

The Spindle DECEMBER 2017 cycleclubsudbury.com

As ever, it's really odd signing off the last Spindle of the year in November! The recent AGM saw an encouraging 30+ members attending and for once, the committee members were outnumbered by general members. Well done to all those who turned up.

Nothing major happened during the meeting; a revision to the CCS SPOCO rules, the usual voting for the committee members and a few odds and ends.

It's good to report that we have two new 'young' members on board (Dan Upton & Leon West) to give their youthful input and help, and along with Dan Adams, should freshen up the running of the committee and club. They will replace 3 retiring members, Mandy Bunn, Andy Rogers and myself after 12 years service!

This December Spindle is for once a briefer edition due to...well....nothing much to write about really! Damon and Brian have saved my bacon with two good articles which together with the Presentation Evening report, a succinct Rider Profile from Bob and a new style Open TT report. Plus of course my usual take on Christmas presents/trinkets available out there which I suppose comes under the heading of 'page fillers'. So you all have got off lightly this month.

With the first Open TT of the new season just a month away, (yes really) I do hope the hard riders amongst you are ramping up the training in readiness and no, mudguards are not allowed! Also, not forgetting our Audax riders, there are plenty this and next month to choose from, which I hope will be ridden by some CCS members – as I need a report or two, to help fill the January edition! And with some good fun to be had for the Juniors over at Maglia Rosso's outdoor course this month, I'm ever hopeful. Although any useful bikey trivia would be gratefully received!

Rog
SR88

Cycle Club Sudbury Annual Dinner & Presentation Evening.

(As per my press report)



Cycle Club Sudbury held its annual Awards Evening & Dinner last weekend at a well attended event at the Newton Green Golf Club. Chairman Darren Rule congratulated the club and its members on another successful season which saw 13 club records being broken in Time Trials and long distance Audax events. Coupled with a burgeoning Junior section, a revitalised and well attended Sunday club run section, the ever popular Thursday Evening Club Time

Trial Points Series, the CCS organised events open to the general cycling fraternity including 3 Audaxes, an Open Hill climb and the Open Mad March Hilly TT from Lavenham.

It was quite an undertaking for a relatively small club with its small band of helpers.

The majority of Trophy winners during the year came from just three of CCS's star riders. Mandy Bunn deservedly picked up the most prestigious club award by being voted Rider of the Year, along with winning the Ladies Trophy, 25 mile Open TT cup and Ladies 10 mile club championship.

Leon West's winning haul included the 25 mile Open TT cup, the Spoco (on Sporting TT Courses) trophy awarded in memory of Jonathan Weatherley, the club 10 mile TT championship, the 10 mile TT on handicap and the season long Best All Rounder trophy over the clubs 4 courses.

Damon Day completes the trio by collecting the 100 mile and the 50 mile Open TT trophies, the club Vets 10 mile TT cup, the Vets Best All Rounder for 10, 25 & 50 mile events and the Senior B.A.R. for 25, 50 & 100 miles TT's.

Other winners included Lee Ford for the men's club Hill Climb and Angela Lesslie for ladies Hill Climb cup, other Hill Climb medals went to Juveniles, Isabella Johnson and Oscar Keep with Byron Grimes winning the Junior medal.

Matt Traynar picked up the Evening Points Series award held over 20 events from Lavenham during the summer.

Raymond Cheung retained his Audax trophy by cycling to a new club record distance of 13,082kms in Audax events over the year and which included an epic 1415km ride on the London-Edinburgh-London audax with very little sleep!

Finally, the CCS Clubman of the Year went to committee member Robin Weaver for his mammoth administrative input throughout the year. From time-keeping, collating and posting the TT times, usually before the riders get home, organising the Audaxes from Bildeston, keeping the CCS website updated, producing the club's handbook and all on top of being the club's membership secretary!

The evenings raffle raised £120 which goes to the East Anglian Children's Hospice.

So a nice evening with the right crowd and no crowding! Everything went off without any glitches which are thanks to Andrew Hoppit's slick organising. A deserved mention also to James Newton for taking over for the first time (from Peter Whiteley) the mammoth task of collating all the cups, trophies and medals including all their engraving. Not a straightforward job but one that is necessary and will get easier the more you do it James! (Please!)

It was pleasing to have our first female winner of the Rider of the Year in Mandy Bunn which was hugely deserved.

