



Welcome to another edition of The Spindle. This month we are going with a Halloween style, rather than a damp windy and generally miserable theme that is outdoors.

My hat goes off to all those riders who are still out there riding Audaxes or Hill Climbs, I'm quite happy sitting in front of the machine writing this; might knock the heating up a notch.

CCS Open Time Trial Report – 2009 Season

This year has probably been CCS's best season ever for Open Time Trial's and is a success story for our small club.

Last year we saw 63 individual rides in Open events.

But this year, a remarkable 164 Open rides were entered by 16 different CCS riders.

A 250% increase!

It's safe to say that if nobody around East Anglia knew our club existed, they do now.

And far from being on the fringes in terms of results, we can now boast being closer to the sharp end with many top 10 placings.

This year even saw us win our first event for a very long time, a 2-Up ride by Rob Davies and Alan Russell. Well done to those 2

Another first saw one of our own club records being broken by Simon Daw, Stewart Kirk and Rob Davies for the Club 50mile team TT record. The time that they bettered had stood for 16years. Well done again.

The bread and butter events of Time Trials, the 10 and 25mile, have seen a fascinating tussle unfold each week between Rob Davies and James Rush.

They finally settled for one each with Rob claiming the fastest 10 time in a stunning 21minutes 15secs, with James reclaiming the fastest 25 title with a remarkable 54minutes 47seconds.

Funny to think that neither of these two riders had even broken the hour for a 25 just over a year ago.

Mention should also go to the superb efforts of Stewart Kirk, Damon Day, Alan Russell and Simon Daw, who have all improved their PB times by massive amounts and seem set to start closing in on Rob and James. I'm also sure that if Matt Shotbolt could get more time off from the Bildeston Sweetie Shop, he could be up there with the best of them.

Our senior vets also fly the CCS flag with great regularity and success. Praise should go to Len, Terry, Barbara and Bob for their continuing enthusiasm for the sport.

It's worth mentioning that quite a few of our riders have ventured further a field from the comfort of the local counties and have participated in Devon, Northamptonshire, Lincolnshire, Yorkshire and Terry & Barbara's annual forays into Belgium.

So, what hopes for next season? I would hope to see a few top 3 finishes, maybe some more club records being broken and hopefully, a few more Sudbury riders taking part out there in Open events.

Open TT Reports 2009

8th July – Okehampton – 10mile Open TT
S40/10-A30 – Devon

Terry & Barbara Law combined a holiday with a local TT in Devon. On a hilly course Terry recorded a 29min 20sec ride with Barbara doing a 33sec 18sec.

12th July – Wolsey Road CC – 10mile TT
B25/50C – Bungay

On a dull wet and windy day, James Rush just managed to duck under the hour with a 59min 26sec ride, Barbara Law struggled in the conditions for a 1hr 26min 02sec.

18th July – Victoria CC – 10.2mile 2-Up TT & Solo TT
E1/10A – Bishops Stortford

Rob Davies and Alan Russell teamed up again for this event which they had previously won. Sadly, things didn't go to plan as communications between the two broke down and Rob found himself 70metres up the road alone, as Alan valiantly tried to regain his wheel. Their time of 24min 45secs was still good enough for 2nd place though. Bob Bush had one of his rare TT forays and returned a 36min 28sec, while Terry Law came in under 'evens' for a 29min 46sec ride.





18th July – API Metrow Zak Carr Memorial – Open 25mile TT E2/25 – Newmarket.

Another cool and windy day precluded any fast times as James struggled round to record a 59min 25sec ride.

19th July – SPOCO Essex Roads CC – Open 25mile TT E9/25 – Chelmsford

Simon Daw and James Rush were just 48secs apart on this bumpy and damp course with 1hr 02mins 47secs & 1hr 01min 59secs respectively.

