



The Spindle JANUARY 2018 ***cycleclubsudbury.com***

Well, a new year/season beckons us all. I hope you all got the bikey bits/gizmo's/clothing you all asked santa for! I would be interested to hear what you consider was the 'bestest' (is that a word?) bike related present you ever got? Share it with us all and make us jealous!

Robin tells me that the current club membership is at 131 which is pretty good for a so called small club! New membership form is included further on - all ready for *Subs Night* on Thurs 11th January!

This edition is again somewhat bereft of content but I've managed to put a few pages together thanks to the efforts of James Newton, Ashton, Dan, Robin and the two David's. The Rider Profile has plumbed new depths of mediocrity as you will see further on!

David Fenn emailed me recently on another matter on the recent shenanigans going on with Froomey. I was going to comment on the situation, but David shares my views on the rider, so I have included his pertinent so called rant.....

'Headline news has got to be the Sky / Froome revelations, as you know I am not and never have been a fan of Sky or Froome and don't care what happens to either of them but I do care about the bad publicity for our sport of cycling. Whatever the outcome, good or bad for Sky / Froome it will always leave a stain on our sport. I've never thought of Froome as British, he was born in Africa, never lived in the UK, never paid tax in the UK and as far as I know only raced in the UK at the Olympics & TdeF. With the latest revelations I wonder how long before more British people start referring to him as African. Anyway, that's my rant for the day.'

David F

Ever fancied becoming an Accredited Marshal?

British Cycling are running a couple of free local training courses where you can learn what's required to be an Accredited Marshal at road racing events.

The job involves being an official Marshal and generally working in pairs at race events, have the duty of stopping traffic while the race passes.

The commitment required is to undertake the training and Marshal at five events in the season. It's a great opportunity to get close to some racing action and get involved with the workings of a road race. As a club we have to provide at least one Accredited Marshal which we currently do, but it would be good to get a second.

The courses are on the following dates and can be booked using the link below.

The first is on the [20th January](#) at the West Suffolk Wheelers Club Room in Bury St Edmunds. www.britishcycling.org.uk/events/course/details/3954

The second is on the [27th January](#) at the Chelmer Club Room in Chelmsford www.britishcycling.org.uk/events/course/details/3953

If you have any more questions on what's involved please drop me an email darren_rule1@hotmail.com

Cheers..... Darren Rule.

*Rog
SR 89*

Junior Cyclo Cross



Here's a great photo to start the New Year with of CCS Junior Max Irvine on the way to 24th place in the Under 10's at a very frosty Eastern Cyclo-Cross League event at Phoenix Cycleworks, Kentford last Sunday. Well done Max for getting out there in very cold conditions and having a go!

Photo is courtesy of my roving photographer Fergus Muir who writes on cycling events every Friday in the East Anglian newspaper. Fergus incidentally is based in Norwich and gets to all the events around East Anglia that he reports on, on his trusty Brompton folding bike (sometimes with the help of local trains & lifts) as I don't think he owns a car. Proper Biker!!!



Off Road MTB Reports

by Ashton Dyson

7/12/17. - Due to the forecasted Sunday club ride weather I had pre loaded my MTB in the back of the Jazz on Saturday evening for the drive over to Boxford White Hart for the Sunday morning



8.00am start. Temps as low as -4 degs from the car and throughout the ride temps in between -3 and -5 on the Garmin. Thank god I didn't get a puncture as my fingers would never be able to move the tyre off the rim. A lovely 17 mile trail ride led by Evan Flockhart and despite having two pairs of gloves on, the cold was awfully painful on my digits. Myself from CCS plus eight riders from the BBC, met up on the edge of Kersey with three from Hadleigh Club, 12 in total.

10/12/17. - After seeing the Sunday club road ride was cancelled I decided to have some Port Saturday night with daughter and boyfriend, so Sunday morning I awoke a little later than usual, but to a sky full of snow, mega! It's a weekend so this means only one thing, a MTB ride. Great slippery fun, the only problem was that due to the white out I couldn't always see where the trails went!!



