



The Spindle. MAY/JUNE 2023. cycleclubsudbury.com

The weather improves during the day but still we have to endure coldish mornings and evenings? It makes riding at the beginning and end of the days rather uncomfortable. It's only 2 ½ weeks before the days get shorter – wass going on?

Still, the sun really shone in Rome at the weekend when dear old Cav pulled off something most of us had probably given up on. A stage win! Watching that and the heroic lead out by Geraint Thomas was stuff you couldn't make up. I nearly burst out crying! What a couple of top riders. I sorta hope it was planned and agreed on all beforehand or was it just a spur of the moment thing?? Only the British could pull off something like that. Bloody marvellous!

So, back to reality. The Spindle in front of you!
Probably one of my better ones, so enjoy it while you can.

First off, we have an excellent piece by Dan Upton on becoming a Crit newbie racer...next up Ian Lovelock recounts the recent CCS Tour de Stour Audaxes....then Caroline shares a horror story of a TT she attempted in darkest Hertfordshire...(Well worth a read)
Then the much anticipated updates and reports on our CCS SPOCO and Audax competitions.

Followed by a look back in time of how it was when we wuz young.....then onto the Important Diary Dates..more Evening TT Series results and a pleasing report on how we won our latest encounter with Colchester Rovers! Two articles follow with appeals from 2 of our members which they hope will bring some reaction from you lot out there! Finally, the latest Open TT results and report on the riders endeavours.

PS.

(Don't forget to enter CCS's Audaxes from Bildeston on 22nd July and get the chance to meet me and my dear wife manning the Orford Quay control)

Rog

IXWORTH CYCLE RACES
SIX RACE CRITERIUM
ON BANK HOLIDAY MONDAY, 1ST MAY 2023



Ixworth Criteriums 2023

By Dan Upton

criterium racing was something I had always wanted to do but I was never brave enough to enter. Having been over the years to spectate and cheer fellow CCS riders on I had a pretty good picture of what would be in store for me if I did one day decide to enter.... well along comes Alex Purcell and Dean De'Ath who are down to ride and I allow myself to get carried away and put my name down...

The morning of the race I was feeling nervous knowing I had done zero road race training (and very little cycling training to be honest). The weather was looking good and the sun was shining and you could feel a little warmth in the air as I headed to Ixworth to sign on and collect my race number... this even felt complicated with two numbers to attach, one on your back and one on your side..

I meet Deano and we went for what I felt was a good warm up of the course sussing out the cornering and the lines though the bends, feeling a little more at ease we headed back to the start line and found ourselves at the back of 30 riders, somewhere I was told not to be but Hey Ho we was.



3, 2, 1 and it starts and wow Zero to Thirty in seconds, with each lap approximately 800 metres I was literally hanging on for dear life and well and truly out of my comfort zone. After 8 or so minutes I caught my breath and started very slowly to feel my way into the race, the quicker faster group had broken away and I found I was in a group of five, we all seemed to work well together and taking our turns on the front. The strange thing was the longer the race went on the stronger I was beginning to feel, taking more turns on the front and pulling the group along with me, the faster group overtook us twice and was a wakeup call to how good some of the local riders we have!



Final Positions

Alex Purcell 16th

Dan Upton 22nd

Dean De'Ath 26th.

Crit racing now ticked off... would I do it again... Absolutely!!





CSS Audax - Tour de Stour Events

15 April 2023 *by Ian Lovelock*

The weather forecast played out as promised as I opened the gates to Dedham School at 07:00 with riders arriving as the rain cleared away and the

temperature rose to a comfortable level for the days rides along the Stour Valley. 67 Riders had register across the two events with the 100km ride heading up through the prettiest scenery to Clare and the 200km taking in the whole of the Stour from its source at Wrattling Common to the confluence with the Orwell at Harwich.

