



The Spindle MARCH 2017 ***cycleclubsudbury.com***

As is the norm, I found myself days away from issuing this edition with barely enough content to fill 5 pages. I started to concoct plausible excuses to you all out there for the minimal number of pages on the lines of.....

a) I'd sprained both hands mending a puncture, **b)** the dog ate all my notes...well the cat did as I don't have a dog, **c)** the computer caught my 'man cold' virus I have at the moment (true!) and refuses to work, **d)** or finally and probably the best one, there are leaves on the lines causing the wifi to slip!

But why do I worry as at the last moment, in flows all manner of info from you out there and all is finally well in the world. Phew!! The 12 page standard issue is reached with moments to spare. Thank you for making my day (as Clint Eastwood nearly once said!) Order is restored!

So what have you got in store within these pages: A lively piece about riding the Reliability Ride from Dan Upton which is supplemented by some amazing photo's of the day taken by errr me!, a charming account of Geoff Simms riding this first Rel Ride a mere 60 years ago and Raymond Cheung's Rider Profile which is fulsome and comprehensive to say the least and Simon Norton's report of the final MTB Series ride he has manfully undertaken during the winter. Chapeau Simon! Plus a report from Leon West on his visit to the Bike Show at the Excel Centre recently

And also your chance to become a fully accredited Race Marshal and join our present squad of one and have some fun at Road Races! Finally, if that doesn't float your boat, how about some free camping in Cambridgeshire helping out at a London-Edinburgh- London control during August.

PS. Check out the image of our new CCS Gazebo further on. Very professional!

Our Reliability Ride opened our new season and for once, it was blessed with bright sunshine which soon dispersed the early frost we all woke up to. This popular and well anticipated event enticed a record gathering of 164 riders from nearly 20 local clubs which included many from the new and emerging clubs which seem to grow every year.

Judging by reports from other local Reliability Rides, our event probably attracted the largest number of participants over all the others.

We had two dozen entrants from CCS riding, with nearly as many of our members running the event!

The majority of riders opted for the longer 47mile circular route which took them to the outskirts of Stowmarket while the shorter alternative 27miler took them out to Bildeston and back.

Both routes took the riders through some of our best villages Suffolk has to offer, although with the roads still greasy and wet, it didn't pay to follow anyone without mudguards judging by some of the faces and clothing of the many mud splattered finishers at the HQ. (**See photo's**) Within the record turnout, it was pleasing to see a good sprinkling of ladies and juniors taking part and obviously enjoying their day. Well done to David Fenn and his balmy army of helpers!

Dan Upton has kindly written his account of the ride and eating bread pudding and is fast becoming one of my star contributors. Thanks Dan!

Sunday 29th January was finally here, after what had seemed to be a long winter. It was the CCS reliability ride, my first outing of the year. Myself and Ashton left Lavenham just after 8 am on a cold and frosty morning, thinking to ourselves 'What on earth were we doing???' We met up with Leon and Tom in Waldingfield and headed to the Stevenson Centre in Gt Cornard to sign in. When we arrived we were amazed by the number of other riders already there, signed in and ready to go. Sitting drinking tea, we all discussed which distance and which time we should sign in for. Personally, I wanted the shorter distance on the longest time - however - I gave in to peer pressure and went for the longest ride, in the shortest time!

Dan sheds a quiet tear at the thought of what lays ahead!

I believe 164 riders signed in on the day - maybe we weren't the only 'mad ones??'

Gathering on the start line with friends, fellow riders and the Velo Schils riders, listening to Mr Fenn giving the pre ride safety briefing, I was thinking to myself 'just try to stay with the group until Waldingfield'.

The ride started and luckily it was a nice moderate pace. 'Yep...I can handle this' - or so I thought? 2 miles in, the pace increased and the group got smaller - I was feeling quite comfortable tucked in with the group. We were going through Lavenham, Brent Eleigh and Monks Eleigh, heading up clay hill, with riders dropping off the back. I was still hanging in there, but no longer able to talk with a lot of huffing and puffing going on! We were catching up and passing other riders at speeds I'd never ridden at before. Now with 10 miles left to go, we were venturing through Cockfield and I'm still managing to keep with the main group - unbelievably feeling quite good!! I made my way through the group and took my turn at the front. I was leading the group albeit not for long! I wasn't as fresh as I first thought! But that was it...my fast ride was over...I was off the back and ...gone! Luckily for me, Tom Parsons was on hand and we rode back to the finish together. We arrived back and as usual were greeted with a warm welcome and much needed cuppa, and in my opinion an award-winning piece of bread pudding.

