



The Spindle NOVEMBER 2016 cycleclubsudbury.com

Finally, our season of organised events has come to an end with just the Dinner and Awards night to finish off a busy year.

You will see further on, a list of all the club's cup and medal winners with a few new names in the mix which is always nice.

A quick scan of that list shows up some herculean efforts by our members with Raymond Cheung catching the eye with his Audax Cup winning distance of 11,681kms in just Audax events alone making him a worthy winner.

Damon Day scooped 4 trophies and a 25 TT club record & 25 Team record after a brilliant TT season and is someone who is always willing to help and guide his fellow riders with his vast experience and knowledge.

Relative newcomer Mandy Bunn has excelled this year by setting 2 new TT records in the ladies category for 10 & 25miles. Another newish member Leon West has also come up to the mark this season winning 3 trophies and looks to be the rider for others to emulate with some storming rides. James Rush has the unenviable record of 'winning' 4 silver medals for 4 x 2nd places this year, with 2 of them being by 1sec and 1 point! (Must try harder in the last mile and eat less cake, methinks!) Pleasingly, it's nice to see the likes of John Bradbury, Simon Norton, Ian Millard, Justin Bellward, Dan Upton, youngsters Byron Grimes and Oscar Keep, and newcomers Mike Bampton and Wayne Mumford also picking up awards.

Very well done to them all and I look forward to watching their progress next year.

The Hill Climb event went off smoothly and was very well received by competitors and spectators alike judging by the comments from them all. A lot of members from the club pulled together to ensure organiser David Fenn had very few headaches during the morning and completed our season on a high. A very big well done to everybody concerned and a report is included further on.

This edition of Spindle has a lot of interesting (you decide?) stuff including the usual reports + the seasons TT round-up from Ray Norshire which is always eagerly anticipated by his' targets' - the TT fraternity. James Newton provides the Rider Profile this month and it's a change to have someone giving the road racing perspective as he's one of the few from the club who competes in CCS colours. Dan Upton writes of his and his bikey chums experiences at T of B final stage in London. A great read!

The juniors have been busy enjoying themselves doing some off-road biking at the Maglia Rossa circuit this month and hope to make it a frequent event. Photo's and details further on.

I still think of us as a small (in terms of membership) club, but with so many new bike clubs springing up around us, it's probably not the case anymore. But what makes us stand out from the other similarly sized bike clubs (new and old) is the sheer amount of events we put on each year which I think is a great credit to everyone involved. Yes, we still have to cajole and harass you folk out there for help most months but without exception, you always come up with the goodies.

Thank you, well done and keep giving!!

Rog
SR75

CCS Junior's

by Chris Sampson



Earlier in October, 12 of the junior's headed over to Maglia Rosso in Hawstead, to test their skills on the off-road course behind the café. Designed primarily for Cyclo-cross, the



one mile course provided some great obstacles for the kids to practice on including; manmade berms, log barriers, mini drops offs, sand pit etc.

It was great to get the kids (and coaches) onto something a bit more challenging and everyone enjoyed the afternoon.

A big thank you to Maglia Rosso for letting us use their facility for free.

Now that we are heading towards the winter we have decided to postpone our junior coaching

sessions. We are planning to visit Maglia Rosso once a month to train through the winter. It would be great to get as many youngsters as possible to the sessions so we can hopefully arrange a mini competition between them. Please keep one eye on our Facebook page to see when these dates have been confirmed.



Further CCS Junior/Youth Group information from David Fenn

Our club youth group continues to flourish but in order to retain the interest of our juniors we need to move to the next level.

Our plans for the future include visits to the Maglia Rosso off road track and a season long league based on a variety of cycling related activities to test the skills of our group.

In order for us to deliver a structured series of activities and spread the coaching load we are looking for a volunteer from the club to train to become a British Cycling Level 2 coach.

Currently there are places available on a course commencing January 2017 in Bury St Edmunds, for details of the course visit the British Cycling website and go to the coaching page

<https://www.britishcycling.org.uk/coaching>. Not only is it a good opportunity to put something back into the sport but is also a rewarding experience.

