

## ***The Spindle* JUNE 2017 [cycleclubsudbury.com](http://cycleclubsudbury.com)**

**Wow, has the real summer arrived at last?** OK, with a few little blips (thunderstorms!) during the last few days but last week saw some incredible temps that have tempted a lot of bums back on seats. I even managed 3 rides last week to try out my 'new/old' rebuilt bike which finally made its debut after a long gestation period.

I struggled with loads of niggles from mis-matched equipment I was trying to use, but It finally came good with some professional help. (*For which I'm not too proud to admit.*)

After a few adjustments, it now goes like a good-un. I just wish the owner could go like a good-un as well.

Well, another new month and inevitably another batch of new CCS TT records to report. Star billing goes to Mandy Bunn for improving the 10 record (by nearly 2mins with a 23.01) and the 25 record (broken twice this month!) by nearly 4mins with a 01.01.07 which was a huge improvement. I'm sure, as I predicted in the last issue, she will go below the hour before the year is out

And not content with those achievements, she also took on the Tour of Ayrshire in not so sunny Scotland, to record a 3<sup>rd</sup> place in the Time Trial and a 21<sup>st</sup> place in the Road Race which qualified her for the World Championships in Albi in French France this year in both disciplines. So a marvellous couple of months for her! Very well done.

(Read about her Scottish experience further on)

Leon West also joined the CCS record breakers with a 51.58 time which improved the 25 mile time club record held by Jody Downs, by 5sec and he also became the 1<sup>st</sup> CCS rider to go under 52secs! Well done to him as well!

The CCS Audaxes from Long Melford went off well despite a few errant thunderstorms which, for hardened Audaxers is merely character building! Organiser Andrew had a lot of positive feedback and was well received. Full report below!

Note: Whatever happened to all those CCS riders who used to flood our own Audaxes? Just a few hardcore riders turned out for Andrews's rides, which is far from encouraging for him and the club. Some feedback would be useful please!

There is however time to make amends by supporting Robin's July Audaxes.....

Evening and Open TT reports are shown further on including an Evening Series photo gallery. James Newton, *our other road racer*, has written a report of his experience in the recent race over Colchester way and is very entertaining. Plus Audax and SPOCO updates and a nice bit about a Junior Duathlon event

But sadly this month, no Rider Profile! I know, a poor show, but I just plum forgot to select a victim/rider in time. Sorry.....

# CCS May Audax, Long Melford. By Robin Weaver

The CCS Long Melford audax riders on Saturday 27 May were sent off by organiser Andrew Hoppit as usual into a very fine day; little wind, sun and rising temperatures; perfect.

Unfortunately it didn't last!

The 44 riders on the 100k Tour de Stour had about an hour of heavy rain mixed with hail as they approached Dedham on the first leg of the ride; many took a prolonged cafe stop as a result. They then returned, still soggy, to the village hall at Melford for refreshment, ably provided by the crack catering team of Peter Whiteley and Brian Mann, before setting off on the second leg towards Denston, returning via Clare and Hickford Hill.

First rider back was CCS Gavin Ratcliff, who obviously treated the route as a fast training ride, rather than savour the scenery!

The 50+ riders on the longer Grand Tour de Stour were beset by the same rain and hail as they approached their most easterly point, the mouth of the Stour at Harwich. Once again, the cafe on Halfpenny Pier provided shelter as well as a late breakfast.

After their mid-point return to Melford, they set off for the source of the Stour at Wratting, again returning via Clare and Hickford Hill.

First rider back was also the rider who'd come furthest to take part; a 'couple of hours' from Hastings. The youngest entrant was CC Sudbury rider Byron Grimes, 15, who took the longer route with father Anthony (in pic alongside) which they covered in 11 hours.

Many riders complimented Andrew on the quality of both the routes and the catering. Not too many CCS riders in evidence, sadly – *where were you all?* Some breaking TT records, obviously – well done, Mandy.

