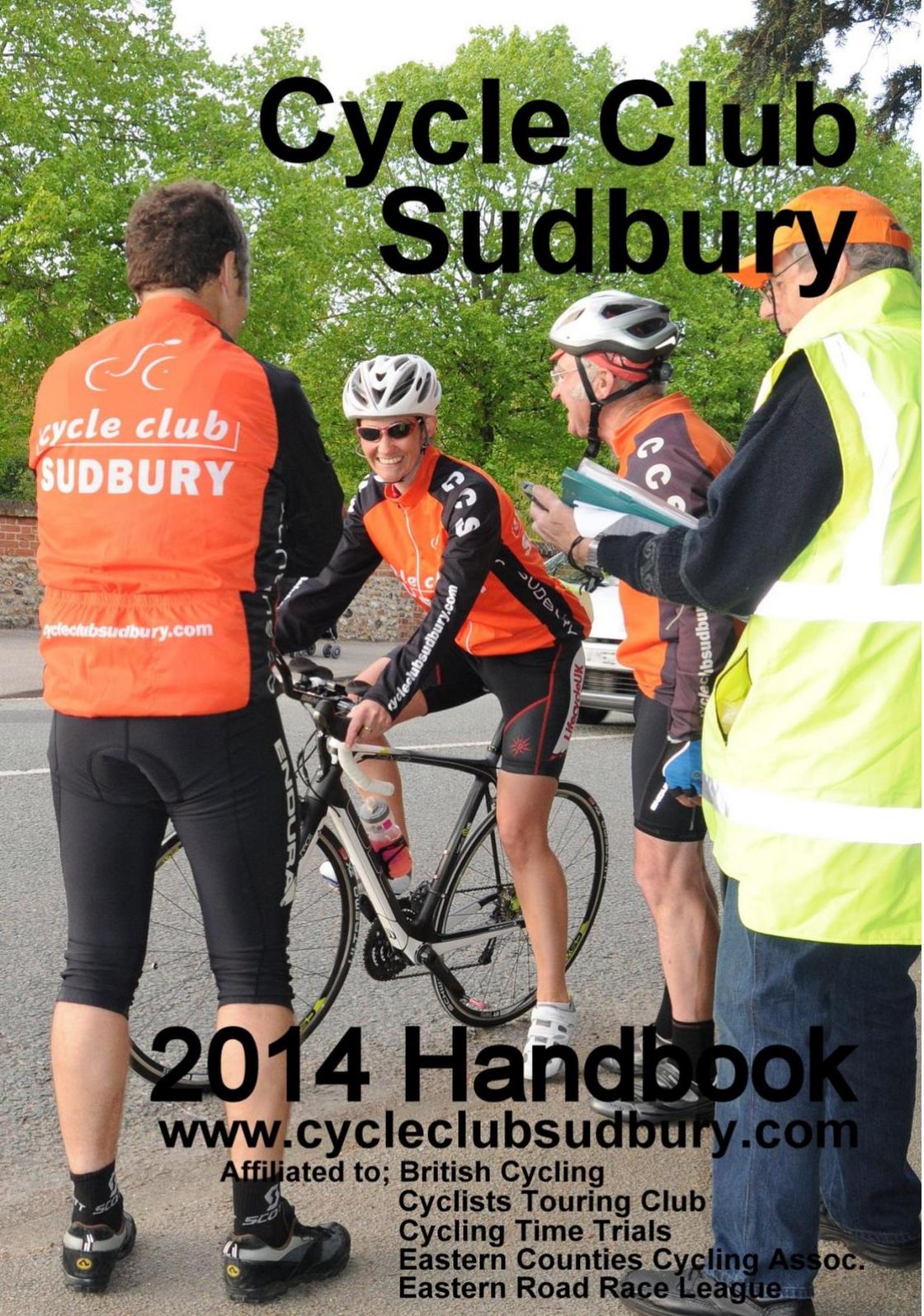


Cycle Club Sudbury



2014 Handbook

www.cycleclubsudbury.com

Affiliated to; British Cycling
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Cycling Time Trials
Eastern Counties Cycling Assoc.
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ABOUT CYCLE CLUB SADBURY

The Club holds a wide range of events to meet most cyclists' needs. For full details of all events, see the website at www.cycleclubsudbury.com, which also has a downloadable membership form, or the Club's monthly magazine, Spindle, which is e-mailed to members and also available on the website.

Reliability Ride

A good after-Christmas workout and start to the season – the CCS Reliability Ride. To be held on Sunday 26 January 2014, and taking place over two course lengths (27 or 48 miles) with two finish target times for each distance.

Open Time Trial

The Club runs the 35k Mad March Hilly Open Time Trial on a course from Lavenham. This will be held on Sunday 9 March 2014, and is an event on a 'sporting' course. Closing date for entries is Tuesday 25 February.

Time Trials

During the summer the club holds a season of time trial events, every Thursday evening (17 April until 28 August in 2014) from Lavenham, based at the public car park beside the Cock public house opposite the church. (cont.)

We have four courses varying in length from 8.3 to 13.1 miles. We welcome visiting and new riders to our time trials, but riders must be a member of a Club affiliated to Cycling Time Trials (CTT), for insurance purposes. See also pages 7, 8 of this Handbook. Club riders also take part in Open time trial events; for details of these see the CTT website at <http://www.cyclingtimetrials.org.uk>.

Road racing

The Club is now affiliated to the Eastern Road Race League. Members can now race in ERRL events, and the Club hosts its own first race for many years on Saturday 30 August (tbc). Club members also circuit race at Trinity Park, Ipswich and at Elvedon in summer series races.

Audax

The club organises Audax rides during the year; you don't need to be an AudaxUK member to ride. These are distance and endurance rides, not races.

Saturday 31 May 2014, from Long Melford; 105k, 205k rides.

Saturday 26 July 2014, from Bildeston; 104k, 168k, 209k rides.

Club riders also take part in other local 'Calendar' audax events, often riding as a group. There are also 'Permanent' audaxes you can ride at any time, and 'DIY' gps audaxes. For full details of all audax events, and how an Audax ride works, see the CCS website, or www.aukweb.net/index.htm, or pages 27 and 28 of this Handbook.

Hill Climb

An Open Hill Climb event is run by the Club each year, incorporating the East District Cycle Association Championship. This will be held on Sunday 19 October, 2014, at Semer. The closing date for entries is Tuesday 7 October.

Youth Coaching; see also page 15

The Club has three British Cycling trained youth coaches, who with Club volunteers run weekly sessions for 5 to 12 year olds in Great Cornard; for further details, contact Kirsty White; e-mail address on the back cover of this Handbook.

Sunday Club Runs

The Club has a social club run of about 37-38 miles most Sunday mornings throughout the year, from Market Hill Sudbury at 9:00am. The pace is relaxed, and always includes a cafe stop. On the first Sunday of each month, the club run is shorter, at about 27-28 miles, for those who are thinking of joining the Club, or are happier with a shorter distance. There are also occasional short 'Taster' rides.

During the winter months, there are faster training rides on a Sunday morning, leaving Market Hill Sudbury at 8.30am for a ride of 40 – 50 miles; no cafe stop!.

During the summer, these fast training rides are on Tuesday evenings, from outside the Mail Office, Churchfields Road, Sudbury, leaving at 6.45 for a ride of 22 miles; they also take place (organised via Facebook) during the winter when weather permits.

There is also a Wednesday social club run for 'retired' members.

For further information about club runs contact the club runs co-ordinator via the CCS website contacts page. If you're a new rider, please read our Club Run Notes on page 17.

Social events

These run throughout the year, and include family days, social rides, off-road rides (scope for more Club activity here), a quiz night, club meetings with guest speakers, trips to velodromes, and an annual dinner and awards presentation.

CLUB HISTORY

The Club was formed in 1979 by two of our Life members, Harold Raymond and Len Finch, by placing an advert in the Free Press inviting anyone interested to an inaugural meeting on 27 August. A previous Sudbury club had disbanded some years earlier. A number of people responded, and a committee was formed with Pat Raymond as Secretary, Len as Treasurer, and Gordon Richards, the first member, as Chairman. Other early members included the Webber family, Pete and Marlene Broomfield, Tony Hall, and second claim member Colin Dales.

Clubroom meetings were held at Great Cornard Upper School, and annual subscriptions were £4 for seniors, £6 for families, and £2 for juniors.

During the first year, Sunday club runs were established (up to 16 riders), Len started the Spindle newsletter, and a Boxing Day fancy dress time trial was held, with a reliability trial in January. By June 1980 there were 33 members.

Early time trials were held on two courses, with Harold timekeeping with a wristwatch with a sweep second hand. The first course ran from Great Cornard Sports Centre to Bures, across to Assington, and back to Cornard via the A134, Joes Road and Sheepshead Hill. A 10 mile course was then established from Cramphorns (Sudbury Garden Centre) along the A134 to Leavenheath and back, with a U-turn at Leavenheath!

The '80s saw a number of younger riders in the Club, including Harold's son Kevin, and current member Viv Marsh; there was frequent weekend racing for them at the Eastway circuit, now the Olympic Velodrome site, and circuit training organised by Harold at Cornard Sports Centre.