Very Nearly 'Not the Boxing Day Ride'

As I correctly guessed last year's distance, It was my job this year to plan the route for the 'Day after Boxing Day' ride. Starting at 11am for approximately 1 hour at a gentle pace, returning back to Lavenham for a drink, chips and results .I arrived early thinking I would be the only one to come out in this weather, but much to my

surprise along came David Fenn, Colin Harris and Gavin Ratcliff. At 11am we left Lavenham and headed along Bridge Street into a strong head wind of rain, sleet and 1degree weather, only words spoken between us at this point was "This must be character building!". The route took us into Stanstead, through Long Melford and back to Lavenham. We stopped at the Angel for a warm coffee and some very nice cheesy chips. Colin came 3rd, David 2nd and Gavin 1st with a near perfect guess of 14.5 miles - 0.1mile out. Well done Gavin & let's hope for better weather next year.

By Dan Upson



Core That's Important!!! By James Newton

The importance of strength and core workouts for Cyclists

As you may have all noticed the winter is here and we have been stuck in the midst of dark nights and snowy roads.

At this time we all head for our Turbo trainers and smash endless hours either looking at computer screens, power meters or blank walls, whilst going slight out of our minds.

Well, this time of year is the ideal time to try different things and chuck in the odd strengthening drills and changes to your brain frying whilst on Turbo's.

As age creeps up on us, the demands we put on our joints and muscles becomes greater, yet many Riders neglect the need to keep supple and keep said muscles strong or even trying to increase the strength.

Personally over the past years I have known several quality, real quality, Riders, not only from Cycle Club Sudbury but from other clubs, suffer from chronic injuries which may, not guaranteed, have been avoided with core sessions as the demands put on joints and muscles are huge especially when riding at the level these Riders have done and have continued to do since rehabilitation.

Core exercises train the muscles in your Pelvis, Lower Back, Hips and abdomen allowing them to work in harmony, giving you greater stability on the bike and general better balance when riding, avoiding extra stress on joints and muscles.

Exercises such as Planks, Lunges, Side Planks, Squats, Sit ups and Push ups are just basic exercises which are easy to carry out at home and carried out on a regular basis really can help your riding and help stave off any possible niggles or potential injuries.

Riders seem to think if they miss a turbo session they will lose fitness. Fitness should be gauged in various ways not just cardio but also in terms strength and suppleness to give an all-round athletic performance and appearance.

A quick trip to a gym to carry out a few legs curls or hamstring curls can also build strength and peddle efficiency. Try peddling single legged with one leg un-clipped which will also strength muscles and will increase peddle efficiency.

Looking across several internet platforms you will see that the Pro Peleton spend hours this time of year building their core during off season with the use of weights, Swiss balls and various other gadgets. I did come across a video of Peter Sagan doing the splits whilst crouching forward at the same time, don't try this it will end in a mess!!!

So rather than crying every evening when the Turbo comes out the cupboard, check out the British Cycling website or various other platforms such as The Body Coach, go to the local gym and join a class, try a few weights or just try something different. As is very, very obvious please ensure that you have taken the proper advice from trained individuals and never try something you are not comfortable doing or carrying out. So hopefully next summer during the Time Trial season we will see a squad of well toned Riders ripping up the tarmac all keeping injury free.

