



The Spindle — NOVEMBER 2013 — cycleclubsudbury



Welcome to the Spindle's

last edition of the year. And what a busy year it has been. With almost 120 members now in the club, we must be doing something right. Another piece of the club jigsaw is now in place with the formation of a Road Racing section. It was common place back in our early years but fell by the wayside in the last 10-15 years. Thanks to some herculean efforts by Darren Rule, he has put all the wheels in motion for the club to undertake a more active role in Road Racing and has already earmarked a date for the running of our own race next year. He will outline all the details in January's edition of what it's all about.

Also, a small part of our Sunday ride conundrum has been solved by Simon Daw's fast (and long) rides initiative for 'hard riders' (are there any other sort?) to provide a much needed training tool to maintain their fitness throughout the winter months.

Both should be applauded for their efforts. We just need to address more thoroughly the Sunday social rides part of it to complete the job.

Our hill climb went without a hitch and it was great to see the 'hill' full of spectators. A full report can be found further on.

Also included in this issue is the Open TT review of the year. I hope I got everyone's results correct and would ask for errors or omissions to be highlighted and sent to me.

Not everyone sends in their results to me and it's a really boring job trawling through all the result sheets looking for information. I also still live in hope that promised articles will land here sometime soon and would remind the 'promisers' that these winter Spindle editions are always short of interesting 'stuff', so please help.

Diary Dates.....

*AUDAX....

Saturday 7th December; 100k Audax; Norfolk Nips 2, Hellesdon, Norwich.

*TIME TRIAL....

James Rush tells me has already entered CC Brecklands 10mile TT near Wymondham on *New Year's Day* on the B10/3 at 11.00am. He is looking for like minded mad fools to join him so they can win the Team TT Prize!

Note that entries have to be in by.....
12th December

CCS QUIZ NIGHT

Thursday 12th December at the Stevenson Centre, Gt. Cornard.

An evening of fun and frolics – no specialist knowledge required (note – flags of the world often feature!). Refreshment drinks available – bring your own nibbles. Organise a team of up to 6 max, or roll up and join a team on the night. Friends and relations welcome, as long as they're not too clever.

'BOXING DAY' RIDE

(ACTUALLY FRIDAY 27th DECEMBER)
at The Cock Inn car park, Lavenham @ 11am.
This will be held on the day after Boxing Day
Friday the 27th December - starting (and **finishing
inside!**) The Cock Inn. Nothing too strenuous and
will probably take the form of a Guess the
Distance of the Ride.
A good opportunity to get out after Christmas!!

CCS SUBS NIGHT; 7.30pm, THURSDAY 9th JANUARY

Stevenson Centre, off Broom Street, Great
Cornard
Refreshments; bring your subscription, and if any
details have changed, a completed membership
form (downloadable from the CCS website
homepage).

Subscription rates;

Juveniles – under 16	£5
Junior – 16 until Dec 31 st after 18	£8
1st claim	£18
1st claim over 65	£12
2nd claim	£12
Life members	£0
Family members	£4
Social member	

CCS RELIABILITY RIDE.

26th January 2014

From Stevenson Centre, off Broom Street, Great
Cornard; [View HQ Map](#)

How reliable are you? Test your body and your
bike after over-indulging during the festive
season; try a reliability ride.

Sign on and pay on the day. £4, includes
refreshments.

Two distances, choose your target time;
Sign on at 8.45am for 48 miles in 3hrs 30mins.
First group away at 9.00am.
Sign on at 9.00am for 48 miles in 2hrs 45mins.
First group away at 9.15am.
Sign on at 9.15am for 27 miles in 2hrs 30mins.
First group away at 9.30am.
Sign on at 9.30am for 27 miles in 1hr 45mins.
First group away at 9.40am.

See Reliability Ride on Events page for maps of
the routes.

For Sale....(Xmas presents?)

*I have a Tacx home trainer I would be willing to
sell; it has a computer read out for speed,
cadence, heart rate etc. Let me know if
interested. Dave Fenn. dr.fenn@tiscali.co.uk

*Brand new cycling shoes.

Never worn as wrong
size. GB size 10.

£25!