Nice also to see Robin rewarded for his massive efforts for the club with the Clubman of the Year shield and long may they continue.

Rog.

Cycling UK Quest *An update on Brian Mann's Quest*



Roger, here as promised is an update on my attempt to complete as much of the C.T.C quest as possible, so far I've completed 77 quests -70 confirmed, 7 to be submitted (there is room on the cards for 10 answers so I only submit completed cards) .

It could be said I've now done the easy ones having completed Essex , Suffolk, Norfolk, Cambridgeshire,

Lincolnshire, Bedfordshire, Hertfordshire, Northants, Leicester and Derbyshire, 6 quests in each county answering an easy question to prove I've been there .

If only I could remember the answers everyone would want to be on my team at quiz night , for example I now know the date on St Anne's church clock in Millers Dale in Derbyshire and how old the cross near the cyclists memorial in Meriden,

Warwickshire is but only if you let me look in my notebook !

People I've told about the quest equate it to treasure hunting or geocaching on a bike and then tell me I could always Google the answers !

The quest was set up to encourage cycling - so far I've clocked up 2809 k averaging 36 k (22 miles) per quest - it's working !

All the best, Brian



Christmas Trinkets & Trivia?





Anybody need a Xmas present for a 2 year old daughter?



This would make the Boxing Day ride a bit more interesting!



The ultimate Christmas cycling jersey?

An opportunity to try something different !

By Damon Day



Sometime in October Matt Traynar asked me would I fancy entering an MTB race that he was entering. As I don't own a MTB my initial answer was I couldn't. But then he suggested I could borrow a bike from one of his friends. There then followed a few days of me questioning Matt as to what I'd be letting myself in for? In the meantime I happened to speak to Mike Bampton (another CCS club member) at work about

the MTB event. Being a fairly keen MTB 'er he said if I entered the race he would too and he would ask Mick Felton (another CCS member) if he fancied it also. So after a few days all three of us decided to enter.

Some of the issues I'd questioned Matt about were the fact I'd never ridden a modern MTB and had never done anything serious off road before, so ideally I would like to have a try out on the bike before the main event. Well! I did manage a trial run the day before which turned out to be quite an eventful 50min ride ending with a puncture so this didn't exactly fill me with confidence!

Event day arrives. If you get there early enough you can recce the course but from Matt's explanation I just thought I wouldn't bother with that! But Mike & Mick did, and as we sat at the back of the starting grid Mike says 'This may be a bit more challenging than you're expecting?'. Before I have time to question him we were off..... Gulp! First thoughts were as usual 'What the hell am I doing this for?' but after a few moments things settle down a bit and the concentration on what I'm trying to do was kicking in. My initial plan was to take it steady for the first lap to just get an idea of what I'm up against then as I hopefully got more confident and as some riders start to get tired as it's a 3hr race, maybe (?) I'll be able to work my way up the field a little?

This plan basically puts me almost at the rear of the race but this is what I was expecting, so no problem. Anyway after about 10mins I have my first fall on a wet little roller coaster section through some trees. Red faced, I get up and continue, 5mins later I lose balance at the top of a ramp and have to unclip to put my foot down making 3-4 other rides behind me come to a halt! 'Whoops sorry' I say, (noting that one of the riders is Mick Felton!) For the rest of the lap I have no further incidents. So starting my second lap I have gained some confidence & as riders are more spaced out (distance wise!!!!) I start to push things a bit more, slowly catching, passing odd riders and small groups of riders every now and again (note, I may have been passing riders, but I was still way off the pace of the faster guys). Then I come to the wet roller coaster section for the second time. AGAIN it has me down as it does on the 3rd and 4th laps also! (on each lap my language gets bluer!) Finally on the 5th lap when ironically this section is in its worse state due to all the bikes going through it for 3hrs I actually make it through without coming off, Hooray !



Towards the end of my 5th lap I realized I would cross the lap line about 5mins before the 3hrs was up which would allow me to start and complete a 6th lap. While I was still thinking about whether I'd actual want to do another lap, both of my calf's decided to twinge like they were about to cramp . I'd found feeding throughout the race quite difficult so had not fuelled as much as I'd have liked, getting the cramp was a sign of this so I decided to call it a day after 5 laps.

Chatting to Matt, Mick & Mike afterwards, we all agreed it was pretty tough going but we'd had fun.

