



Mac's 'do' at the Stisted Cafe



# Spindle – May 2012 – [cycleclubsudbury.com](http://cycleclubsudbury.com)

**This month's Guest Editorial is from.....  
Peter Whiteley**

**T**he recent action at the Melbourne Velodrome was exciting stuff and I hope you were able to see some or all of it. I had been busy with visitors and so wasn't able to watch the action until the Sunday nights resume which should have started at 23.00 on the Beeb. Exasperatingly it was preceded by golf from America that went on and on with no apology until nearly midnight so I wasn't in bed until one!

After that display of record breaking, this summer's Olympic competition promises to be gripping stuff.

I wonder which of our members will be the first to ride on the hallowed boards when the Stratford velodrome is handed over for public use?

After our Mad March Hilly, I got into conversation with one of our newer riders who is interested in effective weight training and the like for time trialling. That got me thinking.....

Certainly most of the riders passing me at the Newton/Hadleigh turning were using a lot of strength to push the customary high gears. Many of you will remember the dual between Lance Armstrong and Jan Ullrich on an Alpine climb in Le Tour. The latter was very strong and always pushed high gears, but when Armstrong in a lower gear accelerated past him he was unable to respond!

Is the answer to finding the cadence and style that suits you, is to frequently ride a standard training circuit and record the gears used and your times to see which averages out as the fastest?

Subtly modifying posture to reduce drag and improve performance is also a factor, and will also take time to perfect.

Getting the right length of cranks to suit leg and foot length must also be involved. Certainly I've been more effective riding 160mm cranks rather than my earlier 170 ones but then I'm not a time trialist.

*(I used the formula of: inside leg length x 0.2 = crank length.)*

The ultimate advice as many of you will remember from our late lamented coach Stan Nichols is "to start steadily and then ease off!"

And while you are hanging around waiting for your start, I hope the more experienced of you will share you experience and expertise with our newer members.

I hope you all have a rewarding time trialling season. P.W.

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## Cycling Fitness

Our recent presentation evening from Peake Fitness's Dan Coughlan has been followed up with an offer to run a cyclist specific exercise/circuit training class all as detailed in Daniel's letter below....

*"I would be keen to put on an exercise/circuits class cycling specific strength and conditioning. We would be able to hold it in the Club (at Stoke Golf Club) on a Saturday lunchtime or afternoon/evening. Alternatively we can hold it in our squash courts anytime(which would allow 10 people rather than 15+) If the interest is there, we could run it weekly in and out of season for £5 per person". D.C.*

I would imagine Saturdays during the season would be difficult for Open TT riders, but maybe week day evenings would be a better bet. Even more attractive would be out of season (winter) classes for riders. If anyone is remotely interested, I ([rushr23@aol.com](mailto:rushr23@aol.com)) can pass on your details to him. Could be just what a lot of you out there are looking for?

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**H**arold Raymond and Len Finch recently attended the Funeral of Gordon Richards at the West Suffolk Crematorium. Gordon was a Founder Member and the first Club Chairman (Len was treasurer) and was also the First Paying Member (Member No1).

In the tributes to him at the service, it was mentioned that he was a former Founder Member and Chairman of the CCS.

Gordon also organised the clubs first Reliability Trial that are still held every January.

## Diary Dates

*Sunday 6 May:* Radwinter: ECCA Festival 100 and 200k Audax rides.

*Saturday 19 May:* Manningtree: Asparagus and Strawberries Audax 400k ride.

*Saturday 26 May:* Long Melford: CCS audaxes: both new routes; Edmund's Folk Go Paddling 211k; an early summer outing to the pier at Harwich, then a loop around Bury St Edmunds. Edmund's Kingdom 105k; rides; a scenic loop round Bury St Edmunds.

*Saturday 2 June:* Great Dunmow: Fritchbikes 100 and 200k Audax rides.

### **BANK HOLIDAY MONDAY, 7 MAY: CRITERIUM RACES, IXWORTH**

West Suffolk Wheelers organised criterium races, around the centre of Ixworth, noon to 5pm; categories for all ages.

Ixworth is located 3 miles North of Bury St Edmunds on the A143 The course on a closed road circuit makes for fast exciting close racing offering spectators the opportunity to see close up many of the UK's finest riders battle out for top honours.

These races aimed at riders of all ages and abilities, are now established as East Anglia's premier day of circuit races. Held on Bank Holiday Monday May 7th, it has consistently produced fast exciting racing, close finishes with often the need for the photo to decide the places.

