

Its Springtime at last, the sun has finally decided to stay and the 'season' is well and truly underway.

Our own CCS Mad March Hilly Open Time Trial was an unqualified success in all departments with Jonathan receiving many plaudits from competitors for his seamless organising of the event. A big thank you too from the club to all of the many, many members who helped on the day as it wouldn't have happened at all without you. If you checkout the Open Time trial result sheet further on, you will see that already, many events have also been ridden by our members, including some new to the discipline. It's the next level up from our own Thursday Evening Series and *can* sometimes be a bit of an eye opener, but at the end of the day, it's still just **'you'** against the clock as ever but on a different course with unfamiliar faces in the mix. Those of you who are contemplating venturing out and joining the already large group of CCS riders should give it a go. It's addictive and there will nearly always be a friendly CCS face there to help you on your way.

Our first CCS Audax of the year has now been run and was a deserved success for first time organiser Viv Marsh. I hope he continues the trend in the coming years. A full report will hopefully be in the next edition.

The social rides at 'Weekends' seem to be a lot more structured and organised with nominated ride leaders on the Sunday mornings now in place. Note the request from Mark further on for a few more names to help out as leaders.

And talking of the Evening Series, it's now only just over two weeks away before the first event is upon us. I hope you are all geared up for it!

Following on from Nick Webbers excellent introduction to TT's article in the March edition, Brian Webber (bizarrely no relation!) our chief time keeper and Thursday Evening Series organiser, has followed this up with some more important TT info'. It may appear obvious advice but *stating the bloomin' obvious* is so important to understand what is required from you on the night and what you need to do.

Even seasoned TT riders should reacquaint themselves with it as they are often the worse culprits, so please read it and no skimming!!

This edition is very information orientated, so I haven't any member's nice little stories to offer you, but would again ask for anything remotely bikey related to be sent in to me including events ridden, results (especially Open TT's!) and any tit bits.

Diary Dates

(Compiled by Robin Weaver)

Audax rides

Saturday 5 April; Copdock 100k (no snow this year?)

Saturday 12 April; Norwich 100, 200k

Saturday 19 April; Huntingdon 200k

Saturday 26 April; Manningtree 300k

Further details and entry to all these rides via the AudaxUK website at

www.aukweb.net/events; anyone can enter these events.

Charity and Sportive Rides

Sunday 6 April; Help for Heroes ride, 10am from the George, Hadleigh. 50 or 70k. £10. Enter via

hadleighheroesride@outlook.com

Sunday 13 April; Boxford Bike Club; Boxford Tornado Sportive; details

[here](#); may be sold out!

Sunday 20 April; Norwich; 30, 60, 90 miles

Monday 5 May; Norwich; 35, 70 miles

Sunday 11 May; East Anglian

Children's Hospices; Ride/Walk for Life; Santon Downham; Rides on and off-road of 5 – 35 miles, walks of 3 – 10 miles. Last date for entries 28 April.

Enter on-line at www.each.org.uk

ECCA FESTIVAL, 3rd – 5th May.

A wide variety of events over the

weekend; Circuit racing at Hog Hill, road races, time trials, audax rides, map reading. Clubs can accumulate points in all events over the weekend; the Club with the most points wins. CCS are hoping for a good turn-out of members across the many events. Further details; the Diary 2014 page at; <http://www.easterncounties.org.uk/>

- Further to the above event, Darren Rule has sent in this plea for CCS riders to join in the fun with him.....

(Hi All

I'm sending this email to see if you are interested in being part of a team to represent CCS at the Eastern Counties Cycling Association Festival on the May Day bank holiday weekend.

The festival has a number of cycling events over the three days (3rd, 4th and 5th May) such as: time trials, an



audax, Crit racing at hog hill, a road race, a map reading challenge, plus women's and youth events. There are points awarded for all events which are accumulated for the overall team score - and what do points make.....? This could be a great event that is accessible to all members of the club, whatever their ability.

For more details on the event list please click on the link below, go to the "2014 Diary" and scroll down to the ECCA Festival.

<http://www.easterncounties.org.uk>

If you are interested in taking part of any of the events please let me know so we can try to coordinate something.

