

'Foreigner' smashes Lavenham 10 course record.

It's not what I expected to headline this edition with, but the old record held by our own Jody Downs, has gone by a mighty 34secs. The 'foreigner' in question was a Scotsman by the name of **Silas Goldsworthy** who is working locally and chose our course after being recommended by a local Time Trialist as one of the best around! He also happens to be in Scotland's TT Team and was placed high up in their National 25mile TT Championship, so no surprise he bettered our record! It's up to you boys to regain it for CCS please!

This all took place during the **CCS vs Colchester Rovers Interclub** competition recently and it's pleasing to see our team retain the 'trophy' by the highest margin possible (240pts – 209pts) by taking the first 5 places! I can remember (yes, I'm that old!) when we rarely got a sniff of the trophy by being the perennial runners-up. Such are the advances the club and riders have made over the last 6-7 years. *And* this latest victory was achieved without our star rider Jody, who is still struggling to overcome some fitness niggles which he is currently trying to sort out with a physiochappiebloke.

Well done to the 5 scoring riders: - Leon, James, Damon, Lee and Rob.

I have detected a slight 'falling off' of the number of **Open TT rides** being ridden by our riders. There are some genuine reasons for this, bad weather on the day, loss to injury by Jody, loss to Triathlons by Rob and a few clashing dates to holidays/family commitments etc. I hope this resolves itself soon and look forward to seeing more of you out there.

No such excuses from David Fenn who has undertaken all manner of events across East Anglia with 10 already in his locker. *Chapeau!*

As always, CCS riders are well catered for on the Audax scene and this weekend's two CCS rides from Long Melford organised by Andrew Hoppit is the latest. Read his report further on to see how it went. If you missed this event, Robin's CCS Audaxes out of Bildeston will fill the gap in July where the weather is bound to be glorious.

Viv Marsh has also written an account of getting back into the *Audax saddle* after a lengthy layoff with a couple of 200km events before his latest Audax leg buster, *The 300km Oasts & Coasts* event he rode with Steve Barnes around *a lap of Kent*. As usual, it's a good read!

With **the usual round-ups, TT reports**, the eagerly anticipated Rider Profile and a nice account of riding around Snetterton race circuit with Dan Upton and others, there's plenty to keep you interested and happy.....except for those of you who are not easily pleased.

Rog

CCS Cycling Shorts!

1) No more Safety Pins?????

This seems an obvious (and cheap) solution to the archaic system of attaching race numbers to your CCS top/skin suit with safety pins without slowly destroying the material and piercing your back in the process. It's being tried out by a few of our TT-ers and it will be interesting to hear their comments!

(James has just road tested them during last Thursday's

event and as his official 'pinner onner', there's a definite knack to doing it, but I haven't a clue what it is, but I didn't prick my fingers or James trying to find out!!!

<https://www.fixpoints.de/index.php/en/home>or check them out on Amazon.



2) A very local charity ride right on our doorstep!



"I just wanted to let you know that our annual Suffolk Fire Ride is taking place on June 26th and is running out of Sudbury this year (Sudbury Fire Station) and will initially head into Essex where our colleagues at Halstead have kindly agreed to set up a refreshment stop. The ride offers three distances, 30, 60 and 100 miles and the entry fee is £15, all of which goes to The Fire Fighters Charity.

We hope that you and some of your club

members will be able to join us. Please go to www.suffolkfireride.co.uk for more information or drop me an email and I'll be more than happy to answer your questions. Please note that Juniors are allowed to take part if Accompanied."

Watch Commander Carolyn Crabb - On Call Resource Coordinator - Suffolk Fire & Rescue Service
home email: chezcrabb@gmail.com

3) Overheard at a recent Evening TT.

"I've really had it with my dog," said Viv to a busy Brian, "He'll chase anyone on a bicycle"

"Hmmm, that is a problem," said Brian. "What are you thinking of doing about it?" he asked,

"Guess the only answer is to confiscate his bike!"

4) The Suffolk Free Press reprinted an article from 50 Years ago recently which included our former Chairman David Fenn's exploits and seems like a precursor for our latter day modern Audaxes.....