The course, an 800 metre approx circuit centred in the village of Ixworth is quite demanding and a good test of riders' abilities. Full course details and video is on their website.

Race winners will need to have good speed backed up by good bike handling skills and the will to be first over the line. This is very evident in the children's races, which often produces the most competitive races and the most enthusiastic crowd of spectators and Mums & Dads.

For the adults there is the new two race format which features an individual category race followed by an invitational race at the end of the day. These invitational races will be made up of race winners and E/1/2 riders in Race "A"; with other riders in to Race "B". These races are 40 to 50 minutes respectively plus 5 laps.

### **80 Not Out!**

The CCS Wednesday Ride group recently arranged a surprise 'birthday bash' for club member Mac McDermott, who celebrated his 80<sup>th</sup> that very day. A 'normal' Wednesday ride made its way to the cycle friendly cafe at Stisted with Mac amongst them and unaware that a lot of his old friends were laying in wait to greet him. With 19 CCS members and a good sprinkling of

Colchester Rovers making up the 35 who had taken over the cafe for the morning, Mac was presented with a case of wine to help him through the wet winter evenings!!

Mac began cycling in 1948, first joining North London CTC, and then the Century Road Club when he was 17 years old. He joined Colchester Rovers (of which he is a life member) in the



late 70's. He then joined us as a first claim member a few years back. He still rides Audaxes with yearly forays into France, and the account of his ride around France when he was merely 16 years old (*Spindle Nov 2010*) in 1948 shows what a pathfinder he was and he still continues to show us all a 'clean pair of pedals' up the hills! Thanks to Brian Mann for pulling it all together and getting 'everyone to the cafe on time'

### **APRIL 1st SHORTER SUNDAY CLUB RUN**

by Mark Gentry

Being a dodderly old git and not a very speedy bicyclist, I usually end up at the end, if you see what I mean. Well, what I really mean is, at the back. The young – and the not so young - fit and healthy riders who turn up for the club runs must think I'm a drag on their speediness, but I'm doing my best - honest. We set off OK, but after a while, I'm lagging behind, panting and trying to catch up. "I must get out more" and "I must start riding to work" and other platitudinous drivel pours from my mouth, between gasps. The main bunch disappears into the distance and then, after a few miles, I catch up with them and think "I must be getting into my stride at last" but then realise that they have been waiting for me at this junction for several minutes. Before I have time to catch my breath, let alone stop, off they go again, and as if a magic wand has been waved, go out of sight the next instant. (*Been there, had that done to me..Ed*)

I am very grateful that they are long suffering and don't boo and jeer or moan at me, but on Sunday April The First - perhaps a significant date – on the Shorter Club Run, I found out how they must feel. A new rider appeared at the Market Hill, and off we went, aiming for a very close refreshment stop, but taking a roundabout route. By the time we reached Henny, several hours later, the fit contingent, rightly decided to re-assess their route and changed their destination. We remnant continued on through Lamarsh, at such a speed on the upward slopes that it was difficult to remain upright. "Wobbling



madly” does not cover it. We stopped and dismounted in order to detach our bidons and have a drink before remounting and melting our brake blocks on the downhill crawls. Although it was not a really cold day, some of our number, were not used to the speed, and were becoming frostbitten, due to lack of exertion. Our arrival at the café was a welcome chance to speed up a bit - on the walk to the door.

The return journey, being much shorter, took about the same time as the outward leg, even though there were no bidon stops. When we arrived back in Sudbury, we observed that it was a pretty good ride. This was judged mainly on the fact that we didn't walk up any of the hills. There was mention of the feasibility of attempting a Longer Club Run the next week but as we had attained an average speed of just over nine miles per hour, we thought that the rate of a normal ride might be a bit more than would be comfortable. I did suggest Simon's ride to Orford but of course that was already in progress. May's Shorter Run might be possible though.

Probably won't see you all on the 6<sup>th</sup> May then!

Unless, of course, like me, you're escaping to the ECCA Festival audax from Radwinter.

## **My Audax year Nov 2010 to Oct 2011.**

*by David Fenn*

At the start of the Audax year in November 2010 I was part way through my attempt to complete at least two 200 km Audaxes per month for 12 consecutive months. My attempt started in March 2010 and was due to finish in February 2011 so I was hoping for good weather during the winter months. Unfortunately the 2010 / 2011 winter was the worst for some years making it necessary to constantly monitor the weather forecasts in order to pick a suitable day to ride.

