



## *The 'Sprinkle' DECEMBER 2015 [cycleclubsudbury.com](http://cycleclubsudbury.com)*

*As another season comes to an end, I'm grateful to our former Chairman, David Fenn for summing up the year and also his thoughts of his past 7 years in 'The Chair'*

*Also included is the long awaited final Time Trial Roundup by my mystery correspondent who has also injected some cutting humour on the riders into his report.*

*Rob Davies has assembled a great article he came across about a 12 hour ride undertaken a mere 117 years ago. Just checkout the rider's time for the first hour he rode and which would put a lot of his modern contemporaries to shame.*

*I have finally completed the list of the year's trophy winners and it's good to see some new names in there. Get your places ordered now for the Prize giving evening!!!*

*Plus all the usual incidental stuff that makes up your Christmas edition of the Spindle (Sprinkle!)*

**Well** that's another season over and done with, another AGM been and gone, it's now time to gather our thoughts and prepare for next year but first a time to reflect. It has been a privilege to serve as your chairman for the past seven enjoyable years but I have now taken the decision to step aside and let someone younger take over to bring a fresh vision and energy to the position. Sometimes it can take a lot persuasion and arm twisting to get members to take up positions on the committee, however, your new chairman, Darren Rule bravely volunteered for the position which was subsequently unanimously endorsed at the AGM.

Darren has been a member of the committee for a couple of years and is well known to club members; he is organiser of the Mad March Hilly and the Road Race and I personally think he is well suited to the role and I'm sure we all wish him well as our new Chairman.

I was lucky to have a hard working team of committee members for support and I'm sure Darren will continue to receive that same unstinting support. I was first elected Chairman in October 2008 when the club had less than 60 members, since then numbers have increased steadily to the current 134 mainly due to the increased interest in cycling following the success of British riders in the 2012 Olympics, the Tour de France, also the contribution from our Junior / Juvenile Coaching group.

One statistic that pleases me immensely is the 30 or so junior / juvenile members who have joined the club as a direct result of the success of our Saturday morning Junior Coaching sessions. All the youngsters in our coaching group are keen to learn new techniques and improve their skills, some members are already taking part in Criteriums and mountain bike events surely an encouraging sign for their future development. We now also find parents of the youngsters are starting to show an interest in taking up cycling which must be good for our sport. Our work with the juniors / juveniles needs to continue if the club is to have a healthy future.

The number of Club members taking part in open events has also steadily increased over the years with many members taking part in Sportives, Audaxes, Road Races, Criteriums, Time Trials and Mountain Biking. I can't ignore my fellow Super Vets who are still enjoying their racing, it's just the wheels don't go round quite so fast these days.

Congratulations must go to all our members who succeeded in breaking club records or won Trophies this year; many of the competitions were closely contested and were only decided towards the end of the season.

The one very sad event this year has been the untimely death of our club mate Jonathan Weatherley whilst riding his bike. The club meant a lot to Jonathan, he was very well thought of by his club mates for his quiet unassuming demeanour. Jonathan held many of the club TT records, he worked hard to make the club a success, his work as a committee member, Time Trial Secretary, organiser of the Mad March Hilly and Hill Climb were a credit to his organizational skills. Jonathan will be sadly missed.

Looking to the future I see the club going from strength to strength under the leadership of our new Chairman (no pressure Darren). We have a good spirit within the club, a strong membership, a good reputation for organising events and an enthusiastic committee ready to do what is necessary to ensure we build on our past successes, long may it continue.

Many of you will be deciding on your plans / targets for the 2016 season, whatever they are do your best to achieve them but above all enjoy your time on the bike.

Have a good Christmas everyone.

*David Fenn*

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## **CCS.....Brief A.G.M. Notes**

The meeting went smoothly without any riots or heckling from the assembled crowd, although the word crowd is a bit of an overkill statement as only a mere two dozen souls bothered to attend.

Well, you can all come out of the woodwork now as most of the positions/jobs have been filled which probably accounts for the poor turnout!!! Hmmm....

