

The Spindle. NOVEMBER 2019. cycleclubsudbury.com

Another full and varied edition which I did not expect to have as it's just 3 weeks since the last one as I need to send this one out early to fit in with my other commitments that don't involve Spindle for once!

There is a lot of reporting on 'winners' further down and we all know that '*winnerz meanz prizes!*' The main emphasis is our end of season Awards Presentation and Dinner which will soon be upon us and will see many of you out there get your medals/cups/shields for endeavours beyond what the ordinary and everyday youth/ man/woman/OAP in the street could never aspire to. Yes, you are a special breed and don't let anyone say different, even those who holler at you from inside their little tin boxes as they smugly drive by..... too closely as usual!

As all of the competitions are now finished, be it the 10 or 100mile Time Trial, the Hill Climb which was another success for Dan and CCS, especially the new HQ venue, the 100 or 1220km Audaxes, Best All Rounder's and SPOCO's all of which have their followers and all have their winners and almost winners. It's all recorded down in this edition. Some riders know they are in for prizes, some will be surprised when they see their name listed and some are still secret until they are revealed on Presentation Evening....Even I don't know, so don't ask!

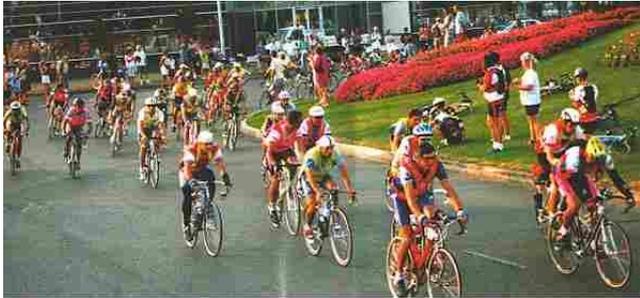
Also included below are some accounts of endurance cycling feats from Raymond and Jane, a full record of our Hill Climb, a newbie to duathlon's tries his first event, checkout a different type of tandem which is debuted on a club run plus all the *usuals* including loads of photo's!

So, I'm sorry to thrust another Spindle onto your screens so soon after the last one but I have to admit this one is one of my better ones and I don't feel so bad....

Rog

“Back for More.....” *By Raymond Cheung*

It is 19:00 hours Sunday evening 18th August and I pedal across the start line alongside my companions Steve and Dean in the “M” group on the 1220km quest. Biking solely under human power from Rambouillet, Paris to Brest and back again within 90 hours. Among the other 6500 other worldwide participants, we will be sharing the same roads, emotions and challenges.



With a westerly nagging headwind to negotiate all the way to Brest, maintaining a steady pace without over exertion is going to need discipline with time management for the next 14 controls. At each of the controls it is mandatory to have your card stamped by an official. In order to minimise ‘time wastage’ a balance between eating, comfort break and sleeping requires sound judgement especially for full value riders.

Sadly Steve had to drop back on the stage to Loudeac at 445km, leaving Dean and I to continue the journey as a duo. At Brest after 39 hours, it was time to recapture some sleep and look forward to the return with the tailwind. How the Gods laughed and frustratingly the headwind changed to an easterly direction. Without a decent sleep, mental fatigue was setting in rapidly, I found myself drifting both asleep and from the road; onto the grass verge and plunging into a ditch. Ouch. Amusingly, I found it quite a challenge to pick myself back up, whilst still being clipped in on both pedals but lying horizontally. A lucky escape as the drainage trench happened to be dry and shallow.



After 88hours and 30 minutes on Thursday morning, I managed to finally return back to Rambouillet, tired, relieved and content. Overall I enjoyed the experience more this time around with less anxiety and stress. I would heartily recommend other club members to consider participating in this spectacular event in 2023, to finish within 90, 84 or 80 hours. If this does not sound challenging enough, perhaps trying to better the time of 44 hours (achieved by a German rider pedalling a Velomobile this time) may appeal.



Recovering with an evening meal after the event.



My first Duathlon *by David Miller*

Could I run 5K (3.1Miles) yes, Could I cycle 25k (15.75miles) yes, that was my thought when I received notification from West Suffolk Wheelers of their Saxon Duathlon run -bike -run on 29th September. So, I paid my £35.00 entry fee, Maggie my wife said ok but let me know where the life insurance policy is My youngest Son Eddie had also entered.

