



The Spindle DECEMBER 2016 cycleclubsudbury.com



The photo alongside has been sourced from my friends at the Long Distance Weather Forecasting Unit. They reliably inform me that this will be common sight in the coming months ahead of us.

Drastic measures need to be taken sooner rather than later for CCS cyclists to prepare for the eventuality should they venture out on their bikes into the snow covered roads and lanes. Suggestions include changing to studded tyres (yes they do exist!) ;wearing multiple layers of padded underwear (for warmth and safety to the vulnerable sticky-out body parts and one of those new fangled helmets that incorporates a homing beacon should the snow drifts get beyond handlebar height and you disappear completely from view.

All items can be bought at good bike shops!

The Spindle does try to go the extra mile to help and ensure CCS members stay safe and upright over the forthcoming Christmas period and not just in 'the season'

Again it seems daft to be talking about Christmas at this moment in time (*late November as I write this*) but this will be the last edition before the New Year. (*Hence the obligatory Christmas cartoons and pics....sorry!*)

Another year is completed and CCS continued to thrive in all disciplines as I have banged on about all season, so I won't repeat it all again. It's enough to say *'that the club and its members 'done good 'again this year'*

At the recent AGM, *'I was lucky enough'* to be re-elected back in again for another year as the Spindle editor. To be quite honest, it's a funny old job which doesn't require much in the way of talent or academic brilliance, (*which is probably why I got the job in the first place*) but just a warped sense humour, carte blanche in pushing the boundaries sometimes and a love of all things cycling. I also have this theory that it keeps my faltering brain active in my retiring years.

I do need to say some thank you's to the small band of contributors that keep the editions full of interesting and readable stuff every month.... and in no particular order! – to Robin W, David F, Viv, Dan, Steve B, Nick W, Simon N, James R, James N, Andrew H, Jody, Ashton, Raymond C, Darren R, Andy R, Martin N, Brian M and finally Brian W for his words of encouragement after every edition. (Much needed and appreciated!)

Have a great Christmas everyone!

Rog
SR76

MTB Endurance Event by Simon Norton

Winter Series One, Fire Road 24, Brandon, Suffolk

30th October 2016

Class- 3 hour veteran male

6 laps completed

Position 42nd from 56

Start- 10:00

Race time- 3:14.03



Arriving at the venue on the day was cold but dry; after coffee, sign in and issue of my race number I headed out onto the course for a warm up on my GT hardtail (2x10).

The course was found to be very dry (as Thetford normally is) and flat (ditto), I also soon found that less clothing was required as it was so mild.

After half a lap I headed back to the car to make minor adjustments, drop a layer and drop off my bag (spare bottles and gels) in the feed zone.

In the start zone marshals organised the grid and provided a briefing before the whistle sounded the start of the race, the fast boys disappeared up the track as I settled into a steady pace trying to remember that there were 3 hours to ride and that my old friend cramp would be waiting near the end.

The course was not technical with only a couple of small bomb holes; fire roads linked the more enjoyable single track through the wooded areas.

At the end of each lap I stopped in the feed zone and picked up a fresh bottle, still not sure how some people manage on so little fluid but I was drinking 750ml each lap.

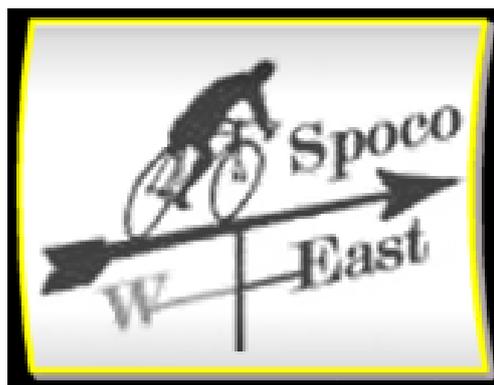
As the race neared the end, I found I was riding for extended periods on my own with just the odd "fast riders" coming past in ones and twos, and very occasionally passing a slower rider, always satisfying when they look younger than me.