Anyway, the main position of Club Chairman has been filled by Darren Rule with Bob Bush as his Vice Chairman. Other appointments included Chris Sampson as Junior Coaching Co-ordinator, Steve Barnes as Club Runs Co-ordinator and new committee members James Newton, Jody Downs and Andy Rodgers. David Fenn will still be on the committee which is a great bonus as his experience and enthusiasm will be greatly appreciated and sought after.

Thank you to all of the above very much for helping to ensure that the club still has a workable environment.

Other topics discussed were whether 2<sup>nd</sup> claim members should still be able to win points in the Evening Points TT Series and the inclusion of a club run SPOCO (Sorting Courses) TT competition to encourage riders who don't fancy the 'drag strip' courses to compete for their own cup. Both topics will be fine tuned by the committee and details will be shown soon, although the basics of the SPOCO rules are included further on.

Thanks of appreciation were deservedly accorded to David Fenn and Peter Whiteley for their outstanding contributions over the past years to CCS.

Among their achievements during time spent respectively as '*Chairmen*', the membership has more than doubled to its present standing of 134. A fine testament to them both! Rog





## Anyone Fancy Winter Training on a Watt Bike???

Good Afternoon,

I'm sending a quick email just to introduce myself & my Gym.

I'm Sian Hopkins & I manage **Bodywize** gym in Stowmarket

We have recently added **Watt Bikes** to our facilities, I'm contacting cycle clubs just to let you know if any of your members are interested in using them for their winter training, you don't have to be a member and we just charge £5 a session.

If you would like any more info you have my email & my contact number is 01449 614603

We are also on Facebook & Twitter @bodywizegym

We also boast a great leg weights area which can be used in a session too.....

Thank you for reading my email

Many thanks

Sian Hopkins

Manager

Bodywize Gym

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## CC Sudbury Spoco Rules.



The club SPOCO (Sporting Courses) competition is for CC Sudbury first claim members and is based on Time Trials ridden ideally in hilly / technically difficult events on minor roads.

The competition is based on finishing position rather than super fast times.

Club members qualify for the competition by riding any number of the nationwide SPOCO events.

Whilst members can ride an unlimited number of SPOCO events

only the best 5 events will qualify for the club SPOCO competition, these 5 events can be over any distance.

The scoring system is 120 points for a 1<sup>st</sup> place, 119 points for a 2<sup>nd</sup> place and so on down to 1 point.

To claim points, riders must submit a copy of their event Result Sheet to a member of the club committee, points will be allocated based on their position on the result sheet.

The winner of the club SPOCO competition will be the rider accumulating the highest number of points over their best 5 events.

Members are not obliged to join any district SPOCO groups to be eligible for this competition.

*\*Also in discussion at present is a separate SPOCO competition for ladies to compete for within the club.*

*A results co-ordinator for the competitions will be announced shortly.*



## ***Pointy Hat and Skin Suit Brigade***

by Ray Norshine with a very, very small input from the Editor.....

Following on from my pre and mid-season reviews, the boys and girls at the club go from strength to strength. The depth of progress within the club now means that every week an individual club record is under threat of being beaten and team records seemingly improved with every event when at least 3 CCS riders are present.

Personal bests have been so plentiful this year, that we have found that the Spindle TT section is out of date before we've had a chance to read it!!

So what's the secret, where have the gains come from, who's been hot this year and who has not? Read on to find out...

**Jody Downs** – 13 races - Appeared to target certain races throughout the year to great effect. Also the target for those not so gifted. (That's everyone then!) Only rode a handful of club TT's and openly chased PB's and club records by riding fast courses. Trips included days out in Hertfordshire and Hull as well as the usual E2 outings. Now holds most of the clubs records and is the rider all others aspire to be!

Be interesting to see if a replication of last winter's training can be achieved and if he can push on again next season. Any regression in performance will be easily bridged by other CCS riders.

