

The Spindle APRIL 2018 ***cycleclubsudbury.com***

The weather is still playing tricks on us with the snow never knowing when to quit, rain that seems to come down every other day and some strong icy winds thrown into the mix. But are we downhearted, Naa! Just keep those wheels turning whatever the weather throws at you.

As they say, 'There's no such thing as bad weather, just bad clothing choices!'

March saw a decent number of CCS riders taking part in various Open Time Trials as fully documented further on. They all took place in differing weather conditions from sunshine to arctic snow and all in the space of 13 days. Bonkers!!

The MM Hilly 22 and the Plomesgate 10 saw a first for CCS, as the Family Team Johnson all took part, that's dad Gary, mum Sarah and daughter Izzie (*who was also the fastest junior in the Plomesgate event*) which is really nice to see and they have finally all aligned themselves to us as full CCS members.

Not many other competing families in the area can boast of a full family trio!

Izzie has kindly written about their experiences from their Plomesgate ride further on, so do read it as it's a nice refreshing article!

So we have the CCS Evening TT Series upon us again and begins in 2 ½ weeks time. I always feel that the season is finally underway when it starts and it's good to be able to meet up with everyone after a seemingly never ending winter period.

Elsewhere, I've finally got Mandy to be the subject of the Rider Profile and is a good read in her usual gritty style. The MM Hilly TT is fully reported on as are the latest Audax and SPOCO happenings. With our Evening TT Series starting very soon, our lovely Chief Time Keeper Brian has a few '*to do's and don'ts*' when you turn up for the first event (**19th April in case you have forgotten!**)

Well, now that I have finally finished this latest edition, it's off to the garage/bike cave for even more much needed maintenance. This time it's the usual 'old chestnut' of slipping gears....is it the chain, is it the rear cassette or is it the middle chain ring. I have learned over the years to replace all three rather than try one at a time because it's always the last one I try that's the culprit and the others probably need changing anyway.

Hopefully when it has been completed, there will be no more incidents between my undercarriage and the top tube when I'm out of the saddle. Ouch, Ouch!

Rog

SR92

CCS Mad March Hilly Open Time Trial

11/3/18 (As Press Report)

Cycle Club Sudbury's new season got underway on Sunday morning with their 'Mad March Hilly' which started from Lavenham.

Being held on 'Mothers Day' may have accounted for the smaller than usual entry, but the damp and misty conditions suited the riders with a lot of fast times being recorded.

It saw a rare 'home' win for the organising club with CCS rider Leon West clinching the fastest time over the 22 mile course by just 3 seconds from Stuart Fairweather (Team Velocity) with a 50min 23sec ride. West also broke the local clubs (Sudbury, Boxford & Hadleigh) male course record by over 30secs.

Third place went to female ride Hayley Simmonds (Team WNT Pro Cycling) who was using the event as part of her preparation for riding two events (Road Race & Time Trial) at the Commonwealth Games in The Gold Coast, Australia next month. She also rides for a professional women's team and has a full schedule of UCI Road Races around Europe this coming season. So it was no surprise that she also broke the women's course record of which she is the current holder, with her 50.52 ride. It was also her 1st TT of the year.

4th, 5th & 6th places were separated by a mere 8secs with Team Velovelocity's Andrew Leggett on 52.03, Neil Hughes (Velo Schils Interbike RT) on 52.08 and Robert Golding (Ely & District CC) just behind on 52.11.

Fairweather and Leggett's placings combined with team mate Geoff Frost's 9th place saw Team Velocity take the Team Prize.

Second fastest female to Simmonds was CCS's Mandy Bunn with a 58.17 which also broke the local clubs female record by over 2mins.

3rd place went to Jennifer Smart riding for VC Norwich with a 01.00.31.

Quickest Junior was Dexter Mansel-Thomas (Lea Valley Youth CC) with a 55.55 followed by Jake Crossley (Colchester Rovers CC) riding a 58.52. Fastest female junior went to Isabella Johnson (CC Sudbury) who rode a 01.08.59

With lots of good prize money on offer from Robins Row Insurance Brokers and generous 'goodie bags' from Eisberg Alcohol Free Wine, it rounded off a successful event!