Anyone interested please contact any one of our club coaches whose details are available from the club website www.cycleclubsudbury.com or printed on the rear of our club handbook. DF.

The 2015 / 2016 Audax end of season final results Round-up. Compiled by David Fenn

Name	Points	Total Distance km	Club Audax Trophy	100 km	200 km	300 km	400 km	600 km	Climbing m/Km
Raymond Cheung	112	11,681	1st	3	29	4	3	5	4.46
Brian Mann	47	5,152	2 nd	2	20	1	1	-	2.95
Steve Barnes	21	2,256	4 th	1	7	1	1	-	4.57
Mick Bates	20	2,387	3 rd	4	10	-	-	-	0.67
Andrew Hoppit	18	1,821	5 th	0	9	-	-	-	6.34
Simon Norton	13	1,344	6 th	-	5	1	-	-	3.38
Viv Marsh	11	1,333	7 th	2	2	1	1	-	6.09
John Oakshott	8	1,000	10 th	2	4	-	-	-	-
Byron Grimes	6	1,058	=8 th	4	3	-	-	-	1.57
Tony Grimes	6	1,058	=8 th	4	3	-	-	-	1.57
Robin Weaver	6	962	11 th	3	3	-	-	-	1.88
Tim Bevan	4	400	12 th	-	2	-	-	-	-
Ed Nevard	2	310	13 th	1	1	-	-	-	-
Peter Faulks	2	200	14 th	-	1	-	-	-	-
David Fenn	-	100	15 th	1	-	-	-	-	-

Footnote

That's over 31,000 kms ridden by these 15 CCS Audax Riders. Phew!!!

Final Open TT Results for 2016 Season

C.C.S. Riders - Open T.T. Results - October 2016						
Date	Event	Course	Name	Dist	Time	Notes
Oct 1st	VC Baracchi - Bungay	B10/44	J.Bradbury	10	22.10	8th
Oct 2nd	Godric - Bungay - SPOCO	B25/50	J.Rush	25	58.55	12th
Oct 8th	Norwich ABC - Bungay - SPOCO	B10/43	J.Rush	10	22.14	8th
Oct 8th	Norwich ABC - Bungay - SPOCO	B10/43	D.Crisp	10	22.43	16th
Oct 9th	Norwich ABC - Bungay - SPOCO	B25/50	J.Rush	25	59.08	8th



RAY KNOWS! Insider TT Knowledge from the Special One!

Sometimes you get it right, most of the time I get it right! Looking back on my pre season thoughts most of you delivered what I predicted, but some of you came up a little short?

What was good to see this year was a couple of the clubs faster riders take the less fancied Thursday night TT courses seriously and subsequently setting new course records. For too long the clubs strongest riders have chosen not to ride these courses but instead concentrate on weekends forthcoming events.

As always the club TT series was well attended by our neighbours Sudbury Tri, Boxford Bike Club and Hadleigh Cycle Club; in the main these clubs don't have the level of talent that we do in terms of TT riders but there is one rider who caught the eye, Phil Barnes of Hadleigh. I would be very surprised if he isn't the fastest local rider next year? Hopefully that will tickle a few of you up!!

So who set PB's, course records, the coveted club records and who needs to refocus for 2017?



Mandy Bunn – Last year you probably wouldn't have known who Mandy was, bet you do now!! What a cracking first season with the club, improved a host of the clubs Women's records including Senior Ladies 10 & 25 mile records! It is frightening to think how fast Mandy may be next year now that she has ditched the Tri's and got herself a coach!

Dave Crisp – Another rider that has shown great improvement this year. Has been slightly cursed by turning up on the fast courses when the weather has been less than favourable but nevertheless has PB'd throughout the year. Also seems to have stopped buying new bike kit and has actually sold some kit!! A member of the new 25mile senior men's team record. A season to be applauded.

