

The Spindle. SEPT/OCT 2019. cycleclubsudbury.com

The two month summer break from Spindle has somehow come and gone and we seem to be straight into the Autumnal weather. I'm not sure where it all went but it was nice while it lasted. I hope some of you out there went to pastures new (and old) and that you took your bikes or had use of some. It would be great if you could share the experience with us all as it's the personal experiences that make this newsletter interesting!

September has seen a couple of Open TT club records broken (which seemed to happen almost every month last year!) with our top Time Trialler Leon inevitably involved.

He reduced the 30 mile record by over a minute and combined with two other CCS riders beat the existing CCS 30 mile Team TT record by 3mins.

Follow this up with another CCS record of a 1st and 2nd overall in an Open TT makes the month quite outstanding. Details are shown further on in this edition!

Also included in this somewhat bumper edition, you will find a humorous account of some CCS members riding the Dunwich Dynamo through the night which seemed to involve lots of beer and some biking!, plus who took overall honours in the CCS Evening TT Series. A report on the almost finished Open TT's season, some useful info of how to gain some '*free speed*' (well, cheapish!), reports on our own Road Race – one looking in from the outside and one looking out from the inside, important details of our forthcoming Hill Climb and our Presentation Evening & meal plus an eclectic mix of facts and the downright bizarre in the Cycling Shorts section and finally, all of the usual monthly bits you love to digest! (Stop laughing!)

Enjoy the read!

Rog

Dunwich Dynamo my first night ride plus a 200 miler for good measure!

After seeing hundreds of cyclists in Sudbury at what used to be pub closing time, 12pm, I discovered they were taking part in the Dunwich Dynamo. Several years later I got round to taking part in the event, to recognize a friend's 50th, and discovered what a joy it is.

Encouraged by some fellow club members to cycle to it from Sudbury, at a sensible pace I dully set off, at 3.00pm from Torque, with Leon West, Gavin Ratcliff, Ashton Dyson and Simon Daw.

We made it as far as Castle Hedingham before receiving our first abuse from a car driver and seconds later were flagged down by a another driver who handed out Tequila cocktail based Ice Lollies to us all and wished us well. This was certainly a unique event for me and could not help wondering if we would be stopped in doping control later. The sixty miles to London were smashed out at 19.3mph before stopping for some Vegan fast food, very good, just before the meeting point which was London Fields Park.

The Park was full of cyclists as was the aptly named 'Pub On The Park' and in parallel a game of cricket was taking place. Thus we had drinking in groups surrounded by bikes with the occasional cricket ball flying over with shouts of 'incoming'. I met my son at the park drinking with mates by complete coincidence and then the friends I had planned to cycle to Dunwich with arrived from Liverpool Street.

After partaking in some more carbo' loading, we finally decided to set off at about 20.00 with our elite team of four, Ian White, Sam Morgan, Simon Excell and I. Nothing prepares you for the huge number of riders streaming up the road ahead of you and progress is very slow even when on the cycle paths in London. Sam had a crash and a puncture within 5 miles of start but due to some top repair skills, left nail in tyre, a second puncture 2 miles later. Once you reach Epping, the amount of bikes decreases enough to cycle at your own pace but there is always a bike in site. We stopped at two more hostelries on our way back to Sudbury and approaching on main road surrounded by hundreds of cyclists at approx. 00.30. This caused some minor road rage as drivers stuck behind packs of bikes objected to being over taken by other bikes.

In Sudbury, The Cyclist, Torque Bikes and the Fire Station were doing a roaring trade. At this point one of our quartet decided his bed seemed a better proposition than cycling through the night! Thus we took all his Gels and inner tubes, pedalling on our way out to Little Waldingfield. All night there were places to





stop at regular intervals and it was very unusual to be on your own, normally meant - gone off route. A highlight was seeing the sun come up around 4.30 and final approach to Dunwich at around 06.00. On arrival we trudged to the beach which was covered in cyclists and their bikes for the obligatory photo. We then went to the café and enjoyed a very unhealthy breakfast.

At this point I had done 180 miles so felt as never done 200 miles in a single ride pedalled over to Southwold plus several surrounding villages until the 200 mile mark was achieved.

Finally, retiring to a café in Southwold, followed by beach and then the pub. It's memorable event but leaves you rather knackered on the Monday and Tuesday. *Go for it next year.*

Regards.....*Rob Davies*

DIARY DATES

COMPILED BY **ROBIN WEAVER**

CCS FALLING LEAVES OPEN HILL CLIMB, incorporating EDCA Championships

11 am, Sunday 13 OCTOBER. Usual course, BHC/1 at Watsons Hill, Semer.