As The *Grand Depart* of the Grand Tour de Stour approached riders needed to be encouraged from the Hall to their bikes, perhaps the Help Squad had just made them all too comfortable. Off set 15 riders including Simon Daw & Raymond Cheung from CCS, and then 3 late starters appeared and set off. The first rider home appeared just after 16:00hrs with the final two riders beating the cut off by 10 minutes at 21:50. Two riders retired with knee injuries saving themselves for sunnier days ahead and the only other issue was Simon Daws incident with a pothole in Manningtree which badly damaged a rim.



The sun was out at 09:00 and with a forecast for a late afternoon shower the 28 starters of the Tour de Stour were much more eager to get away. CCS were well represented with Steve Barnes, Fixie Mick Bates, Les Dunham, Gareth Evans, Dave Fenn, Antony Grimes, Don Keen, Viv Marsh, Liam Norfolk & Andy Rogers all setting off in the peloton. Two riders were forced to retire, one with a health issue and Gareth with a broken gear set, with all other riders returning having enjoyed the day many having enjoyed coffee and cake stops along the route.

My thanks go out to the Helper Crew of Sue Dunham, Andrew Hoppit, Robin Weaver, Martin Gibbons, Tracey Lovelock & Lucy Lovelock who all did a great job in helping all to have a much enjoyable day. I am also very grateful to Dedham School for allowing us to use their facilities and asking that we repeat the event next year.



Rider caught on camera ransacking and 'Nicking' extra supplies from the rubbish bin for the ride ahead as his team mates look away!

Caroline's Blog

(Soon to be made into a disaster movie)!

By Caroline Wyke

I had entered The London Phoenix CC 10 mile Time Trial on 29/04/2023

Course F7/10

Number 39 - start time 2.39



I had done all my usual prep, bike cleaned tyres checked all in car ready.

1 hour 20 mins to HQ Brickendon Liberty parish hall.

With plenty of time on hand I decided to check the car...no water so filled it up made sure no obvious leaks and put an extra bottle of water in the car.

My neighbour came out and noticed I had a puncture. Tyre was pumped up and I set off to get a garage to fit me a new one.

I set off for the Time Trial and was due to get to HQ for 1 20pm.

A12 was closed and parts of the A120 closed so I sat in a grid locked roundabout for 40mins!

As I negotiated all diversions and changed routes I was quickly running out of time!

I drove towards the HQ at 2.28pm, I signed in, got number quick change then back to sort out the bike.

I had a quick drink rode to the start which I missed by 2 minutes.

I set off last and asked the starter to make sure the Marshall's knew I was coming.

The course was initially lovely a quick downhill section on good roads, and I had negotiated 3 left hand turns but on the 4th no marshal so I missed the turn heading off for a tour of Hertfordshire.

I was well lost! I asked 3 random cyclists but none knew how to direct me back to Brickendon. It was a hot afternoon and I was thirsty.

One of the Marshall's on his way home spotted me and phoned through to headquarters that I was found.... 9 miles off course!

A posse of 3 men cycled out to meet me and escorted me back to HQ. I rode up the last hill of the time trial course with the finish line still in place.



After an apology from the organisers that the Marshall had failed to direct me on the last turn and a drink I set off for home.

Checked car for water all good and negotiated the many diversions driving up my road at 7 30pm and 400 yards from home I saw a Road Closed - No Entry sign!

I stopped and was advised that someone had hit the gas main..... Was my cottage still standing?

Walked my dog, fed her and the cat and I decided the best place was bed!!

I started reading one of Philippa Gregory 's historical novels about a very young girl dressed as a boy to escape persecution. Employed as a Queens Fool, it was a hard life of poverty and danger.

On reflection my day had been eventful and challenging but also another adventure.

(Good Blog Caroline...can't wait for the film version at the cinema to come out!) Rog

CC SUDBURY SPOCO LEAGUE TABLE 2023			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	12	1120
2	Nick Webber	5	523
3	Simon Daw	4	463
4	Alex Purcell	3	352
5	Charlie Heeks	2	222
6	Dan Upton	2	209
7	Dean Death	2	205
8	James Rush	2	196
9	David Fenn	2	172
10	Simon Potter	1	109
11	William Hedley	1	95
12	Simon Mitchell	1	93
13	Kirsty Fenner	1	90

CCS SPOCO League And AUDAX Updates

Info collated by David Fenn

CCS SPOCO League Notes

Caroline is streets ahead in the SPOCO League as I'm sure she is convinced David Fenn is going to come out of the woodwork and catch her unawares and overtake her with a concerted effort right at the end of the year!

