



## The Spindle. JUNE 2019. [cycleclubsudbury.com](http://cycleclubsudbury.com)

***This time last year*** we were bathed in continual glorious sunshine which lasted all summer long!

Now we are coping with cold days, followed by little pockets of sunshine to tempt us out! But worry not; one of those sunny pockets is on its way for the next few days, so make the most of it!

I'm pleased to report that our TT contingent have finally got back to their record breaking ways with a new CCS 10 record by Leon and combined with Rob and Damon, a new CCS team record on a perfect day on the E2 at Newmarket. Leon also bagged two new CCS course records on the Monks Eleigh and Acton circuits. Well done to them all.

This month's Spindle edition has 12 pages of pure gold/orange with some nice readable articles from two of our lady riders. Jane recalls her trip (riding alone!) across Spain and Caroline has written her quite inspiring story of how she started out on a bike to where she is at now!

Both good stuff as they say.

Also included are updates and reports on the Evening TT Series and the Open TT scene that both include an insight to all our riders' endeavours and sometimes disappointments! Some discounted club kit on offer via Trevor Hale, a roundup of the Sunday Rides from Martin plus a few photo's of our Wednesday Group riders and how they seem to have lost the plot!. Rob and Dan go slightly off course with Triathlons and Off Road running and David Fenn's usual update on Raymond's quest for Audax dominance + the CCS Spoco competition which David himself has designs on.

So, I will finish with a plea for anything of interest for inclusion in Spindle, big or small, to be sent to me at [rushr23@aol.com](mailto:rushr23@aol.com) as the readers do enjoy finding out what other members are up to; especially my favourite sort stories of heroic failures; alongside the heroic ventures.

Rog

PS.

*Please make a date and the effort to ride one of Robin's 3 Audaxes on offer on July 20<sup>th</sup> as we always seem light on CCS riders taking part which is disappointing. I have even ordered one of those pockets of sunshine for the day!*

# To Spain on a bike

by Jane Watson

*Roger had asked me to do an Audax ride report this month but I hadn't taken any photos on my rides, also a write up on ride undertaken in good weather, lovely countryside, not getting lost or having major mechanical problems wouldn't make very interesting reading.*



In early September the weather was mostly good, but when it rained it did it for hours and was very heavy (*my wettest cycle ride previously had been across Dartmoor when I thought I might drown, this was worse and for longer*).

I cruised from Portsmouth to Santander, cycled west along the coast then did a fantastic circuit of the Picos de Europa National Park.

So instead I thought I would send him a few photos taken whilst cycling in Northern Spain in 2017. I had been on a few long cycle trips in France but thought I would try Spain.....no regrets, the roads were smooth, well signed, drivers courteous to cyclists, camp sites very clean and the hills achievable with a fully loaded bike.



Also fitted in walking the Cares Gorge and a cycle ride up to Lagos de Covadonga, a famous hill climb; it was thick fog all the way up and rain all the way down! It wasn't all bad though, as most days were warm and sunny but never too hot.

I swam in the sea, lovely beaches and big waves.

I enjoyed the trip so much I am going back next month but going to head south, and then east from Santander.....watch this space!!



# Club Run Coordinator's report by Martin North

Weather for the club runs in April and early May has been very mixed with Steve Barnes getting the best of it on Easter Sunday on the ride he led out to the cafe at Sturmer Nursery. Numbers have been variable and clearly affected by the weather and competition from other events such as audaxes, sportives and mowing the lawn. About 8-10 riders has been the norm but sometimes only an elite 3!

