



Spindle – April 2011

cycleclubsudbury

Hey, the sun has made some appearances, good biking weather has arrived and the Evening time trial series is nearly upon us. The full list for the season is in the new CCS handbook and on the website. The first event starts on **Thursday 14th April at 18.45** at Lavenham and is on the 'Lavenham 10' course. A complete list is also shown alongside. Club riders are already out on the Open T.T. courses and an update on their rides will be in the May edition. For new members who would like to have a go at Open T.T.'s and are not sure how to go about it, have a word with our 'seasoned' riders at the Thursday evening T.T.'s and they will point you in the right direction.

I've really struggled this month to get a decent issue out. No incoming articles = no Spindle = no bedtime reading. I can only make up so much of my own stuff to fill the gaps. There must be some interesting articles out there amongst you, i.e., first time trial thoughts, first long ride, and your collection of bikes you have built up/bought, holiday rides, worst/best rides, etc, etc. So help me out here, or I'll be forced to inflict more of my meagre experiences on you!

What we do have this month includes a report of a very wet Audax ride, details of our own Mad March Hilly Open Time Trial, club clothing list, an exotic bit about biking in Oz and a nice little bit about the Henham 'uts,

Whoops department - No.1.....

I should point out that I forgot to mention that the excellent 12 hour Time Trial article from last month's Spindle should have credited Nick Webber as the author. Sorry Nick!

Whoops department - No.2.....

In the new CCS Handbook on page 20 for the 2011 East Anglian Audax List, entries from 28th August onwards, the dates shown are a day later than they should be, but the day of the week given is correct.

For example,

28th August, Saturday, should read : -

27th August, Saturday etc.

Thursday Evening Time Trial Series

<u>Date</u>	<u>Course</u>	<u>Time</u>
April 14 th	Lavenham 10	18.45
April 21 st	Brent Eleigh	18.45
April 28 th	Acton Circuit	18.45
May 5 th	Hitcham Hilly	19.00
May 12 th	Lavenham 10	19.00
May 19 th	Brent Eleigh	19.00
May 26 th	Lavenham 10 (Interclub)	19.00
June 2 nd	Acton Circuit	19.30
June 9 th	Hitcham Hilly	19.30
June 16 th	Lavenham 10	19.30
June 23 rd	Lavenham 10 (Interclub)	19.30
June 30 th	Brent Eleigh	19.30
July 7 th	Acton Circuit	19.30
July 14 th	Hitcham Hilly	19.30
July 21 st	Lavenham 10 (Club Chmps)	19.30
July 28 th	Brent Eleigh	19.30
Aug 4 th	Hitcham Hilly	19.00
Aug 11 th	Acton Circuit	19.00
Aug 18 th	Lavenham 10	18.45
Aug 25 th	Brent Eleigh	18.45

I have just received details via e-mail, of LifecycleUK's new Newsletter. It's available to view on their website at www.lifecycleuk.com and highlights all their latest offers and shop news. You can also sign up to their newsletter via e-mail. As it's always been regarded as 'the clubs' bike shop, with Rob, Mat and Stewart all being club members, it's well worth a look. And don't forget there is a 10% discount on most items for club members. They are also starting up their 'shop rides' again, as from Friday 1st April, from the, err, shop at Bildeston.

For anyone wanting to purchase new CCS clothing, especially new members, the list of kit available is shown below. Colin invariably brings his stock to the Thursday evening T.T. meetings for you to rummage through!

* Note the discount available!

CCS Cycle Clothing Stock List

Item	Price	Sizes in stock
• Short sleeve road jersey	£40	S M L XL
• Long sleeve road jersey	£43	S M L
• Windtex training tops	£52	
• Gilet	£34	M L
• Ultra packable windprf tops	£44	M L XL
• Bib shorts	£45	
• ¾ Bib knickers	£44	M
• Bib longs	£44	
• Lycra arm warmers	£17	M/L
• Thermal arm warmers	£20	M/L
• Premium skin suits	£68	

There is a £10 discount on first purchases of the year for each member.