This was our 'Flagship' Time Trial of the year and was run with clockwork precision by organiser Darren Rule and his sizeable band of helpers. It's always a good indicator of how well an event has performed and organised by the feedback that you pick up from the competitors at the HQ afterwards. Lots and lots of positive comments were overheard and also given to Darren, which is always pleasing. Well done to everyone involved (and there were a lot of you!)



Hayley posted a nice bit on Instagram which is shown below.

'Today was my first TT of 2018 and it was great to return to the CC Sudbury Mad March Hilly, which I haven't ridden since 2015. Love the course and the organiser, helpers and other riders are always friendly!

1st woman, 3rd overall and a new course record so a good day out! Completed the day with 35km of motor pacing and then a 100km ride home (to Cambridge!).solid'. Hayley Simmonds!

- Be sure to look out for her on the TV coverage of her Road Race and Time Trial at the Commonwealth Games in Australia in Early April!



Our Family TT day out

24/03/18 - B 10/9

By Izzie Johnson

We left Sudbury at 11.30 in plenty of time to allow a drive around the course

The weather was a pleasant 9° and there was a 6mph south-easterly wind.

The course started on the B1078 near the village of Sudbourne and took a north-easterly route through the village of Tunstall then north-easterly to the roundabout at RAF Bentwaters to retrace back to the finish.

The road surface was in good condition and the elevation was rolling.

On arrival at the event HQ we registered our arrival and collected our race numbers.

After preparing our speed weapons we warmed up and headed for the start line approximately 2 miles away.

Dad was first off at 14.22pm then mum at 14.39 and then me at 14.44.

Unlike any other TT we had taken part in the finish line was not adjacent to the start line, but a further ¼ of a mile away following a left turn onto the B1084. Unfortunately Dad was blatantly unaware of this and thought he had finished when he reached the start point, this was reflected in his Overall Time of 26.42, a tough lesson to learn.

Mum participating in only her second open 10mile TT beat her previous 10 time by 8secs with an OT time of 31.14, and myself OT of 29.3, which was ok for a season opener!

Our goals for the season are Dad sub 23 Mum sub 30 and myself a sub 26.

All in all a very well organized event by Plomesgate CC. Well done to all involved.



IZZIE



DAD



MUM

Cycling Shorts.....

Evening Series TT's

from *Brian Webber – Chief Timekeeper*



- As you are all aware signing on at the Thursday evening Time trials can at time be rather hectic! Please do not turn up late then ask for an early start!
- Also there may be some of you wishing to ride a two up, in which case would you please text me on 07876321920 at least one hour before the start of the event so we can place the field correctly!
- Also please be aware that we can only allow single riders, two ups and tandems on these Thursday evening events, and not teams of three or four riders.

Ride Destinations

Stuck for a ride destination?

Have you ever used the Cafe list on the CCS website,

at <http://www.cycleclubsudbury.com/cafe-stops> ?

Location map showing local cafes, with a list of opening times, phone numbers etc.



Cycle Snetterton Race Circuit

Friday 18th May 2018

Contact

Email: tjmotorsport@btconnect.com

Name: T.J Motorsport

Phone: 07802 268435

Cycle laps around the fabulous twists and turns of the famous race track.

All for a minimum donation of £10.00!

The event will run for 2.5 hours from 17:30 & all abilities are welcome

CYCLE HELMETS ESSENTIAL

Refreshments available at Tyrell's Restaurant

www.facebook.com/tjmotorsportuk for future details!

Round the Year Time Trial ends just short of Target!

Steve Abraham's quest to beat Tommy Godwin's 1939 Highest Annual Mileage Record of 76,065 miles ended in early March this year just 3,677 miles short of the target.

I'm sure he would have beaten Godwin's record quite easily if... a) he hadn't been driven into from behind by a dopey car driver at 40mph....b) hadn't fallen heavily off his bike on ice and c) not having to endure illnesses and sleep deprivation during the rides which he couldn't remedy.