In the early '90s, Scott Jones established a strong hold on the Club's time trial records – he held them all, from 10 miles to 100 miles, until the 2010 season, when his time over 25 miles was bettered by Rob Davies, and in 2012, James Rush taking his 30 mile record, and Rob Davies his 50 mile record.

Stalwarts of the Club over the last two decades and longer have been Geoff Morse, now our president, who has served as chairman, secretary, treasurer and timekeeper, Alan Wiseman, Harold Raymond, Len Finch, and Brian Webber as chairman, time trial organiser and timekeeper.

The Club currently has a healthy 120 members, and with our British Cycling qualified coaches is equipping young riders with riding skills for the future.

As well as riding in our own Club time trials, a committed and growing group of Club members take part in open time trials in East Anglia and beyond, riding in both individual and team events. Circuit and road racing is also growing in popularity, with the Club planning its first road race for a number of years. Other riders specialise in off-roading, and grass track racing has one or two followers.

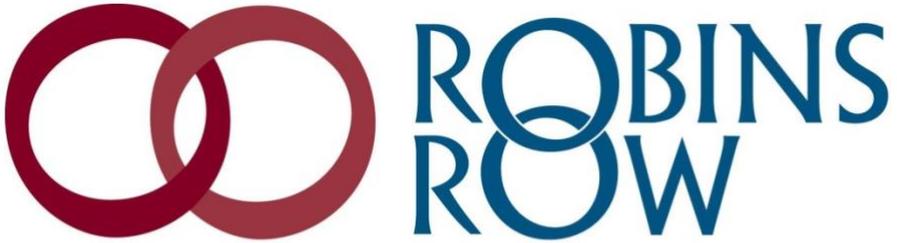
Over recent years, other members have taken to Audax long distance riding – CCS members often ride as a group. Most years, groups of riders visit France and other countries for multiday rides, and there's a regular summer trip to Dieppe. The club kit of orange and black is therefore increasingly recognised not only on the roads of East Anglia but beyond.

CCS 2014 EVENTS LIST

Date	Event
Sunday 26 January	Reliability Trial
Sunday 9 March	Mad March Hilly Open Time Trial
Saturday 31 May	Audaxes from Long Melford: 105k, 205k
Saturday 28 June – 30 June	Dieppe Raid weekend: 60, 100, 140, 200k, 40k MTB
Saturday 26 July	Audaxes from Bildeston: 100k, 168k, 206k
Saturday 30 August (tbc)	ERRL road race, organised by CCS
Sunday 14 September	Interclub Speed Judging
Sunday 12 October	Interclub Hill Climb, Dalham
Sunday 19 October	Semer Open Hill Climb
Thursday 27 November	Annual General Meeting

THURSDAY EVENING TIME TRIAL SERIES

Date	Course	Start Time
17 April	Lavenham 10	18:45
24 April	Brent Eleigh	18:45
1 May	Acton Circuit	18:45
8 May	Hitcham Hilly	19:00
15 May	Lavenham 10– Interclub with Colchester Rovers	19:00
22 May	Brent Eleigh	19:00
29 May	Lavenham 10	19:00
5 June	Acton Circuit	19:30
12 June	Hitcham Hilly	19:30
19 June	Lavenham 10 – Interclub with West Suffolk Wheelers	19:00
26 June	Lavenham 10	19:30
3 July	Brent Eleigh	19:30
10 July	Acton Circuit	19:30
17 July	Hitcham Hilly	19:30
24 July	Lavenham 10 – Club Championship	19:30
31 July	Brent Eleigh	19:30
7 August	Hitcham Hilly	19:00
14 August	Acton Circuit	19:00
21 August	Lavenham 10	18:45
28 August	Brent Eleigh	18:45



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RIDING TIME TRIALS (see CTT and CCS websites for full rules)

NOTE: before you take part in any time trial, whether it is an Open event or a Club event, it is important that you read the following and that you fully understand the rules and regulations. These notes are **extracts** from Cycling Time Trials Handbooks and Regulations, and CCS Rules. There are additional Regulations regarding Open events.

1. TIME TRIALS. The minimum distance for a time trial is generally 10 miles, but shorter races are permitted for Club events. There are also 25, 30, 50, 100 mile and even 12hr and 24hr events, as well as Special distance and Hill Climb events. CCS courses are detailed on the CCS website. All Open events are detailed on the CTT website.

Riders start at one minute intervals, or sometimes more, and cover the course as fast as they are able, **ALONE** and without taking pace from other competitors or vehicles. A competitor overtaking another rider must pass without receiving or giving shelter. The onus of avoiding company riding is upon the rider overtaking.

2. ENTERING TIME TRIAL EVENTS. For insurance purposes, you must be a member of CCS or another club which is affiliated to Cycling Time Trials.

Entry to **Club events** is on the day. You will need to sign the Club's entry form at least 20mins before the start, and if under 18 must show the organizer a Parental Consent Form.

Entry to **Open events** is in advance before the closing date for the event (see CTT Handbook or website), either by post on a CTT entry form with the entry fee to the organizer, or on line via the CTT website.

3. MINIMUM AGE. The minimum age for competitors is 12 years. It is essential that young competitors know the Highway Code and are competent to ride on the roads alone, and have the authorization of their parents to complete (if under 18 years of age) on a consent form, available at events' signing on.

4. THE BICYCLE. This should be roadworthy. Triathlon bars with forearm supports, and equivalents, may be used. A solid disc wheel may be used at the rear of your bike but must not be fitted as the front wheel. Spoked and composite spoked (tri-spoked) wheels may be used. Use of breakable vessels for food or drinks is prohibited.

5. CLOTHING and HELMETS. Clothing is generally a short or long sleeved top or racing vest and shorts or training bottoms. Bright rather than dark clothing is recommended, for visibility. CTT strongly advises you to wear a hard shell helmet that meets international accepted standards. **All competitors under the age of 18yrs must wear a properly affixed helmet that should conform to the recognized Standard** such as Shell B95EN1078. ANSI Z90.4, AUS/NZ2063:96, DIN33-954, CPSC, EN1078.

6. SAFETY AND VISIBILITY. A cyclist is less likely to be seen than a vehicle by drivers of other vehicles, and drivers may think you are travelling slower than you actually are. **Think ahead at junctions and roundabouts. Bright rather than dark clothing is recommended.** To improve visibility from the rear (as well as identifying the rider) all riders are required to wear a bright fluorescent **number** on their rear. **It is a CCS rule that a working rear light, either flashing or constant, is fitted to the bicycle in a position visible to following road users and is active whilst the bicycle is in use.**

7. OBSERVANCE OF THE LAW. All competitors in, or in the vicinity of, the event must:
observe the Highway Code and the law, and;
not ride in a manner unsafe to themselves or other road users.
ride on the left except for safe overtaking and when making right hand turns.
conform to all traffic signs, signals and direction indicators.
in making any turn before, during or after the event, ensure that it is safe to do so.

8. COURSES. Whilst Marshals are appointed to assist riders to get round the course, it is the riders responsibility to make sure they know the route to follow in the race. Route maps are displayed at the event HQ, and for CCS events are on the CCS website.

9. RIDING ON THE COURSE. No warming up or riding on the course (including passing the start) by competitors is allowed once an event has started.

10. U-TURNS. U-turns will not be permitted on the course or roads adjacent to the start and finish areas. The rider should dismount, check the road is clear in both directions, then with the machine walk across the road.

11. RIDING. Riders must keep a proper look-out at all times. Head down riding can normally result in suspension.

12. DNS (did not start) and DNF (did not finish). Riders must inform the start timekeeper if they are not going to ride for whatever reason. Riders who fail to finish the course must inform the timekeepers. Riders must not approach the timekeepers to ask for their times until the event has finished.

13. ACCIDENTS, MEDICAL TREATMENT and DRUGS. If you have an accident during a race, even minor, you must report it as soon as possible. A person may not complete who is knowingly suffering from any disease, mental or physical disorder or is having medical treatment making it unsafe or undesirable to do so: or is receiving medical treatment which could include a proscribed substance.

EVENING TT POINTS SERIES RULES (see CCS website for full rules)

1. QUALIFYING EVENTS will be all the Thursday evening Time Trials organised by CCS in any one season, including Club Championships and Inter-Club competitions.

2. RIDERS ELIGIBLE to enter the competition will be all paid up first and second claim members. All classes (Vets, Seniors, Juniors, Juveniles and Ladies) will compete in the same single competition.

3. THE WINNER OF THE SERIES will be rider with the higher number of points at the end of the season. Points will be awarded to individuals as follows:

For each start = 5 points

For each finish = 5 points

For each one second improvement over his/her best time on each course = 1 point

For turning up, then event is cancelled = 5 points

4. BASE TIME. A rider's base time for each year will be his/her fastest time on the course for the previous season increased by an allowance of 3.5%. Where a rider has no recorded time for a course from the previous season, his/her first ride on each course will become his/her best time. Base times must be set on reasonably competitive bikes. Base times established on non competitive bikes will be disallowed unless that bike is ridden all year without modification. Full details on the CCS website.

