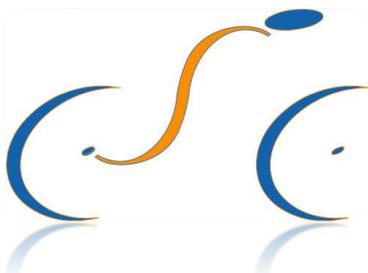




**Anglo/French
Edition!!**



The Spindle. AUGUST 2019. cycleclubsudbury.com

Hi everyone,

Well, as I sit here with a large fan blowing warm air over me as I type away, I wonder, is this the summer or just another false start. At 33 degrees, it better be!

The downside is, I don't like going out in rubbish weather and conversely I don't like extra hot conditions either. (It's now 3 days on and it's pouring out there.....bonkers!)

So not much biking for me lately!

The Tour has been a bit of a nail biter with the real winner being the amazing French scenery and countryside we have been treated to each day. The last few days have been chaotic with the weather doing its best to ruin it all...and giving it an unsatisfactory ending.

I've had some fabulous reports in from my correspondents for which I am very grateful.

Continuing with the *French theme*, this month's edition has a very strong Gallic flavour with a great last minute T de F report from my *Man at the Tour* Leon, an account of CCS's trip to the Dieppe Raid by Viv, a report on our own Audax (a French invention) from Bildeston by organiser Robin and finally a blow by blow account of riding through France recently, top to bottom by Geoff! My take on motorised bicycles on offer at the moment (including a French example) and a Road Race Round-up by James Newton for which I can't think of a French Connection! And a report on club rides from Martin North with a French twist. Plus a few pleas for help (as always), Open TT reports including the clubs TT Championship evening, (*the Evening Series points table is not available at this time as my 'points worker outer' is away at the moment*) Audax league details and SPOCO key info.

So with lots to read, in what is possibly the best Spindle ever, you probably need to take it away on holiday with you and read and digest it all in a deckchair. I know I will.....

Talking of France I think we all wish Raymond Chung good luck as he tackles his 2nd 1200km Paris-Brest Paris endurance event at the end of August.

And finally, this will be my last Spindle...for a couple of months as it's time for a rest and also happens to be my holiday soon.....where else but France of course!

Have a great summer holiday everyone.

Rog

CYCLE CLUB SUDBURY / AUDAXUK BILDESTON RIDES, 20 JULY 2019

by Robin Weaver

During the week preceding these long distance audax rides from Bildeston organised by Cycle Club Sudbury in conjunction with AudaxUK, the long distance cycling association, the forecast had been for thunder, lightning, and heavy showers, but on the day there were a few light showers, and the majority of the day was fine, with sunshine, although on the longer rides a stiff wind in the afternoon wasn't welcome.

The forecast had an effect on rider numbers, however; from 101 entrants, 72 rode on the day, with riders from across East Anglia, the London area, and beyond. One lady rider rode from Melton Mowbray on Friday, rode on the Saturday, and home again on Sunday.



32 riders tackled the 209k (130 mile) Suffolk Extravaganza route via Walsham le Willows and Halesworth to the coast at Orford and back via Framlingham and Debenham, and 18 took the slightly shorter 168k (100 Miles) route via Walsham and Framlingham to Orford, with a cafe stop at Wickham Market on their return.



On the longer ride were three generations of the same family; Mick Bates, a CCS member, and his son in law and grandson, Adrian and Jayden Simpson. The shorter 104k (65 mile) Bildeston Lanes route attracted 22 riders for a circular route through the countryside around Bildeston, with cafe stops possible at

Nutshells Cafe Stowupland and Granary Crafts at Buxhall. 10 local riders, including 9 year old twins and CCS members Olly and Seb Skeats, from Great Waldingfield, also completed a 25 mile Challenge route, using lanes to the cafe at Buxhall and back. Total distance ridden on the day by the 82 riders:-

7500 miles!

As a result of the day's activities, donations will be sent to St Nicholas Hospice, St Elizabeth Hospice, and the East Anglian Childrens' Hospice.

PS £70 to each of 3 hospices (St Eliz, St Nicholas & EACH), and £258 to CCS.



7500 miles!

As a result of the day's activities, donations will be sent to St Nicholas Hospice, St Elizabeth Hospice, and the East Anglian Childrens' Hospice.

PS £70 to each of 3 hospices (St Eliz, St Nicholas & EACH), and £258 to CCS.

PPS You can ask if anyone interested in taking over next year - I'm happy to help!

Orford Control Report

We had an interesting time on Orford Quay stamping riders cards, topping up their water supplies and pumping up tyres that had had visits (many) from the Puncture Fairy after some sporadic heavy, but short, downpours throughout their rides!

Photo's below show CCS riders taking shelter from these showers/thunder/lightening, plus a photo of 3 generations of Mick Bates' family that rode the 200km including his 14 year old grandson! Chapeau!