**James Rush** – 23 Races - Veteran of many seasons on the TT scene but not yet reached veteran status. If you had to be honest you would have said that JR had previously never reached his full potential and this was backed up by the last few of months of this season, he has shown a massive improvement. Combination of training focus, improved bike and set up etc has resulted in JR now being capable of beating anyone at the club on his day. A string of PB's, (10 at 20.27 and 25 at sub 54) together with various course PB's and club records this season, smoking!! Expect big things from him next year, the club's fastest rider?



**Damon 'Is my back flat'? Day** – 20 Races - You could never question Damon's dedication to his cycling. Would challenge anyone to claim they train harder/wiser or pay more attention to their preparation. So why hadn't Damon achieved some of the times we all knew he was capable of?

Reports are that having given his bike, set up and position some serious consideration he decided that he was riding a frame that was just too small (any Umpa Lumpa's wanna take up testing there is a tiny TT bike now available)

Damon played around with a couple of larger frames which coincided with his

best form ever and subsequently a new 10 PB of 20.49 and a 25 of 53.32. Nice!

Now with a dialled in riding position all club records are well within his reach next season.

**Rob Davies** – 12 Races - Another rider who despite having done his fair share of TT seasons was able to achieve PB's this year. A long trip to Hull to ride the 'V' resulted in a PB of 20.33 despite rumours of his bike sounding and running agricultural before/during the event, apparently the language after was industrial!

Rob is always going to be one of, if not the fastest CCS rider at any race, extremely competitive and with the ability to 'hurt himself' whilst racing means great results. Also competed in Triathlons this year so often raced having ran in the morning.

Word on the street is that Rob will focus on Triathlons next season but don't be fooled into thinking this will result in Rob not showing improvement!

**Darren Rule** – 1 Race - Besieged by injury meant that *Ruley* only rolled out for one club TT and one Open TT being the TTT in September. Desperately unlucky with these injuries, also a Cat 3 road racer Darren is without doubt one of the most versatile and quickest boys at the club.

Everyone at the club hopes that 2016 is injury free and fast for Darren!

**John Bradbury** – 17 Races - Clearly favours the non-dual carriage way events and therefore his races, results and ability tend not to get the attention or credit they deserve. Not everybody wants to

chase times and records, John has placed really well this year in the events he has raced . Top contender for next year's CCS inaugural club 'SPOCO' competition. Top bloke, top rider.



### **Jonathan Weatherly**

Those of us who raced with and knew JW will never forget him and will give him a thought every time we sit on a start line.

For those new to the club this year you would be unaware of the huge talent that JW was on a TT bike. His annual leap forward in performance and capability levels meant that Jonathan was able to compete at regional open events with regular top 5 placings.

A tremendous competitor on the bike meant that Jonathan was last year able to hold 4 of the 5 club TT records. This year before ill health he was well on his way to having an attempt at the 100 record, without doubt he would have had every chance of beating the existing record by a decent margin.

Unfortunately due to Jonathan's ill health this year we were also denied the opportunity to see Jonathan & the club's other fast riders go head to head each week on their individual quests for personal bests and club records. We will never know what the outcome would have been but can only imagine that the competition between these riders at the club on a weekly basis would have resulted in even faster records.

**Ryan Cracknell** – 1 Race - New to cycling and also to the club. Previously sporting activity included a long career playing football until a serious knee injury forced retirement. As a footballer it is said that Ryan was combative and hardworking (sure he would claim gifted, slightly misplaced??), combative & hardworking should be the perfect make up for time trialling. Expect Ryan to continue to improve with every race.

**Dan Upton** – 2 Races – First open TT was a cracking sub hour performance in the West Suffolk Wheelers 20. One of my tips to make the step to challenge the faster club members. Currently posting some impressive times on a road bike set up with *clip on's*. Has taken the wise step and has enlisted the help of the Club 'go to' coach Yoda. Dan you could be very quick!!!