Quite apart from the difficulty riding the long distances during the winter months there is the added problem of motivating oneself to climb out of a warm bed at 6.00 am knowing you have to spend 10 hours on the bike, this proved to be a major challenge for me. Fortunately at the same time I was attempting my double round the year Robin Weaver was attempting a single round the year so at least I had company on at least one of my long rides each month. The official Audax year starts in November and runs through to the end of October, 2011 was also the year of the 1200 km Paris-Brest-Paris which I had made my major target for the year. Entry to PBP is by qualification, the criteria being to complete a Super Randonneur series (at least one each of 200, 300, 400 and 600 km Audaxes) in the 2011 season prior to the end of June.

November 2010 was the start of the bad weather but I did manage to fit in two 200 km rides and one 100 km ride, so despite the weather I was still on course for my double round the year. The next three months December, January and February saw the weather conditions deteriorate and it became increasingly difficult to pick a suitable day to ride, however despite an unfortunate incident on sheet ice ( This ride was DNF ) I did manage to complete my double round the year at the 'Old Squit' in Norwich on 12<sup>th</sup> February 2011.

It was now time to concentrate on achieving the qualification rides for PBP, starting with two 200 km rides in March, followed by a one week non cycling holiday in Tenerife.

April was a big month with four 200 km and two 300 km rides completed through the month. The 300 km Cambridge Audax was a particularly enjoyable ride in the company of Steve Barnes. The ride took us from Cambridge out to Market Harborough then an undulating section directly into a stiff wind out into the Fens where the cross wind on the final leg made things difficult in the open sections on the return to Cambridge. Things were looking good I was fitter than I had been for many years. I knew it was necessary to keep my mileage up but I was also cautious about doing too much.

The exceptional summer weather continued through May and this month saw me complete four 200 km rides and the required 400 km qualification ride. The 400 km ride was progressing well until at about 330 km I had an unfortunate coming together with one of our nocturnal friends resulting in a badly strained wrist and fingers, the final 70 km was a slow and painful end to the ride, but at least I was still on course for my SR series.

June was the final month for achieving qualification for PBP; I only needed the 600 km ride to complete my qualification.

I started the month with a 200 km permanent this was to be followed 10 days later by the 600 km. I was still having problems holding the bars with my injured hand particularly on rough roads where the vibrations increased the discomfort. However along with Viv Marsh and Steve Barnes I started the Seething 600 at Norwich. The early miles passed quickly, my hand was sore but bearable, however as the distance increased so did the pain in my wrist and fingers, pain killers were having little effect so on our return to the event Headquarters at 300 km I



reluctantly bailed out having little appetite for a further 300 km of pain and tiredness. So I had failed in my attempt to gain entry to PBP. I also realised that all the Audaxes I had entered I had also ridden and completed, this was the first time I had failed to complete a ride. Both Viv and Steve completed the ride with Steve gaining Super Randonneur status for the first time.

At the end of June after a couple of weeks rest Steve and I rode the Windmill ride, this proved to be one of the hottest days of the year with temperatures in the high 80's. Both Steve and I suffered in the heat, at one stage with about 50 km to go being forced to sit under a tree for about 20 minutes to get some shade and get our core temperatures down.

During the months from July to October I completed a further six 200 km rides and two 100 km rides to finish the Audax year with 62 points, covering 6,899 km in 35 events.

Despite not achieving my target for the year it was still a very enjoyable season, bring on 2012.

### **Time Trial Reports**

**Open TT's**...With the new Time Trial season in full swing, there have already been some good performances from our CCS members. Simon Daw rode to an excellent 2<sup>nd</sup> place (and 1<sup>st</sup> Vet) in the recent 18 mile Maldon Hilly with a 47min 57sec time. Simon and James Rush then claimed 6<sup>th</sup> & 8<sup>th</sup> places in Stowmarket & DCC's 20 mile event at windy and cold Debenham. This made up for their proposed 2-Up event at Chelmsford which was abandoned before they reached the start due to an accident on the course.