We always find it amazing how many riders become *Audax Control Signs Blind* when they ride onto the quayside, despite us waving at them. One pair seemed to ignore us completely, went over to the Riverside cafe, got them to sign their card, had a cuppa then rode off! We then waited to the bitter end to the cut off point for these two missing riders from our sheets! Cheers chaps... As ever, it was a very well run event by Robin who received many plaudits from the riders at the end for such lovely routes he had provided. As you can see above, he has asked if anyone else would like to take over from him as after running the event for the past 12 years and would quite like a rest. So if anyone is interested, everything is in place and he has even offered to help with the 1st event with the new team.

Rog



CCS Road Races

Hi

The summer is here (apparently) which can mean only one thing....the CC Sudbury Road Races, and my plea for people to help out on the day.

This year's event is on Sunday 18th August and is planned to include a men's race starting at 9am and a women's race at 1:30pm. I'm looking for willing (or unwilling!) volunteers to help with a lots of jobs like marshalling, setting up signs on the course, driving support vehicles in the race convoy and of course the most important job of making cups of tea.

In return for your help there'll be plenty of refreshments on offer, a chance to hopefully see some great cycle racing and, of course, a chance to have a catch up with other members and supporters of the club. If you're not able to help on the day you could make a cake to fuel the racers and helpers?

Please drop me an email if you'd like to get involved or if you have any questions about the event. I look forward to hearing from you.

Best regards
Darren

Contact Darren on: - darren_rule1@hotmail.com

CCS Annual Dieppe Raid *by Viv Marsh*

The "Dieppe Raid" is an annual cycling event that began in 1972 to commemorate the tragedy of the same name that took place during WW2 in August 1942. The original was allegedly a "trial run" at launching an invasion into occupied Europe via the beaches of northern France. Just over 6,000 soldiers made it ashore that day (mostly Canadian), of which over half were killed, wounded, or captured within just 10 hours. It was a spectacular failure and we can only hope that the lives lost helped in some way to contribute to the later successes of "D-Day" in 1944.

By contrast the annual Tour des Trois Vallees cycling event has become a huge success. This year's was the 48th consecutive edition. Organised by the Cyclo-Club Dieppois, for some unexplained reason it enjoys an extraordinarily large contingent of British entrants.

Stewart & Steve at base camp.



I don't know quite when or why CCS became involved with it but I first took part back in 2007 by which time several other members had been at least a few times already. 2019 was my ninth trip in the last 13 years and this year there were 7 club members riding – me, Steve Barnes, Andrew Hoppit, Robin Weaver, Stewart Kirk, Mark Gentry and first-timer Peter Jeffries, as well as (honoury members and French residents) Kevin and Carole Raymond, ex-members Chris Bracewell and Pete Gibson, plus Pete's Hadleigh Velo compatriot, Andrew Thompson and Carole's brother, Adrian and step-father, Ron.

Stewart on the delightful "Avenue Vert".

Four stayed in the usual Hôtel de la Plage on the sea-front while most of the rest of us assembled in various camping guises at the campsite just out of town. Steve, Stewart and I travelled on Friday arriving to extremely hot weather from which we hid for the remainder of the day and drank beer. Saturday was scheduled to top 32°C so we planned to set out early for some warm-up miles before the day got too hot. We visited the nearby Canadian war cemetery to pay our respects to the fallen and then rode down to a favourite café at Auffay, managing 64 pleasant kilometres, before giving in to the heat and again spending the afternoon huddled in the shade near the pool!



Dieppe Raid Canadian war cemetery.

The others arrived at various points later that day and Carole and Kev laid on their usual lavish spread for the 11 of us: produced as if by magic, apparently with just a bent fork and a cork screw from the back of a 1970s Citroën H-van, bedecked with flags, bunting and fairy lights. Convivially, we ate, drank and chatted until after dark (which is about 11.30pm in France in June!).





Top quality "à la Raymond" on-site catering facilities

Robin messaged us in a somewhat optimistic attempt to propose an 8.30am start on the Sunday morning. We cagily assured him that we'd aim to leave the campsite by 8am but as it happened we did somehow manage to get assembled by about 8.15 and actually got down the hill into town and to the HQ before they did!



Ready to leave the camp site – almost on time!

Among us was a mixture of entrants for both the 100km and the 140km routes. There was hushed talk of maybe doing half and half, thus forming an unofficial 120km event, which I had to admit did have a certain appeal. The event went off without any hitches apart from a couple of early mechanicals. The first half of the 140 route was quite splendid in the beautiful and tranquil rural lanes and agricultural countryside around Dieppe. A scattering of farms, small towns and villages, old railway infrastructure and marvellous views. It was easy, pleasant cycling –

a few long but steady climbs and many exhilarating, long descents. The roads are generally in excellent condition and the French traffic is always so much more accommodating towards pedal powered travellers than we are used to in England. In France, cyclists are generally admired rather than scorned – something I'd recommend we gave a try sometime.

We stopped in Auffay again for more strong coffee and began to feel like regulars. But by the half-way point at 70km I was getting some serious pain in my knee and warmed to the idea of switching to the "120km route". Most of the others carried on the full 140km route but at the splitting point four of us joined those doing the 100km route. For me at least it was the right decision because after about 100km I could barely persuade my knee to keep pedalling and painfully crawled the last 25km back to Dieppe.



On the Avenue Vert.

