



The Spindle DECEMBER 2014 cycleclubsudbury.com

Guest Editorial & Seasonal Round-Up

by Chairman David Fenn.....



It was a pleasant surprise to see so many club members making the effort to attend our recent AGM, thankfully the evening went smoothly with no really contentious issues arising. There are a couple of volunteers required to fill two vacant posts, more on this subject later.

On behalf of the club I want to take this opportunity to thank all members of the committee and event organizers for their hard work, dedication and support throughout the past year.

Looking back over the past year I am amazed at the number of events our club now promotes, they include; 1-Hilly Time Trial, 1-Hill climb, 20-Evening Time Trials, 7-Audaxes, 1-Road Race, 2-Reliability Trials and 1-Interclub speed judging contest.

It's worth pointing out that without the dedication of a small number of club members who give up their valuable time to promote events these fixtures would not take place & the club would be worse off for it.

It's also worth pointing out our club has gained an enviable reputation for promoting high quality events for which the club can be very proud.

This year saw the introduction of our first Road Race for many years, the event was a great success, the only downside being the idiot driver who ignored warnings and caused the mass crash at the finish. Darren can be justly proud of his first promotion for the club.

It is good to note that participation by club members in Road and Circuit races has increased this year mainly due to our recent affiliation to the Eastern Road Racing League.

As members become more familiar with the idiosyncrasies of Road Racing I'm sure the results will soon follow. Our Time Trialists have enjoyed a bumper year of results, with many top ten placings and club individual and team records being broken on a regular basis.

We look forward to more successes in the coming season.

I am sure some of the success of our racing members can be put down the regular Tuesday evening Chain Gang sessions which was initiated over the past year.

Our evening Time Trials remain popular events however the number of riders taking part was slightly down on previous years.

Audaxing has been popular amongst club members for a number of years, this year being no exception. Whilst the number of club riders taking part in events spread over the whole year remains at an encouraging level the number of orange tops in individual events was lower than previous years with many Audax promoters of calendar events querying the reduced number of entries from CCS. It would appear the club regular Audaxers are riding DIY Audaxes by GPS due to their convenience and the ability to choose the best day to ride with reference to the BBC weather website.

The Wednesday rides are actively supported by the retired and silver hair brigade with a dozen members regularly taking part. I'm not sure if it's the bike riding that's the main attraction or the thought of a generous supply of tea and cakes at the completion of the ride.

The club is still experiencing a disappointingly low turnout on the leisurely Sunday Club Runs compared to other local clubs who seem able to attract numbers in excess of 20 as noted

recently when trying to get past a group from a local club who refused to single out to allow other road users to pass. The leisurely club runs of about 40 miles ridden at an average speed of between 12 and 14 mph and always stop at a café about half distance were historically one of the mainstays of club life however numbers have mysteriously depleted over recent years. Personally I believe the increase in Audax riding at weekends by our members may have exacerbated the decline of club runs. Following discussions at our recent AGM the *faster club runs (17-18 mph)* have been reinstated, it will be interesting to see how popular these rides become.

Whilst on the subject of group riding would club members please familiarize themselves with our club procedure for group riding. On a couple of occasions this year I have received angry emails from motorists complaining about the behaviour of club cyclists and their lack of thought for other road users. Our club tops are very distinctive with our name clearly visible, even in a small group of mixed club riders. If you are involved in an incident, particularly whilst wearing your club top, try to remain in control of your emotions and preferably refrain from using bad language, however I know from personal experience how difficult that can be.

