



The Spindle. DEC/JAN 2019/20. cycleclubsudbury.com



Is that you Leon?

Welcome to the last Spindle edition of 2019. It only seems a few weeks ago we were preparing for the new season with renewed vigour and anticipation.

Well, I'm like most of you, '*the older I get the faster I was*' as the saying goes!

I've been preparing for the onslaught of this winter with some new shiny mudguards, spongy bar tape and some industrial strength tyres, but I'm still undecided which bike to put them all on. They were to be for my 'best bike' but don't really want to get it dirty, so winter bike it is.....only I don't really want to get my new 'buys' dirty either!

Tricky situation huh! I suppose it's my way of saying it's too cold and wet out there and would rather give it all a miss until the spring. That is until James text's me every Monday with the bone chilling words "See you at the end of the road at 5.50pm" for a ride home with him almost to Ipswich. Then a lonely ride back, alone and very alert, watching out for deer, badgers and hares crossing in front of me and also the ever present strange noises from the *bogey man* who seems to accompany me as the lanes are very, very dark and quite honestly quite scary. I may be of an age where I should know better, but I don't and I always ride at a fairly rapid pace back home, animals or not!

Anyway, enough of that, this edition of your favourite club magazine has grown from 1 ½ articles to a full some 15 pages of exciting stuff. Ok, maybe not grippingly exciting but quite interesting all the same. From a good press report on the Awards evening (I wrote it so I know it is) to a full account of Jane's latest 700 mile adventure around Spain, David Fenn's mud fest account around some muddy fields and forests as he seeks out ways of keeping up his fitness levels through the winter (read that as bonkers, barmy and ever so slightly obsessed) to my latest maintenance tip No. 24, to the new season report (?) of Audax events, to a report on another obsessive who has clocked up a million miles.

Add to that lot, details of what to do on your bikes for the next couple of months, including details of the clubs Reliability Ride, the Christmas ride and the much awaited club quiz night. Phew, what's not to like from that lot??

Rog

Presentation of Awards Evening.

(as Press Report sent to Suffolk Free Press)

The Bull at Long Melford provided the pleasant venue for Cycle Club Sudbury's recent Presentation of Awards evening. Organiser David Miller ensured the evening ran smoothly, assisted by David Fenn and Peter Whiteley with club President Geoff Morse handing out the cups and medals.



Chief recipient of the main prizes went to John Bradbury who has had a stellar season, which saw him claim both Best All Rounder trophies, the fastest 50 and 100 mile Open TT cups and was voted for the 2nd year running, the Rider of the Year by the club members. Leon West claimed the 25 mile Open TT cup and the club's Evening Series BAR for the 3 courses which included breaking all the course records during the season.

The Ladies 25 mile Open TT cup was taken by new member Sue Triplow.

Changing from speed awards to endurance awards saw Raymond Cheung capture the Audax trophy with a remarkable 10,853kms ridden which also included his 1220km Paris-Brest-Paris ride almost nonstop in 88 ½ hours, just 1 ½ hours within the time limit.

The clubs SPOCO trophy for Open TT's on Sporting Courses went to Vet David Fenn who amassed 2375 points from the 28 events he rode.

In the clubs hill climb championship, last year's winner Lee Ford repeated his feat to claim fastest time up the hill again. Fastest juvenile went to young Oscar Keep again and he also claimed silver and

bronze medals in other events during the season. The hill climb junior title went to Charlie Heeks who also secured the season long Evening Points Series with 942 improver points and the 10 mile TT championship on handicap after a very successful and productive season for



which he was also rewarded by presentation of the Young Rider of the Year.

The men's 10 mile TT champion was first time winner Damon Day who has been knocking on the door for many seasons and also claimed the Vets 10 title for good measure.

The ladies 10 mile champion, Angela Lesslie, was also a repeat of her position the previous year.

The Clubman of the Year deservedly went to Robin Weaver for his hard work and involvement in most spheres of running the club and was a popular winner.

The Ladies trophy went to relative newcomer Caroline Wyke for her perseverance and endeavour in improving her times in Open and club time trials throughout the year.

Finally, £240 was raised via the raffle and is to be distributed to two charities that the club supports.

****On a less formal note, the evening was one of the best for years and was organised very slickly by David Miller with help on the night from David Fenn and Peter Whiteley. The food was good and the company and general banter was lively and entertaining. And there were only 3 cup/medal winners missing to collect their prizes; which in itself was a record! Well done to everyone involved in putting the evening together.*

Mega-Mileater Rider who has ridden an average of 40 miles a day, every single day since 1952!!!



An 82-year-old cyclist has completed his one millionth mile riding on a bike.