A new HQ this year, at Hollowtrees farm shop, near the top of the climb. Parking there, or as previously at the foot of the hill. Entries by end of 1 October, via CTT website at

<https://cyclingtimetrials.org.uk/race-details/18935>

If you're not riding, also a great spectator event.

CCS ANNUAL DINNER AND AWARDS EVENING

Saturday 16 November, Bull Hotel, Long Melford; 7pm for 7.30pm .

CCS ANNUAL GENERAL MEETING

Thursday 28 November, Stevenson Centre, off Broom Street, Great Cornard; 7.30pm

If there is anything you would like to see on the AGM Agenda, could you let Robin know please ASAP!

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/>. Anyone can enter these events.

Sat 5 October; Dunmow; 100, 200k

Sun 13 October; Carlton Colville; 160, 200k

Sat 19 October; Cambridge; 100, 200k

Sun 24 November; Carlton Colville, 100k

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

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

ROAD RACING

See the British Cycling website for details of all local races.

Sun 6 October; Hanningfield

**Robin asks if people feel there is anything that should be on the website and isn't, and also if there's anything they think could be left out - to let him know on.. pamandrobinw@gmail.com*

CCS 2019 THURSDAY EVENING TT SERIES - END OF SEASON POINTS

POINTS AWARDED AS FOLLOWS:

for each start, 5 points

for each finish, 5 points

for each 1 sec improvement over target time and then over best time, 1 point

for marshalling, 30/40 points

**Compiled throughout
the season by
David Miller**

Name	Apr 18	Apr 25	May 2	May 9	May 16	May 23	May 30	Jun 6	Jun 13	Jun 20	Jun 27	Jul 4	Jul 11	Jul 18	Jul 25	Aug 1	Aug 8	Aug 15	Aug 22	Aug 29	Total Points	Place	
A Ablitt							10	10	10	10		10	53		29	21	34	30				217	
J Ablitt							10	10														20	
C Boldock		182	10	38	10								10					212			10	472	5th
JBonnywood																						10	
D Bree	30	20			10	10				10		21	112		72	42	10	24	10	31		402	
G Buckles	10	30		10			56			10		30	95			36		10	10	10		297	
B Bush			30			10				10					10	45		35		10		150	
S Carson	10	33			10	39		10		10		37	48		36	27	10					270	
T Carson	10					14																24	
G Carvey																					10	10	
A Cutmore																							
M Cutmore	31	58	37	48	10		10	25	10	36			10				10		10	10	10	305	
R Davies	95	50		39	10		10		10	20		30	110			12	10		10			406	9th
D Day	10				10	50	10					20	56		10	22	10	13	10	12		233	
A Dyson																			186	121		307	
D Fenn	30					10				19		17	10			20	5				10	121	
P Hatcher			10	58	10	10		10	10	10		30	38			5	40	10	15	45		301	
J Harman		30	10		10	25	10			10		13	44		10	14	10					186	
C Harris								10	30						10	26				10	10	96	
C Heeks					13	127				74		156	223		125	132	18	32	32	10		942	1st
S Hitchcock						102	10			56					10							178	
L Hobden	33	10	30	98	10	56	10	10	10	26					48	55	10		10	10		426	6th
G Johnson	75	61	10		30	27	10	92		10		23				46		23	10			417	8th
I Johnson	82	60	87	20	10	35		12		10					10	34		35	10			405	10th
S Johnson					10							10								24		44	
O Keep	102		10		72		119	121		10			14		74		10		10	126		668	2nd
T Law								10		10			35		106	13	81	162	5			422	7th
B.Law																30			10	10		50	
A Leslie	10									30		10	10		90	10	10	10				180	
I Millard	24					30																54	
D Miller		10						10		30						40			10			100	
T Moore					63		10	78	17	39		109	43		10		10	59	30	10		478	4th
L Norfolk					10	10																20	
M North																					10	10	
GPammmnt							60													10	32	102	
T Pillett	10		10		10		10		11													51	
C Rixon																					57	57	
K Randle	51	10		30				95		43		33						16				278	
J Rush	30				10	49	10			10		10	54		48	41		10	10	10		292	
M Shotbolt		10	10			10		41		21		10				11					10	123	
A Sheppard				30																10	10	50	
C Steward		10	10				10	30	10			10			10		10		10			110	
M Swift												10	30							171	134	345	
S Triplov		10					10															20	
D Upton		10		10		10		32	30	10					10			10	10			132	

Most of you all who took part over the year will have produced PB's on the 3 courses which is what it's all about really and not where you came in the Points competition, although if you did creep into the top ten table it's an obvious bonus. Well done to all who rocked up during the season and gave it your best!