**Justin Bellward** (*Pic alongside*) – 2 Races – Despite a previous strange training regime of using 'Strava' to record his work lawn mowing activities (assume not a ride on?) Justin clearly has some natural talent. Claimed previously to be unable to commit to a big training load but has now taken the plunge as new evidence on Strava would suggest that his turbo is now being put to good use. Has also purchased a pretty trick TT rig. Performed with great credit at the open TTT event and a set a PB at his first open 10 mile TT also late in the season. Also CCS Evening Points TT champion to boot.

**Leon West** – 1 Race– Has the most amazing race face, very scary, in fact very worrying!! Leon has just got quicker and quicker. Big tall lad but as thin as a rake with a good engine, Leon would be great on the drag strips, however can climb as well. Keep pulling those faces!!

**Ashton Dyson** – 2 Races – Made his open TT debut on one of the slower dual carriage events but still managed a big PB! Also gave an accomplished display in the TTT. Clearly made big efforts to be ready for this season and this resulted in a much quicker Ashton. Confident that Ash will go quicker again next year, could find some free speed with an investment in a beard trimmer!!

**Dave' Crispy'** – 12 Races – Not afraid to put his money where his mouth is, it's either that or he has some sort of cycling shopping addiction!! Crispy is an ongoing project and I would suspect he has used this last season as a stepping stone to much better things next year. In all honesty you could see 'Salad' go all the way to the top of the CCS rider next season. Regardless, DC PB'd at 10, 25 and 30 miles by big margins this year. Is now investing heavily in coaching help and training effort so any gains will be well deserved. Now in the CCS Record holders Hall of fame and one to keep an eye on!

**David Fenn** – 13 Races – Most 'older' folk don't care too much for image but David must nearly spend as much time on the visual aspect as he does pedalling. Of course image is everything David, well, until you need to actually start pedalling. However, DF didn't need to worry about just looking good because this year he rode great. PB's to boast about and even rode on of the dreaded

drag strip events, bet you loved it really!! Hope to see this visual orange beauty go even quicker next year.

**David Miller** – 6 Races – Most folks get to 69 years young and start to wind down a bit, lawn bowls, golf or perhaps darts. Not Dave he decides to enter his first open TT and then ride a further 5. Is an Inspiration to all the younger racers out there? Needless to say Dave's times were very impressive and had an enjoyable tussle with similar aged club members. Don't buy that lawn bowls kit just yet Dave, plenty more fun to be had!!

**'Consistent Colin' Harris** - Formed up with the 2 David's to become the '3 Old Gits Trio' by taking in a full season on the Open roads with 8 rides. He bravely ventured onto the E2/10 course for the first time, took it in his stride and wondered what all the fuss was about as he banged out a PB! Has become the marker for the 2 David's who continually try to better his times! (Try some drawing pins boys)



The '3 Old Gits'

**Stewart 'The Joker' Kirk.** – *'Smiler'* disappeared during the early season only to surface at his new home just a few miles from the fearsome E2 course near Newmarket. His tactic paid off after much surreptitious midnight training on the drag strip, he took 2 PB's from his 5 rides on the course. Inside knowledge and thinking outside the box goes a long way! Still bathes in the glory of being in the CCS Record Holders Hall of fame. (100 mile Team record!)

**Ian Millard** - rode 3 Open 10's and his times were all consistent. Probably needs to broaden his horizons (along with Matt below) and take in some more varied courses where he would blossom into the decent Time Trialler that's hidden in there somewhere. Could emerge next season and surprise himself.

**Matt 'How do you spell his name' Traynar** - Also rode 3 TT's and also the same ones as Ian above and also set consistent times. Generously loaned out his bike to Damon who immediately went like the proverbial rocket and saw the error of his ways (See details above) Perhaps Damon could return the favour to Matt as he's a good Time Trialler waiting to escape the mid table positions. Just a thought!!!

## SuperVets



**Len 'The Flying' Finch.** – *(a rare sighting of Terry with Len in pic alongside!)*

Another who has consistently fooled the editor with talk of retirement. When he's going this well, season after season, why should he? Having ridden 5 Opens, he keeps on banging out consistent times and defying the years. King of the Supervets and a valuable source of all things CCS!