The club junior section meeting on Saturday mornings during the spring and summer months has attracted a regular 12 members ranging in age from 5 to 11. In order to maintain continuity during the winter months the group will continue to meet every 2 weeks on a Saturday at the Stevenson Centre for indoor activities. It is important for the future of our club that we maintain the enthusiasm of our current group and encourage other youngsters to take part in cycling as a sport. For information about the CCS Junior section visit our Facebook page www.facebook.com/CCSjuniors

The social season is now upon us with the club quiz night on Thursday December 11th at 7.30 pm at the Stevenson Centre in Great Cornard. Teams of up to six members will battle it out for top honours with questions being set by Peter Whiteley and Mark Gentry. The club dinner and prize presentation is being held at Newton Green Golf Club on

Saturday 31st January 2015. This year we have a special guest, Hugo Gladstone, a former member of CCS, a holder of our Junior 10 and 25 mile TT records and currently news editor at Cycling Weekly and Cycle Sport. We ask that recipients of trophies make a special effort to attend as it is embarrassing for the club if our guest of honour has little presenting to carry out due to missing prize winners.

And finally don't forget the 2 days after Boxing Day ride (formally Boxing Day Ride) being held on Sunday 28th December starting from the Cock Inn Lavenham @ 11.00 am, the ride will be followed by a few bebies at the Cock Inn. *Happy Christmas to you all.....DF.*

SITUATIONS VACANT

Your Club Needs You!!!

The club is currently looking for a volunteer to take over as Time Trial Secretary from Jonathan Weatherly who has had to step down from the position due to work commitments.

In previous years the TT Secretary organized everything related to TT's within the club, this included the Evening TT series, Mad March Hilly TT, Hill Climb and organizing marshals to fulfil our commitment to ECCA events. This however required a high level of commitment and became very time consuming for the TT Secretary. Under the new arrangements having separate organizers for both the open TT's and with Bob Bush taking over the ECCA marshalling side of things will result in a reduced workload for the TT Secretary, the role then becomes less challenging and time consuming for the lucky volunteer. We already have an organiser for Mad March Hilly in Darren Rule; however we do need a volunteer to take over as organiser of the Hill Climb. Volunteers for either TT Secretary or Hill Climb organiser please contact me via email;

dr.fenn@tiscali.co.uk

Once all the applications for these highly sought after positions have been reviewed by the committee the lucky successful candidates will be informed and asked to take up their posts with immediate effect.

CLUB TROPHY WINNER' S LIST 2014 SEASON

This season's list of trophy winners shows a lot of new names for the various categories which is nice to see especially in the longer distance events, the BAR competitions and the club championships. And don't forget to send in your vote for the club Rider of the Year, the winner of which will be announced at the Annual Dinner/Prize Presentation evening on 31st January 2015. It's nice to see a former CCS member, (and still current club holder of Junior 10 & 25mile TT records) Hugo Gladstone from Cycling Weekly, returning to present the prizes.

Road Racing Review 2014

By Darren Rule

2014 saw Cycle Club Sudbury dip its toe in the waters of road racing for the first time in a number of years, with several riders trying road racing for the first time and the club hosting its own road race. Lee Ford, Joe Swain, Alan Russell and James Newton



all rode their first mass-start events this season, while Ashton Dyson got another

season under his belt riding the Go-Race Crits at Trinity Park, achieving at least one top-ten place in these very popular events.

Our membership to the Eastern Road Race League has given our members the platform to enter local road races which in the past has been an almost impossible task due to the popularity of the sport, especially at an entry level. Membership to the ERRL has also attracted a more seasoned racer, Steve Hubbard from Cambridge, who has flown the CCS flag and has won some decent points in his first season with the club, earning his 2nd Category licence. I only managed to start two road races but did ride several Crits at Trinity Park, Lotus test track, RAF Woodbridge, Hillingdon and Crystal Palace, scraping together a handful of points over the year.