Russ Mantle, from Aldershot in Hampshire, was greeted with cheers as he reached the milestone.

The retired carpenter and joiner has kept a meticulous log of all his rides since 1952, completing an average of 14,700 miles a year.

Mr Mantle said he had no plans to stop cycling and believed he could clock up another million miles before he died.

His feat is the equivalent of travelling to the moon and back twice or circumnavigating the Earth 40 times.

He has kept a paper diary detailing his mileage, as well as the results of his many race wins when he competed in time trials between 1953 and 1975.

Mr Mantle continued to ride following his retirement from racing, joining several cycling groups and taking his bike across the US, Canada and Europe.

Following the finish of his latest ride in Mytchett, Surrey, he said he felt "the same as usual" and described the achievement as "just another milestone".

He added: "I went through 700,000, then 800,000 and so on, it's another milestone to pass a million, to go on to 1.1, 1.2, and so on.

"I will probably finish up very close to two million by the time I die when I am 100."

.....And Fame by association.....

"At the airfield cafe yesterday on our Wednesday ride, a chap came across to our table holding The Times open at an article about Russ Mantle aged 82 who claims to have cycled a million miles. The name is familiar. Searching my archives, I found a result sheet from the Farnborough CC Bispham Memorial 25 TT on the 14th July 1957 on which both Russ (1st overall) and I (3rd on handicap) feature in the results"...

Geoff Simms

A trio of mudfests. *By David Fenn*

It was October, the racing season had just finished so time to give mind and body a couple of weeks rest and sort those jobs I had been putting off, but more importantly, bank a few Brownie points for future use.

Odd jobs and garden soon sorted...what now? How to maintain my fitness and motivation during the cold, dark, wet winter months? A chance conversation with a rider who regularly rides off-road suggested some upcoming off-road Sportive's could be the answer. A search on the Internet led to me finding three local Sportive's, all scheduled for November, each event had about 50/50 off-road/road and a choice of distances, the only thing left was to complete my on-line entries for the three events.

The first event on my list was the **RSPB Suffolk Go Wild 30 mile Sportive** on Sunday 3rd November based on the Minsmere nature reserve. This is a brand new event and was being run by



the RSPB in conjunction with Pedal Revolution, a bike shop based in Norwich.

Fortunately the weather gods were in a good mood as the day was cool, dry and Sunny, perfect conditions for a bike ride. From the start at Minsmere nature reserve the route headed out Northwards over heath land and forest tracks to Dunwich before turning South through Westleton and winding our way over farm tracks, rutted single tracks and narrow country roads to The Crown Pub at Snape for Coffee and a snack with 19 miles now completed.

At this point the long and short route diverged with the short route heading out of Snape for the return leg through Friston, Knodishall, passing the Sizewell Nuclear Power Station, Theberton and back to Minsmere to finish, under the blow up finish banner for photographs, collect my finishers medal then tuck into a very welcome mug of hot soup and a bread roll.

I completed the event distance of 32.3 miles in a time of 3hrs 11mins.

The route was well planned taking us over open heath land, a Golf course, sandy rutted tracks, single tracks and farm tracks through forests and Christmas Tree plantations. The previous few days which had seen record levels of rainfall resulted in many of the tracks and lanes becoming water logged which made for very interesting riding conditions.

The event was superbly organised, well signed and a real pleasure to ride...roll on the next one.

The **Woodbridge Rotary 30 mile Ruff Stuff** on Sunday 17th November, an annual event, was my second scheduled off-road Sportive.

Arrived at the start HQ at Butley Village Hall I was surprised find fellow club member Damon Day preparing his MTB, having already signed in to also ride the 30 mile event option. This was the only time I saw Damon, he sped off from the start never to be seen again.

From the start in Butley the route took us to Friday Street along forest tracks, skirting Bentwaters Airbase and onwards to cross the B1083 Heath Road to complete a small circuit through Shottisham and Sutton. Crossed back over the B1083 onto forest tracks and a short stretch of single track road to Capel St Andrew, along the edge of Rendlesham forest to Butley Low Corner, Butley Mills and Chillsford.

The final five mile circuit was based on the Forestry Commission permissive routes through Tunstall forest.

It was towards the end of the Tunstall forest circuit I managed to miss a direction arrow which took me a mile off course before realising my mistake and retracing to the correct route. The final section of narrow footpath had to be ridden with care to avoid tangling with riders heading in the opposite direction. Once off this narrow footpath it was a straight forward ride on the road back to Chillsford, Butley Mills and the HQ at Butley. My final distance of 32.5 miles was completed in 3hrs 2 mins.