**Terry Law** - Only managed 2 rides before deciding on a new strategy....forget about new 'go faster' bike bits and get a new hip

replacement instead to replace troublesome existing equipment. Has sourced some Campag titanium hip bits and hopes to be up and running for the new season if the NHS can get their act together! Another who thinks outside the box!

**Barbara Law.** - An early season European Age Related championships ended on a very bitterly cold and wet day in Madrid after hypothermia type conditions saw her lifted off her bike from her brave effort. After a few Open TT's she promptly announced (to a gullible Spindle editor) she was taking the rest of the year off. That lasted a week and continued competing with her usual dogged determination thereafter. More of the same is expected next season.

**Bob 'The Bobbin' Bush.** - If enthusiasm won races, Bob would be World Champion! (Age related of course!) Taking on 5 Opens during the season saw him continue to keep the wheels skilfully turning on his faithful *bolide* and will no doubt, be back for more next year. Talk of getting a new skin suit to improve his times is thankfully wide of the mark.

**Barry 'Smiler' Lee.** - Made his usual occasional forays on the Open Courses during the year including a great result on the E2/10 which probably brought back memories for him of his days of old. He has obviously got his mojo in the right gear as well as his bike. Expect to see him back on the quick courses next year for more of the same.

# CCS Club Trophy Winners 2015

Veterans Best All Rounder	Gold	Jody Downs +5.56
(On Standard, 10, 25 & 50miles)	Silver	Rob Davies +5.01
	Bronze	Jonathan Weatherley +4.07
B.A.R. (25, 50 & 100miles)		No awards as no one rode a 100 TT
100 mile Open T.T. Cup		
50 mile Open T.T. Cup		Jody Downs 1hr 46min 33sec
25 mile Open T.T. Cup		Jody Downs 52min 28secs
Ladies 25 mile Open T.T. Bowl		Barbara Law 1hr 25min 07sec
Audax Trophy	Gold	Brian Mann 4163 kms
	Silver	Mick Bates 2986kms
	Bronze	Raymond Cheung 2847kms
Hillclimb Champion - Senior	Gold	Lee Ford 48.5secs
	Silver	Mat Shotbolt 52.8secs
	Bronze	James Rush 53.2secs
Hillclimb Champ - Juvenile	Gold	Connor Mothersole 88.6secs
	Silver	Molly Cutmore 99.6secs
Club 10 mile T.T. Champion	Gold	Jody Downs 22.02
	Silver	James Rush 22.42
	Bronze	Rob Davies 22.48
Club 10 mile T.T. Ladies Champ.	Gold	Kirsty White 31.36
	Silver	Barbara Law 34.34
Club 10 mile Junior Champ	Gold	Patrick King 29.41
Club 10 mile Juvenile Champ	Gold	Molly Cutmore 33.16
Club 10 mile T.T. Vets Champ. (on Standard)	Gold	Jody Downs +4.07
	Silver	Rob Davies + 3.53
	Bronze	Damon Day +3.44
Club 10 mile T.T. Champion (on Handicap)	Gold	Lee Ford 15.59
	Silver	Ashton Dyson 16.08
	Bronze	Ryan Cracknell 16.17
Club Evening Points Series	Gold	Justin Bellward 877pts
	Silver	David Fenn 856pts
	Bronze	Ashton Dyson 853pts
Club Evening Pts. Series B.A.R. (All 4 courses)	Gold	James Rush 92min 07secs
	Silver	Rob Davies 92min 36sec
	Bronze	Mat Shotbolt 95min 18sec
Boxing Day Trophy		?
Clubman of the Year		?
Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?

## *‘Marginal Gains, Attention to Detail and Safety Issues.’*

The list of winners alongside has a pleasing amount of new names in it and also a number of familiar ones.

The emerging talent (and existing ones perhaps) may wonder where their next ‘gains are coming from for next season.