Nick has a useful amount of points in the bag already and also could be there at the finish. Simon and Alex are the only other ones who could alter the outcome.

Stranger things have happened!!

Rog

Audax Update May 2023

Date	Event	Riders
30 th March	DIY 200k	Raymond Cheung
1 st April	Essex and Suffolk Estuaries 100k	Les Dunham, Andy Rogers.
8 th April	Double Dutch 200k	Raymond Cheung
15 th April	Grand Tour de Stour 200k	Raymond Cheung, Simon Daw.
15 th April	Rour de Stour 106k	Andy Rogers, Viv Marsh, Don Keen, Tony Grimes, David Fenn, Les Dunham, Mick Bates, Steve Barnes, Ian Lovelock.
22 nd April	Oats and Coast 300k	Raymond Cheung
22 nd April	The Woodman 100k	Ian Lovelock, Gareth Smith, Andy Rogers, Tony Grimes.
4 th May	Red Lodge Triangle 150k	Tony Grimes.
13 th May	Moors and Wolds 400k	Raymond Cheung,
20 th May	Fenland Friends 600k	Raymond Cheung,

Name	Points	Total Distance	Club	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung - 1007	37	3,937		2	-	12	1	1	1	-	13,870
Les Dunham - 28601	-	624		6	-	-	-	-	-	-	4,250
Tony Grimes - 7106	-	559		4	1	-	-	-	-	-	2,950
Ian Lovelock - 5675	-	513		5	-	-	-	-	-	-	3,600
Andy Rogers - 17627	-	413		4	-	-	-	-	-	-	2,900
Gareth Smith - 15014	-	307		3	-	-	-	-	-	-	2,250
Simon Daw - 9411	2	210		-	-	1	-	-	-	-	1,425
Mick Bates - 3824	-	210		2	-	-	-	-	-	-	1,500
Robin Weaver - 7481	-	107		1	-	-	-	-	-	-	750
Don Keen - 7219	-	106		1	-	-	-	-	-	-	700
Steve Barnes - 8739	-	106		1	-	-	-	-	-	-	700
Viv Marsh - 9394	-	106		1	-	-	-	-	-	-	700
David Fenn - 8775	-	106		1	-	-	-	-	-	-	700
Andrew Hoppit - 4235	-	103		1	-	-	-	-	-	-	750

Forthcoming Local Audaxes.

3rd June, All Points, Little Green 200k, 100k, 50k.
 10th June, Asparagus and Strawberries, Manningtree 400k.
 11th June, Windmill Rides, Chelmsford 200k, 110k
 17th June, Icenic Niceni, Stoke Holy Cross, Norfolk 111k
 7th to 9th July, ACME Tourdax 1, 2 & 3. 3 x 100k
 22nd July, Bildeston, 200k, 150k, 104k.
 22nd July, Debenham, 50k
 22nd July, Kingdom of the Saxons, Dunmow 400k.
 12th August, The Compasses, Little Green, Hopstock 200k, 120k, 50k.

CCS Audax Notes.

Raymond has recorded 17 rides including a 300km + a 400km + a mighty 600km ride to keep everyone at bay. He has a 3,300kms + ahead of his nearest rivals Les, Tony and Ian, who must be wondering what the heck is going on?

It's simple chaps...Raymond is superhuman!

Rog

Back in the days when I wuz young!

1)

I never cease to be amazed by how far bike technology has come on during the past 50 years. Who would have thought back then that my mechanical Lucas Mileometer would be replaced by an electrical gizmo that sent info by airwaves to a small electronic receiver (which is roughly the size of a modern watch) clamped onto my handlebars!