By the last lap the sun was out and it was a glorious afternoon, the dreaded cramp had been kept at bay and I finished feeling very tired but happy with my efforts. Now looking forward the next round on the 4th December 2016 at West Bilney Woods.

Many thanks as always to the organisers and sponsors Kings Lynn MTB Club, Revel Outdoors as well as all the marshals and volunteers for a great event.



SPOCO EAST – SPORting COURSES TT's



We had 6 CCS riders entered in the Official SPOCO East 2016 Competition who scored points relative to their finishing positions.

(This competition is in addition to our own CCS one)

It's nice to report that John Bradbury (pic above) gained some recognition for entering 14 SPOCO East events over the year by being the top scorer from CCS and 10th position overall in the SPOCO EAST competition, James Rush (11 events) kept up his seasons tradition by coming second (again) and 11th overall and David Fenn secured third spot from riding 8 events and came 31st overall.

This trio also came 5th in the Team Competition as our 3 best CCS scorers. See below.

Top 6 Teams:-

Team	Points	Best three riders score
Team VeloVelocity	2479	D. Bloy. 838, P. Jay 825, A. Leggett 816
Ipswich BC	2384	A. Birt 802, A. Jardine 797, A. Kennedy 785
Plomesgate CC	2337	S. Fairweather 829, J. Hardwicke 824, T. Caley 684
Stowmarket & Dist	2114	P. Moss 723, V. Smith 704, D. Schindler 687
CC Sudbury	2059	J. Bradbury 778, J. Rush 773, D. Fenn 568
Wolsey RC	1719	S. Cave 756, C. Matthews 567, C. Clarke 396

2016 CCS Annual Awards Presentation Evening.



Cycle Club Sudbury held their annual Awards Presentation at Newton Green Golf Club recently. The timing of the event was brought forward from its traditional date of February, to be more in touch with the end of the season while it was still fresh in everyone's memory. The plan worked well as a record crowd of nearly 70 members and guests attended including the majority of the award winners.

Chairman Darren Rule outlined the clubs successes and strengths from a busy and successful season before handing out nearly 40 awards alongside committee member Andy Rogers.

The main awards were scooped up by Damon Day & Leon West; with Damon (*left*) claiming the Vets B.A.R, 50mile & 25mile Open TT cups & club 10mile TT Vets trophy, with Leon (*right*) picking up the club 10mile TT Champions cup; the season long Evening Series TT cup and the prestigious Rider of the Year award. He was also the recipient of a magnificent new trophy for the inaugural Club SPOCO TT competition, donated by Angela and Stephen Weatherley in memory of their son Jonanthan.



Mandy Bunn (*below*) won the Ladies trophy, the ladies 25mile Open TT bowl and the club 10mile TT ladies champions' cup to complete a good season of competition.



Lee Ford was our Hillclimb champion again (equalling a best ever 4th place O/A in the main event) with Byron Grimes taking the Junior Hillclimb cup and young Connor Mothersole winning the Juveniles cup again in the same event.

Newcomer Mike Bampton was rewarded in his first season by winning the 10mile TT club event on handicap.



Raymond Cheung (*right, receiving trophy from Darren Rule*) completed a staggering 11,681kms ridden in Audax events throughout the year, including five separate 600km event rides, to deservedly claim the Audax trophy.



Young Oscar Keep won the Junior Group - Rider of the Year, which was another new trophy donated again by Angela & Stephen Weatherley (*left, presenting Oscar with his trophy*) to help encourage junior club cycling.

Oscar was just 11years old when he rode the Dunwich Dynamo through the night from London to the Suffolk coast at Dunwich this year!
An outstanding effort!

Both Dan Upton & Steve Barnes each picked up Golden Spindlenut awards for their excellent contributions to the clubs Spindle magazine



The final award of Clubman of the Year went to David Miller, who as Treasurer, Presentation and Awards dinner organiser, and an Evening Series Event co-ordinator, deserved the recognition by the club for his sterling efforts throughout the past years.

