

# Cycle Club Sudbury



December 2009

Happy Christmas!  
Welcome to, what is the last Spindle of 2009.  
So enjoy the turkey raise a glass safe in the knowledge that you can work all off in a Audax or Reliability ride next year!  
As a cyclist said to me the other day: "I would rather be out cycling than with the wife shopping"

## DIEPPE RAID: TOUR DES TROIS VALLEES JUNE 12th - 14th or 15th, 2010

The annual Tour des Trois Vallees is a series of touring rides of different lengths organised by the Cyclo-Club Dieppoise in the countryside behind Dieppe; a great weekend.

As you probably know, a Club group has visited Dieppe for the past few years to ride any of the varying distances available; 50k, 100k, 140k, 200k, or a walk!) on the Sunday, and also fit in another ride the next day. Most of us to date have ridden the 140k ride and all rides are sign posted so no need for reading direction sheets!

The 2010 weekend is Sat 12 June to Tues 15 June, or Mon 14 if you need to get back early.

It may seem a bit early to decide whether or not to go, but ferry prices are cheaper if booked before 2010, and the 3\* hotel ( Hotel de la Plage, Dieppe: [www.hotel-de-la-plage-dieppe.federal-hotel.com](http://www.hotel-de-la-plage-dieppe.federal-hotel.com) ) we use seems busier every year.

Some people drive to Newhaven, and just take bikes over on the Newhaven/Dieppe ferry. Others drive, going via Dover – Calais, sharing cars/ferry & petrol costs.

If you are interested in going, could you please let me know by phone or e-mail before the 30th December. Could you let me know if want to go via the Newhaven/Dieppe ferry, or would like to car-share, and whether you'd be willing to take your car and drive if necessary (and number of potential passengers/bikes you could take).

All in all, it's a good weekend, at a reasonable cost (depending of course on food/drink consumption).

Travel costs probably £50-60 a head by car (agreed and paid directly with car-share driver).

Hotel costs; double rooms 65-75 euros/night for 2 (90 euros with sea view!); triples 90 euros per night for 3. Breakfasts 7.50 euros.

I will book the hotel - you pay yourself on leaving. Hotel accommodation will be booked in January.

Names in by 30th December 2009 please:  
[robinandpam@tiscali.co.uk](mailto:robinandpam@tiscali.co.uk) or 01449 741048

Robin Weaver

## View from Afar

I'm often amused by the lack of recognition and acknowledgement from oncoming riders when I'm out on the bike. I always make a point of giving a cheery hello to whoever I meet, be they occasional riders out enjoying the sunshine, mountain bikers, touring types, or old geezers on their 70 year old clunkers coming back from the pub. They all respond back and can be classified as the general public on bikes. The trouble starts with the club riders, the racing bike brigade. About 50% respond to my greetings, but the rest just stare straight ahead as they pass ignorantly by. I have now adopted the strategy of yelling out 'You've dropped something' after they've passed me by. It's amazing how often their hearing is restored as I hear the squeal of brakes behind me.

This article was prompted by a recent email I received from a former member, Nik Ritchie, who now resides in Wellington, New Zealand. Despite living in a cyclist's paradise with stunning rides on tap and views to die for which ever way you look, he encounters similar problems with the local bikies, but with a twist. He reckons cyclists over there are no where near as friendly as here and it's not who you are, but what bike you are riding, which determines if you get acknowledged. If you are deemed to be riding a 'worthy' machine, you might get a brief nod, but anything less than 'worthy' gets no recognition!! Cycling snobbery gone mad.

He goes on to say that he occasionally goes out with a group, but drew the line recently when 82 riders turned up at the start. He decided to do his own thing for safety's sake. Interestingly, out on a ride by himself, he hooked up with a Brit from Hinckley, who had recognized the CCS club shirt he was wearing.

- Bloke on the Sidelines.

