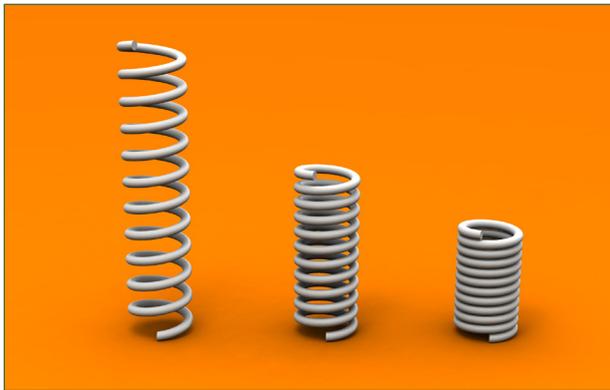




Spring is here, the blossom is coming out, the birds are active and Easter is well on the way.



Soon the noise of lawn mowers will be sounding everywhere. If you haven't got your bike out yet, what are you waiting for, the snow has gone.

C.C.S. Helpful Hints and Tips – No.1

'What to take with you 'List' for Touring Holidays or Club Runs'

I think I've finally found the definitive list of spares/extra's needed to take on touring holidays or even club runs. I've spent many hours trawling through books and websites looking for the basic essentials needed to carry in the saddle bags/panniers/back pockets for long journeys. I can't promise that it will cover every eventuality or breakdown, but it's the best I've come across so far.

- Tyre Patch kit – in 12 assorted sizes, colours and flavours.
- Portable bucket of water to pinpoint that hard to find puncture hole.
- Tyre levers – at least 6 as these are always snapping in half. Serving spoons are a good alternative.
- Extra tube of glue for the patch kit because the first tube of glue has certainly dried out.
- Extra tube for when the patch still doesn't hold (true fact: in the history of cycling, only four roadside-applied patches have ever held).
- Spare tyres, preferably the same size.
- CO2 tyre inflator system.
- Mini-pump for when the CO2 system doesn't work.
- Track pump for when the mini-pump doesn't work.
- Mobile phone for when the track pump doesn't work, plus recharging unit and a very long length of cable.
- Set of Allen keys (metric and the other kind...err, non-metric?).

- Spoke key plus 30 spare spokes to rebuild wheel.
- Swiss Army Officers knife with widget for removing bottom brackets.
- Phone number of LifeCycleUK sweetie shop, when things go really, really wrong.
- Mini vice or a pair of industrial strength Mole Grips.
- Duct tape (3 rolls).
- Extra front & rear derailleurs (better safe than sorry).
- Road flare or distress rockets.
- First Aid kit & Readers Digest First Aid Manual.
- Change of clothing – enough to cover all the days with a 'Y' in it.
- Pillow.
- Road atlas of the world.
- Pistol and ammo, just in case you find that you need to live off the land for a while.
- Acetylene torch and welder's goggles.
- £500 in cash in case you need to buy a cheap used car to get yourself home.
- Something to read – preferably back issues of Spindle to help you sleep.
- Russian (or Norfolk) phrasebook in case you get very, very, very lost!
- Muesli Bar.

Almost set with these simple and inexpensive purchases made, you're ready to ride off into the sunset and begin your adventures. No, I was just kidding. You're not even remotely ready to start riding your bike. Before you dare embark on the simple, carefree cyclist lifestyle, you must first understand cycling culture, etiquette, training techniques, falling off techniques, café culture, and a few other simple, intuitive cycling fundamentals. I will cover these in the next issue.

– Lanterne Rog

Time Trial and Error

This was to be my first TT outside of club events and not being sure of the procedure, I decided to sign on one hour before the 14:00 start time.

With my number; 53 in hand I returned to my bike to meet Barry Lee in the car park. Stewart Kirk was the next to arrive, with Simon Daw not long after.

Being the last in the CCS group I decided a warm up was in order. With plenty of time on hand I set off and out of the village, about 6 minutes down the road I turned around. At that point my back wheel decided it no longer wanted to be part of the frame and came loose. Undeterred by that and hands



dirty with oil, I made my way back to the start line.

Coming to a T junction there where two marshals opposite; "roads clear" they shouted, "which way to the start" I enquired, "bear left down there" was the reply. After two minutes cycling and not having seen a left I decided to turn back. Three cyclists with numbers on their backs went speeding past me; one of which was was Simon!