As ever, the East Anglian Children's Hospice benefitted from the proceeds of the evenings raffle to the tune of £150.



**Post Script: Both David Miller and Trophy Organiser Peter Whiteley have decided to stand down after many years of organising the evening's event and are hoping to pass on the reins to 2 new helpers from within the membership. Any takers???*

CCS Cycling Shorts.....

The Day after Boxing Day Ride



1) Would you advertise **the Day after Boxing Day Ride, to be held on Tuesday 27th December, 11.00 am at the Cock (Horse) Inn Lavenham.**

This is a group ride over an unknown distance. Computers and watches will be banned. On returning to the pub at the completion of the ride for *coffee/ beer / cheesy chips*, each rider will be asked to guess the distance ridden. The winner will be the rider guessing the

distance closest to that ridden and will be presented with a magnificent trophy at the pub...instant fame!!!!

This event is being organised by Geoff Simms who will be the only person who will know the correct distance, anyone attempting to bribe the organiser will be severely dealt with.

David Fenn

2) ***Juniors..*** We have booked sessions for the Juniors on the Maglia Rosso track off the Lawshall Road, Hawstead, on the dates below.....

New, newish and existing members should note that all youngsters and parents are very welcome to try it out as it's a brilliant track in a safe environment.

There is even a bike shop/cafe on the site!

Further details if required from Dave Fenn on davidfenn273@gmail.com

Saturday December 10th 2016 @11.00 am.

Saturday January 7th 2017 @ 11.00 am.

Saturday February 11th 2017 @11.00 am.

Saturday March 11th 2017 @ 11.00 am.

Dave Fenn & Chris Sampson





3) **Attention all club run participants**

How would you feel about the club run moving to a Saturday?

A couple of members have said they cannot do Sundays but would come out on a Saturday. I also know that for some, Sunday is seen as a family day and therefore difficult to get out.

We would need to find an alternative meeting point but that should not be an obstacle. This is just a consideration and I invite you to send me your thoughts to steveearthworks@yahoo.co.uk

I will also post this on the clubs Facebook page if you prefer to comment that way. Steve Barnes



4) **Quiz Night**

Yes, it's that time of the year again!

Despite what you heard at the AGM, there will be another edition of the popular CCS Quiz Night!

It's at the Stevenson Centre, off Broom Street, Gt.Cornard on the **8th December** at 7.30pm.

We normally have teams of 4, tea and coffee will be supplied but teams should bring along their own snacks / nibbles and soft drinks and something to write with!

5) **A new Audax series**



The recently formed Audax Club Mid-Essex (ACME, with a fine retro-look club top), are running a new series of winter audaxes, under the guidance of established organiser Tom Deakins from Dunmow. The rides are all 100k, with a very civilised 10am start – you might need lights near the finish, though! I rode the first ride in November, from Witham. The event HQ was a Wetherspoons, so a range of refreshment from a coffee to a full breakfast was

available. There was an 'early start' option, so we set off at 9.30, on the first leg to Abberton reservoir, via some new lanes for me through the Braxteds, Tiptree, and past Layer Marney Towers. It was a bit soon for a cuppa, so we took the next leg (a bit more headwind) to Maldon, including an ascent of the steep but mercifully short Hill up to the High Street, where we stopped for a welcome cafe break.

To get the miles in, the route then went out to the flatlands of Latchingdon, before turning back for a hillier stretch across to Stock, via yet more unknown lanes through Woodham Ferrers and past Hanningfield reservoir.

The cafe in Stock was steamed up and very full, so after a shop snack we pressed on to the next cafe, on Danbury Green, where Dave and Andrew managed to consume the 'dessert special' of vast chocolate and cream covered waffles.