'Members of the Sudbury section of the West Suffolk Wheelers Cycling Club took part in a large scale cycling and camping expedition over the Easter weekend. It included well over 300 miles of cycling during the day and night with three nights under canvas in Derbyshire.

Christopher and Roger Chaplin set out from Sudbury, meeting fellow riders before embarking on the 175 mile route, arriving nearly 24hrs later. After a weekend of more biking and walking, the group cycled back on the Monday covering a further 150 miles. The group also included Geoff Mayne and David and Ian Fenn as well as members from other cycling clubs. ‘

5) New Cafe Road Tested.

I mentioned in the last issue about the opening of a new cafe ‘Cafe Como’, at Brent Eleigh.

During my period of re-acquainting myself with my bike, Liz and I ventured over on a Friday morning to test it out. It proved to be very pleasant and run by bike friendly folk with good cake and coffee on offer plus the odd bike spares, tubes etc. Our Sunday group also tried it out with favourable results and would recommend it if you fancy somewhere different.



6) Skinsuit Design Competition.

Our own little band of Time Trialers is keen to have an updated and modernised twist for a new skin suit design. Does anyone out there with a modicum of design flair, fancy having a go? The rules are, there aren't any rules... except it must retain the main orange colour with black and white accents and include the club name and logo, all as the present kit displays. There are websites out there that allow you to design from scratch, so get creating. And don't forget that the winner (*if we find one*) will get absolutely **nothing** except the glory!

7) Opportunities Galore!

There are still a limited number of opportunities for keen club members to marshal for the Thursday evening TT series - I know it's a popular past-time!

Currently available dates are 30 June, 14 July, and 4, 11, 18 August.

Don't delay, act now before the dates are all taken, and e-mail me with when you might be available (preferably a choice of two dates); pamandrobinw@gmail.com.

Robin Weaver

8) A chance for more Glory!

The annual INTERCLUB TT with West Suffolk Wheelers on 16 June is fast approaching. Any Cycle Club Sudbury 1st. claim rider who wishes to take part must let me know by **Friday 10 June at the latest**, so that I can prepare a start sheet. There will be a form available to sign at the next two Thursday TTs, or you can email me at pamandrobinw@gmail.com. The first rider is off at 7pm, which means riders need to sign on by 6.40pm at the latest.

Please note 1st claim riders from West Suffolk Wheelers & CC Sudbury will be sent off first. 2nd Claim members and other riders will go after the competitors from those clubs.

Robin Weaver

9) Evening TT Series Update.

The Evening Points Series still has Leon with a massive lead, even despite not riding in the last event. I'm not sure how that happened but it may down to the little bottles of EPO (Evening Primrose Oil)! I saw in the boot of his car!

He is streets ahead of the opposition with Dave Fenn being his closest rival, a mere 278pts behind with 434, followed by Molly Cutmore on 406 with Ian Millard in 4th position with 303pts. Short of stealing his supply of the magic oils, it's going to take some almighty efforts to overhaul Leon for the title.



Leon, The Lion of Lavenham?

Snetterton Racing ??? *By Dan Upson*

On Friday 20th May, CCS took Snetterton's famous race track by storm in aid of the EACH charity. Eleven orange jersey's raced around the circuit which included me and my children, Justin and family, Leon and partner, and not forgetting Graham and Trevor.

Setting off at 5.30pm we rode round the famous 3.3 mile circuit along with other riders from East Anglia, of all ages and all abilities; from children with stabilisers, to full blown TT bikes zooming round. Our young CCS riders completed on average an

impressive...16.5 miles and Graham managed 39 miles. *(Did he have stabilisers on?)*

Good fun was had by all! Roll on next year's event!

Thanks to Ashton for Taking all the photo's!





RIDER PROFILE No...4

Name.... Jody Downs

1) Occupation and how many years have you been cycling?

Insurance Broker & part time balaclava model

Apart from the usual childhood stuff been back on a bike about 5 years

2) What was your first 'proper' bike & how old were you when you had it:

First bike I can remember was a Tomahawk then a Raleigh Grifter both with very unique but useless gears!

First proper bike - a bmx built by my dad from second hand parts bought from other kids, so many hours of fun on that bike.