*Cheers
Darren)*

CIRCUIT RACING

<http://www.ciclosuno.com/circuit-racing>;

Circuit racing at Hog Hill, Ford at Dunton, North Weald airfield.

**FRIDAY 9th MAY- SUNDAY 11th MAY;
COMING TO A CORNER NEAR YOU!**

WOMENS' PRO TOUR OF BRITAIN



Stage 3, Friday 9 May, Felixstowe to Clacton, via **Ipswich**

Stage 4; Saturday 10th May Cheshunt to Welwyn Garden City

Stage 5, Sunday 11 May, Harwich to Bury, via **Hadleigh, Boxford, Great Cornard, Sudbury, Long Melford, Lavenham, Brettenham, Hitcham, Finborough, Felsham**

Further details and routes here;

<http://www.womenstour.co.uk/>

**CCS THURSDAY
EVENING TIME
TRIAL SERIES;
2014 SEASON**



The 2014 season

starts on Thursday 17th April.

Target times for riders who rode last year, full details of the schedule, start times, courses, marshalling list etc are available on the 'Events' page of the CCS website, using the 'Evening 10 TT Series' button on the left of that page

<http://www.cycleclubsudbury.com/evening-ts>.

NOTE; If you've not ridden before in a CCS time trial, please read these notes, with special attention to items 5 – 13; CCS TT rules and info below

***PLEASE READ THIS IF YOU
INTENDING TO RIDE TIME
TRIALS THIS SEASON***

With our Thursday evening Time Trials starting on 17th, April, I would like to bring some things to your attention; these apply to **old and new members** alike.

You must be a fully paid up 1st. claim member of a club that is affiliated to the CTT.

You must be aware of the rules and regulations for Time Trials and these included the East District rules.

You must comply with the Highway Code at all times.

Please note if you are reported for breaking any of the **above you could be disqualified**.

You are advised to wear safety helmet that complies with B/S standards.

Note: it is compulsory for riders under the age of 19 years to wear a helmet.

Anyone riding a CCS event *must have a **working rear light** attached to their bike.*

Please try not wear black or dark clothing when riding, not only do the marshals and the timekeepers have a job to see you but also the other road users, which means you are more likely to be involved in an accident. Please read the rules on Time Trials before taking part in an event, and that means club events as well as Open events.

Note the cut off time for signing on will be **20minutes before the start** of the event.

Note: a timekeeper will be there 45minutes before the start.

Please sign on as soon as you arrive. Do not stop at the finish when you have completed the event, as this is a hazard to other road users, but continue back to the HQ.

Please be aware the timekeeper may **refuse to start** any rider who does not comply with C.T.T. rules.

Brian Webber.

MARSHALLING:

All time trial riders are required to marshal at least once during the season; to book a date, look at the Thursday evening TT schedule, either on line or in the Handbook, choose two or three suitable alternative dates, and e-mail them to Robin at pamandrobinw@gmail.com, and he'll let you know the selected date. If you don't do this, you'll be allocated a marshalling date, and if it's not suitable, it will be up to you to find a "swap".

NOTE.....

A reminder to all new members that you are entitled to a free club water bottle plus additional ones can be purchased for £1. Ask for David Miller at Thursday Evening TT's if you would like one!

THE FIRST EVER L'EROICA COMES TO THE UK: 20th-22nd JUNE 2014



A 3 day bike and style festival in the green, very pleasant and spectacular lands of the Peak District National Park, UK.

Celebrating a very British take on the values of territory, sustainability and the joys of food and drink. The festival's pinnacle is on the 22nd June with our 'Great British Adventure' as we embrace the romantic idea of heroic cycling as it once was, placed



alongside aspects of lifestyle, belonging and the Great British Countryside with a 3 route bike tour of The Peak District.

A few members (Viv, Steve,

Ashton, Chris (Bracewell) and Kev and Carole (Raymond) at least) are already entered for the inaugural Eroica Britannia this June. We have opted for the 50 mile route.

