



## ***The Spindle* NOVEMBER 2017 [cycleclubsudbury.com](http://cycleclubsudbury.com)**

***After a couple of welcome little Indian Summer periods***, we seem to be back to normal with our usual autumnal weather, but hey the temps may have dipped but the sun's still shining!

Although it *really* behaved itself for our Falling Leaves Hillclimb recently with a gloriously warm and sunny day! It's definitely our Jewel in our Crown judging by all the great feedback we get from the competitors and spectators after the event. It all ran like clockwork and which was a testament to David Fenn and his army of helper's organisational skills.

It never fails to amaze me just how many folk we get along the hill course. All very enthusiastic, all very noisy!

And to cap it all, some geezer (Calum Brown) comes all the way down from Sheffield, breaks the hill record and goes home happy and £135 richer for winning the event, - £40 for winning (Sponsored by LifeCycleUK, Bildeston) and £75 for breaking the hill record (Sponsored by Robins Row Insurance Brokers, Long Melford).

I bet he was pleased he made the effort to enter!

I think the biggest cheer was given to last one up the hill, young 8 year old Abbey Thompson who received some very vocal encouragement for her efforts.

It was very nice to see a larger than usual CCS entry (10) which saw Isabella Johnson win the Female Juvenile award, Lee Ford retain his CCS Hill Climb trophy and Angela Lesslie win the CCS ladies award.

***Well, a Spindle edition*** wouldn't be the same without some new CCS Open TT records and also an Audax record to report on. Further on you can read about these latest batch of record breakers. A total of 13 CCS records have been broken (and some re-broken) this season which is a record in itself!

***Also included this month***, along with the Hill Climb details is an account of some warm weather hill training, an Suffolk Audax report, the final SPOCO results table (CCS version and official Spoco East version), a listing of all the trophy winners in the competition categories that CCS riders have achieved and the latest Rider Profile you all enjoy so much!

Not so much content this month (stop cheering!) but plenty of info to digest!

Rog  
SR87

# CSS 'Falling Leaves' Hill Climb Report.

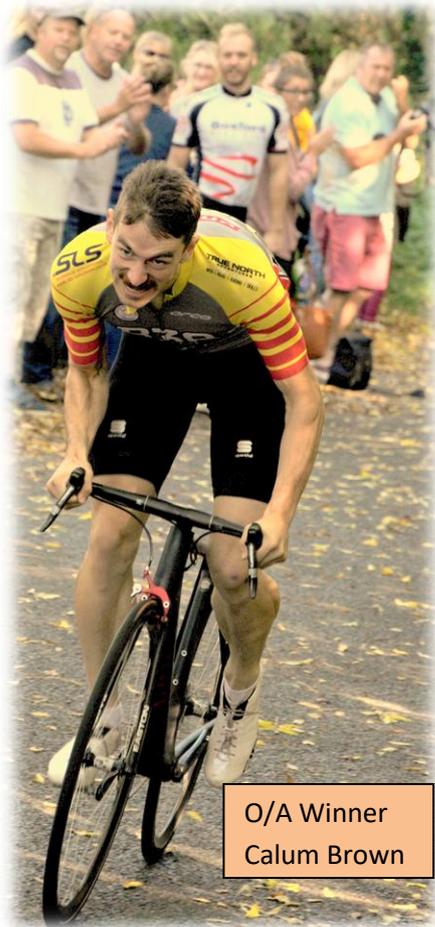
## Incorporating East District Hill Climb Championship.



8 yr old rider Abbey Thompson gets the biggest cheer of the day!

By Ken Watkins

Calum Brown, (below) who took up competitive cycling a little over a year ago, smashed the Cycle Club Sudbury Hill Climb record at Semer on Sunday morning. The Scot, originally from Edinburgh, took 3 ½ seconds off the previous best set six years ago.