5. MARSHALLING. All CCS riders must marshal at least once per season but twice may be necessary. CCS riders who marshal will receive 30 points for the first marshal duty, 40 points for the second marshal duty. When a rider cannot meet his/her allocated marshal date he/she may swap dates, provided they tell the organiser first.

6. SIGNING ON. Riders must sign on 20 mins. before the start time.

Any rider arriving after the start sheet has been closed will not be allowed to ride.

7. ENTRY FEE. The following entry fees for the Evening Time Trial Series will apply.
Per season: CCS 1st and 2nd claim members; £45.00. Members of other clubs; £50.00.
Per evening: CCS 1st and 2nd claim members; £3.00. Members of other clubs; £4.00.



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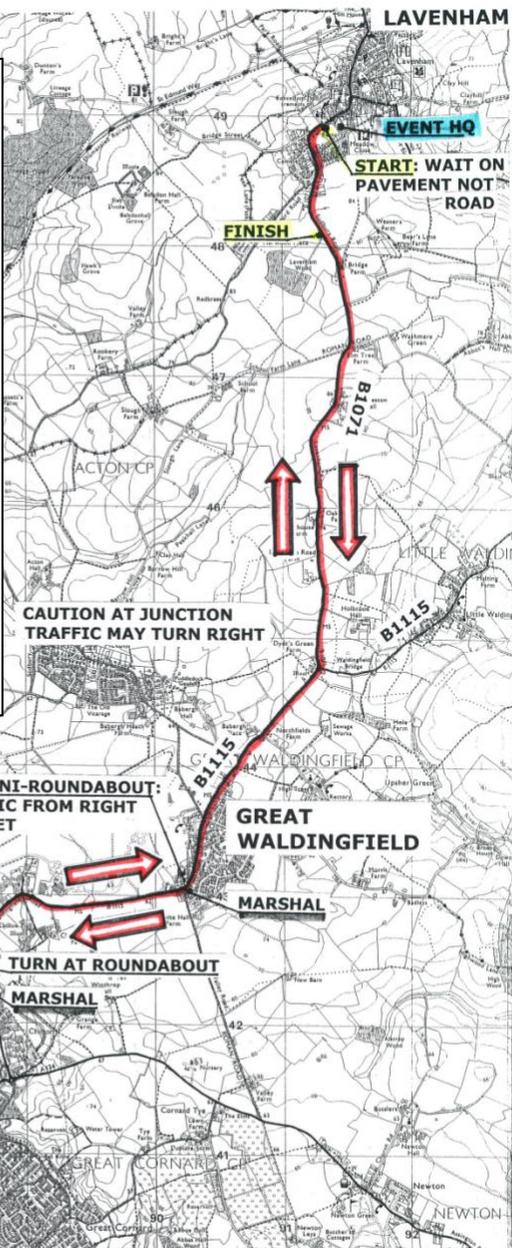
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All distances given (approx) are from start.

Start in Lavenham on Church St, B1071, by the telegraph pole opposite Potland Lane. Proceed south on B1071 towards Sudbury. After 2.5 miles bear right where B1115 joins from left, continue through Gt Waldingfield to mini roundabout (marshal) at 3.8 miles, take 2nd exit right to Sudbury. At 5.1 miles, at Chilton roundabout (marshal)(junction with Churchfield Road), encircle roundabout and retrace on B1115, 1st exit left at mini roundabout (marshal) at 6.5 miles, retrace thro' Gt Waldingfield, after 7. 8 miles continue on B1071 to Lavenham, to **finish** at entrance to storage unit on left approx 100yds before Lavenham 30mph sign. Do not stop at finish.