The weather was ideal for the duration of the event, however as with my previous event frequent rain prior to the event had made conditions challenging in places, I particularly recall two sections of rutted and large water filled potholes alongside fields of smelly pigs. My only thought was to stay upright... there's no telling what was lurking in the murky water contaminated by pig fluids and solids.

Yet another enjoyable event, well organised and signed, with a mixture of narrow public roads, bridleways and Forestry Commission permissive routes.



The final event and the longest in my three event series was **Evans Cycles 'Ride It' 40 mile Gravel Sportive** on Saturday 23rd November starting from High Lodge in Thetford Forest.

This event is part of the 'Ride It' series organised by Evans Cycles throughout the year with events both road and off-road taking place in different parts of the country.

Starting in dull overcast skies the first part of the route on forest trails took us along part of the Brecks Trail to

Elveden, under the A11 onto a mixture of grassy trails, sandy and flint strewn farm tracks and a short stretch of road to Barnham crossroads. Straight over the crossroads and on to Euston, a short stretch of the A1088 followed by a right onto a short stretch of Rushford Road before turning right on to an unbelievably difficult stretch of farm track which had been recently churned up by farm machinery. Trying hard to stay upright and select a rideable way through the deep gloopy mud was impossible...I eventually fell off just avoiding a pile dog poo on landing. After a quick strategy review decided to ride in the field which proved only marginally easier and probably not much quicker than walking...however this was a cycling event so stuck with it. Eventually, I completed this section which then led onto a narrow forest path to the feed station after 19miles. After refuelling with a mixture of High 5 energy bars and Gels continued on to Rushford, Roudham, Illington, Wretham onto a short stretch of the A1075 before a right on to Harling Drove eventually crossing the A134 to follow a series of narrow roads and well made paths back to the finish in 3hrs 51 minutes at High Lodge for Photo and presentation of finishers medal.

All three events were roughly a 50/50 mixture of Road/Off-road and extremely well organised, signage was perfect, I would definitely recommend these events to other club members wanting to try something different.



Audax Update November 2019. Compiled by David Fenn

Date	Event	Riders
5 th October	Dunmow 200k	Byron Grimes, Tony Grimes
5 th October	Dunmow 103k	Raymond Cheung
13 th October	Carlton Colville 200k	Brian Mann
13 th October	Carlton Colville 160k	Jane Watson, Mick Bates
19 th October	Girton, Cambridge 200k	Andrew Hoppit
19 th October	Girton, Cambridge 100k	Jane Watson, Ian Lovelock
2 nd Nov	Extended calendar event 100k + 100k	Andrew Hoppit
24 th Nov	Carlton Colville 100k	Raymond Cheung, Jane Watson.

Name	Pts	Total Distance km	Club Audax Trophy	100	150 km	200	300	400	600	1000 km	Climbing Metres
Jane Watson		360		2	1						2,200
Andrew Hoppit	4	300		1		1					1,400
Raymond Cheung		203		2							1,500
Byron Grimes	2	200				1					1,600
Tony Grimes	2	200				1					1,600
Brian Mann	2	200				1					1,060
Ian Lovelock		100		1							800
Mick Bates		160			1						850

Local upcoming Audaxes.

Saturday 7th December 2019, The Stansted Airport Express, Witham 100k.

Sunday 22nd December 2019, Santa Special, Great Bromley, Colchester 200k.

Saturday 18th January 2020, The Kelvedon Oyster 100k.

Saturday 1st February 2020, Knights Templar Compasses 100k.

Sunday 16th February 2020, Victoria CC, Brazier's Run 100k and 50k.

The new Audax year started on the 1st of October and already 8 club members have kicked off their seasons with Jane heading the list with three rides followed closely by Andrew and Raymond with two rides each. It's puzzling how Andrew has managed to gain 4 points from 300km...There must be a very good reason perhaps the mystery can be solved before my December report.

Jane's Very Hot Spanish Jaunt..Part 1



Writing this on a wet Monday morning in October about my cycle ride in Spain in June/July this year, seems a long time ago.

It was a stressful couple of weeks before I finally left.....*my garage burnt down!!!*.....so I lost most of the contents, including 2 bikes, luckily my 'best' 2 bikes live indoors. My car that was on the drive was also a write off, bought a new one so I could still drive to Portsmouth to catch the ferry to Santander, at the last moment Brittany ferries emailed to say I had to travel to Plymouth!

Day 1: Somo.

