there was a loud shout, and a rather red faced middle aged gent came flying up the steps from the gents he grabbed hold of a young policeman and shouted "officer come quick there are six women in the gents toilets what are you going to do about it"?, the young policeman replied "I think it would be best to wait until they come out". About ten minutes passed and the ladies appeared from the gent's toilet, the man who had complained shouted "there they are officer" but the young policeman had quickly slipped away in the crowd, someone had told him not to get in the way of a lady who wants the loo. At last our group got the call to go and we were off, as we were crossing over London Bridge some motorists were getting rather irate , one drew up beside us and laid on his horn wounded his passenger window down and started to shout some verbal abuse, one young lad who was with us whipped out an air horn and stuck it in the car window and gave it a long loud blast, my lasting memory is of that driver in the middle of London Bridge with a very white face and his hands over his ears. At last we were out of London and on the open road (what is an open road with over 14,000 cyclists on it). About every 5 miles there were tea stops manned by boy scouts or the local W.I, Bill was taken in tea like a camel taking in water, a great many riders were in fancy dress riding all kinds of bikes, we passed one man riding a old trade bike dressed as a butcher with a dog sitting in the basket on the front. As we stopped at the top of a

steep hill to wait for the others a gent in tweeds, deerstalker and riding a penny farthing came by. He went down the hill at a very fast speed but was unable to make the very sharp bend at the bottom and went over the grass verge straight into a hawthorn hedge (ouch). As we come into the village of Smallfield a young lady had stopped in front of us to take her top off, then it happened the top plus bra came off, somehow I went into a parked car, the earache I got from the wife for not keeping my eyes on the road was worse than the bruises I received. Then it was on to Turners hill, then over the South Downs, the rolling country side was really lovely to see, then Ditching Common then on to the Beacon road that lead to Beacon Hill itself. Now this is over a mile climb that makes Semer hill look like a mole hill, the majority of people walk up, me, well I told the others I was going to ride up (big mistake) I dropped down my gears and off I went, it was not till I was half way up that I noticed there were hardly any riders everyone seemed to be walking, my heart was doing over time and my lungs seem to be short of air, then it happened a shout on "your right", and this big bloke on a really flash bike started to come pass me, he just got in front of me when he collapsed in a heap on the road I went straight into him and rolled over onto the grass verge as I lay there trying to get my breath back I thought twice in one day I have come off, the big bloke had disappeared into the walking crowd so I sat and waited until some of our group appeared then walked with them to the top of Beacon hill, the ride down the other side into Brighton was rather fast to say the least, passed Palace pier, Madeira drive and on to the finish, and guess what everyone was given a banana!(wow). It was another hour before Bill finished apparently he had stopped at every drink post for a cup of tea, Pat said "you must have had over ten cups Bill how many times did you stop for a P", "I lost count" Bill replied. Bill if you are up there looking down I bet you have a tea pot in one hand and a cup in the other, Bill was chief tea boy at all our events, and I can still hear him now, "would you like a cup of tea", "is that with milk and sugar?" The following year the start was moved to Clapham Common. *To be continued.*



In the photo from the left: Tony Hall, holding Tracey Broomfield, Jeff Hall, Bill Carrigan, Pat Webber, Richard Webber, Gavin Broomfield, Marlene Broomfield. Andrew Webber in front.

From 2 Wheels to 2 Feet

Halstead and Essex Marathon – May 2012

By Barbara Law

For the last few months I have been "upping" my running mileage and recently my cycling has had to take 2nd place in preparation for the Halstead Marathon. This is run over the standard distance of 26.2 miles but is considered to be a bit harder than some as the course is fairly up and down. Conditions were good on the day if a trifle too warm but I regularly poured water into my cap as well as drinking it. I ran a steady pace but from about mile 16, started to suffer from cramp. Managing to keep running between stretching, I crossed the finish line in 4.24.13 which gave me the gold medal as Essex Champion for FV65. It was pleasing to have beaten 222 others including almost half of the women, the vast majority of runners being considerably younger. A few days rest was in order to be followed by a 10 mile Essex Champs running race a week after the marathon then back to some hard training on the bike. Who said retirement was about putting your feet up.....

Audax Overview May 2012. *By Dave Fenn*

May has seen a steady increase in the number of Audax rides undertaken by our regular Audaxers, with CCS maintaining its 5th position in the nationwide club points table. Perhaps the biggest rides of the month were from Peter Faulks and Steve Barnes who both completed the 600 km Brian Chapman Audax which starts from Chepstow and goes into Wales and back. In Audax terms this is a classic event and is renowned for the amount of climbing involved. Fortunately the weather was more agreeable than previous years with lighter winds and uncharacteristically dry conditions.