We have been dusting down our old irons from the back of the shed but does anyone have any old (Mid-80s or earlier) cycling clothes we could borrow. Ideally CC Sudbury jerseys would be ideal but anything

appropriate would be welcome. I have a few things but unfortunately I was a lot smaller in the 80s than I am now
Viv Marsh

** I received this helpful notice below from one of our enterprising local churches, although the opening times maybe a little wide of the mark!.....*

CALLING ALL CYCLISTS

*IMPORTANT NOTICE FROM ST MARY'S CHURCH, RAYDON.....
EXCELLENT COMFORT STOP ON B1070 – South Suffolk Cycle Route B – ON FOLLOWING DATES:-
SUNDAY 8th JUNE
SUNDAY 6th JULY
SUNDAY 3rd AUGUST
SUNDAY 7th SEPTEMBER.*

*EXCELLENT HOME MADE CAKES, HOT AND COLD DRINKS..... PLUS A LOO!
ALL WELCOME BETWEEN 3pm AND 5pm- ish.*

HELP NEEDED

*Hello Everyone,
The audax season is getting under way and now and then some of the people who have been doing a sterling job leading the Sunday Club Runs will be involved with these rides. It would be very helpful if we could have a few more people coming forward to lead in order to relieve the pressure on these volunteers. It would also give others the chance to direct operations on a Sunday morning. Just think of all that power, solely in your hands.*

*(Tyrants need not apply!)
If anyone feels that they could help out, just send me an e-mail and
Bob's your uncle.*

*Mark
gmarkgentry@btinternet.com*

**CCS MAD MARCH HILLY
OPEN TIME TRIAL.
MENS & LADIES COURSE RECORDS
BROKEN**

As per Press report – almost!

Gloriously warm sunny conditions greeted Cycle Club Sudbury's 4th running of their Mad March Hilly Open Time Trial at Lavenham on Sunday and attracted a record 73 entrants which was almost twice the size of their previous events. This was probably down to two factors, the first was that the total prize money on offer was nearly £350 thanks to sponsorship from two local businesses; **LifeCycle UK in Bildeston and Long Meford insurance company Robins Row.** And secondly, this was for the first time, a qualifying round of the popular south-eastern SPOCO Series which is for Sporting Courses events.

It attracted top time trialists from around East Anglia and included a good ladies entry as the men's and ladies prize fund had been equalised. Winner Mark Arnold's (CC Desiragear) time of 48mins 08secs set a new course record by more than 1 ½ minutes which earned him an extra £100 for his efforts and was even more remarkable in that he rode the event on a fixed single gear.

Daniel Bloy (Velovelocity.co.uk) came back second fastest in 49.42 (to equal the existing record) with third spot going to Steve Gorbitt (Diss & Dist. CC) with a 50.24.

Hayley Simmond's (Cambridge University CC) very quick time of 52.52 easily won the ladies prize and was also good enough for 7th place overall and more impressively to break the ladies record by nearly 7 ½ minutes! She has recently returned from racing in Belgium and hopes to return to the

Continent shortly to continue her season.

With an excellent entry of 19 CCS riders competing, Simon Daw came back quickest in 9th place in 53.01 with Darren Rule in 16th place at 54.38 and James Rush 20th fastest in 55.04



Jamie Howe managed to crash during his warm up but gamely started and despite some nasty leg injuries and



further dramas on the course with a loose seat pin, still managed to complete the event in a time of 57.11 for 30th place.

Jody Downs, Lee Ford, Rob Davies and Alan Russell all managed to finish within a band of 14 secs of each other! (Had they all been out training together for the event?) Charlie Pratt, Simon Norton and Ian Campbell all repeated a similar trick by being within an 11sec band of each other and to complete a weird sequence of results, Steve Clark and Dan Upton were only 5secs apart. Very spooky!...

The other local club, Boxford CC, had 11 riders out and fastest of these was John Bradbury with a very good 14th

place with a 54.21 followed by Matthew Shinn in 57.38.

CCS rider Charlie Pratt claimed the home



clubs only award by winning the Junior prize with an excellent 1hr 05min 23sec ride. The Winning Team Prize was won by the Bury based Velovelocity, whose riders

Daniel Bloy, Paul Jay and David Staff had a combined time of 2hrs 36mins 07secs.

As I mentioned earlier, an excellent event with many thanks to Jonathan for organising it for us all.