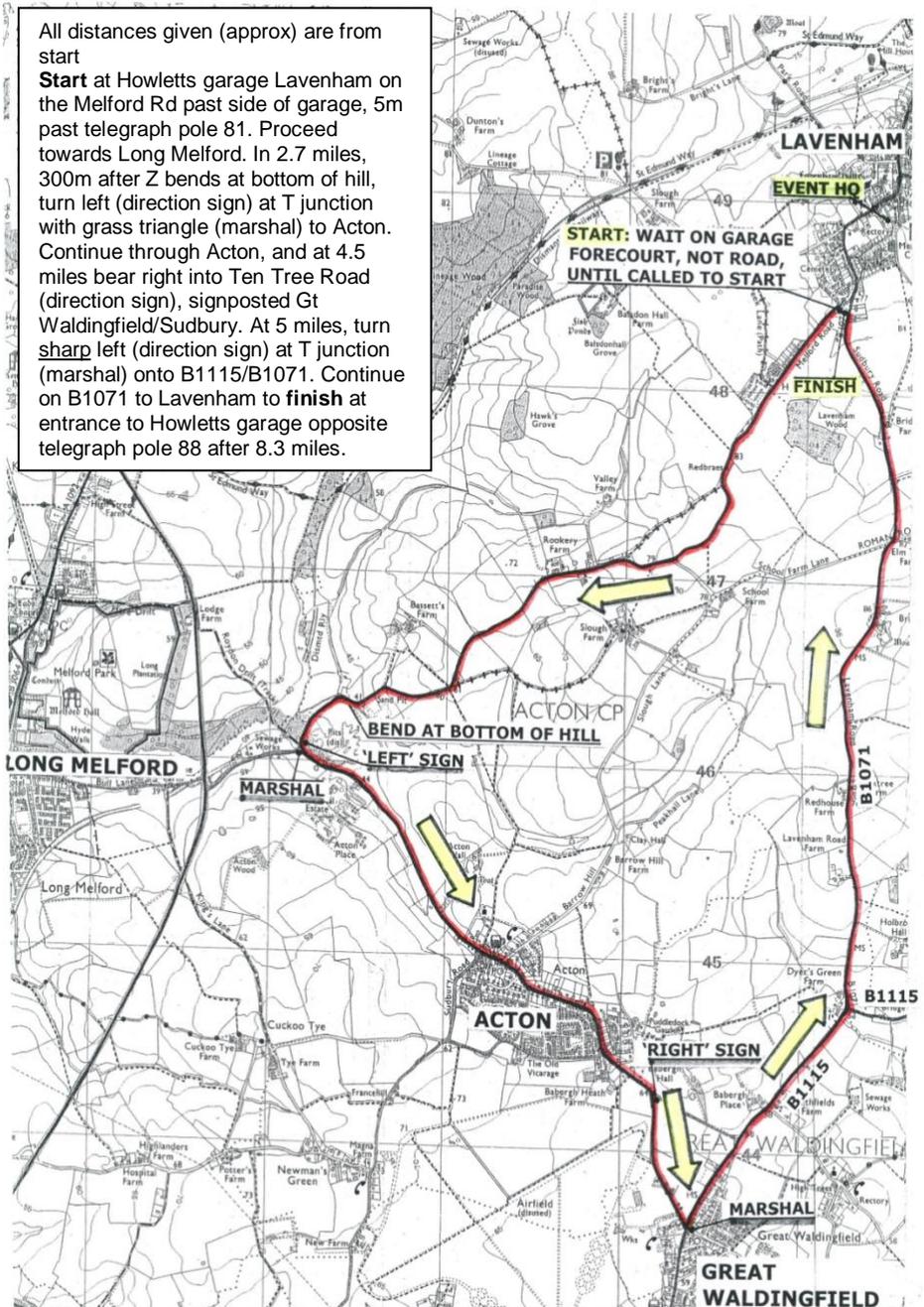


'LAVENHAM 10' TIME TRIAL COURSE 'B' (B10/39R): APPROX 10 MILES

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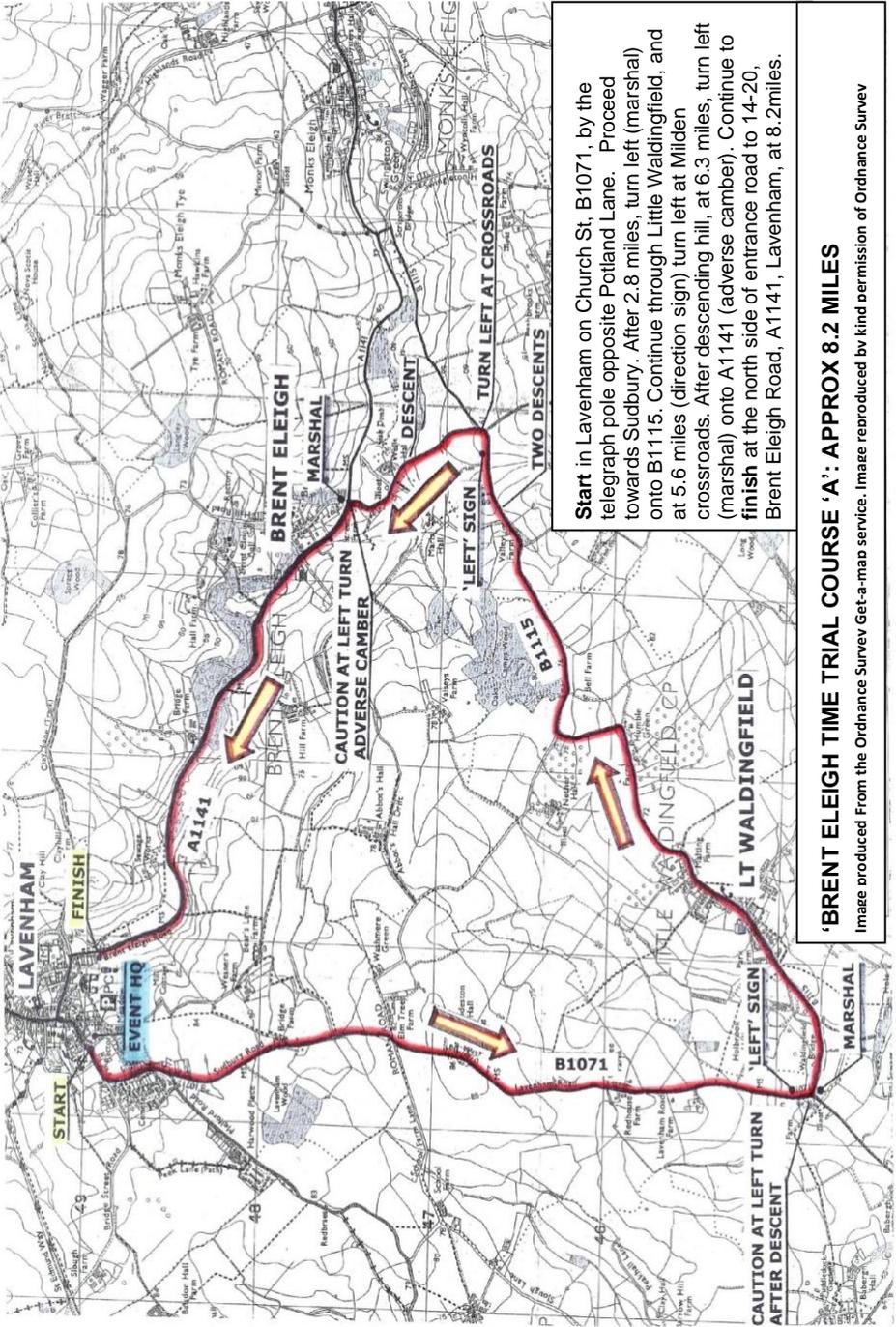
All distances given (approx) are from start

Start at Howletts garage Lavenham on the Melford Rd past side of garage, 5m past telegraph pole 81. Proceed towards Long Melford. In 2.7 miles, 300m after Z bends at bottom of hill, turn left (direction sign) at T junction with grass triangle (marshal) to Acton. Continue through Acton, and at 4.5 miles bear right into Ten Tree Road (direction sign), signposted Gt Waldingfield/Sudbury. At 5 miles, turn sharp left (direction sign) at T junction (marshal) onto B115/B1071. Continue on B1071 to Lavenham to **finish** at entrance to Howletts garage opposite telegraph pole 88 after 8.3 miles.



ACTON CIRCUIT TIME TRIAL COURSE 'C': APPROX 8.3 MILES

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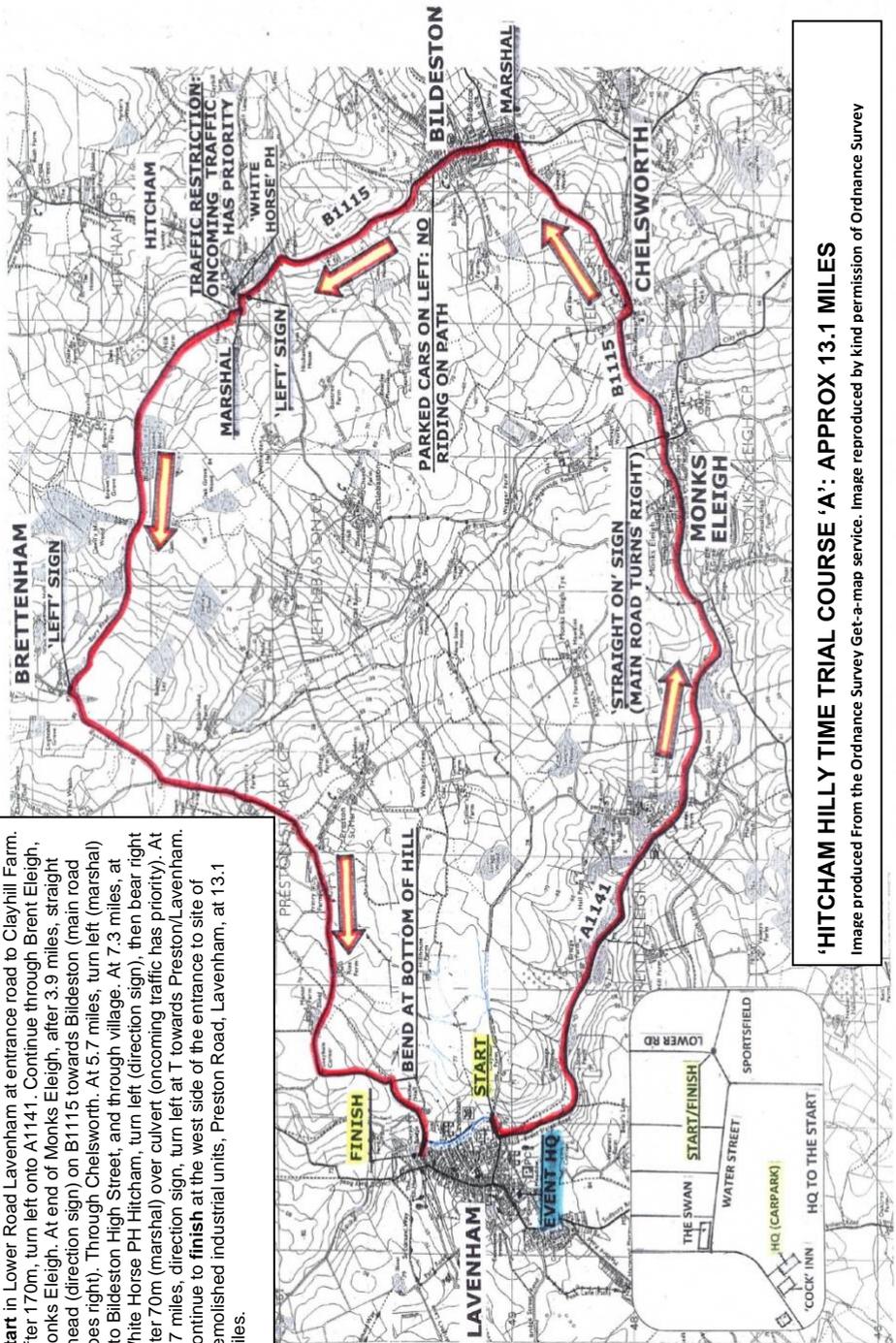


Start in Lavenham on Church St, B1071, by the telegraph pole opposite Potland Lane. Proceed towards Sudbury. After 2.8 miles, turn left (marshal) onto B1115. Continue through Little Walsingfield, and at 5.6 miles (direction sign) turn left at Milden crossroads. After descending hill, at 6.3 miles, turn left (marshal) onto A1141 (adverse camber). Continue to **finish** at the north side of entrance road to 14-20, Brent Eleigh Road, A1141, Lavenham, at 8.2miles.

'BRENT ELEIGH TIME TRIAL COURSE 'A': APPROX 8.2 MILES
 Image produced From the Ordnance Survey Get-a-map service. Image reproduced by kind permission of Ordnance Survey

All distances given (approx) are from start

Start in Lower Road Lavenham at entrance road to Clayhill Farm. After 170m, turn left onto A1141. Continue through Brent Eleigh, Monks Eleigh. At end of Monks Eleigh, after 3.9 miles, straight ahead (direction sign) on B1115 towards Bildeston (main road goes right). Through Chelsworth. At 5.7 miles, turn left (marshal) into Bildeston High Street, and through village. At 7.3 miles, at White Horse PH Hitcham, turn left (direction sign), then bear right after 70m (marshal) over culvert (oncoming traffic has priority). At 9.7 miles, direction sign, turn left at T towards Preston/Lavenham. Continue to **finish** at the west side of the entrance to site of demolished industrial units, Preston Road, Lavenham, at 13.1 miles.

