

SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY

JULY 2005



Welcome to the latest Spindle, the past month has been a fairly busy one with the club promoting its ever popular open Audax event, which attracted 105 riders from all over the area and beyond, even as far as Walsall. Also of course the Club 10 Mile Championship was held and all the results and trophy winners are listed inside. As for the evening points competition Roger R has made a mad dash for the line with only one month's racing left, he heads the points table but has he peaked too soon? Going back to "Audax" a quick mentions to Brian Mann who has been almost non-stop clocking up kilometers during the summer (a fellow club member estimated he had done over 3000km already) can anybody catch up with him? Again only time will tell. Finally this months Rider Profile is star of the past (or maybe he's planning another come back!) Graham White. Going back 10 odd years Graham was a pretty handy rider mixing it with road racing and time trialing, I'm pretty sure he done a shortish 23 for the Lavenham "10", anyway I'm sure you'll enjoy reading his "best bits".



Our Graham in the Hainault Road Race 1991, Graham is the star of Rider Profile this month

** Important Notice **

Haverhill Wheelers Speed Judging event (part of our Interclub Series) takes place on the 25th September at 10.30am, Hawkedon Village Green (Sorry, I got the date wrong in the last Spindle.)

Results

16th July 2005 **Team Economic "10" Course E2** **Len Finch 25.59**
Bob Bush 29.17

23rd July 2005

Family and work commitments mean that Simon Wright doesn't get the opportunity to race as often as he would like. But when he does, he makes the very best of his chances. On Sunday he was on the start line in Brentwood for the API Road Race under LVRC rules. The race distance was 56 miles (7 x 8 mile laps) over a wet and hilly course that featured a particularly unpleasant descent covered with loose gravel.

4 riders attacked immediately from the starting gun and got a small gap but Simon was able to get across to them fairly quickly. After 3 laps another 8 riders "got across" making a biggish lead group of 13 that soon established a useful gap at the head of the race. Another local man, Kenny Baker of Colchester Rovers, was very active in the bunch and with just over 2 laps to go he and Simon managed to get a small lead. However as the race entered its final stages the field all joined up again and it looked as if their efforts would come to nothing. Simon made one final and decisive attack and got a small lead of perhaps 30 or so seconds that the chasing bunch couldn't quite close by the finish.

After the race Simon spoke highly of the amount of work that Kenny Baker had done to keep the lead group clear and felt that in the final analysis Kenny's efforts had seriously jeopardised his own chances. Simon has had only 5 races this season but from this meagre number he has an extraordinary 4 wins and a second place for his efforts.

Kindly supplied by Stan Nicholls

31st July 2005 **Shaftesbury 50 E2/50** **Len Finch 2.22.03**

EVENING TIME TRIALS

Thursday 7th July 2005

Lavenham "10" Course

1	Ben Mickleburgh (Tri UK)	23.46	10	Pandro Berman (Haverhill)	27.49
2	Kenny Baker (Col R)	23.57	11	Andrew Hoppitt	28.06
3	Rob Harman	24.36	12	Gordon Griggs	28.33
4	Jay Hunter	24.42	13	Hugh Rethman	29.36
5	Terry Law	25.43	14	Louise Tanous	29.48
6	James Rush	25.57	15	Ron Bareham	30.08
7	Julie Baker (Col R)	26.21	16	John Steed	31.58
8	Brian Mann	26.53	17	Barbara Law	32.03
9	Chris Byford (Haverhill)	27.04	18	Bob Bush	33.28
	Pip & Cheryl – Two up (Haverhill)	31.47			

Unfortunately I could not make it out to Lavenham this week but Alan reliably informs me that the weather was far from ideal.

Thursday 14th July 2005

Timekeepers:

Marshal:

Pusher Off:

Brent Eleigh Course

Stan Nicholls, Alison Steed

Geoff Morse

Mark Jay

1	Kenny Baker (Col R)	19.29	13	Pandro Berman (Hav)	23.04
2	Len Benton (Ang.Sp)	20.27	14	Roger Rush	23.07
3	Jay Hunter	20.28	15	Gordon Griggs	23.48
4	Doz Bree	20.40	16	Louise Tanous	24.08
5	Rob Davies	20.58	17	Hugh Rethman	24.23
6	Hugo Gladstone	21.01	18	Pip Grainge (Hav)	25.05
7	James Rush	21.20	19	Ron Bareham	25.40
8	Richard Talon	21.27	20	John Steed	26.02
9	Alan Wiseman	21.41	21	Tom Moore	26.18
10	Brian Mann	22.10	22	Andy Rogers	27.03
11	Graham White (Ips Tri)	22.37	23	Bob Bush	27.17
12	Andrew Hoppitt	22.49	DNF	Cheryl Load (Hav)	