3) How many bikes do you have now and list them in order of preference:

Four bikes Argon 18 E80 TT bike, Kuota Kharma Race and a MTB (ridden once).
Just ordered a Giant Trinity Pro TT

4) How many miles do you average a year:

I ride to hours not miles but miles would be max 7,000 split, turbo 5,000 and road 2,000 including races

5) What was the longest ride you completed and where was it:

133miles - Tour of Britain ride Ipswich along the east coast and back around to Norwich, hated the last 30 or was it 130 miles so much!

6) What was the best ride you completed and why:

Wiggle Jurassic Beast Ride - 100 miles with a couple of hills. Still to this day cant work out why I did it.

7) What was your best Race/Audax/Sportive/TT performance?

Possibly CCS Club Champs 10 mile TT 2015 or VVTA 50mile TT E2/50 2015 both for very different reasons

8) What was your most embarrassing moment on a bike?

Stow & Dist 20 TT 2013? - I Got lost after 1/2 mile and went 18 miles in the wrong direction!!

9) And what was the worst ride you ever had and why:

Performance wise more frustrating than worst but recent cycling due to a succession of injuries

10) Who were/are your childhood/modern day cycling heroes?

Don't really do heroes but one or two riders on the open time trial scene can be admired.

11) What do hate most about cycling?

Injuries, Hills and generally any ride over 3 hours. I need to learn to ride for fun not with an end purposes always in mind.

12) What bike would you most like to own?

Think I've just bought it??

13) What is the best 'bit' of cycle equipment/kit you ever bought?

First it was TT bars, then I needed an aero helmet, then a skin suit, then.....(well you need it all really!!)

14) What is your favourite ride?



Regardless of result any race where I know I have left it all out on the road.

15) What are your cycling strengths and weaknesses?

Strengths - I would say that what I lack in natural ability I make up for by being a 100% er and the fact I get satisfaction from hurting myself.

Weaknesses - Big hills, little hills, hills and did I mention hills??

16) And finally, what is your best training tip?

It ain't how hard you race, it's how hard you train that counts :-)



Message from Darren

Hi All

Sports Supplements for sale

If you would like to buy some discounted SIS and CNP sports supplements please drop a line to James Newton (james@newtonbrickworks.co.uk).

Jonathan Weatherly's parents, Stephen and Angela, have a load of various energy gels, bars and drinks and recovery shakes available that Jonathan bought in bulk before his sad passing. Most of this has plenty of shelf life left, but some has now passed its sell-by date. The items that are in-date will be sold at discounted prices and the items past their sell-by will be free to any interested club members, but people who buy some products will be given preference for the free items.

The items include:

SIS Rego Rapid Recovery

SIS Rego night

SIS Whey Protein

CNP beta alanine

CNP greens

Go Bar

Go Gels

Angela and Stephen have also kindly said that all proceeds from these sales will be donated to CC Sudbury to support the junior section, of which Jonathan was a great supporter.

DIARY DATES COMPILED BY ROBIN WEAVER & DARREN RULE

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/>

Saturday 4 June; Manningtree; 400k

Sunday 5 June; Ware; 100,200k

Sunday 26 June; Chelmsford; 120, 200k

Saturday 2 July; Dunmow; 400k

Sunday 3 July; Garboldisham; 100, 200k

Friday 13 July; Dunmow; 300k

Saturday 23 July; Bildeston; CCS audax rides

104k Bildeston Lanes; a tour of the organiser's favourite local lanes

168k 100 Miles of Suffolk Lanes; to the coast at Orford, via Framlingham, back by Wickham Market

209k Suffolk Lanes Extravaganza; first to Halesworth, then on to the coast at Orford, back via Framlingham and Debenham

If you're not intending to ride, but would like to help with the running of this event, please e-mail Robin at pamandrobinw@gmail.com.