On rare occasions when the numbers have been low the medium pace riders have combined with the sensible pace group. One such occasion was the club ride on the Sunday after the club audax. This club run turned out to be fruitless for one rider in particular. Rain threatened for the first half of the ride to Craft Nursery at Lawford and so all were grateful to arrive there dry and ready for elevenses'. Pat Matthews ordered fruit cake to go with her drink only to be told sorry, fruit cake is off the menu. Moments later after Pat ordered an alternative the very obliging waitress returned to inform Pat she'd found some fruit cake and would Pat like to have some instead of the alternative she'd ordered. Pat went for the fruit cake. The rest of the group tucked into and enjoyed the very palatable fare we'd ordered but Pat didn't, her fruit cake had no fruit in it at all! So the fruit cake was right off! Moral of the story - caveat emptor, or buyer beware only buy what you can see. To add to her less than happy experience the heavens opened as we left the cafe for our 24 mile return to Sudbury, this in pouring rain the whole way. Oh and a rainy stop while Gareth mended a puncture 5 miles from Market Hill. A character building club run!

Mark Beaver led us to a new Sunday venue at Risby Barns, a scenic hilly ride at a lively pace taking us by the highest point in Suffolk just outside Rede. Almost 2500 feet of climbing that day. Good cafe stop but they don't do hot food until noon.

Gareth Evans led his first club run on the last and very windy Sunday of the month and took us to the Blue Egg. Gareth and Garth Evans geed (get it?) us along at a good lick down some little travelled lanes as we did our alternative to the Boxford Tornado. The Blue Egg maintains its good service and food choices, it would be easy to over-eat there.

A recent ride to Cafe 33 (the old Tubby T's) found us arriving at the same time as several dozen bikers. Certainly no room at the Inn for CCS riders so a deviation to Platform 1 in Clare Country Park found us an accommodating stop but only after 31 miles to get our coffee/cake fix.

On 12 May Liam Norfolk led his first club run and, very obligingly, had arranged a dry sunny day with practically no wind. Well done him. He took us to Perrywoods at Tiptree which is a venue to be warmly recommended. Great cake selection and prompt friendly service. Cooked food looked good value for money. A bike friendly place! By the time you read this Tony Shepherd will have led his 3rd club run since December as will have Mark Swift.

Dave Laker has continued to frequently lead a sensible pace ride usually to the same destination as the medium pace ride. Peter Harvey has added a very social ride once or twice a month for those who don't want to go the medium pace distance however on 5 May Peter's group covered 46 miles compared with 42 covered by the medium pacers.

There are ride leaders arranged for the rest of May and only three vacancies to fill until the end of July with confirmations of leaders for these in the pipeline.

A big thank you to all the ride leaders for giving up the time to plan a route and take us on it.



Riders doing what they do best...watch one unfortunate mend a puncture unaided!

# Newmarket Triathlon

by Rob Davies



Had an eventful triathlon fuelled on Beetroot Juice and currently leading 50-54 age group due to timing went wrong sometime after I finished. Organizer's hoping to get full results out this week at which point could be demoted. Being a Newmarket Triathlon it was appropriate to get held up by two race horses crossing road at a set of traffic lights adjacent to race course.

None the less a very good cycle with quicker second circuit which I put down to drinking Beetroot juice for a week.

*(Results have now come out for Newmarket: I won my age group and I came 17th overall. Mainly down to bike as 5th quickest of 124 starters.)*



Dan Upton completed Bury to Clare 18 mile off road run in 2 hours 32 minutes. He would have got under 2 hours 30 minutes but for a 0.4 mile course extension whilst getting lost. Fortunately one of the landed gentry told him '*To get off My Land*' which got him back on track.



## Two new CCS Open TT Records Established

Leon just reminded me to send you an update of his glorious performance on Saturday on the E2 course at Newmarket where he improved his own previous record by 4secs with a 19.46 ride. He also said if there was a small space at end after listing all his platitudes you might mention team record!!!