25th July – Cambs University CC – 25mile Open TT E2/25 – Newmarket

A good CCS turnout for this early morning run on the fast E2. Conditions looked a bit unfavourable with damp roads and a rising wind. First back was Rob Davies with a very quick PB ride of 26min 22sec, which gave him the fastest CCS 25mile time to date. This must have spurred on his year long sparring partner, James Rush, as he returned an astonishing 54min 47sec ride to break his own PB by 1min 36secs. Alan Russell finally went under the hour with a scintillating ride of 58min 23secs which broke his own PB by 2mins 22secs! Stewart Kirk and Damon Day had also high hopes of ducking under the hour but neither achieved their goal. Stewart recorded a 1hr 1min 53secs; while Damon at least rode a PB with a very encouraging 1hr 1min 00sec. Len Finch produced a fine 1hr 9min 39sec ride to complete the CCS results. Any thoughts of doing well in the 'team prize' department were soon dispelled as we 'only' earned 6th place; such was the quality of the opposition.

26th July – Diss & Dist. CC – 25mile Open TT B25/17 – Bressingham

In decent conditions, James came back to reality the next day to record a disappointing 1hr 00min 7sec on this quick course. Simon Daw rode a PB with a very good 1hr 1min 16sec ride. Barbara and Terry rode: 1hr 28min 19sec and 1hr 18min 27sec.

1st August – Cambridge CC – 10mile Open TT E2/10 – Newmarket

Damon was back on the E2 course for the 10mile TT. He posted another PB by 51secs to record a 22min 59sec ride. Barbara Law also had a good day with a season's best time of 29min 06sec.

1st August – Sheffrec CC – 25mile Open TT 025/11 – Doncaster

James tried his luck in Yorkshire on a very wet and

windy course near Doncaster. National & Olympic rider Kevin Dawson scooped up 1st prize with James being satisfied with his 59min 57sec time which was good enough for 16th place.

2nd August – Colchester Rovers CC – 47mile Open TT E22/47 – Gt. Bromley

Rover's put on this curiously distanced TT (why not find 3 more miles and make it a 50?) which Simon Daw and Stewart Kirk entered. Simon rode a good time of 2hrs 2mins 12secs, with Stewart going round in 2hrs 8mins 42secs.

6th August – Woesten 21km Vets Road Race Belgium

Not a British TT this one, but worth a mention. Terry Law enjoys 'popping' over the water to compete in Belgian road races/time trials and managed 10th place in this one and a huge cup for his efforts.

8th August ECCA 10mile Open TT E2/10 – Newmarket

The E2 lured back CCS riders and were rewarded with decent conditions. Ride of the day went to Rob Davies with not only a PB, but a CCS Vets record with his ride of 21min 15sec., which beat Alan Wiseman's former record by 16secs. Stewart Kirk improved his previous best time by a massive 71secs with an impressive 22min 38sec ride. Len Finch also beat his best effort of the season by 2mins 04secs to record a 25min 57sec ride. Terry Law improved by 1min 29sec with a 26min 40sec and Barbara by 48secs with a 28min 18sec.

9th August – Anglia Velo CC – 10mile Open TT B10/3 – Attleborough

Just as Alan Russell was finishing, in a good time of 23min 22secs, he met the glum figure of James, who had just punctured minutes his start time. Without giving it a second thought, Alan handed over his bike to James who then rode his best 10 time ever in 21mins 58secs on an unfamiliar machine. Club camaraderie at its best! Terry Law (on his own bike!) rode a quick 26min 40sec, to round off a good day for CCS.

9th August – Finsbury Park CC – 25mile Open TT F1/25 - Cambs

Rob Davies ventured onto the quick course around the A1 road in Cambs and was rewarded with a very fast time. His hard work produced a 56min 14sec time, which was a PB by 8secs.



Interclub Hill Climb – Sunday 18th Oct 2009

On a crisp dry morning on the hills around Dalham near Newmarket, CC Sudbury, Haverhill Rovers, and West Suffolk Wheelers, met for their annual Interclub hill climb competition. The CCS team comprising of Brian Mann, Simon Daw and James Rush, beat off the opposition to finally claim the Interclub trophy

by the narrowest of margins. James and Simon managed 1st and 2nd on each of the two hills they climbed,

with combined times of 3min 21.99secs and 3min 25.04secs respectively. Senior veteran, Brian Mann, then had to back up these times with two good rides to ensure CCS was in with a chance of the title. His determined efforts produced a combined time of 4min 01.58secs which was good enough to seal a CCS victory. Their 144pts total narrowly beat Haverhill's 141pts with WSW third at 89pts.