This MTB event was the 1st round of a 4 round winter series (1 event each month from Nov-Feb).

This seems a great way to break up the long winter off season from TT'ing that I normally endure and would suggest that other CCS rides consider giving these events ago to.

Just got to get an MTB now!

Damon

CCS Cycling Shorts:



CCS Juniors by Chris Sampson



Our winter junior coaching sessions are well under way using the excellent off-road course at Maglia Rosso.

Both October and December's sessions have been well attended with 19 children attending last time out. The Maglia Rosso course allows the children to get stuck into different obstacles such as: the tree lift, the ditch and the berms.

This is an ideal training ground to prepare them for competitive Cyclo-cross or mountain bike racing. Our next session is December 9th, meeting at 13.30 for a 14.00 start at Maglia Rosso, Hawstead. For more info see CCS website.

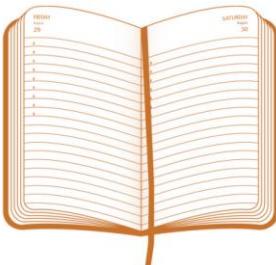
Best Bike Shop in the East of England!

Our local Bildeston Lifecycle UK bike shop came out as the Best Bike Shop in the East in a survey organised in 2017 by Cycling Weekly. Over 20,000 votes were received for bike shops throughout Britain with the overall winner being the Edinburgh Bicycle Co-operative.

Lifecycle UK were one of the first in our area to open up to the resurgence of cycling that has seen a boom within all the categories of biking in the recent years. I personally have found them to be very helpful and knowledgeable and I'm not surprised by their success. Well done!

The Top Bike Shops in the East of England:-

1. *Lifecycle UK*.
2. *JD Cycles*.
3. *Yellow Jersey Cycles*.
4. *Aerocycles*.
5. *Lee Valley Cycles*.



Diary Dates

CCS QUIZ NIGHT, 7.30pm, Thursday 7 December; Stevenson Centre, off Broom Street, Gt Cornard.
Teams of up to six, or teams formed on the night.
Bring drinks and nibbles.

MAGLIA ROSSO INTERCLUB QUIZ NIGHT, Friday 8 December, at Maglia Rosso, Hawstead. 7pm for 7.30 start. Entry fee for team of three or four; £20, which includes welcome drink and light buffet at half-time.

CCS "BOXING DAY" RIDE; actually on:-

Wednesday 27 December, meeting in the Cock Horse car park, Lavenham, at 11am; a Guess the Distance ride for about an hour, followed by a warming drink and possibly cheesy chips in The Cock Horse, Lavenham.

PS. A big shiny trophy is up for grabs for the winner!

ADVANCE NOTICE; CCS 2018 **SUBS NIGHT**, 7.30pm Thursday 11 January at the Stevenson Centre, off Broom Street, Gt Cornard. Light refreshments, and club clothing on sale.

THE FIRST TIME TRIAL OF THE NEW SEASON! – CC Breckland, 10 miles on the B10/3B –
January 1st at 11.00. Entries close on 12/12/17. (*Go on; give your winter training some meaningful purpose!*)

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/>

Saturday 2 December; Witham; 100k

Sunday 10 December; Swaffham; 100k

Sunday 17 December; Gt Bromley; 200k

Sunday 7 January; Swaffham; 120k

Saturday 13 January; Kelvedon; 100k

Saturday 3 February; Witham; 100k



RIDER PROFILE

Name.... Bob Bush



1) Occupation and how many years have you been cycling

Retired account – 69 years riding.

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

Dayton welded – chrome forks and purple tubing – fabulous – 17 years old!

3) How many bikes do you have now and list them in order of preference: Fort aluminium with carbon forks – Dave Lloyd 531 tubing – Don Farrell 531 – Raleigh Sports, training bike, heavy but with good stuff on it – The Dayton currently in fixed gear mode – Raleigh Roadster: paper shop bike!

4) How many miles do you average a year:

Too few, 1500 – 2000.

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

In 1954: West Kent DC CTC, 220miles in 24hrs then 50miles to Shoreham and back in 4hrs; so 270miles in 28hrs. Certificate presented by the great Eileen Sheridan.

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

In 1965, The Broad Oak 12hrs - rode 233miles with very little food in the last 50miles as Liz was unwell and my helper had to look after her! Was in the South Eastern RC then. Also got the team prize!