*Well done Leon West and Damon Day for carrying me to a CCS team 10 mile TT record. Team average time – 20.26.*

*Average speed 29.5mph.*

*Damon Day 20.17, Leon West 19.46, Me 21.15 = combined time of 01.01.18 and previous record 01.02.33, an improvement by 1min 15 seconds over the previous record held by James Rush, Damon and Leon.*

Regards  
Rob Davies



## C.C.S. Riders - Open T.T. Results - May 2019

Date	Event	Course	Name	Dist	Time	Notes
May 4th	Plomesgate CC - Tunstall - SPOCO	B25/2R	D.Fenn	25	01.20.30	20th
May 6th	VC Baracchi - Bungay - SPOCO	B10/43	D.Fenn	10	28.34	69th
May 12th	Maldon & DCC - Maldon - SPOCO	E21/25A	J.Bradbury	25	58.36	8th
May 12th	Maldon & DCC - Maldon - SPOCO	E21/25A	D.Fenn	25	01.17.13	59th
May 12th	Maldon & DCC - Maldon - SPOCO	E21/25A	C.Wyke	25	01.31.17	65th PB
May 18th	ECCA - Newmarket	E2/10	L.West	10	19.46PB 14th	New CCS 10 record for LW. New fastest CCS team 10 record for LW/DD/RD
May 18th	ECCA - Newmarket	E2/10	D.Day	10	20.17.29th	
May 18th	ECCA - Newmarket	E2/10	R.Davies	10	21.15 62nd	
May 18th	ECCA - Newmarket	E2/10	G.Johnson	10	21.18 PB	64th
May 19th	Gt.Yarmouth CC - Wymondham - SPOCO	BS13A	J.Bradbury	25	57.30	2nd - 1st Vet
May 19th	Gt.Yarmouth CC - Wymondham - SPOCO	BS13A	D.Fenn	25	01.15.44	30th
May 19th	Gt.Yarmouth CC - Wymondham - SPOCO	BS13A	S.Triplow/ I.Johnson	25	01.05.11	2-Up 4th o/a 1st Fastest ladies
May 25th	Victoria CC - Ugly	E1/10A	S.Triplow/ I.Johnson	10	25.27	2-Up 10th o/a 1st Fastest ladies
May 25th	Hounslow & DW - Farnham	H100/8	J.Bradbury	100	03.59.08	10 <sup>th</sup> PB
May 26th	ECCA - Newmarket	E2/25	S.Hitchcock	25	01.07.10	76th
May 27th	Stowmarket & DCC - Rougham	B10/38	L.West	10	21.12	8th
May 27th	Stowmarket & DCC - Rougham	B10/38	J.Rush	10	22.16	20th
May 27th	Stowmarket & DCC - Rougham	B10/38	G.Johnson	10	22.37	25th
May 27th	Stowmarket & DCC - Rougham	B10/38	S.Triplow	10	23.57	30th
May 27th	Stowmarket & DCC - Rougham	B10/38	D.Fenn	10	27.27	43rd



Sue Triplow & 2<sup>nd</sup> claim member Izzie Johnson competed together in a couple of 2-Up's TT's recently with good results

John Bradbury claimed a 2<sup>nd</sup> place overall and 1<sup>st</sup> vet in the Gt.Yarmouth 25 during May.

# Open TT Report



David Fenn (left) rode his best 10 TT of the season at the Stowmarket event on the Rougham course with a 27.27 and his best 25 in the Gt.Yarmouth event in 1.15.11. He rode 5 events in total to be our busiest rider of the month. John Bradbury also had a very productive May with an 8<sup>th</sup> in the Maldon 25 followed by an excellent 2<sup>nd</sup> overall (+ 1<sup>st</sup> Vet) also in the Gt.Yarmouth 25. He finally ducked under the 4 hour mark with a 3.59.08, riding the Hounslow 100 miler on a very unsavoury sounding course in Surrey....as he reports:-

*'A horrible five lap course with*

*a surface more appropriate for cyclocross! And a lovely wind to add to the joys...A "I'll never ride this course again" moment..*

So he put to bed last year's time of 4.00.01 which must have rankled him greatly!