Panic set in. Back at the two marshals I asked the same question. With the same response, I questioned them further about the mysterious left turn. Turned out the left was there and I was running out of time.

As I approached No 54 was setting off. NO! Luckily the time keepers allowed me to start directly after No 54.

Three, Two, One and off. I went as fast as my little legs would go determined to make up for the shaky start. Overtaking a couple of riders and all was going well, bit windy but kept pushing, past Stewart and Barry who were on their last leg. Soon after I saw a sign claiming something about lap 1. A short distance further, another sign, this one saying lap 2. Great, I'm on the last leg and feeling ok. Went along a straight for a mile or so, bend to the left and down a hill, saw a man with a camera, dully obliged him a shot of my smiling face and saw a chequered flag. Hang on a minute, I'm not supposed to have finished yet. Turned around and was told that I should have gone straight on further back and not taken the lap 2 route. I half heartily made my way back but decided to call it a day. I got a first on the finish board with a DNF.

The signs were there telling me not to do that TT. Had only I acted upon them and pulled out earlier.

– Alan Russell

A Triple Whammy

As winter gradually turns into Spring it's time to study the Audax Program. Following the disappointment caused by the cancellation of the of The Norfolk Mardle due to inclement weather a revised schedule was devised with the first event being the 'Brazier's Run' organised by Victoria CC on Saturday 28th February. This event is the first of a series of three held over consecutive weekends, all are based on the 'Uts' at Henham close to Stansted airport. The route was based on the picturesque Essex villages and lanes around Sampford, Thaxted and Rickling Green. The good weather encouraged a splendid turnout of ten CCS members.



Twelve year old Jackie Marsh acted as stoker for Dad, Viv on their tandem whilst 15 year old George Hoppit kept pace with Dad, Andrew in the faster group along with Brian Mann and Alan Russell.

Bringing up the rear the 'Old Farts' group consisting of four CCS members, Robin Weaver, Marc Gentry, 'Mac' McDermott and myself decided on a more sedate pace and a more leisurely lunch stop at the Henham headquarters before completing the route in a ride time of 4hrs 15mins.

The most unfortunate rider of the day must be Alan who managed to puncture on five occasions, surely a club record.

The second Audax in the series, 'The Springtime' 106k took place on Saturday 7th March with Adam, Andrew and myself taking the opportunity to get in some early season miles. Viv and Brian rode the 200k event. The weather was kind to us, overcast with sunny spells but the west wind did prove tough on some of the more exposed roads. The 106k was made up of two loops each starting and finishing at the Shaftsbury CC club room. The route of the first 53k loop took us through the picturesque villages of Broxton, Barfield and Thaxted, and back to the start point for lunch. It was here we met up with Viv and Brian who were also at the half way point of their ride. Our second loop took us out through Rickling and Clavering at this point we experienced a navigation malfunction, took a wrong turn and finished up adding about 8k before we were able to get back onto the correct route and on to Royston, Elmdon, Rickling and Henham to complete the ride with a final distance of 115k in a ride time of 4hrs 15 minutes. The final 20k had quite a few long exposed hills into the wind, this was my undoing, the legs eventually gave out and I was out the back door and destined for a lonely and painful ride to the finish.



Saturday 14th March saw several CCS members riding the third Audax of the series starting at Henham, with a choice of 3 distances ranging from 100k to 200k there was plenty to satisfy all levels of fitness. Brian Mann and Viv Marsh rode the long 200K event. Colin Dales and 'Mac' McDermott rode the 100k route. The intermediate 160k route was ridden by Adam Chamberlin, Robin Weaver, myself, Andrew Hoppit and 15 year old son George. With the first official café stop at 73km it was decided to take an early stop at Spencers farm shop at Wickham st Paul... wrong decision. We arrived at 11:35am, unfortunately the breakfast menu is served until 11:30am and the lunch menu commences at midday. The full impact of the timings only became apparent when having ordered our food we were told our order would be served after midday...oops. We eventually resumed our ride at 12:30, almost 1 hour after arriving. Fortunately our later refreshment stops at Stisted and the Henham headquarters went more smoothly.

A combination of windy conditions and the undulating country lanes around the Essex, Suffolk and Hertfordshire borders made for a long, tough day on the bike.

We eventually completed the route in a ride time of 7 hours.