## TT Results – September - 2009

2nd September 2009 – ECCA – Open

10mile TT E91 – Gt. Dunmow

Terry & Barbara Law took advantage of their retired status to ride this midweek 10. Terry ducked under evens in 29min 42 secs and Barbara was not all that far behind with a creditable 32min 09sec ride.



5th Sept 2009 – SPOCO – Colchester Rovers CC  
25mile Open TT - E7/25B – Gt. Bromley

James found that being off the bike for a 2 week holiday and riding a 'clunky' course, don't make for fast times as he sauntered round in 1hr 4mins 03secs. Stewart Kirk fared better with a 1hr 06min 58secs followed by Barbara with a 1hr 26min 07sec ride.

6th September 2009 – Stowmarket & D.C.C  
10mile Open TT – B10/38

An early start time on this normally busy A14 course, saw 8 CCS riders hoping for some fast times during a quieter time of the day. Top of the CCS pile was Matt Shotbolt, who made a rare foray into Open TT events, recording a PB of 22mins 48secs which beat Rob Davies time by a mere 4 secs. Simon Daw produced a very good 23min 12 sec ride which in turn beat Alan Russell's PB time by the smallest of margins of 1sec. A further 5secs back was James with a 23min 18sec ride. Damon rode a decent 24min 11secs, followed by a good effort by Terry in 28min 51secs and Bob Bush with a 32min 13sec ride.

13th September 2009 – CC Sudbury- Stan Nicolls  
10mile Open TT – B10/39R – Lavenham

A full report of our own Open TT has already appeared in Spindle, but suffice to say that Matt again showed the way home for CCS riders with a 23min 52sec ride.

19th September 2009 – Plomesgate CC  
25mile Open TT – B25/2R – Tunstall

A fine day saw 5 CCS riders hoping for good times around this difficult course. Barbara Law returned one of her better times in 1hr 23min 54secs. Terry also produced a good time in 1hr 19min 17secs. Stewart Kirk was using this ride as a warm up for his 50 ride the next day as he rode serenely round in 1hr 06min 58secs. Damon Day however, meant business as he scorched round the course nearly 2 mins quicker for a 1hr 04min 56sec ride. James Rush's hopes of finally going under the hour around this course were again thwarted with a 1hr 00min 28secs ride although it was 2mins quicker than his previous best.

20th Sept 2009 – CC Breckland  
50mile Open TT – B50/18 – Attleborough

This 50miler was new territory to Rob Davies who rode the course in a superb sub 2hr time of 1hr 58min 53secs. At the halfway point, Simon Daw was 10secs up on Rob but couldn't hold the advantage as he came home in 2hrs 00mins 27secs, which was a PB all the same. Stewart seemed to benefit from his warm up the previous day as he rode impressively to record a PB time, of 2hrs 06mins 15secs, which was nearly a 4minute

improvement. Their combined time was also good enough to break the 16year old CCS club record.

20th September 2009 – ECCA  
25mile Open TT – E9/25 – Chelmsford

James had decent weather for one last go this season at going under the hour on this course. He was disappointed with his time of 1hr 02mins 32secs which was a minute down on his previous best.

26th September 2009 – ECCA  
10mile Open TT – E2/10 – Newmarket

This well used course saw 5 CCS riders all hoping for one final fling at producing PB's.

Bob Bush was pleased with his time of 30mins 53secs which was his best ride of the year. Terry Law rode a creditable 27min 09sec which was under a minute shy of his best this year.

Damon's time was only a half minute off his best, with 23mins 29secs, while Rob Davies produced his 2nd best time of the year with a sub 22min ride of 21mins 50secs. James saved his best 10 time of the year until his last race, with a PB ride of 21min 35secs, which was a 23sec improvement.

27th September 2009 – East Anglian CC  
25mile TT – B25/24C – Bungay

For the last ride of the TT season, James was more than pleased with his time of 58mins 52secs, which was a 1 ½ minute improvement on this quick course.