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

Full details, and entry for most events, on the British Cycling website at <https://www.britishcycling.org.uk/events>

Suffolk Circuit Racing Series (SCRS) race nights start on 22nd June and run every Wednesday evening with until the last event on 27th July . There are races for all ages and abilities see the British Cycling website for more details. Hopefully we'll get some more club members taking part again this year. If you're new to racing and would like to know more about this event or racing in general please drop me a line (darren_rule1@hotmail.com)

<https://www.britishcycling.org.uk/events/details/147141/Suffolk-Cycle-Race-Series-2016-Week-1>

Sunday 12 June; Newmarket Sunday

Sunday 19 June; Diss Cyclathon; details here; <http://www.disscyclathon.org/>

Sunday 19 June; Sudbury Tri Club Sudbury Triathlon. Full details at <http://www.trisudbury.com/the-sudbury-triathlon.html>

Sunday 19 June; Elmswell

Sunday 19 June; Kesgrave

Sunday 19th June Rotary Ride for Prostate Cancer – 20-mile ride at 9am from Stevenson Centre, Gt Cornard, CO10 0WD. Only £8 for adults or £5 for under 16's with proceeds going to Prostate Cancer UK.

Friday 24 June – Sunday 26 June; Ipswich Hospital

Saturday 2 July; Colchester Sunday 17 July; Otley

Sunday 31 July; Colchester

MTB RACING

2016 Mud Sweat and Gears Races; Dates and Locations Reduced price for entries made before 1 March; <http://www.mudsweatgears.co.uk/>

Sunday 5th June – Hadleigh Park, Essex – Combined East and South East Regional Champs

Sunday 3rd July – Carver Barracks, Essex

Sunday 21st August – Radical Bikes, Essex

Sunday 4th September – Ickworth House, Suffolk

Sunday 25th September – Langdon Hills, Essex



Oasts & Coasts 300km Audax *By Viv Marsh*

My year started badly as far as cycling was concerned. Moving house in January meant I didn't turn a pedal until the 31st of the month, at the CCS RT. However, determined to get back into longer Audaxes, I entered the Horsepower 200 in mid-March but after a humiliating outing with the Boxford Club a few weeks before I was extremely apprehensive about even turning up. Luckily for me CCS Audax stalwarts Andrew Hoppit, Brian Mann and Steve Barnes coaxed me round to complete my first 200k for 20 months.

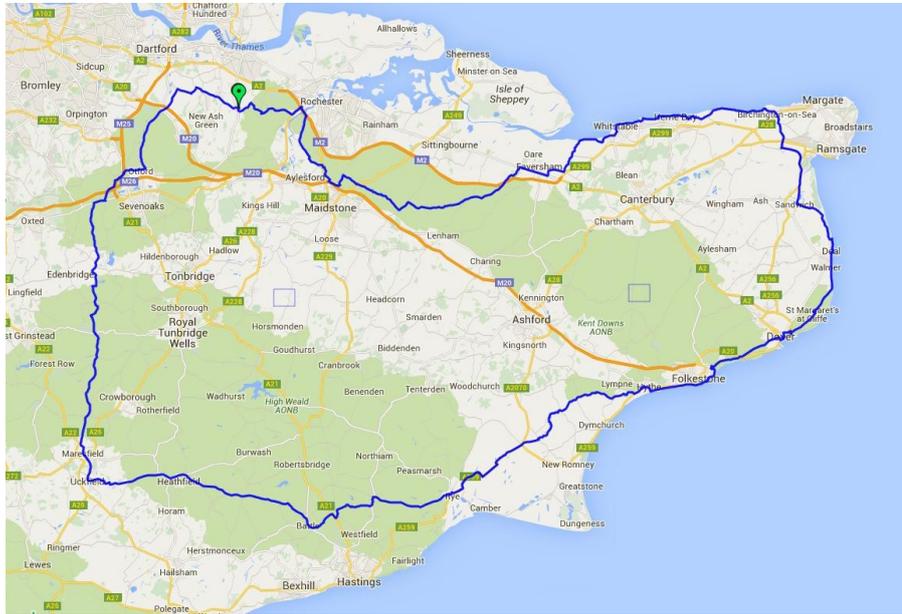
Bolstered with some returning confidence I duly entered the Shaftesbury 200 from Henham in April. Steve and Brian rode this with me again and although the new route was tough, it was manageable and even somewhat enjoyable. The only other event that fitted my calendar was the Oasts & Coasts event on St George's Day, which was basically a lap of Kent. But this was a only 6 weeks after my

"come back" and was a 300km, so I quickly dismissed the idea until Steve piped up and suggested we should do it. He caught me in a weak moment and rather hastily, I agreed.

