

SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY NOVEMBER/
DECEMBER 2005



Welcome to the last Spindle before Christmas, indeed this will be the last issue that myself & Michelle will be putting together, after nearly 2 years of editing, it's time to hand over the photocopying and stamp sticking duties to somebody else and that somebody comes in the form of new club member Adam Chamberlin who bravely volunteered at the recent AGM.

Speaking to Adam after the AGM he explained that he is an 'ex- kite surfer' and that he now wanted to try his luck at the extreme sport of cycling, well he hasn't 'hung' around, indeed he had a cracking first ride in the Semer Hill Climb to record just over a minute and with that beating quite a few of his new team mates! So well done and thank you Adam. Another new or should I say ex-member to re-join recently is Viv Marsh, those of you with a very long membership will remember Viv back in the early eighties when he was winning all the clubs trophies as a Junior. Well 20 odd years may have passed Viv but the club welcomes you back, maybe now you will be winning a few trophies as a Vet!

Semer Hill Climb Pictures, taken by CCS Official Photographer, Roger Rush.



Powering off from the start, to record 1.01.1. Doz was a little disappointed not to dip under the minute.



Rob Harman, riding his first Hill Climb for several years, he stopped the clock in 59.5.



Simon, one of the pre-race favorites finished in 9th place, stating that he was over-g geared.



Barbara finished in 1.53.4, she claimed that she almost got caught by her minute man.



New CCS Spindle editor Adam, making it look easy.



I was well chuffed with my ride, only 1.2secs off my lifetime best for Semer.



Viv Marsh riding his first Hillclimb since the early eighties!



James Rush powering up Semer to record 57.6, great ride!



Rob Davies riding his first Hillclimb was just relieved to get the better of Mr Audax, Brian Mann



Terry was well down on his target time, claiming to be under geared ridinø 42 x 18

CYCLE CLUB SUDBURY

Open Hill Climb – Sunday 6th November 2005 – Course BHC/1 Semer.

Promoted for and on behalf of Cycling Time Trials and under their Rules and Regulations.
Incorporating East District CA Championships

Result Sheet

Open Event

1 st	James Ward*	Cambridge CC	46.4	£20.00
2 nd	Adrian Pettitt	Stowmarket & Dist	49.1	£15.00
3 rd	Tim Snook	Ipswich BC	49.9	£10.00
4 th	Mark Jay	CC Sudbury	50.4	£ 7.50
Vet (-50)	Simon Wright	CC Sudbury	53.7	£ 7.50
Vet (+50)	Joe Empson	Anglia Velo	1.00.1	£ 7.50
Lady	Caroline Gammell	Ipswich BC	1.12.9	£ 7.50
Junior	Will Dorsett	Api Metrow	54.0	£ 7.50

nb. Congratulations to James Ward whose winning time is a new course record.

Team

Ipswich BC: Tim Snook, Daniel Zagni, Philip Hetzel = 2.35.2
To hold CC Sudbury Hill Climb Trophy for one year.

EAST DISTRICT CHAMPIONSHIP.

1 st	Adrian Pettitt	Stowmarket & Dist	49.1
2 nd	Tim Snook	Ipswich BC	49.9
3 rd	Mark Jay	CC Sudbury	50.4

Team: Ipswich BC - Tim Snook, Daniel Zagni, Philip Hetzel = 2.35.2

Acknowledgements: My thanks, and the smooth running of the event, are due to Colin Kindred and Geoff Morse for Timekeeping, Brian Webber for Pushing Off, Alan Wiseman for the superb (as ever) Result Board, and to the various and sundry guys and gals who lent a hand. Special thanks are due to Michelle Jay, Jessie Nicholls, Peter Whiteley and Jenny Mann who did the Catering.

My thanks are due also to Steve Grimwood (Elmys Cycles, Ipswich) for a very kind donation to the event, which helped us to expand the original prize list. We were, finally, able to award prizes to approx 22% of the field which is remarkable and exactly as it should be.

Steve Jones has posted some photos of the event on www.morningtonconsulting.com/Semer2005: you're not all there, but take a look anyway.

We had one of the best fields for many a year and even the weather stayed kind to us (just). There was a terrific atmosphere at the HQ after the event and it was good to see so many supporters on the hill. I hope to see you all here next year. Spread the word amongst your club mates and let's see if we can get 50 riders on the starting line next November.

Stan Nicholls.
Event Secretary.