Some of you maybe going down the personal coaching route; or upgrading equipment onto a new bike or frame in your quest for more speed.

Some of you are probably doing the obvious and putting in extra training miles combined with losing a few kilos with a sensible diet.

All of the above are good!

You all will have read and devoured the bike mags which extol the virtues of aerodynamics, lighter frames, Garmin’s, power meters, structured training etc, as the chief source of free speed, so I won’t insult your intelligence and bang on about them.

The devil is in the detail as they say.

I’ve used Jody as my model of how to do it right. He didn’t become the accomplished rider he is by being born to it, but by getting

the details and his marginal gains right and then building on it. In the action shot, his back is perfect (flat) his helmet is flowing into his back, his forearms are horizontal and he is ‘on the rivet.’ on his



saddle. And would you believe, his bike is not carbon, so don’t assume going down the expensive ‘carbon everything’ route is essential for winning!’ Jody seems to be doing OK!

In the other pic (a perfect model of safety correctness) he is showing other road users his intentions to turn right (yes he did look behind first) his rear light is of the proper high illumination variety, he is

very visible with his CCS top and as both pics show, he is wearing very visible (from a long way away) white oversocks over his shoes. He has taken every precaution to give himself a higher chance of being seen! Attention to tiny details...! I continually see riders clad in all black clothing and an almost useless rear light which become pointless 20m up the road and it really isn’t good enough. (James uses a £9.99 rear light from Wilkinsons! which is highly effective on TT courses, so there is no excuse!) So, end of rant and hope some of you found it ‘illuminating’ and slightly useful.....Rog



# A Splendid Twelve Hours in 1899

By Rob Davies

Visiting some of my parent's friends, Vinnie and Harry, in Spain I noticed a framed picture of a cyclist next to a very large bicycle surrounded by several articles. Enquiring further I discovered the cyclist was the father of Vinnie and he had broken the Southern roads 12 hour record in 1899! The cyclist in question was Mr C.L.Clapham and he was a member of the North Roads Cycling Club (NRCC) completing this ride on the roads of Kent. The club was founded in 1885 to 'promote fast and long distance cycling on the Great North and other roads'.



*He had completed 219 miles in 12 hours covering the first 25 miles in 55 minutes, and passed 50<sup>th</sup> mile in 2 hours 11mins, completing 100 miles in 4 hours 30 minutes. In 1899 riders were allowed to be paced, get a tow, from a tandem and two local men Messrs. Bernard and Hasted (a very warm pair) performed this role. He dismounted for the first time, at 131 miles, where a bucket was brought into play, and having had a good "duck" and a meal, he proceeded again.*

*Having completed 161 miles the tandem crew came to grief across his path. So great was the onus of the strain to avoid collision that in back pedalling he broke a tendon in his right leg. With no pacers and a gale wind full in his teeth, he had to ride 7 miles to where another crew were waiting for him. Had it not been for his indefatigable pluck which was predominant throughout, he must surely have failed. Despite this accident at 180 miles he was still inside the world record.*

*But a few miles further on he dropped behind the world's best and his leg pained him a good bit and the wind was now blowing great guns. With judicious judgement and nursing he soon came round as strong as ever, and wound up accomplishing the grand performance of 219 miles in the 12 hours. The previous best on southern roads was 208 miles by Christmas but considering his hard luck it must surely be ranked as the very best performance ever done in 12 hours.*



*At the North Roads Cycling Club dinner Mr L.Clapham was presented with two gold medals. The president said the ride was exceptionally meritorious one, as it had been done over the hilly roads of Kent. He pointed out that our Mr Clapham had been partially disabled for the last three hours of the ride and went on to say he admired the wonderful grit that he must of possessed to have been able to finish*

