



After a superb sunny week recently, we are back to the gloomy days at the moment. What a difference the sun and some warmth makes with the deposit of fine dust from the Sahara keeping us all busy washing cars, windows and bikes (?)

The Open TT season is now in full swing although the trend which started with the pandemic has seemingly carried on where we are seeing smaller entries in most events. Organisers have taken sensible precautions to make their events well 'sanitised' but still we are not back to normal entry levels except for the popular fast courses. I wonder if we will ever get back to the fuller event sizes?

I've been along to most of the evening taster sessions at the Colchester Sports Park and I'm pleased to report an increasing take up from CCS riders. I'm lead to understand that the club intends to use the facility during the off season winter months which will be very useful to help keep up the fitness levels.

This month's edition includes all your favourites;- from a full report on our own Open TT, The Mad March Hilly, Audax & SPOCO updates, Caroline's Blog returns, an article from one of our senior members on how he started out on the road when he was quite young, plus plenty of rides ideas to chose from in the coming months.

Rog

CC Sudbury 'Mad March Hilly' Open TT Report..

6th March 2022

by Rob Davies



CC Sudbury held the Mad March Hilly time trial sponsored by Drop Store, Robins Row and Torque Bikes Sudbury. The 22 mile BS24/R course runs to and from Lavenham via Great Waldingfield, Newton Green, Boxford, Hadleigh, Semer and Monks Eleigh. The event was won by Will Lowden (CC Sudbury), a 18 year old student, who featured on the cover of cycling weekly on Feb 24th, in a new course record time of 47 minutes and 24 seconds. Last year Will broke the ECCA junior individual records for 10 and 25 miles on the E2/10 and E9/25 courses as well as breaking club records on the Acton and Hitcham Hilly courses. The Lowden family have strong cycling genes with his cousin Joss Lowden holding the female hour world record.

The previous Mad March Hilly record was held by Tim Chilvers (Maldon and District CC) in 47:52. Will was followed by Lloyd Chapmen (Loose Cannons Conditioning) in 48:14 and in third Neil Hughes (Velo Schils Interbike RT) in 50:59.

The ladies event was won by Laura Davies (Orwell Velo) in 54:49 followed closely by Hannah O'Brien (Loose Cannon's Conditioning) 55:15. Third place went Gillian Leech (Loose Cannon's Conditioning)

The team event was won by CC Sudbury, Will Lowden 47:52, Alex Purcell 52:13, Simon Daw 52:56, in 2hrs 32mins 33secs from Loose Cannon Conditioning 2:35:53.



Pic by
Trevor Pillet

The Vets category was won by Lloyd Chapman and Hannah O'Brien. The road bike category was won by Simon Thorpe (Stowmarket & District CC) and Isabella Johnson (Datalynx-Parenesis Cycling). The raffle of two very large bottles of spirits, provided by 'The Drop Store', raised £225 for the Ukrainian disaster emergency..

Full CCS rider's results are shown further on!

Picture Gallery from Mad March Hilly – Pics by me.







Challenge yourself to go that bit farther - 200km Grand Tour de Stour & 100km Tour De Stour AUDAX Rides Saturday, 23 April 2022

Starting and finishing at
Long Melford Village
Memorial Hall,
Long Melford,
CO10 9JQ

200km starts 08:00
100km starts 09:00

Entry £6.50 online at:

[200km GTdS](https://audax.uk/event-details?eventId=9544)

[https://audax.uk/event-
details?eventId=9544](https://audax.uk/event-details?eventId=9544)

[100km TdS](https://audax.uk/event-details?eventId=9543)

[https://audax.uk/event-
details?eventId=9543](https://audax.uk/event-details?eventId=9543)

Enjoy the beauty and tranquility of the Stour Valley countryside and explore its rich historical associations with one of the AUDAX rides starting from Long Melford.