Phone mob 07909525057

Or Email James Rush at
james.rush@wkparchitects.co.uk



FREE cycling books but need to be collected
from me at 18 St Marys Close, Sudbury

Email coureur@tiscali.co.uk

Tel 01787 371747

Leisure guides - Cycling

Cycling in East Anglia

The Piccolo Bicycle Book

The Pocket Guide to Cycling

The Penguin Book Of the Bicycle

The Mountain Bikers Guide to the Ridgeway

Cycle Racing Training to Win

Bicycling Fuel

Richards Cycling for Fitness

Richards Mountain Bike Book

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Len Finch

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CCS TUNES IN WITH THE BBC.

The club recently met up with officials from
the neighbouring Boxford Bike Club to
explore ways of utilising and sharing
initiatives between the two clubs. It is hoped
that it will be beneficial to both parties and
that we can learn and gain experience from
each other's strengths.

Interclub competitions could follow in the
coming season.

A recent ride kicked off the proceedings when
a very good gathering of riders from both
clubs combined for a Sunday social meander
from Boxford.



CCS Open Hill Climb Incorporating Eastern District Championship & CCS Championship – Watson’s Hill, Semer, Suffolk –November 3rd 2013



For once, our November Hill climb wasn't accompanied by the almost traditional rainfall. Instead, we were blessed by sunshine which was tempered by a strong wind blowing down the hill. Thanks to Jonathan's sterling efforts, he managed to attract a sizable entry of 52 riders, mainly from around East Anglia, with a few coming from further afield. A lot of CCS helpers were evident before the off, helping to make sure our event ran like clockwork. The fact that it did is all down to their efforts. I was quite taken aback at the sheer number of the spectators on the hill and of the noise of encouragement they gave for every rider who clambered up passed them. A brilliant atmosphere! Ipswich Bike Club dominated proceedings with Graham Collins fastest up the hill (51.2secs), 2nd and last year's winner Daniel Zagni (52.4) with Patrick Cook (53.0) in 4th place. Ipswich therefore again retained the team trophy for their efforts. 3rd place by Graeme Knott (53.0) from Colchester Rovers spoiled IBC's chance of a clean sweep!



Pleasingly for the organising club, we had two of our riders fill the next 2 positions with James Rush (54.2)



narrowly edging out Simon Wright (54.7) for 5th and 6th places. James' time also ensured he

regained the CCS Hill Climb Trophy after his unfortunate 'no time' run at last year's event.



Darren Rule (58.6) produced a very good ride for 15th place and secured for CCS 2nd fastest team up the hill, but no prizes chaps, sorry! Other CCS members taking part, included first timers to the event, Dan Upton (01.07.3) and Mike

Garnham (01.19.8), well done to both of them. Dan actually told me he enjoyed his ride....how can pain be enjoyable? Last year's CCS winner Darren Pratt, (01.03.01) obviously got dressed in the dark for the event, as he was wearing a CSC trade team top and not a CCS one (The right letters Darren, but not in the right order!) An excellent ride by Nick Baker (01.00.08) would have seen him duck under the minute with one superhuman push if only he had known how close he was. It was good to see Doz Bree (01.09.01) return to the hill (and the club) after a couple of years away, on his lovely 'real steel' machine. Ashton Dyson (01.06.9) probably won the unofficial 'gurning competition' due to the huge effort he put into his ride, but he *was allowed* as it was his birthday! Great stuff from all our 9 riders and a huge well done for getting out there and just 'doing it' If the hill was 'rocking' during the event, our HQ at the quaint Semer village hall was really rocking and rolling with riders, spectators and helpers continuing the great atmosphere inside. Jenny, Brian, Kirsty and Peter were kept busy dishing out hot drinks and naughty cakes as everyone waited for the timekeepers to return. So, the final CCS event done and dusted to bring the year to a close. As our Chairman David said in last month's edition, "We do some things very well", and this was testament to those words. Those of us who were privy to the meticulous planning and hard work that Jonathan put into this event were not surprised at the outcome. The many, many words of positive feedback that he received from the riders during and after the event will hopefully persuade him to carry on what he has created for years to come. *Rog*

Note: The CCS Flickr website has pics of all riders on it, but I still have some further shots which I will email if anyone is interested. *Rog*