I had started Running with Hadleigh Hares Running and Tri club September 2018 in an effort to keep up fitness during winter months (I can't do sitting on the turbo in the garage) and train with them on Monday

evenings and have also started doing 5k park runs in Ipswich.

My 5k times on the roads were just over 30mins but my park run times were 2 /3 mins longer so I needed to get some additional training. I stopped going with the Wednesday CCS group on Wednesdays so I could use the Wednesday as an additional training day.

I found a 25k loop from my house that started straight up Station Road Hill out of Hadleigh, (good for the legs I told myself) I already had a 5k road loop that we run with Hadleigh Hares so I was good to go. I understood that the transition from the bike leg to the final 5k run was always difficult as the legs go *Wobbly*. So, my first additional training was 25k bike then 5k run; not so bad I thought, times were acceptable! Next was 5k run then 25k bike that's when the Station Road Hill came into the equation after the run, Heart rate went up into the red!

Final bit of training was 1.6K run - 25k bike - 5k run.

Within the week before the event, I just had a couple of 1.6 Runs to keep the legs loose.

Day of the event, up at 06-00 light breakfast (it's raining) but I am committed, drive to West Stow Country Park (I had already driven there a couple of weeks before to go over the bike route and look at the running terrain), meet up with my son from Ely; sign on and get race numbers. Guys were there with team GB kit on and warming up at the speed of Mo Farah!! + quite a few of Tri Sudbury members and talking to Murray Baker some of them had never done a Duathlon before either, which made me feel better.

Race briefing and advised of standing water and a change to the bike lap sequence, lap 2 then the shorter lap 1 which did make more sense. Everybody advised dropping litter would incur time penalties and crossing white lines at turns, or traffic infringements immediate disqualification



On the start line 08-45 set the Garmin and started the run in the rain soon found myself at the back but keeping up for the first 3.5k but found the terrain quite hard, with rough ground and running across a slope at some points, needed a short couple of walks so lost some time and was about a minute last in Transition. Change shoes, had an energy gel, helmet on the rack bike, run to the mount line and get peddling.

Managed to overtake 4 lady competitors en route! Traffic was light so made good time did not push too hard as I still had another 5K to run, off the bike at the end was when the legs would not work. One of the officials from Tri GB said it will be ok after 5mins running. Back into transition rack the bike helmet off in that order change shoes (no elastic laces for me) (forget to reset my Garmin) set off on the final run with

wobbly legs and soon settled in to a reasonable rhythm. After about 1.6k looked at my pace and realised I had not reset the Garmin so just pressed start again and hoped for the best needed a few short walks but managed to finish running, placed 35 out of 40 starters not last though with a time of 2hours 14mins 53 seconds. Hope to improve next time.

The guy that won did it in 1hour 15mins 49secs and was through the first 5k run in 15mins!

PRESENTATION OF AWARDS

CCS Club Trophy Winners - 2019 Season

Veterans Best All Rounder	Gold	John Bradbury +16m 42secs
Av.on Standard 10, 25 & 50 miles	Silver	Leon West +15m 03secs
	Bronze	James Rush +10m 14secs
	Gold	John Bradbury 27.12mph
B.A.R. 25, 50 & 100 miles (Av speed over 3 distances)		John Bradbury 03.46.26
100 mile Open TT Shield		John Bradbury 01.48.36
50 mile Open TT Cup		Leon West 50.17
25 mile Open TT Cup		Sue Triplow 59.23
Ladies 25 mile Open TT Bowl		
Audax Trophy	Gold	Raymond Cheung 10,853kms
	Silver	Jane Watson 5,489kms
	Bronze	Ian Lovelock 4,164kms
Club SPOCO Trophy	Gold	David Fenn 2375pts
	Silver	John Bradbury 1,855pts
	Bronze	Caroline Wyke 927pts
Hillclimb Champion - Men	Gold	Lee Ford 49.0s
	Silver	Leon West 57.1s
	Bronze	James Rush 58.1s
Hillclimb Champion - Ladies	Gold	-
Hillclimb Champ Juv Female	Gold	-
Hillclimb Champ Juvenile Male	Gold	Oscar Keep 1m 06.6s
Hillclimb Champ Junior Female	Gold	-
Hill climb Champ Junior Male	Gold	Charlie Heeks 1m.03.5s
Club 10 mile T.T. Champion	Gold	Damon Day 22.43
	Silver	James Rush 23.03
	Bronze	Doz Bree 23.31
Club 10 mile TT Ladies Champ.	Gold	Angela Lesslie 28.00
Club 10 mile TT Vets Champ. (on Standard)	Gold	Damon Day +4.16
	Silver	James Rush +3.06
	Bronze	Doz Bree +2.56
Club 10 mile TT Champion (on Handicap)	Gold	Charlie Heeks
	Silver	Angela Lesslie
	Bronze	Oscar Keep
Club Evening Points Series	Gold	Charlie Heeks 942pts
	Silver	Oscar Keep 668pts
	Bronze	Caroline Wyke 505pts
Club Evening Pts Series B.A.R. (3 courses only - no HH)	Gold	Leon West 56m 36s
	Silver	Damon Day 59m 10s
	Bronze	James Rush 61m 21s
Clubman of the Year		?
Rider of the Year		?
Junior Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?