A 6am start from Meopham would have meant an unsavourily early start from home so we agreed we'd take my campervan down the night before to make it more practical. We left in good time and were in danger of getting caught for the toll at the Dartford Crossing so wisely called into a pub in Brentwood for a stalling pint. I was on comfortable ground so far.

We arrived at Meopham Scout Hut along with two other campervans (both from Colchester) only to find the gates locked. But we each managed to park in the adjacent sports field car park. A quick night cap and then to bed. The night was chilly but not chilly enough for me to get out of bed and fetch a blanket so it was a slightly unsettled and short night. We put the kettle on at 5am and the unlocking of the gates at 5.15am led to some commotion as everyone jostled for a space in the proper car park. Kettle still on and half dressed I jumped into the cab to manoeuvre the van through the narrow gates. It was somewhat narrower than I anticipated actually! With steamed up windows and bleary eyes I managed to drive into one of the posts and dent the wheel arch!

Anyway - to the ride. We set off rather leisurely at about 6.15am, after most riders had already left and soon



realised that as the first control was at just 12km at Farningham so we barely had a minute to spare to get there inside the allotted time window. Almost immediately we turned up a big hill which set out the stall for the first 120km.

We just got to the control in time but were reassured that they weren't being too strict, to allow for us late starters. We were told that Raymond (Cheung - CCS hero) was already "miles" ahead of us. So we set off in pursuit. Soon we managed to improve from our last position as a large group of riders stopped when

one of their riders snapped a chain.

A series of long climbs led us through the west end of the Kent Downs until we turned onto Toys Hill (250m summit) just after crossing the M25. This was a 3km gravel which turned out to be only the first of many remarkable climbs. We managed to catch and then promptly lose Raymond around this point but met him again later at the next control. We passed Hever Castle, crossed High Weald and enjoyed a pleasant traverse of Ashdown Forest where I distracted myself by name-checking all the famous Winnie-the-Pooh places in the "Hundred Aker Wood", of which I am rather fond (being a bear of very little brain). After another climb, this time up Black Hill (200m) the first food stop was in Uckfield where we enjoyed a very welcome second breakfast.

Hills were then interspersed with villages and towns as attractively named as they were attractive: Cross in Hand; Heathfield; Cade Street; Punnet's Town; Dallington (steep hill); Battle (where we stopped for coffee and a bun); Sedlescombe Street; Steep Hill Wood (really!); Broad Oak (180m); Udimore; and down into the ancient town of Rye. This then lead onto Romney Marsh for what we hoped would be a break from the climbing. It was, but it was replaced by a stiff headwind blowing in off the sea. Luckily the three of us met up with another small group who helped us across this long flat stretch to Hythe for lunch. I'd mentally billed the ride as basically a lap of Kent so was somewhat alarmed to only pass into Kent at the 135km point having spent the morning entirely within East Sussex. It seemed a very long way from home.

At the steam train cafe I was singled out for a more limited menu than everyone else before and after me, but I still enjoyed what I had. Steve and I left the cafe to tackle the next section by ourselves and immediately ran into heavy rain. It was so heavy we sought shelter to don our capes but by the time we'd wrestled them on, the rain had stopped and the sun came out again.

The coast had been in sight for some time but from Hythe we hugged it closely for the next 100km through Folkestone, Dover, Deal, Sandwich, and on to the Thames Estuary. You often hear people claim that on a good day from here you can see France from here; but generally this is a disappointing glimpse of some hazy greyness in the distance that may or may not be the continent. Well on this day we could see it so clearly you could actually pick out buildings over the channel. It was so clear that at first we thought it must be some island we'd forgotten was there, but it really was France! We passed through Sandgate on a cycle path that went through a seaside resort which was a pleasant distraction and on to Folkestone where we managed to

lose the route. But even if we hadn't we still wouldn't have avoided the very long and steep climb out of town and up to Cape-le-Ferne (proving just how close to France we really were).

On to Dover and another long and leg-burning climb up around three sides of the castle. Finally we descended down onto the east facing coast and spent most of the next 60km on cycle paths atop sea walls or along the sea front. At 220km we finally turned west onto the Thames Estuary for the first tail wind of the day. And very welcome it was too.

As we rode along the sea front we watched the sun setting in front of us over Essex which started to feel a bit closer to home.