Most of you are saying what the heck was a Mileometer. The pic alongside shows what was the only means we had of recording our mileages. It was positioned and secured to the front wheel axle and a small metal peg fixed to a spoke used to hit the cog at the end of the device (see pic) after every wheel revolution which is the same principal of modern bike computers. There the similarity ends though!



Trying to see what the mileage was when cycling along was almost impossible as it was way too far away down by the wheel axle.

And that's all it did though, just record the miles, no average speed, actual speed or any of the helpful data our modern computers shows with a flick of a switch. You had to apply mental arithmetic to work out these details. I spent many happy hours cycling along working these extra's out and soon became very proficient with help of my watch getting the info I needed. No worries about changing the batteries though!

2)

When I started my (1st) short lived TT 'career' (All of 2 ½ years) as a 16 year old, I had just the basic gear...a bike (Carlton Courier) with Reynolds 531 tubing, Campag 5 speed and fairly industrial 'racing' wheels. All TT's which were mainly club events started 10 miles from home so the only way to get there was obviously by bike. If you were an affluent biker in those days, you put your bike in the car and drove to the start. If you were one of the less well off, you biked. Some



of the better riders used to take a pair of racing wheels with them attached either side to the front of the bike which I thought was pretty cool. (See pics – *Not me in them!*)

I had managed to procure another wheel (free!) which required some fettling to get it less buckled and running true as I wanted to look just as cool..

Rather than buy the bracket needed, I fashioned an old piece of 1 inch (25mm) metal with cut-outs at both ends and bent each end to miss hitting the wheel I was going to carry. It sort of worked but needed an old toe strap to clamp it to the handlebars.

I rode the 10miles over to the clubhouse which was ½ mile from the start one windy Sunday morning with my 'racing' wheel strapped into place. Well, no one told me how aerodynamically useless and scary it would be riding along but eventually got to the start slightly frazzled with my 'new' wheel fixed on. Still, with 25miles ahead of me I would soon be flying!!

I would like to report that I posted a PB, but can't. It was obviously not very successfully 'fettled' and slowly went out of true the further I rode.

Suffice to say, both the 'fettled' wheel and homemade wheel carrier never saw the light of day again!

Rog



WEDNESDAY 7 JUNE, WEDNESDAY 5 JULY; CCS COMMITTEE MEETING;

NOTE REVISED TIME; 7.00pm, Stevenson Centre.

CCS THURSDAY EVENING TT SERIES

The Thursday TT series continues. If there are members who might consider having a go, but haven't yet, now's the time to do it! Lighter evenings, slowly getting warmer, and a very friendly and welcoming atmosphere. Specialist TT bikes not a requirement. Full details on the website under Events.

TT MARSHALLING

We still have a few marshalling blank spots on the calendar; 17 August, 24 August, 2 x 31 August. If you're riding the TT series, and haven't yet put your name forward, here's your chance.

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

UPCOMING AUDAX RIDES

Sat 24 June; Dunmow; 600k Flatlands

Sat 22 July; Bildeston; 100, 160, 200k Suffolk rides, run by Andy Rogers on behalf of Cycle Club Sudbury, from Bildeston Sportsfield. A choice of three routes, all on quiet roads through the best bits of Suffolk. GPX routes available for all rides. Refreshments available at start and finish, café stops en route.

The rides are open to all, entry via the AudaxUK website at <https://www.audax.uk/choose-a-ride/calendar-events/> (website requires registration to enter, but no payment other than for the ride).

It would be good to see a number of CCS riders take part to support Andy's first running of these rides.

Suffolk Lanes Extravaganza, 209k;

This route heads north from Bildeston to Walsham le Willows, then east through Eye to Halesworth, before turning south-east past Snape and on to the coast at Orford. The return route is via Wickham Market, Framlingham, Debenham and Needham Market. The route mainly uses country lanes with short stretches of minor A and B-road.