Justin Bellward – It's a great shame that Justin wasn't able to commit to a full on assault on the TT season. Some very good rides but not the true measure the cyclist we know Justin could be. 2017 could well be a faster year for him if he is able and wants to give 100%, fingers crossed.

Len Finch – I could be wrong and would like to meet the other bloke, if there is someone older, but I think Len is now the oldest active TT'er in Suffolk? What a great achievement for a rider who has achieved so much on a bike over many years; rode 3 x sub 30min 10's this year and won an age cat event, we salute you!



Bob Bush – Another over 80- when will the Bullet stop, my hunch is that he won't! He is as enthusiastic as ever and is always up for a 'tear up'. Even rides events 'Oop North' to keep his hand in! Just wouldn't be the same without BB on the TT scene. Keep on 'bobbin'.

David Fenn – To our horror David managed to jump off his bike into a ditch on a club TT, everyone panicked when they heard the news and our worst fears were confirmed, the club colour coded frame had snapped. Fear not a replacement was quickly obtained! Another great season by a rider that has improved with age (like a fine wine) and who recorded PB's at both 10 & 25 miles!

Dave Miller – Early doors Dave was a little frustrated with his progress but soon got in to the flow and knocked out some very good PB's which is what it's all about. Another rider that continues to improve and is an example to us all! There's still more to come from Dave so Fenn & Harris better watch out as it's rumoured that a Turbo Trainer is on the way to prepare for next season's battle.

Colin Harris – There is a bit of a theme here, the veterans all keep posting PB's and out shining the younger pilots. Yet another great season for Colin and another year of trying to beat the two David's, his fellow Musketeers! Far too nice and polite to be a Time Trialler though!

Damon Day – Despite having reached 50 years of age, possibly the most impressive ride of the season this year was by Damon when he smashed the club 25 mile record by over 20 secs, this rider also formed part of the new senior men's club team record. Again evidence that a meticulous approach to race preparation can allow you to continue to improve year on year, even more impressive is that all of Damon's training is done alone with no group rides.

(Does that make him an unsociable git?)

If you wanna get faster, here is a prime example of what and how to do it.



Leon West – This year's biggest improver by a stretch. New bike, kit and hard work have elevated Leon up the standing. Hugely impressive rides have bagged him the Acton & Brent Eleigh course records, Club Championship Win, Thursday Night point's winner amongst others. Tremendous improvements from Leon and a fine example to others on the gains that is possible to all. Would have been nice to see Leon mix it at the faster events against faster riders to see how he matched up, perhaps next year.

James Rush – Again managed to improve this season and in fact rode the faster Lavenham 10 time of any club member this year and would have been the fastest if not for the Scottish gent. He also improved the Hitcham Hilly course record. Another member of the new 25mile CCS senior men's team record. His best ride was probably on the E2/25 where his time improved the previous club record, unfortunately for Rushy a team mate had just gone a few seconds quicker. Great season from a rider that has now reached veteran age and has suffered the ongoing injuries that automatically come with it!



Rob Davies – Participated in several club TT's and as expected didn't reach the heights of previous seasons due to the focus on Triathlons. He's still a fierce competitor and it's great to see him still competing. Won't see many race more intensely. We hope he stops messing about with that swimming and running malarkey and returns to where he belongs, on a TT bike!

Dan Upton – As predicted managed to achieve PB's this year with some cracking rides and with a fantastic Club Championship blast, just think where a consistent approach to training could take him. Now has the bike, now just needs the consistent approach - if life allows. Has worryingly dabbled in Triathlons as well!

Lee Ford – Some very decent rides from Fordy but you can't help to continue to think that there is still a much faster TT rider in there; you really wanna pick him up and shake him? Everybody knows that if Lee focuses on this discipline like others do, then you would see a very different outcome, probably a record breaking rider. He can also ride up hills like a 20yr old, so.....!!!

