

The Spindle FEBRUARY 2016 cycleclubsudbury.com

So winter has finally arrived and the Indian/Chinese/Spanish Summer has left us!

Despite this downturn in temperatures and the ever present rain, I hear our members are still venturing out onto the roads and getting the miles in, be it for training, group and social miles or just for the hell of it!

Ashton Dyson has sent me a great report of one such group who found some interesting MTB 'mud plugging' tracks which showed the spirit of adventure still shines through even if the sun doesn't. Report further on.

Our own Reliability Ride is due off tomorrow (Sunday) and hope the weather is kind to them. A full report will appear in the March edition of Spindle.

It's also good to note that the Sunday Ride group is getting some encouraging numbers attending now that Steve Barnes has taken on the organising, with named Ride Leaders for the Sunday morning group rides. He is still looking for more names to help out and even if it's for just a couple of Sundays throughout the year, it would be a great help.

Talking of occasional helpers, we still need just a couple more assistant timekeepers to help out on the Thursday Evening TT Series. This again is not something you have to sign up to for every Thursday, but just now and then to help out our hard-pressed Time keepers who do sterling work, week after week. As I've said before, it's not 'rocket science' so no major I.T. or maths skills needed and there will always be someone there to guide you. I'm told on the quiet that it is quite good fun and strangely addictive!

As a way of making up for the lack of info during The Spindles' winter months editions, I've taken the lazy way out by reproducing some occasional archive material from earlier Spindles.

Although a lot of these may be new to some members who have joined during the last few years. I hope you all find them interesting.

The first one this month details what it was like for a 'new' CCS time trialler who tried his luck in the Evening TT Series and besides being quite amusing, it may (or may not) inspire others to have a go at replicating the ordeal!

I'm also starting a Rider Profile sheet to include occasionally. So be warned, you may be targeted or politely requested to fill one in for me. Should be fun!!!

The Subs night went off well and had the feel and atmosphere of a '*good old club night*' as it was nice to catch up with everyone. It would be rather nice to have our own 'clubhouse' where everyone could meet up throughout the year and become a base for rides and the club itself, but I'm afraid that's a bit of a pipedream! (Anyone won the lottery lately?)

Talking of Subs night, I think Robin deserves big well done from the club for producing yet another great handbook for 2016. A very professional, useful and classy looking production.....

CCS Mud Pluggers

By Ashton Dyson

Some members of CCS, including myself, intended to take part in Velo Schils Interbike Sportive on Sunday 17th January, but due to the recent weather and the overnight forecast, I made the decision to keep off the icy roads and go *Mountain Biking* instead!

I mentioned my plans to a few others who were also keen.

So I started plotting a route and quite late Saturday night posted it on FaceBook.



On the Sunday morning I met with Dan Upton and Luke Pryke at the Cock Horse pub in Lavenham at 8:30am, then we rode (predominantly off road) to Acton Crown to meet up with a further (*surprisingly!*) five members of CCS, Leon West, Justin Bellward, Simon Norton, Jody Downs and Graham Buckles. So off we rode with the ground not as frozen as I would have liked, mostly mud, but still with decent patches of ice in the shade. It was pretty wet and boggy till we got to Bridge Street; slight improvement up to Alpheton; tracks to Shimpling and I'm sure the concrete Lavenham airfield was a pleasant relief for most. Onto Cockfield disused railway line, up to Thorpe Morieux, boggy again around Preston, a near impossible muddy hill climb, boggy again, then down through Clay Hill to Lavenham, total of 21 miles.

We had a few punctures and a few off's, including our top TT'er, (*second time trying to do stunts on the ice!*). It was quite grueling at times but hopefully everyone enjoyed themselves!

I had to take a group photo for posterity and then someone had to take a photo of me so I could be photoshopped in later!!!!



(Nice report Ashton but I don't think you have quite got the hang of this Photoshopy lark judging by your efforts with the group photo as the assembled group of riders has grown from 8 to 11 !)

Cycling Shorts.....