Some of our riders were disappointed to not get a ride in some of the early season races which are notoriously very popular and heavily over-subscribed as everyone is keen to get racing again after a long winter lay off. This may have delayed the road race debuts for some of our club mates, but, as we're a determined bunch, it was only a matter of time before we all got our name on a start sheet. Lee was particularly keen to race and went a little

CCS Club Trophy Winners - 2014

Veterans Best All Rounder (On Standard, 10, 25 & 50miles)	Gold	Jonathan Weatherley +5.30
	Silver	Damon Day +4.54
	Bronze	Rob Davies +4.43
B.A.R. (25, 50 & 100miles)		Damon Day 25.86mph
100 mile Open T.T. Cup		Damon Day 4h 4m 48s
50 mile Open T.T. Cup		Jonath'n Weatherley 1h 49m 29s
25 mile Open T.T. Cup		Jonathan Weatherley 52m 42s
Ladies 25 mile Open T.T. Bowl		Barbara Law 1h 24m 10s
Audax Trophy	Gold	John Oakshott 5542 kms
	Silver	Peter Faulks 4572kms
	Bronze	David Fenn 4292kms
Hillclimb Champion - Senior	Gold	Lee Ford 48.9m
	Silver	James Rush 54.1s
	Bronze	Darren Rule 57.4s
Hillclimb Champ - Schoolboy	Gold	Charlie Felstead 64.3s
Club 10 mile T.T. Champion	Gold	Jody Downs 22m 50s
	Silver	Jonathan Weatherley 22m 54s
	Bronze	Rob Davies 23m 08s
Club 10 mile T.T. Ladies Champ.	Gold	Barbara Law 34m 12s
Club 10 mile Junior Champ	Gold	Patrick King 28m 47s
Club 10 mile T.T. Vets Champ. (on Standard)	Gold	Rob Davies +3.28
	Silver	Jonathan Weatherley +3.15
	Bronze	Jody Downs +3.14
Club 10 mile T.T. Champion (on Handicap)	Gold	Ian Campbell 16.28
	Silver	Damon Day 16.38
	Bronze	Graham Buckles 16.40
Club Evening Points Series	Gold	David Millar 808 pts
	Silver	Stefan Bush 678 pts
	Bronze	Tom Moore 624 pts
Club Evening Points Series B.A.R. (All 4 courses)	Gold	Jonathan Weatherley 92m 13s
	Silver	Darren Rule 93m 52s
	Bronze	James Rush 95m 06s
Boxing Day Trophy		?
Clubman of the Year		?
Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?

further afield in the quest to get some points, travelling to Hillingdon and the Cyclopark, where he got a bit more than he bargained for - ending up on the floor (luckily both he and his bike were uninjured). He had another brush with the tarmac at our own road race which was really unfortunate because he had some really good form and was very likely to get in the top ten. Lee wasn't alone with misfortune in the year..... I tangled bars with another rider at Hillingdon and came off worse (which annoyingly caused me to miss our Club TT Championship). Joe took quite a nasty tumble at the Abberton RR after his chain snapped which was a shame as he was going very well on the day. Although I think the Crasher of the Year award has to go to 'Jipper' (Jamie Howe). Although he didn't actually take part in any road races this season he did take part in a number of the reliability trials and training rides, on what seemed to be a ditch-seeking bicycle!!

The highlight of my season was undoubtedly our road race that we held on the last weekend in August. I felt very proud to be a part of the event which saw a great number of members and friends of the club getting involved with the running of the event. We received some great feedback on the event from riders and spectators which I want to pass onto everyone who helped to make it possible.

We are affiliating with the Eastern Road Race League again in 2015, so I am hopeful that some more riders will take up the opportunity of entering some road races in the coming year. I'm sure anyone who has taken part will recommend the experience.

- *In preparation, I'm planning on reinstating the weekend training rides over the winter which will give all participants a chance to get used to riding in a group, and also an opportunity to clock-up the steady base mileage over the winter months which is essential for any rider who*

wants to have a good level of fitness for competing road racing or time trials the following year.

I'll circulate and email and use social media (Facebook and Strava) to advertise these.

Bring on next season....

CCS Juniors Away Day in the Forest

By Chris Sampson



On the last Saturday in October and our last 'riding' day of the year we took a small group of our juniors to Thetford Forest. With the help of Nick Reed and the community bus we headed over to High Lodge and had a very enjoyable day riding the trails. The kids even had some time to sample the musical trail and the play equipment. We were blessed with great weather, the trails were in good condition and Josh even managed to stay upright!!!