Date	Event	Riders
6 th May	ECCA 200 km from Radwinter, Essex.	John Oakshott, Tony Grimes, David Fenn
11 th May	Manningtree 200 km Permanent	Steve Barnes, Peter Gibson, David Fenn
13 th May	DIY Permanent series (South East	Peter Faulks
19 th May	Brian Chapman 600 km	Steve Barnes, Peter Faulks.

19 th May	Asparagus and Strawberries 400km	David Fenn
25 th May	Edmunds Folk go paddling	Steve Barnes, John Oakshott, David Fenn
26 th May	Edmunds Folk go paddling	Peter Gibson, Ed Nevard, Tim Radford
26 th May	Edmunds Kingdom	Colin Dales, Ashton Dyson, Mark Gentry, Trevor Hale, Viv Marsh, Mac McDermott, Louisa MCKnight, Terry Wilby, Tom Moore, James Newton, Alan Russell, Geoff Simms, Bill Pidgeon, Andrew Hoppitt, Mick Pepper.
27 th May	DIY Permanent series (South East	Peter Faulks

CCS rider AUK points.

Note, riders must be members of AUK to qualify for points.

Peter Faulks	33
Steve Barnes	27
David Fenn	25
John Oakshott	14
Robin Weaver	6
Deniece Davidson	6
Peter Gibson	4
Tony Grimes	4
Brian Mann	2
Viv Marsh	2
Ed Nevard	2

National Club Points Table

(Currently 181 clubs listed)

6 rider total.

YACF	335
Willesden	215
VC167	196
San Fairy Ann	119
Cycle Club Sudbury	111

Club points are based on a six rider total from each club so in order to maintain or better still improve our position we would benefit from having additional points from riders 5 and 6..... any takers ?

Time Trial Reports

Open TT's

It's been a good month for our riders. Simon Daw claimed a 3rd fastest on a 14mile Gt. Dunmow course. Jonathan did what he does best and punctured! On the same weekend, Rob, Damon and James made a concerted effort to break the club record for the fastest combined team of 3 for 25 miles, but came up 53secs short on the quick E2 course. So Scott Jones, Mark Jay & Graham Whites 19 year old record stays intact. On the same day though, Stewart Kirk finally ducked under the hour to record a PB of 59.50.

Len Finch and Terry Law are both back in 'the saddle' after almost a year out with some decent times this season.

Two club records **were** achieved during the month though, one broken and one created. Rob rode a 50, again on the E2, and beat Scott Jones' record by 54secs. An excellent ride!

The other record was created, for a combined team of 3 for a 100miles, by Simon Daw, Darren Rule & Stewart Kirk up at Fakenham. Even more remarkable was the fact that it was Darren's first ever 100 TT.

We recognise all our new record breakers with medals, so well done to them all. Simon and Jonathan finished off the month with a good 2nd place in the 2-Up on the 10mile E1 course.

Simon also claimed a 4th place in the scratch race at a grass track meeting Ashwell in Herts, to round off a decent month for his efforts on the bike.

Well done to Simon & Jonathan who **won** the 2-Up on the E1 recently. The first of many I hope!



My foreign correspondent, Lorna di Grassi, has forwarded me this pic of the ultimate 'green' powered lawn mower. Could catch on...just imagine it in CCS livery.

**Notes on club run etiquette have recently been added as a post on the CCS website, accessible at the foot of the homepage. These are intended for new and prospective club members who may not have ridden as part of a group before, but may contain one or two useful 'reminders' for more regular group riders as well!*

****Change of Thursday Evening Time Trial dates.**

The Interclub TT with West Suffolk Wheelers and Haverhill Wheelers on the Lavenham 10 course will now be on 21JUNE, STARTING AT 7PM, and the club Lavenham 10 TT scheduled for the 21 June will now be held on the 28 June, at 7pm.