## Gent 6 Day

Every year for the last few years Terry has asked me if I'd like to join him on an annual trip to the Gent 6 in... err... Gent. Every year I say "Oooh, I'd like to - but maybe next year." This year, in one of those "Life's too short" moments, I decided that I would definitely say yes. But he didn't ask me! Doh! So I invited myself and he said that he wasn't going this year as no-one else wanted to. I changed his mind for him and we quickly made a plan, booked the ferries, a hotel beside the velodrome and tickets for the Saturday night and Sunday afternoon sessions, the last two sessions of the 6 days. Wahey! I haven't been to a 6-day track race since the long lost Skol 6 at Wembley some 29 years ago. I was young, enthusiastic, and impressionable then but I still have very fond memories of a terrifically exciting evening mainly





due to the exploits of Patrick Sercu in the Devil take the hindmost races. I soon learnt that the Gent 6 is now organised by the very same Mr Sercu so my expectations were high. And I was not to be disappointed.

I picked Terry up at a very sociable 9am on Saturday morning, caught the ferry from Dover to Dunkirk, drove the short journey to Gent and 7 hours after leaving home we were in the bar wondering which of the 150 Belgian beers we would try before dinner and then heading off to the velodrome. The first job on arriving at the Kuipke at the Gent Citadelpark was to exchange the free beer tokens we got with the track tickets for more beer. Then, to get the first glimpse of the track. Wow! - It was tiny! At 167m it's a little more than half the size of the Manchester Velodrome we're now familiar with. The 24 riders are paired off into 12 teams - names mainly unfamiliar to me but amongst them were reigning world champions Alex Rasmussen (no relation) and Michael Morkov as well as the man/machine that is Iljo Keisse, the previous winner every year since 2005. So the standard was very high. There was also lots of music blaring, cheering crowds, enthusiastic Belgian commentators and even more enthusiastic beer drinking adding to the razzmatazz. What very quickly becomes obvious is that this event is not just for cycling fans. There is very little cycling specific merchandising but plenty of hero worship of the riders - fridge magnets, mugs, calendars, tee-shirts, key-rings, posters etc. but all of the riders faces rather than cycling action shots. They could just as easily be footballers or film stars from the publicity.



On the whole the audience is no more made up of cyclists than the audience at a mud-wrestling evening might be made up of mud-wrestlers. It's families having a day at the races, young couples on dates, women with shopping bags and groups of young men out on the razzle. There are a few groups of people who are obviously cyclists but they appear to be mostly English tourists (like us) wondering why there isn't a London 6 anymore. We did exchange a few words with Olympic Team Pursuit champion Paul Manning but he was there as GB coach of the U23 squad who took part in

the amateur support races rather than as a rider. The racing however was breathtaking. You get the full gamut of sprints, time trials, flying laps, Derny races, Devils, Scratch and Points races and of course the Madisons. And Wow! They were all thrilling. The Madisons were especially superb. There was much debate as to whether the Derny races were "fixed" or not as the outstanding achievements of different riders sometimes seemed too good to be true, literally an inch or two behind the Derny bikes at breakneck speeds on this tiny oval. But if the Madisons were fixed then I take my hat off to the script writers as much as the players because you just couldn't make it up this good. On the small track laps were gained and lost almost as quickly as you could blink. There would regularly be cheers from the crowd and you'd realise you blinked and missed a storming lap by one team or other. The riders switched and switched again as the top five teams jostled up and down the leader board almost as quickly as they jostled passed each other on the track. The hour-long final session flew by and you were left hoarse and wishing for more. It was impossible to predict who was going to win even on the last straight of the last 167m lap after 6 days of racing. And I didn't. For the record the Danes Rasmussen and Morkov clinched it from Belgian Keisse and German Roger Kluge by fractions of an inch but there was no absolutely quarter given. What I can predict with some confidence though, is that I won't leave it 30 years before going again. Hopefully after the London Olympics the spectacle of 6 day racing will return to London. But in the mean time - Anyone up for Gent next year?