In the early stages he rode around 1550miles for 95-100 hours each week. But the injuries from his mishaps gradually took their toll and he was unable to sustain the same output!

Astonishing effort all the same and deserves huge respect for his efforts. Chapeau!

Diary Dates

Compiled by Robin Weaver

CCS 2018 SUBS

If you were not able to attend the Subs Night, please pay your subs as soon as possible – membership form downloadable [HERE](#), payment details on the form. Please note that if you intend to ride time trials, prior club membership is essential for CTT insurance purposes.

2018 THURSDAY EVENING TIME TRIAL SERIES

The season begins on Thursday 19 April, and finishes on 30 August.

The 2018 schedule, target times for the Points Series, and the marshalling list are available via links on the website homepage.

Dates, start times etc are also available on the CCS Diary, again with a link on the website homepage; if you've a Google account, you can link this to phone/tablet calendars – see the March Spindle.

If you are intending to ride any TTs, you will need to marshal at least once during the season. We currently only have 18 marshals out of the 47 we need for the season. If you haven't done so already, please e mail pamandrobinw@gmail.com with **three** alternative dates on which you are available, **as soon as possible**. Your name should be on the list **before** the start of the series

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/>

Saturday 17 March; Cambridge; 100, 200k

Saturday 17 March; Copdock; 100k

Saturday 31 March; Huntingdon; 200k

Monday 2 April; Swaffham; 50, 100, 200k

Saturday 14 April; Dunmow; 50, 100k

Saturday 5th May, Manningtree Green and Yellow Fields 300km.

Monday 7 May; High Easter; 50, 100, 200k

Sunday 20 May; Lowestoft; 160, 200k

Saturday 26 May; Long Melford Village Hall, which is **CCS's own audax rides**, organised by Andrew Hoppit. Comprising of.....**100k Tour de Stour**;

a figure of eight route to Dedham where there are plenty of facilities to fuel up before heading back to Long Melford for refreshments and then onwards to Denston before going back to Long Melford via Clare.

Or the 200k Grand Tour de Stour; To Alton Water and then to the sea at Harwich, then back via Dedham to Long Melford. The second, shorter section takes you to the source of the Stour on Wrating Common before heading back to base.

Please support these great rides, with unbelievable refreshments!

ROAD RACING

See the British Cycling website for details of all local races.

Sunday 1 April; Ashdon

Sunday 8 April; Somersham

Sunday 15 April; Great Saling

Monday 7 May; Ixworth Criterium; **Also great for spectators**

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

Full details, and entry for most events, on the British Cycling website at <https://www.britishcycling.org.uk/events>

Sunday 15 April; Boxford BC; Boxford Tornado Sportive; entries closed.

Sunday 22 April; Maglia Rosso; 2/3/4 Counties Sportive

CYCLOCROSS/MTB RACING

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>

Mud Sweat and Gears 2018 season; <https://www.mudsweatgears.co.uk/>

Sunday 15th April – Lea Valley Velopark, London

Sunday 6th May – Phoenix Cycleworks, Kentford, Suffolk

ADVANCE NOTICE; time to plan a day off!

13 JUNE; STAGE 1 OF **THE OVO ENERGY WOMENS' TOUR**

The stage starts in Framlingham, does a loop in our direction through Ipswich, Needham Market and Stowmarket (not sure if clockwise or anti-clockwise!) before heading back to Framlingham and on to a finish in Southwold. Good spectator opportunities! A link to the route; <http://www.womentour.co.uk/stages/stage-1/>



Junior Notes

In an effort to encourage some of our juniors to try a bit of cycling competition CCS have agreed to pay entry fees for any junior member for any open cycling event. This could be time trials, road racing, cyclo-cross or MTB. We hope that this will encourage some of our youngsters to get their first taste of competition, or will offer some financial support for our juniors who already compete but would like to do more.