O/A Winner  
Calum Brown

Brown, who rides for Sheffield-based B38/Underpin Racing, scorched up the 500-yard climb in a time of 39.9 seconds, almost five seconds ahead of the rest of the field of 68 starters, and well within the record of 43.4 seconds set by Tom Stephenson of Colchester Rovers in 2011.

Brown, making his first visit to Semer, had an early start to his day, driving down from Sheffield. He said he felt he had lost a little time when hitting leaves on the course. He plans to return and bid to set another record next year.

Chris Crabtree (Team LCUK) was second in 44.7, and Thomas Power (Team Pedal Revolution UK) recorded 46.7 to finish third.

Team honours went to Hadleigh-based TPH Racing.

Their trio of Matt Day 48.4, Graham Collins 49.1, and Adam Chamberlin 51.5 finished in a total time of 2min 29sec, with Stowmarket finishing second in 2:31.2, and Ipswich on 2:36.6 for third spot.

**Lee Ford (right)** was the host club's best-placed individual, finishing in 50.6 to take tenth place and the CC Sudbury Hill Climb Cup, and the club's Isabella Johnson took first place in the female juvenile category, her time of 1:15.1 seeing her finish in 61st place.



Lee Ford

Kate Lucas (Norwich ABC) was the first woman home in 1:03.1, taking 39<sup>th</sup> place. The women's record of 54.7 seconds, set by Boxford Bike Club's Samantha Seggar in 2015, was not troubled.

Alex Harrison (Stowmarket and District CC) was first male junior in 48.8, and Dexter Mansel-Thomas (Lee Valley Youth) first male juvenile in 51.3. CC Sudbury: Lee Ford 50.6, 10<sup>th</sup>; Leon West 57.4, 30<sup>th</sup>; James Rush 58.6, 33<sup>rd</sup>; Dominic Burke 59.3, 36<sup>th</sup>; Doz Bree 1:00.1, 36<sup>th</sup>; Byron Grimes 1:01.7, 38<sup>th</sup> and 3<sup>rd</sup> male junior; Garth Evans 1:05.6 49<sup>th</sup>; Angela Lesslie 1:13.1, 59<sup>th</sup> and 4<sup>th</sup> woman; **Isabella Johnson (right)** 1:15.1, 61<sup>st</sup> and 1<sup>st</sup> female juvenile, and 6<sup>th</sup> woman; Oscar Keep 1:25.9, 64<sup>th</sup> and 6<sup>th</sup> male juvenile.

Boxford Bike Club: James Harman 57.4, 29<sup>th</sup>; Chris Steward 58.6, 32<sup>nd</sup>.

TPH Racing: Matt Day 48.4, 4<sup>th</sup>; Graham Collins 49.1, 7<sup>th</sup>; Adam Chamberlin 51.5, 14<sup>th</sup>; Ryan Gooderham 54.3, 24<sup>th</sup> and 2<sup>nd</sup> male juvenile; Philip Barnes 1:05.1, 45<sup>th</sup>; Rob Bate 1:06.5, 50<sup>th</sup>; Molly Cutmore 1:21.3, 63<sup>rd</sup> and 2<sup>nd</sup> female juvenile; Alex Cutmore 1:27.5, 65<sup>th</sup> and 6<sup>th</sup> male juvenile.

Tri Sudbury: Simon Budd 1:05.5, 48<sup>th</sup>; Murray Baker 1:07.1, 52<sup>nd</sup>; Andrew Bigg 1:10.0, 55<sup>th</sup>; Simon Daniel 1:10.4, 57<sup>th</sup>; Shan Bendall 1:14.9, 60<sup>th</sup> and 5<sup>th</sup> woman.

Stowmarket and District CC: Alex Harrison 48.8, 6<sup>th</sup> and 1<sup>st</sup> male junior; Paul Moss 49.5, 9<sup>th</sup>; Gary Freeman 52.9, 16<sup>th</sup>; Adrian Pettitt 53.5, 21<sup>st</sup>; Freddie Grover 53.6, 22<sup>nd</sup> and 2<sup>nd</sup> male junior.