'100 Miles of Suffolk Lanes', 168k;

This route heads north from Bildeston to near Walsham le Willows, then east to Framlingham (castle), and on to the coast at Orford (castle), returning via Wickham Market, Debenham, and Needham Market. The route mainly uses country lanes with short stretches of minor A and B-road.

'Bildeston Lanes' 103k;

The route is broadly circular, starting south-east from Bildeston to Flowton, then north to Needham Market, Stowupland, continuing north to Cotton. The route then returns south to Buxhall, before zig-zagging back to Bildeston. There are few hills (a short, sharp one to warm you up after 2k!) on the route, which mainly uses country lanes with short stretches of minor A and B-road.

COLCHESTER GATEWAY TRACK RACING

Adult and Junior racing continues fortnightly – see the British Cycling website for full details.

DUNWICH DYNAMO Saturday 1st July 2023.

Starting at around 8 pm - 9 pm the ride is an unsupported ride originating from "[Cyclists in Southwark](#)", leaving from London Fields, Hackney. [Riders normally arrive at Dunwich Beach, on the Suffolk Coast at 7am - 9am the following morning.](#) The route passes through Sudbury, so there's an opportunity to mix and match the ride to suit. Working out a way home is part of the fun.

Keep an eye on the [The Dunwich Dynamo](#) facebook page for more information about the ride.

CCS 2023 THURSDAY EVENING TT SERIES – POINTS

collated by David Miller

POINTS AWARDED AS FOLLOWS:

for each start, 5 points

for each finish, 5 points

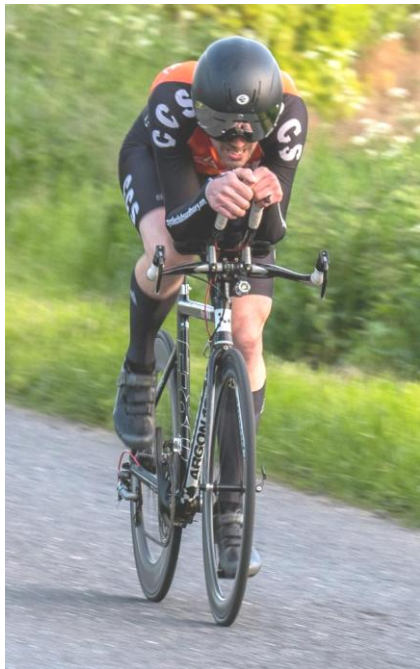
for each 1 sec improvement over target time and then over best time, 1 point

for marshalling, 30/40 points

Name	April 20	Apr 27	May 4	May 11	May 18	May 25		
Adrian Ablitt	30		40	27	10	10	117	7th
Doz Bree					10		10	
Anna Brown					22	10	32	
Rob Davies		10	47		47	10	114	8th
Dean DeAth						10	10	
Rob Harman			10		30	10	50	
Les Dunham	10		48	142	52	10	262	2nd
Richie Edwards						10	10	
David Fenn	30	40	28		12	10	120	6th
Kirsty Fenner	10			39	30	10	89	9th
John Golder	10		10	10	19	10	59	
Colin Harris						30	30	
Stephen Hitchcock						10	10	
Will Headley				30			30	
Charlie Heeks	10	10	10	80	50	10	170	5th
Dan Lawrence						10	10	
Ian Love lock			10	10			20	
Tom Moore		30				10	40	
David Munro			10				10	
Garu Pamment						10	10	
Alec Purcell	10	10	10	30	13	10	83	10th
James Rush						10	10	
Tony Shepard						30	30	
Charlie upton	10	92	288	10	22	10	432	1st
Dan upton	10	10	144	10	20	10	204	3rd
Ian White	10	10	10		24	10	64	
Caroline Wyke	10	10	30	48	92	10	200	4th

NOTE: Points for the 25th May are not shown. The Lavenham 10 Course had to be shortened due to roadworks. The exasperated Timekeepers hope to include the points at a later date?

Evening Time Trial Gallery (May 18th)



CCS Evening Series Report



Alex Purcell (50pts) who led our team to a close win over Col Rovers.