This is applicable for any first claim junior member. All you need to do is to book the event and drop our Treasurer, David Miller, and email (davidlennardmiller@gmail.com) with the detail of the event(s) you've entered and he can send you a cheque. It would be great if you could let us know how you get on in the event, maybe take a couple of photos and write a few words about the event for Roger to publish in the Spindle!

We have also received a generous donation from Sandra MacKay, a long-standing 2nd claim member who many of you will know from our Thursday evening time trial series, which the CCS committee have agreed to use to fund entry fees for any first claim junior members to our evening TT series. We're sure this will be very gratefully received by our juniors who are eager for the series to start. Thanks Sandra!

Cheers.....Darren

Open TT Reports for March.



Leon



Chris



Mandy

The Open TT season got well and truly underway in March with our Mad March Hilly taking centre stage with 14 club riders taking part which was a very good showing.

With Leon spanking all comers for a brilliant first place, it was the cherry on the cake.

A good ride by Chris Steward (who has joined us from Boxford this year) earned him 2nd fastest CCS rider and 15th overall. Closely followed by Doz with one of his best rides in 3rd and for 19th overall. Mandy wasn't far behind to claim a deserved 2nd fastest lady and 22nd overall. Dan was 40secs down on Mandy and dark horse Stewart a further 40secs down on Dan with all 3 of them getting back under the hour!



Gary just missed going under by less than a minute with another good ride. Our next 5 CCS riders; David Fenn, Tony, Izzie, Colin and Sarah were neatly about a minute behind each other with Izzie pipping Colin by 6secs. David Miller and Caroline Wyke rounded off our riders and both 'seemed' to be enjoying themselves when they passed me at Semer Hill



The following week could not have been more different at the WSW Hilly TT. Just 18 of the 51 entries started as the conditions were brutally cold with a strong icy wind blowing snow around the course. I wouldn't normally report in depth on a TT with only one CCS rider (five entered) but James insisted he was going to ride and as I was there as his fumbling numb fingered mechanic, I just thought I would give myself a mention for being a hero!! I have never been

so cold at a TT, ever! In fact, 2 riders gave up after the 1st lap of 2 and went home. If I could have I would have joined them. Oh, and James rode to 8th place and said he had cold feet at the end and it was good training! For what I wondered? A good effort all the same.



Back to normal the next week for Plomesgate 10 in the delightful Tunstall Forest with sporadic sunshine to bask in. John (right pic below) took CCS honours with 9th place in his first ride of the season followed by

James 24secs behind in 12th place. Mandy rode a good time on the course and was only 3secs adrift from getting fastest lady rider on the day for 19th place.

The Team Johnson Family was out in force with Gary taking 25th despite having a 'moment' finishing too early before realising his mistake. Izzie and mum Sarah had no such problems with Izzie claiming fastest Junior for her excellent ride to 38th place with mum taking 40th.not far behind.



On the same day, Stewart Kirk (left pic) and Matt Traynor were riding in the ECCA 10 on the E2.

In near perfect conditions which they both took advantage of to put in excellent rides with Stew doing a PB with a 23.34 (despite having a 1min late start penalty (again!) which I have err... handily forgotten about) and Matt riding a 25.22.

Finally, Mandy made the long trip to Derbyshire on Good Friday for the 1st round of the Knights Composites Classic Series on a hilly 22 mile course and posted a 01.14.53 for 21st in the women's category against some very talented opposition including Hayley Simmonds!