Alongside shows the Trophy and Medal winners for this year which will be presented at our club dinner on the 16th November at The Bull in Long Melford.

It highlights what a great season both John and Leon had between them in the senior awards with John impressively winning both BAR events and, the 100 mile and 50 mile Open TT cups. Leon won the Open 25 mile cup and the season long Evening Series BAR championship which included breaking all 3 course records in the process! Damon finally and deservedly won the prestigious club 10 mile championship, Lee cleaned up the Hill Climb event again by a good margin, Raymond was back in the Audax saddle again this year to dominate the Audax Cup by a monstrous margin and finally a new name on the SPOCO Trophy went to David Fenn after a phenomenal 34 events ridden this year to clinch it from John!

The Ladies club 10 mile Champion went to the ever consistent Angela Lesslie + silver in the club 10 handicap. New member Sue Triplow won the 25 mile Open Bowl in her first impressive full season with us.

Although not an outright winner, Jane Watson picked up a deserved silver medal with some very good distances ridden in the Audax competition. Two bronze medals went to Caroline in the SPOCO comp and the Evening points Series which complimented her season's endeavours.

Finally the youth section was served well by Charlie, who won an unprecedented 3 Gold medals with the highlight being his domination in the Evening points Series and Oscar who won 3 medals, one of each colour with his gold one coming in the Hill Climb! Well done to all of them!.....Rog.

CCS Hill Climb Report

Official Press Report by Ken Watkins

Cow bells and whistles provided the background to Matt Day (Orwell Velo) taking the individual honours in the Cycle Club Sudbury Falling Leaves Hill Climb at Semer on Sunday, narrowly beating club mate Stephen Clark, with Lee Ford from the host club taking third place.



Lee Ford

Day's time, 46.3 seconds for the 500 yard Watson's Hill course, was well outside the record of 39.9 seconds set by Calum Brown (B28/Underpin Racing) in 2017. Clark finished in 46.9, with Ford 2.1 seconds further back. Kirstin Hamilton (Plomesgate CC) was the fastest Lady on 59.6 for 28th place. Becky Ridge, from Hadleigh-based TPH Racing, was second Lady on 1.00.7, in 29th, with Becky Hair (Histon & Impington BC) third Lady 0.1 seconds behind in 30th place.

Samantha Segger (Boxford Bike Club) still holds the

Ladies record, 54.7 seconds, set in 2015.

Hadleigh-based TPH Racing, going for a hat-trick of team titles, finished in third place, Orwell Velo taking the honours with first, second and 16th places for an overall time of 1.46.3.

Arthur Hitchen (Ipswich CC) was the fastest junior in 49.6 for sixth place, with Oscar Keep (CC Sudbury) fastest juvenile in 1.06.6 for 35th place.

The initial entry of 63, was reduced to 53, with ten riders not starting.

CC Sudbury: Lee Ford (pic left) **49.0** 3rd O/A & CCS Hill climb Champion. Leon West **57.1** 24th, James Rush **58.1** 26th, Charlie Heeks (5th junior) **1.03.5** 32nd, Rob Davies **1.6.4** 34th Oscar Keep (1st juvenile, 6th junior) **1.06.6** 35th, Ian White **1.20.2** 43rd

TPH Racing: Adam Chamberlin 49.9 7th, Ryan Gooderham (2nd= junior) 50.6 8th=, Rob Bate 54.1 20th, Stuart Wetherley 55.1 21st, Andrew Keedle 55.6 22nd,

Becky Ridge (2nd lady) 1.00.7 29th, Alex Cutmore (8th juvenile) 1.11.9 38th. TRISudbury: Shan Bendall (5th lady) 1.13.8 39th.