Because of my ailment I didn't make it back to the hall at the finish but apparently everyone was thrilled that Andrew had won a tee-shirt in the raffle. (Pete won one too, but he did it by pretending to be someone else, so that was deemed somewhat less salutary. I don't think he cared though.) Stewart kindly nursed my knee with some wet towels and later, all 15 of us gathered at a restaurant near the camp site for dinner, and to admire Andrew's tee-shirt. Happily, much wine and beer was consumed once again.

On Monday we bade farewell to those who had to go home but some of us stayed for another day's cycling. The guys in the hotel had what looked like a splendid day covering 90 odd km along

the coast to the west, and visiting Saint-Valéry-en-Caux, while we took in the chateau at Arques-la-Bataille and then enjoying over 20km of Avenue Vert (Green Lane) to the WW2 V1 Rocket Launch site at Val Ygot (a solemn reminder of an earlier time when Anglo-European relations reached a low ebb). Stewart's nursing seemed to have done the trick and thankfully I was able to manage the 80km without too much distress. Our last evening on the campsite was rather chillier and we ended up dining outside Stewart's lovely old VW camper, each taking refuge under offerings from his impressive collection of novelty sleeping bags.



The sobering V1 rocket launch site – aimed at London.

And then we all went home. At some point in the night, Pete, Thommo and Chris realised that their ferry was actually the day before, so by daybreak they had already packed up and gone. It was though, once again, a brilliant weekend. I hope to make my 10th trip next year and I would strongly recommend it to anyone who fancies sampling some splendid cycling in France.

Viv

New TT Member

Hi Roger,

Thanks for the kind mention in this month's Spindle (always look forward to reading it). *(He's my sort of reader!)*

As you asked....I did many Time Trials 'back in the day', and often completed Spoco south east rides. I even beat Alex Dowsett in a Maldon 25 once.... he was only about 14 though, but a wins a win!

In recent years, with getting on a bit (I'm 64 now), and with other things taking my time (family/job/moving house a few times etc), I'd lost interest in racing so not really done many TT's. However a few months back my best friend entered a few TT's, which re-kindled my interest. I get out once or twice a week on the bike, and I'm a big fan of Zwift so still keep myself 'ticking over'... I dusted off the old TT bike and entered a few TT's myself!

The Maldon 10 was the first TT for a while and I couldn't have picked a windier day! Not too pleased with my long 27, as I'd gone some 2 minutes quicker a few years earlier, but first time back and all that!

I did the Essex roads 10.2 on the E1 yesterday, and although very hot there was not much of a breeze so improved my time to a 26.07 which I was happier with....Although Russel Hampton caught me on the line to do a 21.07!!

I don't know too many people in the club yet, and as I live in Tiptree, it's not always easy to get over to Sudbury (my daughter lives in Cornard and I wanted to do more rides out that way!), But I'm hoping to do a few club TT's and even the Club audax in the coming weeks, so may be able to put a few club faces to names then!

All the best,

John Bonnyhood

Powered Bicycles - The Quest continues!



1950 Velo solex orbea Moped



My quest for power assisted bikes continues....



The latest ideas have been sent in by James, (always trying to help his poor old dad out) who thinks I should go with a petrol motorised machine driving the front wheel ...shown on the top photo's. Didn't realise Orbea were producing such things all that time ago. It does remind me of a Derny pacing bike they used in the 50's & 60's though!
Perhaps I could supplement my pension by offering to do some road pacing for CCS riders?

The next idea has been sent in by Trevor Hale which is also a petrol driven machine (Twin Cyclmaster engined Raleigh) but with an engine on each wheel...now we're talking....looks plenty powerful for my over adequate frame!
The detail looks amazing and just love those mini exhausts from each engine! Not sure about the saddle though!

Then there is the modern take on the conundrum, as seen in the above right photo!
Very lightweight (carbon frame), very sleek, and a very good mileage range (up to 130kms) all with no hint of a motor anywhere! The perfect stealth bike to fool everyone into thinking I suddenly got fit as I pass them up the hills. Best of all, my TdeF hero Sean Yates has got one just like it!!!
And the price is just £2500....but hang on a minute, even at that bargain price,...the money computer says nooooo.....I don't have any funds available...bu99er!
Oh well, back to drawing board!

Poor Rog!

CCS Championship 10 Mile TT.

Our own club championship was held recently in very trying conditions on the Lavenham 10 Course which was finally a traffic light free zone!

The exceptional heat took its toll on the original entry list with 8 withdrawals, leaving just 15 CCS Riders competing for the various categories on offer and having to endure less than favourable conditions.



It was nice to see Damon Day (pic left) come back with the fastest time of the evening in 22.43 to secure 1st place overall and the gold medal. James Rush picked up the silver medal with a 23.03 ride and Doz Bree the bronze with a 23.31. 4th, 5th & 6th places went to James Harman, Chris Steward & Dan Upton.

Fastest Lady went to Angela Lesslie (28.00) with Caroline Wyke in 2nd place. Oscar Keep (30.03) won the Juvenile title and Charlie Heeks (25.45) the Juniors.

They also cleaned up the Handicap competition with Charlie in 1st place followed by Oscar and Angela in 3rd.