We have now started our 'winter sessions' at the Stevenson Centre. These sessions will be on alternate Saturdays and aimed at keeping the group we have together through the winter months. Our first session taught the kids to fix punctures (hopefully) whilst our second session gave them a chance to design their own t-shirts. To find out when these sessions are, keep an eye on our Facebook page.

SPOCO East Series



The results for the year long SPOCO East series have now been produced.

Jonathan Weatherley came 4th overall and 2nd in the Vet's competition, for which he received a 'Silver' medal. He had three podium finishes in SPOCO East TT's this year, with his best result being a second place in the Cambridge CC 25 on 09.08.14. He improved his points total by 17 points over last year and was just 5 points off third place. The standard was high in this year's series, which was won by Mark Arnold who had an unbeatable tally of seven wins out of seven, with Daniel Bloy second (with six wins out of seven) and Angus Jardine third. CCS were 6th overall in the team results list.

Nove Colli Sportive Italy - 2014

2nd Claim Member, Nick Webber shares his reminiscences' of a Grand Fondo he took part in this year.



A whistle cuts through the background noise, followed by the unmistakable sound of hundreds of cleats clicking into pedals. Wheels begin to roll forward and the atmosphere is immediately electric as hundreds of riders struggle to gain

momentum. After standing still for nearly an hour in the chill of the early morning my muscles are not ready for this sudden effort. However, a flood of adrenaline quickly kicks in and any discomfort is forgotten as I press hard on the pedals to follow the wheel in front of me. Tucked in behind a surging mass of other cyclists, the speed quickly climbs to over 30mph. My lungs feel as if they want to leap out of my chest but easing off simply isn't an option at this moment.

With riders all around me it is both a mental and physical effort to hold my position – and not a little intimidating. My hands hover over the brakes but I strongly resist any urge to use them. The image around me is much like the Tour de France peleton riding shoulder to shoulder, inches from each other, but multiplied by a factor of 50. Most are keen to get to the first climb as quickly as possible to avoid the log-jams that occur on the narrow roads of its 12% gradient and there is a lot of pushing, shouting and crazy overtaking. I stick my elbows out, tighten my core muscles and hold my line. Every few minutes shouts or waved arms warn of an obstacle to avoid or of an imminent turn but, thankfully, everyone around me remains upright; although we are all competing against one another there is a degree of mutual support and etiquette to ensure we remain in the competition.

This is the Nove Colli grand fondo, starting and finishing in Marco Pantani's home town of Cesenatico on the east coast of Italy - covering some 210km of mainly closed roads and taking in 9 major climbs over the beautiful Emilia Romagna region, two of them containing sections of 18% gradient.

Cesenatico is dominated by all that is Nove Colli for a few days in mid May. As the hotels fill to capacity, huge numbers of temporary trade stalls (colloquially known as "the zoo") occupy the sea front road for a couple of days running up to the event.

On the morning of the event, a little before 5:00am (after a very early – and, in my case, very large – breakfast), riders are already funnelling in large numbers through the dark streets towards one of the seven big starting grids on the edge of town. An hour before the start of the event, those grids are already filling with riders keen to gain the advantage of being in front of 1000s of their peers. By 5:30am one can almost taste the nervous energy in the air. As far as the eye can see there are roads packed full of colourful bike jerseys and bike helmets, while the sound of Europop is pumped out over loud speakers. Nobody is allowed much sleep in this part of Cesenatico on Nove Colli day !

In a quintessentially Italian manner, the local priest comes onto the microphone to bless the day's race and the intrepid riders, followed by the local mayor who proudly boasts of the beauty of the town and its surrounding countryside. At precisely 6:00am a whistle can be heard in the distance (as if we are about to emerge over the top of our symbolic trenches), signifying the departure of the first grid of riders, containing the professionals, celebrities and top amateurs. It is then an impatient wait for the remaining mortals seeking release from their grids and to be allowed to fly up the road....