We held our Annual Interclub competition vs Colchester Rovers recently and continued our almost unbroken run of successes with another win, although it was a bit tight at the end! But thanks to a 1st place from Alex Purcell, 2nd place from Gary Pamment and a 4th place from Charlie Heeks, all secured high scores for CCS. As it was the highest 5 riders from each club who provided the points, Rob Davies and Dan Upton ably backed them up with some crucial positions at the end to get us over the line! Well done to them as Rovers brought over a strong team and earlier during the week, Robin was forced to send out a plea for more CCS riders to help the cause as we didn't have too many takers for the evenings contest at that point! Well done to all our riders who answered the call.

In the CCS Evening Series, young Charlie Upton has opened up a commanding lead with 432pts over the evergreen Les Dunham's tally of 262pts which gives him a 170pt lead at present.

Dan Upton is keeping it in the family in 3rd place with 204pts and has Les in his sights. Although Caroline is a mere 4pts behind Dan on 200pts.

2019 Evening Series winner Charlie Hicks is currently in 5th place with 170pts and going extremely well this year and could climb up the positions very stealthily.

Hopefully, the Lavenham shortened course points conundrum will be sorted soon so that riders do not lose out on valuable points.

PS. Nice to see Brian Webber back at the timekeeping helm after an enforced layoff thanks to Covid.

Rog



Ambitious about Autism

From Club Member Charlie Heeks.....

Hey everyone, on the 25th of June I'm doing another mad challenge and cycling 220 miles from Manchester down to London in aid of Ambitious About Autism.

It's a great charity supporting people with autism by getting them into education and

employment, only 29% of people with autism are in part-time or full-time employment even though the vast majority want to work.

Any donation you could make would be greatly appreciated 🚴🚴🚴🚴

<https://ambitious220.ambitiousaboutautism.org.uk/.../char...>



Family Ride Opportunity.....

Hi Roger,

I am organizing a memorial ride for Norman Gregory who lived in Cockfield and died last year at the age of 100

Up until the last year of his life he rode his bike every day wearing a large yellow coat and a baseball cap he was a real character and appeared on TV promoting cycling and lead out the ladies tour when it started near here.

The ride will take place from St Peters church Cockfield at 10 am on Saturday the 8th July two marked routes are available a 20 mile flattish route, and a longer 29 mile ride with more hills, both rides start at 10am and cost £ 5.00 per rider which includes coffee and cake afterwards, all monies will go to one of Norman's charities and all types of bikes are welcome as it is a social ride.

Could you put a few lines in the spindle for me, as this would make a easy ride for some club members and their partners who might not want to thrash around for long rides.

Thanks in Advance

Tony Sheppard (CCS Club Member) Contact Tony at..... salsatone@hotmail.com

(After reading Tony's appeal above, I carried out a bit more digging and came up with the following.

It seems like a very worthwhile cause especially as it's a family oriented venture) Rog.

(Words & photo courtesy of Suffolk News)

'A World War Two veteran, who was known for his cycling prowess, has died aged 100. Norman Gregory was regarded as the 'icon of Cockfield' due to regularly being spotted on his bicycle in the village.

*Mr Gregory, **who celebrated his 100th birthday**, earlier this year, died on Monday.*



Norman Gregory and Norman Kelly, The Cockfield Duo

Norman was a prisoner of war in World War Two, before becoming a teacher at local schools.

*Together with fellow Cockfield resident Norman Kelly, he was one half of the cycling duo the Cockfield Normans and helped raise £1000's for the **Suffolk** Historic Churches Trust.*

Mr Kelly, church warden at St Peter's Church, said of his beloved friend: "He had been a cyclist all the time he has been here. When I started doing it as well we teamed up. I got to

know him quite well in the end.

He would be remembered as the icon of Cockfield.

He was described as 'fighting fit and full of wit'. That was Norman all over.

Born in Blyth in Northumberland, Norman was eight when his family moved to Suffolk.

His love of cycling began in 1939, when he made an epic road trip to John O'Groats. At one point, Norman had clocked up 200 miles in 24 hours without sleeping.'