CCS Evening Time Trial Series 2018 Target Times

*(Kindly worked out
for you all by
David Miller)*

(Best times for 2017 shown in Black)

	Lavenham 10		Brent Eleigh		Acton		Hitcham Hilly	
M Bampton	22,22	25,29	21,30	20,47	23,06	22,19	36,24	35,10
C Boldock	32,16	31,11	27,00	25,08	0,00	00,0	0,00	00,0
J Bradbury	23,24	22,37	0,00	00,0	0,00	00,0	0,00	00,0
D Bree	25,23	24,32	20,40	19,58	20,56	20,14	35,13	34,02
G Buckles	27,25	26,30	0,00	00,0	0,00	00,0	0,00	00,0
D Burke	25,39	24,47	0,00	00,0	0,00	00,0	0,00	00,0
M Bunn	26,14	25,21	22,06	21,21	23,08	22,21	36,40	35,26
R Bush	39,13	37,54	30,59	29,56	23,02	30,57	0,00	00,0
D Burke	26,02	25,09	00,0	00,0	0,00	00,0	0,00	00,0
R Davies	24,43	23,53	19,58	19,18	20,45	20,03	35,05	33,54
D Day	23,36	22,48	00,0	00,0	0,00	00,0	0,00	00,0
A Elderfield	28,18	27,21	00,0	00,0	0,00	00,0	38,37	37,19
G Evans	25,38	24,46	20,50	20,08	20,52	20,10	35,01	33,49
M Felton	27,52	26,56	26,48	25,54	23,09	22,22	0,00	00,0
D Fenn	28,36	27,38	23,08	22,21	23,59	23,11	39,57	38,36
L Ford	23,57	23,09	19,54	19,14	19,53	19,13	32,27	31,21
R Harman	25,54	25,02	00,0	00,0	0,00	00,0	35,11	34,0
C Harris	28,21	27,24	23,23	22,36	23,56	23,08	39,09	37,50
S Hitchcock	28,50	27,52	00,0	00,0	0,00	00,0	39,09	00,0
L Hobden	30,26	29,24	24,32	23,42	25,44	24,30	49,50	42,21
M Jay	25,39	24,47	20,25	19,44	20,44	20,02	35,41	34,29
G Johnson	25,46	24,54	21,15	20,32	21,32	20,49	36,04	34,51
I Johnson	29,14	28,15	23,09	22,22	23,40	22,52	41,54	40,29
S Johnson	33,06	31,59	26,51	25,57	0,00	00,0	0,00	00,0
S Kirk	26,34	25,40	00,0	00,0	0,00	00,0	0,00	00,0
M Lawson	28,06	27,09	23,17	22,30	0,00	00,0	0,00	00,0
J Leney	00,0	00,0	21,48	21,04	0,00	00,0	0,00	00,0
S Mackay	00,0	00,0	21,38	20,54	0,00	00,0	0,00	00,0
I Millard	27,15	26,20	22,25	21,40	22,21	21,36	37,05	35,50
D Miller	32,11	31,06	25,28	24,37	27,05	26,10	44,32	43,02
T Moore	35,04	33,53	27,15	26,20	27,36	26,40	45,54	44,21
C Mothersole	00,0	00,0	26,15	25,22	27,19	26,24	0,00	00,0
G Pamment	24,17	23,28	19,54	19,14	20,18	19,37	0,00	00,0
T Pillett	32,30	31,24	27,11	26,16	27,11	26,16	46,04	44,31
G Ratcliff	25,17	24,26	20,59	20,17	21,04	20,21	35,23	34,12
C Rixon	32,16	31,11	27,55	26,59	0,00	00,0	0,00	00,0
D Rule	28,47	27,49	00,0	00,0	0,00	00,0	0,00	00,0
J Rush	24,11	23,22	19,34	18,55	19,54	00,0	0,00	00,0
T Sheppard	29,28	28,28	23,49	23,01	24,47	23,57	40,36	34,19
C Steward	24,26	23,37	19,21	18,42	19,50	19,10	32,37	31,32
M Traynar	27,23	26,28	21,58	21,14	22,29	21,44	38,04	31,32
D Upton	25,22	24,31	20,42	20,00	21,29	20,46	34,53	33,42
N Webber	24,55	24,05	20,29	19,48	20,20	19,39	34,09	33,0
L West	22,41	21,55	18,27	17,50	19,12	18,33	30,53	29,51