Pos.	Name	Club	Time
1	James Ward	Cambridge CC	0.46.4
2	Adrian Pettitt	Stowmarket & Dist	0.49.1
3	Tim Snook	Ipswich BC	0.49.9
4	Mark Jay	CC Sudbury	0.50.4
5	Adrian McTigue	Plomsgate CC	0.52.1
=7	Daniel Zagni	Ipswich BC	0.52.2
=7	Tim Haseldine	Stowmarket & Dist	0.52.2
8	Philip Hetzel	Ipswich BC	0.53.1
9	Simon Wright	CC Sudbury	0.53.7
10	Will Dorsett	Api Metrow	0.54.0
11	Keith Richardson	Mildenhall CC	0.55.0
12	Mike Hudspith	Godric CC	0.55.1
13	Lee Bark	Stowmarket & Dist	0.55.3
14	Steve Jones	Plomesgate CC	0.56.8
15	James Rush	CC Sudbury	0.57.6
16	Ian Cooper	Mildenhall CC	0.58.7
17	Robert Harman	CC Sudbury	0.59.5
18	Joe Empson	Anglia Velo	1.00.1
19	Jason Everett	Stowmarket & Dist	1.00.3
20	Doz Bree	CC Sudbury	1.01.1
21	Adam Chamberlin	CC Sudbury	1.01.3
22	Kevin Norman	Stowmarket & Dist	1.01.4
23	Valerio Malenchino	Plomesgate CC	1.02.3
24	Vivian Marsh	CC Sudbury	1.02.3
25	Robert Davies	CC Sudbury	1.03.3
26	Brian Mann	CC Sudbury	1.08.2
27	Nathan Simmons	CC Breckland	1.08.9
28	Caroline Gammell	Ipswich BC	1.12.9
29	Charles Rowe	Eastern Region Velo	1.13.9
30	Barry Lee	Wolsey RC	1.16.3
31	Terry Law	CC Sudbury	1.19.6
32	Hugh Rethman	CC Sudbury	1.27.6
33	Barbara Law	CC Sudbury	1.53.4
34	Steven Grimwood *	Ipswich BC	dnf
35	Sid Charlton *	T.A. (East)	dnf
36	Max Pendleton	Mildenhall CC	dns - apologies
37	Roy Instrall	Mordon CRC	dns - apologies

* Steve Grimwood had the misfortune to pull his wheel over and almost had a very nasty spill. He later rode a "private" and recorded 50.2 secs a time that would have put him amongst the medals. Tough luck Steve. Sid Charlton was another with a bad luck story. Arriving late he rode up after the last man only to find himself hampered by the crowd, who, thinking the event was finished, were blocking the hill.

CCS Annual Dinner & Prize Presentation 2006

Please find attached (back of Spindle) all the information and order form for the Annual Dinner.

Please could you return all cups, shields and trophies as soon as possible to Peter Whiteley, 133 Melford Road, Sudbury, Suffolk (by light controlled pedestrian crossing) so they can be engraved in time for the Annual dinner. (Please telephone before travelling 01787 375269).

Raffle at the Annual Dinner. Either deliver donated prizes to Peter Whiteley or notify him they will be there on the night, or bring them to the subs evening on January 12th 2006. Thank you.

Chairman Peter wrote this piece in late summer, many thanks.

My daughter Kate and I rode the Sustrans C2C route a few weeks ago from Whitehaven to Sunderland and thoroughly enjoyed it. We had hotels booked at about 30 mile intervals and our bags carried – well it was a holiday.

The first few miles are on an old railway line and this is then followed by rolling lanes that culminate on a half mile one-in-five climb towards the Whinlatter pass. The summit boasts a Café and a video link to the first ospreys nest in the area. Also in the forest are some well planned mountain bike rides.

Next day we chose not to ride the rough old coach road, but used the lanes and enjoyed a final fast 1 ½ mile down hill to our hotel near Pentith. There is also a fabulous 7 miles downhill through the moors to Alston but that has to be earned. The day I enjoyed most was along the old lead mine working valley to Rookhope and then up the nearly 1 mile long 1 in 5 inclined plane that the wagons were winched up before the gentle downhill to Consett, where the lead was smelted. Its tough in places especially when there aren't cafes and only scattered pubs! Holiday Lakeland (www.holiday-lakeland.co.uk) looked after us well.