C.C.S. Riders - Open T.T. Results - Jan/Feb/March 2018

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Jan 1st	CC Breckland - Attleborough	B10/3B	S.Kirk	10	26.19	16th
Feb 11th	Ely & DCC - Hardriders - Lt. Downham Spoco	BS19	J.Rush	25	01.08.02	28th
Feb 11th	Ely & DCC - Hardriders - Lt. Downham Spoco	BS19	M.Bunn	25	01.12.05	39th
Feb 11th	Ely & DCC - Hardriders - Lt. Downham Spoco	BS19	S.Kirk	25	01.14.13	40th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	L.West	22	50.23	1st
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	C.Steward	22	55.23	15th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	D.Bree	22	56.49	19th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	M.Bunn	22	58.17	22nd - 2nd Lady
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	D.Upton	22	58.56	24th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	S.Kirk	22	59.15	25th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	G.Johnson	22	01.00.55	28th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	D.Fenn	22	01.06.45	32nd
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	A.Sheppard	22	01.07.41	33rd
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	I.Johnson	22	01.08.59	37th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	C.Harris	22	01.09.05	38th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	S.Johnson	22	01.10.12	39th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	D.Miller	22	01.16.55	40th
March 11th	Cycle Club Sudbury - Lavenham - Spoco E	BS24/R	C.Wyke	22	01.29.05	41st
March 17th	West Suffolk Wheelers - Risby -Spoco E	BS31/R	J.Rush	21	58.18	8th
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	J.Bradbury	10	24.00	9th
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	J.Rush	10	24.24	12th
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	M.Bunn	10	25.25	19th - 2nd Lady
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	G.Johnson	10	26.42	25th
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	I.Johnson	10	29.37	38th - 1st Junior
March 24th	Plomesgate CC - Tunstall - Spoco E	B10/9	S.Johnson	10	31.14	40th
March 24th	ECCA - Newmarket	E2/10	S.Kirk	10	23.34	PB
March 24th	ECCA - Newmarket	E2/10	M.Traynor	10	25.22	
March 30th	Knight Composites Classic Series – Buxton CC – 1 of 6	J8/3	M.Bunn	22	01.14.53	21 st Lady

CCS SPOCO Points to date compiled by David Fenn

CC SUDBURY SPOCO LEAGUE TABLE 2018			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	James Rush	3	314
2	Mandy Bunn	3	282
3	Gary Johnson	2	189
4	Stewart Kirk	2	177
5	Isabella Johnson	2	167
6	Sarah Johnson	2	163
7	Leon West	1	120
8	John Bradbury	1	112
9	Chris Steward	1	106
10	Doz Bree	1	102
11	Dan Upton	1	97
12	David Fenn	1	89
13	Tony Sheppard	1	88
14	Colin Harris	1	83
15	David Miller	1	81
16	Caroline Wyke	1	80

Don't forget that it's the best 5 SPOCO rides during the season that counts towards your final points total.

High points totals at the moment means very little and anyone can start when the weather improves if that's what floats your boat, which it probably will do if this rain doesn't stop!

And also don't forget that the TT event must be a registered SPOCO event to gain points.

Simples.....

Audax Update March 2018. Also by David Fenn

Date	Event	Riders
5 th March	Cambridge 204 km	Jane Watson
13 th March	Cambridge 200 km	Jane Watson
20 th March	Ironbridge 100 km	Jane Watson
21 st March	Pattingham 100 km	Jane Watson
24 th March	Copdock 100 km	Jane Watson, Tony Grimes, Byron Grimes

Name	Points	Total Distance km	Club Audax Trophy	100 km	200 km	300 km	400 km	600 km	Climbing m/Km
Raymond Cheung	24	2,518	1st	1	12	-	-	-	1.35
Jane Watson	4	1,795	2 nd	13	2	-	-	-	5.01
Mick Bates	-	587	3rd	5	-	-	-	-	4.05
Brian Mann	4	532	4th	1	2	-	-	-	5.52
Tim Collins	-	209	5th	2	-	-	-	-	6.94
Robin Weaver	-	200	6th	2	-	-	-	-	4.00
Steve Barnes	-	109	=7th	1	-	-	-	-	5.96
Viv Marsh	-	109	=7th	1	-	-	-	-	5.96
Tony Grimes	-	100	=9th	1	-	-	-	-	7.50
Byron Grimes	-	100	=9th	1	-	-	-	-	7.50

Hey Raymond, are you on holiday/resting or just under the weather? Jane is catching you up fast with a great set of 5 Audaxes, ridden within just 19 days over this month.