West Suffolk Wheelers and Tri Club: Joseph Kaye 57.7, 31<sup>st</sup>; Scott Williams 1:04.1, 44<sup>th</sup>; Charlie Knowler 1:11.1, 58<sup>th</sup> and 4<sup>th</sup> male juvenile.

Haverhill CC: Steve Foster 55.6, 27<sup>th</sup>; George Head 58.9, 34<sup>th</sup> and 3<sup>rd</sup> male juvenile.



Isabella Johnson

## ***Photo's of CC Sudbury Riders***



Angela Lesslie



James Rush



Leon West



Garth Evans



Dominik Burke in strange CCS colours



Doz Bree



Byron Grimes



Oscar Keep



Oscar Keep receives his medal from Stephen Weatherley

Isabella Johnson



Byron Grimes 'getting a bit of encouragement' from dad!

## ***Below is what all your hard work was about during the 2017 season.***

Very well done to everyone whether you are on the list or not!

The missing winners at the bottom will be revealed at the Awards Evening.

### **CCS Club Trophy Winners - 2017 Season**

Veterans Best All Rounder	Gold	Damon Day +0.05.54
<i>On Standard 10, 25 &amp; 50 miles</i>	Silver	Mandy Bunn +0.05.19
	Bronze	John Bradbury +0.04.23
B.A.R. 25, 50 & 100 miles	Gold	Damon Day 27.32mph
<i>(Av speed over 3 distances)</i>	Silver	John Bradbury 26.19mph
100 mile Open TT Shield		Damon Day 3hr 55min 06sec
50 mile Open TT Cup		Damon Day 1hr 50min 56sec
25 mile Open TT Cup		Leon West 51.08
Ladies 25 mile Open TT Bowl		Mandy Bunn 57.40
Audax Trophy	Gold	Raymond Cheung 13,082km
	Silver	Andrew Hoppit 3,127km
	Bronze	Mick Bates 2,920km
Club SPOCO Trophy	Gold	Leon West 592pts
	Silver	John Bradbury 581pts
	Bronze	James Rush 569pts
Hillclimb Champion - Men	Gold	Lee Ford 50.6secs
	Silver	Leon West 57.4secs
	Bronze	James Rush 58.6secs
Hillclimb Champion - Ladies	Gold	Angela Lesslie 1min 13.1s
Hillclimb Champ Juvenile Female	Gold	Isabella Johnson 1min 15.1s
Hillclimb Champ Juvenile Male	Gold	Oscar Keep 1min 25.9s
Hill climb Champ Junior Male	Gold	Byron Grimes 1min 01.7s
Club 10 mile T.T. Champion	Gold	Leon West 22.20
	Silver	Damon Day 23.03
	Bronze	James Rush 23.22
Club 10 mile TT Ladies Champ.	Gold	Mandy Bunn 25.21
Club 10 mile TT Vets Champ.	Gold	Damon Day +3.45
<i>(on Standard)</i>	Silver	Mandy Bunn +3.22
	Bronze	James Rush +2.37
Club 10 mile TT Champion	Gold	Leon West 4.55
<i>(on Handicap)</i>	Silver	Damon Day 5.44
	Bronze	Mike Bampton 8.37
Club Evening Points Series	Gold	Matt Traynar 997pts
	Silver	Chris Steward 610pts
	Bronze	Isabella Johnson 593pts
Club Evening Pts Series B.A.R.	Gold	Leon West 88min 09secs
<i>(All 4 courses)</i>	Silver	Lee Ford 92min 57secs
	Bronze	Rob Davies 97min 59secs
Clubman of the Year		?
Rider of the Year		?
Junior Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?