*Viv Marsh*

## A CCS Indian Summer

While England was being battered by high winds and heavy rain, during November, two CCS members escaped to India for a 400 mile epic cycle through tropical Southern India. Rob Sidgwick and Nick Reed arrived in Mysore after nearly 24hours travelling with the fantastic prospect of spending the next two weeks exploring rural India. First impressions were of chaotic traffic to contend with as well as wandering cows, goats and dogs to say nothing about the appalling roads. Fortunately we were riding Trek hardtail mountain bikes which helped as the back roads were riddled with potholes, unsurfaced tracks and speed bumps (goodness knows why). The temperature was in the mid 20's C as we were about 3000ft up. After a couple of days we arrived at a tiger reserve where we had an escorted cycle ride through the





park with jungle either side of us. Reassured by the fact that tigers are mainly nocturnal, although we had to keep an eye out for any one of the 2000 elephants which lived there. The next challenge and highlight was to climb over 4000ft to the town of Ooty which was 7000ft up in the Western Ghats mountain range. This meant 36 hairpin bends and a gradient of about 1 in 7 for 15 miles. We thought Roger would have enjoyed this part!! The following day was just a sensational descent for over 40 miles with a drop of 7000ft to sea level. The road surface was mostly OK but we still had to lookout for rogue trucks that would suddenly appear on the wrong side of the road. We passed through tea plantations on the slopes and then the vegetation changed to coconut palms as we neared the coast. The temperature rose to mid 30's C and high humidity. The rest of the trip was less challenging but the heat and humidity sapped our energy on the longer days. An overnight stay on a rice boat on the Keralan backwaters was an opportunity to relax for a while. The route followed the coast with the Arabian Sea on our right but we were continually passing through villages where enthusiastic children would rush out to say hello as we were still something of a novelty. For ten days we didn't see any other tourists and it was quite a privilege to experience the Indian way of life, warts and all. As a country with a population of more than a billion the place was constantly buzzing with people. We were totally immersed in Indian culture for our stay and our senses were bombarded by the sights, sounds and smells of this vibrant country full of contrasts. A great trip and a great country to visit especially if you don't mind curry for breakfast, lunch and dinner.

*Nick Reed and Robin Sidgwick*

## Cycling Shorts

**CCS Reliability Ride - Sunday 31st Jan 2010.**

Our annual kick start to the season will be soon upon us again. Starting and finishing from the Stevenson Centre in Gt. Cornard.

It includes the following available rides;  
48 miles in 3hrs 30mins – start at 09.20hrs  
48 miles in 2hrs 45mins – start at 09.30hrs  
27 miles in 2hrs 30mins – start at 09.40hrs  
27 miles in 1hr 45mins – start at 09.45hrs

Entry fee (including refreshments - £4.00

And you can 'sign on' on the day from 09.00

Enquiries to Brian Webber on 01787379605

Quiz night went off without a hitch, unless you found yourself on one of the losing teams! The winners, whoever they were, graciously shared their prizes with other teams. (except us) Our team were the recipients of a wonderfully hand carved spoon from an exotic wood and which now sits proudly in my shed!

Well done to Lucy and Peter W, for organising the evening – shame about the ridiculous questions though!

*- Saul Ouzer*

## Audaxes organised by CCS

Saturday 29th May 2010, from the Village Hall, Long Melford; organised by Andrew Hoppit.

### 'Raid Essex' 200k;

A raid from the Suffolk borders into Essex. The route goes west to Great Dunmow, and skirts around the north of Chelmsford, then over the Danbury ridge to the Dengie marshes for half-time at Burnham. Then Bradwell, Maldon and back to base.

### Four Fords 104k

A wiggly route with lots of info controls, but worth it to see the back roads of south Suffolk. Depending on how wet it's been, there are Four Fords to tackle.