24 Riders faced the started on this humid evening. Ken Baker roared round to win by nearly a minute, first back from the club was Doz who was forced to ride his old winter bike, his racing machine was out of action due to a faulty headset. Top point scorer on the night was Roger, with 63 points. Looks like Mr Rush Senior is determined to narrow Robin's lead with seven more events remaining.

Thursday 21st July 2005

Hitcham Hilly

1	Rob Harman	36.04	12	Gordon Griggs	41.39
2	James Rush	36.13	13	Louise Tanous	43.04
3	Rob Davies	36.14	14	Chris Hall (Col R)	43.53
4	Hugo Gladstone	36.19	15	Pip Grainge (Hav)	44.11
5	Richard Talon	36.39	16	John Steed	44.56
6	Brian Mann	37.48	17	Tom Moore (Bath Road)	45.03
7	Graham White (ITC)	38.03	18	Barbara Law	45.56
8	Andrew Hoppitt	39.27	19	Colin Byford (Hav)	47.16
9	Pandro Berman (Hav)	40.03	20	Andy Rogers	47.55
10	Roger Rush	40.53	2-up	Jay Hunter/Ben Mickleburgh	32.34
11	Hugh Rethman	41.35			

Once again I could not make this event, so not much info.

10 Mile Championship

With a heavy thunderstorm soaking riders 5 minutes before we were due to start the decision was taken to postpone the start for 20 minutes to allow the rain to pass.

Fastest and therefore Club Champion was Simon with 23.30, Rob Harman put in an excellent season's best, he also bagged the handicap trophy, not bad considering he reckons he is useless at riding in the wet! Ladies cup went to Barbara in 32.36, VETS award goes to Alan who won it with a plus of 6.13 beating 2nd place Brian Mann by over 3 minutes. Full results as follows:

Thursday 28th July 2005

Timekeepers:

Marshal:

Pusher Off:

Championship "10" Lavenham Course

Alison Steed/Brian Webber

Colin Dales & Peter Whiteley

Mark Jay

1	Simon Wright	23.30	14	Mark Gentry	28.01
2	Nick Webber (Col R)	23.56	15	Pandro Berman (Hav W)	28.33
3	Rob Harman	24.09	16	Ron Bareham	29.08
4	Jay Hunter (Interclub)	24.32	17	Rob Weaver	29.11
5	Alan Wiseman	25.17	=	P Frimble (Hav W)	29.11
6	Rob Morse	25.24	19	Hugh Rethman	30.08
7	Rob Davies	25.25	20	Terry Law (Interbike)	30.09
8	Hugo Gladstone	26.04	21	John Steed	31.07
9	Brian Mann	26.12	22	Bob Bush	31.53
10	Chris Byford (Hav W)	26.33	23	P Grainge (Hav W)	31.57
11	Richard Talon	26.40	24	Tom Moore (Bath)	32.10
12	Graham White (Ips Tri)	27.53	25	Barbara Law	32.36
13	Roger Rush	28.00	26	Andy Rogers	34.51

Club Championship Seniors

Ladies Cup

1	Rob Harman	24.09	1	Barbara Law	32.36
2	Rob Morse	25.24			
3	Rob Davies	25.25			
4	Hugo Gladstone	26.04			

VETS ON STANDARD

1	Alan Wiseman (67)	+6.13	7	Roger Rush (57)	+1.06
2	Brian Mann (58)	+3.08	8	Bob Bush (71)	+0.37
3	Ron Bareham (69)	+2.52	9	Robin Weaver (57)	-0.05
4	Simon Wright (40)	+2.00	10	Barbara Law (61)	-0.36
5	Mark Gentry (60)	+1.47	11	John Steed (63)	-0.37
6	Hugh Rethman (66)	+1.07	12	Andy Rogers (51)	-7.05

ON HANDICAP

1	Rob Harman	17.03	9	Rob Morse	18.04
2	Mark Gentry	17.17	10	Robin Weaver	18.06
3	Brian Mann	17.19	11	Ron Bareham	18.20
4	Rob Davies	17.31	12	Hugh Rethman	18.33
5	Simon Wright	17.43	13	Barbara Law	20.27
6	Roger Rush	17.50	14	John Steed	20.30
7	Alan Wiseman	17.51	=	Andy Rogers	20.30
8	Hugo Gladstone	17.52	16	Bob Bush	20.38