# C.C.S. Riders - Open T.T. Results - October 2017

Date	Event	Course	Name	Dist	Time	Notes
Oct 1st	Norwich ABC - SPOCO E - Bungay	25/50	J.Rush	25	57.55	8th
Oct 7th	Leo 30 - VTТА (E.A) -Newmarket	E2/30C	M.Bunn	30	01.10.10 70th PB	<b>New CCS ladies 30 record. 3rd lady</b>
Oct 7th	Leo 30 - VTТА (E.A) -Newmarket	E2/30C	D.Day	30	01.04.22 37th PB	<b>New CCS Team 30 record</b>
Oct 7th	Leo 30 - VTТА (E.A) -Newmarket	E2/30C	J.Rush	30	01.05.16 42nd PB	
Oct 7th	Leo 30 - VTТА (E.A) -Newmarket	E2/30C	J.Bradbury	30	01.05.34 44th PB	
Oct 7th	Leo 30 - VTТА (E.A) -Newmarket	E2/30C	S.Kirk	30	01.11.52	PB - 77th
Oct 22nd	Chelmer CC 2-Up - Finchingfield	E99/15	M.Bunn	15.7	44.09	10th
Oct 22nd	Chelmer CC 2-Up - Finchingfield	E99/15	L.West	15.7	44.09	10th

**October always brings the Open TT season to a close**, so just a handful of results to report on with the Leo 30 mile event taking centre stage. It was another overcast day which eventually dumped a lot of rain on the competitors as they made their way up and down the E2 alongside Newmarket.

Not pleasant, but as we have seen in similar scenario's over the years, rain = low pressure & high humidity = faster time trial times!

Mandy made good use of the conditions to set another CCS record by lowering her current record (set a week earlier) by 13mins 9secs with a 01.10.10 ride and which was nearly ½ hour quicker than Kirsty White's original record set in 2012!

The current Men's Team 30 mile record held by Damon, James and Rob Davies also set back in 2012 was also broken, this time by Damon, James and new to the record books, John Bradbury, with an accumulative time of 03.15.12 which was an 8min 40secs improvement!

If any of them had had a mishap along the way, Stewart Kirk's PB time would still have been good enough to beat the record had he been needed... Great ride by all five in very unpleasant conditions

**And to finish the season off**, Mandy and Leon (pic right) teamed up together to ride Chelmer CC's grandly titled GP Des Gentlemen 2-Up TT around Finchingfield. The CCS Sunday Ride group went over to cheer the two on which was nice and much appreciated by them!

After some early '*communication difficulties*' between our '*2-Uppers*', they settled into a better routine and even caught and passed their 2-minute team ahead of them and came home 10<sup>th</sup> team out of 21. Well done for trying something different to end the season with!



# Diary Dates

## 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 4 November; Witham; 100k  
Sunday 26 November; Carlton Colville; 100k  
Saturday 2 December; Witham; 100k  
Sunday 10 December; Swaffham; 100k  
Sunday 17 December; Gt Bromley; 200k  
Sunday 7 January; Swaffham; 120k  
Saturday 13 January; Kelvedon; 100k

## Sportives;

Full details, and entry for most events, on the British Cycling website at <https://www.britishcycling.org.uk/events>

Sunday 29 October; Fakenham

## Saturday 11 November; CCS Annual Dinner and Awards Presentation Evening

*If you've not booked already, you need to book by 2 November!* Full details and menu choices in the October Spindle, available on the CCS website.

## 7.30pm, Thursday 23 November; CCS Annual General Meeting at the Stevenson Centre, off Broom Street, Great Cornard.

Your chance to see who's on the committee, and have a say on what the club does, and how it's run!  
**CCS clothing for sale on the night!**

## 7.30, Thursday 7 December; CCS Quiz Night

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## RIDER PROFILE

### **Name....** **LEON WEST**

1) **Occupation and how many years have you been cycling?**  
QC / Lab Technician, Pigments + Dispersions. Had bikes around as long as I can remember but only been 'properly cycling' for about 7 years.

2) **What was your first 'proper' bike & how old were you when you had it?**  
1st nice bike I remember getting was a Raleigh Lizard mtb for my 12<sup>th</sup> or 13<sup>th</sup> birthday. Bright green beauty!  
I loved that bike (for a few months 'til some toe-rag nicked it!!!).