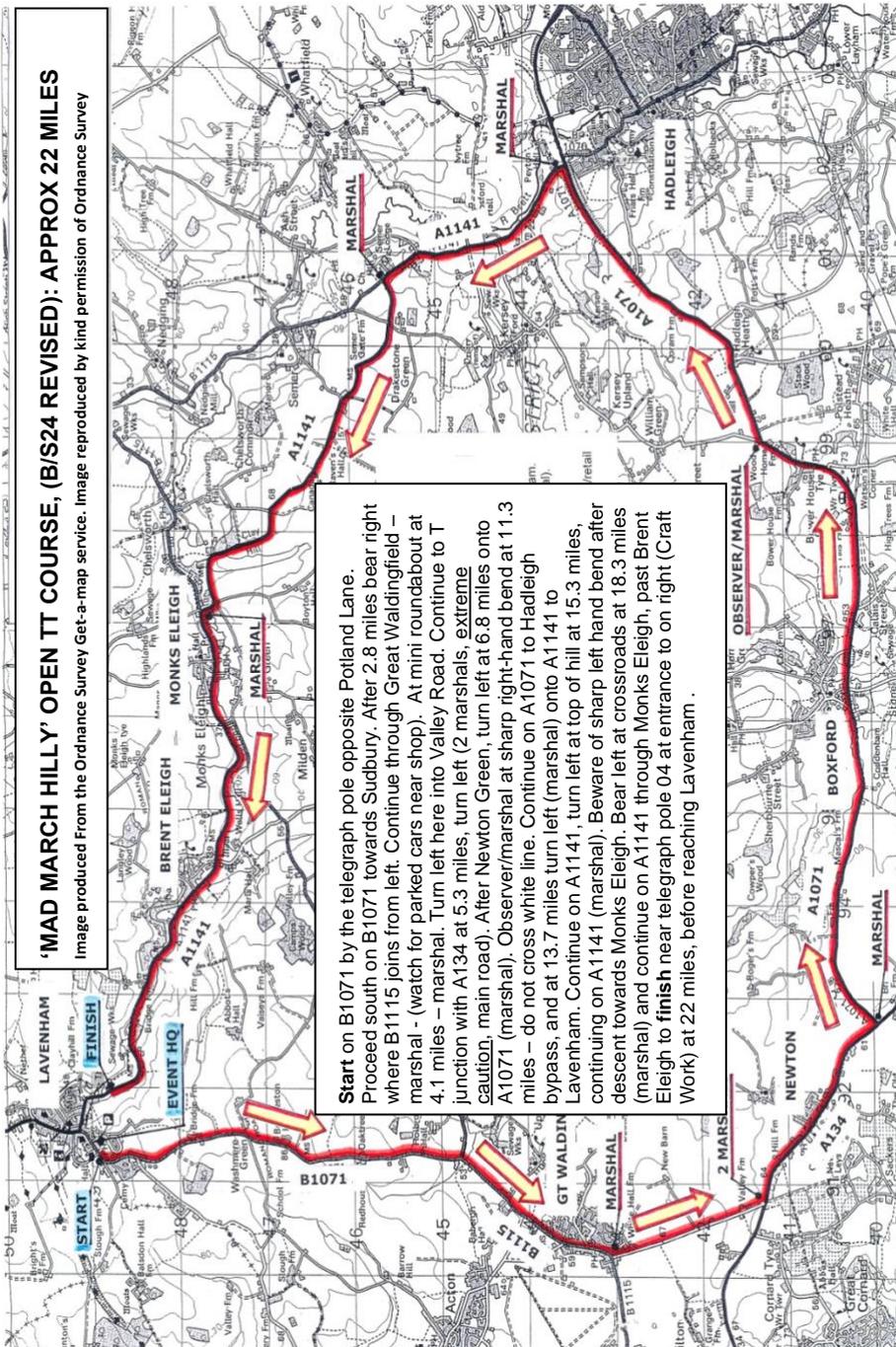


'HITCHAM HILLY TIME TRIAL COURSE 'A': APPROX 13.1 MILES

Image produced From the Ordnance Survey Get-a-map service. Image reproduced by kind permission of Ordnance Survey

'MAD MARCH HILLY' OPEN TT COURSE, (B/S24 REVISED): APPROX 22 MILES

Image produced from the Ordnance Survey Get-a-map service. Image reproduced by kind permission of Ordnance Survey



Start on B1071 by the telegraph pole opposite Potland Lane. Proceed south on B1071 towards Sudbury. After 2.8 miles bear right where B1115 joins from left. Continue through Great Waddingfield – marshal - (watch for parked cars near shop). At mini roundabout at 4.1 miles – marshal. Turn left here into Valley Road. Continue to T junction with A134 at 5.3 miles, turn left (2 marshals, extreme caution, main road). After Newton Green, turn left at 6.8 miles onto A1071 (marshal). Observer/marshal at sharp right-hand bend at 11.3 miles – do not cross white line. Continue on A1071 to Hadleigh bypass, and at 13.7 miles turn left (marshal) onto A1141 to Lavenham. Continue on A1141, turn left at top of hill at 15.3 miles, continuing on A1141 (marshal). Beware of sharp left hand bend after descent towards Monks Eleigh. Bear left at crossroads at 18.3 miles (marshal) and continue on A1141 through Monks Eleigh, past Brent Eleigh to **finish** near telegraph pole 04 at entrance to on right (Craik Work) at 22 miles, before reaching Lavenham.

YOUTH COACHING

Following discussions at the 2012 AGM on the future of the Club and the lack of younger riders, an appeal was made for prospective coaches to put their names forward. Three members responded; Adam, Chris and Kirsty.

Over the winter, they attended a British Cycling Coaches level 2 course, spread over 3 days. The course enables coaches to independently plan, deliver and evaluate a series of cycling activity sessions to groups of beginner and intermediate level children or adults. A pre-requisite of the course is that attendees hold a 1 Day Emergency First Aid Certificate.

Days 1 and 2 covered a range of topics, including analysing cycling techniques, improving rider performance, safeguarding and protecting children, a code of conduct, planning a series of sessions, and cycling equipment. A large part of the course was practically based, ensuring prospective coaches had an opportunity to experience delivering and participating in coaching sessions.

Between days 2 and 3 of the course, prospective coaches had to run and document a few trial coaching sessions, with day 3 devoted to discussion and feedback on how these sessions had gone.

In late June, Saturday morning 1 hour coaching sessions started at Woodhall Community Primary School, with the children attending mainly being from the school. Because of access difficulties, use of the school grounds was not possible over the summer break, so an alternative venue, the field at Cornard Sports Centre, was used. This proved relatively successful, with a number of committed children and parents attending regularly, numbers varying between 4 and 10, and ages from 5 to 11.

With the onset of winter weather, an outdoor venue became less practical, and the venue changed yet again, to Cornard Old School, on the corner of Head Lane and Wells Hall Road, with some sessions in Cornard Country Park.

The coaches, and the volunteers who help them out, have shown great commitment in getting the coaching sessions established. The children who attend will certainly become better cyclists as a result, and may continue their interest in cycling by continuing with the Club. A number of parents have also expressed an interest in cycling more. More helpers are always needed, so if you want to help, or know of children who might like to attend, contact one of the coaches (contact details are on the back cover) or turn up on a Saturday morning at 10am.



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CLUB RUNS, AND RIDING IN A GROUP

All riders take part in group rides at their own risk. Those risks can never be totally eliminated but can be minimised by following this advice in the spirit as well as the letter.

Consider your own insurance needs. In particular we recommend that you have Third Party (Public Liability) insurance that covers you whilst cycling. The Club has such a policy to cover claims against the Club and its officers but it does not cover individual riders. You should strongly consider joining the Cyclists Touring Club or British Cycling – full membership includes both Third Party insurance and free legal assistance, CTT affiliated membership through CCS includes Third Party insurance.

Helmets are not compulsory, but their use, especially when riding in a group, is recommended.

HINTS FOR NEW CYCLISTS

If you do not currently take regular exercise and/or are in any doubt as to your health, please consult your doctor before starting. Some general fitness is necessary so you might find it useful to try short rides on your own, increasing in distance, to check your fitness and familiarity with the bike, before joining a group.

Don't try to push yourself too hard, particularly on the hills. Ride up at your own pace - walking is allowed but nice low gears are better! In either case the group will wait at the top. If you feel uncomfortable with the speed of the group, tell someone! - we never leave anyone behind. If you have major problems or decide to leave the group then make sure you tell the leader. Carrying a mobile phone is a good idea.

Carry personal details on a card - name, address, contact phone number and some money. The Club carries a stock of such cards, issued by Essex Ambulance Service; available from the Membership Secretary.

Carry drinks and food, even on short rides. The food can be some form of high energy bar to get you to the next café stop.

Well behaved children are welcome provided they are accompanied by a parent or other responsible adult. The adult should assess whether the child is capable of the ride. Children aged 16 and 17 may ride with parental approval and will otherwise be treated as adults.

Wear cycle specific clothing if possible, as it provides a better level of comfort and practicality. 'Layers' are good for temperature control. A brightly coloured jacket or jersey makes you more visible to other road users. Carry a waterproof jacket, not only for the rain but also to give an extra layer if you have to stop with a puncture and cool down. A club jacket or jersey will help to publicise the club and also make you very visible.

Carry enough tools to get you out of everyday problems like punctures or nuts or bolts working loose. It's easier to change an inner tube than it is to repair a puncture at the roadside (especially if it's cold or wet). Carry two spare inner tubes, tyre levers, a pump and spanners / allen keys to fit as the minimum. A puncture outfit will also be needed in case you get more than 2 punctures.

Mudguards are optional, but lack of mudguards could make you unpopular on a wet day.