It's interesting to note that there were 99 fewer entries during the season this year compared to last year for the Evening TT Series and seems to follow a general trend I have noticed also with reduced Open TT entries! (Answers on a postcard please)

Also, very well done and thank you to our happy band of officials who ensured that everything ran smoothly with their perfect organisation which is the envy of many around our district.

Finally, it would be remiss of me not to mention Leon's rather splendid Evening Series course breaking feats. The details below sums it all up!

*Lavenham....CCS course record.....**21.37***

*Brent Eleigh..CCS course record & all comers' course record.**17.22** (Broken twice during season)*

*ActonCCS course record & all comers' course record. **17.37** (Broken 4 times during season)*

(Best you target that Lavenham all comers' record next year Leon to get the full set!)

But very well done for this year's achievements.

Rog



Club Run Coordinator's Report *by Martin North*

Gareth started off this month's run with an enjoyable visit to Perrywoods at Tiptree.

The A120 always presents a challenge to traverse so rides in that direction need a bit more thought on how to manage the traffic conditions. Perrywoods however is worth the effort and is a very well organised cafe with a good selection of food and fast service.

Nice tailwind back - thank you Gareth.

The following week Byron took the ride to Maglia Rossa at Hawstead which can be a hilly one, and so it was with Byron's penchant for seeking out the up gradients. Time to buy him a white and red spotted top!

Sunday 18 Augusts' ride was cancelled so people could attend the club's road races as helpers or spectators.

The ride to Craft Nursery Cafe Ardleigh led by Martin on the 25 August was eventful but not in a good way. The rider leader punctured on Marsh Road, Higham, the second time there this year! Almost at the same time Lindsey was stung by a wasp and had a very severe reaction which was of great concern to the whole group. Mike G rung for medical assistance (Thanks Bertie for use of your phone) but after what seemed a positive response from the ambulance service, Mike's call was rerouted and the emergency services felt they were not in a position to respond. Fortunately we were able to access some suitable advice and medication from a doctor friend of Martin's who lives nearby. After a while Lindsey felt well enough to continue riding. The route was shortened and Hall Farm Cafe at Stratford St Mary became the coffee stop. Very busy and slow service but huge cake portions! The extra rest was probably beneficial to Lindsey. A direct route back to Sudbury was taken. Bertie also needs a white top with red spots according to new member Paul Frindle.

Ride leaders are arranged for September with some new faces leading



Boardman Performance Centre visit.

10th August 20

By Doz Bree



To all my fellow time trial enthusiasts; if you are eyeing up a new frame or wheels or similar components with which to adorn your pride and joy in the never ending quest to save a few watts or seconds, you need to read this...!

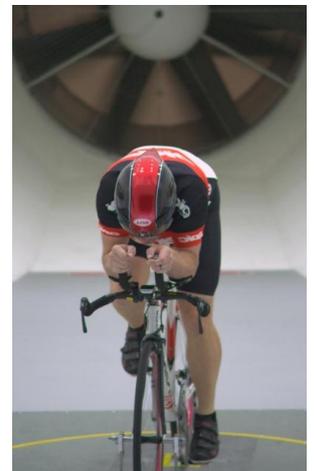
On the 10th August, Kate, my beautiful assistant, chauffeur, and long suffering better half and I stashed my TT bike and aero helmets in the car and set forth into a gale-force climate aiming for the somewhat ironic end location of the wind tunnel (!) at the Boardman Performance Centre in Evesham. Some 160-ish stormy miles later we arrived to find a thoroughly modern new build facility.

The entrance takes you into the Boardman retail area with lots of interesting well 'spec'ed and competitively priced bikes on display, and parts and accessories from business partners in a well presented environment. There is also an

area given over to some historic bikes and items from Mr B's impressive career.

Once checked in to reception we were ushered upstairs to the performance area where we were greeted by the likeable and ever attentive Jamie Pringle, who was looking after me for my £395 aero focus session. After an initial chat to establish the discipline I compete in, what my performance levels and aims are, Jamie calibrated the wind tunnel to replicate 42km/h and the bike was set up on the stand at 7 degrees of yaw to provide real world relevant results.

