



The Spindle MARCH 2018 cycleclubsudbury.com

As I write this, the snow is gently falling out of the sky and the forecast is for more serious stuff to follow. Brilliant! If it does, what better way to enjoy it than on your bike? Something with big chunky tyres though, as skitting about on 23mm tyres on your normal road bike would be a bit foolhardy.

Back in the day, a bunch of us (Robin Weaver, Pete Whiteley, Brian Mann and me) set out to Dedham one overcast day for elevenses. On the return back to Sudbury, the roads had been covered over with about 100mm of snow and made pedalling hazardous and a bit scary. But, what a great adventure it turned into. My well used picture in Spindle (shown alongside) shows the extent of the conditions, (somewhere near Cornard TV transmitter). One of my best rides ever and despite the cold, I loved every minute of it!



I managed to get out in the sunshine recently, although the roads were still wet and muddy. Coming down a steep hill, my brakes were complaining noisily which I thought was just mud and wetness on the rims. But no, they didn't stop screeching, so I had a quick look to find to my shame the brake blocks were *down* to the metal brake shoes! I'm sure I'd checked them before Christmas (Maybe?) and seemed OK. The wet winter has done its best to reduce the rubber to zero. Powerful stuff this grinding paste we pick up from wet and muddy roads. During the fitting of new pads, I noticed the old ones were embedded with loads of tiny metal shards from the rims and should have been thrown away months ago. So next time you get the bike out for a ride, check the condition of your brake blocks, you may be shocked to find that you too have let the maintenance jobs slip somewhat like I did!

This month's Spindle offering includes what it's like to try a Taster Session in a Velodrome, An Open TT report as the season has officially started. A For Sale section which has some great items! And the Rider Profile of a long distance rider. Plus all the usual useful CCS info.

- ***Don't forget to support the upcoming CCS organised Mad March Hilly Open TT on Sunday 11th March by riding out and cheering on the large contingent of club riders before returning back to race H.Q. at Lavenham for lots of cake and hot drinks!***

Velodrome Taster Session at Lee Valley Velodrome, London.

By Doz Bree 23rd Feb 2018

As those of you in the club that know me will be aware, I do, historically, tend to the slightly more “deviant”

aspects of the sport. Whether it be racing evening 10s on 5 Speed Sun Solo with down tube shifters or commuting and racing TTs on a Fixie. So, it was with some glee that I found out my birthday treat this year was to attend the London Olympic Velodrome for a taster session with my significantly better half, Kate. This was all booked and paid for online and for £40 each includes the hire of the bike and helmet if needed. Hire shoes are available for £1 per person if your own shoes do not run Look Keo cleats, or you can wear trainers and use cages and straps. Cycle clothing is



recommended, and gloves and helmet are mandatory.

We decided, in the interests of keeping the day as stress free as possible, driving into central London was best avoided, so took the train down and ensured we arrived in plenty of time for our 2pm session. The booking reply requests that you arrive 45 mins before your session start.

However due to the surprising discovery, that despite being less than half a mile from Stratford International station, this internationally celebrated sporting venue was not signposted at all until you are nearly in sight of it! So, we just about made it in time after a few navigational issues!

Once booked in and changed, we headed to the track centre where we were sized up for bikes and pedal types. Kate also required a helmet as our less than military approach to preparation had seen hers left at home...!

We had opted to wear trainers so were both going to be “enjoying” the novel experience of toe clips and straps for the first time. Kate was also having her first experience of riding fixed which, she was quite anxious about. In retrospect we should have hired shoes as the cages and straps were very difficult to get into and out of with grippy soled trainers!

All 15 riders present were total track novices, so our coach gave us a briefing about the features of the track bikes (lovely Condors) featuring as they do, very little! No brakes, gears or ability to freewheel! The basic safety rules of the track were then explained to us, which sounded bewilderingly confusing at first, where you can and can't join and leave the track, what the various colour lines are called, and for, overtaking and undertaking etiquette, etc. It was a lot to take in, but we were assured it was much simpler than it sounded, and would all make sense when we were underway.

Clearly briefed we were sent out on three familiarization laps on the “safety”-the dark blue flat bit- to get used to pulling away, accelerating, and coming to a stop at the rail on the home straight.