Five Minutes with: Terry Law.

SPINDLE:

When did you start serious cycle racing

TERRY:

1951 at Dagenham with my first race in 1952 on a Hobbs of Barbican.

SPINDLE:

What was your first cycle club and how many have you had since.

TERRY:

Gainsborough RC (from Essex not Lincs). My first 'proper' club was Romford RC, probably the best club in the country at the time with riders like Dave Bedwell, Derek Buttle, Bill Bellamy and many more. So four in my earlier years and three in my 'second' coming.

SPINDLE:

You always tend to keep this quiet, but you rode in 2 Tour of Britain races. When was this and how did you get on.

TERRY:

I first rode the 'Circuit of Britain' in 1956. This was the amateur version of the pro Daily Express ToB

which was run at that time. It was 1000 miles in 8 days. I remember that stage 1 was 152 miles from Skegness to Manchester in rain and strong headwinds. Stage 2 was a mere 130 miles. When we finished at Worthing (with me in 27th place), I was so exhausted that 3 days later I went down with pleurisy and spent several weeks in hospital. I rode the Milk Race in 1961. This was a 14 day event and I rode for the East of England 7 man team. Two teammates were eliminated on the stage from Swansea to Aberystwyth for being out of the time limit. The rest of us got to the finish at Blackpool ok with our team leader in 5th place, I think, and me in 40th. Of the two events the first was by far the hardest.

SPINDLE:

You also spent 2 seasons racing in Belgium.

TERRY:

That's how young riders did their apprenticeship in those days. For me it was a real culture shock and truly a baptism of fire. I had never experienced such aggressive riding and such awful roads, making races in the UK a bit like an animated club run. Fields varied from about 10 to over 100 riders, but with cash prizes to the first 20 you could be in the money from time to time.

SPINDLE:

I believe this meant giving up your job each time, but you somehow managed to get it back, each time you returned.

TERRY:

Yes, you worked plenty of overtime during the winter and went to Belgium in the summer. On your return you could get your old job back – if not, there were plenty of others.

SPINDLE:

You had a period off the saddle. When did this happen.

TERRY:

From 1964 until 1996. Got married, raised a family and just went sailing. No bikes at all.





SPINDLE:

You must have raced with some 'superstars' of the day.

TERRY:

To race in the same team as Dave Bedwell was great, a smashing chap. Of the others there was Albert Hitchin, Hugh Porter, Bill Bradley to name, but a few.

SPINDLE:

What do regard as your finest hour in terms of results

TERRY:

I did say no difficult questions! I was very pleased to win the Essex RR championship in 1956. At one stage in the 60's after a short trip to Belgium I was really 'flying' and rode 16 consecutive road races with my worst placing being a 6th. In recent years I suppose getting two masters track championships, sprint and pursuit, was quite satisfying.

SPINDLE:

You must have seen a lot of changes in your time, what do regard as the biggest technological leap in bike equipment.

TERRY:

Many wonderful improvements, including 10 speed cassettes (I started with 4 speed), cleats, ergo levers, computers, they are all good. Also the compound used for tyres and tubulars is much, much better. I can't pick one out.

SPINDLE:

Did you introduce Barbara to cycling. And do you realise how lucky you are, not having to earn 'brownie points' before every time you want to go out on the bike (like the rest of us do!)

TERRY:

1. Yes and 2. no. (Don't let her see this will you.)

SPINDLE:

What ambitions do you still have with the bike

TERRY:

I want to get back to the standard I was before I had my dvt. Being 5 years older I realise I won't get down quite to the same times as before but I want to be able to beat the riders I could beat then, and not the other way round.