Two base line runs in my usual racing kit in my usual race position established that my consistency was excellent and the repeatability of my performance was good, which helps to ensure all improvements should correlate to real time. Each run consisted of settling in to my race average cadence of 90rpm whilst the rear mounted fan spools up to speed. Then two minutes of data were captured to give a solid average figure. The data was expressed in coefficient of drag, watts required to maintain calibrated speed, and the time taken with these figures to cover 10 miles (in my case, because that is what my season is based around). On the ground in front of the bike real time pictures were projected of head on and side on film of me pedalling, outlined with my base line position, and a drag meter and cadence display. Having set baseline values Jamie then started using his experience to change my



riding position one adjustment at a time, with original settings marked for easy restoration if an improvement wasn't noted in the following run.

A number of runs ensued with increasingly incremental adjustments netting successively smaller improvements, until we were happy my position was optimized.

Then using this position, a run was undertaken with each of my aero helmets, and then numerous of the many popular aero helmets available from other manufacturers to try. The final run was with my Carnac aero helmet that was within a watt of the rest, and using a pair of Rule 28 socks... Trust me these work!

A debrief then ensued, and gratifyingly, my last run was my best.

I started with a coefficient of drag of 0.28 and finished on 0.22 which mathematically equates to a saving of nearly 40 watts, or a time saving of 61secs over 10 miles. Obviously real race figures will not be 100% of this, but you can reckon on 50-75% of that reduction showing in your times.

BPC offer a range of aero packages, and various other performance services at a range of prices - have a look on their website and get booked in, it's the cheapest speed you will ever buy...!

CCS Shorts.....

VICTORIA CYCLING CLUB

OVERALL POINTS LEAGUE 2019 FINAL RESULTS

2-UP	1 st	Thomas Platts	Aspire Velo R.T.	296 points	Gold Medal
		Peter Tibbitts	Ford C.C.		Gold Medal
VETS	1 st	Ian Markham	Chronos R.T.	295 points	Gold Medal
2-UP	1 st	Andrew Bright	Chronos R.T.		Gold Medal
SOLO	1 st	Susan Triplow	C.C. Sudbury	297 points	Gold Medal
LADY					
SOLO	1 st	Martin Reynolds	Cambridge C.C.	287 points	Gold Medal
MEN	2 nd	Rob Chaplin	East London Velo	285 point	Silver Medal
	3 rd	Matthew Saunders	Team Vision Racing-Silverhook	278 points	Bronze Medal

Hi there,

See result above - also I did get third on 19/8 VTTA E2/25.

Pretty much done for the season which has been a tough one for me as I've been doing almost constant hard labour renovating my house... hopefully next year I'll be in a better position to do more with my TT's!

All the best.....Sue Triplow

Mechanical Woes & Joys

Two CCS riders had 'mechanicals' during their Open TT's over the same weekend recently with surprising results. Terry Law suffered a puncture in the last mile on the E2 ECCA event but still posted his best 10 time of the year!

The next day in the ECCA 25 on the B25/8, John Bradbury found himself with just one gear with still miles to go to the finish! He not only made the best of a bad job but posted a PB and came 2nd O/A. (*I'll have some of what he's on!!*)

With Leon coming back fastest O/A in the event, John 2nd (A CCS first!) and together with David Fenn, they also claimed the fastest Team Prize. Quite a successful day for CCS as John reports:-
"Good team win yesterday and delighted that David was part of the winning team, he tells me that's the first team win he has been a part of since 1969.

Yes I did have a gear issue, the top end of that course which is dreadful and more like an off road course. The bumps are so severe! I changed my tyres to a more robust variant to avoid punctures but the bumps destroyed my battery and mount so I was, for the last 15 miles (into a lovely head wind too) stuck in one gear - 54/11.

Pleased with the PB, could have been closer to a short 52 without the gear issue but still got some way to go to get anywhere near Leon!"

'Local-ish' Rider Sets New Speed Record

A cyclist has reached more than 174mph (280km/h) after being released from the back of Porsche on an airfield runway.

Neil Campbell, 45, broke a previous record of 167mph, using a specially-built, £15,000 bike.

The architect from Essex was pulled along at Elvington Airfield in North Yorkshire by the Porsche Cayenne, and then released to go through the timing gate under his own power.



The previous record for a man was set by a Dutch rider in 1995. Mr Campbell, of Little Horkesley, said he was "thrilled and relieved" to achieve the fastest bicycle speed for a male in a slipstream. He said "the team worked amazingly well"



'A No Punctures Bike' with an early form of Suspension!