The 200km Grand Tour de Stour (GTdS)

rides through the Dedham Vale Area of Outstanding Natural Beauty (ANOB), to Manningtree where the river joins the estuary. If you have not visited Grayson Perry's "house for Essex" at Wrabness take a minor detour on your way to Harwich to experience the building which is a cross between Hansel and Gretel and a Russian Orthodox Church. At the control in Harwich absorb the peninsula's history as you gaze across the Stour to HMS Ganges. You then follow Nation Cycle Network NCN51 to Gt. Bromley and onto Dedham where Constable's "The Ascension" is displayed in the Church. Onward then along the

valley back to Long Melford before enjoying further remote Suffolk lanes to Wratting Common straddling the Suffolk Cambridgeshire border and more history as you pass the site of RAF Wratting used by Bomber Command from 1942. Here you pause, gather your strength and head back to Long Melford to complete, what we hope has been, an enjoyable days riding.

The 100km Tour de Stour (TdS) is as equally scenic as the route takes in some of the most attractive views of the Stour as you head down the Dedham Vale AONB. From Long Melford you will follow the course of the river closely, skirting around the busy town of Sudbury heading down quiet lanes to Bures.

From here you continue along the course of the river to the beautiful village of Dedham where you may choose to rest a while for a tea and some cake. You then return along the northern side of the valley back to Long Melford before heading onto peacefully lanes further into Suffolk to Boxted before chancing upon on the charming market town of Clare on the Stour's northern banks. It's then onward to the finish.

Both rides will be welcomed back by Cycle Club Sudbury with tea, coffee and a selection of snack so as to share your ride experiences and recover before you return home.

*Organised by
Ian Lovelock*

Caroline's Blog



Caroline has pushed new boundaries and has now acquired the name of 3 hats!

I heard it said last week on radio 2 that we may be old but still in our heads believe we are 15.

It has started again by the end of last season I had pains everywhere and was considering hanging up my helmet.

Since semi retiring to look after grandkids often 3 5am starts a week the Time Trials gave me something to look forward to and once through the finish line a chance to relax. Money has been tight so had to cut back in other areas but considering the planet

cycling is so important.

I will always walk or cycle before using the car.

I have a wood burner and spend hours collecting and drying wood and fir cones to feed it enabling me to boil a kettle and cook. In the most recent winds and power cuts it proved a good asset.

At the recent Sudbury on show event I was surprised by how many voluntary organisations exist in Sudbury and many people showed interest in Cycle Club Sudbury with the well known orange shirts. It was heartening to discover people giving up their free time to help others.

Because I struggle to cycle in cleats also find suitable cycling shoes either uncomfortable or very expensive.

I enjoy a wander around Sudbury often going for a long walk through the meadows with Millie. Millie will refuse to pass the RSPCA shop as she is assured a welcome biscuit.

I spotted a pair of new shoes, orange with black Velcro straps. £10! They were a good fit with stiffer soles, being sports footwear of some kind. I bought them and wear them to Time Trials and even on wet days my feet have not slipped off the pedals. A valuable bit of recycling and I was informed that they are mountaineering shoes. (*Good for getting up them hills then Caroline!..Ed.*)

I had a rest at the end of last season as I tore a muscle in my left calf but found a book '1,000 Top Tips for Cyclists' and followed the advice on exercise and rest and the importance of preparation before cycling.



Despite other health issues I entered the Mad March Hilly as that was my first Time Trial thinking it's a good one to also end on.

I had only had a couple of weeks prep and with the help of the little book it worked on gears and spinning and how to ride hills. The surprise on the Mad March Hilly was the A1071; I appeared to arrive at the left turn near Hadleigh a lot quicker and the Marshall shouted "LAST HILL Caroline" when I thought I had 2 more!

I did in fact manage a small improvement on my previous year's attempts.

Since joining the club my son bought me a club shirt for my birthday but all others have been bought or given to me via the website. With this in mind I put out a request for a skin suit. I was handed one after the Mad March Hilly from one of our elite cyclists I was well pleased. (*Nice gesture Mr. Elite cyclist...Ed*)

I had entered the event organised by the West Suffolk Wheelers. I tried out my skin suit the day before and I felt like I was cycling more freely almost naked.