EVENING POINTS SERIES, POINTS TO END OF JULY

1	Roger Rush	573	7	Micheal Woodroof	385
2	Robin Weaver	539	8	Richard Talon	375
3	James Rush	494	9	Hugh Rethman	372
4	Louise Tanous	437	10	Jay Hunter	335
5	Brian Mann	434	11	Rob Davies	329
6	Barbara Law	401			

All above results/calculations kindly supplied by Alan Wiseman

A Bit at the Back

Audaxing

With the Audax season in full swing, the Eastern Rover 109km from Lawford, Essex, seemed like a good idea, especially as it was organised by our own Peter Whiteley.

At the start, the temperature was already hovering around the 26deg mark and was set to rise during the day. On the run to Dedham, what seemed like localised sniper fire grabbed our attention as we sped down a particularly steep hill, as up front Terry Law was gamely holding on to his machine as a violent blow out tried to send him into the hedgerows.

As the temperatures soared, a stop at the Youth Hostel at Castle Hedingham to refill depleted bottles was much needed, plus the obligatory slice of cake of course.

Riding an Audax over familiar roads was a new experience and the temptation to create your own (shorter) route to the next info control at Lavenham was tempting especially as my 'hot foot' malady was in its most painful mode. Another quick cuppa and cake was taken at our normal 'Sunday Run' cafe in Lavenham before heading across more home territory as the temperatures reached 32deg.

The next stop at Suffolk Water Park saw Barbara and Terry already chilling out and looking remarkably refreshed as opposed to my sorry state. A final fill up of bottles for the last 'drag' over to Lawford was essential especially as Robin and I had gained another rider who looked in an even worse state than I did. We managed to shepherd him back to the finish although at one point I thought he had succumbed to the heat going up yet another of Peters' nasty little hills. Barbara managed 108km of trouble free riding until the very last hill where cramp claimed both legs with a vengeance!

As I signed in at the end, I complained to our organiser how hard it had been especially in the oppressive heat. His reply was that the bloke sitting next to him had just completed the Great Eastern Audax and had covered 602km over the weekend.

With that, I quietly shuffled away, got a cup of tea and hid up the corner, suitably humbled. **Ride Time 4hrs 51mins @ 14.2mph**

The Garboldisham Grovel 105km Audax followed a few weeks later, although Robin, my usual riding partner, had left me to my own devices as he headed off to the Italian Alps for some serious hill training. I found another willing soul capable of navigating and pointing me in the right direction, as I'm unable to read route instructions without the use of glasses and which would probably add another hour to the ride time should I have needed to. As it was, we managed to get lost twice, which for a change, wasn't down to me.

The route is probably the flattest of all the local Audax's, but the hot weather had returned to make it uncomfortable again. With only one recognised watering hole on the route at Attleborough, a gentler pace would be the sensible road to follow.

So why is it that you always go along at the pace all around you adopt? Not a good idea especially as the group we hooked up with was bowling along at 18-20mph.

Norfolk could have doubled for France that day as we passed through quiet villages and open expanses of countryside and all bathed in glorious sunshine.

I have always had reservations about the strength and integrity of the wheels I ride, only 16 spokes each, especially as I'm not the lightest of riders. (Which I suppose means overweight) This theory was tested out to the full during a long descent down a tree lined (read dark, with sunglasses on!) lane that had a dried up ford at the bottom. Little sandbanks had replaced the water and as I took off over the first bank, I wondered idly how many spokes would be left by the time I landed. However, despite some almighty bangs, twenty feet later during re-entry, all held together as I sheepishly checked that rider and bike still had all the bits they started out with.

Nearing the end of the ride, we passed Snetterton racetrack where a British SuperBike meeting was in full flow, the temptation to sneak a quick viewing was outweighed by the thought of much needed tea, and (more) cakes at the finish.

Brian (the Audax) Mann and friends managed to arrive back at the same time, which was even more puzzling as we last saw him tucking into a 4-course meal at some fancy restaurant two hours before!

