



Just when you thought this awful weather was going to continue into June, someone turned the magic switch and supplied us all with proper biking weather!

The Evening Time Trials have been blighted with very 'iffy' weather, Cold, windy and rainy over most of the May events.

Some riders who had booked their places decided not to come out to play as the rain was on and off one particular evening! Still, the events we have had so far have been well attended and it's no surprise that our membership has gone up with an influx of new 2nd claim members..Everything though has gone very smoothly with our organisers adjusting to the new conditions very ably!

It's also nice to report we have a new (trainee?) timekeeper in David Miller and has taken to it with 'finger clicking' aplomb! Well done to him for filling a much needed gap in our overstretched team of timekeepers.

This edition is a bit on the thin side as some articles promised to me didn't arrive although I am ever hopeful they will for the July edition?

Rog

Timekeepers R Us.....



Brian doing his best to confuse me!
(Not difficult!)



Our 'New boy on the Clock'
David Miller



Brian multitasking as a disinfectant operative before he goes Clock watching!!
(I've no idea what Bob is Doing though?)

Market Hill taken over by Cyclists

Club run coordinators report by Martin North

Well it seems like that on Sunday mornings with the very good support the club is getting for its various rides. Numbers fluctuate between groups especially if there is racing that weekend which tends to affect numbers in the very quick group or the quick medium pacers. Generally there are 6-10 riders in each group so there has been a total turnout of 30-40 riders which is a big increase on pre-Covid numbers. A loud "Hello" to the many new riders and returners who are now riding regularly with the club. Great to have your company!

A new group has been established for those who only wish to ride a shortish distance at a pace equivalent to a stroll and has proved popular. The aims of this group are to help new riders into club riding, provide a comfortable riding environment for those returning after a lay off and for those who only want to ride short distances but in company. Several club members have kindly offered to lead this group and if you can help, even on just one occasion, tell the club run coordinator.

Last week this group caught up with the quick medium pacers on the lower part of Kitchen Hill. The quick medium pacers' leader, Gary J, had a tyre that was sad and airless and Angie and Doz were checking to see how he made it better. Always good to have experts on hand!

The groups have all gone off in different directions usually riding about 40-50 miles, apart from the very quick folk who ride 50-70 miles. We have spread our largesse to a good variety of cafes. After 17 May it has proved easier to find suitable places to stop for coffee and cake, but not for all!

The club run coordinator led his hungry group on a winding scenic route to The Blue Egg at Great Bardfield only to find it didn't open on Sundays! Oops, but the Coop had cold drinks and cakes that were enjoyed sitting on the village green.

A big thank you to all of you who have led rides since the restart. To ensure variety of routes there are lots of opportunities to lead and take others on some of your favourite lanes so please let me know when you can.

There is a proposal from Gary for a Sunday meet up on the 6 or 13 June at the Wherstead Suffolk Foodhall sharing the same route but each group at its own pace,. It would be a ride of about 60 miles. More details shortly but if you could let me know asap if you are interested it would be of help to Gary to know if there is sufficient interest for him to organise such a ride. A chance to meet other members only seen briefly on Market Hill!

Mark Swift has also suggested a long ride on a suitable summery Sunday to the seaside. Each group will be using its own route and pace but sharing a venue. Watch out for more information on one of Mark Gentry's weekly emails and perhaps on the club's Facebook page.

Safe riding

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Audax Update May 2021

Date	Event	Riders
1 st May	DIY Perm SE 200k	Andrew Hoppit, Ian Lovelock
1 st May	Manningtree 300k	Raymond Cheung
9 th May	Saffron Walden 100k	Andrew Hoppit, Raymond Cheung +100k, Ian Lovelock.
23 rd May	Carlton Colville 100k	Raymond Cheung, Ian Lovelock, Robin Weaver

Name	Points	Total Distance	Club Audax Trophy	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Andrew Hoppit	8	1118		3	-	4	-	-	-	-	3,650
Raymond Cheung	7	1019		3	-	1	1	-	-	-	4,600
Ian Lovelock	6	1018		3	-	3	-	-	-	-	4,200
Mick Bates	2	218		-	-	1	-	-	-	-	-
Simon Daw	2	212		-	-	1	-	-	-	-	1,350
Tony Sheppard	-	106		1	-	-	-	-	-	-	700
Doz Bree	-	106		1	-	-	-	-	-	-	700
Sarah Johnson	-	106		1	-	-	-	-	-	-	700
Gary Johnson	-	106		1	-	-	-	-	-	-	700
Mark Swift	-	106		1	-	-	-	-	-	-	700
Robin Weaver	-	100		1	-	-	-	-	-	-	550

Forthcoming Local Audaxes.