Rog,

Another one for your weird bike collection.

Also handy for fighting off angry locals and yobs in cars on the club run!"

Trevor Hale

Good TT Result for Izzie

Nice to see our former member and now 2nd claim member Izzie Johnson entered the National Youth Championships at the Croft Racing Circuit near Darlington in September.

Her time of 27.06 gained her 3rd in age group and 5th overall female on the 10 mile circuit. Well done!



Bike Maintenance???

This happens when you don't check your wear indicators on your wheels and you're 30 miles from home and needed to call on the help from Brian Mann's Wife to come and collect us and take me home!

Came to a dead stop when the tube blew out, locked up the rear wheel and just managed to unclip in time before I fell off.

(Good tip on checking wear indicators David. Thanks for finding out the hard way for us all!)

Happy riding

David Miller



Footnote

As an afterthought David, are you sure this dodgy geezer wasn't hanging around your bike when you were taking a comfort break?

He probably fancied a quick ride...hence the damage to your wheel!



CCS Hill Climb Help Needed...

With the Hill Climb only 2 weeks away, (See details on Poster below), Dan Upton is asking for assistance to help run the event. Please come forward if you are willing to help by contacting Dan on djupton.du@googlemail.com ASAP please.

As we are using a new HQ this year within the Hollow Trees Farm Shop complex at Semer, which is more spacious and convenient with plenty of parking! We have the use of a heated area dedicated for our use only on the day and should be a better experience for everyone.

Sunday 13th October

entry via CTT website

Cycle Club Sudbury 'Falling Leaves' Hill Climb 2019

Incorporating the east district
cycling association
championship

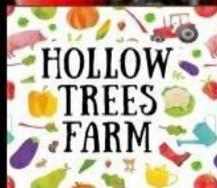
First rider off
@11.01am

Course BHC/1 Watson
Hill
Semer IP7 GJG
CLOSED ROAD

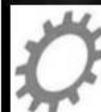
Prize money for 1st 2nd
3rd 4th 5th places for
both Men/ Women/also
prizes for team/Juniors
and new course record.

New HQ this year @
Hollow Trees Farm
Shop, Semer IP76HX.

EISBERG
ALCOHOL FREE WINE



Suffolk 01787 378205 | Hampshire
01256 398500
email: admin@robinsrow.com



The Cycle Clinic
Love your ride...

CCS Road Race Reports

Press report by Ken Watkins

Nathan Blackmore survived a last lap crash on the Bulmer course on Sunday to take Eastern Road Race League honours by nine seconds.

The Flamme Rouge Cycling Team rider was in the lead at the time of the crash, during a spell of rain, but battled back after remounting to hold off the challenge from Felix Barker (Active Edge Race Team).



Blackmore completed the 52.4 miles in the Cycle Club Sudbury Len Finch Memorial race in 1hour 58:08.

Charles Kennedy-Scott (Cycling Club Hackney) was third in a bunch sprint, five seconds adrift of Barker. CC Sudbury rider Leon West was 26th in 1:58:49, with club mates Jose Vicente-Garcia 43rd in 1:28:14, having completed three laps, and James Newton 48th (no time

recorded). Fifty riders started, with only one not finishing.

In the women's race, just four riders completed all four laps, having built up a big lead over the rest of the field, who were stopped after three laps.

"There were two distinct bunches in the women's race," said CC Sudbury organiser Darren Rule, "and the gap was growing, so the commissaires made the call that the second group was losing contention, and stopped them after three laps. So some got 37 miles instead of 50, but they still got the chequered flag, and some of them were placed."

Francesca Hall (DAP Cycling Club) just held off the challenge of Nicole Oh (Les Filles Racing Team). Both recorded 2:24:26, Oh finishing 0.08 seconds adrift. Gemma Melton (Pedal Power Cycles Ipswich) was one second behind, and Polly Mason (DAP) seven seconds further back. CC Sudbury organiser Darren Rule was pleased with the turnout of 23 riders in the women's race. "We didn't have a women's race last year as it would have clashed with the regional's. There are not as many women road racers, so this was a good turnout. Restricting entries to Class 2/3/4 may limited numbers, but hopefully next year there will be more."

The races were sponsored by Eisberg Alcohol-free Wines, and Newton Brickworks.



Race Report from the Deleton by Leon West

As I just raced in the 1st Len Finch Memorial, I thought I'd send in a brief afterthought and some pics our members and supporters kindly took (all of me unfortunately).