Keep your bike in good condition and replace any worn out parts. The group will help if something goes wrong, but that always happens when it's raining! Keep a close check on your tyres which should be fully inflated, and without cuts or bulges. Remember that just as we tend to notice only the inconsiderate or bad drivers, so other road users see poor behaviour by some cyclists. Make sure that you do not provide ammunition to the anti-cyclist lobby.

(cont.)

RIDE ETIQUETTE

Ride steadily. Keep a steady line and constant speed while in a group. Any sudden change is magnified as it reaches riders at the back and so can have dramatic consequences.

If there are more than 12 riders, split the group with a gap of at least 50 yards, to allow passing cars to pull in. Keep an eye on where the front group go at junctions.

Ride two abreast where it is safe to do so but always be prepared to single out when necessary. Try not to overlap with the rider(s) in front.

When approaching a hill anticipate the gradient and change gear in good time. Missing a gear change on the steep bit can bring you to a sudden halt - not a good thing for the riders behind you!

Ride safely at all times; follow the requirements of the Highway Code as they apply to cyclists, and guidance from your leaders.

Treat members of the group and other road users with courtesy. Acknowledge with a wave courteous behaviour by other road users. Do not react to bad driving incidents with gestures or provoke retaliation.

Do not "wave through" a following vehicle that is waiting to overtake - let the driver make the decision. This will avoid the risk of being held responsible in the case of an accident.

Visitors and potential members are welcome to try club rides.

Finally; let others know if you are unable to keep up, have a problem or have decided to leave the group.

WARNING CALLS WHEN RIDING IN A GROUP

These calls and signals are universal to all experienced cyclists - please use them at the appropriate times;

"Stopping" and **"Slowing"** (or **" Easy"**). Lets riders behind know your intentions.

"Oil Up" (or **"Car up"**). There is a vehicle coming up behind the group.

"Oil Down" (or **"car down or ahead"**). There is a vehicle approaching the front of the group.

"Single out" A call from riders at the back of the group when a vehicle is unable to pass a two abreast column safely. The standard procedure is for the outside rider to drop back behind the inside rider. The call "single out" alerts everyone to the need to slow up and create spaces in the inside file.

"Clear" or **"Oil/car on Left/Right."** Called to following riders at junctions. If the group cannot stay together, the first ones across ride slowly until the others catch up.

"Hole" Any pothole. Either point or add to the call "on the left/right".

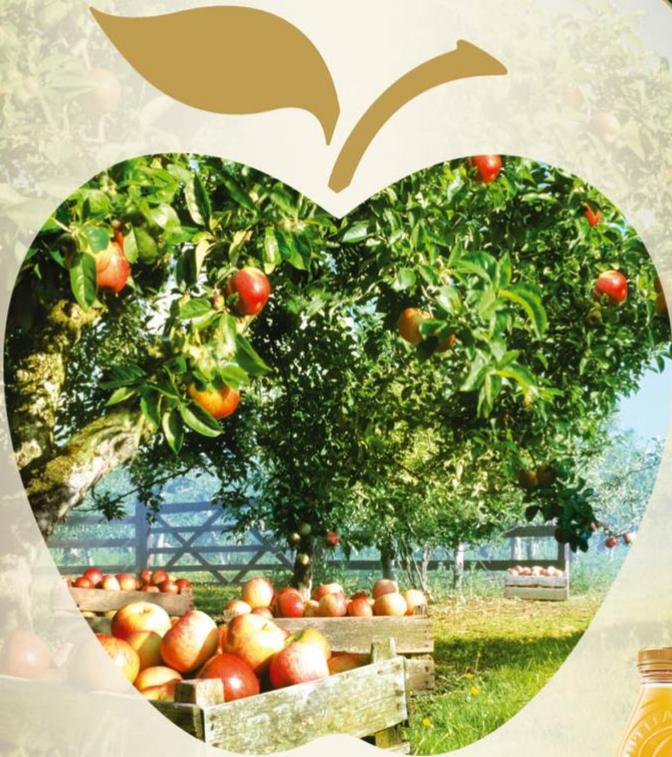
"On the Left/Right." A general warning of some kind of hazard - usually parked cars or pedestrians. For hazards on the left an alternative warning is to put your left hand behind your back, pointing to the right. Give way to pedestrians - they can feel intimidated by cyclists just as we sometimes feel intimidated by motorists.

"Puncture." Let the others know; they will wait while you repair it (maybe with help!).

"Horse(s)." Special care is needed. Pass as widely as possible. Make sure that both the horse and rider are aware of your presence and if you are approaching from behind call out. Pay attention to any request by the horse rider - they know the temperament of the horse and its likely reaction to a group of brightly clad cyclists.

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CLUB TROPHIES

Veterans Best All-Rounder Shield

Awarded on the fastest average speed over 10, 25 and 50 miles on Standard. Open events and club events qualify.

Best All-Rounder

Awarded on the fastest average speed over 25, 50 and 100 miles. Open events and club events qualify.

100 mile Open TT Cup, 50 mile Open TT Cup, 25 mile Open TT Cup, Ladies 25 mile Open TT Bowl

Awarded to the fastest rider in each category.

Clubman of the Year Shield

Awarded to the person who in the opinion of the Committee has made an outstanding contribution to the Club.

Rider of the Year Cup

Awarded to the person who in the opinion of the Committee has had outstanding rides during the year.

Ladies Trophy

Awarded to the lady who in the opinion of the Committee has been outstanding during the year.

Audax Trophy

Awarded to the person or team who covers the highest aggregate distance in AudaxUK events during the AudaxUK year (1 October to 30 September).

Boxing Day Trophy

Awarded to the person or team that wins the annual Boxing Day (or shortly after) event.

Hill Climb Champion Shield

Awarded to the fastest Club rider in the annual CCS Open Hill Climb.

Schoolboy Hill Climb Champion Shield

Awarded to the fastest Juvenile or Junior Club rider, boy or girl, in the annual CCS Open Hill Climb.

Club 10 mile TT Champion Shield, Club 10 mile TT Ladies Champion, Club 10 mile TT Junior Champion, Club 10 mile TT Juvenile Champion

Awarded to the fastest rider in each category riding in the annual Club Championship.

Club 10 mile TT Champion Veteran on Standard

Awarded to the fastest rider on Standard (age related) in the annual CCS Club Championship.

Club 10 mile TT Champion on Handicap

Riders will be handicapped on their fastest time on the Lavenham 10 course over the last 2 seasons; handicap based on a scratch time of 17 mins (CTT recommendation).

Club Evening Points TT Series Champion

Awarded to the winner of the Thursday Evening TT Series Points competition.

Club Evening TT Best All Round Champion

Awarded to the rider with the fastest aggregate time on the four courses used for the Evening TT Series.

Golden Spindlenut Award

For the outstanding article submitted to Spindle during the year.

2013 CLUB TROPHY WINNERS

Veterans B.A.R.	Gold	Simon Daw	4.36
	Silver	Damon Day	4.34
	Bronze	Darren Pratt	2.59
B.A.R. (25, 50, 100 miles)		Simon Daw	25.12mph
100 mile Open T.T. Shield		Simon Daw	4h 25m 7s
50 mile Open T.T. Cup		Simon Daw	1 h 56m 45s
25 mile Open T.T. Cup		Simon Daw	55m 28s
Ladies 25 mile Open T.T. Bowl		Kirsty White	1h 6m 35s
Audax Trophy	Gold	Peter Faulks	4820k
	Silver	John Oakshott	4243k
	Bronze	Steve Barnes	1730k
Hillclimb Champion - Senior	Gold	James Rush	54.2s
	Silver	Simon Wright	54.7s
	Bronze	Darren Rule	58.6s
Club 10 mile T.T. Champion	Gold	Jonathan Weatherley	23m 8s
	Silver	Simon Daw	23m 37s
	Bronze	James Rush	23m 52s
Club 10 mile T.T. Ladies Champ.	Gold	Kirsty White	28m 31s
	Silver	Barbara Law	32m 6s
Club 10 mile T.T. Vets Champ. (on Standard)	Gold	Simon Daw	+3.14
	Silver	Jonathan Weatherley	+2.56
	Bronze	Stewart Kirk	+2.13
Club 10 mile T.T. Champion (on Handicap)	Gold	Terry Law	15.59
	Silver	Stewart Kirk	16.02
	Bronze	Matt Traynar	16.07
Club Evening Points Series	Gold	Kirsty White	1161 points
	Silver	Malcolm Borg	903 points
	Bronze	Jamie Howe	898 points
Club Evening Points Series BAR (All 4 courses)	Gold	Jonathan Weatherley	91m 53s
	Silver	Simon Daw	93m 29s
	Bronze	Darren Rule	94m 10s
Boxing Day Trophy	2012	Ashton Dyson	2013 T.B.A
Clubman of the Year	2012	David Fenn	2013 T.B.A
Rider of the Year	2012	Rob Davies	2013 T.B.A
Ladies Trophy	2012	Kirsty White	2013 T.B.A
Golden Spindlenut Award	2012	Nick Reed	2013 T.B.A