I made it, arrived in Santander 5.15pm, off the ferry, then a 5 minutes cycle ride to catch a local ferry across the river estuary to Somo. Found a campsite, think I was the only person on the site who wasn't a surfer, but it was quiet and I slept well (had slept very well on the floor of the reclining seat lounge on the boat as well)

Day 2: San Roque de Riomiero

Woke up to very thick wet cloud, had only planning on 35km as it was all up hill and I needed to get used to carrying luggage again. When the cloud cleared I had glimpses of beautiful views, a lovely location, forests and huge overhanging rocks. The campsite was very peaceful; I was the only person there!! Dried my stuff out by the wood burner in the bar, and then went for an afternoon exploration by foot. I returned to the wood burner to read, there was one lone drinker who kept checking that I liked the music (about every 15 minutes, every time he went to get another beer), he had been there when I arrived at lunch time, the more he drank the better his English became! Slept fantastically well again, the only sounds I heard were cowbells.

Day 3: Villarcayo

It had rained heavily overnight, but it stopped for me to take tent down but still cloudy. My camping stuff was beginning to smell of dead badger already!! Cycled through amazing scenery but didn't see it. There was almost no traffic (well 3 cars) in first 17km which was all up hill, granny gear all the time. Saw a lad with a donkey carrying 2 milk churns and then a herd of wild horses, but maybe not totally wild as one was wearing a cow bell. By the top the cloud was very wet but then things became better on the descent, clearing to give glimpses of views and a few dwellings dotted about. Arrived at the Camping Municipal in sunshine, had only done 50km but it had taken ages. The pool looked amazing but was unheated. Did my washing and went out for a cycle ride to Medina de Pomar, Spanish supermarkets sell 'pick and mix' biscuits, had to buy a few.

Day 4: Trespaderne

Thought the sun would have woken me, it didn't because it was thick mist but it was dry ☐ Got away by 9am and was at next campsite by 11.30am, but once again no views, cycled in fleece, body warmer and day-glo vest. Place name of the day was Quinanalacuesta. 'No Fracking' signs in many places. Popped into a small supermarket on way to campsite, came out to brilliant sunshine with views big hills clad with trees. The campsite had a fantastic looking pool but it wasn't opening until the following week. Only space for 2 tents max, luckily just me, the other pitches were all big permanent tents.

After lunch I went for an amazing cycle ride, no traffic, passed through Ona, then up into Sierra de



Ono, down to Frias (Medieval town perched on a rock above the River Ebro). Back to the campsite for a limited dinner as had not found a decent supermarket, Sunday tomorrow, might be hungry!! The sun continued to shine, was hot all afternoon and into the evening, fickle female I had been cold for 3 days and then suddenly too hot. A valuable lesson was learnt today, white roads on my map with no classification number are just dirt tracks.

Day 5: Casalarreina

What a lovely day for cycling, perfect temperature. First 40km was no traffic, no houses, no shops, just a beautiful river valley. Headed to Miranda de Ebro, a pretty sounding town name but it was very industrial on the outskirts, saw a sign to Leclerc Hypermarche, first non Spanish supermarket seen, headed that way but it was closed. So headed into the town, became excited when I saw people carrying bread, found a baker for a huge croissant and a Chinese greengrocers for fruit, wouldn't starve after all!!

Continued towards Casalarreina up another hilly ridge, with Sierra de Arcena as a dramatic background, this wasn't a touristy area but there were lots of cyclists out on their Sunday rides. Now in an area of 2 languages, Araba or Alava, all sign posts in Spanish and Basque. Casalarreina was a lively little town, even had a supermarket so managed to get veg to have with my couscous. Had a lovely swim in the huge campsite pool!

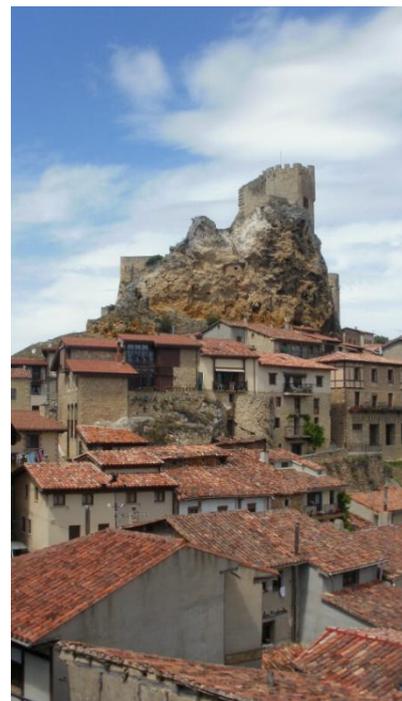
Day 6:

Stayed for an extra night, decided I really like a pitch with my own private kitchen sink, so useful. Out by 8am for a ride without luggage, I could have had a day of gentle cycling in the valley but went UP and then a big down, only one Col, won't be getting many for my OCD claim this trip.(The French **OCD** was founded in 1960, to promote cyclo-climbing. ... of the metric heights of each col or mountain top climbed with a **bicycle** or similar machine.)