Had to jot a few things down before the 'type-2 fun factor' kicked in and I started telling myself things like "yeah, it was pretty good fun" and "it weren't that bad". Long and short of itBRUTAL!! My 1st real season of road racing, 1st ever 2/3/4 race and first time racing our course; despite spectating and helping Ruley out in

previous years! Still no points for yours truly but feel fairly proud to have got around with the bunch! Certainly the hardest 1st lap I've encountered to date saw James N amongst others gapped, I seemed to spend the next couple of laps flicking between 2 very different mindsets, along the lines of 'peel off and ride home: you're cooked' and 'push on lad, you're in the mix here'.

Last lap came and the Heavens opened. I watched as people drifted wide and slid out on a few corners and decided to try nursing it home, staying 'rubber down'. With around a mile to go I was still just about hanging on to the pack when I felt a bump to the back of the bike and heard the horrible noise of someone going down. This

was followed by a dodgy noise from my bike and right foot kept popping off the pedal.

The amount of water that came down fortunately meant the people who did come off all got back up with minor scrapes. My post-race damage assessment was a broken spoke (leading to buckled wheel rubbing on frame) and the cleat on one of my shoes breaking in half so wouldn't stay in place. Still a top day out though.

Absolute adrenaline rush!! Proud to be part of a club that can put on such a great race (Kudos to Ruley and all involved helping out....These things take some serious organising).



SUDBURY CYCLE CLUB DINNER MENU

Saturday 16TH November 2019 19-00 hours for 19-30

Bull Hotel Long Melford

MENU

PRAWN COCKTAIL

Served with brown bread & butter

CHEFS HOMEMADE TOMATO SOUP (VE)

With croûtons and bloomer bread and butter

CHICKEN LIVER PATE

Served with a cherry compote & toasted bloomer

ROAST BEEF & YORKSHIRE PUDDING

Served with roast potatoes and fresh seasonal vegetables
(gluten free gravy also if required)

SALMON FLORENTINE

Grilled salmon topped with Brie & melted cheese on a bed of mushrooms & spinach in a garlic cream sauce served with buttered baby new potatoes & peas

CHICKEN SUPREME IN A WHITE WINE & CREAM SAUCE

Served with roast potatoes & fresh seasonal vegetables

MUSHROOM & ALE PIE (VE)

Served with roast potatoes, fresh seasonal vegetables & vegan gravy

APPLE PIE

Served warm with custard

BAKEWELL TART (VE)

Served warm, with double cream and cherry compote or vegan ice cream

FRESH FRUIT SALAD (VE)

Served with ice cream or vegan ice cream

CHEESE AND BISCUITS

A wedge of Croxton Manor Brie, Stilton® and Irish mature Cheddar, with black grapes, celery and caramelised red onion chutney

CYCLE CLUB SUDBURY
ANNUAL PRIZEGIVING DINNER
Order Form

NAME	SOUP	PRAWNS	PATE	BEEF	SALMON	CHICKEN	M'ROOM PIE	APPLE PIE	B'WELL TART	FRUIT SALAD	CHEESE	COST

3 COURSES £23.00....2 COURSES £20.00..... all Including tea or coffee
JUNIORS under 15 years free!

Email completed selections to davidlennardmiller@gmail.com *

Payment at the time of ordering via EFT into the club bank account 20-83-50 30308188

Please use your name and club dinner as reference,
 cheque or cash to the club treasurer.

***NOTE** A separate email for orders will be sent to all members which will be able to be filled in and either printed out & posted or emailed to David!



Loyalty Offer from Torque Bikes, Sudbury.

Dear Cycle Club Sudbury members,

We are delighted to share with you that Torque Bikes has today launched a brand-new **Loyalty Programme** for all our valued customers. Our new loyalty programme rewards our customers with **10 points for every £1** they spend in-store.

Joining the scheme means you will earn points in store which you can then redeem against any of our wide range of products or services.

Along with earning 10 points for every £1 we will be running lots of great promotions and offers to help you earn more points.

Launch Offer: Triple Points until 30th September 2019

Our Launch offer gives our customers the opportunity to earn triple points until the end of September, giving you 30 points per £1 you spend - so it's a great time to come down and see us!

This new programme replaces and supersedes any previous discounts offered to club members by Torque Bikes.

Many thanks and hope to see you in store soon!

