



The Spindle — June 2013 - cycleclubsudbury

Welcome to the June issue of Spindle. I feel like integrating the weather forecast with it to help all you bikers out there to pick warm and sunny days to ride. Whatever are all these cold and wet days about? Shorts will soon become redundant! Hey ho, it must improve soon, mustn't it?

On a more positive note, it's good to report CCS retaining the Interclub Trophy against Colchester Rovers. Quite frankly, I doubted that we would so against a strong CRCC team in the light of not having four of our potential points winning riders that we had last year. Two were not available, one has jumped ship and one was poorly. It didn't look very promising! 'But me of little faith' should have seen others in our ranks coming forward and supplementing our regular TT stalwarts. Read on to discover the details of the outcome.

A well organised and successful CCS Audax ran without a hitch over in Essexland, steered by Ed Nevard and his team in near perfect conditions. 114 riders rode one of the 3 courses on offer and included a good sprinkling of CCS members including me,



returning to Audaxing after falling by the wayside for various reasons over the last three years. The route was pleasant enough for Essex with the occasional stiff hill and the ubiquitous lairy boy racers hurling abuse from inside their silly little cars. Nothing much changes there then!

With just one scheduled cafe stop, it's the furthest I have ever ridden nonstop without tea and cake. But I survived thanks to my 2 shepherds for the day, Dave and Trevor who patiently cajoled me around the route. Despite a last sting in the tail in the shape of the 10mile long hill at Gt. Baddow (well it felt like it!) I think everyone had only good comments for the day and can only add my thanks to the many folk that made it happen. An amusing anecdote from the day was provided by the sight we caught (and passed) of a cyclist pushing his mate on a motor scooter which had obviously conked out. I can only assume he had been pacing him behind the scooter and it was even more amazing when the very same rider, Alex Dowsett, (Movistar Pro Team) won a stage of the Italian Giro just a week later! Spooky.....

And talking of the Giro, with Wiggo 'retiring' from the race, things seem to have gone a bit awry and it appears something's not quite right with the team after last year's stellar performances. Are the wheels falling off the Sky Wagon? I hope I'm wrong. Still, we always have Cav to brighten up things. *(I now read today that there are concerns about Wiggo's fitness and won't probably ride the 'Tour'. Very odd!)*

Following on from our 1st CCS Audax, Peter Whiteley's event comes along just weeks later and was run with military precision as only Peter can with loads of positive feedback from the riders coming with it. I rode the 100km route but strangely struggled back to the HQ a broken rider. Nothing felt right and will put it down to just one of those days despite Robin's and Dave's best efforts to help me along. Again, very odd!

Peter Has kindly sent an overview of the day which you can read about further on.

Also included are two accounts of what 'can' go wrong on an Open TT if the gods are not smiling on you.

The new Tuesday evening hard riders

training initiative has taken off well as Viv Marsh's recent Facebook entry shows...

"The Tuesday night training rides are going from strength to strength with more people turning up each week. The formula of a fixed route (22 miles out and back taking in Watson's Hill) seems to be successful.

*We meet at Sudbury sorting office on Church Field Road (behind Homepage) for a 6.45pm start. Everyone is welcome but on this ride we **don't go at the pace of the slowest rider!**"*

INTERCLUB TIME TRIAL WITH WEST SUFFOLK WHEELERS AND HAVERHILL WHEELERS ON 20th JUNE.....

Let's see if we can repeat the success we enjoyed last month in the last Interclub cup competition when we ride against West Suffolk Wheeler and Haverhill Wheelers on 20.06.13 (19:00 start). We will definitely need all our strongest riders out for this one. To encourage you to take part, local Insurance company, Robins Row (Halls Street, Long Melford) are offering a prize of **£75 (!)** to any first claim rider belonging to one of the three competing clubs, who can break the course record (currently standing

at 22:04, set by Simon Wright in 2010). Please let me know (by email or phone) if you'd like to take part in this event by 13.06.13 at the latest (including your fastest time for a 10mile TT since January last year). If having signed up for this event you are unable to start, please let me know. If you're not intending to take part, why not come along to lend a hand and/or support your club mates. Please let me know if you are able to help out with Timekeeping or pushing off.

I'm looking forward to seeing a good turn out from C.C. Sudbury!

Jonathan Weatherley (Time Trial Secretary)

Email: Jonathan@cycleclubsudbury.com

Mobile: 07754 586598.

CYCLE MAINTENANCE EVENINGS

CCS second claim member Malcolm Borg, who is also The Cycle Clinic, at Unit 5, Clockhouse Farm, Cavendish Lane, Glemsford, has offered to run a cycle maintenance evening there for CCS members on Wednesday 5 June and again later in the year on Thursday 10 October, from 7pm to 9 pm – no charge! There's room for 8 people.