– David Fenn

CCS - First Aid Course

On Thursday 19th March the club took part in a basic first aid course from The Red Cross. This was brought on by a concern of broken collar bones some of the club members have incurred in 2008 and we wanted to be aware and more pre-pared for your safety.

Open Time Trial Results

15th February 2009 Ely Hardriders 25mile Open
First ride of the season for a CCS member was by James Rush on the notoriously bumpy and open Ely circuit. The rain and wind ensured that times were down on last year's event with Sam Barker beating previous winner Lee Bark, by over a minute. They were the only riders to go under the hour from a field of 55. James posted a 1:06:06 for 15th place, which was 20 seconds slower than last year's effort.

1st March 2009 Maldon Hilly 20mile Open
Recent returnee to the club, Simon Daw, re-entered the racing scene after a layoff of 7-8 years. Simon is a former Cat 1 roadman and has raced in Premier Events including a couple of Grand Pix of Essex races. His time of 55min 14secs earned him

an impressive 19th place, although he admitted to suffering badly on his return ride.

8th March 2009 Hainault Hilly 50km Open T.T.

Simon was back out again a week later, for more of the same on this longer T.T. and another good ride amongst the 85 starters, saw him post a 1hr 23min 40secs for 37th place. Simon used to bang out 21 minute times for 10 mile T.T.'s, so his progress will be interesting to watch over the coming season.

14th March 2009 ECCA 10mile T.T. Newmarket

Three club members tried their luck, along with 60 other riders, on the fast E2 course on a windy and overcast day. Len Finch returned a decent 29min 45sec ride. Terry Law, despite unshipping his chain, was pleased with his 29min 05sec ride and James Rush thought he had done better than the 24min 22sec he posted, which was a minute off his best from last years event.

14th March 2009 WSW 21mile Open T.T. Risby

Three more club members were out on the same Saturday, on the Risby 21mile course. Again, Simon Daw rode a good time in 55min 16secs, followed by Stewart Kirk's first outing on the 'Open' roads with a 58min 12secs.

NOTE:

To all riders of this season's Open events, please send me the details and a few notes of your rides, to make sure your efforts get recorded in the Spindle (and club records) to: rushr23@aol.com

Upcoming events for the calender:

Committee meeting at the Stevenson Center:
Wednesday 15th April 7:30 - 9pm

Club clothing

New club clothing can be purchased from Colin Dales at most evening 10's. Remember your first order of the year gets £10 discount.

Spindle Notices

Please send in any of your stories, cycling related information, photo's or funny jokes to add to the spindle. We try to put in as much from the members as possible as this is your newsletter. Please send via e-mail to adam@shibbyonline.co.uk

CCS Website

Don't forget to check the website out for recent event results, upcoming events. All the time trial results are there and we try to add other results on as well so have a look.



CCS Open Time Trials

Due to requirements from the police department all courses now need 2 marshals so the demand of marshals from the club has now increased to a mandatory 2 per season with the regulations on points changing to reflect this. 20 points will be received on the first duty and 30 points on the second.

Here is this season's schedule;

Date	Time	Course	Marshal
16th April	18:45	Lavenham 10	B Law A Russell
23rd April	18:45	Brent Eleigh	T Law R Rush
30th April	18:45	Acton	S Kirk R Weaver
7th May	19:00	Hitcham Hilly	J Steed R Sidgwick
14th May	19:00	Lavenham 10	
21st May	19:00	Brent Eleigh	
28th May	19:00	Lavenham 10 Colchester Rovers Inter Club	C Dales P Whiteley
4th June	19:30	Acton	
11th June	19:30	Hitcham Hilly	
18th June	19:30	Lavenham 10	
25th June	19:00	Lavenham 10 WSW & Haverhill Wheelers Inter Club	
2nd July	19:30	Brent Eleigh	
9th July	19:30	Acton	
16th July	19:30	Hitcham Hilly	
23rd July	19:30	Lavenham 10 Club Championship	
30th July	19:30	Brent Eleigh	
6th Aug	19:00	Hitcham Hilly	
13th Aug	19:00	Acton	
20th Aug	18:45	Lavenham 10	
27th Aug	18:45	Brent Eleigh	

Please let me know of any dates you wish to marshal, these will be posted on both the website and a hard copy will be at the events. As usual if dates are not filled in then I will add you in.

Many thanks, Lucy Jay (01787 312976)