I am among around 12,000 riders entered in the 44th edition of this well organised and highly revered event. It is my 6th year competing here



but owing to strict age related rules (and the fact that I no longer have an Italian handicap time) I have started in the unfamiliar location of the penultimate grid and have over 9,000 riders already in front of me.

Despite passing several hundred riders during the frenetic 45 minute run-in to the ascent of Polenta it is inevitable that we are forced to brake almost to a standstill as the wide, flat roads give way to a slim, winding lane unable to accommodate the several thousand riders of mixed ability squeezing onto it. Frustratingly slowly we gain height, passing the delightful hill top village of Bertinoro where I have stopped for cappuccino many times, but at least it is a welcome relief for my legs. In spite of some rather reckless descending on my part (more on that later) the slow motion squeeze is repeated on the climb of Pieve di Rivochio some 20 minutes later. It is only when cresting the top of Ciola, the 3rd ascent, that I feel I can begin to climb at a reasonable pace... just before the second refreshment stop (*ristoro*) comes into view.

The many *ristoros* in the Nove Colli (containing not just drinks, sandwiches, pizza slices, fruit and cake but also grappa) are excellent but with plenty of food in my pockets and water in my *bidons* I resist the urge to stop this early in the morning, keen to make up time wherever I can.

The climb of Barbotto is my favourite. It comes halfway through the race and its vicious 18% gradient attracts large crowds of supporters that really give energy to fatiguing legs. The sound of cheering, air horns and cow bells can be heard on the hairpin bends some way below the summit. A commentator's voice crackles over all of this and there is nothing like hearing one's name being called out to induce a sprint over the crest of the climb.

The descents in this part of the world are nothing like those prevalent in the Alps (where the slopes are long, wide and of consistent gradient). Instead, they are generally steep and narrow with sharp corners and frequently with poor road surfaces. Descending used to be one of my weaknesses but no longer. Whether it has been the recent seasons of riding Cyclo cross or the increased confidence that my new 25mm Contis gave me or even the unhealthy attitude to risk taking that has surfaced during this period of apparent "mid life crisis", I now found myself swooping rapidly around blind bends, overtaking other riders and actually gaining time.

As a footnote to this article I must add that my exuberant downhill confidence was my undoing when, shortly after returning from Italy, I rode into the back of a car I was chasing downhill in Suffolk when it was able to brake to avoid an oncoming tractor much quicker than I was. But that is another story...

The scenic beauty of Emilia Romagna is undeniable and the climb of Perticarra (which seems to go on forever) still makes my heart sing, even when I am racing flat out. The last 2 or 3 km are challenging as the climb is interrupted with small descents and flatter sections; I find myself constantly changing gear and getting out of the saddle in order to maintain my momentum to the top.

Cresting the hill, the road heads steeply downwards and over a busy crossroads so it is gratifying to see the police capably holding back the traffic to give us right of way. It is now close to midday and the heat of the day is evident. I rarely bother with sun tan lotion when riding and can now feel my arms burning – a not unpleasant experience – but the more important consideration is now to replenish my empty bottles with water and energy drink. After hitting the last couple of climbs hard I am aware that my energy levels have dropped, so dehydration is already playing its part.

The *ristoro* at the top of Monte Pugliano – the highest point of the race – was thankfully quieter than some of the earlier ones and I lost only a couple of minutes in filling my bottles, grabbing a few banana halves and filling my mouth with the

most gorgeous fruit flan (arguably a little sacrilegious not to take the time to sit a while with a cappuccino and really savour such lovely baking...).

As we approached Passo della Siepi, the penultimate climb, I was in a fairly active *groupetto* of around 15 riders. From a recce of the roads a couple of days earlier I estimated we probably had around 100 mins or so to race. My legs felt surprisingly good so I just attacked hard from the base of the climb, determined to give it my all.