If you'd like to attend (bring your bike and some Allen keys if you want) could you please e-mail Malcolm to book a place stating the date you'd prefer - first come first served! If one or two people could bring their own bike stand as well, that would help.

E-mail address;

workshop@thecycleclinic.co.uk

Thanks Malcolm – why didn't CCS think of this before?

UPCOMING AUDAX RIDES

Saturday 8 June; Fritchbikes, Great Dunmow; 200, 100, 53k rides.

Saturday 8 June; Swaffham; 100k ride.

Sunday 30 June; Galleywood, Chelmsford; 120, 200k rides.

Saturday 6 July; Baldock; 300k ride.

Saturday 6 July; Oundle; 100, 150, 200k rides.

Sunday 7 July; Garboldisham; 55,100, 200k.
Friday 12 July; Great Dunmow; 300k ride.
Saturday 20 July; Bildeston; CCS audaxes, organised by Robin Weaver and Roger Rush; 104k Bildeston Lanes, 168k 100 Miles of Suffolk Lanes, 208k Suffolk Lanes Extravaganza rides.
Sunday 28 July; Loughton; 1400km London/Edinburgh/London ride. Too late to enter, but volunteers still welcomed to help at controls and start/finish.
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.

UPCOMING LOCAL RIDES

Saturday 1 June; Norwich Sportive; see British Cycling website.
Sunday 2 June; Abberton Road Race; see British Cycling website.
Sunday 9 June; Southwold Sportive; see British Cycling website.
Sunday 9 June; St Edmunds Wheel Rides, from Bury St Edmunds, for charities. 15, 30,50, 75,100 mile rides available.
Details at www.stedmundswheel.org.uk
Sunday 16 June; Essex Sportive; see British Cycling website.
Sunday 16 June; Newmarket Hilly 100; see British Cycling website.
Sunday 23 June. Suffolk Villages Charity Bike Rides, Stowmarket Lions, from Elmswell. 75, 45, 25 mile rides. Cycling at its best through glorious Suffolk countryside and quaint villages with three rides to suit all abilities. Adult entry fee £20 (£25 on the day), under 16's entry fee £10 (£12 on the day). [Click here](#) to download entry form.

THURSDAY EVENING TIME TRIALS

There are still marshalling 'opportunities' available for Thursday evening time trial marshalling – see the gaps on the marshalling list under Events, Evening 10 TT Series, Schedule and marshalling, choose a date and e-mail me at pamandrobinw@gmail.com. If you ride TT's and haven't got your name on the list yet, could you please do this. Even if you don't ride TT's, you're more than welcome to watch the action and marshal at the same time!

THE TRIALS OF TIME

No.1) *By Jody Downs.*

DIRECTIONAL MALFUNCTION!!!

On occasions you know something is going to be less than entirely successful from



the outset. Cue my first time trial of the season; it should have been the second but due to a snowy and cold Saturday afternoon I decided against riding the Plomesgate 10.

Next up the Stowmarket & District, 20mile TT at Debenham and would be my debut in a race against the clock in an open event beyond the 10 mile distance.

Of course you need to put in a decent amount of preparation for such events, so with a certain level of confidence boosted by a winter sat glued to the turbo trainer, a new bike and my fresh out of the bag CC Sudbury skin suit, I felt that an improvement over the coming season with a good performance, if not particularly quick, at this event was a natural outcome.

As the saying goes fail to prepare – prepare to fail, so leave nothing to chance, so preparation is key –

Training – ongoing, equipment – purchased, event entry form sent off in good time, travel arrangements agreed, so far so good!

First hint of the possible events to follow is the arrival of the start sheet via email. Course instructions and directions, I thought I would perhaps read the course instructions and directions later as I was keen to see who else is riding. The sheet is opened with an element of anticipation, scroll down the page to see a couple of CCS rider names, ah there I am number 19, oh Damon Day is off 3 minutes and Jonathan Weatherly is off 6 minutes after me respectively, that means I am more than likely to see both of them before the finish line! As I scroll back up to my name I notice that I have 'L' Vet next to it, now I know I have recently reached the veteran status but was unaware that that my gender had also changed. Quick email to the organiser and apology received – Christian name caused confusion, that's happened once or twice before.

Day of the event and preparation is still at the fore front of my mind, course sheet again might read that when I get there, equipment check completed several times, inflate tyres, put kit in car – bang rear tube blows – so everything back out for a quick tube change, thank goodness it's a clincher!! Pressure is on as Damon is waiting in his car to leave.