100k riders; Gavin Ratcliff, Rob Sidgwick, 200k riders; Byron and Tony Grimes, and Mick Bates (fixed wheel) Raymond Cheung entered, but failed to appear; rumour had it he was instead doing a 400k ride elsewhere.

CC Sudbury's next Audax is on Saturday, July 22 from Bildeston sports field, when rides of 209km, 168km and 104km will be on offer.



# TOUR OF AYRSHIRE by Mandy Bunn



So 2016 was a dismal Triathlon season for me, finishing my season with a crash at my penultimate event in Mexico ITU World Championships. I decided enough was enough, too many niggles and not really enjoying it. Tucked my trainers and swim gear in the cupboard and decided 2017 was going to be about the bike!

Wasn't too sure what to focus on but thought I would try some ladies' road racing as well as carrying on with Time Trials as I am really enjoying it. So what to challenge myself with – I know let's try and qualify for the 2017 UCI Gran Fondo road race and the Chrono Time Trial at World Championships in Albi France. Fancy a nice holiday and would be a good sweetener with the other half.....it worked!

Got myself a coach, turbo'd the winter months away doing millions of miles and going into 2017 in reasonable shape.

So in order to qualify I had two opportunities, Tour Ayrshire Scotland or Cambridgeshire.

You guessed it another nice holiday in Scotland coming up!!

The events were really tough, wasn't really expecting it to be as hilly as it was, STRANGELY! What with the added gales we were experiencing it kinda tested the old pins.

The Time trial was an undulating 22k and quite technical but it made it interesting.

I was so chuffed not just to get the 25% qualifying percentage I needed, but I also came third and presented with my glitzy medal on the podium by none other than the flying Scotsman, Graeme Obree himself.

No rest for the wicked, the next day was the 112k closed road tour of hills and more gales, huzza!

The legs felt ok and I started very strong coping well with the undulations, not my strong point, and keeping with a small group sharing the work load, life seemed sweet.

This was not to last, 70k of bone shaking gales and mountains, losing my Garmin and drinks bottle, battered and bruised – ok elaborating somewhat. I bonked, run out of beans, kaput..... Whatever you want to call it, I just could not hang on anymore. I was so miffed I knew I had over cooked the start and not taken on enough food and drink. People were merrily wafting by and I had the right hump.

Well let's do something about that then. Stuffed lots of food down my throat and gave myself a good talking to and waited

for the sugar rush. Didn't take long and I had my second wind, so to speak! Back in the game and the last 20 miles went without a hitch, picking off people who passed me to the finish. Exhausted but happy finishing 21<sup>st</sup> out of 106 ladies and managed to get my 25% qualifying time.