FORTHCOMING EVENTS AT MAGLIA ROSSO

Cycle Centre and Licensed Café at Hawstead, IP29 5NR

SUNDAY JANUARY 31st 3pm

Basic Maintenance and Roadside Repairs

Everything you need to know to keep your bike serviceable including mending punctures.
Suitable for everyone...no charge.

FRIDAY FEBRUARY 26th 7pm

Terminology and Benefits of Training with Power

Jason Battle of Performance Coaching explaining how serious riders and triathletes can maximise their performance.....No charge.....Best to reserve your place by ringing 01284 386884

Maglia Rosso's TOUR OF TUSCANY April 21 - 26

In association with ACT Cycle Tours, it's a six day adventure riding across Italy

We fly to Pisa, 4 days riding coast to coast at 50-75 miles per day, and then fly back from Ancona on day 6.

Your bike will be collected from your home and brought back afterwards.

Full back-up every day and excellent pre-booked hotels.

£695 person based on room sharing. Flights extra at about £75.

Phone for more details 01284 386884. Limited to 14 participants.

Thanks if you can spread the word.

~ Barry Denny - Maglia Rosso

CCS = Club's Curry Soiree!



Apologies for not including this in last month's edition of Spindle....I just plum forgot!

As you can see, there was a good turnout for the 'annual end of season Curry Night in Sudbury before Christmas.(20+)

I have never seen so much food and drink consumed by biking athletes in such a short period of time. Most pledged to start their training regime the following day! Mmmm.....although Rob Davies did bike to and from the venue, so was excused!

Thanks to Darren Rule for getting us altogether for a good time. Rog

Club Issue Time Trial Bikes???

James Rush sent me this in recently and wondered if the club's resources could stretch to buying a few for members to use on Open and Club Time Trials?

I think it's a great idea especially as the bike comes in club colours.

So if you are in agreement and for your annual subs to be increased to £200 a year, I think you'll agree it's a winner.

Oh, I should point out that you have to hand it back at the end of the season! *Footnote: This bike was actually designed and produced by*

Trek 18 years ago which surprised me as I thought it was a new product!



A SANTA SPECIAL AUDAX

By Robin Weaver

Cycle Club Sudbury had a good presence at Andy Terry's Santa Special 200k audax from Gt Bromley the Sunday before Christmas, with an entry of 6 out of 52 starters from 70 entries; Brian Mann, Steve Barnes, Ed Nevard, Simon Norton, recently joined member but a very experienced (Paris-Brest-Paris!) audaxer Raymond Cheung, and me.



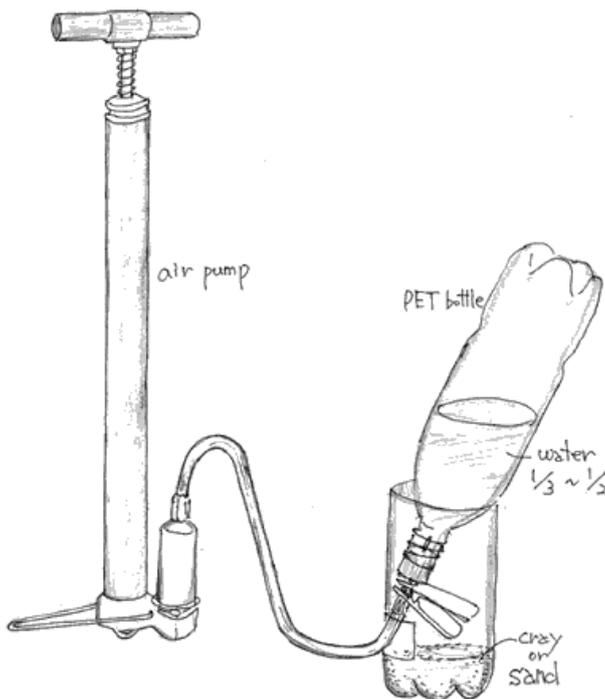
After a Santa Special breakfast of porridge followed by toast at the HQ, we set off on a breezy first leg with the wind behind us through Manningtree, central Ipswich and Woodbridge to Wickham Market, using many roads I'd passed the end of, but never cycled down. The Wickham Market control was at *The 'Valley Farm Carmargue Horse Centre'*, which has its very own cafe, with a quick line in bacon rolls; on a past Wednesday ride visit we'd seen camels/dromedaries?, but not today, when we ate separated only by glass from very small children riding very large horses.