Charlie Heeks - CCS Junior Hill Climb Champion & 32nd O/A

Organiser Dan Upton was delighted with how this year's culmination of the racing season went, with Hollow Trees Farm providing the venue for the refreshments and presentations for the first time.

"We are normally at Semer Village Hall but we have outgrown that as it has got bigger and bigger every year" he said. "We had around 200 people lining the roads so it was like a mini Tour de France with bells and whistles and everyone cheering the riders on."

He added his thanks to Hollow Trees Farm and sponsors Eisberg, The Cycle Clinic and Robins Row insurance.



Oscar Keep – O/A Juvenile Hill climb Champion & 35th O/A

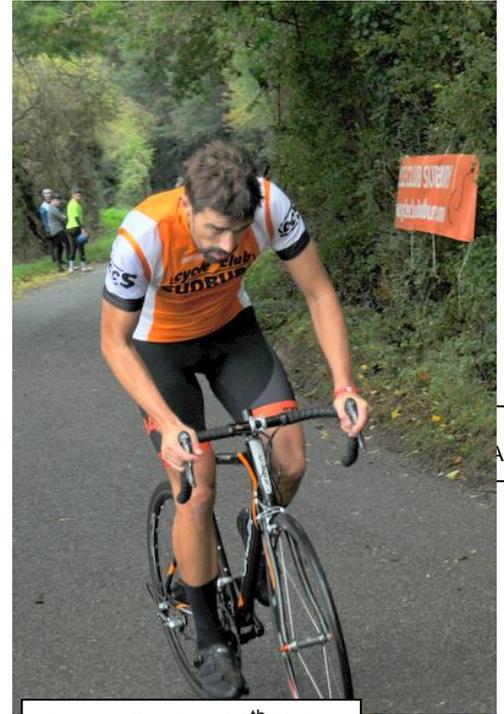
CCS Hill Climb Gallery



Leon West – 24th O/A



Rob Davies – 34th O/A



James Rush – 26th O/A



Ian White – 43rd O/A



Oscar on the top step!



Charlie after the finish!



Oscar sprints to the top!



Lee wondering which one to open first?



Do they really make bikes and riders that small?



Cycling around Cheshire in Circles

(with forays into Staffordshire, Shropshire and North Wales) by Jane Watson

I've just returned from a mini-audax holiday, brilliant weather for September, four rides completed plus a couple of 'pleasure' rides, so about 600km of riding.

Mammas Mountain Views 130km

Woke up in my tent to a beautiful sunny day but by the time I had reached the start control cafe in Tattenhall Cheshire, it was cloudy, one cup of tea later it was drizzling, as soon as we reached Wales it cleared up

with views of hills in the distance. No welcome to Wales signs on the tiny back roads but all the signs were in Welsh (and English) and *Araf* was written on the roads, so knew we had left England!!

The clouds descended, the hills went up.....a few glimpses of beautiful views but never for long. The nearly 2000 metres of climbing were mostly in the middle section of the ride.

The climb from Llangollen seemed to go on for miles, used the old road to get to the top of the Horseshoe Pass. Even with thick cloud there were a lot of motorcycles at the cafe. Once we descended the weather improved for the ride back. A very friendly and fun event!

then the next day.....



Old Horseshoe Pass

Radway Populaire 117km Permanent Ride

Woke up to thick cloud that soon cleared to a very good cycling weather day, no wind, not too warm. I probably ended up doing at least an extra 10km due to 2 silly wrong turns. Great to be cycling on new roads!

On permanent rides you have to collect receipts to proof you have visited all the controls, that always seems to take extra time but I still finished with plenty of time to spare (but not as much as usual)



Chirk Castle

Highlights were seeing the Salt Mines at Wilmslow, cycling through Tatton Park Estate, Knutsford on very smooth traffic free roads and seeing a herd of deer with huge antlers, cycling through 2 tunnels under Manchester Airports runways (doesn't take much to amuse me on a long ride). Also cycling through the grounds of Davenport Hall but that was a gravelly bridleway, so pretty but hard work.

and the day after next.....

Audlem Century 166km Permanent Ride

A reminder that summer is almost over, started cycling 7.15am , it was very cold, fingerless mitts were not enough but all I had with me. Pulled my buff over my nose and cycled quickly to keep warm. By 8.30am it was a lovely day. Lots of lovely country side, saw lots of cows. Many of the farms were supplying milk to Muller whose factory is at Market Drayton.

couple of rest days and driving to a campsite near Husbands Bosworth to do.....