Gary Johnson's (right) star continues to rise as he produced 2 very good 10 times; with the best coming on the E2 in a PB time of 21.18. With this and a 22.37 on the Rougham course, it was a productive month. Sue Triplow combined with Izzie Johnson by riding two 2-Up events and each time they recorded 1<sup>st</sup> Fastest



Ladies team! Which together with a good 10 time on the Rougham course of 23.57.

Caroline rode her 2<sup>nd</sup> ever 25 at Maldon and improved by a huge 6 ½ mins over her first one!! Stephen Hitchcock is getting back into the swing of TT's with a decent 1.07.10 on the E2.



James just had the one event this month also on the Rougham course and recorded a better time than of late with a 22.16. Once he decides which set of aero bars to stick (up!) with, I hope to see a marked improvement!! (See the latest incarnation, left, which look as if they could double as Anti-Aircraft guns!)

Damon & Rob had their day record breaking on the E2 10 miler, as reported above with Leon who also rode a very good 21.12 at Rougham again!

5 CCS riders entered the 25 Velo Norwich near Snetterton but were denied a ride due to a malfunctioning railway crossing barrier which became stuck in the closed position. As it was on the way to the start from the HQ, the organiser had no option but to cancel the event. On the same day, John and Stephen also had a wasted journey when their event on the E2/50 was curtailed for which Stephen recalls:-

*'Officially it was because there was an accident the night before and they had reduced part of the course to 1 lane but in my opinion the most compelling reason was the fact there was loads of standing water on the inside lane of both sides of the Newmarket Bypass where it would have been a lottery of either coming off your bike or a car or lorry skidding into the back of you.*

*'Oh, the trials of Time Trialing'*

Rog



## Riding for life

I started nurse training when I was eighteen and bought a pony, so I cycled to the stables twice a day in all weathers on a red Raleigh - inherited from my sister.

I rode my son's black Grifter on lanes and tracks usually to accompany my daughter's on ponies.

A mid life crisis from 1998 difficult few years losing my father, husband, home and last horse.

My father was important in my life and in his memory challenged myself to do the three peaks. I did a number of challenges but it became vital that I learnt to swim, so by 55 had mastered the front crawl.

2016 I was offered a new bike and it felt like I floated on air, loved the feeling, not unfamiliar to the feeling of riding a horse at speed fresh air and glorious scenery. I was enjoying the whole experience until I lost control going downhill and crashed into a cottage in Yorkshire. I was never a big reader but unable to move very far I started reading. The Long Walk by Slavomir Rawicz was brilliant and if ever I think life is tough I reflect on challenges facing others.

My lovely bike remained in the shed for months I was told many times you will not run on that ankle or swim with those shoulders.

I had retired from nursing to help my daughters with child care and was offered a job looking after Spanish horses. I got brave enough to get back on the bike and cycle to work.

At around the same time a advert for CCS offering six weeks of Sunday rides for ladies. 'Caroline' was back riding and in the January joined the club and my son bought me the club shirt.

I had once been a good runner both sprint and long distance and longed to enter one triathlon.

Mad March Hilly was a challenge but my motivation was to start and finish with me and bike intact! I never give up. I was inspired to enter the Thursday TT Series to gain confidence on the bike and get used to the coping with the nerves. I had to organise myself and the bike every Thursday looking forward to the atmosphere.



This season I've been entering Spoco events to increase my distance and get used to riding on different courses as well as training for swimming and running to enter a triathlon. I met some lovely people at the Easterley Spoco on 14th April I was second lady home and got £20 and a bag of goodies, well pleased and dad would be proud.

My 1st triathlon April after breakfast at 4am a two hour drive I managed a good swim and run but the marshal had taken a break on the bike leg and I did an extra mile but still won my age group.

Money is often tight and I found in Aldi a pair of men's inner shorts for 50



pence very comfortable but can't find a use for a couple of buttons.