5th June, Asparagus and Strawberries, Manningtree 400k.

20th June, Windmill Ride, Chelmsford 200k and 110k.

17th July, Suffolk Lanes, Bildeston 200k, 160k, 100k, 50k.

SPOCO League Up to June 1st

CC SUDBURY SPOCO TT LEAGUE TABLE 2021			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Nick Webber	4	380
2	Caroline Wyke	6	371
3	John Bradbury	2	213
4	Matt Shotbolt	2	189
5	Gary Johnson	2	187
6	Doz Bree	2	183
7	Sarah Johnson	2	117
8	Rob Davies	1	106
9	James Rush	1	98
10	David Fenn	2	91
11			
12			

Updated Spoco points table attached, only Caroline and Nick scored points this month with Nick overtaking Caroline at the head of the table.

Unfortunately Spoco SE are not running their competition this year so the club committee has decided only the Spoco East events are qualifying events for the club Spoco competition.

C.C.S. Riders - Open T.T. Results - May 2021

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
May 1st	VTTA East Anglia - Cambourne	F2/30	J.Bradbury	30	01.04.58	28th
May 1st	VTTA East Anglia - Cambourne	F2/30	S.Triplow	30	01.15.55	80th
May 1st	Orwell Velo - Debenham - SPOCO	BS33	R.Davies	20	49.25	15th
May 1st	Orwell Velo - Debenham - SPOCO	BS33	N.Webber	20	49.43	16th
May 1st	Orwell Velo - Debenham - SPOCO	BS33	D.Bree	20	51.04	20th
May 1st	Orwell Velo - Debenham - SPOCO	BS33	J.Rush	20	51.04	23rd
May 3rd	VC Baracchi - Bungay - SPOCO	B10/43	J.Bradbury	10	21.40	14th
May 3rd	VC Baracchi - Bungay	B10/43	M.Shotbolt	10	22.30	30th
May 3rd	VC Baracchi - Bungay	B10/43	D.Fenn	10	28.46	93rd
May 3rd	VC Baracchi - Bungay	B10/43	C.Wyke	10	33.32	99th
May 9th	Maldon & DCC - SPOCO	E21/25A	C.Wyke	25	01.31.54	61st
May 15th	AeroCoach Womens Roadbike Championships - Alcester, Worcs.	K33/10S	C.Wyke	10	31.35	28th
May 15th	ECCA Championships - Cambourne	F2/25	L.West	25	49.43	6th
May 15th	ECCA Championships - Cambourne	F2/25	A.Purcell	25	53.14	35th
May 15th	ECCA Championships - Cambourne	F2/25	S.Triplow	25	01.00.26	87th
May 16th	VTTA Home Counties - Tring	F11/10	D.Bree	10	22.17	61st
May 16th	VTTA Home Counties - Tring	F11/10	G.Johnson	10	22.20	62nd
May 16th	VC Norwich - Bungay - SPOCO	B10/43	M.Shotbolt	10	22.01	19th
May 16th	VC Norwich - Bungay - SPOCO	B10/43	J.Rush	10	23.53	38th
May 16th	VC Norwich - Bungay - SPOCO	B10/43	D.Fenn	10	28.30	64th
May 22nd	ECCA Championships - Cambourne	F2/50	J.Bradbury	50	01.50.32	20th
May 22nd	ECCA Championships - Cambourne	F2/50	S.Triplow	50	02.07.12	52nd
May 22nd	ECCA Championships - Cambourne	F2/50	S.Hitchcock	50	02.20.45	61st
May 22nd	Victoria CC - Points League - Ugley	E1/10A	A.Purcell	10.2	23.37	12th
May 22nd	Victoria CC - Points League - Ugley	E1/10A	D.Fenn	10.2	53.41	Gave on course assistance to injured rider then finished! TT.....!
May 22nd	Gt.Yarmouth CC - Somerleyton-SPOCO	BS13A	N.Webber	25	01.01.28	15th
May 22nd	Gt.Yarmouth CC - Somerleyton-SPOCO	BS13A	C.Wyke	25	01.31.42	40th
May 31st	Stowmarket & DCC - Rougham	B10/38	L.West	10	19.40	5th
May 31st	Stowmarket & DCC - Rougham	B10/38	J.Bradbury	10	20.33	13th
May 31st	Stowmarket & DCC - Rougham	B10/38	A.Purcell	10	21.12	22nd
May 31st	Stowmarket & DCC - Rougham	B10/38	M.Shotbolt	10	21.37	29th
May 31st	Stowmarket & DCC - Rougham	B10/38	G.Johnson	10	22.01	32nd
May 31st	Stowmarket & DCC - Rougham	B10/38	D.Bree	10	22.47	38th
May 31st	Stowmarket & DCC - Rougham	B10/38	S.Triplow	10	24.07	47th
May 31st	Stowmarket & DCC - Rougham	B10/38	S.Johnson	10	28.25	58th
May 31st	Stowmarket & DCC - Rougham	B10/38	D.Fenn	10	28.37	59th
May 31st	Stowmarket & DCC - Rougham	B10/38	C.Wyke	10	31.15	62nd

Open Time Trials Report.....