Welland Wonder 116km

An absolutely amazing ride, friendly local cyclists, bacon cobs, and malteasers at the first pub control (well as a veggie I had a tomato ketchup cob).

The ride was on very smooth, very quiet roads in Leicestershire and Northamptonshire. Quite undulating (over 1000 metres of climbing) but all the down hills were on smooth roads with no gravel so some very fast descents ☺ The sun shone all day, possibly the last ride in shorts and no jacket/windproof for a while.

Might go back and do one of the longer rides next year.

Open Time Trials Results

<i>C.C.S. Riders - Open T.T. Results - October 2019</i>						
<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Oct 5th	Norwich ABC - Bungay - SPOCO	B10/43	J.Bradbury	10	21.49	6th
Oct 5th	Norwich ABC - Bungay - SPOCO	B10/43	D.Fenn	10	27.40	51st
Oct 5th	Norwich ABC - Bungay - SPOCO	B10/43	B.Bush	10	37.03	62nd
Oct 5th	Norwich ABC - Bungay - SPOCO	B10/43	T.Law	10	37.39	63rd
Oct 26th	?	E2/25	?	?	?	

Individual Riders* Best Open TT Times during 2019 Season						
DISTANCE	10mile Open TT	25mile Open TT	30mile Open TT	50mile Open TT	100mile Open TT	No of Rides
NAME						
John Bradbury	21.33	52.42 PB	1.03.26 PB	1.48.36 PB	3.46.26 PB CR	22
Bob Bush	33.06					3
Damon Day	20.27	53.39				6
Rob Davies	21.15	55.48				3
David Fenn	26.15	1.09.11		2.34.40		34
Steve Hitchcock		1.05.09				2
Gary Johnson	21.18	57.51 PB				12
Stewart Kirk			1.15.15			2
Terry Law	34.28					10
James Rush	21.22	55.47	1.08.00	02.04.20		15
Sue Triplow	22.52	59.51				15
Leon West	19.31 PB CR	50.17	1.00.44 PB CR	1.53.00		15
Caroline Wyke	34.33 PB	1.31.17 PB				13
<i>* For riders who have ridden 2 Open TT's or more - PB = New Personal Best Time CR = New Club Record</i>						

Our new tandem —

By Pat and Peter Harvey



My wife and I have been riding a tandem very happily for the last six years but unfortunately a fall last year meant that Pat was experiencing pain when riding relative short distances: a re-think was necessary and the easiest option was to try a half recumbent tandem to see if that would work for us. A trip to JD Tandems in Yorkshire was arranged, a fair amount of on-line research beforehand made us think again, perhaps an electric assist half recumbent would be better. This would be a major purchase for us, most likely the last tandem we would buy so it had to be right.

So earlier this year we arrived at JD Tandems and

after a solo practice ride we set off on a Hase Pino Steps half recumbent tandem, a rather strange unconventional cycle totally different to anything we had ridden before. After a few wobbles we got the hang of it and certainly enjoyed the ease with which we rode up the steep Yorkshire hills. We had the tandem for two days and we were convinced that this was the bike for us, no more discomfort for Pat, and we liked the fact that we were able to cover longer distances over far more hilly countryside than we are used to, and still feel fresh and ready for more.

The Pino is undoubtedly an odd-looking cycle, it attracts much attention and not a few comments, but for us it ticked all the boxes, and we are very glad we opted for the electric assist version. The

Pino with its low centre of gravity is a very stable ride especially at low speed in heavy traffic. As we cycle camp, we elected to have lower gear ratios to assist us when fully laden (not yet tried). Another benefit is that the frame splits so we are able to transport it on our car tow-ball bike rack so we can go for day rides farther afield. We are having a great deal of enjoyment on our new tandem, having the electric assist will



open up more areas of the country for us to ride in as tandems generally are hard work on the uphill's although you descend at speed. We can hardly wait for next spring to be off on our travels.