The hills were very remote, nobody lived up there. There was a cycle path (Route Verde) but it was too gravelly for road tyres but there was hardly any vehicles on the very smooth, pot hole free roads. Visited Ezcaray and then St Domingo De La Calzada in Sierra de la Demanda. Was on one of the Camino de Santiago routes for a while!

Was a perfect temperature day, the sun broke through in the afternoon, so went back for a swim and had the huge pool to myself. Whilst swimming the campsite reception charged my Kindle, I became obsessed with keeping it charged, wouldn't like to without poolside/bedtime reading.

After dinner I decided I fancied sitting on a chair, so went to the campsite bar and bought a very cold white wine to sip whilst reading in the evening sun, chose the more expensive wine....a euro !



Day 7: Navarette

A wiggly route through vineyards today, visited a hill fort, surprisingly hilly. Found a small supermarket to stock up, but no bread. A pleasant morning temperature but VERY hot by the time I arrived at the campsite. A few English campervans, (not very far from a motorway), first English people I had seen since leaving the ferry, my 'neighbours' were from Harwich, they parked campervan and then headed to the bar.....where they stayed! Whereas I spent the afternoon swimming, alternating with reading in the shade on a very comfortable sun bed under a parasol.....bliss, followed by the most powerful shower I have ever experienced. 41 degrees at 5pm. Would have loved to have stayed another night but the only day ride loops were 120km with big climbs, not many roads in the mountains, and it was supposed to be even hotter the next day. This was my most southern point of the holiday, time to head NW.

Day 8: Acedo



Up in good time as I wanted to do my hill climbing before it became too hot, it was a traumatic start to my cycling, my N120 chosen road doubled up as a 10km slip road to the motorway, no-one beeped at me but it didn't seem right, asked some road workers and I think they were saying that it was OK!! I survived to tell this tale, was singing 'Jesus wants me for a sunbeam' for some unknown reason.....not one of my usual cycling songs.

Found a decent supermarket and stocked up for a couple of days as my destination is only a village. The next hour was spent cycling out of town the wrong way and doubling back to find the correct road, once back out on the open road all was well with the world again.

Was back cycling along one of the Camino routes but in the opposite direction to the Pilgrims, saw several loaded up cyclists and lots of walkers, some very laden, by then it was by then quite hot, I couldn't see the attraction of walking beside roads in the heat (not all of their route is on the roads)

Some looked like Japanese/Korean gap year students, mainly girls and often walking alone, I wonder if that is what they had been expecting?

The wind had got up, think cycling in a hot hairdryer!!

Arrived at my wonderful campsite, the pool had mountain views.....bliss.

Day 9:

Another no luggage day, the sun stayed behind the clouds so very enjoyable, did a couple of cols, then had a picnic at Santa Cruz. I'd passed through Las Vegas a few days previously. Had a lazy afternoon eating cake and swimming!

Each evening I wrote myself a route sheet for the next day, whilst in Basque Country I was having to put the place names in both languages, some places were signed in both languages, sometime one or the other Linguistically, Basque/Euskara is unrelated to the other languages of Europe and is a language isolate relative to any other known living language, therefore the place names were usually totally different.



Day 10: Estella

Slightly downhill for 20km to Estella, had a sudden change of plan and stopped to camp. I was carrying a lot of extra weight (no not from eating cake) as I had bought 1kg of muesli, pasta and a large jar of beans.

It was fortuitous as an English cycling couple, with Dawes Super Galaxy's, were staying there in a campervan, they lent me a track pump to check my tyres, charged my Kindle whilst I went out exploring, did about 50km but it was far too hot and a lot hillier than expected.

Once back at the campsite I had a swim, then chatted to the English couple in the shade of their campervan, then another swim, then chatted to two young Spanish girls. The 12 year old spoke very good English as she was having private lessons, it was very interesting to learn about Spanish life from them.

No conversations for 9 days, then two long chat sessions on the same day!!

Day 11: Near Arbiza

Headed north, the climb back into the hills was not as bad as expected. Stopped after 40km as it was already very hot! (37 degrees in the shade). Had a swim before lunch then tried to cycle out to explore 2 small local towns but only got as far as the first... too too hot.

The small shop in Arbiza had already shut, wasn't sure when it would reopen, was well and truly in Basque Country, nothing was written in Spanish, so couldn't work out days of the week on shop signs, didn't even know which toilets to go in at the campsite, strange words with no helpful picture.



Arbiza was having a town party, traditional music band, mass production of food in the main square, a very busy bar, think I was the only tourist looking around.