And finally the Vets on Standard (*no, I don't know either what that means!*)

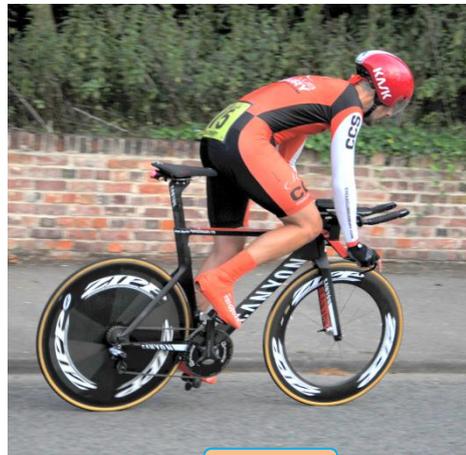
was a repeat of the overall positions with Damon, James & Doz taking the honours!

It was a strange evening as the conditions changed almost by the minute and put paid to anyone achieving fast times.

As with most prestigious events, the lightning & thunder show at the end, (*thankfully*) was equal to any firework display that usually follows and closed the event with much banging and flashing!!



Damon



James



Doz



Angela



Charlie



Oscar



For The Very Last Time! *by Geoff Simms*

Cycling from the English Channel to the Mediterranean – a habit dating back to 1992, embracing the South of France (4 times), Tarragona, Bilbao, Santander and Milan (twice), usually alone, has been dormant since 2010. For those members who know my routine, the South of France is a natural destination having had a second home in Cannes since 2002. I rode there from Caen on my retirement in 2007, and from Lavenham via Dover – Calais in 2010 in an 8 day epic averaging 110 miles a day.

Approaching my 78th anniversary it dawned on me time was getting short for these frolics. I had though nourished the idea of a home to home ride via Newhaven – Dieppe to as a grand finale. That was my promise to Jackie, the very last one.

Despite having the entire year to select a suitable slot, the actual choice is quite narrow. March and April can be cold and wet in England and in Northern and Central France. It is a similar situation once October sets in. On the other hand July and August are extremely hot once beyond St. Etienne. Looking back, I see that my rides have mostly been undertaken from mid-May to mid-June. That is my choice this time. Even though a slightly shorter route via Dieppe common sense dictates that something of the order of 10 to 11 days puts the daily average around a manageable 80 miles. In fact I took ten plus a morning.

Lavenham to Newhaven is about 115 miles. Best to split that into two and if so why not two equal stages? First night in Dartford with the 2nd in a B&B close to Newhaven! Grandson Ryan has finished his university year, offering to drive a support car, with the reward of two weeks holiday in Cannes to follow. We rendezvous at Newhaven for the 9am ferry, my bike loaded into the car along with my Pinarello (a shrewd move judging by what follows) for Ryan's use when the mood took him to accompany me. Leaving Lavenham in chilly conditions it's a long-sleeve CC Sudbury top and leg warmers to Newhaven. Leaving the ferry in shorts and short sleeves that is how it was to Cannes. Not a drop of rain for the entire ride and no punctures either.

There had been a slight headwind from Lavenham to the coast, and that is how it remained apart from just two days and the final morning in France. Into the wind from Dieppe to Gien, where I met the Loire, combined with a top temperature of 34 degrees tested my mental strength to its limit. Then there was the bizarre collision; on a cycle path too, mid-morning on my first full day in France. To protect cyclists and pedestrians from the intrusion of cars and motor-cycles, the paths (built on disused railway lines) have narrow entrances and exits whenever a road or track is crossed. Entering a section a large shrub was intruding on the left side, and unknown to me concealed a wooden post which I hit in the angle of my

handlebars. On the ground in a split second; grazed elbow, bruised hip; all the usual things! I soon resumed, wishing I had taken the road at that point as the termination of the path was imminent. Fifteen minutes later I arrived at the foot of the day's tough climb. My left thumb automatically sought the button to shift to the 34 ring, but, no button! It had been sheared off completely by the impact. My ten lowest gears all gone! Fortunately, the big ring is 48 teeth, the cassette 16/27, and climbing is not my weakest point. This was Black Saturday: a fall, a wrong turning adding almost ten



miles, a headwind, and 32 degrees. Added to which a shortage of accommodation kept me on the road until 7.45pm. This was your idea though Geoffrey.

The loss of low gears was not as great a handicap as I feared. Apart from the *Col de la Republique* leaving St. Etienne, there were probably only four climbs from the Channel to the Med worth mentioning. I had plotted my route along river valleys, the Loire, the Rhone, and the Durance with the mighty *La Republique* separating the Loire from the Rhone Valley. The small ring on the Pinarello was my salvation, though I did rest a few times on the ascent. No respite from the wind though, raging full-on at 40mph all day long. From here it is 200 miles to the next big hill.