I arrived at Risby Hall in good time but there was a problem getting into the hall and as I was 2nd off was forced to cycle to a pub to Pee then get back and into the skin suit. When rushing to get to the start, preparations get neglected. I possibly did not drink enough because on the first circuit I got bad cramp in the left leg. It was so windy in stretches that when, as my book said, try and stand up on the pedals for 10 second every 20mins. I risked being blown away. That was an unpleasant ride and so glad when passed the finish.

I felt sorry for the young person parked next to me hoping for a big result only to suffer a puncture It was lovely to feel almost back to normal with coffee and cake and however slow I am I always am made to feel welcome and encouraging. I have been firmly told I must not give up.

(*As a footnote, Caroline won the Lanterne Rouge award and received £10!*)

As I write this feeling a slight ache in my muscles, I can see my Spoco Trophy sits lovely in my cottage and unlike the cups need very little cleaning. I am aware of a posse of members trying to get it so I must cycle on and enjoy another season.

Caroline Wyke

When we wuz young? (Part 1.)

When I was 10-11, I was bought my 1st decent bike, (after a succession of old clunkers) a Triumph Palm Beach with Sturmey Archer 3-speed.

With my cousin, we used to bike quite often from home (Dovercourt) to Walton-on-the Naze and back just because we could; usually during school holidays. I always wanted a racing bike though and a few years later I sold the Triumph and bought a BSA Javelin with 5 speed Campag gears. I joined Colchester Rovers CC and started riding their 10 mile club TT's on Wednesday evenings at Elmstead Market. I was pretty hopeless but slowly improved my times.



After about a year, I convinced myself it was the heavy framed BSA that was the problem so I bought 531 Reynolds framed 2nd hand Carlton Super Courier from one of the club members for 50 shillings (£2.50p!)

I swapped over all the bits from the BSA and now convinced myself I would fly!

My first time out was on a Sunday 25 mile club TT from Elmstead to Walton Church and back. And guess what, I was still crap!

Some of my more senior and knowledgeable members suggested I should try a bit of proper training. Hmm I thought, that's a novelty, never done any of that! I just relied on biking to school and to and from the club hut on Wednesday's and Sunday's at Elmstead; surely that was enough? (Probably a 14 mile round trip + plus the TT miles) My new training regime improved my times slightly, but nothing to write home about!

So I started to think about improving the bike equipment again

Part 2 to follow next month.....Rog

SPOCO Details

CCS SPOCO Competition News

By David Fenn

CC SUDBURY SPOCO LEAGUE TABLE 2022			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	5	458
2	John Bradbury	4	453
3	James Rush	4	419
4	Caroline Wyke	4	358
5	Alex Purcell	3	352
6	Simon Daw	2	230
7	Dan Upton	2	198
8	Will Lowden	1	120
9	Nick Webber	1	106
10	Gavin Ratcliffe	1	104
11	Charlie Heeks	1	102
12	Gary Johnson	1	98
13	Adrian Ablitt	1	87
14	Kirsty Fenner	1	84

CCS Club members have currently ridden total of seven SPOCO qualifying events so far this season. The season commenced with the Ely Hardriders event in February, continuing each weekend in March to last weekend with events at Debenham and Newmarket. A common factor in all the events has been the strong winds and low temperatures, this, coupled with the sporting nature of the courses makes for some interesting racing. The top 5 riders in the points table are fairly close on points with only 100 points between them, as the season progresses and the weather warms up expect to see more CCS riders scoring points. For club members not familiar with the Club SPOCO competition see details in the club Handbook.