*So Albi, let's be having ya!*



# Open TT's Results & Report

## *C.C.S. Riders - Open T.T. Results - May 2017*

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
May 1st	VC Baracchi - Bungay - SPOCO	B10/43	L.West	10	22.09	6th
May 1st	VC Baracchi - Bungay - SPOCO	B10/43	J.Bradbury	10	23.01	14th
May 1st	VC Baracchi - Bungay - SPOCO	B10/43	J.Rush	10	23.16	17th
May 1st	VC Baracchi - Bungay - SPOCO	B10/43	D.Fenn	10	27.40	70th
May 1st	VC Baracchi - Bungay - SPOCO	B10/43	D.Miller	10	31.22	80th
May 6th	Diss & DCC - Scole - SPOCO	B10/42	L.West	10	21.46	3rd
May 6th	Lea Valley CC - Newmarket	E2/10	M.Bunn	10	23.10 (35th)	New club 10 record
May 6th	Lea Valley CC - Newmarket	E2/10	S.Kirk	10	24.35	63rd
May 6th	Lea Valley CC - Newmarket	E2/10	D.Fenn	10	25.25	71st
May 6th	Lea Valley CC - Newmarket	E2/10	C.Harris	10	25.32	73rd
May 7th	Maldon & DCC - Maldon - SPOCO	E21/25A	J.Bradbury	25	01.01.00	12th
May 10th	CC Breckland - Attleborough	B10/3B	I.Millard	10	25.17	
May 10th	CC Breckland - Attleborough	B10/3B	D.Fenn	10	26.56	
May 10th	CC Breckland - Attleborough	B10/3B	C.Harris	10	26.58	
13th May	VC Norwich - Larling	B25/8	L.West	25	51.58 (5th)	New club 25 record
13th May	VC Norwich - Larling	B25/8	J.Rush	25	54.03	14th
13th May	VC Norwich - Larling	B25/8	D.Miller	25	01.12.50	PB - 54th
13th May	ECCA - Newmarket	E2/50C	D.Day	50	01.50.56	
13th May	ECCA - Newmarket	E2/50C	M.Traynar	50	02.19.01	
13th May	ECCA - Newmarket	E2/50C	S.Hitchcock	50	02.24.28	
20th May	ECCA - Newmarket	E2/10	L. West	10	21.03	
20th May	ECCA - Newmarket	E2/10	J.Rush	10	22.33	
20th May	ECCA - Newmarket	E2/10	M.Bunn	10	25.26	
20th May	ECCA - Newmarket	E2/10	S.Kirk	10	24.53	
20th May	ECCA - Newmarket	E2/10	D.Fenn	10	26.25	
20th May	ECCA - Newmarket	E2/10	L.Finch	10	32.49	
20th May	ECCA - Newmarket	E2/10	B.Bush	10	36.56	
21st May	Gt.Yarmouth CC - Somerleyton - SPOCO	BS13/A	J.Bradbury	25	58.43	4th
27th May	Victoria CC - Ugly	E1/10A	D.Fenn	10.2	28.07	42nd
27th May	Victoria CC - Ugly	E1/10A	C.Harris	10.2	28.25	45th
27th May	Victoria CC - Ugly	E1/10A	B.Bush	10.2	37.09	61st
28th May	ECCA - Newmarket	E2/25	L.West	25	53.25	
28th May	ECCA - Newmarket	E2/25	D.Day	25	55.57	
28th May	ECCA - Newmarket	E2/25	S.Hitchcock	25	01.12.57	
28th May	ECCA - Newmarket	E2/25	M.Bunn	25	01.01.07	New club 25 record
28th May	ECCA - Newmarket	E2/25	S.Kirk	25	01.02.45 PB	not inc. late start!
29th May	Stowmarket & CC - Haughley	B10/35	J.Rush	10	21.58	17th
29 <sup>th</sup> May	Stowmarket & CC - Haughley	B10/35	G.Johnson	10	24.10	37th
29th May	Stowmarket & CC - Haughley	B10/35	D.Fenn	10	26.20	45th
29th May	Stowmarket & CC - Haughley	B10/35	C.Harris	10	26.45	48th
29th May	Stowmarket & CC - Haughley	B10/35	D.Miller	10	29.12	53 <sup>rd</sup> PB.

## Open TT's Round-Up By me

**As mentioned in the editorial, 2 new CCS records were created this month during a very busy time with lots of CCS riders out on the courses**

Two by Mandy who broke the 25 mile club TT record on the E2 in the ECCA event with a 01.01.07 which beat her club

record from last season by over 4 ½ minutes which is some improvement!

*(Perhaps the new wheels helped which she is proudly showing us in the pic left!)*

The new 10 CCS record she created was in The Lea Valley event again on the E2 and beat her previous club record by nearly 2mins. Where will it all end?

Leon (pic right) continues to go very well this year and in addition to his new 25 mile club record of 51.58 he recorded on the VC Norwich B25 course on the A11, he also rode a 53.25 on the E2 ECCA event 2 weeks later. Also on the E2, he posted the quickest CCS 10 time this season with a 21.03 in another ECCA run event.