School boys/girls have a special price of £20 on shorts & road jersey.

Skin suits are not held in stock but can be ordered with upfront payment of £68.

New stock is on order and will be in by early May. All enquiries to Colin Dales on 01787 374581

C.C.S. Mad March Hilly Open Time Trial Report – Sunday 6th March

The first running of our own 35km Open Time Trial took place recently on a new course which was centred on Lavenham. A new course was felt to be appropriate by the club after last year's 10km Open T.T., due to low entry levels and from feedback received from the riders.

Although the entry numbers this year wasn't a lot different, the rider feedback was a lot positive and CCS will persevere with the event and

hope that 'word' will spread. As ever with these Open events, a few 'did not starts' reduced the numbers further, including our own Terry Law, who had the misfortune to 'acquire' a broken leg from a low speed fall during warm weather bike training in Majorca. (Report to follow!)



Simon Wright



Simon Daw

The number of helpers, officials and course marshals needed, stretched the clubs resources, but as ever, CCS put together a much praised event and organiser Stewart

Kirk, can be rightly pleased with his efforts. Peter Balls from West Suffolk Wheelers was the outright favourite as he is one of East Anglia's top riders. He didn't disappoint with a 51min 07sec ride. Not far off this time, was our own Simon Wright, in 52min 19secs. Simon much prefers the hustle and bustle of road racing and admitted that he last rode a T.T. of similar length when he was in his teens, which makes his effort to secure 2nd place, all the more praiseworthy.

Simon Daw also deserves a pat on the back for his excellent 6th place with a 54min 37sec ride. George Hoppitt was the fastest junior on the day with a 1hr 02min 22sec and just gets better with every ride. Rounding off



George Hoppitt

the CCS results were three relative newcomers to the club, who were all undergoing their first forays into Open T.T.'s (I think!) And 'seemed' to enjoy the experience! Well done to Stewart Hart, Darren Rule and Matt Trayner, and I hope this will be the first many, lads!



Stewart Hart

I volunteered to marshal at the top of Semer Hill, which was not the cleverest spot to pick as the biting cold wind on the highest and most exposed part of the course, went straight through me.



Matt Traynar



Darren Rule

I just about managed to direct everyone onto the Lavenham road with one hand, while taking photos of all the riders with the other.

So, well done to all of our own club riders and to everyone else who helped make the event a success.

The full result sheet is shown below.....

by Bloke at the Back on top of a Windy Hill.

CCSudbury - Mad March Hilly - 6th March 2011 Official Result Sheet

Pos	No.	Name	Club	Cat	Time
1	30	Peter Balls	West Suffolk Wheelers	V	00:51:07
2	15	Simon Wright	C.C. Sudbury	V	00:52:19
3	5	Andrew Leggett	Stowmarket & District C.C.	S	00:53:45
4	13	Philip Hetzel	Ipswich B.C.	V	00:53:51
5	25	Dean Fuller	Team Swift	J	00:54:09
6	24	Simon Daw	C.C. Sudbury	V	00:54:37
7	26	David Staff	Anglia Velo	V	00:55:12
8	20	Angus Jardine	Ipswich B.C.	V	00:55:19
9	3	Tom Stephenson	Ipswich B.C.	S	00:55:45
10	33	David West	Amis Velo RT	V	00:56:34
11	28	Paul Rippon	Ipswich B.C.	V	00:57:27
12	27	Paul Dewberry	Colchester Rovers C.C.	V	00:58:47
13	31	Kevin Norman	Stowmarket & District C.C.	V	00:59:04
14	6	Colin Lown	Ipswich B.C.	V	00:59:37
15	7	Nick Ainsworth	Haverhill Wheelers	V	00:59:39
16	8	Stuart Bursill	Colchester Rovers C.C.	V	01:00:10
17	4	Nicholas Rivett	North Norfolk Wheelers	V	01:00:21
18	29	Alistar Baker	Haverhill Wheelers	V	01:01:06
19	1	George Hoppit	C.C. Sudbury	J	01:02:22
20	9	Stewart Hart	C.C. Sudbury	V	01:07:19
21	21	Darren Rule	C.C. Sudbury	S	01:09:03
22	34	Matt Traynar	C.C. Sudbury	S	01:10:38
23	11	Peter Beard	Stowmarket & District C.C.	V	01:11:12
24	23	Miss Miriam Edwards	Stowmarket & District C.C.	WS	01:14:02
25	2	Miss Emma Beard	Stowmarket & District C.C.	J	01:23:01
-	16	Ben Green	Ipswich B.C.	J	DNF
-	22	Simon Green	Ipswich Triathlon Club	V	DNF
	10	Bobby John De'ath	Anglia Velo-Exel Logistics-Cycletech	S	DNS
	12	Terry Law	C.C. Sudbury	V	DNS
	14	Martin Badham	C.C. Breckland - E.A.C.H.	V	DNS
	17	Steve Grimwood	Ipswich B.C.	S	DNS
	18	Sean Cole	Diss CC	S	DNS
	19	Miss Sandra Mackay	XRT Elmy Cycles	WV	DNS
	32	Andrew Goodchild	VC Norwich-TriAnglia Triathlon Club	V	DNS