Date	Event	Riders
3 rd March	The Horsepower 200k	Andrew Hoppit, Ian Lovelock.
3 rd March	The Horsepower 100k	Robin Weaver

Name	Points	Total Dist	Club Audax Trophy	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Raymond Cheung 1007	14	1,520		5	-	5	-	-	-	-	4,600
Ian Lovelock - 5675	4	809		4	-	2	-	-	-	-	4,100
Andrew Hoppit - 4235	4	809		4	-	2	-	-	-	-	4,100
Robin Weaver - 7481	-	412		4	-	-	-	-	-	-	2,750
Les Dunham	-	309		3	-	-	-	-	-	-	2,100
Mick Bates - 3824	-	212		2	-	-	-	-	-	-	1,550
Andy Rogers - 17627	-	107		1	-	-	-	-	-	-	750
Brian Mann - 4689	-	100		1	-	-	-	-	-	-	550

Forthcoming Local Audaxes.

2nd April, Buntingford, the Alternative Essex and Suffolk Borders, 200k

2nd April, Manningtree, Essex and Suffolk Borders, 200k and 100k.

9th April, Writtle, Essex Lanes and Coasts, 200k.

9th April, Writtle, Essex Lanes 100 miles, 160k.

9th April, Writtle, Essex Lanes, 110k.

16th April, Huntingdon Double Dutch, Ship of the Fens, 200k.

17th April, Mountnessing 110k.

23rd April, Long Melford, Grand Tour de Stour, 200k.

23rd April, Long Melford, Tour de Stour, 100k.

30th April, Dunmow, The Woodman, 100k.

30th April, Dunmow, The Woodman's Daughter, 50k.

7th May, Manningtree, Asparagus and Strawberries, 400k.

'It would appear that not much activity took place on the Audax front during March, however this may be down to delays in registering event / DIY results.

It was good see new member, Les Dunham adding his name to the list of CCS Audaxers, welcome to the world of Audaxing.

And now timely reminder to club members to get your entries in for the forthcoming CCS Audaxes being organized by Ian Lovelock on the 23rd April from Long Melford Green.'



Charity cycle event Ride for Helen Suffolk returns to Trinity Park, Ipswich!

Ride for Helen Suffolk is back for 2022 on Sunday 26th June in aid of Helen Rollason Cancer Charity! Sign up now to take advantage of their early bird prices.

Their annual charity cycle ride offers cyclists the chance to sign up for either 65 or 35 mile routes through some of the beautiful Suffolk countryside. The Ride will start and finish at Trinity Park, Ipswich, home of the Suffolk Show.

Choice of two routes

65 mile route; for the experienced cyclist keen to enjoy some of the beautiful rural Suffolk countryside including Grundisburgh, Clopton Green, Monewden, Kettleburgh, Brandeston, Earl Soham, Saxtead Green, Framlingham, Wickham Market, Tunstall Forest, Chillesford, Melton and Woodbridge.

35 mile route; for the regular cyclist looking for a challenge, cycling on roads passing through Grundisburgh, Clopton Green, Monewden, Sutton Hoo, Easton, Wickham Market, Ufford, Melton and Woodbridge.

Registration is now open for Ride for Helen Suffolk on Sunday 26th June 2022. Adult tickets from £18 each and juniors from £9 each.

Take advantage of our early bird prices – you have until Thursday 7th April to book your place at the discounted rate! Visit www.rideforhelen.co.uk or call 01245 380719 today!

Diary Dates

Compiled by Robin Weaver

2 APRIL; VCR SPRING SPORTIVE IN PARTNERSHIP WITH RE-CYCLE

40 miles, 60 miles; [details](#)

AUDAX EVENTS

Full details for all these events at <http://www.aukweb.net/>

Sat 2 April; Manningtree – new audaxes; 100k, 200k

Sat 9 April; Writtle; 110k, 160k, 200k

Sat 16 April; Huntingdon; 200k

Sat 23 April; CCS AUDAXES; Long Melford

Challenge yourself to go that bit farther

200km Grand Tour de Stour & 100km Tour De Stour audax rides

Audax membership NOT a requirement.

Sat 30 April; Dunmow; 100k, 50k



CCS SUBS REMINDER

If you've already paid, thanks, and ignore this!