CCS Membership

If you were unable to attend the Subs Night and want to continue your membership, please send a completed membership form and payment to the address on the form as soon as possible, or send an e-mail and pay by BACS/EFT as explained on the form. The membership form can be downloaded from the CCS website homepage <http://www.cycleclubsudbury.com/>.

OFFICIAL RESULTS for CCS MAD MARCH HILLY

<i>POSITION.</i>	<i>NAME.</i>	<i>CLUB.</i>	<i>CAT.</i>	<i>TIME.</i>
1	Mark Arnold	CC Desiragear.	S	00:48:08
2	Daniel Bloy	Team Velovelocity.co.uk.	S	00:49:42
3	Steve Gorbutt	Diss & District CC.	V	00:50:24
4	Andre Dyason	Team Swift.	V	00:51:23
5	Paul Jay	Team Velovelocity.co.uk.	S	00:51:37
6	Mathew Shotbolt	Autostrasse Porsche Racing Team.	S	00:52:28
7	Hayley Simmonds	Cambridge University CC	LS	00:52:52
8	Jack Sears	Stowmarket & District CC.	S	00:53:00
9	Simon Daw	CC Sudbury.	V	00:53:01
10	Andrew Leggett	Stowmarket & District CC.	V	00:53:27
11	Ian Short	API – Metrow Foods – Essex Utilities.	V	00:53:34
12	Ryan Ostler	Stowmarket & District CC.	S	00:54:12
13	Paul Rooke	West Suffolk Wheelers.	S	00:54:14
14	John Bradbury	Boxford Bike Club.	V	00:54:21
15	Graeme Knott	Colchester Rovers CC	S	00:54:32
16	Darren Rule	CC Sudbury.	V	00:54:38
17	David Staff	Team Velovelocity.co.uk..	V	00:54:48
18	Jim Reed	Colchester Rovers CC.	V	00:54:54
19	Nicholas Webber	Colchester Rovers CC.	V	00:55:03
20	James Rush	CC Sudbury.	S	00:55:04
21	Andrew Kennedy	Ipswich BC	V	00:55:32
22	Graham Hurrell	Maldon & Dist CC	V	00:55:55
23	Lee Ford	CC Sudbury	S	00:56:14
24	Paul Moss	Stowmarket & District CC	V	00:56:23
25	Jody Downs	CC Sudbury	V	00:56:28
26	Robert Davies	CC Sudbury	V	00:56:30
27	Alan Russell	CC Sudbury	V	00:56:38

28 Gary Smith Kings Lynn CC V	00:56:49
29 Bronwen Ewing Trainsharp Racing Team LV	00:56:53
30 Jamie Howe CC Sudbury S	00:57:11
31 Simon Light Kings Lynn CC S	00:57:15
32 Matthew Shinn Boxford Bike Club V	00:57:38
33 Colin Lown Ipswich BC V	00:57:53
34 Nick Baker CC Sudbury V	00:58:16
35 Pete Newell Colchester Rovers CC V	00:58:18
36 Edward Packard Willesden CC S	00:58:18
37 Robert Wood Colchester Rovers CC V	00:58:21
38 Darren Pratt CC Sudbury V	00:58:23
39 Matthew Baker CC Sudbury V	00:59:23
40 Richard Porter Boxford Bike Club V	01:00:30
41 Chris Steward Boxford Bike Club S	01:00:57
42 Malcolm Borg West Suffolk Wheelers S	01:00:59
43 Ben Sayles Boxford Bike Club S	01:01:05
44 Steve Clark CC Sudbury S	01:02:07
45 Daniel Upton CC Sudbury S	01:02:12
46 Orlando Scott-Cowley Boxford Bike Club S	01:02:28
47 Lisa Haines Maldon & Dist CC LS	01:03:35
48 Jayne Williams Autostrasse Porsche Racing Team LV	01:05:10
49 Charlie Pratt CC Sudbury J	01:05:23
50 Simon Norton CC Sudbury V	01:05:27
51 Ian Campbell CC Sudbury S	01:05:34
52 Charles Tallack Team Cambridge V	01:07:29
53 Iain Young Boxford Bike Club V	01:08:21
54 Gerry Barton West Suffolk Wheelers V	01:08:33
55 Andrew Renshaw Boxford Bike Club V	01:08:37
56 Emma Beard Stowmarket & District CC LS	01:10:04
57 Peter Beard Stowmarket & District CC V	01:10:07
58 Honor Wood Maldon & Dist CC LV	01:11:10
59 Colin Clarke Wolsey RC V	01:12:11
60 David Miller CC Sudbury V	01:14:58
61 Thomas Moore Bath Road Club V	01:18:01
62 Terry Law CC Sudbury V	01:23:19
- David Crisp CC Sudbury S	DNF
- Phil Jarvis Colchester Rovers CC V	DNF