C.C.S. Riders - Open T.T. Results - April ~ May 2023

1st April	Kings Lynn CC - Downham Market	B25/33	N.Webber	25	01.04.55	11th
1st April	Kings Lynn CC - Downham Market	B25/33	C.Wyke	25	01.33.58	29th
7th April	Gt. Yarmouth CC - Bungay	B10/43	C.Wyke	10	33.20	11th (Ladies)
7th April	Gt. Yarmouth CC - Bungay	B10/43	C.Heeks	10	24.00	34th
8th April	Stowmarket & D.C.C. - Debenham	BS3/23	S.Daw	16.5	39.43	5th-3rd Vet
8th April	Stowmarket & D.C.C. - Debenham	BS3/23	C.Wyke	16.5	59.07	18th
22nd April	Shaftesbury CC - Cambourne	F2A/25	S.Hitchcock	25	01.12.57	83rd
29 th April	London Phoenix - Hertford	F7/10	C.Wyke	9.2	DNF	
1st May	VC Baracchi - Bungay	B10/43	N.Webber	10	24.07	35th
1st May	VC Baracchi - Bungay	B10/43	C.Wyke	10	32.04	63rd
7th May	Maldon & DCC - Burnham	E21/25A	C.Wyke	25	01.28.13	19th
7th May	VTTA - Tring	F11/10	A.Purcell	10	20.09	23rd
13th May	Leo CC - E.A. Champs'p- 6 Mile Bottom	E33/30	S.Triplow	30	01.18.33	29th 1st Lady TTbike
13th May	Leo CC - E.A. Champs'p- 6 Mile Bottom	E33/30	C.Wyke	30	01.49.57	25th (Lady Road Bike)
14th May	VC Norwich - Bungay	B25/50	S.Daw	25	56.30	6th-3rd Vet
14th May	VC Norwich - Bungay	B25/50	N.Webber	25	01.01.10	16th
14th May	VC Norwich - Bungay	B25/50	C.Wyke	25	01.26.51	33rd
27th May	ECCA Champ's - Cambourne	F2/50	S.Daw	50	01.51.55	26th
27th May	ECCA Champ's - Cambourne	F2/50	S.Triplow	50	02.05.09	45th
28th May	Ipswich BC - Crowfield	B10/32	D.Fenn	10	31.06	?

Open TT Report

Highlights of the past 2 months has been Alex's 20.09 in the VTTA event at Tring during early May and he seems to be taking up where he left off last season by hovering around the 20min mark. Sue had a superb ride at the Leo CC 30 miler in the East Anglian Championships to claim the fastest lady title on a less than rider friendly E33/30 as the super quick E2 course is out of use at present due to roadworks! Along with Simon, they both rode in the 50 mile event in the ECCA Championships on the quick F2/50 on the Cambourne course. Both of them recorded very good times! Simon was under the hour and Sue just above it.

Simon also collected two 3rd fastest Vet awards on the Debenham and Bungay courses with 5th and 6th places respectively. Nick Webber rode two quick 25's up in Norfolk with the quickest coming on the VC Norwich event on the Bungay course in a tantalisingly close time to going under the hour of 01.01.10. Caroline took in 8 events during the past 2 months, including a 9.2miler a 16.5 miler, two 10's, three 25's and a 30miler! She certainly likes a bit of variety with her best effort coming in the 25 VC Norwich event in mid May with a 01.26.51. Three other CCS riders came out to play on the Open Roads with Charlie Heeks riding the Gt.Yarmouth 10 and recorded a very decent 24.00 despite troubles getting to the start! Nice to see Steve Hitchcock out again this year with his first 25 ride on the quick Cambourne course with a 01.12.57.

Finally, David has surfaced onto the scene to give Caroline something to think about in the SPOCO Cup Stakes! He endured the lumpy Crowfield course at the Ipswich BC event for a respectable 31.06.

**A few more CCS riders entering events would be nice to write about now that the weather is more TT conducive. How about it??*

Rog