No. 27 includes 1 minute penalty for late start

Note: These results even made the pages of Cycling Weekly, which was unusual as they rarely put club results in!

Warm Days Down Under - Feb 2011

by James Rush

Going on holiday for 2 weeks before the time trial season is upon us, was not the best preparation I'd hoped for. With Beers, Barbeques, and Ice Cream etc on the menu for 14 days, and probably not much scope to get in some much needed training miles, and with no sign of having a bike to use. Also having to miss the new CCS open time trial event in March was a little disappointing.

A late decision was made to fly down under, to visit family that had recently emigrated to the west coast of Australia to Freemantle near Perth, to see their new young edition.

Fortunately for me, my 'brother in law' being married to Susie Martin, had some good contacts in Perth in the form of her brother Rob Martin, a former CCS member and rider and is also a permanent resident & bike nut of Perth. After a few emails back and forth to Rob prior to leaving, he kindly dropped off his spare bike over to his sisters where we would be staying, and allow me some possible early morning training rides. I hastily packed some 'summer' kit, shoes and even pedals in preparation and was excited by the possibility of some 'warm' weather riding and getting some good miles in. After the 20+ hour flight, we arrived late and in no time were asleep and oblivious to the humid temperatures even at 3a.m. in the morning. We rose early for some breakkie, and were straight away taken aback by the heat even at 8.am, but going outside and seeing the blue sky for the first time in a few months raised the spirits, and thoughts of getting the bike set up and getting a ride in on the first day were put on hold when the jetlag set in.

So we settled for an easy day on the beach, oh well.....

However next morning waking at 5am, I jumped straight out of bed, kitted up, filled the water bottle, and headed out on the road straight down to the waterside where I picked up almost immediately, a designated '2 way' bike lane running parallel to the coastal road. This was a good start as I didn't know how the Oz drivers appreciated the everyday rider, bearing in mind most of the cars were generally V8 'Ute's' that had worryingly large 'Kangaroo Bars' mounted on the front, which you wouldn't want to meet with!!

Speaking with Rob, he said that the drivers generally have good respect to the cycling

community, but you do have to watch out for the odd 'mad max' road warrior and a few bouncing kangaroo's on early rides, but riding on the left hand side like we do in 'ol blightly' tends to help.

Not knowing what to expect from the bike lane, I was pleasantly surprised that it would take me



from Freemantle, 25Kms into the centre of Perth or business district, and on tarmac that was race track quality, perfect!!! On route, even at this time of the morning, I must have passed at least 50 or so riders, each nodding or saying hello, all very friendly. On the return leg I found even more riders heading into the city ready to start their day's work, with most working from 7a.m through to 3pm so they can head home at a decent time. I wish the same could be done in England, but essentially we just don't have the climate.