After some questions and answers and last- minute saddle height adjustments etc we were then instructed in the way we were expected to accelerate onto the track, and that we would be sent above the Cotes-the light blue bit- in a staggered fashion as directed by our coach to keep everyone safe. We were free riding until the end of the session!

Kate and I were approximately in the middle of the string of riders, and when individually indicated to do so by the coach, we could pull off the light blue onto the black line and build speed. We had been instructed to briefly check behind on each side before moving from whatever line we were on, and to yell “stay” when



overtaking a rider, and “stay high” when undertaking a rider. As Kate was behind me I did not know she had been sent up the previous lap so imagine my surprise to hear her yelling “stay” as she came blitzing past me up on the blue line! Obviously, she had overcome her anxieties swiftly, what a hero! On the next lap I was sent up. I felt a little nervous at first but followed the advice we had been given to stay relaxed on the bars, not steer and push harder on the pedals when starting to climb the banking, which incidentally is a lot steeper than it looks on the TV!



I gradually built momentum and made my way higher up with each pass remembering to warn riders I was passing. Kate was circulating at a most impressive pace and was visibly enjoying herself.

On one lap coming into the turn there was a rider in front of me just above the blue line with another rider beneath him so undertaking was not an

option and as he was slower than I was travelling, slowing down could have led to me slipping down the banking so I had to push really hard and go above him, ending up above the advertising blocks painted midway up the boards, it felt amazing, and there was no stopping me after that!

We slowed on the Cotes and entered the safety on the back straight to use the facilities and get a drink (it's very warm in the velodrome) then re-joined for the remaining 20 minutes of the session.

We continued to experiment with differing heights and speeds; Kate passed lots of people and looked comfortable enjoying what she thought was going to be a scary and physically challenging activity. I managed to put in quite a few laps at beyond TT intensity and it felt amazing!

Then all too soon it was over, and we were called off individually to keep us all safe.

When we re-grouped in the track centre every single rider present was wearing the ear to ear grin the coach had promised in the pre-ride briefing, quite a change from the nervous expressions most of us had been wearing!

On completion everyone gets a certificate.

We were also made aware of the opportunities to develop your track riding skills that are available to us at this amazing facility.

I will let Kate sum it up. “That was amazing, it's like all the things I love about cycling, but none of the stuff I hate-hills, winds, drivers, poor road surfaces-and you can go flat out and feel really fast, a bit like on a turbo trainer, except it's interesting! In short, that was so much fun, I am going to start bombarding Sport East with an email campaign to build a Velodrome in Suffolk!”



CYCLING SHORTS

Diary Dates *Compiled by Robin Weaver*

SUNDAY 11 MARCH; **CCS MAD MARCH HILLY OPEN TIME TRIAL**

The HQ venue for this event is the Lavenham Village Hall, at the rear of the public car park adjacent to the Cock Inn, on the B1071 Sudbury road.

Full course details available on the CCS website, ‘Events’ page, and then ‘Mad March Hilly Time Trial’. Includes route map and GPX track.

If you've not yet entered, you're too late! Entries closed on 27 February.

However, you're not too late to offer to help with marshalling or catering, etc; contact Darren Rule, the event organiser. Or just choose a spot on the course to cheer on the riders.

2018 THURSDAY EVENING TIME TRIAL SERIES

The season begins next month, on Thursday 19 April. Riders must be a fully paid up member CCS, or of another club affiliated to the CTT. The minimum age is 12 years. If you are under 18 years, you must have a signed parent consent form witnessed by a club official.

Please make sure that you are aware of the CTT and East District rules on time trials; if you break any of these rules, or the Highway code, you will be disqualified!. These rules are there for your safety and other road users. Key rules; no riding on the course after the event has started; no U-turns in the road at start or finish – walk across; no **draughting** behind other riders; no stopping at the finish.

Note all riders must be signed on 20 minutes before the start of each event, and all riders must have a working rear light. Please do not wear black or dark clothing as other road users will have trouble seeing you, and please show respect to other road users and to the residents of Lavenham at all times.