Audax Riding

Over the last 2 or 3 years, on a couple of occasions when Club members have been riding an Audax as a group of 10 or so riders, riders at the rear of the group have dropped off the back when they've p****ured, without the rest of the group realising.

This can easily happen early in an Audax, when you're not quite sure who's in the group, and you're passing or being passed by numbers of other riders.

For the rider left behind, riding the rest of the Audax on their own and without the support/company of other riders can, depending on the conditions, become a bit of a trial of endurance.

I think as a Club we need to tighten up a bit on group riding to make sure this doesn't happen. Ways of doing this;

Confirming before the start who wants to ride in a group – not everyone does!

Starting off together.

Keeping an eye on the rear of the group – can be difficult if like me your neck only goes 90°!

Shouting loudly if p****ured, or if someone else does.

Swapping mobile phone numbers, so dropped riders can contact others.

- Robin Weaver

Cycling Shorts

Well done to Barbara Law who recently competed in the ITU Duathlon World Championships in Concord, North Carolina in the USA.

She rode/ran in the 65-69 age category and had to endure a lot of unsavory weather, in the form of 88deg heat and 85% humidity. On top of this, race day was held in torrential rain.

She left chief mechanic and 'mentor' Terry at home! Not surprisingly, she rode her two 12.5km bike legs cautiously especially around the sharp bends and the downhill sections. Despite all of this, she came home in 5th place for team GB, (Canada won the gold) out of a field of 14 competitors.

The weather wasn't too kind either, to the CCS band of Audaxers who rode the new course from Blaxhall in early Oct. No rain, but very high winds, conspired to make the going tough.



The 11 CCS riders included Viv Marsh and daughter Jackie on their trusty tandem. Two pictures before the 1st control, saw them lose contact with the CCS peleton, as they gamely fought their way around the 120km course.



Stewart Kirk rode over to the event from home (Bures) completed the course and then rode back home, for a total of 220kms. Chapeau.

Wanted: Has anyone got a junior racing bike for a 8-9-10yr old they wish to sell. It needs to be in a fairly serviceable condition, although one that requires a bit of work doing to it would be OK. Call Rog on 01473828318 or email on HYPERLINK "mailto:rushr23@aol.com" rushr23@aol.com

Now that wet winter days are not far away, I've noticed a new type of mudguard for lightweight racing bikes being advertised. Called Crud Roadracer, this set, covers most of the tyre, just like the old fashioned sort do, but can be used on bikes without mudguard fixings. They are very minimalist in profile, look very discreet and can be used for tyres (up to 23mm) with very little fork/brake clearance. To find out more, look up [HYPERLINK "http://www.crudproducts.com"](http://www.crudproducts.com) www.crudproducts.com I've seen them for sale as low as £21.49

Book of the month (ideal Christmas present to yourself!) must be Bradley Wiggins autobiography: In Pursuit of Glory, which includes his 2009 Tour de France ride. It's in paperback and costs 'just' £7.99.

Anyone fancy an early Open T.T. next year. It's on Jan 1st, so you can't get any earlier than that. It's a 10miler and is organised by CC Breckland on the B10/3 near Wymondham. See Cycling Time Trials website for details. Remember to enter two weeks before the event.

For Sale: 2 New Swalbe Marathon 27x1 1/4 tyres for sale, bought in error. £25. Call Terry Law on 01206241780 or email: tjlaw@tiscali.com

Anyone wishing to sell any cycling items via this column or have any newsworthy items for inclusion, should send them to Roger: rushr23@aol.com

Some dates for your Diaries.

- Saturday 14th November 2009, Norwich 100k Audax, Norfolk Nips-1
- Thursday 10th December 2009, CCS Quiz night, 7-30pm at Cornard Stephenson Centre.
- Saturday 12th December 2009, Norwich 100k Audax, Norfolk Nips-2
- Saturday 16th January 2010, Norwich 100k Audax, Norfolk Nips-3
- Saturday 23rd January 2010, CCS club dinner at Newton Green Golf Club.