I'd noted while downloading the route that the ride thankfully descended rather than ascended North Hill, Little Baddow. What I hadn't worked out was that to descend, we had to ascend the same height somewhere else first. Shortly after the cafe stop, we began a long, long ascent, but less steep than the very exhilarating descent that followed.

We then crossed the A12, and made our way back into Witham via lanes from Terling, tagging along for a tandem tow for the last few miles.

It's a well organised event, with a good route (one or two stretches of busier road), and reasonable weather. Future ACME events from Witham or Kelvedon are in December, January, and February,

Robin Weaver

6) ***Social Media***

As it's supposed to be the Season of Goodwill, please behave and think hard before committing finger to keyboard.....Nuff said!

7) ***Diary Dates***

Audax Rides

Saturday 3 December; New Winter Series, Audax Club Mid-Essex; Witham; 100k; 10am start!

Sunday 18 December; Great Bromley; Santa Special 200k

Saturday 14 January; Swaffham; 54/100k

Saturday 21 January; New Winter Series, Audax Club Mid-Essex; Kelvedon; 100k; 10am start!

CycloCross

Sunday 11 December; Chantry Park, Ipswich.

Stow Scramble / Eastern League Round 14; Eastern Cyclo-Cross League

Time Trials

Jan 1st 2017 Breckland CC 10mile on B10/3.

MTB Racing

- Sunday, 4th December, 2016
West Bilney Woods, Common Road, West Bilney, King's Lynn, PE32 1JX
 - Sunday, 15th January, 2017
FR6, Brandon Country Park, B1106, Shakers Road, Brandon, IP27 0SS
 - Sunday, 12th February, 2017
Shouldham Warren, Shouldham, Norfolk, PE33 0BY
- Race times:*
- 3 Hour All Categories - Start 10.00am Finish 13.00pm
 - 1.5 Hour All Categories - Start 11.30am Finish 13.00pm
 - 1 Hour All Categories - Start 11:30am Finish 12.30pm

CCS Subs Night

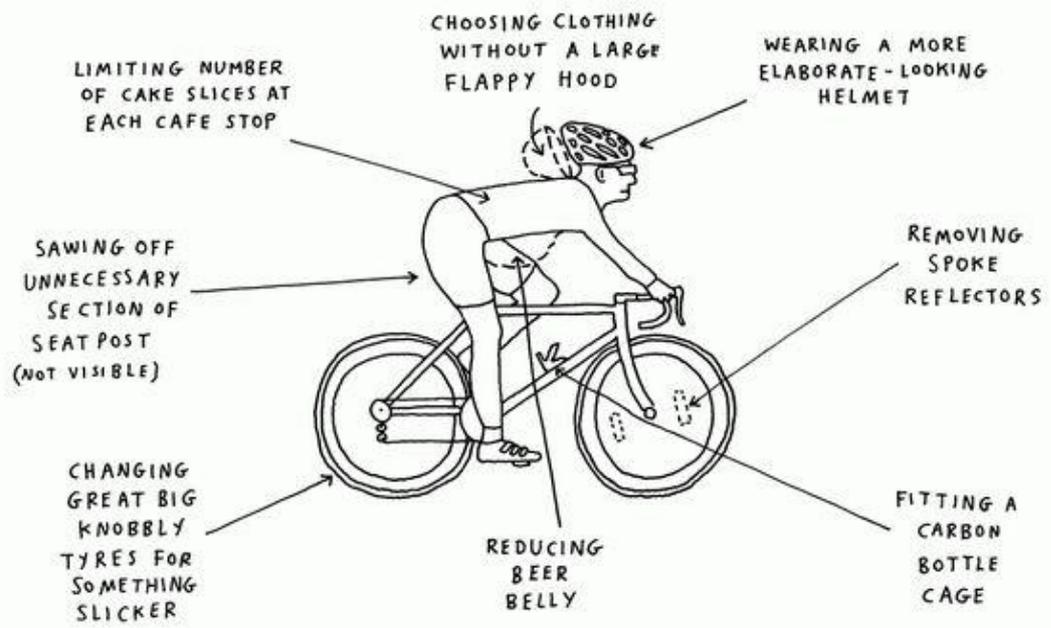
7.30pm, Thursday 12th January; CCS Subs Night, Stevenson Centre, Great Cornard.