We sat and chatted about the ride and the fact that we looked more like we had been on a cross country course than road...to say we were slightly muddy would be an understatement! It was a massive personal record for me....2:08.38! 21 minutes quicker than last time. With tea drunk and cake eaten it was back on the bike for the ride home...didn't really fancy it to be honest.

Would like to say a huge thanks to the organisers, volunteers, cake makers and everyone who made the event a great one!

Dan (PS. If the bread pudding maker would like to step forward and pass on the recipe or better still -

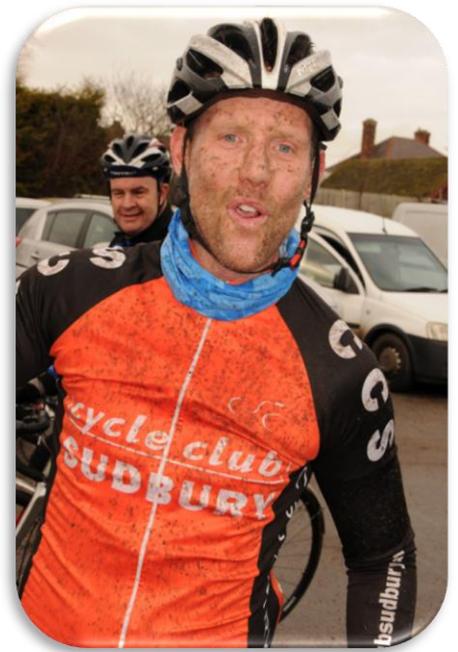
make more cake, please do!!!

(I'll second that - wonderful stuff...Ed)



Dan now looks a lot happier, if a bit dirtier, after the ride





Three more candidates for the ' CCS Dirtiest Face' competition



And for once, the sun made an appearance!!



James still managing a smile on his father-in-laws Iron Horse complete with blue tow rope!



Ashton smiling and posing for the camera as always



A very motley bunch at the finish

**And continuing the Reliability Ride theme,
Geoff Simms sent in this interesting piece on his first Reliability ride 60 years ago.**



The 100 in 7

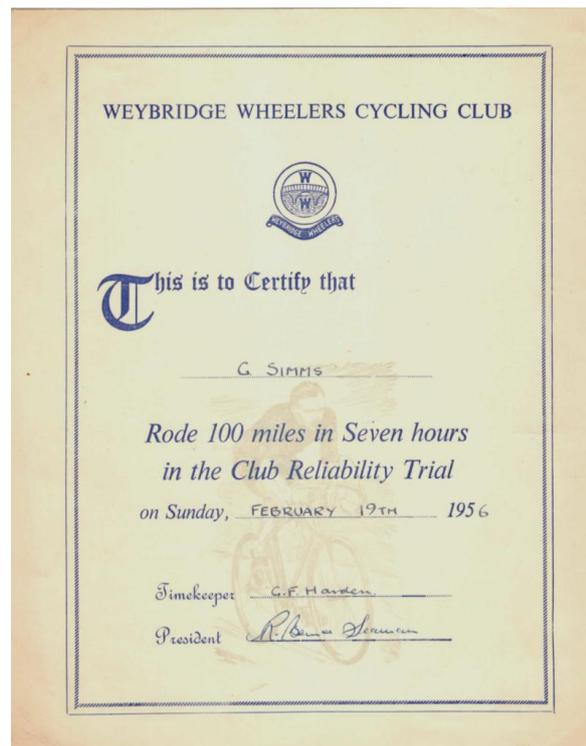
In early 1956 I was already a 14 year old schoolboy cycling nutcase. Fortunately, my father worked alongside a member of the Weybridge Wheelers Cycling Club who suggested I join a more organised bunch of nutters. On a dark January night I rode over to a church hall in deepest Weybridge to

enrol as a junior member. This was the single point of contact as hardly anyone had a phone, even fewer had cars. We drank tea, chatted, made friends, and plotted our rise to fame. For the next two or three Sundays I joined the club run which was always an all day affair, often covering 100 miles with stops for 'elevenses', lunch & tea.