Audax Update - December 2017. By David Fenn

Date	Event	Riders
7 th Oct	Dunmow 103	Jane Watson, Raymond Cheung + 100k
15 th Oct	Carlton Colville, Lowestoft 200k	Raymond Cheung, Brian Mann
15 th Oct	Carlton Colville, Lowestoft 160k	Jane Watson, Mick Bates
21 st Oct	Girton, Cambridge 100k	Raymond Cheung
4 th Nov	Witham 107	Jane Watson, Mick Bates, Raymond Cheung+100k
4 th Nov	Cholsey, E of Didcot 212k	Brian Mann
18 th Nov	Great Dunmow 200k	Raymond Cheung
26 th Nov	Great Dunmow 200k	Raymond Cheung
26 th Nov	Carlton Colville 100k	Jane Watson, Robin Weaver
2 nd Dec	Witham 100k	Raymond Cheung + 100k, Jane Watson, Mick Bates,

Name	Points	Total Distance km	Club Audax Trophy	100 km	200 km	300 km	400 km	600 km	Climbing m/Km
Raymond Cheung	12	1,310	1st	1	6	-	-	-	0.53
Brian Mann	4	412	2 nd	-	2	-	-	-	4.61
Jane Watson	-	570	3rd	5	-	-	-	-	1.23
Mick Bates	-	367	4th	3	-	-	-	-	1.91
Robin Weaver	-	100	5th	1	-	-	-	-	-



Diary Dates Compiled by Robin Weaver

Local upcoming Audaxes.

Sunday 7th January 2018. Swaffham, Norfolk, Coast and Countryside 120k.

Saturday 13th January 2018. Kelvedon, Essex, The Kelvedon Oyster 109k.

Saturday 3rd February 2018. Witham, Knights Templar Compasses and Cross 105k

Sunday 18th February 2018. Victoria CC, Braziers Run 104k and 50k.

7.30pm, Thursday 11 January; CCS 2018 Subs Night

At the Stevenson Centre, off Broom Street, Great Cornard. A chance to pay your subs for the year, collect a 2018 Handbook, and meet mates over a cuppa.

Pay by cheque or cash – exact amount if possible.

NOTE: *It would be helpful if you could complete and bring with you a completed membership form (See form further on) – some of the forms held by Robin, the membership secretary, are now several years old, and an update of contact details would be useful.*

Subs will be unchanged from 2017:-

£5 Juveniles

£8 Juniors

£18 First claim member

£12 First claim member over 65

£12 Second claim member

£24 Family membership

£4 Associate membership

Please note that CCS membership does not provide any insurance cover for individual members, who are strongly advised to obtain their own third party insurance cover.

Membership of Cycling UK provides cover; affiliated membership is £24 – contact Robin Weaver pamandrobinw@gmail.com for details.

Membership of British Cycling also provides cover (except Bronze Race membership).

9.00am, Sunday 28 January; CCS Reliability rides.

From the Stevenson Centre, off Broom Street, Great Cornard, CO10 0WD.

£6 entry fee, payable on the day. Refreshments available.

See Event Poster further

on.....

Reliability/sportive rides.

Sunday 21 January; Velo Schils, Marks Tey.

Sunday 4 February; West Suffolk Wheelers, Bury St Edmunds; Suffolk Punch

Sunday 11 February; Stowmarket DCC; Spring reliability ride

Sunday 18 February; Maglia Rosso, Hawstead; off road endurance

Sunday 25 February; VC Revolution, Open; reliability ride

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Important and interesting (To some of you!) changes from CTT (Cycling Time Trials)

Regulation 17(b) Signing-on sheet and signing out sheet. A new sentence is added as follows: (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s) and (ii) sign the

official signing-out sheet. A rider who fails to so sign the official signing out sheet shall be recorded as DNF. The Board has added a new footnote, as below: N.B. Extenuating circumstances may be considered.