The schedule for the season is here; [2018ThursTT Schedule](#)

Target times for the 2018 Points Series; [2018TTtargets](#)

Marshalling list link; [2018MarshallingList](#). If you are intending to ride any TTs, you will need to marshal at least once during the season. Please e-mail <mailto:robin@cycleclubsudbury.com> with **THREE** alternative dates on which you are available, **as soon as possible**.

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 10 March; Dunmow; 100, 200k

Saturday 17 March; Cambridge; 100, 200k

Saturday 17 March; Copdock; 100k

Saturday 31 March; Huntingdon; 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 4 March; Colchester Rovers reliability ride

ROAD RACING

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

Sunday 4 March; Crest CC; Chesterford

Sunday 11 March; Jock Wadley Road Race; Birch

Sunday 18 March; Ipswich BC; Spring Scramble; Gosbeck

CYCLOCROSS/MTB RACING

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

Mud Sweat and Gears 2018 season; <https://www.mudsweatgears.co.uk/>

Sunday 18th March – Henham Park, Suffolk

Sunday 15th April – Lea Valley Velopark, London

CCS 2018 SUBS

Many members have now paid their 2018 membership subs – several haven't yet – you know who you are!

If you intend to re-join for 2018, please pay your subs as soon as possible – membership form downloadable [here](#), payment details on the form.

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).

CCS EVENTS DIARY

Have you used the Events Diary (links from the CCS website Homepage)?

It has details of all CCS events, including Thursday evening time trial courses and start times. If you have a Google account (not necessary to have a gmail address) you can sync this with personal calendars on phones and tablets.

1. On your device, open [Google Calendar](#).

Next to "Other calendars" on the left, click the Down arrow ▾.

2. Select **Add by URL**.

3. Enter the calendar's address in the field provided.

<https://calendar.google.com/calendar?cid=Ymo1OTFpbGQyMGFmNGJvOGlyNnFzZXVmcjRAZ3JvdXAuY2FsZW5kYXluZ29vZ2xlLmNvbQ>

4. Click **Add Calendar**. The calendar will appear on the left side under "Other calendars."

Note: It might take up to 12 hours for changes to show in your Google Calendar.

I hope this works!

Free to Good Home!

I built up a new road bike recently as I'd got so many spares - all I needed was a frameset - aptly named it Frankenstein. As a couple of CCS members helped with finishing touches and wouldn't accept anything in return I thought I'd offer a couple of leftover parts for free which might help someone doing similar / or young riders looking to upgrade/ etc.

Deda RHM 01 bars 40cm, as new. Best for young 'uns or a smaller adult.

Cube RFR 27.2 seatpost, never used.



Contact Leon West on westmatix@hotmail.com Or 07527680853

For Sale

Orbea Orca

Frame Material; Carbon Fibre

Frame size; 53.5 cm Centre bottom bracket to top of seat tube

Top Tube 53 cm centre/centre.

Wheel Base 97 cm

Chainset; 172.5 mm Campagnolo Record Carbon Fibre Cranks with 50/36 Titanium Chain rings.

Front Gear Changer; Campagnolo Record Titanium

Rear Gear Changer; Campagnolo Record Titanium 10 speed

Cassette; 10 speed 12-27

Brakes; Campagnolo Record



Bars; Deda Elementi 430 mm centres.
Stem; BBB 120 mm
Wheels; Campagnolo Eurus G3 700C Clincher
Tyres; Vittoria Open Corsa CX
Saddle; Not included
Pedals; Not included.
Tool Bag; Not included
Price; £1000.00
Contact; David Fenn Tel; 01787 374284 Mob; 07884487846

For Sale



A lady, no longer cycling, has asked me to find a home for a set of framed Players cigarette cards (50 in total) with pictures of cycling and all in excellent condition. I believe they were issued in 1939. This would be a charity sale for the East Anglian Children's Hospice! Offers over £50.00. I can

deliver or can be collected from me at Bildeston.