Ride Time 4hrs 25mins @ 15.0mph

PS. If any one else out there suffers from 'Hot Foot', which is the compression of nerve endings in the ball of the foot and feels as if your feet are on fire, I have finally found a solution after over 2 years of trying. Invest in a pair of cycling shoes with very stiff soles and at least one size larger than you normally take. This allows the feet to expand during hot weather riding. The problem is now 90% cured and I no longer dread going out riding when the sun is out!

The Trials of Time

The Thursday evening Time Trial season still attracts large fields of riders and an early arrival is essential to guarantee a ride, as it's now the norm to see finishers coming in as the fast boys are still waiting to start. Another course has been added to CCS's repertoire, the aptly named Hitcham Hilly, and at 13.5 miles, it has generally met with approval by those who have ridden it.

My first ride on it resulted in a p*****e in the last mile, but I bravely (?) held on to register a finish and gain much needed points. (To the detriment of my front tyre, which I ruined). The only other downside during the ride was when another rider passed me going up one of the many hills and remarked that she thought she was bad at hills until she saw my efforts!

Another go at improving on the Sudbury 10, brought this piece of wisdom from Stan, my training guru, just before the start....

" Boy, for this one, start off gently, then ease off!" It obviously worked as I came in over 30 seconds down on my P.B.

His next little gem came before an attempt at the Brent Eleigh course....

" Boy, the only thing I can tell you is... 'Bat out of Hell'" Hmm, right, OK. So on went the MP1 Player, in went the Meat Loaf tape, and off I went to take nearly a minute off my previous best time.

The bloke is priceless! No amount of money could buy that sort of advice.

Bloke at the Back



A quick snap shot from the CC Sudbury Audax 30th July 2005

That's all for this month, TTFN.

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C.C.Sudbury Rider Profile
Graham White Esq.

- 1) **Name and nickname at school:** Didn't really have one, although in my early teens the name "Doctor Whites" used to bring a frequent giggle to those bafoons I used to hang around with.
- 2) **Occupation:** Making bits n pieces at Delphi in Sudbury. After 17 years of working there I still have absolutely no idea what it is I do!.....
- 3) **How many years have you been cycling:** About 20 years and been with the club about 17 of those. Hey Geoff isn't it about time I got a rebate?.....
- 4) **What was your first 'proper' bike & how old were you when you had it:** I was about 18 when I put together a Peugeot 531 pro frame with a campag victory groupset. I used to keep it in my bedroom much to the amusement of my friends. Best leave the jokes until another time.....
- 5) **What happened to it:** Crashed it ,fixed it, crashed it fixed it and it now resides in my loft with Buckley Saxon stickers on it, cold, lonely and unused.....
- 6) **How many bikes do you have now and list them in order of preference:** Three, an Orbea Dauphine, A Bob Jackson I rode my last road races on and a winter bike I bought from Rob Harman. I still have yet to discover what he has filled the tubing with as it weighs as much as a baby elephant!.....
- 7) **How many miles do you average a year:** Not many now I go for quality rather than quantity, ha ha and if you believe that I'm a pink hippopotamus!.....
- 8) **What was the longest ride you completed and where was it:** About 111 miles, Had a 101 mile road race and the start and finish were about five miles from the headquarters. Got my last points for my second cat licence that day, then promptly went into one of my many retirements.
- 9) **What was the best ride you completed and why:** My first ever road race at Haddiscoe, crashed in the final sprint and needed lots of stitches in my face.....**Cool!**.....
- 10) **And what was the worst ride you ever had and why:** The haddiscoe road race cos Dave and Harold had to wait for hours whilst I got stitched up.....
- 11) **Who were your childhood/modern day cycling heroes:** Didn't have any, although I remember having a Poster on my wall of Adrian Timis and Malcom Elliot riding the Tour de France for Halfords ANC many moons ago.....
- 12) **What do hate most about cycling:** Not being able to get up hills anymore.(although that may have something to do with too much chocolate and too many cakes!).....
- 13) **What bike would you most like to own:** That one Emily Lloyd rode in "wish you were here".....Phwaaaa!.....
- 14) **What is the most essential piece of equipment you take with you on longish rides:** Spare Innertube.....
- 15) **What is the best 'bit' of cycle equipment/kit you ever bought:** Didn't actually buy it, I won it at a club dinner, my pink and yellow winter hat!.....
- 16) **And finally, do you have any lingering cycling ambitions you still want to fulfil:** Oh boy do !! I want to ride in the dark down some country lane whilst absolutely drunk and singing I've got a lovely bunch of coconuts.....like minded people please apply here.