Around the middle of February I found that instead of the usual Sunday club run the annual 'Brighton & Back' 100 in 7 (100 miles in 7 hours, nobody used the term 'reliability trial' except on the certificates and the weekly press report in *The Surrey Herald*) would start from 'The Ship' at 8am. I rolled up on my pre-war tatty *Claud Butler*, single fixed (like everyone else) on a very chilly Sunday morning. We were, all twenty or so, sent off in one group with instructions to halt at a nominated cafe in Henfield where Wilf, the organiser (who did have a car), would supervise 'the control'. Here we must rest for 15 minutes before proceeding to the turn at Brighton, returning by the same route for a further 45 minutes compulsory rest/nourishment. So, in fact, the 100 in 7 was 100 in 6 because it was calculated on the total elapsed time. It was all a complete mystery to me. Here, I learned my first cycling lesson: just follow the bloke in front.

I should perhaps mention there was very little purpose-made cycling clothing – even if one could afford it. Shoes and track-mitts about covers it. We wore whipcord shorts in the summer, long trousers, probably jeans, in winter held up just below the knee with a toe-strap like plus twos, knee length socks below. On this particular day I would have worn in addition an ordinary under vest, a long sleeve shirt, and either a long sleeve pullover or a windcheater. Otherwise we went bare-headed, except for a period when the style was Frank Spencer type berets. Strapped under our saddles enclosed in a *Walls* or *Lyons Maid* wrapper would be our capes, puncture outfits, spanners (no quick release hubs then) and similar tools. For reasons which I have never understood nobody ever carried spare inner tubes.

Out through Esher and Leatherhead to join the A24 southwards the group remained intact, rather like a more intense club run. That all changed at Dorking. Once across the junction of the A25, the A24 rises abruptly over a ridge, this being the signal for the 'fast' boys to start a 'burn-up', which split the bunch apparently. Like I say, I just followed the bloke in front, I had no idea what was going on behind. Cresting the summit, I found myself part of a compact group of about 10, few of whom were less than 20 years old. A little further on, one of these 'adults' turned around, demanding to know: "What are you doing here?" I twiddled on through Horsham, Cowfold and the rest, on almost empty main roads. There was no need to single-up. Nobody hooted us. We booked in and out at Henfield, shortly after which the club's star rider came down heavily on a patch of ice. No salting the icy roads in the Fifties. The turn, I remember, was at Preston Park just beyond the viaduct that spans the main A23. The return was much the same for me; just



sitting in with the 'big boys' of whom at least two drifted out of the back. Back at 'The Ship' (there was no event HQ, no hot drinks) Wilf, Weybridge's Brian Webber/Geoff Keeble good egg, checked us in at the roadside, probably adding a "well done". Then it was off home for bread and butter tea and school homework. Welcome to the world of reliability trials Geoffrey.

Series 4

Sunday 12th February

Shouldham Warren, Norfolk.

By Simon Norton



The forecast said overcast and grey but no snow, as we drove out of Sudbury it was falling in copious quantities, the conditions and the roads improved once we got into Norfolk and by the time we arrived there was no snow in either the air or on the ground. Having ridden this course before, I remembered it as being quite hilly so opted to take my Canyon full suspension with 2x10 gearing, a wise move.

After registration and a hot coffee I set off for a sighting lap, the course was great. A mixture of slippery single track and some fast downhill's through trees all linked by some short fire roads and a few killer climbs, one drop off got the heart racing as the bottom was muddy and badly cut up. Although it was only just above zero degrees I returned to the car and dropped a layer riding in a long sleeve merino base and long sleeve jersey.

The field felt smaller than usual possibly a few riders opted to stay in bed once they looked out of the window first thing, an uneventful start and a short bottle neck at the first obstacle was followed by the usual sorting out of places as the race progressed, I was both pleased and surprised to see another CCS jersey ahead of me and as I caught Matt Traynor we introduced ourselves and wished each other good luck. I was really enjoying the course particularly the way the bike was moving around under me on the muddier sections requiring a lot of input to stay on line, mid race and when the hour and a half race joined it did cut up noticeably in these areas slowing progress and upping the effort levels.

I had opted for wearing my back pack with 2 ltr water bladder but still managed two 750ml bottled during the race, 3 gels also consumed added to the insufficient calorie intake which became apparent in the 5th and last lap as I bonked badly finishing 32nd out of 41 in the veterans category, 5 laps completed in a time of 3:40:18 and a total distance of 44.3 Km.

