

# SPINDLE



THE NEWSLETTER OF CYCLE CLUB SUDBURY      OCTOBER 2006

Autumn has arrived, not quite as cold as what it could be so there is hope for a few more Sunday club runs in shorts. (And soon the favourable bacon butties, or is that just me!) Anyway, a few events have happened this past month; firstly we had the speed-judging event against West Suffolk Wheelers and Haverhill Wheelers. Our Open 25 Time Trial, which went very well. All comments and results follow as normal.

First a note from Robin Weaver

## *SPEED JUDGING COMPETITION 24 SEPTEMBER 2006*

*"It's the speed judging competition this weekend".*

*"What! This weekend? You going?"*

*"I think so."*

*We waited on Market Hill Sudbury until both clock faces on the church had reached ten past nine (they were 10 minutes different), but no one else appeared, and so we set off for Hawkedon, Brian as (cheer) leader, Stuart, Hugh, Robin and Terry.*

*The morning was fair, at least to start with, and the wind favourable, so we arrived at the very rural village green location (where was the village?) location in good time, having been passed on the way by a gesticulating Brian Webber, in a car, obviously.*

*Waiting for the off was relieved by listening to the increasingly strident church bells (Harvest Festival) and counting the ever-growing number of West Suffolk Wheelers appearing over the hill. Haverhill were also better represented than CCS, we discovered our crack team of five was the smallest that could qualify. We felt quite at home to be greeted by Brian wielding the stopwatch as usual, having been asked to help out at short notice.*

*For those who haven't tried this obscure branch of the sport, the competition involves riding both ways around a short four mile circuit, aiming, without timing aids which were confiscated at the start, for the same time in each direction. The course is quite lumpy, and apparently faster in one direction than the other, although no-one knew which. A rustic bridge, with optional ford alternative, added interest.*

*The gathering clouds continued to gather without producing rain, and we were sent off at one minute intervals as usual. As speed was not a factor, a number of techniques were evident. Some went all out, aiming to consistently reproduce their known maximum throughout. Others went for a 'cruising' average, and at least one rider went very slowly, apparently counting carefully. A 'ride-through' timing midway on the village green, and back the other way. All got round without mishap – no 'off-courers' this year (sorry Stan).*

*After a longish wait for the results as a double quota of calculations was necessary, we learnt that CCS had come (I believe) an honourable third, our best rider being Terry, 16 secs adrift. Neither we or anyone else were able to recreate Mark's amazing 2005 feat of exactly matching times – the nearest on the day was 6 seconds adrift, in fact a surprising number were in the 6 to 10 second area.*

*Who won overall? I don't know. Perhaps the overall result is elsewhere in Spindle.*

Thanks for your comment Robin, you are very right the results are posted somewhere in the spindle, actually, next.

## **2006 Time Judging Event 24/09/06**

No	Name	Club	Start	Turn Time	Finish	1 <sup>st</sup> Time Dec Mins	2 <sup>nd</sup> Time Dec Mins	Diff Secs	Position	Pts
7	B Denny	WSW	07	18.09	29.19	11.15	11.17	1.0	1	50
14	R Burrows	Hav	14	26.35	39.07	12.58	12.53	3.0	2	49
17	P Berman	Hav	17	27.45	38.34	10.75	10.82	4.0	3	48
10	R Farrow	WSW	10	21.08	32.22	11.13	11.23	6.0	4	47