A teatime control at Herne Bay and off into the night towards Whitstable and Faversham. The climbing resumed at around 250km as we ventured back onto the Downs. I'd remembered to bring clear glasses for the night section but forgotten that they didn't have reading lenses in, so I couldn't read the instructions any more unless I stopped and changed glasses each time. I put myself in Steve's hands which was OK until he realised his dynamo front light wasn't working so he only had his flashing safety light for vision. He tried riding behind me thus using my front light but my rather too bright rear light was dazzling him and so neither of us could

read the instructions without stopping. And although we were into the last 50km there were still a lot of instructions to read.

We struggled up the very steepest climb of the day only to find it was a wrong turning and we promptly had to plummet back down it again. We did a similar thing again a little further on. This late in the day I desperately wanted to blame Steve for this but really it was equally my own fault. He took it like a man anyway.

The final section ran along parallel to the brightly lit M2 which we looked down on from above, up in the sleepy villages of north Kent. It was rather pretty but by now we'd had enough and were only thinking about finishing. The usual revellers and drunken girls leaving the pubs entertained us and lifted our spirits a little. We finally rolled back into Meopham at half past midnight - 18.5 hours after leaving. It was a long hard day with the most climbing I've ever done (outside of the Alps and the Pyrenees), but we finished in good spirits with no real difficulties other than the distance, the climbing and the long hours in the saddle!

We never saw Raymond again but heard that in his inimitable way he finished inside the time limit which was some 2 hours later.

On reflection it was a great ride with huge variety and lots to keep our interest. One of the best I've done. It was a big step up from where I'd been back in January. Thanks to Steve and the others who once again helped me round. I think I might even do it again next year!

Viv

The 2015 / 2016 Audax season so far. *Compiled by David Fenn*

Our club Audaxers have been active since the start of the new Audax season in October 2015. Currently Raymond has pedalled a massive 5,070 km in 25 events giving him a points total so far this season of 47 points. Raymond is currently the only club member to have ridden a 400 km event this year, however, the news on the grapevine is this will change in the next month or so. Current CCS Audax champion, Brian Mann is putting up a spirited defence of his title and has recently completed yet another Randonneur Round The Year. Andrew Hoppit, previously a regular Audaxer has returned to Audaxing after a few years 'resting' and is currently on course to complete his RRTY later this year in September.

There are 259 clubs listed in the AUK club team points, CCS has 120 team points which places us in a very respectable 9th position.

There are no age barriers to riding Audaxes. Whilst pausing at a control point in a recent Audax Mick Bates and Brian Mann were approached by a gentleman who was interested in what they were doing by asking if they were on day release from a Nursing Home for the elderly, I feel sure the response was suitably informative!!!

Current Points Round up

| Name | Points | Total Distance km | Club Audax Trophy | 100 km | 200 km | 300 km | 400 km |
|----------------|--------|-------------------|-------------------|--------|--------|--------|--------|
| Raymond Cheung | 47 | 5,070 | 1st | 3 | 20 | 1 | 1 |
| Brian Mann | 27 | 3,070 | 2 nd | 2 | 12 | 1 | - |
| Andrew Hoppit | 16 | 1,612 | 3 rd | 0 | 8 | - | - |
| Steve Barnes | 11 | 1,206 | 5 th | 1 | 4 | 1 | - |
| Mick Bates | 10 | 1,242 | 4 th | 3 | 5 | - | - |
| Simon Norton | 9 | 923 | 6 th | - | 3 | 1 | - |
| Viv Marsh | 7 | 919 | 7 th | 2 | 2 | 1 | - |
| Tim Bevan | 4 | 400 | 9 th | - | 2 | - | - |
| Ed Nevard | 2 | 204 | 10 th | - | 1 | - | - |
| Robin Weaver | 2 | 517 | 8 th | 3 | 1 | - | - |
| Peter Faulks | 2 | 200 | 11 th | - | 1 | - | - |
| John Oakshott | - | 200 | 12 th | 2 | - | - | - |
| David Fenn | - | 100 | 13 th | 1 | - | - | - |

Open TT Round-Up

As mention earlier, David Fenn has been ultra busy this year on the Open Roads and it's paying off as he continues to lower his times and now has the upper hand (foot?) over his annual rival Colin Harris (4 rides this month) who started his campaign later than David and finds himself playing catch-up. The remaining musketeer, David Miller keeps pegging away and has started ducking under the 30min mark. Maybe the E2 course will produce the result he strives for?