If not, a reminder. Details of how to rejoin are on the CCS website homepage, <http://www.cycleclubsudbury.com>.

CCS THURSDAY EVENING TIME TRIAL SERIES

Yes, it's that time of year! The first TT is on Thursday 14 April.

In 2021, we established a system in which riders (in 2021 restricted to CCS first and second claim members) pre-registered and paid for their ride on-line, with a weekly limit of 30 riders. This worked well, as it allowed the timekeepers to pre-set the start

sheet, thereby avoiding the rush of setting the field on the night, and also avoided handling money on the night and subsequently banking it.

For 2022, we intend to continue with pre-registration and payment on-line, but also to allow riders from other clubs to take part using the same system, with a weekly limit of 40 riders (CCS first and second claim riders to take priority). Payment takes place after the start sheet has been issued to riders.

A reminder e-mail will be sent to all members on the Sunday, with a 'request to ride' reply needed by 6pm on Tuesday evening. A start sheet will be issued shortly after this, with on-line or PayPal payment required before the Thursday event.

For club members with erratic working hours, we suggest that they pre-register for the ride, and if on the night they are unable to ride they let us know by phone or text, and their payment, if already made, will be credited to a subsequent week.

To tempt more CCS first and second claim riders to take part in time trials, the second event of the season, Brent Eleigh course, on 21 April, will be free to members, and promoted within the club as a come and try it event.

MONDAY 2 MAY – BANK HOLIDAY – WEST SUFFOLK WHEELERS IXWORTH CRITERIUM RACES

Entries are open now on the British Cycling website [here](#). Closing date for entries; Monday 18 April. Also a great event for spectators.

The 2022 race programme is as follows:

12:00 Senior & Junior men 4th Cat Regional C+ (40 mins)

12:55 Youth C, Under 12 Boys and Girls (15 mins)

13:30 Senior & Junior Women, Categories 2, 3, 4 (40 mins) & Masters 50+ Regional Masters Categories 2, 3, 4 (40 mins)

14:25 Youth, Under 14 Boys and Girls (25 mins)

15:05 Youth A, Under 16 Boys & Girls (40 mins)

16:05 Senior & Junior men, 2nd & 3rd Cat Regional A (45 mins)

POTHoles

Now that winter is possibly over, it's time to get all those potholes filled. The easiest way to report potholes is via CyclingUK's Fill That Hole website <https://www.fillthathole.org.uk/>, which also has a downloadable phone app. As Brian Mann can testify, Councils can refute pothole damage claims if they claim to be not aware of them between their periodic inspections, so the more reported the better..