Leighton & Paul
 Torque Bikes

C.C.S. Riders - Open T.T. Results - August 2019

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Aug 3rd	VC Norwich	B25/8	S.Triplow	25	DNF	-
Aug 4th	Stowmarket & DCC - Wickham Market	B10/36R	S.Triplow	10	24.54	24th
Aug 4th	Essex Roads CC - Birch - SPOCO	E22/24	J.Bradbury	24.6	55.37	10th
Aug 4th	Essex Roads CC - Birch - SPOCO	E22/24	D.Fenn	24.6	01.15.11	33rd
Aug 4th	Essex Roads CC - Birch - SPOCO	E22/24	C.Wyke	24.6	01.26.01	37th
Aug 7th	Team Velovelocity - Newmarket	E2/25	L.West	25	50.17	12th
Aug 14th	ECCA - Newmarket	E2/10	L.West	10	19.31	4th
Aug 17th	VTTA - Newmarket	E2/25	G.Johnson	25	57.51 PB	38th
Aug 17th	VTTA - Newmarket	E2/25	S.Triplow	25	59.51	47th
Aug 17th	Essex Roads CC	E1/10A	T.Law	10.2	39.04	25th
Aug 18th	VC Baracchi - Wortwell - SPOCO	B50/17	J.Bradbury	50	01.52.18	3rd
Aug 18th	VC Baracchi - Wortwell - SPOCO	B50/17	D.Fenn	50	02.34.40	28th
Aug 24th	Border City Wheelers -Newbiggin on Lune	L108	B.Bush	10	37.03	42nd
Aug 24th	Victoria CC - Ugley - SPOCO	E1/10A	S.Triplow	10.2	26.07	36th
Aug 24th	Victoria CC - Ugley - SPOCO	E1/10A	D.Fenn	10.2	29.14	57th
Aug 24th	Victoria CC - Ugley - SPOCO	E1/10A	C.Wyke	10.2	35.20	69th
Aug 25th	Diss & DCC - Bressingham SPOCO	B25/17	J.Rush	25	01.01.01	19th
Aug 25th	Diss & DCC - Bressingham SPOCO	B25/17	D.Fenn	25	01.14.45	38th
Aug 25th	Diss & DCC - Bressingham SPOCO	B25/17	C.Wyke	25	01.31.52	43rd
Aug 31st	RTTC National 10 mile Championships Newmarket	E2/10	L.West	10	19.59	43rd

C.C.S. Riders - Open T.T. Results - September 2019

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Sept 1st	Stowmarket & DCC -	B10/38	S.Triplow	10	24.23	35th
Sept 1st	Stowmarket & DCC -	B10/38	D.Fenn	10	27.36	42rd
Sept 7th	Team Velovelocity - Newmarket	E2/25	L.West	25	50.17	12th
Sept 7th	Team Velovelocity - Newmarket	E2/25	S.Triplow	25	59.53	107th
Sept 7th	Norwich ABC - Bungay - SPOCO	B10/43	J.Bradbury	10	21.33	4th
Sept 7th	Norwich ABC - Bungay - SPOCO	B10/43	D.Fenn	10	27.39	42nd
Sept 7th	Norwich ABC - Bungay - SPOCO	B10/43	C.Wyke	10	34.33 PB	52nd
Sept 7th	Icknield RC - Tring	F11/10	G.Johnson	10	22.52	77th
Sept 8th	Plomesgate CC - Wickham Market	B25/2R	J.Rush	10	23.36	13th
Sept 14th	ECCA - Newmarket	E2/10	L.West	10	19.31	4th
Sept 14th	ECCA - Newmarket	E2/10	D.Day	10	20.27	14th
Sept 14th	ECCA - Newmarket	E2/10	J.Rush	10	21.22	33rd
Sept 14th	ECCA - Newmarket	E2/10	S.Triplow	10	22.58	59th
Sept 14th	ECCA - Newmarket	E2/10	B.Bush	10	33.06	95th
Sept 14th	ECCA - Newmarket	E2/10	T.Law	10	34.28	96th incl punct'
Sept 15th	ECCA - CC Breckland - Snetterton	B25/8	L.West	25	51.01	1st 2nd 22nd Team Prize CCS
Sept 15th	ECCA - CC Breckland - Snetterton	B25/8	J.Bradbury	25	52.42 PB	
Sept 15th	ECCA - CC Breckland - Snetterton	B25/8	D.Fenn	25	01.09.11	