RIDER PROFILE

Name Mandy Bunn (aka BUNNY)

- 1) **Occupation and how many years have you been cycling**
Project Controller and Drawing Office Manager for an Engineering group for a Pharmaceutical Company.
Newbie to cycling, currently in my 3rd year. Was a former Triathlete & Ultra Runner, but always a Netball Player back in the day.
- 2) **What was your first 'proper' bike & how old were you when you had it.**
My first bike was a rusty old trike as I recall and I was 8, it was shared by all the kids in my avenue. I lived in front of a big hill called the law, where the fairies lived under the whale bones closely guarded by the haggis, so my parent told me! I was an adventures child so went exploring to get me one of those haggis critters and got lost, very lost. Few hours later I was rescued, bike confiscated and grounded for a month, never did have another bike!!
- 3) **How many bikes do you have now and list them in order of preference:**
Argon E118, LIV Envie Advance Pro, WATT Bike, [Chinarello dogmo think 2](#), Raleigh RX (Selling if anyone's interested?)
- 4) **How many miles do you average a year:**
6000 last year
- 5) **What was the longest ride you completed and where was it?**
My longest ride was completed as part of an Ironman triathlon, the Outlaw event 112m in Nottingham
- 6) **What was the best ride you completed and why?**
It's still got to be my 112m at IM distance – it was the fittest and fastest I've ever been in general, in blistering 32 Deg temperatures, I hate the heat!. I survived and raised a shed load of money for MS. I was quite overwhelmed with how I felt at the end.
- 7) **What was your best Race/Audax/Sportive/TT performance?**
It was when I was competing for GB in Canada in the World Triathlon championships Sprint distance – one of my last decent performances finishing 3rd British Lady. As for TT's - E2/30 my last TT race of 2017 on my new Argon, right conditions felt damn good.
- 8) **What was your most embarrassing moment on a bike?**
What one to pick.....Tri related again!! Turned up late for a Tri event, my gels had burst in my crash helmet and didn't have time to clear it up, turned into a very, very messy affair.
- 9) **And what was the worst ride you ever had and why**
I think it must have been when my DI2 packed up racing in Albi France in the UCI women's road race. I was so gutted as I had spent all year working towards this main goal for it all to go horribly wrong.
- 10) **Who were/are your childhood/modern day cycling heroes?**
As I am new to cycling I didn't have any childhood cycling heroes only haggis's!
However for modern day heroes it's not really the big named people that inspire me, even though what they can produce blows me away. It's the everyday Joe Blogs that are willing to step-up put in hard effort and go the extra mile to achieve their goals; these are the kind of people that inspire me. However if I'd have to name someone its Chrissie Welligton 4 time IM World champion – phenomenal lady
- 11) **What do hate most about cycling?**
CLEANING MY BIKES!!!!
- 12) **What bike would you most like to own?**
I'm not really that au fait with bikes so I guess it's my Argon E I have right now
- 13) **What is the best 'bit' of cycle equipment/kit you ever bought?**
Garmin 1000 – don't get so lost anymore



What is your favourite ride?

I just love to be out on my bike, it's all still so new so it's kinda like an adventure, so bimbaling around the back lanes on a sunny crisp cool day.

