

November 2006

## Welcome People To A New Look Spindle!

Wow, it all feels a bit clean and fresh, almost clinical around here.

### What is with the change?

The club is moving into a new territory with the creation of a website, [www.cycleclubsudbury.com](http://www.cycleclubsudbury.com) for those of interest and so I thought it might be nice to give the Spindle a bit of a make over at the same time.

For those of you reading this from a hard copy I'm afraid you will not be enjoying a full colour version; sorry we can't stretch to a Technicolor publication; unless some one has access to a colour printer, scrub that I meant FREE colour printer!

I hope you enjoy the new look, but don't worry I'm always open to suggestions or even constructive criticism if needed.

### New 'Secret' Author

We all know of the 'bloke at the back', prepare to meet his colleague; the 'bloke in the dark'. We have yet to prove his existence or confirm his identity, all I can say for sure was that he took part in the Stevenage Audax. Here is the account:

We arrived 40 minutes before the start, but the car park was already nearly full – loads of bikes! The Stevenage CTC Emitremmus (use a mirror) 100k Audax marks the end of summertime, and also this year 60 years of Stevenage - a very prompt start after WWII. Entrants are attracted from a wide area – 365 riders this year. Several familiar faces were

spotted, including the villains from Southend Wheelers, Phil Liggett, 'leopardskin tights man', and Brian and Pandro. The Sailing Centre cafe coped admirably with the crowds, as did the multiple signing-on teams and the intervalled start system.



We left between groups B and C to avoid the rush, but once out of Stevenage we didn't avoid the punctures. Alun hit a hole going downhill, and Roger was several minutes and two hills away before he realised we'd stopped. He did the decent thing and came back to find us – he said the hills were easier the second time. The other people between groups were mountain bikers, lots of them, with a wide variety of riding styles – we passed them all, of course.

The first cafe stop at Hare Street was chaos, as the different start groups concertina'd in the brevet queue, which occupied about 50

yards of road, with the bikes occupying 50 yards of hedge. There was also a serious lack of cake, but at least Phil L leant his bike up against ours. Brian and Pandro were leaving just as we arrived; they



always were ahead of the game. We left after a long queue and a tea, via a smooth road through Clavering, Ugley (or was it Nasty?),



November 2006

and Glendene CC country. A very long haul up from Newport brought us to Saffron Walden, where miraculously in spite of a town full of lycra-clad cyclists there was no brevet queue at all. A bit far for a Sunday run, but it would be nice to have a proper look round some day.

We turned here, and headed back for Stevenage; I believe a 200k route from there turns at Lavenham – definitely too near home! After a longish stretch wondering if we'd got the slightly vague directions right, we were uphill again to Great Chishill, with fine views off the hills towards Cambridge. Did I say it was a fine day? It was; the sun shone, the wind was negligible – who could ask for more? Off the main roads, it's amazing how rural things can be near new towns, the A10 and the M11. After Chishill things flattened out, through Reed, to the Silver Star on the A10, a cafe with a two acre lorry park attached. Six different breakfasts on the menu, and three crumbles, but we stuck to the bacon sarnies. We had a chance here to study a home-made recumbent we'd spotted earlier; we could identify sections of at least three frames, all in their original colour's, and ice-cream carton mudguards, the whole machine propelled by a drive train including a chain that must have been four metres long. It looked very relaxed.



The run from here back to Stevenage loops slightly, presumably to make up the miles. We were tagged onto by a couple from Puerto Rico as we approached Stevenage and started negotiating the outer reaches of the

town. Fortunately before we got lost on the unsigned cycle routes we were helped out by an ex-resident who joined our group and knew the way back. The cafe was still open, so we re-stocked, and left for home before the sun set. Average speed for the day was about our norm, a tad under 15 miles an hour.

## **Bloke in the Dark**

Thanks Bloke in the Dark, looks like the Bloke at the Back has some competition for the title of creative cycle-writer. Talking of which, here comes another installment from the man himself:

## **A Bit at the Back**

The clubs favourite 'out of the district' Audax, the Suffolk Byways 100km., came around again at the beginning of October. If there had been an award for the best-represented club on the ride, CCS would have won easily.

Colin, Mac, Mark, Stan, Brian, Barbara, Terry, James, Dean, Viv, Robin, Roger, and Andrew plus three friends all made the trip. The weather did not disappoint, sunny and warm, although the strong wind did cause a few hard pedalling moments on the way back. This was not a problem on the way out and the pace was nearly up to time trial standard as the wind assisted us to the first control.