Towards the end of the ride at around 8.30am, having got in 70kms for the first day out, the sun was already zapping and I was quite glad to get back and shower and down some well deserved iced drinks for the rest of the day. I was pleasantly surprised by the quality of the roads and more essentially the provision of the 2 way cycle lanes that cover miles of track all over the city, making riding not only safer but a lot more enjoyable. The volume of riders was gob-smacking, but with such provisions and infrastructure in place, if you do not ride a bike over in Perth your somewhat of a oddball!!! One thing that I read about in the local paper was of a 60 year old man receiving an \$80 fine for not wearing a helmet, which is mandatory, something we in the UK should incorporate, and especially in the open event Time Trials which I have been doing for the last 7 years. Often when I'm taking part you see the odd rider with nothing more than a headband on or even nothing, bonkers!!!!

During the week the temperatures hit 40 degrees so it wasn't best practice to go out from 10a.m through to 4p.m, but I'd arranged to meet up with Rob and a few of his bike crew one afternoon for a spin, so the night before as recommended, I loaded the freezer with the water bottles as this seemed to be the thing to do, so to give some cool refreshment to the relentless heat. We met up at 3.30 and set off, picking up a few guys on route and putting some good miles in, all of these boys were high quality road racers and I have to admit their bike handling skills were pretty awesome, as I more than often got left behind on descents and high speed corners, but managed to get back to them on the straight!!! With the ride coming to an end and at least 10kms from home my chain broke, and between four of us no one had a chain tool, with all of us preferring to carry 2 water bottles in the cages rather than the SOS kit!!

Being a few miles from a local bike store I managed to part run / freewheel to the shop, only to find it closed. So we all agreed that the best solution was to pop in the pub next door, where we sank a few cold ones and waited for my brother in law to pick me up!!! These boys are very fit, but when there is a sniff of a beer, there was no stopping them, the Aussie way I guess

Speaking with the guys whilst riding, it was apparent that cycling was very popular in terms of road racing from the semi pro down to the casual rider, and it was an everyday necessity for the fitness mad country that seems to crave aerobic sports and a healthy lifestyle. Maybe it's the 3200 hours of sunshine a year they have, equivalent to 8.5 hours a day!! Compare that to London, which gets a meagre 1500 hours a year!!! You're going to want to get out on your bike with blue skies nearly every day!!! I'm ready to be converted but the grass is always greener as they say.....

Rob also goes to the Perth 'Speed-dome' Velodrome once a week, where he again meets up with a bunch of friends to ride, and notes that Team Sky Track Cycling have been training all winter there, and has spoken with Emma Pooley, over from the UK, who is training in the warmer climate in preparation for the coming season. Makes a change from the Sunday club ride I guess. Rob did mention that he has a friend popping over in a month or so time, in the form of Hugo Gladstone, someone a few Sudbury members may know!!

After a week of early morning rides, it was time to head off to Sydney for a week, unfortunately with no road bike to use but I managed to find a pretty worn out spinning bike in the gym, which meant I could work off all the beer and vast amounts of food consumed and not feel too guilty

I heard that the week after we left, Rob was riding in a road race at the weekend, and on the finish line, collided with his opponent and subsequently hit the deck hard splitting his bike in two and breaking his collar bone, puncturing a lung and breaking a few ribs.....however his main groan was that he came second to the chap as they both slid over the finish line!!!! I emailed him on the 18th March to see how he was doing, and he replied "healing well and I'm even on the turbo pounding out some miles"!!!! Cyclists hey you just can't get them off the bike!!!

Thanks to Rob for the loan of the bike, (which is now his No.1 bike) and hope he has a speedy recovery!!

A Mucky Audax = A Mudax?

by Bloke with a muddy Back

I recently entered (on the line) the Brazier's Run, one of the many audaxes run out from the 'Uts' at Henham, (see separate article on these fine buildings) near Stansted airport. I left the decision to take up Robin W's offer of a lift to the last minute in case I was washing my hair or going shopping or something, if the weather looked 'iffy'. The forecast appeared acceptable with only light rain due later in the day. The rain started on the way up but we convinced ourselves it was only a temporary blip.