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15	S Curley	WSW	15	26.56	39.02	11.93	12.10	10.0	5	45.5
22	J Soame	WSW	22	33.58	46.06	11.97	12.13	10.0	5	45.5
21	J Parr	Hav	21	33.09	45.04	12.15	11.92	14.0	7	44
12	T Law	CCS	12	25.28	39.11	13.47	13.72	15.0	8	43
8	H Rethman	CCS	08	19.44	31.11	11.73	11.45	17.0	9	41.5
9	B Mann	CCS	09	20.24	32.05	11.40	11.68	17.0	9	41.5
11	D Hill	WSW	11	21.09	30.55	10.15	9.77	23.0	11	40
6	R Weaver	CCS	06	18.23	31.13	12.38	12.83	27.0	12	39
3	D Gibson	Hav	03	15.26	28.26	12.43	13.00	34.0	13	37.5
5	S Hill	WSW	05	17.37	30.48	12.62	13.18	34.0	13	37.5
2	A Grimwood	WSW	02	16.34	31.44	14.57	15.17	36.0	15	36
18	N Colman	WSW	18	29.29	41.49	11.48	12.33	51.0	16	35
19	C Byford	Hav	19	31.55	45.57	12.92	14.03	67.0	17	34
13	D Young	WSW	13	25.05	38.20	12.08	13.25	70.0	18	33
4	S Kirk	CCS	04	15.59	29.15	11.98	13.27	77.0	19	32
1	P Grainge	Hav	01	15.07	30.34	14.12	15.45	80.0	20	31
23	P Murray	Hav	23	36.03	50.28	13.05	14.42	82.0	21	30
20	J Colman	WSW	20	33.23	52.43	13.38	19.33	357.0	22	29
	Other rider	Lakes								
16	S Thomson	RC	16	27.16	38.42	11.27	11.43	10.0	5	

## Results

Points this event	WSW = 228	Hav = 212.5	CCS = 197
Points Time Trial	WSW = 233	Hav = 110	CCS = 214
Running Total	WSW = 461	Hav = 322.5	CCS = 411

You will see from the above results that there were 23 riders in total, made up of 10 West Suffolk Wheelers, 7 Haverhill Wheelers, 5 Cycle Club Sudbury and 1 from Lakes Road Club. In first place was WSW with 228 points, in second was Hav W with 212.5 points and the CCS with 197 points. Full credit to all riders that took part although some were disappointed with their times, I think that they all done very well, but I thought that CCS could have had more riders taking part, so where were you?

Note; official timekeepers, Nigel Grainge from Hav W and Brian Webber from CCS.

Thank you Brian for the results.

## CC SUDBURY

Open 25 mile Time Trial – Sunday 15th October 2006.

### Course B25/49a

Promoted for and on behalf of Cycling Time Trials and under their Rules and Regulations.

### **Result Sheet.**

#### **SCRATCH.**

1 <sup>st</sup> .	Sam Barker	API Metrow	0.53.30	£30.00
2 <sup>nd</sup> .	Brian Phillips	East Grinstead CC	0.55.01	£25.00
3 <sup>rd</sup> .	Barry Charlton	Stone Wheelers	0.55.29	£20.00
4 <sup>th</sup>	David Staff	Anglia Velo	0.55.35	£15.00

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## HANDICAP (Performance against L2)

1 <sup>st</sup> .	Gary Matthews	Ipswich Tri Club	-3.27	£25.00
2 <sup>nd</sup> .	James Rush	CC Sudbury	-3.05	£20.00
3 <sup>rd</sup> .	I. Mackenzie	Southend Wheelers	-0.50	£15.00
4 <sup>th</sup>	Guy Stevens	East Anglian CC	-0.47	£10.00

nb. David Staff actually had the 3<sup>rd</sup> best performance (-1.02) but under the “one prize, one rider” rule takes only his award in the Scratch Event.

Tandem Pair: B. Loader/ M. Chapman £10.00

## ACKNOWLEDGEMENTS:

A big thank you to all friends and members of CC Sudbury who gave their time to ensure the smooth running of the event: Geoff Morse, Alison Steed, Lucy Jay and Brian Webber for timekeeping; Jessie and Brody for the catering; Alan Wiseman for the result board; Doz Bree, Rob Harman and Brian Mann for putting out all the signs; Adam Chamberlin and Tom Moore for pushing off; Peter Whiteley for constant help at HQ; Pete Wiseman, Mac McDermott, Barry Lee, Roger Rush, Andrew Hoppit, Mark Gentry, Robin Weaver, Stewart Kirk and Colin Byford for marshalling duties; Bob Bush and Brian Mann for help with the organisation of the event.