15) **What are your cycling strengths and weaknesses?**

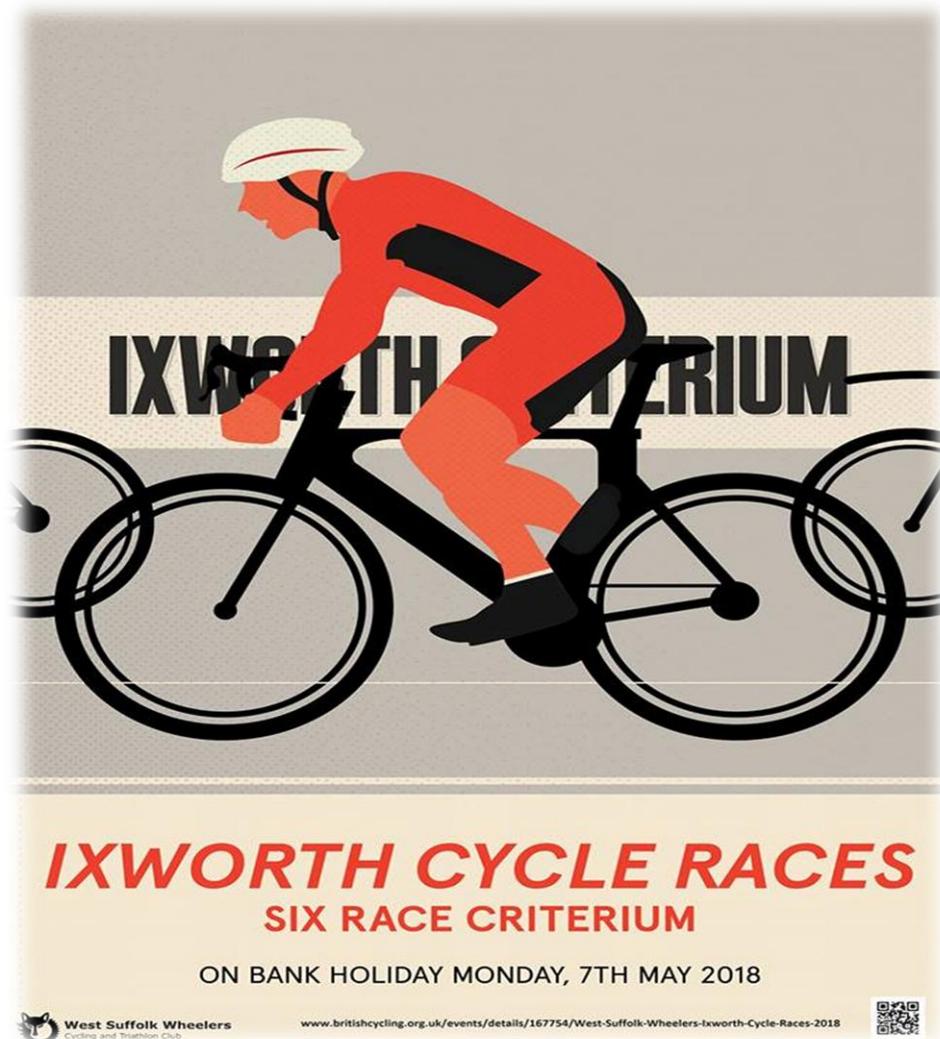
Strengths hmmm, bloody minded and will never give up to till I have achieved what it is I'm after. Weakness, sometime not knowing when to stop and doubting myself.

16) **What is your best training tip?**

Believe and never give up and learn by your mistakes. Work hard but always listen to your body. ALWAYS MAKE SURE YOUR DI2 IS CHARGED!!!!

Welcome to the following new members who have joined CCS recently!

- Mark Seaman – Castle Hedingham.
- Lucas Fielder – Acton.
- Jose Vincente-Garcia – Cambridge.
- James Harman – Acton.
- Gary Munro - Dovercourt



The poster features a stylized illustration of a cyclist in a red and black outfit riding a black road bike. The cyclist is wearing a white helmet. The background is a light beige color with a dark grey horizontal band across the middle. The text 'IXWORTH CYCLE RACES' is written in large, bold, black letters across the middle band, with 'SIX RACE CRITERIUM' written in smaller, bold, black letters below it. At the bottom of the poster, the text 'IXWORTH CYCLE RACES' is written in large, bold, red letters, followed by 'SIX RACE CRITERIUM' in smaller, bold, red letters. Below that, the text 'ON BANK HOLIDAY MONDAY, 7TH MAY 2018' is written in black. At the bottom left, there is a logo for 'West Suffolk Wheelers Cycling and Triathlon Club'. At the bottom center, there is a website URL: www.britishcycling.org.uk/events/details/167754/West-Suffolk-Wheelers-Ixworth-Cycle-Races-2018. At the bottom right, there is a QR code.