JUNIOR COACHING SESSIONS.

Junior Coaching sessions will commence on Saturday 26th April, 10.00 am to 11 am. The first session will be held at Cornard Sports Centre on the playing field at the rear of the Sports Centre. A small charge to cover costs will be made, £1.00 per session for Juvenile club members and £2.00 per session for non club members. Juvenile club membership costs £5.00 per annum. A 26 week programme of progressive cycling skills is planned together with other selected events. Youngsters between the ages nominally 5 to 12 years old are welcome, contact Kirsty White on email kniamh@icloud.com

MORE URGENT HELP REQUIRED

Volunteers are required to assist with the running of the coaching sessions; no experience required just a willingness to help our Junior coaches during the sessions. With a sufficiently large group of volunteers to call upon we would be able to operate a rota system. If you are able to assist contact David Fenn on email dr.fenn@tiscali.co.uk

C.C.S. Riders - Open T.T. Results -2014 Season

C.C.S. Riders - Open T.T. Results - Jan/Feb/March 2014

<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 - Wymondham	B10/3	J.Rush	10	24.04	10th
Feb 9th	Ely & DCC - Hardriders - Lt. Downham	BS19	J.Rush	25	01.03.47	9th
Feb 9th	Ely & DCC - Hardriders - Lt. Downham	BS20	R.Davies	25	01.07.17	15th
March 2nd	Hainault RC Hilly - SPOCO SE - Navestock	E14/28	S.Daw	50km	29.30	10th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	S.Daw	22	53.01	9th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	D.Rule	22	54.38	16th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	J.Rush	22	55.04	20th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	L.Ford	22	56.14	23rd
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	J.Downs	22	56.28	25th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	R.Davies	22	56.30	26th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	A.Russell	22	56.38	27th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	J.Howe	22	57.11	30th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	N.Baker	22	58.16	34th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	D.Pratt	22	58.23	38th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	M.Baker	22	59.23	39th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	S.Clark	22	01.02.07	44th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	D.Upton	22	01.02.12	45th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	C.Pratt	22	01.05.23	49 th 1st Jun
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	S.Norton	22	01.05.27	50th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	I.Campbell	22	01.05.34	51st
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	D.Miller	22	01.14.58	60th
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	T.Law	22	01.23.19	62nd
March 9th	CC Sudbury - Mad March Hilly SPOCO Lavenham	BS24R	D.Crisp	22	DNF	-
March 15th	West Suffolk Wheelers - Risby	BS31	D.Day	21	53.04	11th
March 15th	West Suffolk Wheelers - Risby	BS31	B.Law	21	01.16.22	53rd
March 16th	Maldon & DCC Hilly - SPOCO - Woodham Walter	E18/9	S.Daw	18	48.35	11th
March 22nd	Plomesgate CC - Tunstall	B10/9	J.Downs	10	24.20	8th
March 22nd	Plomesgate CC - Tunstall	B10/10	D.Day	10	24.27	9th
March 22nd	Plomesgate CC - Tunstall	B10/11	J.Rush	10	24.46	12th
March 22nd	Plomesgate CC - Tunstall	B10/12	J.Howe	10	25.30	20th
March 22nd	Plomesgate CC - Tunstall	B10/13	D.Crisp	10	26.27	28th
March 29th	VTTA - EA - Newmarket	E33/25	J.Rush	25	01.03.14	11th
March 29th	VTTA - EA - Newmarket	E33/25	B.Law	25	01.26.30	
March 29th	VTTA - EA - Newmarket	E33/25	T.Law	25	01.34.19	