Four other guys followed on my wheel as we chased down the numerous groups of riders spread out over the length of the ascent. The following descent was equally rapid although I was briefly more careful on the last few hairpins where water seeped onto the road surface and where I had skidded and almost crashed earlier in the week. The group grew again as we covered the flat terrain before the vicious climb of Gorolo so I took the opportunity to slip off the front and recover a little. Gorolo is another of those climbs that rises and falls a lot before its summit, with one particularly vicious section that reared up to 17%.

Knowing that I would soon enjoy a long descent before the run-in to Cesenatico I rode flat out as Gorolo reared up in front of us. I was aware of 3 other riders around me but nobody else willing to come through to share the effort. Towards the top I felt the warning signs of cramp in my calf muscles and thigh adductors so swigged a couple more mouthfuls of water.

The descent from Gorolo passes through a village



that has recently acquired a number of large speed bumps. In attempting to "hover" the bike over one of those bumps, by lifting my body weight upwards off the saddle, I rather misjudged my balance and felt the rear wheel skip several inches away from the road. Still travelling at around 55kph, the bike shimmied sideways but the lovely stiff Cannondale frame held its inertia and I continued safely down the hill.



The seaside towers of Cesenatico were clearly in view as we rode onto the flat plains back into town. Around 30 minutes more to ride....

I was on the edge of agony now as my legs, heart and lungs were unable to push any harder. Blessed with the welcome company of a strong, young Italian rider with a similar build to myself, we were effectively riding a two-up time trial with a few other riders sitting in behind

us. Each time I took my turn on the front my whole body yelled to slow down but, as anyone who has ridden a two-up TT will know, the games the mind plays can help you push over the line of pain for just a few seconds longer. Nevertheless, each time I slipped back to enjoy the shelter of my powerful companion I struggled to hold his wheel. Worse, my turns on the front were becoming shamefully shorter.

The psychological boost of downing the last of my energy drink lifted me a little as our two-man train continued to fly past groups of slower riders, a number of whom were able to tag onto the back but were unable or unwilling to assist in "the engine room".

As the glistening waters of the Adriatic came into view I knew we only had a couple more kilometres to race and the sense of relief in knowing that I would not have to hurt my body much longer allowed me to take a longer pull on the front. I smiled a smile of gratitude as I came alongside my faithful breakaway companion and a weary grin of acknowledgement was returned. It seemed wrong to sprint past him after so many kilometres of shared effort but I planned to do it anyway.... ho ho. With around 500m to go I slipped quietly into my 13 tooth sprocket then, as we came onto the long seafront finish, I was out of the saddle and stamping hard onto the pedals with an astonishing surge of power that didn't feel as if it belonged to my own body. I expected other riders to pass me in the final 20 metres (as I am not a particularly gifted sprinter) but it didn't happen and I was able to cross the line with a roar of pleasure.

The excellent organisation made sure that I was immediately presented with a finisher's medal and then ushered into the riders' area for free pasta and beer. Oh, the joys of alcoholic rehydration.. !



Annual Dinner & Prize Presentation Evening

On the basis of last year's success we are again holding our annual dinner at Newton Green Golf Club on *31st January 2015*

We have this year presenting our trophies a past member Hugo Gladstone who is also editor of Cycling Weekly, also attending another past member Matt Andrew.

It would be good for any current CCS members who remember these past members to attend and catch up with them.

As we have Hugo presenting the Trophies it would be respectful for all the 2014 winners to attend and receive their trophies.

If you could return the application form to David Miller with full cost or email with your requirements and payment direct to the CCS bank account

We anticipate a good response for this event and we do require payment before the event

If you require a starter at the additional cost of £3.50 you will need to preselect at on your application, also deserts will need to be preselected to enable the caterers to plan the quantities.