Day 9 along the Rhone Valley into Provence, slightly cooler with a tailwind along flat roads, my feet just kissing the pedals hoovering up 110 effortless miles into Cavaillon. Almost 'home' roads now, but wait a minute, the 40mph headwind is back next morning for the lumpy terrain to the north east of Aix en Provence. Strange how the 'graveyard' sessions came on in the first 30 to 40 miles on six of the nine mornings in France. Whereas later in the day I seemed to get stronger. That well describes Day 10 beginning with a 11 mph grovel along a perfectly flat road into the gale. I was so glad to have Ryan's company, seeking out the cafés and the patisseries, delving into the car for any obscure items I might demand. At

two o'clock no more than 50 miles were bagged. Then suddenly the road began a long descent, there was a forest, then a café, then the climbs became easier, although I was not going to get closer than 50 miles from home.

I climbed off at Flayosc, close to Draguignan, dismantling the bike for the drive to Cannes, and my own bed. I had no intention of paying yet another hotelier when so close. Ryan ferried me back to Flayosc next morning from where it was downhill for the first 8 miles, and glory be, a tailwind. Sitting at a restaurant table on the shore of the Med at Agay, I felt just too tired to eat. 20 miles to go, my familiar route along the Corniche, taking in the climbs comfortably until the final out of saddle haul up 12% Chemin des Roques, swooping over the top and into our close.

Done it! 850 miles exactly. Your wish is granted Jackie; I really don't want to do this again.

"Reading my account fellow members may well be asking themselves "Did he enjoy it, or what were his real motives." To which my response is that all of my early rides were delightful. More recently though it is fair to say that I most wanted was to prove to myself that I could still fulfil my cycling ambitions, while seeking out the minor roads and cycleways to remind myself what fortune I found in this wonderful pastime. From that it must follow - on this occasion - the enjoyment was the sense of achievement." Geoff

Cycling Commissaire Courses Opportunities!

From: Ian Doe iandoe@britishcycling.org.uk

Subject: Commissaire Opportunities

Date: 16 July 2019 at 11:16:13 BST

Folks

Could I please ask that you circulate around your clubs that the region will be running 2 commissaire courses in August for Circuit and Track officials.

The Circuit Commissaire Course is being held on 10th August at the Hutton Community Centre, the link to find out more or to register on the course is <https://www.britishcycling.org.uk/events/course/details/5371>

The Track Commissaire Course is on the 17th August also at Hutton and the link for this is <https://www.britishcycling.org.uk/events/course/details/5345>

Without officials we will not be able to run events at the Velodrome, Welwyn track and all the grass events we have during the year and with the new circuit being built in Colchester we will require more help to make sure that this is a success.

We will also be running a Cyclo Cross course in late August early September the date is yet to be confirmed and there will also be courses in the early part of 2020 for MTB, BMX, Road and Speedway in the build up to the new season.

If you have anyone interested but they have questions please do not hesitate to give them my details to contact.

Thank you in anticipation of your support.

Ian Doe

Regional Events

Officer Eastern

Tel: 0161 274 2000

Mob: 07940302228

Web: britishcycling.org.uk

SPOCO CCS League

Compiled by David Fenn

CC SUDBURY SPOCO LEAGUE TABLE 2019			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	19	1630
2	John Bradbury	11	1279
3	James Rush	7	739
4	Caroline Wyke	7	551
5	Leon West	4	466
6	Gary Johnson	3	299
7	Damon Day	1	110
8	Chris Steward	1	109
9	Dan Upton	1	102
10	John Bonnyhood	1	100
11	Graham Buckles	1	96
12	Sarah Johnson	1	92
13	Terry Law	1	92
14	Ian Millard	1	69

SPOCO Report Update

John has narrowed the gap to David during July by 150pts so expect David to ramp up his efforts. James has consolidated 3rd spot with some useful points and Caroline is edging towards Leon's 4th place. Chris has joined in the fun and needs some more Spoco rides to make progress. Otherwise all others remain as they were...

Rog

Audax Update July 2019.

Compiled by David Fenn

Date	Event	Riders
23 rd June	Chelmer 201k	Raymond Cheung +100k, +100k Steve Barnes, Tony Grimes, Byron Grimes
23 rd June	Chelmer 110k	Mick Bates
30 th June	DIY 200k	Ian Lovelock
5 th July	Lytham St Annes 1002k	Raymond Cheung
20 th July	Dunmow 400k	Raymond Cheung
20 th July	Bildeston 209k	Steve Barnes, Jane Watson, Mick Bates, Tony Grimes, Byron Grimes, Robin Weaver, Andy Rogers
20 th July	Bildeston 168k	Sarah Johnson, Mark Swift, Liam Norfolk.
20 th July	Bildeston 104k	Brian Mann, Oscar Keep, James Rush, Raymond Cheung

