

'Club Team TT Record broken today by Rob Davies, Damon Day & James Rush. Read Open TT Report for details'



The Spindle JUNE 2014 cycleclubsudbury.com

Guest Editorial from Chairman David Fenn

Most clubs are run by a few highly motivated, dedicated and enthusiastic members, CCS is no different. With over 100 members in our club we do make an effort to cater for all our members needs although at times it can be difficult to get someone to take on the responsibility of organiser. Currently the club organises two open Time Trials plus the Summer series, seven Audaxes, one Road Race, two reliability Trials plus Youth Coaching, the club also publishes a monthly newsletter the 'Spindle' and operates a club website to keep members informed, all this requires organisers and helpers. Fortunately within CCS we currently have a team (mainly committee members) fully committed to the organisation of the aforementioned events. The club also has a commitment to provide marshals for events organised by other clubs, ECCA for instance is a particular strain on our marshalling resources. If the club is to continue with our current level of events and marshalling commitments we do need club members to come forward and help ease the burden on our over worked organisers.

It was good to see the recent inaugural Woman's Tour passing through our region, despite the weather the public turned out in their thousands to cheer the world's best lady riders. The event was impeccably organised and certainly showcased the quality of the lady professionals, deservedly so. The rolling closed road system operated by the Police is a joy to witness especially when car drivers are asked, in some cases several times, to divert from their intended route to leave the road clear for the race to pass safely. I did witness a car driver intent on ignoring Police directions however there was no disguising the Police Motor Cycle marshal's irritation at having his signals ignored, the car driver did eventually get the message but was not a 'happy bunny'.

So Bradley Wiggins (Belgian born Brit) and

and Chris Froome (Kenyan born Brit) are back to winning ways and both set to ride the TDF with Team Sky, Brad will be riding to support Froome...if you believe that you will believe anything. Froome has a new book (The Climb) out in time for the TDF, apparently it includes Froome's no holds barred version of the Team Sky internal dispute between Brad, Froome and Dave Brailsford leading up to and during the 2012 TDF. It would appear Froome is criticising both the Team Management and Brad, perhaps this is the not most appropriate time to be rattling cages when Froome will want the full support of the team in his attempt to win a second TDF. With the TDF set to start in Leeds on 5th July and the 3rd stage passing through our region on the 7th July it is a good opportunity to raise the profile of cycling and witness firsthand the best free sporting event in the world and cheer on the 'Brits'.

In previous years the governing body of world cycling, the UCI have been criticised for stifling innovation particularly in relation to the world Hour record. No attempts on the hour record have been made for some years due to the restrictive rule relating to the design of bike to be used. The rule stated the bike should conform to the design used by Eddie Mercxk during his successful attempt in 1972. It would appear that common sense has at last prevailed as the new rule allows riders to use bikes as ridden by track endurance riders, the hope is that this will encourage riders to attempt the hour record. Any takers amongst club members?

Many of you will know three of our senior members, Barbara Law, Terry Law and Mac MacDermott. Unfortunately they have all experienced health problems recently with Terry and Mac requiring hospitalisation. Barbara crashed her bike sustaining cuts and bruises but fortunately no broken bones. Mac is still hospitalised but recovering slowly and Terry is now home. I'm sure we wish them all a swift recovery.

We are having brands along like Colnago, Kinesis, Neil Pryde, Enigma, Reynolds Wheels.

We are going to be having a BBQ on the Sunday but we will have refreshments and nibbles available on both days. There will be arranged rides out from the shop and there will also be an opportunity to test the bikes – providing proof of identity and a valid debit card are brought along.

It should be a good event and would be great to see loads of CCS members there.

Best regards

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Tour de France Notes.....



Be aware that if you are going to watch this spectacle from our (CCS's) private enclosure at Wethersfield, Steve Barnes needs your names to help him arrange what facilities will be required on the day. Leaving it until the last minute is not very helpful, so please email Steve on steveearthworks@yahoo.co.uk **soon please!**

So don't pass up the chance of seeing Wiggo put one over that 'slightly warmed up Briton' Mr. Froome, from the comfort of your own viewing spot.