Ian Millard – Had a few outings on the *Open Roads* and managed a decent 10 PB time in the process. Also tried a 50 which he either didn't like or really did get confused by the directions as his unintentional short cut had the timekeepers in a tizz with a possible new course record before it was eventually resolved! Was good enough for a medal in the clubs 10 handicap championship, so maybe one to watch in the future?

John Bradbury – Another solid season for John on the SPOCO scene, some very decent rides and some great points scored. Unlike others, he took the competition very seriously. Shame we didn't get to see him much on Thursday nights or on the more popular fast course as I am sure John would of helped improve more CCS Team records.



Ashton Dyson – We only saw Ashton and his beard once this season on his bike, injury problems resulted in an operation and his facial hair cost him approx 100watts. (*And +10 years in age*) Better luck for next year and lose the beard and get those lost watts back before you start.

Matt Trayner – He didn't actually do any Open rides, but just doodled around in the Evening Series. Stop doodling Matt, you're good enough, you've got the tools and with some serious and painful training, go for the fast Open courses!

Matt Shotbolt – Rode the occasional Club TT and by his own admission isn't anywhere near his previous lightning fast self, still the 3rd fastest ever club rider on the Lavenham 10 and it is hoped all round that next year he will improve on this. Not sure if TT is Matt's focus anymore but to get as quick as he was he will need to reignite that fire.



Graham Buckles – Participated mainly in the club TT's and put in a cracking ride on the Club Championship evening. Always gives 100% and reminds me of everyone's favourite uncle with his cheerful demeanour and unflappable style. Would like to see him out more on the Open TT courses! Maybe he and Matt T could join forces and put in a combined concerted programme of events for next season?

Jody Downs - I almost forgot him! (*How could you? Ed*) He only raced once this year due to an ongoing injury, shame as undoubtedly would have troubled the current crop. Hope he gets rebuilt back to the earlier super fast specification and wish him better for 2017.

Raymond Cheung – Although not a TT'er but a brilliant Audax rider, seeing Raymond on the start line on this Audax bike with his panniers was for me a highlight of 2016! An Eight mile ride for a guy that normally pops out for 600km spins!!! Super human powers!



The CCS 'Falling Leaves' Hill Climb

Our aptly named 'Falling Leaves' Hill Climb escaped the predicted rainfall for the morning and the riders only had a stiff wind to contend with which kept the 'leaf sweepers' busy on the course. The original 77 starters were reduced to 62 as some less than hardy riders didn't fancy the rainy forecast which turned out to be their loss.

As ever, the hill was lined with a large and very vocal group of spectators who did their best encouraging every rider on their way.

Fastest up the hill was a 'local' rider' Chris Crabtree from Ipswich Velo in a time of 45.2secs that was just under 2secs shy of the record. Less than local was Kenny Cliffe from Leicester Forest CC who was 2nd with a 46.9 followed by another Ipswich rider, Oliver Jones, a junior from Ipswich BC in 47.6. With a brilliant 4th quickest O/A came our own Lee Ford with a PB time of 47.9 and which equalled his best ever CCS result. He also won the CCS Hill Climb Trophy for his ride. With only a disappointing 3 CCS senior riders tackling the hill on the day, James Rush and Simon Norton completed the trio with 56.2 and 01.12.4 times respectively which gave them 2nd & 3rd places in the CCS Senior Hill climb championship for their efforts!

A regular competitor in our CCS Evening Points Series, Sandra Mackay from Veloschils, narrowly won the Ladies Cup with a 01.03.4 which was just 1/10th of a second better than runner up Kate Lucas From Norwich ABC.

Byron Grimes flew up the hill in an impressive time of 01.03.6 to put him well up the finishing order and also became CCS Junior champion. He was followed by 2 of our juveniles, Connor Mothersole and Oscar Keep who posted very good times of 01.14.4 and 01.40.5, with Connor improving by 14secs over last year and Oscar riding his first event and getting the biggest cheer of the day from the spectators. For their efforts they also gained 1st & 2nd places in the CCS Juvenile competition.