Was too hot even in the shade so I went back to the campsite, sat in the bar and bought an ice cream. Whilst in there some VERY fit looking men arrived carrying huge packs, the campsite was the control for a walking/paragliding long distance event....climb the mountain, jump off, repeat.....

It had been a bad choice of campsite; it was very new, so no trees to make shade and the pool was the smallest in Spain!! Also busy as it was Saturday.

The last few evenings it had stayed hot until 10pm but it clouded over cooled enough for me to cycle to the next town to check out the campsite there, it was lovely cycling in cooler temp.

Day 12: Etxarri-Aranatz

Up early to move 5km to new site. When I arrived there was a 21km trail running event just starting, luckily for the 300 entrants the temperature was lower than the past few days.

I was feeling much more comfortable, did one of the best rides of the holiday up to Mont Urbasa, a 1000 metre high plateau with cows and horses grazing on the top, was surprising flat on top.

A lot of the 'up' was in the shade of the trees, being Sunday there were a lot of cyclists about, the solo ones were very friendly calling out greetings but the big groups blanked me!!! I was the only cyclist with panniers and mudguards. Didn't see many female cyclists all holiday; saw plenty of ladies out walking though.

I have not seen many non Spanish vehicles on the road so far this trip, only 3 Dutch cars, 2 French cars and 2 Austrian motorcyclists.

My ride was made far more enjoyable knowing that the tent was up in the shade of the forest and the campsite had a huge big pool. And it was an amazing pool, but the tent was in so much shade my washing hadn't dried!! Also got bitten by insects for the first time this trip.

I returned back to the campsite after the runners, the after event food was hot and cold meats, bread and wine, rock music playing. I was invited to join in, so enjoyed warm red wine with bread (veggies weren't catered for).

To be continued.....Jane Watson

Hanger About?

Maintenance tip.....No. 24



I had a bit of an accident with my 'best bike' recently. Returning from my summer break, I found it lying on the floor with the rear mech' all akimbo and showing lots of chain. After inspecting it closely, I discovered that the gear hanger had snapped off during its fall. Now, I am quite pernickety on making sure that I always lean the bike up against something solid so it 'never' falls over...ha... I've no idea how it happened. Very strange! As with most modern bikes, it has a replaceable hanger, so I thought just find a new one and all will be well. To my untrained mind, there are probably 2-3 different sorts of hangers to choose from to replace it with.

Wrong...what is the bike make, what model is it and how old is it? After a lot of detective work, (via my photo collection) the age was indentified and a new one ordered which was duly fitted.

That got me thinking, what if the same thing had happened on the road, miles from anywhere. A gear hanger is not the sort spare you would think of taking around with you. Even worse, what if it happened on my jaunts across France as it's easily done and there is nothing you can do to fix it. So if anyone is off on a long adventure, maybe a spare hanger should be included in your saddle bag as the £20-25 cost could save you an awful lot of grief!*

**PS. I've had a further thought. The rear mech' could be removed and the chain shortened to work just on the middle front ring and the middle cog on the rear cassette as a get you home fix.*

Lots of fiddling and bother though and more to the point, does everyone have the expertise to carry this out? I would probably struggle! So will I be taking a spare hanger around with me...err probably not, I'll try to be very careful how I 'park' my bike!

Rog

ECCA TT News/Events/Useful Information

EASTERN COUNTIES CYCLING ASSOCIATION - 2020 PROGRAMME OF EVENTS

Revised 11th October 2019

Sun 2 nd Feb		12:00		Lunch & Prize Presentation, Top Meadow Golf Club, North Ockendon
Sat 21 st Mar	10	14:00	E2/10	Solos and Tandems
Fri 10 th April	25	08:00	E91/25	Solos, Tandems and 2-up TTT
Sun 3 rd May	various	TBC	High Easter Village Hall	AUK Randonnees (Open) 50km, 100km & 200km
Sun 3 rd May	25	08:00	E1/25d	Solo, Tandems & 2 up TTT
Fri 8 th May	Crits	09:00 13:30	Redbridge Cycling Centre	Under 14 & 16 Youth and Juniors (Incl. Junior & Youth Crit. Champ'shp) 2 nd , 3 rd & 4 th cat Women (Incl. Women's Crit. Championship), Regional B