I competed in the Ashbourne triathlon at the weekend and used my shorts for the bike leg. After a reasonable swim I put on my shorts and was going well, passed a couple of competitors when finding myself in the wrong gear heading for a killer hill - ground to a halt. I sorted out my gears but as I got back on the bike my shorts got caught and came down I was unable to right them as I was intent on getting up the hill and getting a good time. I continued the remaining 6 miles with the crutch on my cross bar. At the transition I had to hunt for a kerb so I could dismount. The marshals were in stitches!

I feel so lucky that I can keep active and becoming a member of CCS has been so positive even on club rides out when I drop back after the coffee stop because my shoulders have frozen, someone always looks out for me. Thank you all, I value all the help and advice and say a big thank you. I wish you all a happy, safe riding.



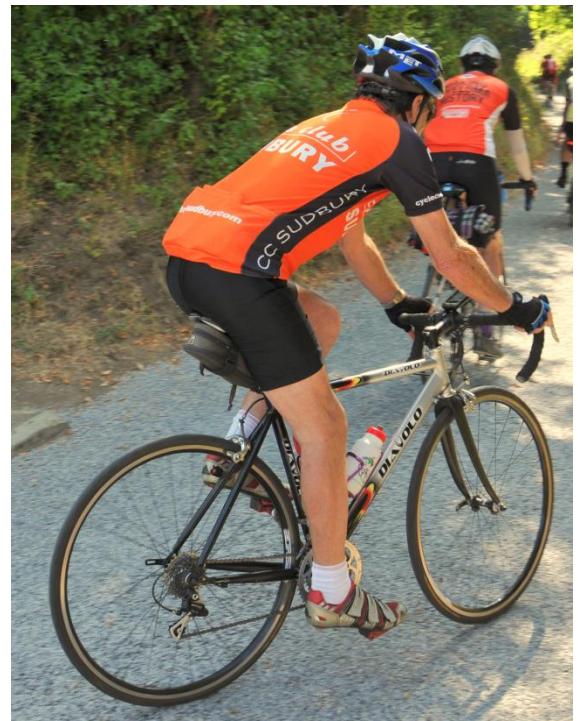
Caroline Wyke.

## CCS Club Clothing Offers

Could you put a brief item into the next available Spindle. I need to sell off the remaining old stock so thought an item listing with price reductions may help..

### **SAVE 1/3 OFF CLUB CLOTHING**

I still have a number of items of old style club tops available with big savings off the original price. These need to be cleared to make space in my garage for the full range of new style stock now in.



#### ***Ultrapackable wind and showerproof tops***

Was £51 Now £34

1 x M, 2 x L, 1 x XL

#### ***Windtex tops***

Was £60 Now £40

2 x S, 2 x M

#### ***Short sleeve tops***

Was £44 Now £29

2 x L, 2 x XL, 2 x XXL

#### ***Long sleeve tops***

Was £50 Now £33

2 x S, 1 X M, 1 x XL, 1 x XXL

#### ***W/T race tops***

Was £70 Now £46

3 x L

#### ***Sleeveless tops***

Contact me on  
[clothing@cycleclubsudbury.com](mailto:clothing@cycleclubsudbury.com)  
**Trevor Hale**  
**Clothing Secretary**

Was £38 Now £25

## Evening Series TT Report



First off, we must congratulate Leon for creating 2 new CCS course records earlier this month, on the Brent Eleigh – 17.45 and the Acton – 18.12. Great effort Leon, well done!



Alex Cutmore (left) tops the list (371pts) in 1st place at the moment with some high scores including a 180 although he has levelled out lately as he seems to have found his plateau! This may let Izzie (right) on 294pts' to catch up as she is 'Miss Consistent' at the moment with a run of good scores. Charlie Boldock in 3rd place with 240pts

also made a huge improvement of 182pts in a single evening, but like Alex, he also seems to have reached a points plateau! In 4th place comes the first of our senior riders with Lindsey Hobden on 237pts and is pushing Charlie hard for 3<sup>rd</sup> place, just 3pts adrift.