Name	Pts	Total Distance Kms	Club Audax Trophy	100	150 km	200	300	400	600	1000 km	Climbing Metres
Raymond Cheung	83	8,812	1st	2	1	16	3	5	2	1	49,818
Andrew Hoppit	23	3,192	2nd	8	-	8	1	1	-	-	20,800
Ian Lovelock	24	3,147	3rd	7	-	3	2	-	2	-	22,137
Jane Watson	8	2,998	4th	16	3	4	-	-	-	-	17,587
Mick Bates	6	1,459	5th	5	2	3	-	-	-	-	7,717
Steve Barnes	8	1,402	6th	4	1	4	-	-	-	-	5,867
Tracey Lovelock	4	1,190	7th	7	1	2	-	-	-	-	6,067
Tony Grimes	6	1,096	8th	3	1	3	-	-	-	-	6,217
Byron Grimes	6	994	9th	2	1	3	-	-	-	-	5,317
Robin Weaver	2	730	10th	5	-	1	-	-	-	-	4,546
Viv Marsh	2	531	11th	3	-	1	-	-	-	-	1,350
Brian Mann	2	521	12th	4	-	1	-	-	-	-	4,350
Andy Rogers	2	209	13th	-	-	1	-	-	-	-	1,200
Ashton Dyson	-	168	=14th	-	1	-	-	-	-	-	867
Liam Norfolk	-	168	=14th	-	1	-	-	-	-	-	867
Geoff Simms	-	168	=14th	-	1	-	-	-	-	-	867
Sarah Johnson	-	168	=15th	-	1	-	-	-	-	-	?
Mark Swift	-	168	=15th	-	1	-	-	-	-	-	?
Liam Norfolk	-	168	=15th	-	1	-	-	-	-	-	?
Don Keen	-	106	=16th	1	-	-	-	-	-	-	700
Nick Reed	-	106	=16th	1	-	-	-	-	-	-	700
Trevor Hale	-	106	=16th	1	-	-	-	-	-	-	700
Oscar Keep	-	104	=17th	1	-	-	-	-	-	-	700
James Rush	-	104	=17th	1	-	-	-	-	-	-	700

A few words to go with the Audax report.....

Roger always asks me to write a few words to go with the Audax report, his reason being he felt he was becoming a bit repetitive on successive editions of the Spindle and wanted a new angle. Following a few months of complying with Roger's request I now know how he must have felt. Anyway, this month I can report the number of club members taking part in Audaxes this season has increased from 18 to 24 mainly due to some members making their first attempt in the club Audaxes held on 20th July. It can be no surprise that Raymond continues to increase his lead in the Club Audax table. Raymond is due to take part in the bi-annual 1,200km Paris-Brest-Paris between 18th and 22nd August, I'm sure all club members wish him Bon Voyage and a safe ride. The battle for position behind Raymond is on a knife edge with only 194km between 2nd and 4th spot so competition between Andrew, Ian and Jane over the next couple of months looks interesting. It is worth pointing out that Audaxing is considered non-competitive, however, tell that to the riders when a trophy or medal are up for grabs.

David

Diary Dates

Compiled by Robin Weaver

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/>. Anyone can enter these events.

Sat 3 August; Witham; 100, 200k

Sun 18 August; Paris-Brest-Paris; 1200k

Sat 24 August; Mildenhall Rally; 50, 100, 160, 200, 300k

Sat 31 August; Henham; 110, 160, 200k

Sat 21 September; Watton; 100, 200k

Sat 28 September; Blaxhall; 110k

Sat 5 October; Dunmow; 100, 200k

Sun 13 October; Carlton Colville; 160, 200k

Sat 19 October; Cambridge; 100, 200k

Sun 24 November; Carlton Colville, 100k

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>

Sat 10 August; Ipswich

Sun 11 August; Grundisburgh

Sun 8 September; Mersea

Sun 15 September; Hadleigh Gayford Flyer

ROAD RACING

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

Sun 11 August; Somersham

Sunday, 18 August; CCS/British Cycling/ERRL Road Race, Bulmer course, HQ at AFC Sudbury. Mens race Cat 2/3/4 9am, Womens race Cat 2/3/4 1.30pm. Further details to follow. If you're able to help with the running of this event, Darren Rule would be pleased to hear from you.

Sun 25 August; Saffron Walden Closed Circuit race

Mon 26 August; Ipswich

Sun 1 September Marks Tey

Sun 8 September; Ipswich

CYCLOCROSS/MTB/GRASS TRACK RACING

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>
2019 Mud Sweat and Gears Series; full details here; <https://www.mudsweatgears.co.uk/>

Sunday 18th August – Radical Bikes

Sunday 1st September – Phoenix Cycleworks

Mon 5, 12, 19 August; Colchester Rovers Grass Track racing

Sun 25, Mon 26 August; Mildenhall Rally Grass Track racing

C.C.S. Riders - Open T.T. Results - July 2019

Date	Event	Course	Name	Dist	Time	Notes
July 6th	Norwich ABC - Bungay	B10/43	G.Johnson	10	23.25	21st
July 6th	Norwich ABC - Bungay	B10/43	D.Fenn	10	27.55	47th
July 6th	Norwich ABC - Bungay	B10/43	T.Law	10	38.04	52nd
July 6th	Essex Roads - Ugley	E1/10A	J.Bonnyhood	10	26.07	17th
July 7th	API-Metrow - Zak Carr Mem - Boxford SPOCO	B25/52	J.Bradbury	25	57.39	2nd
July 7th	API-Metrow - Zak Carr Mem - Boxford SPOCO	B25/52	J.Rush	25	01.01.39	7th
July 7th	API-Metrow - Zak Carr Mem - Boxford SPOCO	B25/52	C.Steward	25	01.05.25	12th
July 7th	API-Metrow - Zak Carr Mem - Boxford SPOCO	B25/52	C.Wyke	25	01.31.57	15th
July 13th	VTTA - Bungay	B10/43	D.Fenn	10	27.57	17th 1st in age cat
July 13th	VTTA - Bungay	B10/43	T.Law	10	38.32	21st 1st in age cat
July 14th	VTTA - Tring	F11/10	S.Triplow	10	22.52	94th
July 20th	Anglia Velo - Wymondham	B10/3A	T.Law	10	39.25	51st
July 21st	Diss & DCC - Scole - SPOCO	B10/42	D.Fenn	10	28.35	28th
July 21st	Shaftesbury CC - Newmarket	E2/50C	J.Bradbury	50	01.51.33	40th