3) **How many bikes do you have now and list them in order of preference?**  
Six & a half.... 1. Has to be my Argon 18 tt bike – Only bike I've ever won anything on! 2. 2012 Scott CR1 SL – 1<sup>st</sup> bike I've ever built myself. 3. Cube Aerial – Aluminium racer that got me into road bikes.  
4. Cube Attention 29er –Probably spent more time trying to pop wheelies on it than riding it but still love it.  
5. Eastway Zener carbon – My new work whip! 6. Raleigh M-Trax 6000R – Old work whip -retired for now...  
The half being a unicycle Dan Upton gave me :)

4) **How many miles do you average a year?**  
Some of my miles are 'virtual miles' as on the turbo but I aimed to do more than 5k this year. I've just gone over that so will probably be closer to 6k

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

I did a Suffolk Sunrise 100 miler with Dan, Ashton and a couple of others a few years ago. Weather was nice and I was feeling good so I dragged them along with a quick group for 10 miles or so. Turned out they weren't in our ride so we had to turn around and get back on course. Ended up being my/our 1<sup>st</sup> 200km ride... ha!!

\*\*\* I have never lived this down \*\*\*

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

Sort of did the Dunwich Dynamo a couple years back! I Did Sudbury to London – back to Sudbury. Great atmosphere and such a mix of people doing it! Gotta love a ride that ends on your doorstep and involves pubs staying open through the night!

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

Pretty happy with several rides this season. My 1<sup>st</sup> open win was pretty awesome (Rog told me this was the 1<sup>st</sup> time it'd been done by a CCS rider for a fair while and we got the team prize). Also getting the club 25 record /team record on the E2 felt good.

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

Probably the time I fitted a brand new saddle and bar tape to my (at the time) best bike. Wanted to show it off to my old workmate and came off on the commute in, scratching up....you guessed it.....Saddle and bar tape!

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

Trying to keep up with the fastest group on this years' CRCC reliability ride! Got smashed by a headwind for several miles near Lavenham and lost the wheels of the pack (including J Newton) very close to the turning back home. Couldn't reel them in for the life of me and really wanted to give in and ride home but had driven over to Colchester for the start. Ended up riding most of the way back to Colchester on my own!

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

Bit of a latecomer to the sport so no real childhood heroes. I remember watching bits of the TDF on tv with my Grandad but that's about it.

Modern day, I guess when I started 'properly' riding and watching pros / reading mags/ etc Cav was at the top of his game but now I'm bit more seasoned ( and got a Slovakian partner) it has to be Peter Sagan. Nutty Legend!

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

Without doubt it has to be the divide, and sometimes despise, between cyclists and non-cyclists. Bit more patience required in the world!

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

If money wasn't an issue I'd really like some custom built jobby with the entire latest tech on it. Off the shelf it'd have to be a Canyon Ultimate Evo. Ridiculously light but usable for everyday riding!

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

My trusty Garmin 800! I was reluctant to spend so much on a cycle computer for a long time but they are truly brilliant. Still finding useful, extra features to this day!

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

I love the Tuesday chain rides just as Spring is turning to Summer, when everyone is hitting form and starting to bring out their bling kit.

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

I'd say one of my main strengths is to obsess and suffer to improve. I'm also a naturally aero freak (I hate this most of the time but love it on the bike).

Weaknesses? Well, I'm never going to be much of a sprinter or powerhouse. I'm also a bit of a fairweather!! Ducked out of many a ride because of rubbish weather and I don't like getting my bikes dirty ha!