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

Probably the Southgate C.C. 50 on F2/50R also in 1965 with an 02.07.52 -12th. On the A428 and what used to be the A 604.

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

In a VTTA 25 on A4 in 2008 .Staying with nephew after a family party so a late night!

Total confusion in morning with cars, had to knock his neighbour up to get mine out.

No time for breakfast so bought a Mars bar. Late start and last after several fast riders . Last marshal on second circuit had gone; but plugged on to finish where a lone lady timekeeper, bless her, had stayed, what a star: And I still had a cuppa at the HQ!

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

My last 100 TT on the A4. Maybe too fast a start then ran out after far turn on the A4 and completely blew up after Newbury. With encouragement from friend Jim just managed to get to finish - did a6hr 10mins!

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

Eddie Merckx - Beryl Burton - now Cavendish and Froomey.

11) What do hate most about cycling?

The increase in traffic, especially those overtaking from opposite direction on the minor "A" roads that seem to see you far too late!

12) What bike would you most like to own?

A nice Cervelo would do!

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

My Shimano Ultegra 10 equipment: excellent groupset.

14) What is your favourite ride?

In the North West; the ride alongside Ullswater Lake! Down here a nice ride below the North Downs on the A 25 or around our local "B" road valleys to Hartest etc.

15) What are your cycling strengths and weaknesses?

Used to be winding it up with good revs on close ratio gears - all my best rides on 96 top. Those sharper gradients now a real pain can't keep pace up on those nowadays.

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

Plenty of miles on hilly roads and/ or interval training on turbo and getting the recovery right! Avoid getting cold and have good warm - ups and importantly keep hydrated if hot. In our fast years we did regular core weight training in the winter. Finally, weather permitting, start and then finish!



Hey Bob, does your wife know you pinched her pink jacket?

Best Tip of the Year!

How to Achieve Inner Peace by means other than riding your bike!

I am passing this on to you because it definitely worked for me today, and we all could probably use a little more calm in our lives!

A renowned psycho-analyst on Morning TV said the way to achieve inner peace is to finish all the things you have started! So I looked around my house to see the things I'd started and didn't finish. As a result I have managed to finish off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a butle of wum, a pockage of Prungles, tha mainder of bot Prozic , the res of the chesescke an a box a chocletz. Yu haf no idr how bludy fablus I feel rite now. Plaeese send dhis orn to dem yu feel ar in need ov iennr pee. An telum, id reely wurgs!



Individual Riders Best Open TT Times during 2017 Season



Name	10mile Open TT	25mile Open TT	30mile Open TT	50mile Open TT	100mile Open TT
John Bradbury	22.06 PB	54.11 PB	01.05.16 PB	02.00.06 PB	04.00.01 PB
Mandy Bunn	23.10 PB + CR	57.40 PB + CR	01.10.10	02.09.02 PB + CR	
Bob Bush	35.02				
Damon Day	21.16	52.38	01.04.22 PB	01.50.56 PB	03.55.06 PB + CR
Garth Evans	23.31				
Dave Fenn	25.55				
Len Finch	29.50				
Colin Harris	25.32				
Gary Johnson	23.36				
Stewart Kirk	24.35	59.55 PB	01.11.52 PB		
Barry Lee	28.15				
Ian Millard	24.30	01.02.55			
David Miller	29.12	01.12.50 PB			
James Rush	21.19	53.29	01.05.16 PB		
Matt Traynar				02.19.01 PB	
Dan Upton	24.21				
Leon West	20.58 PB	51.08 PB + CR			

PB = Personal Best.....CR = Club Record

This is a change from the normal Open TT rider report. Instead of you having to wade through pages of my usual inane waffle with an overload of rider's times to confuse your brains, I've simplified it into an easy to read chart. Their best times this year are shown for all the distances they entered during the season and it makes more it more interesting!

Damon and John were the only two to ride all the standard distances (*with John managing a PB on all of them*) and Mandy just short of a full set. It was an impressive effort by the 3 of them.

NOTE: (If I have omitted anyone's PB times above, or have quoted their wrong best times please let me know!)

So another year comes to an end and hope you have all enjoyed/endured the Spindle OK.
(Any helpful improvements or suggestions would be useful to me for the next year's Edition's)

Have a good Christmas everyone! Rog