Open TT Round-Up

We were a bit light on CCS riders in the Open TT's this month....holidays..weather...apathy?? David had 3 outings, all 10's, with his best coming at the Norwich ABC event on the Bungay course (which seems to be one of favourites) with a 27.55 and picked up a 1st in Age Cat in the VTTA event .Terry also rode 3 events as he seems to be getting back into his stride and is consistently returning 38min results as he strives to dip into the 37's. He also picked up a 1st in



An Arty Farty shot of John – 'a la TdeF

Age Cat prize! Not bad for an 84 year old!

John and James rode in the Zak Carr Memorial event which was always held on the E2 with huge entries. But now it resides in sleepy Suffolk at nearby Boxford (running out to the outskirts of Ipswich and back) but sadly fails to attract large entries. John continues his run of good results to claim another 2nd place with a 57.39 on a course that embodies all the hallmarks of a true SPOCO event as it's a very Sporting one! (SPOCO = SPORting COurses) His

1.51.33 in the Shaftesbury 50 event on the E2 was also a splendid time.

James was pleased to improve on last year's event by 30secs with a 1.01.39. Chris and Caroline also rode this event and returned 1.05.25 and 1.31.57 respectively. Sue rode the VTTA course near Tring and came close to Mandy's CCS record by 30secs. Gary also rode the NABC event and returned a very good 10 in 23.25. And finally, nearly

new member John Bonnyhood rode a decent 26.07 in the Essex Roads which he describes further up this edition, as he continues to ease himself back into TT-ing.



Chris



James

Hiding in the Wheels

A Summary of this Seasons Road Races (To Date)

by *James Newton*



After a long winter, I think it lasted until June!, it was good to get to ride in anger and get amongst the bunch of Riders from clubs from the surrounding areas and see how the winter training has left the legs.

The Eastern Road Race League season always starts first week of March with the curtain raiser being the infamous Crest Road Race. A savage affair contested by Cat 2/3/4 riders but ridden at the intensity of a National A Category Road Race and is purely for the bravest. I've ridden the previous couple of years but this year it didn't see any entrants from CC Sudbury due to myself being injured. The race was won by Tim Torrie of Vitus Pro Cycling, a name to follow.

The next race on the calendar was the DAP Cycling RR on the flat but very windy Ringsfield course. Being the only rider from CC Sudbury it was nice to meet up with Adam Chamberlain, who has been prominent in several races this year, and a few other friends. My race was cut short due a back spasm that left me questioning racing again this year. The race was won by a good friend of mine, Matt Carter from VeloSchils RT, a class act who was always the favourite to win.

Moving into April, I entered the Chelmer RR ridden on the Roxwell course. Due to the unpredictability of the stability of my back and how long it would last prior to spasm, I decided to punch from the flag drop and managed to get in a small break with 5 others. This lasted for a few laps until we got swallowed up and the race finished in a bunch sprint.

The following week we moved to Hanningfield for the Primevera RR which almost became a re-run of the previous week. Unfortunately it seems to have become a theme of racing this year. The pace is so high it is close to impossible to break a race and majority of Road Races seem to be finishing in bunch sprints. The average speed for races this year seem to be between 25.5-27mph, simply eye watering!!!

The following week saw the third of the month's races with the welcome company of Leon West attending. This race was held by CC London and was ridden on the Elmdon course. A savagely hilly course near Saffron Walden.! Personally, my season of bad luck struck again with a mechanical stopping me from making the start line!!!

Leon rode amongst the wheels and acquitted himself well, finishing in the bunch, on a course that really only suited pure light weight climbers. He was ably supported from the sidelines by Dan Upton who had ridden over to support, nice touch!!

Fast forward a couple of weeks into May and the Diss RR, a short Kermesse style course with brutal crosswinds. As I've said before, the toughest Road Race conditions are always crosswinds on flat open course and especially cross tailwinds. For examples of this, see this race!!!

Again it was great to be joined by Leon West. Leon rode really well and after a solo rider rode away Leon and another tried to bridge across whilst a Colchester Rider and I tried to block any chase. Unfortunately Leon never quite got across and the bunch swallowed him up and along with myself we finished amongst the also runs. Again, great support from club members Ashton Dyson and Gavin Ratcliffe who rode over. In a separate affair, Pepe Garcia was riding the St Ives Road Race and came away with a very creditable 6th place winning the bunch gallop, Nice one Pepe!!