CLUB RECORDS AS AT OCTOBER 2013

Senior Mens Individual Time Trial Records

Dist.	Name	Time		Course	Date
10 Miles	Scott Jones	20.52	Essex & Suffolk Border Comb		12/7/94
25 Miles	Rob Davies	53.11	VTTA	E2/25	12/6/10
30 Miles	Jon. Weatherley	1.05.01	VTTA Leo CC	E2/30	7/10/13
50 Miles	Rob Davies	1.52.50	ECCA	E2/50c	19/5/12
100Miles	Scott Jones	4.02.25	Goodmayes Wheelers		18/7/93
10 M (Trike)	Viv Marsh	32.30	CC Sudbury	B10/39R	25/7/13

Senior Ladies Individual Time Trial Records

10 Miles	Sue Parker	26.43	ESBCC	E71	20/6/86
25 Miles	Kirsty White	1.06.35	API Metrow	E2/25	13/7/13
30 Miles	Kirsty White	1.39.16	Lea Valley CC	E1/30	20/9/12
50 miles	Barbara Law	2.34.21	ECCA Shaftesbury CC	E2/50	20/6/11

Senior Men Time Trial Team Records

10 Miles	Scott Jones	21.07	Essex & Suffolk Border Comb		10/7/93
	Mark Jay	21.36	Accumulative Time = 1.05.10		
	Graham White	22.27			
25 Miles	Scott Jones	53.38	CC Sudbury		5/6/93
	Mark Jay	55.03	Accumulative Time = 2.46.12		
	Graham White	57.31			
30 Miles	Rob Davies	1.08.15	Leo Road Club	E2/30	6/10/12
	Damon Day	1.09.12	Accumulative Time = 3.23.52		
	James Rush	1.06.25			
50 Miles	Rob Davies	1.58.53	CC Breckland	B50/18	20/9/09
	Simon Daw	2.00.27	Accumulative Time = 6.05.35		
	Stewart Kirk	2.06.15			
100 Miles	Simon Daw	4.23.17	North Norfolk Wheelers	B100/9	12/5/12
	Darren Rule	4.57.22	Accumulative Time = 14.32.30		
	Stewart Kirk	5.11.51			

Junior Male Individual Time Trial Records (16 - 18 years old)

10 Miles	Hugo Gladstone	23.45	CC Sudbury		26/6/93
25 Miles	Hugo Gladstone	1.01.43	West Suffolk Wheelers		17/4/94

Juvenile Male Individual Time Trial Records (14 - 16 years old)

10 Miles	Matt'w Andrews	24.04	CCS Club Event	Lavnhm	7/8/93
25 Miles	Ben Rudd	1.15.27	West Suffolk Wheelers		17/4/94

Schoolboys Individual Time trial Records (Under 14 years old)

10 Miles	Ben Rudd	29.19	CCS Club Event	Lavnhm	7/8/93
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Club Course Records

10 Miles	Simon Wright	CCS	Lavenham	22.04	24/6/10
8.2 Miles	Mathew Shotbolt		Brent Eleigh (revised 4/2012)	18.10	2/8/12
8.3 Miles	Simon Wright	CCS	Acton	18.43	7/7/11
13.1 Miles	Simon Wright	CCS	Hitcham Hilly	30.57	6/5/10
22 miles	J. Boutell	Velovelocety	Mad March Hilly	49.42	3.3.13
500 yds	Tom Stephenson	Col Rov.	Semer Hill Climb	43.4s	6/11/11

CLUB RULES

This is an extract from the Club rules; the full version is on the website.

1) The Club

The club will be known as CYCLE CLUB SUDBURY, its objective shall be the encouragement of cycling for all.

2) Affiliation

The club shall affiliate annually to the following cycling bodies, British Cycling and Cycling Time Trials. The club shall also affiliate to any other cycling or sporting body that the committee feels appropriate. The club is a member of The Eastern Counties Cycling Association.

3) Membership

A) Is open to all persons subject to the approval of the Management Committee.

B) First and Second Claim Members, it is recommended belong to either BC or CTC for insurance purposes. (Note, members requiring the additional services offered by the British Cycling and the Cyclists Touring Club such as legal aid, are encouraged to join one of these bodies).

C) A member who completes a full racing season (31st Oct) may be presented with medals won by themselves whilst a member of the club, but if he/she resigns prior to the annual prize presentation no other trophies will be awarded.

4) Juvenile Membership

A) Is open to those persons up to and not attaining the age of 16. Application for this class of membership must be made by a parent or guardian and countersigned by two senior members of the club.

B) Juvenile members are to enjoy full privileges of membership except that they shall be debarred from voting at General Meetings.

5) Junior Membership

Is open to all juniors as defined in the CTT/BC Rules, ie from 16th birthday until end of the year in which 18th birthday occurs.

6) Second Claim Membership

A) Is accepted by the club. Those Second Claim Members wishing to ride in Cycle Club Sudbury evening Time Trials must be members of a club affiliated to Cycling Time Trials.

B) These members can enjoy full privileges except that they be debarred from voting at General Meetings, taking club records, trophies, shield championship awards, scratch and handicap medals in club events with the exception of the Evening Points Series where they may compete for awards.

C) Associate Members are accepted. Associate Members are non riding members.

7) Family Membership

Family membership is open to parents and children up to and not attaining the age of 16 resident at the same address.

8) Subscriptions

A) Subscriptions shall be due on 1st January of each year.

B) Members not paying their subscriptions by March 31st will be deemed to have resigned

C) Subscriptions from new members shall be due from the time of membership being approved by the committee.

D) New member's subscriptions due and paid after 30th September are to carry forward until the end of the following year.

Subscription Rates:	£		£
Life members	0	2nd claim	12
Family	24	Junior	8
Senior over 65	12	Juvenile	5
Senior	18	Associate	4

Life members of the club will be proposed by the Management Committee and their election shall be approved at the Annual General Meeting of the club. Life members are not required to pay subscriptions unless they elect to do so.

9) Committee

- A)** The clubs affairs are to be run by a committee, which shall be known as the Management Committee. The Management Committee shall consist of Chairman, Vice Chairman, General Secretary, Treasurer, Membership Secretary, Audax Co-ordinator, Clothing Secretary, Time Trial Secretary, Road Race Secretary, Magazine Editor, Press Secretary, and up to seven other members appointed at the Annual General Meeting. Any other persons whom the Management Committee feel appropriate for the transaction of business may be invited to attend.
- B)** The Management Committee will meet at least 5 times per year on a previously decided date. The Management Committee will meet only if a "Quorum" of 5 members including the Chairman is present. If a "Quorum" is not present, the meeting shall be postponed. A further meeting will be called and members will be given 14 days notice of the new date. At this second meeting a quorum will be those members who attend even if less than 5. In the absence of the Chairman than the Vice Chairman will conduct the meeting. The Management Committee may elect a Chairman for the meeting among its members if the Chairman and the Vice Chairman are absent.
- C)** Any committee member missing three consecutive meetings and not able to give a satisfactory explanation may be required to resign from the Management Committee and that members place will be taken by another club member invited by the Management Committee.
- D)** The Management Committee shall have the power to expel or suspend any member who, in their opinion, behaves in a manner likely to be detrimental to the club or any member who constantly infringes Club Rules.
- E)** The financial year to close on 22nd November.

10) Rules Governing General Meetings

- A)** The Annual General Meeting of the club will be held on the last Thursday in November.
- B)** A date fixing meeting of the Management Committee shall be held prior to the AGM to decide the events, organisers, courses and dates of the open events the club is promoting the following year. The promotion of any events not placed before the date fixing meeting must be ratified by the following AGM.
- C)** The first business of the AGM will be to elect a Chairman who will preside over the meeting and all Management Committee meetings thereafter until the day of the next AGM.
- D)** An Extraordinary General Meeting may be called upon supplication of not less than 25% of the first claim membership. A quorum of an EGM will be 5 members or 25% of first claim members whichever is the smaller number.
- E)** Members entitled to vote at all General Meetings will be all paid up First Claim members and Life Members attending the AGM with the exception of juvenile members.
- F)** The rules of debate shall apply for the purpose of the conduct of all General Meetings, that each member shall be entitled to speak, either for or against the motion being debated; the exception being the mover, who will be allowed to reply at the end of the debate and answer questions. The Chairman shall have discretionary powers to allow the motion to be "discussed" if he thinks that it will be better resolved that way. This would apply only if the motion was not one that would radically affect the club policy.
- G)** Voting at all General Meetings will be by show of hands unless a proposal for a ballot is mooted. A motion will be carried by a simple majority.
- H)** The Management Committee shall neither repeal nor amend any of the standing orders of the club, neither shall it repeal nor amend any decision of majority policy made by the Annual General Meeting.
- I)** Agendas for all General Meetings shall be circulated at least 7 days prior to the day of the meeting. Items for inclusion on the agenda must be submitted to the Secretary at least 7 days prior to the date of the meeting.

11) Marshalling

The club hopes that members will assist at Open and Association events (more details are stated in Appendix A).