John Bradbury has also been busy this month with some very decent 10 & 25 times already in the bag. Len Finch (is he the missing D'Artagnan?) produced a long 30 for a 10 and I expect he will duck under the half hour before long when the weather finally warms up.

Mandy Bunn has been putting in some good times culminating with her 26.59 on the Rougham course this weekend.

James only ventured out at the end of the month on the Rougham course and rode a useful 22.32 for 10th place.

David Crisp has limited his efforts to the E2 course this month with the best being a very good 21.55 for a 10. Leon only played once this month but came away with an excellent 3rd overall on the Debenham course. On the same event, Damon picked up 6th o/a just under a minute behind Leon and then impressed with a tremendous 54.45 for a 25 on the E2. Sadly this never troubled the winner, Alex Dowsett, (*Movistar*) whose time (**44.29 @ 33.7mph average**) which was over 10 minutes faster than Damon's. But he can be consoled by the fact that it created a new National 25 record, beating Matt Bottrill's former record by 1min 14secs and also became the 1st rider to break 45mins mark

Dowsett now holds the 10 & 25 mile National records which were both recorded on the E2 course. Now you can understand why a lot of our members ride this course!



The Three Musketeers?
Fenos-Milos-Haros

Rog

C.C.S. Riders - Open T.T. Results - May 2016

| <i>Date</i> | <i>Event</i> | <i>Course</i> | <i>Name</i> | <i>Dist</i> | <i>Time</i> | <i>Notes</i> |
|-------------|--|---------------|-------------|-------------|-------------|---|
| May 2nd | VC Baracchi - SPOCO East - Bungay | B10/43 | J.Bradbury | 10 | 23.06 | 18th |
| May 2nd | VC Baracchi - SPOCO East - Bungay | B10/43 | D.Fenn | 10 | 26.42 | 61st = PB |
| May 2nd | VC Baracchi - SPOCO East - Bungay | B10/43 | C.Harris | 10 | 28.09 | 72nd |
| May 2nd | VC Baracchi - SPOCO East - Bungay | B10/43 | D.Miller | 10 | 29.38 | 75th |
| May 7th | Lea Valley CC (Middle Markers) <small>Newmkt</small> | E2/10 | L.Finch | 10 | 30.53 | 58th |
| May 7th | Lea Valley CC - Newmarket | E2/10 | D.Crisp | 10 | 21.55 | 70th |
| May 7th | Orwell Velo - SPOCO East - Debenham | BS33 | L.West | 20 | 46.15 | 3rd |
| May 7th | Orwell Velo - SPOCO East - Debenham | BS33 | D.Day | 20 | 47.09 | 6th |
| May 7th | Orwell Velo - SPOCO East - Debenham | BS33 | J.Bradbury | 20 | 48.26 | |
| May 7th | Orwell Velo - SPOCO East - Debenham | BS33 | M.Bunn | 20 | 56.53 | |
| May 11th | CC Breckland - Rougham | B10/38 | I.Millard | 10 | 24.46 | |
| May 11th | CC Breckland - Rougham | B10/38 | D.Fenn | 10 | 26.13 | |
| May 11th | CC Breckland - Rougham | B10/38 | C.Harris | 10 | 26.29 | |
| May 15th | Wisbech Wheelers - Wisbech | B25/06 | J.Bradbury | 25 | 57.38 | 15th |
| May 15th | Wisbech Wheelers - Wisbech | B25/06 | D.Fenn | 25 | 01.09.40 | 57th |
| May 21st | ECCA - Newmarket | E2/10 | D.Crisp | 10 | 22.40 | 54th |
| May 21st | ECCA - Newmarket | E2/10 | L.Finch | 10 | 31.16 | 118th |
| May 28th | Victoria CC - Ugley | E1/10A | J.Bradbury | 10.2 | 24.26 | 21stbeen |
| May 28th | Victoria CC - Ugley | E1/10A | D.Fenn | 10.2 | 28.11 | 66 th 1 st in Age Cat |
| May 28th | Victoria CC - Ugley | E1/10A | C.Harris | 10.2 | 29.57 | 79th |
| May 28th | Victoria CC - Ugley | E1/10A | D.Miller | 10.2 | 30.59 | 86th |
| May 28th | Victoria CC - Ugley | E1/10A | B.Bush | 10.2 | 38.19 | 90 th 1 st in Age Cat |
| May 29th | ECCA - Newmarket | E2/25 | D.Day | 25 | 54.46 | 31st |
| May 29th | ECCA - Newmarket | E2/25 | D.Crisp | 25 | 57.53 | 64th |
| May 30th | Stowmarket & DCC - Rougham | B10/38 | J.Rush | 10 | 22.32 | 10th |
| May 30th | Stowmarket & DCC - Rougham | B10/38 | M.Bunn | 10 | 26.59 | 46 th 4 th Lady |
| May 30th | Stowmarket & DCC - Rougham | B10/38 | D.Fenn | 10 | 27.14 | 47th |
| May 30th | Stowmarket & DCC - Rougham | B10/38 | C.Harris | 10 | 28.51 | 53rd |
| May 30th | Stowmarket & DCC - Rougham | B10/38 | D.Miller | 10 | 30.41 | 56 th 4 th in Age Cat |