The technical bits:

Manufacture	Hase Bikes, Germany.
Description	Hase Pino Steps half recumbent cycle, aluminium frame which can be split into two sections to ease transport, independent freewheeling system so the stoker (front rider) can freewheel whilst the captain (rear rider) is pedalling.
Motor	Shimano Steps E6100 with 500Wh battery.
Front Suspension	Spinner, Grind 20 inch.
Front derailleur	N/A
Rear derailleur	Shimano Deore XT, 11-speed, operated by Shimano micro-shift bar-end shifters.
Chain set (front rider)	38 to 38 tooth chain-rings with 165mm crank-arms
Chain set (rear rider)	38 tooth chain-ring with 170mm crank-arms
Cassette rear	Shimano 11 speed 11/46tooth.
Wheels	Front 20 inch, rear 26 inch.
Tires	Schwalbe Marathon front & rear.
Brakes (front & rear)	Shimano XT trekking hydraulic disc.
Accessories	Rear rack 25kg loading, lowrider front rack 25kg loading, fold down stand front & rear, SKS fenders, B+M LED lighting system front & rear operated by motor battery,



CCS ANNUAL DINNER AND AWARDS EVENING

Saturday 16 November, Bull Hotel, Long Melford; 7pm for 7.30pm. Full details in the October Spindle available via the CCS website – menu choices, order form etc.

CCS ANNUAL GENERAL MEETING

Thursday 28 November, Stevenson Centre, off Broom Street, Great Cornard; 7.30pm.
If there are any matters or concerns that you think should be raised at the AGM, please contact any committee member (see back of Handbook) by 21 November, or earlier if 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/>. Anyone can enter these events. Note the four 100k rides from Kelvedon or Witham – ideal for keeping the winter wheels turning.

Sat 2 November; Witham; 100k

Sun 24 November; Carlton Colville, 100k

Saturday 7 December; Witham; 100k

Sunday 22 December; Gt Bromley; 200k

Saturday 18 January; Kelvedon; 100k

Saturday 1 February; Witham; 100k

CYCLOCROSS and OFF ROAD

Sunday 1 December; Hillyfields, Colchester; cyclocross

Sunday 5 January; Haughley Park; cyclocross

Sunday 16 February; Maglia Rosso; off road sportive

CCS SPOCO COMPETITION SUMMARY



The long season finally finishes and with a worthy winner in David Fenn. (Pic left) He rode a mammoth 28 Spoco events to secure the title from last year's winner John who rode 16 events. As I have mentioned before, he had to work extra hard to make up for John's

very high scoring points results throughout the season, hence his high number of events he entered!

John was rewarded with 2nd place overall in the SPOCO East competition and 1st Vet for his efforts with David 13thO/A and winning the Super Vet category.

(NOTE: If we had had one more CCS rider registered in the competition who scored 482+ points, we would have won the team competition as well...hmmm!)

Below 1st & 2nd saw Caroline pip James for 3rd spot after bad weather scuppered his last ride of the season on the way to the start HQ where he had hoped to overtake Caroline to take the last podium position! Cest la vie! Rog

CC SUDBURY SPOCO LEAGUE TABLE 2019

POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	28	2375
2	John Bradbury	16	1855
3	Caroline Wyke	12	927
4	James Rush	8	841
5	Leon West	4	466
6	Gary Johnson	3	299
7	Terry Law	3	223
8	Damon Day	1	110
9	Chris Steward	1	109
10	Dan Upton	1	102
11	John Bonnyhood	1	100
12	Graham Buckles	1	96
13	Sarah Johnson	1	92
14	Susan Triplow	1	85
15	Ian Millard	1	69
16	Bob Bush	1	59

Audax Update October 2019. Final Positions at 18th October 2019

Name	Points	Total Distance km	CCS Audax Trophy	100	150 km	200	300	400	600	1000 km	Climbing Metres
Raymond Cheung	102	10,853	1st	4	1	20	4	4	2	1+PB	52,518 + PBP
Jane Watson	22	5,489	2nd	20	7	11	-	-	-	-	25,120
Ian Lovelock	32	4,164	3rd	10	-	5	2	1	2	-	26,241
Andrew Hoppit	25	3,492	4th	9	-	9	1	1	-	-	20,800
Mick Bates	8	1,820	5th	5	3	4	-	-	-	-	9,117
Tony Grimes	12	1,699	6th	3	1	6	-	-	-	-	7,267
Steve Barnes	10	1,605	7th	4	1	5	-	-	-	-	6,917
Byron Grimes	12	1,597	8th	2	1	6	-	-	-	-	6,367
Tracey Lovelock	4	1,297	9th	8	1	2	-	-	-	-	6,817
Viv Marsh	4	734	10th	3	-	2	-	-	-	-	2,400
Robin Weaver	2	730	11th	5	-	1	-	-	-	-	4,546
Brian Mann	2	625	12th	4	-	1	-	-	-	-	4,350
Andy Rogers	2	209	13th	-	-	1	-	-	-	-	1,200
Ashton Dyson	-	168	=14th	-	1	-	-	-	-	-	867
Liam Norfolk	-	168	=14th	-	1	-	-	-	-	-	867
Geoff Simms	-	168	=14th	-	1	-	-	-	-	-	867
Sarah Johnson	-	168	=14th	-	1	-	-	-	-	-	?
Mark Swift	-	168	=14th	-	1	-	-	-	-	-	?
Liam Norfolk	-	168	=14th	-	1	-	-	-	-	-	?
Don Keen	-	106	=15th	1	-	-	-	-	-	-	700
Nick Reed	-	106	=15th	1	-	-	-	-	-	-	700
Trevor Hale	-	106	=15th	1	-	-	-	-	-	-	700
Oscar Keep	-	104	=16th	1	-	-	-	-	-	-	700
James Rush	-	104	=16th	1	-	-	-	-	-	-	700