A Bit at the Back Audax Round Up

C.C.S's Stonham Coffee Run 105km Audax saw a fair sprinkling of club riders enter for another Peter Whiteley organised event. It was my first time on this run and it was no surprise at how well organised it all was by Peter and his team.

The large starting group almost brought Sudbury to a standstill as we wound our way out of town and into the empty lanes of Suffolk. Passing within a couple of miles of home, I resisted the temptation for an early cuppa, as I needed to stay with riders who could read the route sheet! And although I had ridden most of the route a few weeks earlier on a recce run with Peter and Colin, I still couldn't remember much of it.

Stan and Lou greeted us at the control at Stonham, before we joined the long queue for refreshments. Stan didn't have time to impart any pearls of wisdom to me as he was busy stamping riders cards, so I was left to my own devices!

On the run home, we passed the nearby Mendlesham TV Mast, which amazingly I discovered, could be seen at night from just outside Sudbury. At the finish, I watched as the 200km riders were setting off out again on their second leg towards the west of the district. Amongst them were Brian and Andrew, who looked as fresh as when they set out on the first leg. **Ride Time 4hrs 24min @15.0mph**

The next Audax to tackle was the small matter of the French Sea-to-Sea ride that I had been planning and preparing for, for the last 12 months. The idea was for two of us to ride from Caen on the English Channel, down through quiet French lanes to Montpellier on the Mediterranean. It is listed as a Permanent route, a sort of 'do it yourself' Audax, so we needed to collect control stamps every 100kms to qualify.

It all went without a hitch, although some early problems around the bottom department did cause concern, but I surprised everyone, including myself, and finished on schedule.

The weather remained glorious throughout as we enjoyed, marvelled at and pedalled through the best cycling country in the world!

It took 9 days (60hrs 33mins riding time) to complete the 1101kms at an average riding speed of 18.2km/hr (well it was **quite** hilly!) and would you believe, no p**ctures!

Back to earth in early October, saw another ride on the Suffolk Byways 103km Audax. I have ridden and written about this one before and it still remains my favourite ride. The weather is invariably kind, countryside, and coastal areas always pleasant. It would be a good introductory ride to anyone contemplating their first Audax run out.

Again we had a large club presence and it was good to see 'my guru' Stan, back in the saddle with a vengeance after a lengthy layoff. **Ride Time 4hrs 12min @15.5mph**

My final Audax of the season came at the Emitremmus 103km at Stevenage in late October. Together with riding partner Robin and big time Audax men Brian and Andrew (+ young Hoppitt junior), 250 of us were set off in timed groups by the mayor of Stevenage (for some obscure reason!)

I expected to see large groups of riders cluttering up the lanes of Essex, as there were so many participants, but everyone was soon surprisingly strung out and no problems ensued. The highlights of the ride out were the welcome and efficiently run first control, which managed to feed and dispatch huge groups of rider with little delay. And passing through the village of Nasty with the inevitable signs to Nasty Village hall and Nasty Church etc.

The control at Saffron Walden however, was completely over-run with riders wanting the obligatory stamp, and a good 20 minutes was wasted waiting in the queue.

We forwent the crowded café and set off into a stiff breeze for the final control/café instead.

Lots of niggling hills needed to be clambered over before we reached the control where we sat down to cherry pie and custard as a reward.

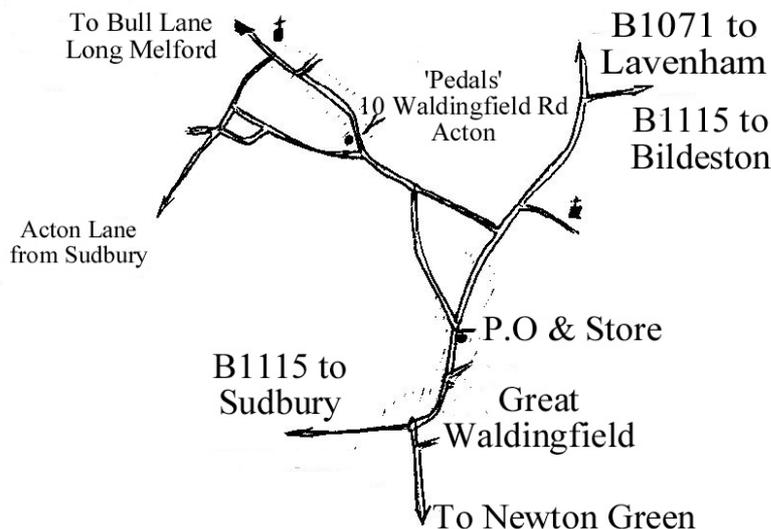
The run back included some convoluted navigation through the bland metropolis that is Stevenage, which is not the most inspiring place to finish, and although the rain threatened all day, it stayed dry. **Ride Time 4hrs 31min @ 14.2mph**