During the prize giving back at the H.Q., all the juveniles taking part received memento medals donated and presented by Jonathan's parents Angela and Stephen Weatherley which was greatly appreciated by the youngsters judging by their broad grins on their faces!

So another event completed and organiser Davis Fenn and his many willing helpers can take pride in a job very well carried out and completed successfully.

Rog

Hill Climb CCS Riders



Lee Ford



James Rush



Simon Norton



Byron Grimes



Oscar Keep



Connor Mothersole

Cycling Shorts

Pie Man!

1) Alongside is a photo sent in by Martin North of 3 generations of CCS riders at Maglia Rosso.

He captioned it Grand daughter, son-in-law and the man who ate all the pies!! (Honest!)

Several times this season three generations of the same family have been together on the Sunday Club runs. When was the last time that happened?-Someone must know. The photo shows Tabitha, her dad Matt and Grandpa Martin. Clearly, Martin who was leading the ride to Maglia Rosso that day, got there first and ate all the pies!

Tabitha thanks the club members who have sent her their best wishes for a good recovery from the major brain surgery she had earlier in the year.

Martin North



What the Heck!

2) I can't begin to comprehend this Time Trial bike photo sent in by James Rush.
It's apparently designed to be ridden laying on your stomach....hmmmm!

Thoughts.....

- a) It doesn't look in the slightest bit comfy
- b) I don't fancy trying to get it in the back of the car.
- c) Where is the saddle or is it a launching pad?
- d) How the heck do you ride out of the errr 'saddle'
- e) Just...why would you?
- d) Don't even think about it James!!!!!!



Wattisham Triathlon *by Dan Upton*

3) Myself and Rob Davis took part in the Wattisham triathlon on Saturday 22nd October, it was a chilly day with a slight breeze but luckily a dry October day.

It was a sprint triathlon consisting of a 300m swim, 20km (12.5 mile) ride which included 2 laps of the runway, and a 5km (3.1 mile) run to finish off.

For a pool swim you start from the slowest to the fastest swimmer every 30 seconds moving up and down each Lane while making your way across the pool.

The event started at 1pm and my start time was 2.45 and Rob's was shortly after.

I finished in a time of 01.03.44 in 22nd place. Rob finished in 01.06.46 in 40th place, both a long way off the winning time of 53.50. It was an enjoyable event and something different to try. *Dan*



Times.....

Dan....Swim - 07.30
(left) Bike - 35.43
Run - 20.29

Rob....Swim – 06.41
(right) Bike – 35.30
Run - 24.3



Diary Dates *Compiled by Robin Weaver*

Saturday 12 November; CCS Annual Dinner and Presentation Evening - 7.30pm

Thursday 24 November; CCS Annual General Meeting at the Stevenson Centre, off Broom Street, Great Cornard – your chance to have a say in how the Club is run. If you have any particular items that you wish to be discussed, please let Darren Rule (darren_rule1@hotmail.com) know by Thursday 17 November at the latest, so that they can be included on the agenda, which will then be circulated prior to the meeting.

7.30pm, **Thursday 8 December**; CCS Quiz Night at the Stevenson Centre, off Broom Street, Great Cornard. Teams of six or teams can be made up on the night. An evening of general knowledge, possibly including a few cycling related questions. Bring drinks and nibbles.

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/>

Sunday 27 November; Carlton Colville; 100k

Saturday 3 December; New Winter Series, Audax Club Mid-Essex; Witham; 100k; 10am start!

Sunday 18 December; Great Bromley; 200k Santa Special

Saturday 14 January; Swaffham; 54/100k

Saturday 21 January; New Winter Series, Audax Club Mid-Essex; Kelvedon; 100k; 10am start!

CCS SPOCO Competition

A very close run competition for this new trophy, which was initially inspired by Jonathan Weatherley and donated by his mum and dad, Angela and Steven Weatherley.

Jonathan's idea was to encourage riders away from the 'drag strip' courses and onto the more technical 'Sporting Courses' He would have enjoyed the closeness of the top three riders in the first year of this competition.