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

Like most things in life.... You want it? You've work hard to get it! Corrrr ....I sound like Mickey out of the Rocky movies :)





# Cycling Shorts

- **2nd Claim member Sandra Mackay** has generously offered to pay for 10 rides for Juniors in next seasons Evening TT Series. It will be on a first come basis, so just turn up at the beginning of the Series next April and claim your free entry!
- **Sunday morning club rides** are proving to be popular with some good turnouts on most rides. Thanks go to the ride leaders for making this possible and to Steve Barnes for organising it all.
- **Anyone who would like copies** of the photo's shown in this, or any previous editions of Spindle can email me and I'll send them on. Mail me on.... [rushr23@aol.com](mailto:rushr23@aol.com)
- **I went to the Off-licence** yesterday afternoon on my bike, bought a bottle of Scotch and put it in my bar bag. As I was about to leave I thought to myself that if I fell off the bike, the bottle would break, which would be a terrible waste of good whisky. So I drank all the Scotch before I cycled home. It turned out to be an excellent decision, because I fell off my bike seven times on the way back!



- **Almost seven years ago**, Portuguese industrial designer Nuno Teixeira came up with a concept for a fully-faired carbon fibre track bike, named the Pluma. The idea of the design named after a feather was pretty straightforward – to make a track bike as slippery in the wind as possible by enclosing everything from the cranks back inside of a smooth carbon/Kevlar fairing. Of course it is never so easy to turn a concept bike into reality, but Teixeira didn't give up over the years. And now with the help of French carbon specialists at Constellation Composite and another year of development, they've built the original into a functional prototype.



- **In July**, I managed to combine 4 of my favourite pastimes (with Robin Weaver & Brother-in-Law Alun), Motor Racing, Cycling, travelling Europe and Photography. After getting a soaking watching the 2<sup>nd</sup> stage the day before, we cycled from our base to the Spa circuit in Belgium and watched the Tour riders come down the hill to the mythical Eau Rouge corner on the track, taking photos of the occasion and all in perfect sunny weather. An evening barbeque surrounded by the Ardennes Mountains topped off a perfect day. Just magic!  
Rog

# SUFFOLK BYWAYS AUDAX by Robin Weaver

*I put in an entry for this audax at the last minute, and wasn't aware of any other CCS entries. It was a pleasant surprise to arrive at Blaxhall village hall to see Matt Skeats and Andrew Hoppit already installed with cuppas, with Raymond Cheung arriving shortly after me – by train to Campsea Ashe, just to be different!*

*Matt was riding with a work colleague, and shortly after the start vanished into the distance, never to be caught up. I rode with Andrew and Raymond, (in pic alongside) through Snape and Aldeburgh, then with a tailwind along the coast to Thorpeness, and down to the Dunwich beach cafe. Few riders stopped here, but we broke that mould and opted for early refreshment.*



*The ride then headed west to Walpole, passing magnificent Heveningham Hall on the way, the owner in the process of creating a string of new lakes along the valley to complement the already large expanse of water. Then down to Framlingham for more refreshment this time in the sun with the weather improving all the while. The only boring section of the ride after that, down to Easton and then west as far as Ashbocking, before turning south to the unexpected (by me, at least!) hills before the final control at Westerfield.*

*This was my first audax after a few weeks off the bike, and I struggled on the slopes, which continued as we made for Woodbridge then back to Blaxhall. Dispiriting at this stage to meet riders who had completed the ride, and were well on their way home. The ride length was 117k, some way over the more usual 100k, and over the last few k Andrew and Raymond were very patient!. We weren't last back, though, and by the time I'd got the bike back in the car and driven through Campsea Ashe, Raymond had high-tailed it back to the station there for his trip home.*

## ***Audax Annual distance Record***

*This record, held by Brian Mann since 2010, has been bettered this year by mileage muncher Raymond Cheung. His new record distance of 13,082kms was just 418kms better than Brian's previous best of 12,664kms. The new record included 27 x 200kms rides, 3 x 300, 2 x 400, 4 x 600 and of course his epic 1415km ride on the London-Edinburgh-London.*

*When you consider the sheer number of Audaxes that Raymond has ridden this year, it shows what a Herculean effort Brian made to set the original record!*