Damon tells me he is targeting the longer distances and promptly recorded a quick 50 mile TT on the E2 ECCA event with a time of 01.50.56 in readiness. He also rode a decent 55.57 on the E2.

James has been plugging away but still doesn't feel in the 'groove' at the moment. Problems with his disc wheel and saddle have probably distracted him more than it should have!! But a good 54.03 in the VC Norwich 25 event and a 21.58 in the Stow 10 shows that he's not far off!

John Bradbury started the month with a good 10 time on the Bungay course with a 23.10 then clocked a decent 58.43 in the Gt. Yarmouth 25. He is openly concentrating on SPOCO courses which makes fast times difficult, so his Open TT times are all the more impressive.

Stewart Kirk has become the complete born again TT'er and is on the courses most weekends. His 24.35 on the E2 Lea Valley event is his quickest for some time and followed that up with a PB in the 25 ECCA event again on the E2 with a scintillating 01.02.45 although that doesn't include the late start penalty of nearly an hour he accrued which I will conveniently dismiss as he still rode that great time. What were you doing you stupid boy?

David 'The Orange Arrow' Fenn continues to wisely concentrate on 10 mile TT's during the early season and continues his consistent run. His best 10 time coming in the Lea Valley event on the E2 with a 25.25 which is not far off his PB.

His fellow Musketeer Colin Harris had the edge over David during their early encounters, but has had to give way, but only marginally, as David rides a few seconds quicker now that his eyes have adjusted to the colour of his bike frame! Colin rode well on also the E2 in the Lea Valley event to record 25.32 which was just 7secs shy of David's time. A well matched pair!

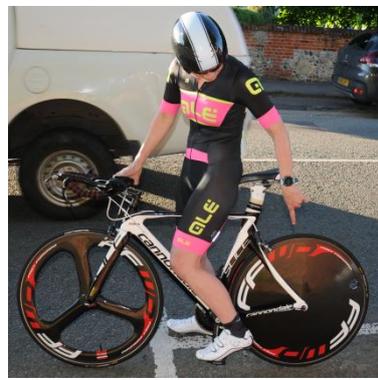
The third Musketeer, David 'The Silver Fox' Miller has also had a good month with a PB in the Stow 10mile event at Haughley with a 29.12 and nearly beat his 25 PB on the VC Norwich event with a 01.12.50 on a blustery day.

Matt Traynar tried out the longer 50 mile ECCA event and came back with a very respectable 02.19.01 which I think was a PB for him.

Club newcomer Stephen Hitchcock also rode the same 50 and must have been pleased with his 02.24.28 on what I think was his 1<sup>st</sup> long distance TT. He also rode the ECCA 25 in good time of 01.12.57 which nearly equates to half the 50 time.

Bob rode a couple of 10's this month and shows no sign of losing his enthusiasm as doesn't our Len Finch whose 32.49 on the ECCA 10 was very impressive and belies his 'young age'

A single ride each for Ian Millard & Gary Johnson saw Ian ride the event at CC Breckland and returned a very good 25.17 with relative newcomer Gary notching up a super time of 24.10 on the Stow event at Haughley.



# Events Diary

## 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 3 June; Manningtree; 400k  
Sunday 25 June; Chelmsford; 120, 200k  
Saturday 1 July; Dunmow; 400k  
Sunday 9 July; Garboldisham; 100, 200k  
Friday 14 July; Dunmow, 300k  
Saturday 15 July; Chelmsford; 300k  
Sunday 16 July; Chelmsford; 200k  
Saturday 22 July;

## CCS audax rides from Bildeston;

**104k Bildeston Lanes**  
**168k 100 Miles of Suffolk Lanes**  
**209k Suffolk Lanes Extravaganza**

Sunday 30 July; Loughton; London/Edinburgh/London; 1400k  
Saturday 12 August; Loddon; 200k  
Saturday 19 August; Witham; 100, 200k  
Saturday 26 August; Mildenhall; 50, 100, 160, 200, 300k  
Saturday 2 September; Henham; 50, 110, 170, 200k  
Saturday 9 September; Dunmow; 600k