C.C.S. Riders - Open T.T. Results - MARCH 2022

13th Feb	Ely & DCC - Hardriders - SPOCO	BS19	J.Rush	25	01.10.20	27th
13th Feb	Ely & DCC - Hardriders - SPOCO	BS19	D.Fenn	25	01.21.48	38th
13th Feb	Ely & DCC - Hardriders - SPOCO	BS19				
6th Mar	CC Sudbury - Mad March Hilly - Lavenham SPOCO	BS24/R	W.Lowden	22	47.24	1st. All Comers Course Record. + Team Prize
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	A.Purcell	22	52.13	4th + Team Prize
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	S.Daw	22	52.56	6th -3rd Vet +Team Prize
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	J.Bradbury	22	53.15	7th
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	J.Rush	22	55.53	14th
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	G.Ratcliff	22	57.41	17th
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	C.Heeks	22	58.20	19th
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	D.Upton	22	59.46	22nd
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	D.Fenn	22	01.09.57	32nd
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	A.Ablitt	22	01.12.21	34th
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	K.Fenner	22	01.19.24	37th 3rd Ladies Vet
6th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS24/R	C.Wyke	22	01.26.37	38th
12th Mar	West Suffolk Wheelers Hilly – Risby - SPOCO	BS31	A.Purcell	21	50.06	4th
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	S.Daw	21	50.58	6th 1st Vet
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	J.Bradbury	21	51.05	7th
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	N.Webber	21	54.32	15th
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	D.Upton	21	57.29	22nd
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	D.Fenn	21	01.07.14	34th
12th Mar	West Suffolk Wheelers Hilly - Risby	BS31	C.Wyke	21	01.23.27	38th
19th Mar	ECCA - Six Mile Bottom - Newmarket	E2/10	A.Purcell	10	21.31	15th
19th Mar	Plomesgate CC - Tunstall	B10/9	J.Rush	10	25.05	13th
19th Mar	Plomesgate CC - Tunstall	B10/9	D.Fenn	10	30.22	25th
19th Mar	Plomesgate CC - Tunstall	B10/9	C.Wyke	10	38.30	28th
26th Mar	Orwell Velo - Debenham - SPOCO	BS33	J.Bradbury	20	47.56	8th
26th Mar	Orwell Velo - Debenham - SPOCO	BS33	J.Rush	20	50.08	11th
26th Mar	Orwell Velo - Debenham - SPOCO	BS33	D.Fenn	20	01.02.13	18th
26th Mar	Orwell Velo - Debenham - SPOCO	BS33	C.Wyke	20	DNF	Off course
27th Mar	Newmarket C&TC - Cheveley	B10/48	A.Purcell	7.5	18.52	3rd
27th Mar	Newmarket C&TC - Cheveley	B10/48	C.Wyke	7.5	30.46	22 nd + 3 rd Lady

A very good turnout of CCS TT'ers, for the WSW 21miler around Risby! Even better showing results wise, as we recorded a 4th, 6th & 7th from Alex, Simon and John who also won the team prize and Simon was 1st Vet. This came after the great results from our MM Hilly...1st, 4th, 6th & 7th. A good start to the season! And then the CCS entries seemed to have dried up except for our dedicated hardcore group of riders.

Come on peoples, get out there and show our colours and give me more to write about!

Rog

"Look what you are missing on the Open TT's, quiet roads through a glorious forest and on a lovely sunny afternoon! David, James & Caroline on the Plomesgate 10"



Thursday Evenings TT's Details

Hello all

Believe it or not, it's only two weeks to our first CCS Thursday evening TT, Lavenham 10 course, first rider off at 6.45pm on 14 April. A TT schedule is attached. Please read the following, and right to the end - we need marshals to be able to run these events.

HOW WE'LL OPERATE

For 2022, we intend to continue with pre-registration and payment on-line system that we used last year, but also to allow riders from other clubs to take part using the same system, with a weekly limit of 40 riders (CCS first and second claim riders to take priority). Payment takes place after the start sheet has been issued to riders. Rides will cost the same as last year; £4 for CCS 1st and 2nd claim members (or £65 for the season), £5 for members of other clubs.

A reminder email will be sent to all members on the Sunday, with a 'request to ride' reply needed by 6pm on Tuesday evening. A start sheet will be issued shortly after this, with bank transfer or PayPal payment required before the Thursday event.

For club members with erratic working hours, we suggest that they pre-register for the ride, and if on the night they are unable to ride they let us know by phone or text, and their payment, if already made, will be credited to a subsequent week.

To tempt more CCS first and second claim riders to take part in time trials, the second event of the season, Brent Eleigh course, on 21 April, will be FREE to members, and promoted within the club as a COME-AND-TRY-IT event. This is one of our shorter courses, and is quite 'rider friendly'.

MARSHALLING

If you're intending to ride any TTs, you will be required to marshal twice in the season. Please email Robin at pamandrobinw@gmail.com **before the start of the season** on 14 April with **four** dates on which you could potentially marshal, and two will be allocated to you. Marshals must provide their own hi-viz jacket/bib, and a car will be necessary to transport signs. A marshalling schedule is attached. Even if you're not riding, please consider helping out by marshalling - a good opportunity to see how a side of the club you might not be familiar with operates.