Arrive at the event and make my way in to HQ to sign on and obtain my number, take a little look

to see what the selection of cakes is for post race – they look very good.

Kit on ready for warm up, climb on bike and ‘pop’ the pins on the race number open up, no problem Roger very kindly does me back up. Off we go but no, again the pins come undone, not once but several times, Roger must be getting bored by now?? Damon has kindly agreed to show both Jamie and myself the start line and the first turn, “you don’t want to miss it he says as its really tight on the downhill”, so off we go for our quick lesson but off the race number comes again “I will catch you two up in a moment I shout” and I pull over to sort the number again. By the time the number is attached and I am up the road they are on their way back so no insider knowledge received. Making my way to the start I acknowledge two marshals’ a few hundred yards from the start. Whilst waiting for my turn to go off, the rider starting 1 minute behind me enquires if I know the course and he tells me it’s fairly technical in places, I stand there thinking it can’t be that difficult can it??

Count down starts and off I go, my aim is steady for the first couple of minutes and to get in to my rhythm, got to remember it’s a 22 mile event not a 10. Within seconds I see the two marshals from earlier standing on the far side of a left hand turn, as they are motionless I shout “straight ahead?”, a reply comes back which I cannot make out due to wind noise and helmet covering my ears, I take a gamble and head straight on. Within a mile I pass the finish with time keepers on the opposite side of the road, that’s a result must be an out and back course?? I am now nicely riding at my race pace and getting through the miles; I get to about 8 miles and start to think it is unusual to have not been overtaken, perhaps I going well at this point? However after 13 miles I begin to worry, no one has overtaken me, I have not overtaken anyone and no one has come back past me on the back leg of their ride, in fact I haven’t seen a marshal or a sign. At this point I know I am lost but hey I came here to time trial 22 miles and that’s what I will do, so I just to ride in a direction that I believe will bring me back to Debenham, unfortunately I ride through the same village twice and therefore assume I riding in circles. With 22 miles completed I sit up and start to try to make it back and by chance I find my way on

to the course where luck would have it number 43 CCS rider Jamie Howe passes me, however I cannot go in to print what his passing comments were!!!!

Back at the HQ I tell my woes to my club mates and get some sensible advice from Jonathan, it’s always best to familiarise yourself with the course before you start he says. This advice will without doubt be taken on board and used in the future.

Surely my TT season will only get better from here??

The Trials of Time

No.2) *By Jonathan Weatherly* **Bossard Wheelers 10mile TT.**

It was the first time I've ridden the F15/10 course. Is a very quiet SC road with little traffic (as it has been by-passed). Has a downhill start- which helped account for my faster time. Rained hard. Had to take it very carefully around the roundabouts with all the standing water. Was windy & cold too. My main problem was not the weather though, but getting to the start on time! I made the mistake of not allowing sufficient time to get to the start comfortably. I should have allowed a bit more time to take into account the level crossing between the HQ and the start. Just as I was approaching the crossing, the gates closed! I couldn't believe it. I went on to the platform of the adjacent station to see if there was a footbridge over. No, there wasn't. I then considered walking over the tracks. But sensibly thought the better of this given the obvious danger (and threat of a £1000 fine). So all I could do was wait and watch the time tick frustratingly away. Thus, I was late to the start. Despite the less than ideal preparation and bad weather, I tried my best on the ride and recorded a time which was just 8 seconds off my PB. The actual time was my fastest of the year so far. Without the LS penalty I would have finished 5th, but as it was, I finished 24th.