The next 5 rider's positions are separated by only 21pts, so Gary - 203, Rob - 194, Oscar and



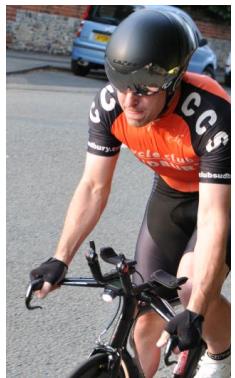
Mollie tied on 184 and Caroline on 182 are likely to rearrange themselves by the time the next monthly report comes out! And with Charlie Heeks in 10th place with 140pts from only 2 rides, he may well join them..

It was nice to see James Newton (left) forsake his road race persona and slum it with the gentle TT-ers and rode a very good time! But probably missed having riders trying to knock seven bells out of him in his normal road race habitat! It was also good to put a face to the names with Stephen Hitchcock joining the Evening Series fray and the Open TT's and newcomer Liam Norfolk having his first go at TT's.

With the Hitcham Hilly being withdrawn from service until the pothole strewn surface has been attended to, we are just using the remaining 3 courses. (*I hear many of you give a sigh of relief*)



Evening Series TT  
Photo Gallery



## Wednesday Rider's Antics!



It does occur to me that *The Wednesday Ride Group*, do seem to spend a lot of time either *Monkeying* around, mending *Punctures*, messing around with boats or eating *Cake*! With little time spent doing what they ought to be doing and just *Riding*!



## **Diary Dates**   Compiled by Robin Weaver

### **AUDAX**

Sat 1 June; Manningtree; 400k

Sat 22 June; Dunmow; 600k

Sun 23 June; Chelmsford; 110, 200k

Fri 5 July; Dunmow; 300k

**Sat 20 July; Bildeston CCS audax rides from Bildeston.**

**Three audax rides;**

**103k Bildeston Lanes audax; a very popular circular route on mainly traffic free quiet lanes, with cafe stops.**

**168k 100 Miles of Suffolk Lanes audax; to the coast at Orford, via Thornham, Framlingham, and back via Wickham Market and Debenham; mainly on quiet lanes with little traffic, visiting attractive towns – short bits of minor A and B roads.**

**209k Suffolk Lanes Extravaganza audax; the big one! Again to the coast at Orford, via Eye, Halesworth, and back via Framlingham and Debenham. Quiet lanes again, and attractive towns and villages, plus the chance to tick off three castles during the day.**

**On line entry available via the AudaxUK website. Entry £6 by post, £6.50 on line (+£3 for insurance if not AUK or CTC member).**

**Just turn up on the day for the following rides. A 25 mile Challenge Ride, with a cafe stop; £3 entry. 5 and 11 mile family routes also available; free.**

**Good routes, route sheets and refreshments, as always with CCS. GPX tracks available. Book early to avoid disappointment!**

Further details and entry to all these rides via the AudaxUK website at [www.aukweb.net/events](http://www.aukweb.net/events); anyone can enter these events.

### **CYCLOCROSS/MTB/GRASS TRACK RACING**

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>

2019 Mud Sweat and Gears Series; full details here; <https://www.mudsweatgears.co.uk/>

Sunday 2nd June – Thickthorn, Norwich

Sunday 7th July – Hintlesham

Sunday 18th August – Radical Bikes

Sunday 1st September – Phoenix Cycleworks

2019 Maglia Rosso CX Evening Series; full details at <https://www.britishcycling.org.uk/cyclocross>

Tuesday 11 June

Tuesday 2 July

Tuesday 23 July

Tuesday 13 August

### **SPORTIVES**

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

Sunday 2 June; Tour de Tendring

Sunday 2 June; Tour de Dengie

Sunday 21 July; Essex Castles, Colchester

### **ROAD RACING**

See the British Cycling website for details of all local races.