Dave & Maggie Miller
Old School House
Chapel Street
Bildeston
Suffolk
IP7 7EP

***Tel 01449743937
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ANNUAL DINNER MENU

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

31st January 2015

019.00 hrs for 19.30 hrs

Starters @ £3.50 per head (to be pre-selected)

Soup

Pate

Prawn Cocktails

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

*Excluding drinks from the bar and gratuities
at Diners discretion*

Diary Dates *Compiled by Robin Weaver*

7.30pm, THURSDAY 11 DECEMBER; CCS QUIZ NIGHT; ANOTHER DATE FOR YOUR DIARY

Stevenson Centre, off Broom Street, Great Cornard. Teams of up to six, or join one on the night. Hot drinks available – bring your own nibbles and other drinks

11am, SUNDAY 28 DECEMBER; CCS “BOXING DAY” RIDE

We really need to rename this event!

This will be a Guess the Distance ride for about an hour, starting from the Cock Inn car park, Lavenham, followed by drink, refreshments and chat in the Cock.

Fancy dress and decorated bikes optional.

UPCOMING AUDAX RIDES

Saturday 13 December; Swaffham; 100k ride

Sunday 21 December; Gt Bromley; 200k ride

Further details and entry to these rides via the AudaxUK website; anyone can enter these events.

FUTURE RELIABILITY, SPORTIVE AND CHARITY RIDES

Full details, and entry for most events, on the British Cycling website at

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

Sunday 18 January; Veloschils sportive.

Sunday 25 January; CCS RELIABILITY RIDES; 28 and 47 miles; two target times for each distance. Details to follow.

Sunday 12 April; BCC Boxford Tornado sportive.

Entries open 1 January 2015, with a limit of 500 riders; entry here;

<https://www.britishcycling.org.uk/events/details/122510/The-Boxford-Tornado-2015#entry>

CLUB RUNS

Now's the time for those winter miles – why not ride them with friends?

The weekly **social club run** leaves Market Hill Sudbury at 9am every Sunday. About 35-40 miles, with a cafe stop, at the speed of the slowest rider. Back about 12.45 – 1.00pm.

Sunday morning **training rides**; there will be training rides leaving from Market Hill, Sudbury, at 9.00am during December and January. Rides will be at about 17 mph, without a café stop, for about

3 hours. These are social competitive training rides, to get the road miles in. Information will also be posted to the club's Facebook group.

CCS COMMITTEE CHANGES FOLLOWING THE AGM

Nick Reed has had to give up the role of Secretary, owing to other commitments. Peter Whiteley has taken over part of that role, as Minutes Secretary, with David Miller now acting as Treasurer and Secretary.

Jonathan Weatherley has given up the role of Time Trial Secretary, owing to pressure of work. His organising skills and commitment will be sorely missed. This post is currently unfilled.

To reduce the TT Secretary's workload, Darren Rule has taken on running the Mad March Hilly Open TT, in addition to our August Road Race, and Bob Bush has taken on liaising with the EDCA. The main tasks remaining in the role are getting police approval for our Club TT courses, which Jonathan has agreed to do for the 2015 season, and running the Open Hill Climb in October - any volunteers?

Robin Weaver has taken on the post of Audax Coordinator.

Other committee roles remain unchanged.

FACEBOOK

You may not know it, but CCS has a Facebook group page at

<https://www.facebook.com/groups/137443709137/>

Up until now, this has only been accessible to group members, who could post to and view the group page. Following discussion at the AGM, access to the group page has been amended; now, only group members can post to the group page, but the page content can be accessed by anyone. This change was made to increase public availability to club activities. People who post to the page are advised that any personal information they include in their posts will now be freely accessible by all, so watch what you say!

The CCS Juniors group have their own Facebook page at <https://www.facebook.com/CCSJuniors>, which is used mainly to inform group members of future activities.

**And finally, all that's left to do is to wish you all a happy Christmas and hope you get the bike that you asked Santa for!*

Rog