Contact on 01449 740740

or robinsidgwick@hotmail.co.uk

Robin Sidgwick



Enlarged detail

RIDER PROFILE



Name.... Mick Bates

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

I am now retired having been an Electrical Technician for a commercial refrigeration manufacturer. I returned to cycling around 22 years ago in an attempt to keep some weight loss off! (It worked) Always cycled to work though

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

The first 'proper' bike I had was a Philips complete with a 'double clanger' giving me 10 gears. I was around 16

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

There's a question! Mercian Audax Fixie, Paganini Fixie, Mercian Touring, Orbit Tourer and a Paul Donohue Audax bike. Oh and the single speed Marin which was my transport to work and now town runaround. Not a carbon frame in sight!

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

Usually around 10,000

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

A 600k Audax in 2011 starting from Seething in Norfolk on Fixed wheel

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

Probably the Rhine Cycle route because of the great contrast of terrain and scenery.

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

Best Sportive was the Wiggle Magnificat a few years ago with one of my nephews who 'pushed' me for 80 odd miles! Gaining a silver award in the process. Best Audax-Getting back first in a 200k in 2002 from Newport Pagnell.

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

In common with quite a few people it was cleat related, trying to do a track stand at some level crossing gates with a few pedestrians watching me fail!

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

The Moor & Wolds 400k Audax starting from Alfreton and completely underestimating the hills and walking up Staxton Hill in the middle of the night, again on fixed wheel.

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

I do not remember childhood heroes but more recently, Sean Kelly, Stephen Roche and Sean Yates and of course Bradley Wiggins and not forgetting Geraint Thomas. I do however remember watching a road race in Haverhill where the likes of Sid Barras and Keith Lambert were riding.

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

Wind when combined with Rain!

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

None really, happy with the ones I have.

13) **What is the best 'bit' of cycle equipment/kit**

14) **you ever bought?**

My Mercian Fixie

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

Anywhere in the Fens when it is not windy!

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

Strength – The ability to keep pedaling!

Weakness – Struggle into headwinds!

16) **What is your best training tip?**

Training? I just ride a long way!



C.C.S. Riders - Open T.T. Results -2018 Season

C.C.S. Riders - Open T.T. Results - Jan/Feb/March 2018

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Jan 1st	CC Breckland - Attleborough	B10/3B	S.Kirk	10	26.19	16th
Feb 11th	Ely & District CC - Hardriders - Lt. Downham	BS19	J.Rush	25	01.08.02	28th
Feb 11th	Ely & District CC - Hardriders - Lt. Downham	BS19	M.Bunn	25	01.12.05	39th
Feb 11th	Ely & District CC - Hardriders - Lt. Downham	BS19	S.Kirk	25	01.14.13	40th

An early season start for some of our Time Trialers saw them endure the expected harsh winter conditions for this time of year. First out was Stewart Kirk, who upheld the tradition of a CCS rider in the New Years Day Breckland 10. He was rewarded with 'decent-ish' riding conditions for 16th place and which saw a lot of good times set on the course.

February's notorious Ely Hardriders 25 threw up the expected tough winds and low temps which were probably -4degs with the wind chill factored in which resulted in over 25% of the original entry down as DNS's. When it's very cold and very windy, the Fens are probably not the best place to be riding a Time Trial.

Both Mandy and Stewart were new to the event and found the lumps, bumps, holes and sharp turns around the course a bit of a shock and somewhat challenging. Along with James (who always uses this event to kick start his season) they all produced times commensurate with the conditions and can be pleased with their efforts.

It's not called a Hardrider's event for nothing!!



James approaching some typical Hardriders surface alongside the 100ft drain!



Mandy looking a 'tad' cold!



DIEPPE RAID RIDES

For the last few years, some CCS members have travelled to Dieppe to take part in the 'Dieppe Raid' rides, organised by the Cyclo-Club Dieppoise (see www.dieppetour.com). The rides this year are on Sunday, 24 June; a number of different rides are available to suit all tastes, from 20 to 140k. In the past, some riders have travelled to Dieppe by car via Dover on the Saturday, returning on the Monday or Tuesday, after riding the organised ride on the Sunday, and a club ride on the Monday. Others have driven to Newhaven, parked there, and taken bikes and luggage over on the Transmanche ferry direct to Dieppe. Some have camped/motor-homed, others have had the luxury of a hotel. We've stayed at the Hotel de la Plage, a well-run hotel at reasonable prices on the Dieppe seafront (see [www.hotel-](http://www.hotel-de-la-plage-dieppe.federal-hotel.com)

[de-la-plage-dieppe.federal-hotel.com](http://www.hotel-de-la-plage-dieppe.federal-hotel.com)). Hotel accommodation is a mixture of 2/3/4 person rooms. If you are possibly interested in coming this year, and would like to coordinate travel and accommodation with others, could you let me know (e-mail: pamandrobinw@gmail.com) by the 18th March please.