Regulation 26 – Limitation of entries. New sentence added. Unless otherwise declared in writing to the District Council, when applying for the event*, selection of riders shall be on the fastest performance recorded during the current and past three years at the relevant distance. Selection by "first entries received" is not permissible. If there is no performance at the relevant distance and the event is oversubscribed, selection shall be at the organiser's absolute discretion after accepting all riders with a qualifying performance first.

Regulation 27(h) – the requirement that the starting order shall be arranged with the faster competitors spaced at not less than five minute intervals is no more. The regulation now reads: Only riders listed on the start sheet shall be allowed to compete. Save as otherwise provided, the Event Secretary shall have discretion to arrange the starting order as they wish bearing in mind the characteristics of their event and the need to avoid company riding as far as possible. It is not permissible to interpose in the starting order competitors in any other event except as provided for in the Regulation governing tandems.

RIDER PROFILE

Name... *Your Editor - well it was either me or a blank page!*

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

Retired.....Started biking properly in my early teens. Joined Colchester Rovers and went time trialing. Then found football & girls! Restarted about 35 years ago. Eventually joined CCS and started TT-ing again. (I was still crap but somehow quicker than in my teens?)

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

A load of old tatty iron horses including a Hercules before getting a new B.S.A racing bike which amazingly came with Campag Gran Sport rear mech and pedals (which I still have!) Then bought a Carlton Super Courier frame from a Rovers club member and built it into a TT bike.

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

3 ½ - Best bike is a titanium framed Enigma Etape – followed by a Genesis Day 3 & a Genesis Day 2 + a rare-ish 1980 Peugeot PX 10Du - Vitus 979 frame; made from bonded Duralinox tubing. The same model as used by Sean Kelly & Stephen Roche in period.

It has all the original gear taken off and stored in boxes....maybe one day?

4) **How many miles do you average a year:**

When I was normal – up to 5000 miles but now Angina has taken hold – barely 1600 miles!

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

In one trip over 9 days – 1100kms. English Channel – Mediterranean. In one day (during that trip) - 180kms, I had miscalculated the distance during the planning stage and had it down as 130kms; even that distance was well out of my comfort zone as I was a pretty crap biker and it certainly showed that day..But I survived!

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

The above trip (which was an Audax 1000km Permanent Event) with Alun my brother-in-law and with no back up! I still marvel with the fact that I actually rode down through France, (which was just a glorious country to bike through), with no dramas!

At the end of it, I had graduated from a Proper crap rider to a slightly Average crap rider! Magic...

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

Probably getting towards the mid 20's on the Lavenham 10 TT course!

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

Two of us were out on 2 Raleigh clunkers in the sunny Dordogne on our way to the local bar. We quickly passed an elderly runner along the way who then quickly passed us as we struggled up a little hill into the town. Priceless!

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

Weather-wise; a 120km Audax in Normandy! From the time we landed at Caen until the time we returned to Portsmouth, it never stopped raining - mostly vertically and was also blowing a gale force Hooley... It was thoroughly cold, wet and miserable.

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

Tom Simpson, Bernard Hinault, Sean Yates, Chris Boardman and Wiggo!

11) **What do hate most about cycling?**

Headwinds and never ending hills....arrgh!

12) **What bike would you most like to own?**

Lotus 108 Olympic Time Trial bike – Just to hang on the wall and admire alongside a £25,000 Aston Martin bike!

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

Assos bib shorts – expensive but life savers!

14) **What is your favourite ride?**

To Harwich from Hadleigh with James; via the Shotley ferry across the Stour; coffee and bacon roll on Harwich pier then returning via Mistley.

15) **What are your cycling strengths and weaknesses?**

I'm rather good at going downhill (not surprisingly!) and also planning bike adventures. I'm rather bad at going up inclines and apparently I moan a lot?

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

If I can do it, anyone can!!!





CYCLE CLUB SUDBURY

RELIABILITY TRIALS.