As usual many thanks to the organisers, sponsors, volunteers and other riders for a great event and the organisers have already confirmed that they plan to run the series again next year. Next we look to the start off the excellent Mud Sweat and Gears race series starting on Sunday 26th February at Lee Valley Velo Park, London, and a new venue for me so really looking forward to it

CCS CYCLING SHORTS



LONDON – EDINBURGH – LONDON

'The next London-Edinburgh-London is scheduled to start on the 30th July 2017. This is Audax UK's biggest and most prestigious event which runs every 4 years and has grown considerably since it first ran in 1989 when there were 26 finishers. Although the route changes a little with each edition it will take you on a 1400km from the flatter terrain in Cambridgeshire and Lincolnshire to hillier terrain further north in the Pennines and Scotland's Southern Uplands. The route is mostly on quiet roads and lanes'

Rog,

Would you please put a few lines in the next Spindle asking for volunteers to help on the **London –Edinburgh -London** ride at the St. Ives, Cambridgeshire control? Bringing camper vans or possibly tents for a few days..... free camping in early August in exchange for helping riders on their epic ride. More details in a couple of months but now is a good time to pencil it into their diaries.

Brian Mann



NOTE:

With one of our own CCS members, Raymond Cheung, already entered for this event, even more reason to offer to help and keep Brian company at the St. Ives control and cheer off Raymond as he attempts to become only the 2nd CCS member to complete both LEL & Paris-Brest-Paris - A mega achievement if he does!

Attached is an invitation from Maglla Rosso to participate in their celebration event which we have accepted.



As you may be aware we have on several occasions used their grass track course and the cafe facilities. It would be nice to have as many club members in attendance on those two days.

It is our intention to have our new Gazebo up and running complete with signs and banners to advertise CCS and try and recruit new members. With that in mind we need a few volunteers to help on the days. Contact Dave Miller 01473827082 studlands@btinterne.com with any help you could provide.

*'On the weekend of **April 22 and 23**, Maglla Rosso is celebrating their Third Anniversary and are planning an event that we hope will attract many cyclists from the region. As in previous years we will have various displays in the garden area, with bikes and accessories from various suppliers, special offers and the like. On the Saturday we are hoping to arrange a visit from a very famous cyclist from history and attract media attention for this and on the Sunday we are running the 2/3/4 Sportive from here with 100 or more riders.'*

Diary Dates

UPCOMING AUDAX RIDES

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

Saturday 4 March; Dunmow; New Winter Series, Audax Club Mid-Essex; Dunmow; 100k.

Saturday 18 March; Copdock; 100k.....**A pleasant and very local event!**

Saturday 18 March; Cambridge; 100, 200k

Sunday 26 March; Swaffham; 200k

Saturday 8 April; Henham; 50, 110, 170, 200k

Saturday 15 April; Huntingdon; 200k

Saturday 22 April; Seething; 100, 200k

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

Full details, and entry for most events, on the British Cycling website

at <https://www.britishcycling.org.uk/events>

Sunday 5 March; Colchester Rovers Reliability/sportive; Great Bromley village hall; sign on from 9 am , 27 or 47 mile options , £6 including refreshment, start 10 am

Sunday 9 April; Boxford Bike Club Boxford Tornado Sportive

Sunday 23 April; Maglia Rosso Four Counties Sportive

ROAD RACING

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

Sunday 12 March; Jock Wadley road race, Colchester

CYCLOCROSS/MTB RACING

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

Sunday 19 March; Mud Sweat and Gears; Kentford



4th March Sudbury on Show

SUDBURY ON SHOW

Saturday 4th March 2017

in the

Town Hall & St Peter's

9.30am – 3pm

The club will have a small stand at this 'Show' so if you are in the area, come along and brighten up the day for our club members who are manning the stand and also enjoy looking around all the other contributors stands, but no signing up to other bikey type organisations is allowed!!

CCS Thursday Evening TT Series Calendar

Date	Course	Start Time
April 20 th	Lavenham 10	18.45
April 27 th	Brent Eleigh	18.45
May 4 th	Acton Circuit	18.45
May 11 th	Hitcham Hilly	19.00
May 18 th	Lavenham 10 – Interclub ; Colchester Rovers	19.00
May 25 th	Brent Eleigh	19.00
June 1 st	Lavenham 10	19.00
June 8 th	Acton Circuit	19.30
June 15 th	Hitcham Hilly	19.30

June 22 nd	Lavenham 10 – Interclub ; West Suffolk Wheelers	19.00
June 29 th	Lavenham 10	19.00
July 06 th	Brent Eleigh	19.30
July 13 th	Acton Circuit	19.30
July 20 th	Hitcham Hilly	19.30
July 27 th	Lavenham 10 – Club Championships	19.30
August 3 ^d	Brent Eleigh	19.30
August 10 th	Hitcham Hilly	19.00
August 17 th	Acton Circuit	19.00
August 24 th	Lavenham 10 – Jonathan Weatherley Memorial TT	19.00
August 31 st	Brent Eleigh	19.00



ACCREDITED MARSHALL'S COURSE

from James Newton...