# Events Diary

## CYCLOCROSS

Further details on the British Cycling website at

<https://www.britishcycling.org.uk/cyclocross>

Saturday 21 November; Redgrave

Sunday 29 November; Ipswich

Sunday 13 December; Ipswich

Sunday 24 January; Ipswich

## MTB RACING

Sunday 13 December; Thetford; Winter series

Saturday 23 January; Thetford; Winter series

Sunday 24 January; Thetford; Winter series

## ROAD RACING

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

Sundays 10 January, 14 February, 20 March, 10 April; Redbridge Go Ride series

## UPCOMING AUDAX RIDE

To find out about audax rides, and how they work, and further details on this audax ride, and to enter on line, visit <http://www.aukweb.net/>

Sunday 20 December; Colchester, 200k

## CCS QUIZ NIGHT

**Thursday 10th December**, 7.30pm, Stephenson Centre, off Broom Street, Great Cornard.

An evening of fun, with easy and not so easy questions – find out who the CCS brains are. Bring your own drinks and nibbles. Teams of (up to) six, or turn up and join a team on the night. Boxford BC and Hadleigh CC members also invited.



## CCS 'BOXING DAY' RIDE

We really should change the *name*; it's never on Boxing Day!

Meet in/at the newly refurbished, re-opened and re-named **Cock Horse Inn** car park, Lavenham at 11am on **Sunday 27<sup>th</sup> December**, for a short social ride with a non-speed related competitive element

(with a cup up for grabs) finishing up back at the Cock Inn for a drink and cheesy chips, if the new landlords still do them!

## CCS SUBS NIGHT

Book this date early! CCS Subs Night, 7.30pm on **Thursday 7th January** at the Stephenson Centre, off Broom Street, Great Cornard. A chance to pay your subs, collect the 2016 Handbook, drink tea, eat cake and catch up with all your fellow hibernators on the latest gossip!



***I have repeated the Awards Dinner details as I know how forgetful you all are!***

*Those of you who have decided to attend, could you let the Organiser, David Miller know and what your menu requirements are please. He can be reached on email on [studlands@internet.com](mailto:studlands@internet.com) or by phone on – 01473827082 or Mob 07754398547*

**Cycle Club Sudbury**



## **ANNUAL TROPHY AWARDS DINNER**

**To be held Newton Green Golf Club Sudbury**

**Saturday 6<sup>th</sup> February 2016**

**019.00 hrs for 19.30hrs**

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***Starters @ £4.00 per head (to be pre-selected)***

**Soup**

**Pate**

**Prawn Cocktails**

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***Carvery @ £14.50 per head***

**Roast Beef and Horseradish Sauce**

**Roast Turkey & stuffing**

**Vegetarian option to be agreed**

**All served with**

**Yorkshire Pudding**

**Roast Potatoes**

**Minted New Potatoes**

**Baton Carrots & Swede**

**Cauliflower Cheese & Minted Peas & Parsnips**

**Roast Gravy**

***Dessert (to be pre-selected)***

**Apple Pie, Lemon Meringue Pie, Warm Chocolate Fudge Cake**

**All with either cream, ice cream or custard**

**Or cheese board**

**Coffee & Mints**

**Price excludes drinks from the bar and gratuities (at Diners discretion)**

# Order Form

Name	starter @ £4.00			Carvery @£14.50 including Dessert choices					Total cost	
	Soup	Pate	Prawn Cocktail	Carvery	Vegetarian option	Apple Pie	Lemon Meringue	Fudge cake		Cheese

Well, that's the final Spindle of the year put to bed and for once, I quite enjoyed doing it!!! I hope you all have a great Christmas holiday and maybe get that piece of bike bling you were hoping for. I've already got my presents, two new winter tyres, Wiggo's book on his hour record and some very warm bikey socks now you ask!

Rog



The Best Xmas Time Trial Present

## For The Ultimate Christmas.....



The Best Xmas present



The Best Xmas garden Decoration

### **'But you don't always get what you ask for!'**

My old coach at Colchester Rovers once asked me what I hoped to achieve on a bike. I replied eagerly "That when I grow up, I want to ride in the Tour de France" He looked down at me and shook his head and told me "Well, you can't have both!" It took me a full 10 years to understand what he had actually said.....