Simon (48.03) was part of a CCS winning team, together with Jonathan Weatherley (50.15) & Damon Day (51.05), in the Haverhill Wheelers 20 mile Hilly, and was our first team prize for many years. The fast E2 course at Newmarket nearly saw the combined fastest team of three club record broken recently for a 25 mile time trial. Rob Davies (54.47), James Rush (55.42) and Damon Day (56.34), were only 53secs shy of the existing record, held by Scott Jones, Mark Jay and Graham White from 1993. At the same event, Stewart Kirk finally ducked under the hour for a 25 with an excellent 59.50 ride. Super Vet Len Finch was rightly pleased with his 1hr 12min 51sec after missing most of the previous season and riding his first 25 for nearly 2 years.

Simon Daw rounded off his good form with another 2<sup>nd</sup> place in the Elite CC 25 at Great Dunmow and was only 10 secs off the winner's time.

This last weekend's wet weather deluges saw off the 10 mile TT's on the E2 at Newmarket, and the B10/38 at Rougham and the 50 miler on the E7 at Gt.Bromley. A lot of wasted journeys and

disappointed CCS riders, but the conditions were very unsafe and the decisions correct.

*Haven't heard yet how our Audaxes from Woodham Mortimer fared this weekend in the rubbish weather.*

*Any offers of a report??*

**Evening Series TT's**...The CCS Evening Time Trial season started at last at Lavenham with the predicted rainy forecast probably keeping a few riders at home for the 1<sup>st</sup> event of the 20 week series. Fortunately, the rain never arrived and the conditions were favourable for some good times on the Lavenham 10 'Open' course.

James Rush was fastest back in 24mins 06secs, followed closely by Rob Davies (24.16) and Mat Shotbolt (24.36) The early leader of the Series is Darren Rule who gained 82 points from his 27.45 ride, followed by Brian Mann on 57 points (28.24) and George Hoppit on 32 points (26.07) Another of our super Vets, Terry Law had his first Evening TT ride after a 12 month enforced layoff from an accident and recorded an encouraging 33.02.

The 2<sup>nd</sup> week saw a continuation of the inclement weather during the day which again cleared up for the evening, although strong winds were still present when the riders set off. The first three places were identical to the previous week's results. James came back under 20mins making good use of the tail wind back to the finish to record a 19.57. Rob followed with a 20.24 and Mat with a 20.45 for 3<sup>rd</sup> spot. Darren Rule increased his Evening Points lead to 110 with a good 23.25 ride. Brian now shares 2<sup>nd</sup> place with James on 67pts apiece. George drops to 4<sup>th</sup> place with 42pts.

Star of the evening was probably young Jack Davies, who in his first ever time trial, returned an excellent 24.12 for 10<sup>th</sup> place. A great effort from the youngster who undoubtedly would have benefitted from dad Rob's vast experience and guidance!!!

### **Winter Training Schedule for Hardriders!**

*Below is a fascinating insight to a winter training schedule, a mere 54 years ago from Terry Laws records!*

*The training list shows they were serious roadmen in those days! His highest weekly mileage was 423 miles at the end of February (60 miles every day for a week!)*

**“When I was racing in my early 20's the season always started with a series of steady training rides (see 1958 list attached). After a month off in October the first rides were quite social up to Christmas culminating in a 90 mile ride to Flimwell, south of Tonbridge. The ride on Christmas morning for a drink at the Reindeer pub was followed on Boxing Day by a loosener**

ride to Bourne End near Hemel Hempstead in Hertfordshire.

Serious training started on the last Sunday in December. Gearing was restricted to a 64-66 inch freewheel and the club was quite strict in riders keeping to this size. Variable gears were used in February. As we only had one stop on the rides, food was carried in a bonk bag and eaten as we rode along. My favourites were bananas, monkey's ears (dried apricots) and jam sandwiches, no polythene then so the sandwiches were kept in a brown paper bag thus ensuring they were nice and crisp on the outside by the afternoon. Clothing was 'plus 2's' cycling trousers, or more likely just jeans. I recall we had

a period when we wore donkey jackets for the top half. I never owned tights until after I started cycling again when I retired. Rain capes were of the 'bell tent' type so as a result they weren't used very often! The final ride was to the West Country, Lyme Regis or Honiton, and naturally was for 2 or 3 days.

We started racing in March and in 1958 we rode the Acme RR from Little Waltham. This was a 72 mile race, a 24 mile circuit up to Braintree, across to Dunmow and back to Little Waltham. In case you think I have a good memory I have still got the BLRC race calendar for that year and the Acme RR is ticked".