CCS ROAD RACING REPORT

By Darren Rule....Road Racing Secretary



This past month has seen Joe Swain, Lee Ford, Matt Trayner and Steve Hubbard duke it out in some road racing. Lee was unfortunate to crash on the last lap on his race at the Cyclopark in a strong ride which I'm sure would have given him his first points of the season. Joe and Matt rode the 4th Cat only race at the Ixworth Crits and I rode in the 2/3 Cat race. Joe has put in a lot of training this year which showed in the race but he was losing ground in the tight, high-speed corners (more cornering practice needed, Joe!!). I struggled in my event. I kept in the second bunch for 6 laps but got dropped from that and then found myself on my own - once that happens in a crit it's only a matter of time before you get lapped.... The Suffolk Cycle Racing Series (SCRS) begins its 6-week race series on Wednesday 11th June at Trinity Park, Ipswich. Each evening will host a Youth, Women and Men's events. There is also a Go Race which is ideal for anyone wanting to try racing for the first time. If you don't hold a British Cycling race licence you can purchase a day licence on the day. Several CCS riders have raced at these events in the last couple of years, and I for one would highly recommend them. See the BC website for details. This Sunday (1st June) sees CCS riders Steve Hubbard, Joe Swain and yours truly racing at the Colchester Rovers RR on the Abberton course, so if you're at a loose end that morning it would be great to see a few orange jerseys there cheering us on. With our road race on Saturday 30th August looming, I have had many

offers of help from club members which is great. I will be in touch over the next month confirm the requirements and get some names down for specific duties. If anyone is interested in helping out on the day who hasn't let me know please drop me a line at darren_rule1@hotmail.com I'm really excited about the event which will be the first road race hosted by our club for a number of years. I am hoping that this will be a great opportunity for us to host a great event and promote our club.

Wanted.....

Spindle would like to include some reports on Sportive Rides that CCS members have ridden. We cover most disciplines but this one and as it seems to be becoming very popular, would some kind soul send me in details of their experiences

CCS – Colchester Rover Interclub TT Report

It was great to see CCS retain the Interclub Trophy again against Colchester Rovers by 238pts to 207pts. This was despite us being



without 2 of our top riders with Jonathan being particularly unlucky to have a bolt shear on his bars before the start.

We filled 5 of the first 6 places in the competition with Darren Rule (below left) fastest on the night with a 23.13.

He was followed by Rob Davies, Simon Daw, CRCC, Jamie Howe and James Rush who all scored points towards the victory. These were importantly backed up by Lee Ford,



Darren Pratt, Doz Bree (above) and Joe Swain who although they didn't score points, they took away point scoring places from the opposition. Well done to them all especially Darren who is also going very well in the Evening TT's this year.

Time Trial Safety Tips.....



It's that thorny old subject again that I keep banging on about which still isn't getting through to all TT riders.....safety on the course. Bear in mind, there are three golden rules to follow...

1) Be Seen, 2) Be Seen and 3) Be Seen!

To achieve these rules, you need a really bright rear light that can warn other road users you are there. If you can afford to spend a lot of cash (hundreds/thousands £££'s) on a decent TT machine, you can afford the best rear light which doesn't fade into

insignificance just 20metres up the road, **which most do.**

Cheapo Hokey Cokey 2000 models are useless on a busy road and won't be seen until it's too late! A lot of you out there are still using them so please upgrade and give yourselves a lot more protection.

On the clubs Evening TT's, a small strobe like front light is also a good idea in the gloom of the narrow lanes on overcast evenings. Now these can be the cheapo (at Tesco for a fiver) sort as they actually do an effective job tucked under your aero bars/handlebars.

Then there's the clothing. CCS tops are brilliant for catching the attention. Black tops are.....well don't get me started on that stupid subject matter again.....

But do you know what the most visible piece of clothing is on a rider, not the helmet, not the top but a simple pair of

thin white over socks on the shoes which is the first thing to be noticed as they whirr around. Check

out someone who's wearing them and watch as they come towards you!

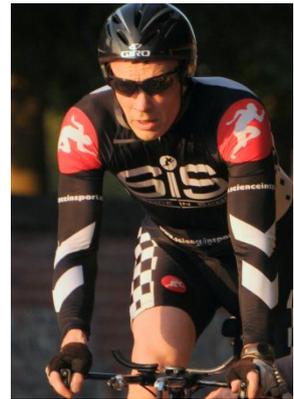
I watch a lot of Open Time Trials, with the emphasis on **watch**, and see a lot of numpty riders out there who can improve their visibility and safety with these simple tips above.