Robin Weaver



Revised Target Times for CCS TT Series

Due to some anomalies found in the previously published TT Target Times, here are the updated revisions.....

David Miller

CC SUBBURY TT TARGET TIMES 2018

Best times for 2017 shown in Black

Target Times for 2018 shown in Red (Mins & Secs)

	Lavenham 10		Brent Eleigh		Acton		Hitcham Hilly	
M Bampton	26,22	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	39,14
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



2018 THURSDAY EVENING TIME TRIAL SERIES SCHEDULE

(Signing on closes 20 minutes before start time)

Date	Course	Dist.	Start Time
April 19th	Lavenham 10	10m	18:45
April 26th	Brent Eleigh	8.2m	18:45
May 3rd	Acton Circuit	8.3m	18:45
May 10th	Hitcham Hilly	13m	19:00
May 17th	Lavenham 10; Interclub; Colchester Rovers	10m	19:00
May 24th	Brent Eleigh	8.2m	19:00
May 31st	Lavenham 10	10m	19:00
June 7th	Acton Circuit	8.3m	19:30
June 14th	Hitcham Hilly	13m	19:30
June 21st	Lavenham 10; Interclub; West Suffolk Wheelers	10m	19:00
June 28th	Lavenham 10	10m	19:30
July 5th	Brent Eleigh	8.2m	19:30
July 12th	Acton Circuit	8.3m	19:30
July 19th	Hitcham Hilly	13m	19:30
July 26th	Lavenham 10 – Club Championship	10m	19:30
August 2nd	Brent Eleigh	8.2m	19:30
August 9th	Hitcham Hilly	13m	19:00
August 16th	Acton Circuit	8.3m	19:00
August 23rd	Jonathan Weatherley Memorial TT; Lavenham 10	10m	18:45
August 30th	Brent Eleigh	8.2m	18:45

**Welcome to the following new members
who have joined us recently :-**

- Liam Norfolk from Gt.Cornard
- Udai Krishnan from Sudbury

Audax Update February 2018.

Date	Event	Riders
13 th Jan	Kelvedon 109k	Jane Watson, Tim Collins, Steve Barnes, Viv Marsh
14 th Jan	DIY 200k	Raymond Cheung
27 th Jan	DIY 200k	Raymond Cheung
28 th Jan	DIY 200k	Raymond Cheung
3 rd Feb	Witham 100k	Raymond Cheung + 100k, Tim Collins, Robin Weaver, Jane Watson, Mick Bates.
18 th Feb	Henham 104k	Raymond Cheung + 100k, Jane Watson.

Name	Points	Total Distance km	Club Audax Trophy	100 km	200 km	300 km	400 km	600 km	Climbing m/Km
Raymond Cheung	24	2,414	1st	2	11	-	-	-	1.18
Jane Watson	-	983	2 nd	9	-	-	-	-	4.07
Mick Bates	-	587	3rd	5	-	-	-	-	4.05
Brian Mann	4	532	4th	1	2	-	-	-	5.52
Tim Collins	-	209	5th	2	-	-	-	-	6.94
Robin Weaver	-	200	6th	2	-	-	-	-	4.00
Steve Barnes	-	109	=7th	1	-	-	-	-	5.96
Viv Marsh	-	109	=7th	1	-	-	-	-	5.96

Local upcoming Audaxes.

Saturday 10th March. Churchend Dunmow, The Horsepower 200k and 100k.

Saturday 17th March. The Copdock Circuit 100k.

Saturday 31st March. Huntingdon, Double Dutch 200k.

Monday 2nd April. Swafham, Norfolk, 200k, 100k, 54k.

Saturday 14th April. Dunmow, Essex, 100k, 50k.

And Finally.....!



What can I say? A bike carrier to beat all others. Must be at least 150 bikes on there!