I received the emails below and as Darren mentioned thought it would be a good idea to put in the Spindle to see if we get any takers.

The email below give the opportunity for people to undertake a short course, which is **'unfailable'** and allows them to become Accredited British Cycling Marshalls.

As I have I have already undertaken the course, I found it is a really good thing to do and does give you great exposure to Road Racing.

The course is to be held at Bury St Edmunds on the 1st April.

Close date for enrolment is 18th March and if anyone fancies they can contact Ian Doe on 07940302228 or iandoe@britishcycling.org.uk

'It is that time of year again when we start thinking about road races for 2017, so to that end, I have attached this year's list of events we need to cover. You will see on the document that there are the details for each event, with the course and postcode for the HQ they are using and also the e-mail address for each organiser, if you can help please message either myself or the organiser direct, I will keep this document updated and as we fill events I will let you know, but as you all know the organisers will be in touch with yourselves if they haven't already

Once again I would like to thank you all for your assistance, without accredited marshals we cannot run road racing in Norfolk, Suffolk and Essex.

Whilst writing I would advise you that we have two Accredited Marshal courses being run on the 1st April both a the West Suffolk Wheelers Club room in Bury, one in the morning one in the afternoon, if you know of anyone who wants to become an accredited marshal please give them a copy of the links below, I already have a fair bit of interest but if we could fill both courses and get another 30 people trained and working then everyone's lives would be a lot easier. If anyone needs anything please do not hesitate to contact me, also you all should have received a questioner from HQ about your clothing sizes could you reply to this so they can get your new kit organised

Ian Doe – British Cycling

1st April 9.30am 1.30pm	Accredited Marshal Course	Eastern Bury St Edmunds	Ian Doe Tel: 07940 302228 Email: iandoe@britishcycling.org.uk	Register your interest here Closing date for enrolling 18 th Mar
1st April 2.30pm 6.30pm	Accredited Marshal Course	Eastern Bury St Edmunds	Ian Doe Tel: 07940 302228 Email: iandoe@britishcycling.org.uk	Register your interest here Closing date for enrolling 18 th Mar

RIDER PROFILE Name.. **Raymond Cheung**



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

My line of work involves trying to ensure an Architect's building structures remain stable without falling down. I have been cycling non-competitively for approx. 2 decades mainly commuting, leisure and charity rides. It's only during the last 5 years that I have participated in long distance audax events.

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

2nd hand Milano Challenger 10spd with down tube shifters as a means of transport getting to and from college in my late teens, bought for £90 at a cycle store in Cardiff.

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

More than I actually need. I'm currently riding 'an all' weather Giant Fastroad hybrid. I am recent convert to disc brakes but am missing my dependable steel Jamis Quest which requires a new cassette, chain and tune up, just too lazy at the moment to carry out the repairs myself.

4) How many miles do you average a year:

I count my ride distance in kilometres and can vary between 6000 to 10000 km. It depends mainly on number of audax events I enter, rather than the few commuting miles I do. The bulk of the distance comes from 200km events.

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

That would be Paris-Brest-Paris 1230km long distance randonnee event in France 2015, but not necessarily the most enjoyable. I'm hoping to further that with the British version London-Edinburgh-London this July. I may just ride the leg to and from St Ives, Cambridgeshire and ask Brian Mann to do the St Ives to and from Edinburgh stages for me, as he will be volunteering as a helper at that control.

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

Have not found one yet. It will probably be the one where I can later reminisce in my rocking chair with a grin and say yeah that ride 'x' was the best. LEJOG is on my wish list. I'll have to consult Steve Barnes for some tips.

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

My best competitive performance would be achieving a time of 1 hr and 15 minutes for 25 miles TT in Cheshire in the mid 1990's just averaging 20 mph. I'm content with averaging 20kph on an audax event these days.

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

Feeling smug in keeping up and staying on the back wheel of a female rider up a hill in peak District on a friend's club ride and later finding out that she was 6 month pregnant.

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

Climbing Alpe d'Huez in mid September 2012 starting off with slight drizzle at Le Bourg-d'Oisans and finishing cold and soaked at the top in heavy rain. I had 4 coffees at a café chalet trying to warm up but just kept shivering even with a thick blanket offered to me by a sympathetic waitress. I have never been so scared trying to steer the bike during the wet descent back down to camp with my body constantly shaking from the wind chill.