Rog



Open TT Round-Up May 2014

Some excellent times were posted this month from a variety of our riders. Top spot must go to the trio of Rob Davies' (pictured alongside) Damon Day & James Rush



for breaking the existing 21 year old club team record for a 10 mile TT. Their combined time of 1hr 04mins 09secs was 61secs quicker than the original record held by Scott Jones, Mark Jay & Graham White. On a day when conditions were almost perfect on the quick E2 Newmarket course, Rob recorded a 21.06, Damon a 21.31 (PB) and James a second behind with a 21.32 (PB). They were ably backed up by Jody Downs (pictured below)



with a 21.39 (PB) who together with Rob & Damon, tantalisingly held the record for 20mins until James came back 7secs faster than Jody and knocked him out of the winning team. David Crisp rode a 23.10 for yet another PB on the day.

Pro rider Alex Dowsett from the Spanish Movistar team broke the British record at the same event with an astonishing 17.20 ride at an average speed of nearly 35mph! Rob's 50 time, earlier in the month, of 1hr 52min 56secs is probably just as impressive as he was only 6 secs shy of beating his own club record also on the fast E2 course at Newmarket. Damon's 01.55.55 and Matt's 02.14.07 times at the same event are also worthy of a mention as they both posted P.B's. Jamie Howe's effort on his first 50 came to grief before he even reached the start line with an unfortunate puncture during his warm up! Simon Daw recorded a very good 10 time on the F2 with a 21.59 with Damon & Rob only 9&10 secs off his time. Jody's time of 22.38 saw him get a PB for himself as did Jamie Howe (pictured below) with a 22.51



which was also good enough to claim the top handicap prize money. Spend it wisely Jamie! Our Supervets weren't to be overshadowed with Len just pipping a great ride from Barbara with a 30.00 & 30.06. Obviously a good day for all our riders. Elsewhere, Simon put in 2 good rides during the month with a 56.16 (fastest of the year so far) in the 25mile event at Attleborough for 11th place and first

in age category and an outstanding 04.29.10 time in the 100 miler at Fakenham which was held in very oppressive heat conditions. He admitted to being low on fluid supplies during the ride which saw over a quarter of the field DNF due to the conditions, so a great ride by Simon. Barry Lee put in one of his best 10 times for a long time with a 29.30 on the E33 at Six Mile Bottom in squally conditions.

James had one of his away days in Yorkshire and rode a 25 on the Doncaster course for a 01.00.33 which was a couple of mins off previous efforts and blamed the strong wind on the return leg! Ian Millard posted a PB on the midweek event at Attleborough with a 25.01 which was a 1min 40sec improvement.

Simon completed an impressive *25/50/100 mile TT set* towards the end of the month with a very good 02.04.04 on the 50mile course at Maldon. And to end on another high, Damon, Jody & James picked up the prize for fastest team in Stow's 10 miler at Rougham with Damon leading the way with a good 22.43 in surprisingly unhelpful conditions. Rog