John Bradbury certainly embraced this ideal by entering 20 events throughout the season and was rewarded with a very fine third place for his efforts, only 3 points behind James (13 events) on 573pts who in turn was a tantalising single point behind the Trophy winner Leon (6 events) on 574pts. Damon was the only other rider in the same street as the first 3 with 561pts.

Well done to them all!

In the '*unofficial Super vets competition*' where high placings (and consequently smaller points scoring) are much harder to come by, David Fenn collected an impressive 401pts from 11 events, followed by Colin on 323pts and David Miller on 243pts.

All the above riders were the only ones to have completed the statutory 5 events as required by the rules. I haven't included riders who competed in just a solitary event. It was difficult for me to keep track of rider's results and placings and have probably missed some scoring rides.

So, an interesting 1st year for the competition with congratulations to Leon, commiserations to James for just failing at the final hurdle and a pat on the back to John for having a 'real good old go!' Maybe the rules need to be tweaked a bit to encourage and help our 'Super vets' to compete on a more level playing field. Comments from any members would be welcome!!!



In the Official SPOCO EAST, for our rider's who entered the official competition; I still await the final positions from the organisers for the individual and team placings.

Rog

CCS Club Trophy & Medal Winners List
To be Presented at Club Dinner on
12th November 2016

PRESENTATION OF AWARDS

CCS Club Trophy Winners - 2016 Season

Veterans Best All Rounder	Gold	Damon Day +5.59
(On Standard, 10, 25 & 50miles)	Silver	John Bradbury +3.33
50 mile Open TT Cup		Damon Day 1hr 52min 31sec
25 mile Open TT Cup		Damon Day 52min 03sec
Ladies 25 mile Open TT Bowl		Mandy Bunn 1hr 05min 40sec
Audax Trophy	Gold	Raymond Cheung 11,681kms
	Silver	Brian Mann 5,152kms
	Bronze	Mick Bates 2,387kms
Club SPOCO Trophy	Gold	Leon West 574pts
	Silver	James Rush 573pts
	Bronze	John Bradbury 570pts
Hillclimb Champion - Senior	Gold	Lee Ford 47.9
	Silver	James Rush 56.2
	Bronze	Simon Norton 01.12.4
Hillclimb Champ. - Juvenile	Gold	Connor Mothersole 01.14.4
	Silver	Oscar Keep 01.40.5
Hill climb Champ. - Junior	Gold	Byron Grimes 01.03.6
Club 10 mile T.T. Champion	Gold	Leon West 22.33
	Silver	James Rush 22.34
	Bronze	Damon Day 22.44
Club 10 mile TT Ladies Champ.	Gold	Mandy Bunn 27.18
Club 10 mile TT Vets Champ.	Gold	Damon Day +4.01
(on Standard)	Silver	Justin Bellward +2.23
	Bronze	Mandy Bunn +1.21
Club 10 mile TT Champion	Gold	Mike Bampton 15.41
(on Handicap)	Silver	Wayne Mumford 15.51
	Bronze	Ian Millard 16.09
Club Evening Points Series	Gold	Leon West 1027pts
	Silver	Molly Cutmore 926pts
	Bronze	Dan Upton 628pts
Club Evening Pts Series B.A.R.	Gold	Leon West 89m 43s
(All 4 courses)	Silver	James Rush 90m 26s
	Bronze	Lee Ford 92m 54s
Clubman of the Year		?
Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?

Rider Profile Name....James (*The Wattbike Boss*) Newton



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

I'm a Company Owner for my sins and have been riding with real seriousness (if you can call it that!!) for around 10 years. However as a youngster I used to ride regularly to Clacton from Halstead throughout the summer for summer work.

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

First proper bike was a blue 'sit up and beg' bike which I used for the Clacton runs aged around 12-14yrs. Of recent years my friend gave me a Rayleigh Banana, beauty it was!!!

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

Including my Wattbike, I have 6 bikes. I have no real preference but do have an attachment (as do Torque Bikes) for my Carbon Schils. It's a bit like Triggers broom, if you know what I mean.