The H.Q. 'Ut' was the only one without a surfaced track to it and was well churned up with mud by the time we arrived. Robin decided against taking his bike up to the 'Ut' and left it at the entrance which I thought was a bit dodgy. (Little did I know?) I rode, and then walked the 100 metres to the H.Q. Hmmm, big mistake. Before the off, I was poking all the mud out of my brake calipers and mudguards with twigs, just to get the bike rolling without sounding like one of the nearby jets taking off.

As ever, the early pace saw me briefly hanging to the back of passing groups. I can never get this bit right and should just go along at my own sedate pace.

The rain had increased to 'hurty on the face' levels and a lot of standing water started to appear. Coupled with a stiff breeze, it became

rather unpleasant, especially as I discovered that the first tea/cake stop would be back where we had just started from, i.e. a figure of 8 circuit.

We saw little of the six other CCS riders as they were inevitably ahead of us. We did have a MTB shod rider pass us on at least three separate occasions, but never worked out how we had passed him. As he was pedaling such a heavy bike, I concluded he was taking short cuts and cheating.

The halfway point, back at the crowded 'Ut, (up the muddy track again), wasn't really a joyous occasion as I didn't feel like continuing and felt like following two CCS riders who had packed up and gone home. As Robin is a proper rider, and I'm only a pretend one, he rightly dragged me outside to don my sodden gloves and helmet and begin part two into the howling gale and horizontal rain, (well it felt like it!)

This took us alongside the Stansted runway and a succession of very low flying planes overhead, just missing my helmet.

The route was a lot flatter than the first half and although it was still bucketing down and was 'head windy' in whatever direction we went, I was glad I had continued, and if you believe that one....!

Just after we had started out, Robin told me that the mid control was a post office with a cafe, and then mumbled something else which I never caught as a Ryanair went over. This bucked me up no end as the thought of hot tea and a bun was more like it.

We managed to keep MTB man in our sight and didn't give him the chance to deviate off the chosen course as he knew we were there behind him. Sneaky huh!

The Post office came into view, along with the sign in the window telling us it was closed on Saturday afternoons." What, you told me there would be a cafe open here" I moaned at Robin "No I didn't, I told it wouldn't be open, just after we started" he politely said. I cursed those bloody noisy planes.

The last miles took forever as we made our way back passed Stansted airport on road surfaces which make ours in Suffolk seem good.

Strangely, despite the monsoon conditions, we never saw anyone changing punctured tyres and concluded they must have been using the same as our bombproof Marathon Plus's. Being the last CCS riders back, the rest had already returned, been fed and watered (sic) and were on their way home, as we made our

way up the muddy bog for the last time (less the bikes)

Highlights of the day (mainly for others)

- *Dave Fenn rode around the entire course without a tea stop (Bonkers 1)*
- *Simon Daw rode from his home to the event, rode the Audax, then rode home (Bonkers 2)*
- *I convinced Jonathan Weatherly to get a hi-viz top to replace the all black ensemble he wore all the way round in the gloomy lanes. (Sorry JW – not bonkers!)*
- *Discovering my expensive overshoes, expensive shoes and expensive socks, were full of squidgy mud that took hours to clean. (Not a highlight, but still bonkers).*
- *The sun coming out as we passed Braintree on the way home. (Bonkers 3)*
- *Lying in the comfort of my bath at home and thinking 'I'm glad I didn't give in to my inadequacies' and finished the job!*
- *(Possibly Bonkers 4)*

Up the 'uts

A sketchy history of the Henham Huts

by Bloke at the Back in a Hut

The 'Uts (in London speak) at Henham, north of Stansted Airport, have been used quite a few times by CCS riders over the years and have always fascinated me as I was always led to believe they were built for deprived Londoners to escape to the country on their bikes from the city in the 1940's. Delving deeper brought up a lot of sketchy information which I've managed to piece together to give the truer picture. Within the Henham/Ugley/Newport area, fast course time trials were regularly taking place as it was one of the nearest to the capital that could accommodate their needs. The nearby E1 course was one they used on the old A11. The riders often rode out the day before the time trials and stayed in B & B's in the Henham area. A lot of these riders B & B'd with a Mrs. Curtis near to Henham. She was very fond of her rider guests and became a good friend to all of them. As more and more riders needed accommodation, she decided to help the clubs out by offering them strips of land, at a very beneficial price of £50-£60 a plot, on which they could build permanent huts. These would