## SPORTIVES/CHARITY RIDES

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

Sunday 4 June; Norwich  
Sunday 25 June; Diss  
Sunday 25 June; Elmswell  
Sunday 25 June; Newmarket  
Sunday 25 June; Kesgrave  
Saturday 1 July; Colchester, Essex Castles  
Sunday 9 July; Saffron Walden

## CYCLOCROSS/MTB RACING

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>  
Sunday 18th June; Hadleigh Park, Essex  
Sunday 16th July; Hintlesham, Suffolk  
Sunday 20th August; Radical Bikes, Essex  
Sunday 17th September; Langdon Hills, Essex

# Junior Duathlon at Sudbury

By Dan Upton



On Friday 5th may, Tri - Sudbury held their first ever junior Duathlon at TGS. Both my two (Freya and Charlie) seemed very keen to take part and have a go. In the week leading up to the event we had a run through the transition stage. I got them to run up to their bike, hat on, cycle round the football pitch and back to transition area, rack the bike, hat off, then run again - both seemed to pick the process up quite quickly.

On the evening of the Duathlon, the weather was kind to us - bright and sunny, but VERY cold. 26 children took part in 3 different age groups - under 7, 8-11 & 12-15years. Both were in the 8-11 group with only a hint of sibling rivalry. Their race was an 800m run, 2km bike ride then finally a 400m run. Charlie finished in a time of 12.07 (2nd) and Freya not too far behind with a time of 15.50 (10th).

Every child that took part seemed to thoroughly enjoy the event, along with all the spectators. Thanks to a friendly and very well-organised tri-Sudbury team. I understand that more junior events are being planned for the summer and look forward to it.

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## Chinese Takeaway Transport *(Think I would have worn a helmet)*

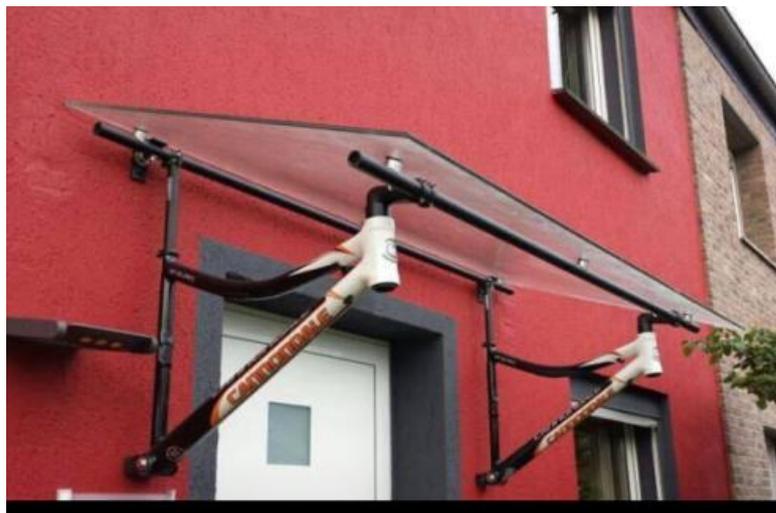




## Fancy a bit of Bicycle

### Furniture *By Connor Mothersole*

Well someone has a fertile imagination. Not sure about the inner tube sprung frame chair though!