We were fortunate to have fine weather again this year (although conditions proved tougher than it would have seemed likely from the HQ) and the event appeared to run safely and smoothly. It was satisfying to have so many favourable comments and kind words from competitors. The Kentford turn at the end of the first circuit continues to cause problems for some riders, and unfortunately it was necessary to disqualify two riders for transgressing Local Reg 6 at this point.

It just remains to say many congratulations to the winners in all categories for their excellent performances on the day. This was the final Time Trial at which I shall officiate as Event Secretary, and it seems that the event will now be lost in the future. So may I say a personal thank you to all the competitors I shared good times with down the years. I hope you continue to enjoy your racing ups and downs in the excellent spirit that I have always encountered and, more importantly, that you stay safe.

The Suffolk Free Press report read:

*CC Sudbury held its annual Open 25 mile Time Trial on Sunday morning, with 85 riders on the start-sheet.*



*Competitors had come from as far away as Rotherham, Sheffield, Stoke on Trent and the South Coast towns for this popular end of season event.*

*From the comfort of the Kentford HQ conditions looked near perfect, but the wind strengthened throughout the morning and once out on the course riders found it far tougher than expected.*



*The event was won with a storming 53 min 30 sec ride from Wellingborough's Sam Barker. His time is a good indication of the severity of the conditions that riders encountered: Sam has been regularly in “49” minute form in recent years. Second place went to Brian Phillips from Horringer with an excellent 55.01 performance while Barry Charlton made the long trip down from Stoke worthwhile when taking*

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third place in 55.29. Just missing out on a “podium” place, but with performances that are well worthy of mention were local riders David Staff (Anglia Velo) who took 4<sup>th</sup> with 55.35 and Hadleigh’s Lee Bark with 55.52. Lee, an ultra competitive Triathlete who is just recovering from a viral infection, was disappointed at “missing out”; he shouldn’t be for it was a great effort.



Greg Matthews (Ipswich Tri Club) took the handicap award with a time of 1.01.50, which was three and a half minutes inside his best time in the last three seasons. One of the best performances of the day came from the organising clubs James Rush who took the second place prize in the handicap event with a 1.02. 25 ride. James is a relative newcomer to time-trialling and came into the sport via Sudbury’s Evening Points Series when injury bought his footballing days to a premature close.

Christine and Charles Willmetts from Cambridge took the Tandem award when recording 1.01.37 for the twenty-five miles.

After the event, well fortified with tea and cake, many riders were very complimentary about the event: race organiser Stan Nicholls said that the Sudbury “team” had put in another slick and efficient performance and had enhanced the excellent reputation for organising events that the club has won over the years.

Thank you Stan, it’s nice to have some feed back from the competitors. A huge well done to James Rush who came 2<sup>nd</sup> in the Handicap category.



## Bit At The Bottom

We come to the end of another month’s Spindle and it only leaves me to advise you of the upcoming club runs and the people in charge or organising them, they are as follows:

October 29<sup>th</sup> – Adam Chamberlin

November 5<sup>th</sup> – Semer Hill Climb: Meet at 9:30 to ride over to event

November 12<sup>th</sup> – Adam Chamberlin

November 19<sup>th</sup> – Peter Whitely

## wwwwhat

I have one more question or request for all members and readers. I would like to see a show of hands for those people with an active Internet connection.

Right, of those people who are willing to make their presence; and the club known on the Internet?

The club has recently moved into the realms of the Interweb thingie and bought a domain whatsit.

However a website is only ever as good as it’s content, to which we need people to volunteer to help promote and manage this new venture.

You can find the site at <http://www.cycleclubsudbury.com> and other the next few weeks should be up and running into a full-blown web site.