eventually consist of ladies and gents sleeping dormitories, toilets, showers, a kitchen and a main function room. Her only caveat was that they were only be used for sporting purposes. Over the 1950's & 1960's, 10 cycle clubs eventually took up the offer to build their own huts. Some used their piece of land initially for camping on before they could raise enough finance to start building. Some of the huts took up to 8 years to complete due to money shortages!



Period photo of one of the Huts

The 10 original clubs were all members of the 32nd Association so called after the 32nd mile post, which was used as the starting point for time trials on the London-Cambridge road.

The 10 original cycling clubs were: -

**Comrades CC - Crest CC - Easterly CC
Eagle RC - Forest CC - Rosilyn Ladies
Shaftesbury CC - Upton Manor CC
University CC and Victoria CC.**

Riders from these clubs also used the huts as a base for long weekend rides and social events. Today, 6 cycling clubs are still using them for similar events including H.Q.'s for time trials and Audax rides. Some of the original huts have since been converted into residential properties.

The present day cycling clubs using the remaining huts are: -

**Comrades CC – Crest CC – Easterly CC
Lea Valley CC – Shaftesbury CC and
Victoria CC.**

I have to admit, they all have a certain charm about them, if looking a little 'tired' around the edges, but it must have been like heaven in the early years, for riders to be able to get away and escape the confines of the city.

Today, a mainline railway still runs behind the majority of the huts and just a few wheel lengths away, runs the 'new' M11 motorway, so it's not quite as peaceful as it was originally.

For Sale:-

Please can you circulate this mail to your club members:

Tacx Cycle force "basic" turbo trainer (I think the model before Flow), with power / watts display Mavic Cosmic Carbone front wheel SL, alloy clincher rim, 700x20mm Michelin pro race tyre. Cycle ops power tap wheel SL Hed Jet carbon section with alloy clincher rim, 2 computer mounts/pick-ups. HRM chest strap. Shimano free wheel. 9 speed cassette fitted/supplied. Cervelo P3C, 20" frame, Syntace alloy handle bars, 170 Campag cranks, front and rear mech. Shimano pedals. Titanium Quintana Roo frame 21.5" Wolf carbon aero forks, slight damage where seat post has been cut out of frame (offers given will take into consideration of the damage). Graham Buck fixed/track frame 531 tubing 21.5" chrome/red finish. Rear facing drop outs (very long). Forks, Headset, stem, seat post. Drilling for rear brake, but no other cable routing as expected.

Graham Buck road bike 21", 631 Campag 170 cranks, Madgetts built wheels: Tubs, Campag record hubs (screw on freewheel), Mavic rims straight pull front spokes. 12-18 rear cassette. Good chain, chain rings and sprockets. Down tube shifters, Shimano pedals. Steve Goff Classic Audax bike 631 tubing 21" striking red paint Ultegra 165 front crank. Good chain, sprockets and chain rings. Down tube shifters, Shimano pedals.

Clincher wheels (screw on freewheel).

These were John Tovels pieces of equipment, which, I'm sure you would have heard, sadly passed away earlier this year.

They are, as expected, in pretty much tip top condition and sensible offers will be considered. If anyone is interested, please contact Andrew Leggett 01473 714331

or Email andrew.leggett@bristos.co.uk

I do have some photos of these items.

The items will be sold/picked up from Ipswich.

Finally, we still have lots of Thursday evening marshalling slots to fill. If you intend to ride the T.T. series, you'll be required to marshal. See Robin Weaver on Thursday evenings or check the website under 'Events' – Evening TT Series – Schedule, to see what evenings you can do.

PS. I've finally updated my PC, so hopefully it has resolved some of the e-mailing Spindle problems that have occurred in the past.