Alex Dowsett (Movistar Team) & Superstar
New British 10 mile TT record holder

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
May 3rd	Cambridge CC	F2D/10	S.Daw	10	21.59	20th
May 3rd	Cambridge CC	F2D/10	D.Day	10	22.08	24th
May 3rd	Cambridge CC	F2D/10	R.Davies	10	22.09	26th
May 3rd	Cambridge CC	F2D/10	J.Downes	10	22.38	36th PB
May 3rd	Cambridge CC	F2D/10	J.Howe	10	22.51	39th PB. 1st H'cap
May 3rd	Cambridge CC	F2D/10	L.Finch	10	30.00	98th
May 3rd	Cambridge CC	F2D/10	B.Law	10	30.06	99th
May 4th	V.C. Norwich - Attleborough	B25/5R	S.Daw	25	56.16	11th- 1st Age Cat
May 5th	ECCA Festival - ?	E92/14	B.Law	7km	32.59	40th
May 5th	ECCA Festival - Gt.Dunmow	E92/5	B.Law	10	13.49	23rd
May 10th	Lea Valley CC - Six Mile Bottom	E33/10D	R.Davies	10	23.52	14th
May 10th	Lea Valley CC - Six Mile Bottom	E33/10D	J.Rush	10	24.06	16th
May 10th	Lea Valley CC - Six Mile Bottom	E33/10D	J.Weatherley	10	24.19	18th
May 10th	Lea Valley CC - Six Mile Bottom	E33/10D	B.Lee	10	29.30	30th
May 10th	Lea Valley CC - Six Mile Bottom	E33/10D	B.Bush	10	43.27	38th (Dir Malfunctn)
May 11th	Maldon & DCC- SPOCO-Maldon	E21/25A	S.Daw	25	01.02.06	12th
May 17th	Sheffrec CC - Doncaster	O25/11	J.Rush	25	01.00.33	23rd
May 17th	ECCA - Newmarket	E2/50C	R.Davies	50	01.52.56	16th
May 17th	ECCA - Newmarket	E2/50C	D.Day	50	01.55.55	22nd PB
May 17th	ECCA - Newmarket	E2/50C	M.Traynar	50	02.14.07	41st PB
May 17th	ECCA - Newmarket	E2/50C	J.Howe	50	DNS	Punc' in warm up
May 17th	North Norfolk Wheelers - Fakenham	B100/9	S.Daw	100	04.29.10	11th
May 21st	Breckland - Attleborough	B10/3R	D.Day	10	22.43	
May 21st	Breckland - Attleborough	B10/3R	I.Millard	10	25.01	
May 21st	Breckland - Attleborough	B10/3R	M.Traynar	10	25.06	
May 24th	Maldon & DCC - ?	E?	S.Daw	50	02.04.04	10th
May 26th	Stowmarket & DCC - Rougham	B10/38	D.Day	10	22.43	& Team award
May 26th	Stowmarket & DCC - Rougham	B10/38	J.Downes	10	22.59	& Team award
May 26th	Stowmarket & DCC - Rougham	B10/38	J.Rush	10	23.07	& Team award
May 26th	Stowmarket & DCC - Rougham	B10/38	L.Finch	10	31.11	
May 26th	Stowmarket & DCC - Rougham	B10/38	B.Bush	10	32.07	
May 31st	ECCA - Newmarket	E2/10	R.Davies	10	21.06	New CCS Club 10 mile Team Record
May 31st	ECCA - Newmarket	E2/10	D.Day	10	21.31 PB	
May 31st	ECCA - Newmarket	E2/10	J.Rush	10	21.32 PB	
May 31st	ECCA - Newmarket	E2/10	J.Downes	10	21.39	PB
May 31st	ECCA - Newmarket	E2/10	D.Crisp	10	23.10	PB
May 31st	ECCA - Newmarket	E2/10	B.Bush	10	31.26	



As the inaugural Women's Pro Tour of Britain was centred

around East Anglia, we were lucky enough to have it on our doorstep! Robin and I watched it on the Friday as it came under the Orwell Bridge and along The Strand. There was no shortage of spectators especially up Freston hill which was rammed with people as it was a Queen of the Mountain stage. (See pic) The last day stage started from Dovercourt sea-front and I was staggered by the sheer numbers of people at the start. It's always good to watch a start as there's a lot more to see and take in. But my goodness, it was bitingly cold and wet as the girls were all signing on and getting interviewed. What some of the continental teams from warmer climes must have thought as the wind came off the North Sea, just a few metres away, and chilled everyone to the bone. A quick dash to leapfrog the peleton to East Bergholt for a few more pics, and then through Hadleigh



and out to Preston St. Mary to catch them one last time. We were the only folk at our isolated viewing point but still managed to 'bag' a discarded bottle each as they passed.



But why oh why did the TV coverage never show any of the obvious picture postcard towns and villages we have to offer where all the large crowds of spectators were, i.e. Ipswich Waterfront, Hadleigh, Boxford, Sudbury, Lavenham etc rather than the bland hedgerowed lanes they did show?

Still, we shouldn't complain especially as the organisers were so pleased with the success and interest it all generated, they have promised to return again next year. (*East Anglia again apparently!*)

**Interesting titbits from the Tour.....
The organisers had to find accommodation every night for the 500+ people involved with the whole show and also that each start town had to stump up £50,000 for the privilege of having them there*