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## Audax Report *by David Fenn*

### Audax Update May 2017.

Date	Event	Riders
14 <sup>th</sup> April	Easter Fleches to York	Raymond Cheung
15 <sup>th</sup> April	Huntingdon 200	Mick Bates
17 <sup>th</sup> April	Great Shelford, Cambridge 200	Andrew Hoppit
22 <sup>nd</sup> April	Meopham 300	Raymond Cheung, Steve Barnes
22 <sup>nd</sup> April	Seething 100	Mick Bates
29 <sup>th</sup> April	Chepstow 400	Raymond Cheung
6 <sup>th</sup> May	Manningtree 300	Raymond Cheung
14 <sup>th</sup> May	Meopham 200	Steve Barnes
21 <sup>st</sup> May	Lound Nr Lowstoft 200	Raymond Cheung Mick Bates
27 <sup>th</sup> May	Long Melford 200	Mick Bates, Steve Barnes, Tony Grimes, Byron Grimes.
27 <sup>th</sup> May	Long Melford 100	Robin Sidgwick

We are less than halfway through the year and that mile-muncher Raymond is already closing in on Brian Mann's Audax Mileage Year Record of 12,664kms!

# Audax Points

By David Fenn

Name	Points	Total Distance km	Club Audax Trophy	100 km	200 km	300 km	400 km	600 km	Climbing m/Km
Raymond Cheung	60	6159	1st	0	22	4	1	0	2.56
Mick Bates	10	1974	2 <sup>nd</sup>	8	5	0	0	0	0..69
Andrew Hoppit	14	1964	3rd	5	7	0	0	0	4.29
Steve Barnes	11	1356	4th	2	4	1	0	0	4.39
Brian Mann	8	1019	5th	2	4	0	0	0	2.98
Robin Weaver	-	312	6th	3	0	0	0	0	-
Byron Grimes	2	212	=7th	0	1	0	0	0	-
Tony Grimes	2	212	=7th	0	1	0	0	0	
David Fenn	-	207	9th	2	0	0	0	0	-
Robin Sidgewick	-	106	10th	1	0	0	0	0	-
Stewart Kirk	-	105	11th	1	0	0	0	0	-
Viv Marsh	-	102	12th	1	0	0	0	0	-

## CCS SPOCO UPDATE

Also by David Fenn!

CCS 2017 SPOCO POINTS SERIES							
UP TO END OF MAY							
POSITION	NAME	POINTS 1	POINTS 2	POINTS 3	POINTS 4	POINTS 5	TOTAL POINTS
1	Leon West	118	117	119	115	118	587
2	John Bradbury	112	112	114	107	109	554
3	James Rush	111	102	112	113	104	542
4	Mandy Bunn	93	83	96	96		368
5	David Fenn	85	83	61	64	51	344
6	Damon Day	105	116	113			334
7	Stewart Kirk	91	70	72			233
8	David Miller	72	61	41			174
9	Gary Johnson	85	66				151
10	Colin Harris	77	63				140
11	Lee Ford	113					113
12	Doz Bree	98					98
13	Dan Upton	88					88
14	Jeff Wilson	78					78
15	Ian Millard	63					63

# Ken Wright Memorial Road Race *By James Newton*



Waking early feeling a bit nervous / excited I drove to Colchester to compete in the VC Revolution Ken Wright Memorial Road Race. I have ridden this race for the last 2 years and it always attracts a really tough field and as usual it didn't disappoint.

Only difference for this race was that British Cycling had granted 85 rider places as opposed to the norm of 60.

To add to the nerves it rained heavily for half an hour prior to the race and continued into the first 30 mins of the race.

Only the day before I had been watching the Giro Italia and commented on the fact that the speed the bunch had been riding at to try and get a break away and other teams and riders not letting the

break develop, was staggering. This, at an obviously slower pace (27.2mph for the first 20 miles!!!), was exactly the same. Rider after rider attacking of the front and other riders "going over the top" to try and form a break was incredible.

After 45-50 miles with the speed still at 26.5mph a truce seemed to be called and a lap of calmness descended.

We reached 59miles and passed the start/ finish line only to see 2 laps to go, this can't be right I thought its only meant to be 73miles. The organisers had mis-counted the laps and a further lap had been added.