CCS OPEN HILL CLIMB, WATSONS HILL, SEMER, 3rd NOVEMBER 2013

INCORPORATING EADC CHAMPIONSHIP & CCS CHAMPIONSHIP

1st male rider	Graham Collins; IBC	1st female rider	Brit Tate; GB Cycles
2nd male rider	Daniel Zagni; IBC	2nd female rider	Helen Eborall; Born to Bike
3rd male rider	Graeme Knott; Col Rovers	3rd female rider	Nicola Soden; Champ. System
1st junior rider	James Ormond; Stowmarket CC		
Team award	IBC; Graham Collins, Daniel Zagni, Patrick Cook		

No.	Name	Club	Cat	Time	Position
15	Graham Collins	Ipswich Bicycle Club	S	51.2	1
50	Daniel Zagni	Ipswich Bicycle Club	V	52.4	2
12	Graeme Knott	Colchester Rovers CC	S	53.0	3
30	Patrick Cook	Ipswich Bicycle Club	S	53.6	4
1	James Rush	Cycle Club Sudbury	S	54.2	5
35	Simon Wright	Cycle Club Sudbury	V	54.7	6
51	Adrian McTigue	Plomesgate CC	V	55.1	7
21	Tim Snook	Ipswich Bicycle Club	V	55.3	8
31	Jack Payne	Anglia Velo	S	55.6	9
45	Peter Ingram	Ipswich Bicycle Club	V	55.8	10
10	Greg Andrews	Colchester Rovers CC	V	56.0	11
13	Shaun Andrews	Ipswich Bicycle Club	V	56.9	12
40	Paul Moss	Stowmarket & District CC	V	58.2	13
6	Chris Pearce	Cambridge Cycle Club	S	58.4	14
11	Darren Rule	Cycle Club Sudbury	V	58.6	15
20	Adrian Pettitt	Stowmarket & District CC	V	59.0	16
42	Jim Clayton	Colchester Rovers CC	V	59.4	17
26	Ralph Keeler	Cambridge Cycle Club	V	59.7	18
37	Mike Smith	Colchester Rovers CC	V	1:00.4	19
17	Brit Tate	GB CYCLES.co.uk	L	1:00.7	20
33	Nick Baker	Cycle Club Sudbury	V	1:00.8	21
25	Antony Birt	Ipswich Bicycle Club	S	1:01.0	22
32	Michael Remblance	Wolsey RC	V	1:02.2	23

14	Simon Benson	Boxford Bike Club	V	1:02.8	24(T)
39	Matthew Shinn	Boxford Bike Club	V	1:02.8	24(T)
38	James Ormond	Stowmarket & District CC	J	1:02.9	26
7	Sam Gibson	Ipswich Bicycle Club	S	1:03.1	27(T)
46	Darren Pratt	Cycle Club Sudbury	V	1:03.1	27(T)
41	Adam Keer	Ipswich Bicycle Club	S	1:04.3	29
16	Ian Short	API Metrow Foods	V	1:04.9	30
52	Andrew Kennedy	Ipswich Bicycle Club	V	1:05.0	31
19	Simon Daniel	Boxford Bike Club	S	1:05.4	32
49	Ashton Dyson	Cycle Club Sudbury	V	1:06.9	33
27	Helen Eborall	Born to Bike- Bridgtown Cycles	L	1:07.0	34
4	Daniel Upton	Cycle Club Sudbury	S	1:07.3	35
34	Cliff Matthews	Wolsey RC	V	1:07.5	36
5	Nicola Soden	Champion System -Maxgear RT	L	1:08.8	37
43	Doz Bree	Cycle Club Sudbury	V	1:09.1	38
47	Phil Barrett	Stowmarket & District CC	V	1:10.6	39
2	Sandra Mackay	GB CYCLES.co.uk	LV	1:10.9	40
23	Oliver Jones	Ipswich Bicycle Club	J	1:11.8	41
44	Richard Porter	Boxford Bike Club	V	1:12.6	42
3	Martin Gale	West Suffolk Wheelers	V	1:13.4	43
8	Robert Smith	Stowmarket & District CC	V	1:16.0	44
22	Iona Sewell	GB CYCLES.co.uk	L	1:17.7	45
18	Stephen Searby	Ipswich Bicycle Club	V	1:18.3	46
48	Leon Thompson	Ipswich Bicycle Club	V	1:19.6	47
9	Mike Garnham	Cycle Club Sudbury	V	1:19.8	48



Christmas Competition

The marvellous photo alongside just had to be part of a festive competition. A Bottle of Red or White Wine goes to the person who comes up with the best caption. (Is Trevor Pillet really trying to trip up the Ipswich rider?)