The CCS timekeepers

2022 THURSDAY EVENING TIME TRIAL SERIES

Date	Course	Dist.	Start Time
April 14th	Lavenham 10	10m	18:45
April 21st	Brent Eleigh	8.2m	18:45
April 28th	Acton Circuit	8.3m	18:45
May 5th	Hitcham Hilly	13m	19:00
May 12th	Brent Eleigh	8.2m	19:00
May 19th	Lavenham 10 ; Interclub; Colchester Rovers	10m	19:00
May 26th	Lavenham 10	10m	19:00
June 2nd	NO TT, BANK HOLIDAY		
June 9th	Hitcham Hilly	13m	19:30
June 16th	Lavenham 10 ; Interclub; West Suffolk Wheelers	10m	19.00
June 23rd	Lavenham 10	10m	19.30
June 30th	Brent Eleigh	8.2m	19:30
July 7th	Acton Circuit	8.3m	19:30
July 14th	Hitcham Hilly	13m	19:30
July 21st	Lavenham 10 – Club Championship	10m	19:30
July 28th	Brent Eleigh	8.2m	19:30
August 4th	Hitcham Hilly	13m	19:00
August 11th	Acton Circuit	8.3m	19:00
August 18th	Jonathan Weatherley Memorial TT; Lavenham 10	10m	18:45
August 25th	Brent Eleigh	8.2m	18:45

CYCLE CLUB SADBURY - MARSHALLING 2022 THURSDAY EVENING CLUB TIME TRIALS

Each T/T rider (over 19yrs only) is required to marshal during the season (but you do get points for marshalling). We're starting off asking if you could fill in **one** date when you'd like to marshal.

THIS YEAR, YOU WILL NOT BE ABLE TO RIDE TIME TRIALS UNTIL YOU HAVE PUT YOUR NAME ON THE MARSHALLING LIST.

We may need to ask you to marshal a **second** time, depending how things go.

Marshals need to report at least half an hour before the start time. At least one marshal each week needs a car.

DATE	TIME	COURSE	MARSHAL 1	MARSHAL 2	MARSHAL 3
14 April	6.45pm	Lavenham 10	David Fenn	James Rush	Roger Rush
21 April	6.45pm	Brent Eleigh			---
28 April	6.45pm	Acton Circuit	Tom Moore		---
5 May	7.00pm	Hitcham Hilly			---
12 May	7.00pm	Brent Eleigh			---
19 May	7.00pm	Lavenham 10 (Inter-club; CR)			
26 May	7.00pm	Lavenham 10			
2 June	NO TT, BANK HOLIDAY				
9 June	7.30pm	Hitcham Hilly			---
16 June	7.00pm	Lavenham 10 (Inter-club; WSW)			
23 June	7.30pm	Lavenham 10			
30 June	7.30pm	Brent Eleigh			---
7 July	7.30pm	Acton Circuit			---
14 July	7.30pm	Hitcham Hilly			---
21 July	7.30pm	Lavenham 10 (Club Championship)			
28 July	7.30pm	Brent Eleigh			---
4 August	7.00pm	Hitcham Hilly			---
11 Aug	7.00m	Acton Circuit			---
18 Aug	6.45pm	Lavenham 10 J Weatherley MemorialTT			
25Aug	6.45pm	Brent Eleigh			---

And Finally.....



REGRETTING THAT IMPULSE BUY?

**Sell your unwanted cycle items at our All Things Bicycle Sale
Pitches £7 each at Maglia Rosso Cycle Centre Hawstead, IP29 5NR
Saturday 2nd April 9:30am till 3:30pm**

**We are also taking donations of cycle items to raise money for our two Centenary charities
which are Suffolk Mind and JDRF. For further details contact Yaz at secretary
@westsuffolkwheelers.org.uk or janey_76@icloud.com**

Alternatively we can sell your items for you on a 50:50 split



West Suffolk Wheelers
Cycling and Triathlon Club

*Now off to get my favourite chair out ready for Sunday's Tour of Flanders + getting
the order in for cakes and coffee! Rog*