8) **Free Speed! Time Triallers take note!**

a) **Marginal Gains.....**

MARGINAL GAINS

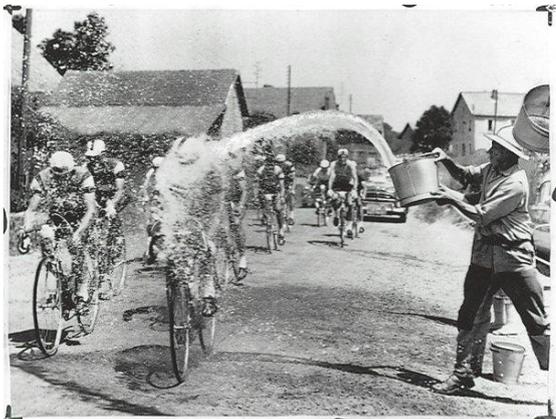
HOW THE PROFESSIONALS MAKE SMALL CHANGES TO IMPROVE THEIR PERFORMANCE



.....Or try one of these!

cyclingcartoons.com / by @davewalker

b) **Water Cooling.....**



The easy way.....



The hard way (or the Kersey way!)

c) **Cornering.....**

Don't try this at home.....





d) But whatever you do, always have a backup plan!

RIDER PROFILE

Name.... *David Fenn*



1) **Occupation and how many years have you been cycling?**

Currently sponsored by the British Tax payers, i.e. retired!

Cycling off and on for 53 years.

2) **What was your first 'proper' bike & how old were you when you had it:**

A Dawes Courier or Windrush; (can't remember which one) when I was 14 years old in 1964 when I was a member of the West Suffolk Wheelers.

3) **How many bikes do you have now and list them in order of preference:**

I have 6 bikes, according to Mary my wife, that's too many.

Dolan Scala, carbon TT bike. Orbea Orca carbon road bike. Raleigh steel road bike. Geoffrey Bulter, steel road bike. Mercian steel Audax bike. Cube aluminium MTB.

4) **How many miles do you average a year:**

That's a difficult one, I try to ride most days but mix road miles and Time on the turbo so probably average about 10 hours per week

5) **What was the longest ride you completed and where was it:**

My longest single ride was a 600km Audax ridden over a weekend in Norfolk with Brian Mann and Viv Marsh.

6) **What was the best ride you completed and why:**

That's a difficult one to answer as there are not many rides I don't enjoy but one particular ride that does come to mind is a 300 km Audax I rode with Steve Barnes. The ride started in near Cambridge, I can't recall the entire route but it did go through Market Harborough, it was a beautiful day and a superb route although I do recall a few hills.

7) **What was your best Race/Audax/Sportive/TT performance?**

I would probably put my ride in the 100 mile National TT championship on 19th July 1970 at the top of the list. The event started in Barnham near Thetford, it poured with rain for the entire event and I did a personal best 4:32:02, the event was won by Alan Creaser in 4:02:05. Along with two team mates, Hugh Smith and Don Saunders we set a new West Suffolk Wheelers 100 mile team record which still stands today.

8) What was your most embarrassing moment on a bike?

Hitting a badger at night whilst riding a 400 km Audax must be pretty near the top of the list.

9) And what was the worst ride you ever had and why:

It was the 12th April 1969, the Barnwell CC 25 mile TT on the F2R, Cambridge to St Neots road. It was blowing an absolute gale. We were riding directly into a gale force west wind on the way out. My lowest gear was 52 x 17 (I only had a single chain ring and 5 gears on my TT bike) I was really struggling to turn the gear and stay upright in the wind. On the return I could not spin my legs fast enough, finished with 1:14:59. To give some idea of how hard it was, Alf Engers winning time was 1:01:00 and he was the fastest TT rider in the country.