*Raymond now joins a very select CCS club, along with Peter Faulks, in being the only members to have ridden and completed the Paris-Brest-Paris and London-Edinburgh-London long distance Audax rides.*



*A huge well done to Raymond!*



## Spanish Hills by Leon West

*No huge article for you Rog but I'd just like to recommend that anyone heading out to Mallorca to get a bike and have a go out there. I recently went on a family holiday for a week and thought it'd be rude not to have a couple of days in the saddle after hearing stories of training camps and spectacular roads. Even though I'd warned Kat about some serious climbs out there I couldn't put her off so we hired the bikes out and got cracking.*

### **Day 1:**

*Headed from the resort (Santa Ponsa) to Soller, climbed Col de Soller, descended the other side, had an ice cream then turned back and rode a similar route back. Around 80 miles riding with just shy of 6000ft climbing total.*

### **Day 2:**

*Drove to Soller with the bikes and climbed Puig Major, then across to Sa Calobra to the bottom (which is a dead end so you have to turn around and come back up!) I had seen couple of videos and it didn't disappoint ...An amazing, high speed rollercoaster decent then a challenging climb back up. Kat's a funny old thing when it comes to mountains: She'll climb them all day with a smile on her face but doesn't like coming back down because of the high speeds (I had warned her!).*

*Roughly 50 miles with 6500 ft of climbing! .....I'll be back out there at the 1<sup>st</sup> opportunity!*



## **& Fens Flatlands!**



*Eight of our intrepid Wednesday Ride Group had an away day recently. Driving to Anglesey Abbey near Cambridge, they rode to Ely for 'elevenses' via the Fens flatlands, biking through some glorious countryside and in lovely sunny conditions..... Sounds perfect!*

# Official SpoCo East 2017 Final Points

<b>Rider</b>	<b>Club</b>	<b>Cat</b>	<b>Points</b>
Senter, Matthew	Team Velovelocity	S	840
Bloy, Daniel	Team Velovelocity	S	836
Fairweather, Stuart	Team Velovelocity	V	826
West, Leon	CC Sudbury	S	824
Procter, David	Team Velovelocity	SV	814
Jay, Paul	Team Velovelocity	V	805
Bradbury, John	CC Sudbury	V	802
Dyason, Andre	Cambridge CC	SV	795
Birt, Antony	Team Bottrill	V	789
Rush, James	CC Sudbury	S	776
Jardine, Angus	Ipswich BC	SV	774
Tye, Christopher	Plomesgate CC	V	773
Cave, Steve	Wolsey RC	V	764
Kennedy, Andy	Ipswich BC	SV	748
Laws, Graham	Ipswich BC	V	745
Smith, Gary	Team Velovelocity	V	736
Nudds, Chris	CC Breckland	SuV	729
Caley, Trevor	Plomesgate CC	SV	725
Smith, Verity	Stowmarket & DCC	LV	722
Holmes, Martin	Ely & Dist CC	V	711
Day, Damon	CC Sudbury	SV	654
Moss, Paul	Stowmarket & DCC	V	651
Burgess, Kay	Kings Lynn CC	L	643
Parravani, Nick	CC Breckland	KV	623
Matthews, Cliff	Wolsey RC	SuV	599
Taylor, Emma	Stowmarket & DCC	L	597
Beard, Peter	Stowmarket & DCC	S	582
Mallett, Amanda	Plomesgate CC	L	553
Holmes, Alison	Ely & Dist CC	L	530
O'Keeffe, Adam	Plomesgate CC	V	523
Bosley, Julian	Stowmarket & DCC	V	518
Clarke, Colin	Wolsey RC	SV	518
Stancombe, Ben	Kings Lynn CC	S	470
Bunn, Mandy	CC Sudbury	L	448
Fenn, David	CC Sudbury	SuV	431
Eaton, Karen	Wolsey RC	L	378
Swindells, John	Iceni Velo	V	337
Webber, Nicholas	Colchester R CC	SV	312
Smith, Alan	Ipswich BC	SuV	182
Wood, Henry	West Suffolk Whls	SuV	148
Hardwicke, Jim	Plomesgate CC	SV	107