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### 'Avenue Cycle Racing Club'

### Winter Runs List – 1958

Terry Law

Date	Destination	Approx Mileage	Meet	Notes
Nov 10 <sup>th</sup>	Rough Stuff	40 miles	10.00 Green Tiles Café	Gears below 64" fixed
Nov 17 <sup>th</sup>	Rough Stuff	40 miles	10.00 Woolwich Ferry	"
Nov 24 <sup>th</sup>	Rough Stuff	40 miles	10.00 Green Tiles Cafe	"
Dec 1 <sup>st</sup>	Maldon	54 miles	10.00 The Plough	"
Dec 8 <sup>th</sup>	Borough Green (Kent)	60 miles	10.00 Woolwich Ferry	"
Dec 15 <sup>th</sup>	Sudbury (Suffolk)	80 miles	9.30 The Plough	"
Dec 22 <sup>nd</sup>	Flimwell (Tonbridge)	90 miles	9.30 Woolwich Ferry	"
Dec 25 <sup>th</sup>	The Reindeer Pub	15 miles	11.00 Whalebone Lane	"
Dec 26 <sup>th</sup>	Bourne End (Bucks)	70 miles	9.30 Whalebone Lane	"
Dec 29 <sup>th</sup>	Charing (Ashford, Kent)	100 miles	9.30 Woolwich Ferry	"
Jan 5 <sup>th</sup>	Pembury (Tonbridge)	115 miles	9.00 Woolwich Ferry	"
Jan 12 <sup>th</sup>	Folkestone	125 miles	9.00 Woolwich Ferry	Gears 64-68" fixed or free
Jan 19 <sup>th</sup>	Petersfield	140 miles	8.30 Rory O'Briens bike shop	"
Jan 26 <sup>th</sup>	Hastings	134 miles	8.30 Woolwich Ferry	"
Feb 2 <sup>nd</sup>	Eastbourne	140 miles	8.30 Woolwich Ferry	"
Feb 9 <sup>th</sup>	Chichester	160 miles	8.30 Woolwich Ferry	Variable gears
Feb 16 <sup>th</sup>	Brighton & Hastings	160 miles	8.00 Woolwich Ferry	"
Feb 22 <sup>nd</sup> /23 <sup>rd</sup>	Lyme Regis (Dorset)	320 miles	7.30 Rory O'Briens bike shop	"
Mar 2 <sup>nd</sup>	First Road Race.			

Notes: The runs from Dec 29<sup>th</sup> onwards will have one stop, for lunch, only.

**Terry's Monthly Mileage for 1958:-** Jan-900 / Feb-1250 / March-1135 / April-689 / May-1275 / June-1260 / July-1088 / Aug-780 / Sept-690 / Oct-205 / Nov-395 / Dec-466.

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### All Nighter.....

Following on from Dave Fenn's earlier Audax report for last year, here's a very recent account of a 300km Audax ridden recently by Dave together with Steve Barnes; while most of us were (sensibly) tucked up in bed:-

"Steve and I rode the Green and Yellow Fields 300k Audax, starting at Manningtree at 1 minute past midnight Saturday morning. The route took us to Mildenhall, Burnham Deepdale, Wymondham, and Needham Market to finish at Manningtree. It was very cold plus we had some rain showers, one particularly heavy shower at

Long Melford, at the time I was thinking I'm 2 miles away from a warm dry bed and I still have 270km to go. Apart from these few showers the weather was surprisingly good. Steve was trying out some new Caffeine tablets in his drink and needless to say he was as high as a kite until about 25k to go when he started to come down from his high. Finished 4.15 pm Saturday, I was in bed by 6.00 pm Saturday and did not wake up until 7.00 am Sunday morning, we had gone at least 36 hours without sleep.....we must be mad. I calculated that riding my 65 inch fixed, my little legs did 59, 573 revs in the 305 km. D.F.

**Commemorative Blue Plaque.....**

Len Finch recently informed me of a 'Blue Plaque' that was erected earlier this year in Eaton Socon (Near St.Neots) which commemorates Cecil Paget, a cyclist with club connections and who also invented the waterproof cycling cape. He rode for the North Road Club in London and held many speed records. He also lived in Gt.Cornard a few years back and gave a trophy to the club for the fastest times in

the two Open 10's and the Open 25mile T.T's we used to run.

Sadly the trophy has gone missing, (still with the last recipient?) unless anyone out there knows different?

There can't be many Blue Plaques around that commemorate cyclist's deeds, but would like to imagine the likes of Hoy, Wiggins and Cavendish joining the list in the coming years.