At the start of the final lap there was a coming together, I picked my bike up tip toed from the debris and chased down a group of 10 riders to try and keep away, unfortunately to no avail. A bunch came back together, I still tried to go away, foolishly, at 81 miles to try and get a lead from the bunch. This lasted for circa a mile before getting swallowed by the bunch and contesting the sprint. A really terrific and really tough race of the highest calibre, contested by probably the pick of the local clubs race riders.

*Footnote from James*

*I think the results are a bit dubious!! I'm sure they get the 1<sup>st</sup> 15 then chuck numbers at the rest. I know I beat Liam Fenner and apparently he finished 12 places in front of me!!!!*

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## CCS Evening Points Series *Also by me*

Matt Traynar is flying in the Evening TT Series and at present has amassed a whopping 575 points including a huge 347pts in just one evening on the Hitcham Hilly. He seems to be taking it seriously this year and has put in a lot of training and is reaping the rewards with some great rides this month.

Mandy trails him by 135 points in second place with 440pts. She has benefitted from taking on a personal coach this season and it certainly shows with some amazing improvement times this year.



Chris Steward has posted some very competitive times so far and is in 3<sup>rd</sup> place with 314pts. The rest are struggling a bit to keep up with the top three with Dan Upton, 199pts, Colin Harris, 197pts and Gavin Ratcliff, 169pts in the next 3 places. Ian Millard in 7<sup>th</sup> on 165pts is followed by one of our new CCS Junior riders, Isabella Johnson (*pic on right*) on 130pts who is taking on our TT courses for the first time and encouragingly has already made good improvements. Dad Gary had better watch his own TT times don't get overhauled by Isabella! Mark Jay, (*pic below right*) a former member (*and a former Spindle Editor, so he's obviously a thoroughly decent chap*) has returned to the CCS fold and had his first TT for 10-12 years last Thursday. (He couldn't remember exactly how long ago.) He admitted he found it really hard but thoroughly enjoyed it! (*Obviously wasn't trying hard enough then!*) He was a pretty tasty rider during his previous time with us and on his 1<sup>st</sup> ride back on the Brent Eleigh course, posted a 20.43, so was straight back on the pace. I will watch his progress with interest. In fact, I noticed a lot of riders were in the 20's and was pleased to see good progress being made as they were mainly newish members!



The vagaries of our weather washed out the previous week's event on the Interclub event against Colchester Rovers and this will now be held tomorrow evening, (Thursday) so lots of CCS riders are needed to ensure we hold onto the trophy! (*Pic alongside of Matt & Ian showing riders escaping out of the rain last Thursday!*)



It was nice to see Jody Downs back out on his bike again last Thursday and has started a gentle reintroduction to getting back in the saddle. In preparation for 2018 Jody?




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## ***Photo Gallery from May Brent Eleigh Evening Series TT***

*Apologies for anyone I missed!*





# CCS Summer Road Races

As the date for the CC Sudbury Summer Road Races draws closer I'm looking for willing volunteers who are able to help with various duties at the event on Sunday 20<sup>th</sup> August.

We are lucky enough to be hosting two Regional Championships – the Women's and the Junior's events – which is a great privilege for our club. The format will be a similar format to last year with one race in the morning and the second after lunch.

As with all our events to be a success they require the help of lots of people to get stuck in, so please let me know if you can help. There are jobs for everyone: from driving in the race convoy and marshalling, to making the all-important cups of tea for the weary riders and spectators. This year I am also looking for a handful of

people who are will to coordinate a few activities – things like marshalling, kitchen, lunches, sign-on etc. In the past I've done this all myself, which I've been happy to do but it means we have "all our eggs in one basket" i.e. if I should contract a bad case of man-flu it may put the event in jeopardy.

We have secured AFC Sudbury as an event HQ again and the races will be held on the Bulmer course, so it's all nice and local!

I appreciate the race is peak holiday season, but even if you're unable to help on the day there are other jobs that can be done in the build-up or in the days after the event.

Please let me know if you're able to help or drop me a line if any more information about the event.

Best Regards Darren Rule