Also running from late May into July are the annual series of circuit races at the Lotus Test Track in Norfolk. Haverhill lad, Simon Potter, who is current sporting the Sudbury Orange jersey, managed a series of results which has seen him achieve his 3rd Cat License. Brilliant stuff Simon much deserved.

First week of June saw one of my favourite races of the year, The Ken Wright Memorial RR a Cat 2/3/4 affair across 75miles. This year's edition was the quickest race I've ridden, with the first half of the race being ridden at 27mph. Thinking that the race would slow for the final 30miles I got the shock of my life when the average speed went up to 28mph+.

Inevitably the race ended in a bunch kick of 85 riders which at 53yrs old I was never going to win!! Bunch again!!!

Also throughout June and July saw the Trinity series of races at Trinity Park. Both Leon and I chucked our hats in with no success.



First week in July Leon and I both rode the Ipswich Bike Club RR at Rendlesham. Again another swift affair at 26mph+ and Leon riding really strongly on the front for large periods of time. The predictable bunch kick ensued with Leon coming in 11th and myself 10 wheels further back.

Finally, for this report, saw a return to the Ringsfield Circuit near Beccles for the Barrachi RR, a course I had unfinished business with after my race there earlier this season. It was a cagey race which eventually led to 2 riders breaking away and the bunch chasing for minor places.

Racing into the final bend I was well placed sitting around 5th

when two riders lost control and bumped me causing me to lose my position and coming home 13th. When getting bumped at 35mph position is secondary trust me!!!

Tomorrow see's myself attending the Abberton RR and fingers crossed for poor weather and wind to try and make a race rather than the all too often bunch sprint.

It's been great to see Leon trying out his racing legs and between us, I'm sure we can get him the result that he is capable of. Should anyone else wish to dip their toe or need any advice with regards racing please ask. It's great fun, really tough and makes you find out how deep you can really go. Chasing a wheel is so much more fun than chasing a number on a Garmin, trust me!!!!

Cheers until next time.....James

CLUB RUN CO-ORDINATORS REPORT *by Martin North*

Several new coffee stops this month. Mark Beaver led everyone to *Petite Pancakes* in Stowmarket and the photos show it to be a very enjoyable and tasty spot to visit. Tony Grimes ventured back to Stowmarket the following week and the run visited the cafe at the Museum of East Anglian Life, a venue sometimes used by the Wednesday riders and always a friendly and

good spot to visit.

Gareth Evans' ride went off to the popular destination of the nursery at Sturmer whilst on the same day Peter took folk off to Clare Golf Club's cafe.



Your club run coordinator has also been searching out new venues and some of you may recognise the cafe in the photo (*Café Reynard on Mont Ventoux*) Wonderful views from its terrace. Unfortunately it is a bit far for a Sunday club run, although I got there and back well before *elevenes* thanks to guidance from Viv Marsh. (*We went off at the beginning of July and got back last weekend.*

Went down to Cassis to start with then came north to Sault. Hired a nice carbon bike and rode Ventoux. Nearly 20 years since I last rode it, but it was a lot windier this time but I was better prepared than in 1999 so less of a struggle.)

There are club run leaders arranged for the whole of August so many thanks to those of you who give your time to lead rides.



With the very strong shadows we are experiencing (so lots of sun) bike riders can be difficult to spot during the day on wooded lanes especially if wearing dark colours, so using flashing front and rear lights might be worth considering. Martin



Chasing the Tour by Leon West

So as we sit at the foot of the Eiffel Tower having a coffee (5 quid!!!!!!), passing the last couple of hours before flying back, I briefly have a moment to get a couple more cycling related notes to you post tour report.

-Despite G having to settle for 2nd, the support here for Bernal yesterday was incredible. Hundreds of Columbia shirts and flags around. Shame what was looking like an epic stage got cut short. We'll never know if Bernal had gone to early and G could've wound him in!

-Cutting short the stage! -When the weather turns in those mountains, it properly turns. We

baked in glorious sun all day, dipped in lakes to cool off watching the wind surfers and 40 minutes later tried driving back to our chalet in rain so heavy it was causing landslides under our poor hire car's wheels. Incredible sights.

-Dont be scared to wing it. - Our 1st time trying to follow a grand tour around. We pre booked accommodation through airbnb and [booking.com](https://www.booking.com), looking back a couple of places we stayed could have been located a bit better for the next stages (dodging road closures etc) but on the whole we did really well.

Paris - my 1st ever visit. The good lady was very impressed with my hotel choice and the city overall. I whinged a bit about the prices (but was amazed by how great Paris was).

And that's about all I can think of. Now need to start turning my legs again, ready for the end of the season.

Oh yeah, and if you go to more than 1 stage of a grand tour save some bag room.....you come back with a lot of freebies!!!!



Leon managed to get the 1st three riders on the podium in this pic
1st Bernal – 2nd Thomas – 3rd Kruijswijk



Final Thoughts of chasing the Tour

- the south of France is hot!
- you know you're high up in the mountains when your crisp packet nearly explodes (see pic)
- alpine climbs are hard! (I only did Vars)
- the Frejeu tunnel is expensive to use.
- following the tour around is exhausting!