		15:30		Nat B (1 st , 2 nd & 3 rd cat men only) (Incl. Men's Crit. Championship)
Sat 16 th May	25	14:00	E2/25	Solos and Tandem Championships
Sat 23 rd May	50	14:00	E2/50c	Solos and Tandem Championships
Sun 31 st May	Road Races	TBC TBC	HQ: East Hanningfield. Race: West Hanningfield	Road Race Senior & Junior Champ'shp). National B (1 st , 2 nd & 3 rd cats only) Regional B (preference to 4 th cats and Women) (Incl Women's Champ'shp)
Sun 7 th June	10	08:00	E91/10	Solos and Tandems
Sun 21 st June	100	04:45	E2/100c	OPEN Solos (80 riders) ASSOCIATION Solos (10 riders)
Sat 27 th June	10	14:00	E2/10	Solos and Tandem Championships (Incl. the Zac Carr Memorial)
Sat 18 th July	10	14:00	E91/10	Solos and Tandems
Sun 26 th July	12 hr	05:00	E2/12hr	OPEN Solos and Tandems
Sat 15 th Aug	10	14:00	E2/10	ASSOCIATION Solos & Tandems (incorporating the Terry Anderson Mem) OPEN LADIES (preference to members of ECCA Clubs)
Sat 29 th & Sun 30 th Aug		Grass	Mildenhall	ECCA Track Championship (Incl. in the Mildenhall Cycling Festival)
Sun 6 th Sept	25	08:00	E9/25	Solos & Tandems
Sun 6 th Sept		14:30	Boreham Village Hall	AGM
Sat 12 th Sept	10	14:00	E2/10	Solos and Tandems (Preference to slowest)
Sat 19 th Sept	25	14:00	E33/25	Solos 3 up TTT & 2 up TTT
Sun 20 th Sept	25	09:00	B25/8	Solos and Tandems
Sun 27 th Sept	30	08:00	E1/30	ECCA Championship Incl. in Lea Valley CC 30
Sat 17 th Oct	H/C	14:00	EH/15	ECCA Hill Climb Championship(Incl. in Essex Roads CC event)
Sun 18 th Oct		10:00	TBC	Map Reading

Info' extracted from ECCA's latest Newsletter

COMPETITION RULES.

- Entry to all Association events shall be confined to first claim members of affiliated Clubs.
(Note: - this means **no 2nd Claim Members** can enter events using CCS as their main club name.

COMMUNICATIONS

- The usual communication is via an email to Club Secretaries but it is apparent that many riders don't get all the information. **The website (<https://www.easterncounties.org.uk>) does try to pass on information as well as results for the all the ECCA events but the number of visitors is low.**
- A Facebook page (<https://www.facebook.com/EasternCountiesCyclingAssociation>) has now been opened which will give us the ability to post news quickly and of course there's this Newsletter. It has been sent to all riders who have ridden an ECCA event in 2019, to Club Secretaries and to the organizers of Counties events in 2020.

EMERGENCY CONTACT

- No-one wants an accident or mechanical incident in a race but they do happen and the organizer may then need to use the Emergency Contact number. **Not much use if you have given your own number as the contact** or that of your tandem partner if you are both on the tandem. Check your details and make sure they are relevant.
- *2019 saw many events cancelled* due to adverse weather, road traffic accidents or very few entries. If the season-long competitions were affected then alternative events were offered however it seems this information wasn't seen by many. The ECCA obviously wants all its events to take place. Events on the E2 course normally attract large entries **but there are many events on 'sporting courses' that would benefit from a bigger entry** and all these events have their own prize list and count towards the trophies.

CCS RELIABILITY TRIALS.

Sunday 26th January 2020
Starting and finishing at
The Stevenson Centre, Great Cornard
Post code CO10 0WD.
Selection of distances and target
times:-

46 miles in 3hrs 30 mins, sign on at 0845, first group starts 0900

46 miles in 2hrs 45 mins, sign on at 0900, first group starts 0915

27 miles in 2hrs 30 mins, sign on at 0915, first group starts 0930

27 miles in 1hr 45 mins, sign on at 0930, first group starts 0940

*Route maps and GPX files can be downloaded from the
CC Sudbury website www.cycleclubsudbury.com*

Event organiser; David Fenn

Phone; 01787 374284. Mobile; 07884487846

Email; dr.fenn@tiscali.co.uk

Entry fee £6.00 includes refreshments.

Sign on the line on the day

This is a British Cycling registered event and for insurance purposes requires all riders to wear a hard shell helmet conforming to CE standard EN1078.

No helmet, No ride.

NOTE:- David would like a bit of help on the day, so offers will be gratefully appreciated!



Diary Dates *Compiled by Robin Weaver*

DECEMBER/JANUARY 2020 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.

Saturday 7 December; Witham; 100k

Sunday 22 December; Gt. Bromley; 200k

Saturday 18 January; Kelvedon; 100k

Saturday 1 February; Witham; 100k

QUIZ NIGHT – THURSDAY 5 DECEMBER

At the Stevenson Centre off Broom Street, Great Cornard, at 7.30pm, with Quizmaster James Newton, for an evening of intellectual challenge!. Teams of up to 6 people, bring your own drinks and nibbles. Teams can also be put together on the night, so just roll up.