Bloke at the Back

BOXING DAY RIDE

To be held on Saturday 31st December at 10am

This is a 'Guess the Distance' ride from the home of **Andy Rogers, 'Pedals' 10 Waldingfield Road, Acton, Sudbury, Suffolk, 01787 313434.**



CCS AGM held on the 20th October 2005

With 29 members present (must be a record) the AGM went off smoothly and lasted about an hour and a half. All secretaries gave their reports including Bob Bush who reported that the club evening events had an average attendance of 24 riders per event “very impressive”. Also Geoff Morse reported that the Club was financially healthy. The committee remains unchanged apart from myself stepping down as newsletter editor and Adam filling the roll.

Forthcoming events

31 st December 2005	Boxing Day Event, (see map on previous page)	10am
12 th January 2006	Committee Meeting, Stevenson Centre Broom Street, Great Cornard	7.30pm
12 th January 2006	Subs Night, Stevenson Centre Broom Street, Great Cornard	8.00pm
28 th January 2006	CCS Annual Dinner & Prize Presentation (See attached menu form)	7pm for 7.30pm
29 th January 2006	CCS Reliability Rides (AS BELOW)	9.30am

RELIABILITY RIDES

29TH JANUARY 2006, STEVENSON CENTRE, BROOM STREET, GREAT CORNARD, 9.30AM



A great way to kick start the training for the coming season.
Course one, approx 27 miles and target times 1hr 45mins or 2hrs 30mins.
Course two, approx 48 miles and target times 2hrs 45min or 3hrs 30mins.
No entry forms required just turn up on the day and pay a small entry fee (normally £2) to cover the cost of insurance and a post event cuppa. More details from the organiser Brian Webber on 01787 379605.

And finally we would both like to thank all club members who have contributed articles, pictures and info etc... over the past couple of years for insertion into the Spindle it really does help, and of course keep the stuff coming to support our new editor Adam, his contact details are Adam Chamberlin, 01787 312976. email adam@shibbyonline.co.uk

That's all for this month, Goodbye.

Roughly written by Mark Jay and professionally typed and edited by Michelle Jay.

CYCLE CLUB SUDBURY
ANNUAL DINNER AND PRIZE PRESENTATION
NEWTON GREEN GOLF CLUB
SATURDAY 28 JANUARY, 2006 , 19.00 FOR 19.30

The Committee have now received the menu for the club dinner, offering a good varied choice as last year. The tickets are £17 (to include the main room charge):and the committee have decided to keep to the same agreeable evening arrangement as last year. The Golf Club is a 1/4 mile down a lane, right off the A134 at Newton Green going East, just beyond the Saracen's Head pub. The club has good parking. We look forward to seeing our new members and partners for this enjoyable evening. Please let the Chairman Peter Whiteley (01787 375269) know the number of tickets and choices of menu required using the form below.

MENU:

	STARTERS	Homemade soup Fanned melon with fresh fruits Prawn cocktail
	MAIN COURSES	Roast beef and yorkshire pudding Fillet of lamb in a redcurrant and port sauce Fillet of salmon in a prawn and hollandaise sauce Vegetarian alternative - brocolli and stilton tartlet
	DESSERTS	Apple pie and custard Syllabub Cheesecake Fruit salad and ice cream
TEA or COFFEE AND MINTS		

X-----X

CC SUDBURY ANNUAL DINNER AND PRIZE PRESENTATION SAT. 28 JAN 06

PERSON BOOKING _____ NO. OF TICKETS _____ AT £17 pp £ _____

TELEPHONE NUMBER _____

NAMES		MENU CHOICES		
SURNAME	CHRISTIAN	STARTER	MAIN COURSE	DESSERT

ANY SPECIAL DIETARY NEEDS e.g. Diabetic, Gluten -free. etc. _____

Please send to Peter Whiteley at 133 Melford Rd. Sudbury CO10 1JT with a cheque payable to "CYCLE CLUB SUDBURY" as soon as possible and by 12 Jan 06 (subs. night) at latest.