*The points list alongside shows how well our Spoco East registered riders did against some strong teams - with Leon pinching 4<sup>th</sup> place from Team Velovelocity who seemed intent on winning the team prize with 5 of their riders in the top 6!*

*Well done to Leon, John and James for achieving our best team position (2<sup>nd</sup>) since entering the competition.*

*It's noticeable that this corner of the Spoco East Region supplied the first 6 clubs in the team event!*

## **SpoCo East Team Positions**

<b>Team</b>	<b>Points</b>	<b>Best three riders score</b>
<b>1<sup>st</sup>...Team VeloVelocity</b>	<b>2502</b>	M Senter 840, D Bloy 836, S Fairweather 826
<b>2<sup>nd</sup>..CC Sudbury</b>	<b>2402</b>	L West 824, J Bradbury 802, J Rush 776
<b>3rd...Ipswich BC</b>	<b>2276</b>	A Jardine 774, A Kennedy 748, G Laws 745
<b>4<sup>th</sup>...Plomesgate CC</b>	<b>2051</b>	C Tye 773, T Caley 725, A Mallett 553
<b>5<sup>th</sup>...Stowmarket &amp; Dist</b>	<b>1970</b>	P Moss 651, V Smith 722, E Taylor 597
<b>6<sup>th</sup>...Wolsey RC</b>	<b>1881</b>	S Cave 764, C Matthews 599, C Clarke 518

# CCS 2017 FINAL SPOCO POINTS SERIES

**UP TO END OF SEPTEMBER**

POSITION	NAME	POINTS 1	POINTS 2	POINTS 3	POINTS 4	POINTS 5	TOTAL POINTS
1	Leon West	120	119	118	118	117	592
2	John Bradbury	117	117	117	116	114	581
4	James Rush	116	114	113	113	113	569
3	Damon Day	116	114	113	113	112	568
5	Mandy Bunn	96	96	93	84	79	448
8	Gary Johnson	89	86	85	82	81	423
7	Stewart Kirk	91	88	84	83	72	418
6	David Fenn	97	85	83	74	73	412
9	David Miller	72	61	41			174
17	Ian Millard	91	63				154
10	Barry Lee	91	61				152
11	Colin Harris	77	63				140
12	Lee Ford	113					113
13	Garth Evans	99					99
14	Doz Bree	98					98
15	Dan Upton	88					88
16	Jeff Wilson	78					78

TOTAL PTS ALL EVENTS		Number of events ridden
2204	John Bradbury	20
1098	James Rush	10
939	Leon West	8
882	Damon Day	8
713	David Fenn	10
527	Mandy Bunn	6
488	Stewart Kirk	6
403	Gary Johnson	5
174	David Miller	3
154	Ian Millard	2
152	Barry Lee	2
140	Colin Harris	2
113	Lee Ford	1
99	Garth Evans	1
98	Doz Bree	1
88	Dan Upton	1
78	Jeff Wilson	1

*Leon cleaned up our own CCS Spoco Series to retain his hold on the CCS Spoco Trophy by a healthy 11 point margin. This was achieved by some very high finishing positions including a 1<sup>st</sup>, a 2<sup>nd</sup> and two 3<sup>rd</sup> places which proved to be untouchable by the other riders and all accomplished by riding a mere 8 events!*

*John Bradbury deserves a mention for his 2<sup>nd</sup> place in the Series from 20 rides as he mainly concentrated on the Sporting Courses throughout his season. He amassed twice as many points as his nearest competitor but sadly it's the best 5 positions that count, so 'no cigar'!*

*David Fenn and James both rode 10 events with James getting 3<sup>rd</sup> place (by only 1 point from Damon!) with David being best of the 'super vets'*

*Mandy was an excellent 5<sup>th</sup> place from only riding in 6 events.*

*A good little competition that deserves more CCS riders taking part....*