Audax End of Season Report *by David Fenn*

The 2018/2019 Audax season finished on 30th September, with a total of 24 CCS riders taking part in events both locally and up and down the country.

It was also Paris-Brest-Paris year with Raymond completing all the qualifying rides (1 each 200k, 300k, 400k and 600k) then going on to complete the 1200 km PBP in just a little over 88 hours, a really fantastic feat of endurance to overcome sleep deprivation and the prevailing weather conditions.

With Raymond stacking up the kilometres it was always going to be an uphill struggle (no pun intended) for anyone to challenge him for top spot in the club Audax competition. During the final 4-6 weeks of the competition there was a flurry of activity from Jane, Ian and Andrew challenging for the minor placings with Jane eventually riding into 2nd place and Ian into 3rd.

The top 6 CCS point scoring riders combined their points for a total of 193 points to finish 25th in the Audax UK club points table from a total of 386 clubs listed.

Audaxing gives riders the opportunity to experience riding in different locations with a variety of terrains to overcome it is not necessarily about competition so well done to all our riders who completed their rides, perhaps for the challenge or just for the enjoyment of riding their bikes and keeping fit.

Club Run Coordinators report. by Martin North

Rain stops play!



Steve Barnes (right in pic) led the medium pace run to Huffers in Hadleigh on the first Sunday in September with Dave Laker leading the social pace group to the same venue. A well supported ride with quick service at the cafe and a suitably hilly route! Tony Shepherd took the medium pace group to the recently revamped and reopened cafe at the fishing lake at Onehouse to be joined shortly after by the social group. Enjoyable setting and the cafe looks very smart serving good food. The service however was very slow; clearly they're still sorting out their systems. The ride leader drew the group's attention to points of interest on the way especially some new memorials to American airmen from WW2.

Mark Swift (left in pic) took a good size group to Cafe Como after a devious route went West of Sudbury at the start of the ride. Mark, Cafe Como is North East of Sudbury!

Mike Garnham arranged for Teapots cafe in Woolpit to open specially for the ride he led, this is a venue we've not used for quite some while on a Sunday ride but Mike reports it was very enjoyable. The last ride of September was cancelled because of adverse weather conditions. The first ride in October was also cancelled because of very heavy rain and some local flooding. No ride was planned for the 13 October so members could support the excellently organised Hill Climb event. As winter progresses we'll try to give an early warning if a ride is likely to be cancelled because of bad weather via Mark's weekly email about the Sunday Club Run.

Ride leaders are arranged for the rest of October and planning is taking place for ride leads for November and December. Numbers taking part on the rides vary but eight to ten for each group seems to be the norm. The club run coordinator's first aid kit now contains antihistamine, just in case of a repeat of Lindsey's experience.

A seasonal thought; In the club handbook it mentions mudguards are optional, but lack of mudguards could make you unpopular on a rainy day!

Learn something new every ride - Viv Marsh was surprised to see me unscrewing the adjuster on my brakes to allow clearance to remove the wheel after a puncture. He just pressed a little button on my Campag hoods to release the brake setting and let the wheel out. I've only had the bike two years. No comment!

Martin

Well done Martin for organising the Sunday Runs and for getting all of your Ride Leaders organised, not forgetting Mark who tells us what's going on and to where, in his own flamboyant style.

(PS. Martin....just get an official picture taker on each ride and you're all sorted!!) Rog