Sept 21st	DAP CC - Bungay - SPOCO	B10/43	D.Fenn	10	28.08	36th
Sept 21st	DAP CC - Bungay - SPOCO	B10/43	T.Law	10	37.13	48th
Sept 21st	Leo CC - VTTA - Newmarket	E2/30C	L.West	30	01.00.44 11th	New CCS 30 record for LW. New fastest CCS 30 Team Record for LW/JB/JR PB's for LW & JB
Sept 21st	Leo CC - VTTA - Newmarket	E2/30C	J.Bradbury	30	01.03.26 22nd	
Sept 21st	Leo CC - VTTA - Newmarket	E2/30C	J.Rush	30	01.08.00 51st	
Sept 21st	Leo CC - VTTA - Newmarket	E2/30C	S.Kirk	30	01.15.15	80th
Sept 22nd	Godric CC - Bungay - SPOCO	B25/50	D.Fenn	25	01.15.40	
Sept 28th	Kings Lynn CC - Tottenhill	B10/37R	G.Johnson	10	25.05	17th



Open TT Report

It's been a busy past 2 months which has seen Leon establish a new 30 mile club record recently in the Leo VTTA event on the ubiquitous E2. He recorded a brilliant 1.00.44 time which eclipsed Jody Downs' record by over a minute. He was also part of a new CCS Team record for a 30 along with John Bradbury and James Rush on a windy course which didn't seem to help the riders much whichever direction they rode although Leon and John both posted PB's. The same pair also combined to give CCS a first ever **1st and 2nd** overall in an Open TT in the ECCA 25 event run by CC Breckland on a very bumpy course in Norfolk. An outstanding performance by them both with John also riding to another PB!

Leon rode in the National 10 Championships (again on the E2) and returned a 19.59 for a creditable 43rd place.

Damon only appeared once since the last report in the ECCA event and along with Leon and James, they were just 3secs off creating a new CCS 10 Team record in the process. (That's just a second each boys!) His quick 20.27 time was his 2nd fastest of the year.

James' time in the same event, 21.22, was his quickest of the year and along with the 30 Team record, finished the season on a brighter note.

Sue Triplow quietly gets on with riding Opens and set her fastest 25 time on the E2 in September with a 59.51. A gold medal was her prize for 1st lady in the Victoria CC's point's competition. A fine year for this busy lady! Another busy rider, David Fenn (right) rode an impressive 9 events during Aug/Sept with the highlight coming in the ECCA event on the B25/8 where he not only rode his fastest 25 of the year with a 1.09.11, but was also part of the fastest team of the day along with Leon and John for some well deserved glory! He also ventured into the 50mile territory chasing SPOCO points for good measure at the VC Baracchi event.





Caroline Wyke, complete with her 'two hats', keeps consistently banging out 1.31's for 25's and also set her PB for a 10 on the Bungay course with a 34.33 and a very good ride in the Essex Roads 24 mile with a 1.26.01.

Terry Law (pic right) continues to improve his 10 times with his recent ride on the E2 ECCA event improving it by 3mins for a 34.33 which included riding the last mile with a pot hole induced puncture for the last mile. A great effort Terry but you need to go on the County



Council's 'Pot Hole Ahead' spotting and avoiding course!



Bob Bush (left)) had his annual ride 'oop north' in the Border City Wheelers 10 event which he found a bit challenging but had better luck on the E2 ECCA event where he rode a 33.06 which was his best for over 3 years.

Stewart (*I'm not your mate – his words, not mine*) Kirk had a rare foray onto the Open Roads with a good 1.15.15 in the Leo 30 event. He tells me he has spent most of the summer

demolishing, rebuilding, rewiring, replumbing etc, his house, which is a stone's throw from the E2 course and was using this event as a start-up for a full season next year.

Gary Johnson (below) had 3 eventful events in Aug/Sept. The first at the 25 VTTA E2 recording a



decent 57.51 which was even more remarkable as he managed to fracture his TT bikes top tube hitting a tree while he was parking! Unaware of the damage to his bike he still rode a PB.

He had an away ride in the 10 Ickfield RC event near Tring with a 2nd fastest of the season of 22.52 on a borrowed bike from Dan Upton and a 25.05 in the Kings Lynn event on his road bike at the end of this month!

**I still worry that I have missed rider's times, but despite trawling through the CTT website, which is not comprehensive, I will always be on a loser. Just a quick email with your times and event, helps enormously!*

Rog

Note: The next Spindle edition will be out a bit earlier next month as I have things to do and places to go. So expect it to drop into your mailboxes about a week early!