4) How many miles do you average a year:

I count my riding in hours rather than miles due to the hours spent on my Wattbike and will ride around 375hrs this year (possibly a few more)

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

A corporate ride for my company around Essex and Cambridgeshire around 110miles. Bloody boring talking work whilst on ya bike!!

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

A 10mile loop around my village 5-6yrs ago. I had snapped my Achilles Tendon the previous summer followed by being diagnosed with skin cancer which led to an operation on my other leg. Basically spent 6 months on crutches and was told that I wouldn't be able to ride again due to my tendon being too weak. Shows what they know!!!!

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

Probably my best race performance but not result, was this year in a Cat 2/3/4 race when I broke away but got caught with half a mile to go. Gutted but got a lot of Kudos from others riding

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

As we've all done, forgot to unclip when 1st using cleats, in the middle of Sudbury High Street. (twice)

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

The training ride I had with Al Russell, Jody Downs and Lee Ford when crashing and putting Lee into hospital. Horrible, horrible feeling, both very, very lucky! Could have been a lot worse!

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

Can't say I have childhood heroes but modern day has to be Peter Sagan. What a rider!!

11) What do hate most about cycling?

Nothing really.

12) What bike would you most like to own?

A Cervelo S5, oh wait a minute I've already got one!



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

My waterproof overshoes, I hate cold feet.

14) What is your favourite ride?

Abberton Road Race, love that course

15) What are your cycling strengths and weaknesses?

I can't sprint for toffee as I haven't got the bottle and my strengths I will allow others to judge but I do enjoy training if that's a strength.

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

As I learnt to my cost last year, rest, rest and rest again along with always take on a recovery drink after riding a sustained effort. All a bit boring really.

Tour of Britain Day out in London for CCS Members

By Dan Upton



On receiving an email from Darren regarding an opportunity to ride the final Tour Of Britain stage through the closed streets of London, being cheered on by thousands of spectators, followed by a V.I.P after party - I took little time in replying.... YES!

After a short discussion about transport, times and routes, it was decided that we would - cycle from Sudbury to London and then hop on a train for our return journey. Sounds simple right?? Myself, Darren, Ash, Justin, Leon and Rob met at 6 am on Market Hill, still dark, a little bit fresh, but all excited and ready for

the day ahead. A good 10 miles into the ride trouble struck - Leon's chain breaking in half. This probably would have been the end for most riders but luckily with Ash assisting the chain was swiftly repaired and we were back on route.

The ride was very pleasant and we arrived in London at 10.30am, where we met up with Simon Norton and John Bradbury. John got us all signed in and we received our complementary yellow 'Eisberg' jerseys. We had a few team CCS photos and we made our way to the start line with several other cyclists. The race director gave a little talk about the event and mentioned that Sir Bradley Wiggins and other top Olympic cyclists were to be leading today's ride out. The race was underway and pretty quickly we got separated as we raced around trying to set new world records. Turning round a sharp hairpin bend up ahead, we saw Sir Wiggo!! Weaving our way through other cyclists, Ash and I got alongside our cycling hero. A little star struck and not knowing what to say, we rode side by side for all of 10 seconds - then left him standing, to continue our world record lap, being cheered on by the spectators.

We finished our ride - Tour of Britain for CCS was complete!

We then headed off to the VIP roof top bar just off Trafalgar Square, for snacks and drinks where we had a bird's eye view of the real Pro's at work. The view was amazing and we realised how

privileged we were to be part of such an experience. For the final three laps, we headed down to street level and continued to soak up the atmosphere. Not sure who won the race (*Caleb Ewan!*) but Steve Cummings won the Tour.

We had a good laugh throughout the day; leaving the bikes chained in the middle of the street; forgetting to hop off the train at Marks Tey and not forgetting our endless attempts at capturing that perfect flat-tummied photo!!!

A big thank you to John Bradbury for giving us the opportunity....Was a truly fantastic day out, one to remember, with a group of great people.