Today the conditions would have been considered too dangerous and the event cancelled due to 'Elf an Safety'.

10) Who were/are your childhood/modern day cycling heroes?

I don't do cycling heroes. Heroes must be one of the most misused words in the dictionary. However I was a big fan of Mario Cipolini, he was a real character also Marco Pantani for his attacking style in the mountains, he wasn't like current day climbers who get dragged within 3 km of the finish by their team mates before attempting an attack.

11) What do you hate most about cycling?

Riding in a group on wet and muddy roads with some inconsiderate riders who have no mudguards.

12) What bike would you most like to own?

I'm not allowed any more.

13) What is the best 'bit' of cycle equipment/kit you ever bought?

It's got to be a helmet, on at least 3 occasions I have been saved from very serious head injuries where my helmet was smashed but my head protected.

14) What is your favourite ride?

In the Spring and Summer the route along the Stour Valley through Henny, Lamarsh, Bures, Wissington, Nayland, Stoke by Nayland is a ride I always enjoy.

15) What are your cycling strengths and weaknesses?

My biggest strength is my love of cycling, my biggest weaknesses are cakes and puddings, particularly Bakewell Tart, and sponge puddings with custard

16) And finally, what is your best training tip?

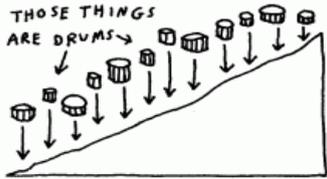
Train hard, rest easy.



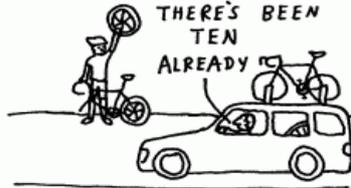
And to finish off the year, here's a seasonal ditty with a biking theme.

Altogether now.....

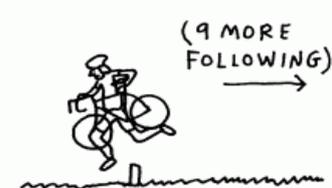
THE 12 (CYCLING) DAYS OF CHRISTMAS



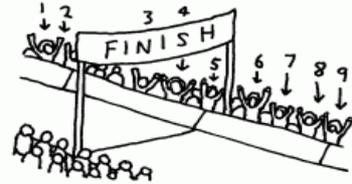
12 DRUMMERS DRUMMING
(ON ALPE D' HUEZ)



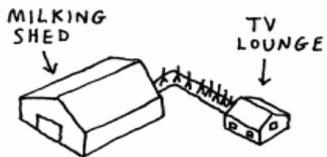
11 PROS PUNCTURING



10 CYCLOCROSS RIDERS
A-LEAPING



9 LADIES DANCING
(AT THE FINISH LINE)



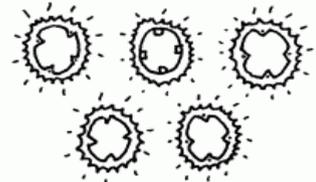
8 MAIDS-A-MILKING
(BUT TAKING A BREAK TO
WATCH THE BIKE RACING)



7 SOIGNEURS
A-SWIMMING



6 RIDERS A-LAYING
IN THE ROAD



5 GOLD CHAINRINGS



4 COOLING BEERS



3 FRENCH MEN
(OUT ON THEIR BIKES)



2 WINTER GLOVES



AND A BIDON
IN A PEAR TREE

cyclingcartoons.com / by @davewalker

That's all there is this month. Lots of good tips and advice, reports, stoopid cartoons and photo's (used as hole fillers – did you notice?) all to help you enjoy the run up to Christmas.

Cheers everyone.....Rog



Oh well, it's back on the trainer for me!