Answers back to me before Christmas.

Rog



Open Time Trials Season Review



Another busy season for our TT riders with 23 members taking part in a total of 188 individual rides which is about 10% down on last year.

Two club records were broken and four team prizes were won during the season with a best position of 2nd place in the 3-Up event at Birch.

CCS members who rode in 2 or more events are reviewed below.



Nick Baker rode 4 events with a best placing of 5th in the 3-Up with Rob Davies and Darren Pratt. An excellent 14th place in our Mad March event with 56.41, started his season off. His only 25 at Tunstall gave him a decent 01.03.02 and an earlier 50 in June in

02.08.29 netted 13th place.

Bob Bush completed 9 events and the pick



of these being a very good 31.34 in the 10 mile event on the E2 in which he picked up a VTTA medal for his efforts. His fastest 25

was again on the E2 in another VTTA event with a 01.19.30. A good season's riding by one of our seasoned campaigners who leads by example.



David Crisp had 3 rides during the season with the best of his two 10 times coming at Stow's Rougham course with a very good 24.55.

He teamed up with Jodie & Jamie in the 3-Up and came in a good 7th place.

Hopefully he will take on a fuller season next year and progress up the ladder.

Rob Davies had a very brief season of just 2 rides due to 'injury' issues.



His only solo ride was a 50 in which he again got under the 2hrs with a remarkable 01.59.04. He was also cajoled into riding the 3-Up with Nick and Darren for their excellent 5th place.

He also managed to

successfully ride Lands End – John O'Groats which tells me he is well mended from his earlier problems. Well done on a mammoth ride.



Simon Daw (24 rides)

apparently had a dip in form mid season. Well, for someone who posted CCS's fastest 25, 50 and 100 mile TT times, you would have never have noticed it. A brilliant year for Simon with the following times....

10 - 22.24, 25 – 55.28 (PB), 50 – 01.56.45 (PB) & 100 – 04.25.07.

Not surprisingly he also won the Vets BAR and the 25, 50 & 100 mile BAR.

4th place in our Mad March event with a 53.24 set the tone for the rest of the year.

A best result of 2nd in the 3-Up with James & Darren Rule capped off a truly awesome TT season, which also included being part of winning 3 Team Prizes along the way.



Damon Day (14 rides) holds the distinction of riding the 2nd

fastest times for 10, 25 & 50 miles TT's this season. He almost claimed the 50 Cup this year until Simon came along very late in the season and 'stole' it from him by a mere 3 secs! All the same, he

can be very pleased with his efforts from a very productive and competitive season. His best times were... **10 – 21.58, 25 – 55.34(PB) & 50 – 01.56.48.**

Jodie Downs rode his first full Open TT season with 11 rides to his credit.



His first effort at the 20 mile event at Debenham resulted in a directional malfunction (got lost!) which still makes me chuckle!

He soon put this behind him and put in ever improving times throughout the year culminating with an exceptional 22.45 (PB) on the E2 10 course. He

followed this up by going under the hour in only his 2nd ever 25 in the VTTA event again on the E2 with a time of 59.11 (PB). He was also rode in the 3-Up at Birch with Jamie & David for 7th place.

A very good debut season.



Len Finch had 7 rides including 3 25mile events. The best of these being his excellent 01.14.03 at the VTTA event on the E2. Also on the same course, Len rode his fastest 10 in an ECCA event in June with a 28.02 which was quicker

than his best time in the previous year! So he still shows no sign of slowing down or losing enthusiasm and I will stop listening to the rumours announcing his retirement. A great competitor!



Jamie Howe rode just the two events during the year. The 20 mile event during the early season at Debenham was his only solo ride and returned a promising 53.53. He was also cajoled into making up one of three 3-Up teams along with Jodie and David for 7th place. It

would be good to see him take on a fuller programme next season as I think he would improve very quickly.

Barbara Law started another season full of her usual enthusiasm and had 17 rides. Ever consistent and managed to beat her best 25 time from last season by nearly 3 mins with a 01.15.01 on the VTTA event on the E2. Her best 10 time came on the F2 course at Caxton Gibbet



and again beat her previous years effort with a 29.11. Another who seems to be getting quicker which is obviously all down to Terry, her personal coach!