OPEN TIME TRIAL RESULTS

C.C.S. Riders - Open T.T. Results - May 2013

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
May 4th	Cambridge CC. - Hardwick (Cambs)	F2D/10	K.White	10	29.04	
May 4th	Cambridge CC. - Hardwick (Cambs)	F2D/10	B.Law	10	35.29	
May 4th	Cambridge CC. - Hardwick (Cambs)	F2D/10	B.Bush	10	36.54	
May 4th	Kings Lynn CC - South Runcton	B10/37R	J.Weatherley	10	22.44	8th + 1st in age grp
May 5th	EDCA - RTTC TT Series - Swaffham	BS/2	S.Daw	21	54.58	6th
May 6th	ECCA - Chelmsford	E92/5	B.Law	5	13.59	
May 6th	ECCA - Chelmsford	E91/10	B.Law	10	34.10	
May 6th	ECCA - Chelmsford - 2-Up	E92/14	White/Leeder	14	41.23	
May 11th	North Norfolk Wheelers - Fakenham	B100/9	S.Daw	100	04.25.07	8th
May 11th	Bossard Wheelers CC	F15/10	J.Weatherley	10	22.30	5 th or 24 th !
May 11th	Lea Valley CC - Newmarket	E2/10	L.Finch	10	31.43	
May 11th	Lea Valley CC - Newmarket	E2/10	K.White	10	31.54	
May 11th	Lea Valley CC - Newmarket	E2/10	B.Bush	10	35.37	
May 11th	Lea Valley CC - Newmarket	E2/10	J.Rush	10	DNF	-
May 18th	ECCA - Newmarket	E2/50C	D.Day	50	01.56.48	
May 18th	ECCA - Newmarket	E2/50C	R.Davies	50	01.59.04	
May 19th	Essex Roads CC - SPOCO - Heybridge	E22/24	S.Daw	24	58.55	6th
May 19th	Ipswich BC - Crowfield	B10/32	J.Weatherley	10	24.52	9th
May 19th	Ipswich BC - Crowfield	B10/32	J.Rush	10	25.02	10th
May 19th	Ipswich BC - Crowfield	B10/32	J.Downs	10	26.24	19th
May 19th	Ipswich BC - Crowfield	B10/32	K.White	10	31.03	25th - 1st lady
May 25th	RTT National Championships - Scoulton, Norfolk.	B10/18	J.Weatherley	10	23.10	91st
May 26th	Maldon & DCC - SPOCO Woodham Mortimer	E21/50	S.Daw	50	02.04.39	7th
May 26th	Wolsey Road CC - Bungay	B25/50	J.Rush	25	01.01.08	15th
May 27th	Stowmarket & DCC - Rougham	B10/38	J.Downs	10	23.46	PB.
May 27th	Stowmarket & DCC - Rougham	B10/38	D.Crisp	10	24.55	
May 27th	Stowmarket & DCC - Rougham	B10/38	M.Traynar	10	26.04	
May 27th	Stowmarket & DCC - Rougham	B10/38	K.White	10	28.36	2nd lady - PB.
May 27th	Stowmarket & DCC - Rougham	B10/38	L.Finch	10	31.07	

CCS Narrowly retain Interclub Trophy

Cycle Club Sudbury retained the Interclub Trophy with Colchester Rovers CC by a scant 4 points. Held on the Lavenham 10 course in almost ideal conditions, a repeat win looked unlikely with CCS's star rider Simon Wright and other quick riders missing from their line-up; and with CRCC fielding a very strong team. But a new star emerged for the home team in the shape of a very in-form Jonathan Weatherley who took overall honours in a time of 23mins 08secs. With the fastest 5 riders from each club scoring, CCS also secured 3rd fastest Simon Daw (23.33), 5th James Rush (24.07), 7th Rob Davies (24.31) and 9th Darren Pratt (24.46). These scores were good enough to win the annual contest 230pts to 226pts and keep the trophy in Sudbury. A total of 43 entered the evening's event with 20 riders from CCS and 16 riders from CRCC being eligible for the Interclub competition. Well done to all the CCS riders for being part of a successful evening.

Edmund's Folk Go Cycling.

By Peter Whiteley

For an event to go well there's a lot of effort from helpers on the day, and in the days and weeks before, so it's really good when riders thank us for a great day out.

This email came last Sunday :

"I just wanted to say a big thank-you for a fantastic Audax yesterday! The great course seemed to really show off the beauty of Essex and Suffolk. A wonderful choice of food and cakes all served with a welcoming smile; really showed off Suffolk hospitality too! After fighting through a challenging headwind.....what a boost to get a lovely cake and coffee at the Mannmobile in Ixworth!

That was my first and certainly not my last Audax. Thanks once again and please pass on my thanks to all the volunteers who gave their day to make our day!

Richard (Boxford Bike Club)

I'm not good at asking for help, so I'm especially grateful for Dave Miller (Harwich), John Oakshott (Langham) and Brian Mann (Ixworth) for volunteering to man controls, and to Robin, Steve, Kirsty and Dave for their labours at Melford Village Hall. Mark too leapt out of bed to efficiently supervise the car parking. Thanks also to Tom for help with the hall booking and clearing up. We also have Kirsty to thank for offering to produce the outstanding and much appreciated selection of cakes – banana; apple; orange; chocolate; bread pud and various biscuits. The ride went well with much better weather than we have had lately, and many riders grateful for the very (unusually?) empty roads.



An unusual aspect of these events has been the larger number of riders entering the 200k (54 entered but 41 rode) than the 100k (44 with 15 more on-the-day entries).

Making her first ever ride of over 100k was an exulted Denise who really enjoyed the 200k in the company of other club members. The only downside was they somehow missed the hospitality of Brian and Jenny in the well signed "Mannmobile" at Ixworth.