For further details contact the organiser, Andrew Hoppit, or the Audax website.

Saturday, 3 July 2010, from the Sportsfield Pavilion, Bildeston; organised by Roger Rush and Robin Weaver.

### Castles, Coast and Cornfields 161k

A 100 mile meander, through golden cornfields to the Suffolk coast and back, taking in two impressive castles along the way.

There are few hills on the route, which mainly uses country lanes with short stretches of minor roads.

### The Bildeston Circular 104k

The route is broadly circular through quiet and attractive Suffolk countryside. It uses many of the best country lanes in this part of Suffolk, with very short stretches of minor A-road.

For further details, see the AudaxUK website

Some interesting stats from the Audax website:

It appears that CCS are 14th (out of a total of 241 clubs) in the points league for club riders participating in Audax rides. No points are awarded for 100km rides, but 2pts awarded for 200km and 3pts for 300km rides and so on.



We amassed 139pts, which compared to Colchester Rovers 10pts and West Suffolk Wheelers 47pts, wasn't a bad effort.

The full list for CCS riders is:

Brian Mann	47pts
Andrew Hoppit	21pts
David Fenn	16pts
Viv Marsh	14pts
George Hoppit	13pts
Simon Daw	10pts
Stephen Barnes	6pts
Mark Gentry	6pts
Alan Russell	2pts
Robin Weaver	2pts
Lucy Hoppit	2pts

Also worth mentioning that our Lucy Hoppit was the youngest 200km Audax UK participant this year!!!!

Well done Lucy.

Our Annual Boxing Day ride will actually be on the Sunday 27th - the day after Boxing Day, when you will have 2 days of healthy festive eating to work off!

Meet at 11.00 at the car park in Lavenham opposite the church, where we gather for our evening time trials.

The event is for teams of two\*, and takes the form of a 60minute 'treasure hunt' with riders choosing their own route, taking in as many of the 'check points' as possible that are marked on the map provided.

A Jacket and Tie should be worn - with other clothing to keep you warm, comfortable, and decent!

The 'Cock PH' will be open for refreshment at the finish.

There will be prizes for various categories - style, score, punctuality, etc. and the winners will carry off the coveted 'SHIELD'.

Enquires to Peter Whiteley 01787 375269 at any reasonable hour.

Don't forget subs night on Thursday 14th of January at 7.30pm at the Stevenson Centre in Gt. Cornard.

It's one of the few chances we have to all meet up for a chat and catch up on gossip!

Other dates for your diary are:

Saturday 16th January 2010, Norwich 100k Audax, Norfolk Nips-3

For Sale: Brand new unpainted MTB 20" alloy frame with front steel forks, any offers over £10

Contact: Brian Webber on 01787379605

## Annual Awards Dinner

Saturday 23rd January 2010 at Newton Golf Club, meet at 7:00 for 7:30 sit down. Price per head is £18, £10 for under 14 year olds. Friends and family members are all welcome. Please make your selection and send menu choice with your names and a cheque made out to Cycle Club Sudbury to:

Lucy Jay,  
51 Gregory Street,  
Sudbury,  
Suffolk,  
CO10 1BA

Tel: 01787 312976.

Please state any diet requirements, these can normally be arranged by notifying the caterer's. Details need to be in by Friday 15th January at the latest. As normal there will be a raffle, any donated gifts for this are welcome as always and to bring back the festive spirit please wrap them to keep them a surprise.

## Starters

- Carrot and Coriander Soup
- Butterfly Prawns with Chilli Sauce
- Spice stuffed Mushrooms & Green Salad
- Melon and Fresh Fruit

## Main Course

- Chicken in a Mushroom and Brandy Sauce
- Fillet of Lamb in a Port and Berry Jus
- Grilled Trout with Crushed New Potatoes
- Mushroom Risotto

There will be a sweet trolley which you choose on the night followed by Coffee and Mints.

Look forward to seeing you all there!

- Lucy Jay