Another great example to our younger riders.



Terry Law rode 14 events despite being laid low until late June with a chest infection. I'm a great admirer of his boundless competitive spirit and endless enthusiasm. Despite the late start, he recorded his

quickest 10 time just 3 weeks into his season on the F2 with a 27.58. His first and only 25 ride saw him record a 01.13.16 in the VTTA event on the E2. These times were both quicker than last year's best!

His yearly pilgrimage to ride the age related TT in Flanders, Belgium saw him grab a trophy for 13th place!

(Debutant Barbara claimed 17th in the same TT!) *Warning to fellow TT-ers. I have seen Terry's new TT missile for next season (complete in club colours).*

Be afraid, be very afraid!

Barry Lee rode just the 2 events with his best coming in the VTTA E2 event which was subsequently abandoned after he had recorded 26.12. His other ride in the ECCA event also on the E2 gave him a 26.55. More events next year please Barry!



Denise Leeder had 3 rides with the early Mad March providing her with 32nd place and 2nd fastest lady in 01.10.12.

She was only 20secs off team mate Kirsty in 1st place. 2 weeks later she rode the 21 mile event at Risby and recorded a good 01.09.30 to beat Kirsty by 44secs. They then teamed up for the 14 mile 2-Up with a 41.23 in May. Then no more! She has the talent to complete a fuller programme and hope she takes on more next year.



Darren Pratt had 12 rides during the season and had to juggle work commitments with his TT programme. All the same, he came on in leaps

and bounds. 2 PB's in both 10 & 25 distances with excellent 22.08 and 57.53 times topped off a very good season. His 50 mile time of 02.12.43 for 18th place at Harleston wasn't a bad effort either.

He finished off the season with Nick & Rob in the 3-Up at Birch for 5th place.





Darren Rule had 7 rides with 4 of them coming in March! He also undertook a season of road racing which explains his low involvement. But he still made his mark with some

great times and continues to improve every year. His best 10 came on the Rougham course with a very quick 22.29 (PB) He went under the hour for the 25 on the Six Mile Bottom course with a 59.45 (PB) and helped CCS to the Team Prize. He also finished off the season in style as part of the 2nd place CCS 3-Up team with Simon and James at Birch.



James Rush had 18 rides despite some early season ailments. He concentrated mainly on 25's this year and rode a very good 55.54 inevitably on the E2 in the API event. He was part of 4 Team TT Prizes during the season. His best 10 time of

22.39 came on Stow's Rougham course towards the end of the year. The best result (2nd) came with Simon & Darren in the 3-Up at Birch. He finished off the season with a 5th place at our Open hill climb and was the quickest CCS rider.



Matt Traynar rode 4 events and has improved greatly over last year's efforts. His first visit to the E2 10 course saw him record a very impressive 23.11 in the ECCA event which was 5mins quicker than his PB from last year. His best 25 of 01.10.55 came on the

Bressingham course.



Jonathan Weatherley rode in 19 events and continued to make huge improvements throughout the year and regularly posted top ten positions. He came 6th in the season

long SPOCO East Series in which points are awarded for placings rather than times. His best 10 time (21.17 & PB) was also the best of the year by a CCS rider and came at the VTTA championships on the E2 for 8th place. He was also part of 3 Team TT Prizes during the season. His best effort came in the 30 mile Leo CC event on the E2 with a time of 01.05.01 which was good enough to claim the club record at this distance. A very good season from this talented rider.

Kirsty White rode a fuller season this year with 10 rides. The highlight being riding to a new 25 mile TT club record for her excellent 01.06.35 at the API event on the E2 which beat the previous record by huge 6 minutes. She also managed a 1st, 2nd & 3rd places in the ladies categories in events she rode in during the year. Her best 10 time of 28.36 (PB) was at Stow's Rougham course and was fastest 10 time this year by a CCS lady!



A very good year by Kirsty and hope she continues the trend next year.

Well that's all for this year. Again, wishing everyone a happy Christmas as I write this in November, is positively wacky but that's what 'us' editors have to do!

And finally, a brief glimpse of Terry Law's TT machine....I told you to be afraid!



Rog