Sun 2 June; Layer

Tues 4, 11, 16 June; Hethel; Lotus series; <https://norfolkcyclering.org/>

Sat 8 June; Breckland

Sun 9 June; Shrub End

Wed 12 June, and subsequent Weds; Trinity Park series; <http://suffolkcyclering.co.uk/>

Sun 16 Jun; Great Saling

Sat 22 June; Thetford

Sun 23 June; Haverhill

#### **CCS TIME TRIALS**

Signing on closes 20mins before start time

Thurs 6 June; Acton; 7.30pm

Thurs 13 June; Brent Eleigh changed from Hitcham Hilly; 7.30pm

Thurs 20 June; Lavenham 10; Interclub; West Suffolk Wheelers; 7pm

Thurs 27 June; Lavenham 10; 7.30pm

## **Audax Update May 2019. Compiled by David Fenn**

Date	Event	Riders
27 <sup>th</sup> April	Cambridge 319k	Raymond Cheung, Ian Lovelock
27 <sup>th</sup> April	Debenham 210	Jane Watson, Byron Grimes, Viv Marsh, Tony Grimes, Steve Barnes
4 <sup>th</sup> May	Chepstow 401k	Raymond Cheung
4 <sup>th</sup> May	Manningtree 301	Andrew Hoppit, Ian Lovelock
6 <sup>th</sup> May	Ruislip 200k	Andrew Hoppit
6 <sup>th</sup> May	High Easter 200k	Tracey Lovelock, Ian Lovelock
6 <sup>th</sup> May	High Easter 104k	Jane Watson
6 <sup>th</sup> May	High Easter 53k	Raymond Cheung
7 <sup>th</sup> May	Manningtree 200k	Steve Barnes
12 <sup>th</sup> May	Lowestoft 200k	Jane Watson, Mick Bates, Tracey Lovelock, Ian Lovelock
12 <sup>th</sup> May	Witham 213k	Andrew Hoppit
18 <sup>th</sup> May	Chepstow 600k	Raymond Cheung
18 <sup>th</sup> May	Aberystwyth 212k	Andrew Hoppit

Name	Points	Total Distance Kms	Club Audax Trophy	100 km	150 km	200	300	400	600	1000 km	Climbing Metres
Raymond Cheung	51	5,605	1st	2	1	16	3	1	1	-	33,981
Jane Watson	4	2,479	2nd	15	3	2	-	-	-	-	14,317
Andrew Hoppit	15	2,373	3rd	8	-	6	1	-	-	-	16,000
Ian Lovelock	10	1,742	4th	7	-	2	3	-	-	-	9,750
Tracey Lovelock	4	1,190	5th	6	1	2	-	-	-	-	6,067
Mick Bates	4	1,140	6th	4	2	2	-	-	-	-	5,717
Steve Barnes	4	992	7th	4	1	2	-	-	-	-	3,067
Tony Grimes	2	686	8th	3	1	1	-	-	-	-	3,417
Byron Grimes	2	584	9th	2	1	1	-	-	-	-	2,517
Viv Marsh	-	531	10 <sup>th</sup>	3	-	1	-	-	-	-	1,350
Brian Mann	2	521	=11th	3	1	-	-	-	-	-	3,650
Robin Weaver	-	521	=11th	5	-	-	-	-	-	-	3,256
Ashton Dyson	-	168	=12th	-	1	-	-	-	-	-	867
Liam Norfolk	-	168	=12th	-	1	-	-	-	-	-	867
Geoff Simms	-	168	=12th	-	1	-	-	-	-	-	867
Don Keen	-	106	=13th	1	-	-	-	-	-	-	700
Nick Reed	-	106	=13th	1	-	-	-	-	-	-	700
Trevor Hale	-	106	=13th	1	-	-	-	-	-	-	700

POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	13	1081
2	John Bradbury	8	924
3	James Rush	5	512
4	Leon West	4	466
5	Caroline Wyke	5	383
6	Gary Johnson	3	299
7	Damon Day	1	110
8	Dan Upton	1	102
9	Graham Buckles	1	96
10	Sarah Johnson	1	92