With nearly 40 entries this month, I'll just pick out the highlights and keep it brief; otherwise it will run to a 2 page report!!



Leon (left) is at the top of the list with 5th & 6th placings. His 10mile time at Stowmarket's course on the Rougham event saw him come home in 5th place with a 19.40 against some of the local area's stellar riders. Together with a 6th in ECCA's 25 on the fast Cambourne course with a sparkling 49.43 sets the markers for the 10 & 25 distances this season.

John Bradbury (right) 4 events saw him score well, being only 50secs off Leon's 10 time above and producing a great ride in the VTTA 30mile event at Cambourne with a 01.04.58 and an ECCA 50mile event on the F2 with a 01.50.30. Two more marker times set for other CCS riders to target!!



Alex Purcell continues his upward spiral with more improving times and I think he will be a dark horse the way he is catching the 2 above up.



Sue Triplow (left) managed 4 events this month which were all at differing distances as she quietly gets on with it all and continues to improve. Another of our lady riders, Caroline Wyke, continues her ethos of improving on courses already ridden and not her finishing position and to date has achieved her goal during her rides!

Doz Bree, Mat Shotbolt and Gary Johnson (pics below in order) have all been quietly producing improving rides and will soon be nudging up towards the pointy end and challenging the riders above.

All round, it was a good month for CCS riders. More please! Rog



Extra Stuff!

My Rider of the month explains why his 10.2 mile TT ride took him 53mins 41secs!



Before you query my time (*on the Victoria event*) I should explain that on the return leg at 7.2 miles I saw a Lady rider on her outward leg laying in the road in agony. I stopped as I was first on the scene she was laying in the road in a lot of pain, after checking she had no broken bones managed to move her and her bike onto the grass verge. After more questions it transpires the rider had been on the receiving end of a close pass, the lady driver had stopped when she saw the rider had crashed and came to offer help also a female rider from the Crest CC stopped to offer assistance. Anyway after making a

phone call for an ambulance the rider decided she was feeling a lot better after a rest so no ambulance required, she had a lot of road rash and a badly cut right elbow, I rode back to the HQ with her to make sure she got back in one piece. Whilst chatting to the rider on the way back to the HQ I did find out she is a Triathlete and was riding her first TT so not quite the experience she was expecting.

Chapeau David, well done!

VC Baracchi 10 mile TT on Bungay Course.....

John Bradbury's thoughts on his ride!

Usual delights of tailwind out and nasty headwind back. Massive turnout for a SPOCO course, pleased with my time (somehow faster than my recent time on the E2/10!).

Great to see Matt racing again and Mr Fenn in "roadman" mode plus Caroline racking up more SPOCO points to retain her lead in that competition.

Cheers....John

Message from Ian Lovelock

Roger

Wednesday rides are back with a vengeance with social distance gathering at the start with an obligatory cup of tea!

(What sort of Cafe is that then Ian..no cake)?





Evening Time Trial Notes

At the moment, there are no Evening TT Results or Positions posted as David Miller needs riders current times to establish a new riders handicap list. So with just the Acton Course and the Hitcham Hilly Course to complete our 4 Courses, details will follow in due...err course!

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The Wednesday Riding Group go to sea this week!



Weather forecast remains very good for tomorrow so I do intend a sea crossing. From Dedham we'll ride quiet lanes until we get to Harwich (picking up NCN 51 at Gt. Bromley) at 36km and we have to be at Harwich for 11:50 crossing (else it's a very long lunch!) which is easily do-able at our standard speed and allows for any mechanical on the way. I suggest if we are early we use the Cafe at Harwich else the Pub at Shotley. You can [review and download the route here](#)

As it is Half Term I will take the precaution of pre-booking so we have priority.....*Ian Lovelock*



Bike for Sale

(Sounds like a bargain to me)!



Fuji fixed wheel bike. New chain. Handle bar and stem. Double sprocket on rear wheel. Frame size 55cm. Excellent condition.

£175 ONO. (*Garden ornaments extra*)!!!!

Please contact Barry Lee (CCS Member)
on 01787 371802 or 07811 099659.

Thank you very much.

Kind regards.

Tracy.

That's all for this month. Enjoy the lovely weather and keep sending in the photo's and articles please!

Rog

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