Sunday 28th January 2018

Starting and finishing at

The Stevenson Centre, Great Cornard

Post code CO10 0WD.

Selection of distances and target times.

46 miles in 3hrs 30 mins, sign on at 0845, first group starts 0900

46 miles in 2hrs 45 mins, sign on at 0900, first group starts 0915

27 miles in 2hrs 30 mins, sign on at 0915, first group starts 0930

27 miles in 1hr 45 mins, sign on at 0930, first group starts 0940

***Route maps and GPX files can be downloaded from the
CC Sudbury website www.cycleclubsudbury.com***

Event organiser; David Fenn

Phone; 01787 374284. Mobile; 07884487846

Email; dr.fenn@tiscali.co.uk

Entry fee £6.00 includes refreshments.

Sign on the line on the day

This is a British Cycling registered event and for insurance purposes requires all riders to wear a hard shell helmet conforming to CE standard EN1078. No helmet, No ride.

CYCLE CLUB SUDBURY (2018 / 2019 / 2020 / 2021/2022)
 (Affiliated to British Cycling, CTT, Cycling UK, ECCA, EDCA, ERRL)



2018 SEASON (Jan 2018 – Jan 2019)
APPLICATION FOR MEMBERSHIP

NAME DATE OF BIRTH

Other names if family membership.

ADDRESS

..... POST CODE

TEL. NO. MOB. NO.

NEW MEMBERS ONLY: How did you hear of CCS?

E-MAIL ADDRESS

The 'Spindle' magazine will be sent to this address.

NOTE: Membership of British Cycling or Cycling UK is recommended, for third party insurance purposes. CCS is now affiliated to Cycling UK, and CCS members can get affiliated membership giving third party insurance cover (not including legal advice), discounts and an e-newsletter, for £24 a year. To join Cycling UK on line, e-mail the Membership Secretary at pamandrobinw@gmail.com for the CCS authorisation code. If you have no internet access, phone the Membership Secretary, Robin Weaver, 01449 741048.

CLASS OF MEMBERSHIP (please tick)

NOTE: If joining after 30 Sept, payment will also cover the next year's membership.

Life Member (elected)	<input type="checkbox"/>	Nil
Member (First Claim) - Juvenile, under 16 years	<input type="checkbox"/>	£5
Member (First Claim) - Junior, 16 – 18 years	<input type="checkbox"/>	£8
Member (First Claim) - Senior, 19 - 64 years	<input type="checkbox"/>	£18
Member (First Claim) - over 65	<input type="checkbox"/>	£12
Family membership – Member and partner (including children under 16 years)	<input type="checkbox"/>	£24
Second Claim member; First Claim Cycling Club;	<input type="checkbox"/>	£12
Temporary member for a 6 week period – non-renewable; £5 discount off full fee if you become a full member at the end of your temporary membership	<input type="checkbox"/>	£5
Non- rider / Associate member	<input type="checkbox"/>	£4
Additional payment for season of Club time trials; (optional; or you can pay £3 per ride if you want)	<input type="checkbox"/>	£45

Pay by post; cheques payable to Cycle Club Sudbury; post with form to the Membership Secretary: Robin Weaver, 14 Chapel Street, Bildeston, Ipswich, IP7 7EP: 01449 741048.

Pay by EFT (was called BACS); e-mail completed form to Membership Secretary, Robin Weaver; pamandrobinw@gmail.com, with a copy to Treasurer David Miller; davidlennardmiller@gmail.com; Robin will then e-mail you CCS bank details so you can carry out EFT/BACS transfer.

Agree to storage of personal data; Data Protection Act and General Data Protection Regulation
 Personal information provided to CCS will be used for administration of membership, and distribution of Information on Club activities. It will be not be divulged to outside organisations or individuals. E-mail Addresses may be divulged to other members. Committee members' details may appear on the website.

SIGNED

DATE

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