I wonder if it was some of the same riders last year who managed to approach the Langham control from the opposite direction. There were no accidents, but unhappily a bike was stolen from outside the hall while a rider was refuelling. Robin has emailed everyone a description of the machine and thanks to one of you the police have been told that it has been seen being ridden in the village. I hope by the time you receive 'Spindle' that it will have been recovered.

CCS - Thursday Evening Points Series – 2013 – Week 7

Name	Lav 10 Course Apr 18	B.E. Course Apr25	Acton CourseM ay 2	H.Hilly CourseM ay 9	Lav 10 Course May16	B.E. Course May23	Lav 10 Course May 30	Acton Course June 6	H.H. Course June 13	Lav 10 Course Interclub June 20	Total points to 30 th May
*M.Arnold		21.34									
N.Baker	25.26		20.42				25.07				69
S.Barnes		22.59	24.02			23.43					60
*M.Borg	29.48	22.48		48.31	29.06	23.09	28.41				138
*J.Bradbury	26.36			37.21		21.10					
G.Buckles	31.20	22.45	24.22		29.33	22.49	28.38				150
R.Bush		28.45	31.35		35.00		35.10				63
*D.Carver		23.17	24.38	DNF							25
*D.Crisp	26.20	20.16		38.09	26.02		25.56				45
J.Davies											
R.Davies		19.41	21.05		24.31		24.24				55
S.Daw					23.23						75
D.Day											
J.Downs	25.38	20.05	21.14		25.35						365
A.Dyson											
R.Empson	35.18										10
A.Flynn	25.53		21.25								117
L.Ford	26.42		22.00		25.50	20.47					206
*J.Goodright						22.17					
C.Harris		24.36					30.28				20
A.Hoppitt											30
G.Hoppit						21.35	25.27				42
J.Howe	25.38		21.18		25.34	20.50					433
A.Howlett		26.44									10
*A.Kennedy	24.39	18.49					24.17				
S.Kirk					26.17						10
B.Law											30
T.Law							33.49				40
D.Leeder	31.21	23.31					29.31				98
T.Lighttower			23.55								
T.Littlewood											
*C.Love	30.49	23.53			29.20	23.25					
*S.Mackay	DNF	21.41	22.23		27.09						78
B.Mann	28.31	DNF	23.21		28.21	22.45	27.53				55
D.Miller	35.11		28.19	47.50	33.27						144
*T.Moore	37.58	27.57		48.25	33.00	26.54	32.07				241
J.Newton						22.34					
J.Palmer		26.23		50.08		27.18					60
*A.Pettit							24.24				
T.Pillet	30.21	22.35	22.50	39.52	26.17	22.00					91
*R.Porter					25.51	20.43					
C.Pratt	27.52		DNF punc	38.24	26.20	21.12	26.00				358
D.Pratt	25.40		21.12	35.08	24.46	19.58	24.18				139
*C.Rowe		22.38	23.45								
D.Rudling			23.45								10
D.Rule		19.33				19.59					128
J.Rush	24.34	19.13	20.01	33.38	24.07	19.24	23.59				120
A.Russell		22.51	23.46		25.56		26.38				70
J.Shotbolt			27.19			27.22	32.03				30

*M. Shotbolt		18.46	19.23		23.19						
D. Upton		22.06	23.03		27.34		27.03				101
S. Toy	28.42										10
M. Traynar					27.13						393
*S. Tyrell					26.23						
*I. Young				42.25							
J. Weatherley					23.08						102
*J. Wharton		19.46			24.59						
K. White	31.14	24.30		43.55	29.55	24.45	29.49				479

EVENING SERIES TT ROUND-UP

As you can see from the table above, the points competition is becoming a five-way battle with Kirsty in the lead at the moment with a healthy 479 points. Jamie Howe continues to score consistently and is only a 'good ride' away from taking the lead. The biggest improver is Matt Traynar who has suddenly leapt onto the scene into 3rd place. Jodie Downs and Charlie Pratt are evenly matched close behind in 4th and 5th places. A lot of riders are improving their times every week and I'm pretty sure others will join in the battle as the season unfolds.



Points leader Kirsty White

And finally, I've found another weight loss system which I'm currently trying out. It's only for the more mature rider and involves exercise I'm afraid.....Read on.....

EXERCISE FOR PEOPLE OVER 50

- *Begin by standing on a comfortable surface, where you have plenty of room at each side.
- *With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.
- *Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10lb potato bags.
- *Then try 50lb potato bags before eventually trying to lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute. (*I'm at this level.*)
- *After you feel confident at this level, put a potato in each bag!