CCS - Thursday Evening Points Series – 2012 – Week 7

<i>Name</i>	Lav 10 (Open10 course) Apr19	Acton Apr 26th	Lav 10 (Open 10 course) May 3rd	H.H. May10th	Lav 10 May17	B.E. May24t h	Lav 10 May31st	Acton Jun7th	H.H. Jun14	Lav 10 Jun21st	Lav 10 Jn28th	POINTS After 7 Rounds
*A.Anderson							30.03					
*J.Baker							25.44					
*K.Baker							25.54					
*M.Borg							30.41					
G.Buckles	31.07	25.35			29.24	23.06	29.02					93
R.Bush		33.27										40
*C.Cowen		29.47										10
D.Crisp	28.15	23.36		39.26		21.44	26.42					40
J.Davies		24.12										10
R.Davies	24.16	20.24	24.20		23.33	19.16	23.27					121
S.Daw					23.39		23.30					61
D.Day				33.11		19.35	23.47					79
*P.Dewberry							24.54					
J.Downs	28.42				27.57	21.37	27.55					258
A.Dyson						24.25	31.01					20
A.Flynn				36.15	26.18	20.26	25.44					TBC
L.Ford					29.31	21.44	27.25					156
*D.Fuller						22.05						
*V.Haines					26.56							
C.Harris						21.50	30.32					135
G.Hoppit	26.07	22.24	26.06			20.54						69
J.Howe			28.12		29.13	22.47	27.14					159
*D.Jarvis							33.18					
*P.Jarvis							23.29					
B.Law	34.09						32.12					27
T.Law	33.02			50.27punct		26.17	31.58					139
D.Leeder							31.18					10
*M.Lloyd							23.07					
T.Littlewood				40.50	28.54	22.10						289
*S.Mackay							28.01					10
*A.Manley							23.22					
B.Mann	28.24	24.07	28.18	38.08	27.25		27.03					343
L.McKnight		29.49				27.27	32.33					117
*G.Moore					22.38							
*T.Moore		30.10	DNF	47.31		26.14						120
J.Mumford			31.11	DNF punct	29.00	22.22	28.14					222
*P.Newell							26.01					
*P.Partner							26.49					
*D.Peck							26.48					
T.Pillet		24.07	27.42	37.53	27.02	21.17	25.59					157
C.Pratt						29.30						10
D.Pratt	27.03	22.58	26.32	37.44	26.21	20.48	25.29					TBC
*J.Reed							23.42					
*C.Rowe						22.57						
D.Rule	27.45	23.25	27.44		26.49	20.22	25.21					480
J.Rush	24.06	19.57	23.24	32.52	24.04	19.05	23.39					178
*P.Sexton							26.02					
J.Shotbolt						26.05	32.20					28
M.Shotbolt	24.36	20.45			24.47	19.13	23.21					95
J.Weatherley				32.54		19.35	24.03					503
*N.Webber						19.47	23.50					
*J.Wharton							24.49					

*C.White						33.17				
*D.Williams						27.23				
*M.Wilson	26.00									
S.Wright						22.26				65

C.C.S. Riders - Open T.T. Results - May 2012

May 5th	ECCA - Newmarket	E2/10	D.Day	10	22.55	
May 6th	Wisbech Wheelers - Wisbech	B25/6	R.Davies	25	59.19	18th
May 7th	ECCA - Gt. Dunmow	E92/14	S.Daw	14	32.41	3rd
May 7th	ECCA - Gt. Dunmow	E92/14	J.Weatherley	14	DNF	Puncture
May 7th	ECCA - High Easter	E92/10	B.Law	10	32.55	
May 7th	ECCA - Leaden Roding	E92/5	T.Law	5	13.15	
May 7th	ECCA - Leaden Roding	E92/5	B.Law	5	13.41	
May 12th	Lea Valley C.C. - Newmarket	E2/10	R.Davies	10	21.46	
May 12th	Lea Valley C.C. - Newmarket	E2/10	J.Rush	10	21.56	
May 12th	Lea Valley C.C. - Newmarket	E2/10	D.Day	10	22.08	
May 12th	Lea Valley C.C. - Newmarket	E2/10	B.Lee	10	27.22	
May 12th	Lea Valley C.C. - Newmarket	E2/10	L.Finch	10	28.12	
May 12th	Lea Valley C.C. - Newmarket	E2/10	T.Law	10	29.48	
May 12th	North Norfolk Wheelers - Fakenham	B100/9	S.Daw	100	04.23.17	7th PB (Club Record
May 12th	North Norfolk Wheelers - Fakenham	B100/9	D.Rule	100	04.57.22	28th PB(for team
May 12th	North Norfolk Wheelers - Fakenham	B100/9	S.Kirk	100	05.11.51	34th (of 3 riders
May 19th	ECCA 50 - Newmarket	E2/50c	R.Davies	50	01.52.50	14th Club record & PB.
May 20th	Essex Roads CC - Layer de la Haye	E22/24	S.Daw	24	58.42	4th
May 20th	Ipswich B.C. - Crowfield	B10/32	J.Rush	10	24.47	7th
May 26th	Victoria CC - 2-Up - Ugley	E1/10	S.Daw- J.Weatherley	10.2	23.43	1st
May 26th	Victoria CC - Solo's - Ugley	E1/10	T.Law	10.2	33.31	57th (1st Age Cat)
May 27th	Maldon CC - Woodham Mortimer	E21/50	S.Daw	50	02.03.00	8th
May 27th	Stowmarket & D C C - Haughley	B10/38	J.Rush	10	22.22	9th
May 27th	Stowmarket & D C C - Haughley	B10/38	D.Day	10	22.39	13th
May 27th	Stowmarket & D C C - Haughley	B10/38	L.Finch	10	28.18	44th
May 27th	Stowmarket & D C C - Haughley	B10/38	T.Law	10	31.16	50th