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

I cannot name a past/modern cycling hero I follow, but I do admire how the Tour de France riders make cycling quickly look effortless.

11) **What do hate most about cycling?** Getting lost/going off-route on an audax event & trying to pass large group of ramblers taking the whole width of bridleways. But most of all I hate GRIMACING.



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

An electric power assisted road bike that I can compete on the Club evening TT course and achieve a respectable time.

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

Probably my Garmin cycle computer.

In the following order, Brooks saddle for ride comfort, dynamo hub front wheel for night riding, and marathon winter studded tyres for icy road conditions. Boring items I'm afraid - I tend to favour items that offer reliability over performance gains.

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

The one where I am able to relax and enjoy a good pub meal and not worry about time, tired legs, horrible weather and wishing I was not on the bike.

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

Being comfortable with riding through the night time solo with little sleep and to tough it out on long distance rides through stubbornness or foolhardiness. Weakness would be definitely lack of speed, and

reluctance to ride outside of my comfort zone in road races and TT's

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

i) Keep pedalling, you will gain a few metres and eventually you will reach your destination and ii) never underestimate OAP cyclists.

London Bike Show *by Leon West*

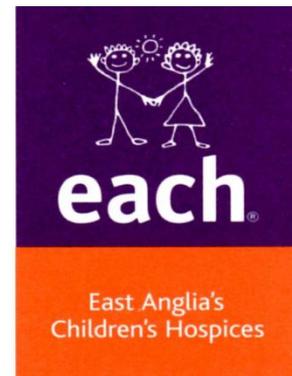
On Sat 18th Feb Myself, Kat and Mini West went to the Excel, London to attend the London Bike/ Tri/ Outdoor show as I'd got tickets as a gift (you know you've done alright for yourself when you other half not only puts up with your obsession for all things 'bike' but actually buys you 'bike' presents). Machines were on display from many large and small brands including a particular bike I'd been hoping to see in the flesh from Canyon...The brand new Ultimate Evo (pictured). It is the lightest, bike I have ever got my paws on! This was the cheaper of the 2 in the range, with no power meter

and mechanic gears instead of electronic; it comes in at 4.9KG!!!! If you were all wondering what to chip in and get me for Christmas ...this is it (only £9000);

Other highlights of the day included meeting Canyon Sram rider Hannah Barnes, listening to an interview/ Q+A from David Millar and then being entertained by the bonkers-but-brilliant Graham Obree. He was talking about his recent documentary 'Battle Mountain' (available on BBC Iplayer and highly recommended) as well days of old going up against Boardman and never tiring of been asked about washing machine parts ☺ A great family day out with plenty to keep you entertained for a good few hours.



And finally, if you ever wondered where we send some of our charity donations from some of the monies raised from our events during the year, see below.
A remarkable place for remarkable children!



Cycle Club Sudbury
c/o 10 St Marys Close
SUDBURY
Suffolk
CO10 0PN

15 February 2017

Dear Cycle Club Sudbury,

Thank you so much for your kind donation of £250.00, raised at cycling events, for East Anglia's Children's Hospices. Your continued support is invaluable as it enables us to continue delivering care to local families.

East Anglia's Children's Hospices supports families and cares for children and young people with life-threatening conditions across Cambridgeshire, Essex, Norfolk and Suffolk. Our family centred approach includes specialist nursing care, symptom management support, short breaks, wellbeing activities, therapies and counselling; all meeting the individual needs of the child, young person and whole family. More than 700 children, young people and family members are currently receiving care and support at EACH.

We rely on voluntary donations for the majority of our income, the more funds we have, the bigger the difference we can make to local children and families. The money will be well spent here at EACH. In fact, £250 is enough to pay for 7 sessions of music therapy. This is a vital part of the service that we offer to the children and families we support. Not only is music therapy enjoyable but it helps to stimulate the children's senses, allow them to express their feelings and build bonds between each other. We also use music therapy to help with the on going emotional and bereavement support of the family.

On behalf of all the children, families and staff at EACH, I'd like to say a huge thank you.

Yours sincerely

Hannah Walker
Community Fundraiser

P.S You may also shortly receive a receipt from our finance team. This is automatically generated by our system and a requirement for our finance and thanking systems.

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The
**CHARITIES
FORUM**

Founded by
The Duke and Duchess of Cambridge
and Prince Harry