You won't like me when I'm angry....!!
Damon just after being cut up by a car!



New Lavenham 10 course record holder Silas
With former course record holder Jody.....



28th May 2016 – Tour de Stour Audax events for CCS from Long Melford

Cycle Club Sudbury organised two audax (long distance) cycling events on Saturday 28th May. There was a typically mixed bag of weather for the week before the event but the day itself was sunny and light winds which made for good cycling conditions. Both events were well attended with a total of 104 riders coming from as far away as Galashiels in the Scottish borders and Lancaster. The theme of the day was the river Stour which forms the boundary between Suffolk and Essex for much of its length. The routes also visited some of the tributaries of the river and gave a chance for the riders to see the wonderful cycling country we have in the area. These events were first planned and organised by Peter Whiteley in 2003, being were last held in 2008. Both rides started from Long Melford village hall which is next to Chad Brook. The first event was a 212km ride called the Grand Tour de Stour (see map) where 49 started the ride. This gave the riders the opportunity to see the River Stour for its whole length where it rises at Wrattling Common to the North of Haverhill and onto the mouth of the river at Harwich. The first leg headed out of the valley and to Upsher Green to cross the River Box and past St James Chapel on the way to Kersey. From there the River Brett is picked up and on through Hadleigh and under the A12 at Capel St. Mary. The first information control at Alton Water which supplies water for the Ipswich area; the reservoir is fed by the River Gipping. The ride then continues downstream to Manningtree where the Stour becomes tidal before reaching the end of the river at Harwich for the control manned by Steve Barnes at the harbour wall. The route then winds its way to Dedham and does a reverse of the 100km ride to Sudbury and then the village control at Long Melford. The second, shorter leg went and up and out of the Stour valley to Yeldham where the Stour Catchment is left and join the River Colne up to Stambourne. But soon it's back into the Stour valley catchment where the riders cross Bumpstead Brook at Steeple Bumpstead. After passing through Haverhill it's to the source of the Stour on Wrattling Common before heading back via Clare and Hickford to Long Melford. The shorter second ride was 106km ride and headed off down Long Melford High Street and across the Stour at Liston. The riders climbed out of the valley to Borley before heading to first control on the bridge across Belchamp Brook. It was then into the Stour valley again heading downstream through Bures to Nayland and the furthest control at Dedham. The return leg back to the village hall was a chance to see some of the tributaries of the Stour, the River Brett at Higham, the River Box at Mill Street (nr Stoke by Nayland) and again at Boxford before leaving it at Upsher Green. From the village hall it was out again up the Glem valley and across to Stradishall for a control question before going to Clare and the last proper climb of the day up Hickford Hill and back to base.

I plan to organise these events again next year on 27th May. Keep an eye on the audax website for details.

I couldn't have done this event without the invaluable help of the following people – many thanks to Peter Whiteley, Brain Mann, Steve Barnes, Robin Weaver and Lucy Hoppit.

Andrew Hoppit 2016