This should have been situated along the Blyth at Southwold, but was a victim of the overly high tides and was flooded out, so the nearby café alongside the golf club proved to be an able replacement for tea and cakes. With no control stamp on our cards, group photos were taken just in case no one believed we had been there! (How sad!)

Terry had to retire hurt shortly after starting out and there afterwards proceeded to be at every control to greet us with a big smile and a cup of tea in hand, as we arrived. With the



November 2006

headwind in our faces for to home leg, it seemed a pleasant alternative.

Stan sensibly brought up the rear collecting waifs and strays on the way and probably had a nice leisurely ride compared to our bunch, which had rather too many young and fit riders for my liking.

Another successful day and for those who have not tried it yet, it is well worth the effort.

**Riding Time – 4 hrs 20 mins @ 14.4mph**

## Members in Print!

In the last couple of weeks, two of our members have appeared in the national cycling mags. First to appear was our Len Finch who had a nice article about his earlier days on the bike in Cycling Plus. Their resident historian Roger St. Pierre had visited him at home and he put together an interesting little trip down memory lane with help from Len's vast amount of cycle memorabilia and recollections.

The next week, Cycling Weekly featured a report of the Three Peaks Cyclo Cross in Yorkshire. It was written by club member Hugo Gladstone (doing his day job) who not only reported on the event, but also took part. We were treated to a graphic report from the saddle about a race that in my humble opinion is ridden by certifiable head cases, (hard cases?) who don't know the meaning of pain. Carrying bikes and running up three rather large Yorkshire Peaks and then riding down them, hmmm, no thank you! A very good article though.

## CCS Open 25 mile TT.

I, and a good number of club members had the pleasure of helping out (and watching) at our recent Open 25. Organised by Stan (superbly as ever) it was centred around Kentford just off the A14 and saw an entry in excess of 80 riders. The variety and ability of

riders taking part is quite amazing, from nationally rated stars to 60 – 70 year olds just in it for the fun and that all important 'personal best'

It has been a good few years since I've seen a racing trike in action, complete with the cornering characteristics of a soggy blanket. Being situated on the Kentford turn, we spent most of the time not only indicating to riders to turn left, but to do it on the correct side of the road. Not easy as most wanted to cut the corner and come through against the oncoming traffic. Two such heroes who were completely oblivious to our instructions/shouts were subsequently disqualified.

The eventual winner, Sam Barker, took time to stop and have a few words with us which was appreciated especially as he admitted he was crap at corners and not to laugh if he got it all wrong and came off.

James was our only club representative in the event and posted a 1hr02min25sec, which was good enough to get 2<sup>nd</sup> place in the handicap competition. A good effort!

It would have been nice to have had more riders from the club flying the flag. Perhaps next year boys?

**Bloke at the Back**

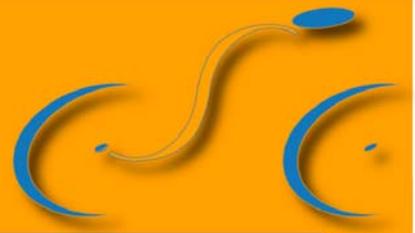
Thanks Mr. Back, always a pleasure!

## Semer Hill Climb

Last week end saw the annual open Hill Climb event held at the ever popular Semer Hill.

Whilst numbers were down on last year the event always draws a good





November 2006

crowd to line the climb, not quite Vontoux but as close as you can get in Suffolk!  
Of course the club would like to thank all



those that took part, and especially all those who made the event happen.

1st	James Ward	Cambridge CC	48.8
2nd	Steve Grimwood	Ipswich BC	49.5
3rd	Adrian Pettitt	Stow	50.6
Vet	Tim Snook	Ipswich BC	53.0
Lady	Caroline Gammell	Ipswich BC	1.07.2

## Hello From Down Under

CCS member Nick Ritchie who emigrated to New Zealand with his family earlier during the year.



Some of you will know Nick from the couple of and Time Trials he took part in during his club tour. However he was most famous for the Saturday morning rides enjoyed with the clan Rush and Dean Cross.

Thanks for the photograph Nick, wish I had views like that on my commute into work.

## The End?

Thats about all for this month, I hope you have enjoyed the new look to the newsletter. If you have any views or comments I would love to hear from you.

Just remember that the Sunday morning Club Runs are still taking place; this week it is being held by myself and Sunday the 19th will be job of chairman Peter Whitely.

On a side note can all cups and trophies be returned to Peter Whitely by the end of November so that they can be prepared for the prize givings at the annual Christmas meal.