CCS 'AFTER CHRISTMAS' RIDE – FRIDAY 27 DECEMBER

Meeting at the Cock Horse car park, Lavenham, at 11am, for a 'Guess the Distance' ride of about an hour, then dropping into the Cock Horse for chips and a swift one or two!

CCS SUBS NIGHT – THURSDAY 9 JANUARY

At the Stevenson Centre off Broom Street, Great Cornard, at 7.30pm.

Your chance to pay your subs and pick up a shiny new membership card and Handbook!

Refreshments available.

Membership subs are unchanged from last year;

Juvenile (up to 16) £5 Junior (16 - Dec. after18) £8

Senior (18-65) £18 Senior (65-80) £12

Family £24 Second claim £12

Associate £4 Temporary; 6 wks £5

In addition, First and Second claim members can pay for a season of Thursday evening time trial rides; £65 for the season of 20 time trials.

If any of your details have changed during the year, (address, email address, phone etc) please bring a newly completed membership form, downloadable from the CCS website Homepage, [here](#).

You can pay by cash or cheque (to Cycle Club Sudbury); if paying by cash, please have the correct amount. Payment also possible by BACS/EFT, preferably before the 9 January Subs Night; please email Robin Weaver at pamandrobinw@gmail.com for CCS bank account details.

CCS RELIABILITY RIDE – SUNDAY 26 JANUARY

From the Stevenson Centre, off Broom Street, Great Cornard. Choose from two course lengths (28 or 46 miles) with two finish target times for each distance; for further details, see the advert in this Spindle. To download a route sheet, map, or GPX track, see the CCS website; Events, Reliability; there's a link [here](#).

BOXFORD BIKE CLUB – BOXFORD TORNADO

20, 40, or 60 mile Sportive from Boxford, on 26 April 2020.

Booking (on-line only) opens on 1 January.

TIME TRIALS



Sunday 9th February 2020 – Ely & District CC Hardriders 25.
Course - BS19

(From experience, it will be cold; it will be windy and probably will be wet, but lots of fun....maybe!) I could be there as James' gofer and may be handing out hot drinks around the course....or I could be watching from the inside of McDonalds.

Rog

For Sale.....

Harold Raymond, one of our founding club members, is selling these two well 'spec'ed bikes on behalf of Len Finch's wife.

They are in immaculate condition as you would expect for anything that Len owned and maintained.

There is no set price on either of them, but Harold is hoping for a fair offer for each one.

The Top photo shows a full carbon Cinelli Time Trial bike with Shimano wheels, 9 speed Dura Ace gears, front and rear Dura Ace brakes, Pace chain set, FSA Tri bars and Base Comp saddle. Size is 65cm.



Lower photo shows an Isaac full carbon road bike, with Ritchey Aero wheels with Continental GP's, FRM hubs, 10 speed Campag front & rear gears, FSA chain set and Campag front and rear brakes. Size is 56cm.



Also available are a pair of front and rear HED HD3 Tri spoke aero wheels (9 speed) with Continental tubs on both of them

Contact Harold on 01787371957 for more details.

AGM Snippets

- Bob Bush has had to stand down as Vice Chairman and from the committee. Caroline Wyke has kindly stepped into his shoes (hope they fit OK) as our new V.C. Incidentally, Bob was made a life member for his services to the club over the past years.
- Chris Sampson has also stood down from his junior coaching position and from the committee.
- David Miller agreed to continue for one more year as Treasurer but would like someone to shadow him during the coming season with a view to taking over at the end of the year. He mentioned that if no one comes forward, it's unlikely the club can continue to function!
- But the good news is that James Newton is now our new Chairman and will be a 100% improvement on last year's Chairman....we didn't have one! He has lots of proactive ideas up his sleeve and appears to be just the man for the job.
- Robin reported that we have at present 130 members of which encouraging, 27 are female members; an increase on past years.
- Audax entries to our own events from club members were disappointingly low this year which shows a downturn from previous years!
- Leon West will be taking over from Darren Rule in organising the clubs only Open TT, the Mad March Hilly.
- Finally, the 20 members who attended the AGM were all of the senior variety with not a single under 40 in sight. Come on now, it's time to stick your heads above the parapet and support a very stretched and hardworking committee!



Hey, it was you Leon! But why is your disc wheel on the front???



Well, that's another Spindle put to bed and another year almost finished. Don't forget that the next edition will be out on the 1st of February so that gives you more time to send in your stuff to me to keep the members entertained.

A quick thank you to all of you out there that made the effort and supplied me with content which is greatly appreciated! Have a pleasant Christmas break and I will be badgering you again for more of the same next year.....



Rog