## CCS - Thursday Evening Points Series – 2012 – Week 2

Name	Lav 10 (Open10 course) Apr19	Acton Apr 26th	B.E May 3rd	H.H. May10th	Lav 10 May17th	B.E. May24th	Lav 10 May31st	Acton Jun7th	H.H. Jun14th	Lav 10 Jun21st	Lav 10 Jn28th	POINTS After 2 Rounds
N.Baker												
S.Barnes												
G.Buckles	31.07	25.35										20
R.Bush		33.27										40
*C.Cowen		29.47										10
D.Crisp	28.15	23.36										20
J.Davies		24.12										10
R.Davies	24.16	20.24										20
S.Daw												
D.Day												
J.Downes	28.42											10
A.Dyson												
G.Hoppit	26.07	22.24										42
S.Kirk												
B.Law	34.09											10
T.Law	33.02											10
B.Mann	28.24	24.07										67
L.McKnight		29.49										10
*T.Moore		30.10										10
J.Newton												
T.Pillet		24.07										10
D.Pratt	27.03	22.58										28
D.Rule	27.45	23.25										110
J.Rush	24.06	19.57										67
A.Russell												
J.Shotbolt												
M.Shotbolt	24.36	20.45										20
J.Steed												30
P.Tatam												
M.Trayner												
J.Weatherley												
*M.Wilson	26.00											
S.Wright												
*Name = Guest or 2 <sup>nd</sup> claim member.      Highlighted = Fastest time of the day.												

**NOTE:** I would assume the Brent Eleigh course will be used this coming Thursday (3<sup>rd</sup> May) but I suppose there could **still** be traffic lights on the course, (hence the switch to Acton for week 2) so be prepared for the Lavenham 10 or Acton again to be used... (the Hitcham Hilly would also be affected by these traffic lights!) On the upside, there will eventually be a sprinkling of new smooth tarmac to play on when they complete the roadwork's!

## ***C.C.S. Riders - Open T.T. Results - April 2012***

Date	Event	Course	Name	Dist	Time	Notes
April 8th	Haverhill Whlrs Hilly - Rudy Project Rnd 2	BS5R	S.Daw	20	48.03	14th(1st team)
April 8th	Haverhill Whlrs Hilly - Rudy Project Rnd 2	BS5R	J.Weatherley	20	50.15	20th(1st team)
April 8th	Haverhill Whlrs Hilly - Rudy Project Rnd 2	BS5R	D.Day	20	51.05	23rd(1st team)
April 8th	Haverhill Whlrs Hilly - Rudy Project Rnd 2	BS5R	S.Kirk	20	55.35	40th
April 8th	Haverhill Whlrs Hilly - Rudy Project Rnd 2	BS5R	B.Lee	20	01.02.39	43rd
April 14th	Lea Valley C.C. 25 - Newmarket	E2/25	R.Davies	25	54.49	
April 14th	Lea Valley C.C. 25 - Newmarket	E2/25	J.Rush	25	55.42	
April 14th	Lea Valley C.C. 25 - Newmarket	E2/25	D.Day	25	56.34	
April 14th	Lea Valley C.C. 25 - Newmarket	E2/25	S.Kirk	25	59.50	
April 14th	Lea Valley C.C. 25 - Newmarket	E2/25	L.Finch	25	01.12.51	
April 14th	Elite CC - SPOCO SE - Gt.Dunmow	E91/10	J.Weatherley	10	24.09	9th
April 14th	Elite CC - SPOCO SE - Gt.Dunmow	E91/10	B.Law	10	33.11	45th
April 14th	Elite CC - SPOCO SE - Gt.Dunmow	E91/10	T.Law	10	33.57	47th
April 15th	Elite CC 25 - Gt.Dunmow	E91/25	S.Daw	25	59.24	2nd
April 21st	Cambridge Univ CC - Newmarket	E33/10A	T.Law	10	31.58	
April 21st	Cambridge Univ CC - Newmarket	E33/10A	B.Law	10	32.49	
April 21st	St.Ives CC - Sawtry	N1/10	S.Daw	10	23.22	29th
April 21st	St.Ives CC - Sawtry	N1/10	J.Weatherley	10	24.22	43rd
April 22nd	Velo Club Norwich - Attleborough	B25/4	J.Rush	25	58.25	16th
April 22nd	Velo Club Norwich - Attleborough	B25/4	D.Day	25	01.00.25	35th