12) Expenses

The club may assist first claim members only with a contribution towards the costs of travel to events or training courses. The amount of financial assistance will be decided by the Management Committee. The club will also consider financial assistance towards the cost of clothing and equipment for junior, juvenile and young members.

EASTERN ROAD RACE LEAGUE

Road racing in our part of the world is organised by the ERRL. After a recent initiative by Darren Rule, the Club has now affiliated to the ERRL, which means that club members (several have expressed an interest) can race in ERRL organised events. Affiliated clubs have to make a number of commitments; to have a British Cycling recognised official who can assist at our and other events, to provide marshals, and lastly to organise a road race, possibly on 30 August (tbc)! This is something the Club has not done for a number of years, so will be a major challenge for the organisers, but will be a great way to promote the club and road racing in south Suffolk. Watch this space and the website, and volunteer to help!

A FIRST TIME TRIAL (from a recent Spindle, by David Miller)

I have to blame someone for getting me into this, so it's all Terry Law's fault! Thursday 18th April I arrived at Lavenham Cock car park, signed on and paid my £3.00 to Brian who looked over the top of his glasses and said with a quizzical look "You're riding???" Anyway, after many admiring comments, mainly from the female riders, on the colour scheme on my newly built Eddy Merckx and other comments like, "Take it easy for the first 9.5 miles or you won't finish" and "If you can catch the rider in front (your minute man) then you are doing ok", I collected my number and was off to warm up. Up past the church and garage and on for a couple of miles. This feels ok so don't want to overdo it and turn round to go back and realise I've had a strong tail wind on the way out and now a head wind but it's too late to back out now.

Arrived at the start in good time. Peter Whiteley is pushing off but as I have never done it before I elected to decline the offer and just do a standing start. Linda calls out 30secs, 20secs, 10secs, 5, 4, 3, 2, 1 and I'm off. Up the hill and out of the village I am soon passed by a fast rider, continue past the B1115 Waldingfield turn and then get passed by one rider, then another before the Acton turn off, shouts of encouragement, or was it abuse, from the guys at the post office. Couldn't tell, due to the blood pounding in my ears! Round the mini roundabout (managed to miss all the cars) up past the Chilton airfield, more riders passing me now and starting to feel it in the legs. My minute man passed me going the other way and tried to calculate how far ahead he was. Reckoned it was less than a minute which spurred me on.



Round the Homebase roundabout, half way and relaxing, down past Chilton and round the mini roundabout; feeling good now on the homeward stretch past the Waldingfield turn off, into the headwind now, seemed like it was one long grind uphill, heart pounding and a few more riders passing me, legs now feel like lead. Where is that chequered flag, but it's another mile before I'm past it. Didn't catch my minute man, but made time on him! It felt like I had been on the road for hours but 35mins 11secs; not the slowest but close. 67 years old, I must be mad.

AUDAX RIDES

The idea of Audax was first formulated in Italy. Participants had to swim, run, walk, or cycle a set distance in 14 hours which was approximately the time between sunrise and sunset. The distance to be covered by cycling was 200 kilometres.

During the '60s and '70s, a number of British riders took part in continental audax rides. AudaxUK was formed in 1976, and since then has co-ordinated audax rides in the UK. Anyone can ride in an audax event, not only AudaxUK members.

Audax rides are NOT races. Typical distances are 100, 200 or 300 kilometres, (a hangover from audax Italian origins). People ride them more in the spirit of an event like the London Marathon, everyone riding to their own limitations with the primary objective to just 'get round' unaided – self sufficiency is important, although audax riders are renowned for 'helping each other out'. Any type of bike can be ridden. Contrary to rumour, mudguards are not mandatory, although might be appreciated by other riders in wet weather.

The routes typically feature short lengths of main roads and a lot of quiet, scenic lanes. There are maximum and minimum time limits, based on average speeds over the ride, including stops, of 15 and 30 kilometres an hour; these suit everyone from the fittest of recreational riders, to more occasional riders who have plenty of determination.

Each rider is issued at the start with a 'brevet card' which is filled in by the rider at 'information controls', where a simple question is answered (eg – Distance on signpost to . . .), or stamped by a helper at a 'stamp control', and also at the finish. The card is later returned to the rider as a certificate of their achievement. You need to ride with a pen or pencil!

Riders are also issued with a turn-by-turn route sheet; a means of having this accessible to read is advisable – bar bag top, Perspex carrier, etc. A computer recording in kilometres also helps you keep track of where you are on the route sheet. An increasing number of audax rides also have the route available as a down-loadable GPS track.

Part of a typical route sheet

START: Bildeston Sportsfield Pavilion: turn L	
R @ T no SP; Bildeston High Street	1.0
L, no SP (sign, Unsuitable for HGVs)	2.3
R @ T SP Ringshall B1078	5.5
L on RH bend, SP Elmsett (becomes Manor Road)	7.1

On any weekend there are up to 15 'Calendar' rides available across the country – about 25 in East Anglia over the year. To find out about rides, visit the AudaxUK website at www.aukweb.net, and use the Calendar page, clicking on the event you're interested in. This gives access to an entry form (on-line entry available on most rides), information on the start venue, and access to the route sheet and GPS track if available. Payment is usually in the £6-10 range, and for non AudaxUK members includes 3rd party insurance cover during the event. There are also 'Permanent' audax rides, and 'DIY' gps audaxes, which you can ride at any time; more details on the AudaxUK website.

Most audax rides have food and drink available at the start and finish, and any well-run audax will also include cafes on route, often as a control point. You'll need to take any extra food and drink you think you may need, as well as spare tubes, etc, and clothing to suit any expected weather changes.

2014 EAST ANGLIAN AUDAX RIDES

This is a provisional list; additional events will be added to the AudaxUK on-line Calendar as more rides are organised; some dates may also change. You can check details of the rides listed below, and any additional rides, at the AudaxUK website: www.aukweb.net/cal/index.htm.

Please support the CCS audaxes on 31 May, 19 July.
If you're not riding, you can always offer to help the organiser!
31 May, Peter Whiteley; 26 July, Robin Weaver.

1 February	Sat	Hellesdon, nr Norwich	100k
16 February	Sun	Bedford	200k
23 February	Sun	Henham, nr Stansted	50, 100k
15 March	Sat	Henham, nr Stansted	56, 110, 160, 200k
23 March	Sun	Hauxton	100, 200k
30 March	Sun	Stevenage	110, 200k
5 April	Sat	Copdock	100k
12 April	Sat	Norwich	100, 200k
13 April	Sun	Boxford Bike Club Tornado sportive (not an audax)	
19 April	Sat	Huntingdon	200k
26 April	Sat	Hauxton	300k
26 April	Sat	Manningtree	300k
5 May	Mon	High Easter	56, 100k
24 May	Sat	Manningtree	400k
31 May	Sat	CCS: Long Melford	100, 200k
8 June	Sun	Ware	50, 100, 160, 200k
28-30 June	Sat	Dieppe Raid weekend	30, 60, 100, 140, 200k
4 July	Fri	Dunmow	300k
13 July	Sun	Garboldisham	56, 110, 200k
26 July	Sat	CCS: Bildeston	104, 168, 209k
23 August	Sat	Mildenhall	110, 160, 200, 300k
13 September	Sat	Dunmow	600k
19 October	Sun	Carlton Colville	200k
9 November	Sun	Carlton Colville	100k

CLUB CLOTHING

Clothing is available from the Clothing Secretary; contact details on back cover. There is a £10 discount for members on their first purchase of a club top or jersey in each subscription period. Short sleeve road jerseys for junior and juvenile members are available at a special price of £20. Sizes available if in stock: S, M, L, XL, XXL.

	Current stock (if available)	New stock
Short sleeve road jersey	£40	£43
Long sleeve road jersey	£43	£47
Sleeveless road jersey	£38	£38
Lightweight Windtex training top	£52	£60
Gilet	£34	£35
Ultra-packable windproof top	£44	£47
Bib shorts	£45	£51
¾ thermal bib knickers	£44	£49
Thermal bib longs	£44	£46
Thermal bib longs with pad	£48	£53
Lycra arm warmers	£17	£17
Thermal arm warmers	£20	£20
Short sleeve skinsuit (to order)	-	£75
Long sleeve skinsuit (to order)	-	£81



MEMBER BENEFITS

Apart from the obvious (riding with a great bunch of fellow club members on well organised events), Club membership also brings the benefit of discounts;

LifecycleUK, Bildeston; 01449 744467; 10% discount on most items (not including bikes/frames). See the advert inside the front cover.

The Cycle Clinic, Glemsford; 01787 280535; 10% discount on everything. See the advert on page 9.

Torque Bikes, 70, Cross St, Sudbury; 01787 379406; 10% discount (5% on bikes). See the advert on page 16.

Cyclists Touring Club; affiliated membership available, including third party insurance.

British Cycling; first year affiliated membership (including third party insurance) at a reduced rate.

CYCLE CLUB SUDBURY OFFICERS

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Other Officials

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Geoff Morse Brian Webber

Assistant Timekeepers:

Linda Pillet Alison Steed

Robin Weaver

IT Manager and Coach;

Adam Chamberlin

01473 827469

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