Continuing with wind assistance, we continued north to touch the edge of Halesworth, before turning west into the wind to Palgrave Village Hall, near Diss, where Lindsey and Chris, both Audaxers, had been pressed into catering service, with soup, scones, mince pies and stollen cake. After two ill-considered slices of that, I felt the leaden effects for at least a couple of hours.

Next control – home ground - Sudbury. Yes, directly into the wind for 55k. Actually, it wasn't as bad as I'd feared, with turns on the front being shared as we rode familiar roads through Mellis, Finningham, Haughley, Buxhall, and Lavenham, into the low afternoon sun (yes, it shone nearly all day). By special arrangement with Andy, we were able to use a '*personalised*' control in the form of (*recently ex*) Chairman Dave's kitchen, where he plied us with mince pies and energy-giving custard.

We left there in the dark, with light drizzle for 15 minutes, heading back to Great Bromley by more well-known roads through Lt Waldingfield, Monks Eleigh, Hadleigh, East Bergholt and down to Brantham; we'd obviously just missed very heavy rain, as the roads were all very wet, with large puddles hiding potential potholes. The climb up to the Lawford roundabout was a bit of a sting in the audax tail after 195k, but once we'd climbed it, the final few K's were as flat as a pancake.

More soup, cake, tea etc, and then off back home. *Riding time 8hrs 40mins, average speed 14.6mph* – faster than my norm, thanks to tailwinds in places and the benefits of group riding, we stayed together all the way round. Thanks guys. An excellent route and route sheet (which also drew our attention to particularly good lighting displays), and excellent controls. RW



As the winter continues so to does the indoor Junior sessions. Once again we've attempted to teach the art of the puncture repair with mixed success. We've also had the children design their own bike-wear. One constant and favourite at our sessions is the 'Bike Pump Rocket'. At one session, with slight wind assistance, we managed to launch the bottle right over the Stevenson Centre (Major Tim Peak take note!). For anyone wanting to try our projectile party piece - feel free to follow our diagram or pop along to our next session.

Our session for February is on Saturday 20th in the Stevenson Centre at 10am. See our Facebook page for details.

Cycle Club Sudbury proudly presents its
Mad March Hilly Time Trial
Part of the SpoCo East series
Sunday 13th March 2016 at 8am

Entries open to all CTT affiliated club members
Event HQ – Lavenham Village Hall CO10 7HN
Held on the 22-mile BS22/R course
Enter on-line or by post by 1st March – more details at:
www.cycleclubsudbury.com
www.cyclingtimetrials.org.uk

Cycle Club Sudbury

Notes from the Chairman

It's just a few weeks to go until our infamous Mad March Hilly Time Trial. I've always loved riding this event as it's often the first taste of competition for many riders after a long winter lay off. It has particular fond memories for me as it was my first ever time trial all those years ago (*well, 5-years ago*).

I recall not sleeping well the night before because I was so excited. Signing in on the day surrounded by very fit looking cyclists and

feeling very out of place; lining up on the start line and thinking: would I make it round the course, would I get lost, was everyone going to overtake me, was everyone going to be packed-up and gone home by the time I finished, had I packed enough energy gels and drinks to see me round the 22-mile course!!

I remember a lot of things from that day; sweaty palms on the start line, my heart beating out of my chest on the rise out of Lavenham, Simon Daw overtaking me on Valley Road (he started 3-minutes behind me), taking a swig of energy drink in Newton Green, struggling up the hill at the Boxford bypass. And one thing that really stuck in my mind was the great feeling of achievement when I rode

past the chequered flag.... I wanted to do it again! This feeling of elation was soon tempered when I got back to the HQ and saw my time, and the realisation of how slow I was (1 hour, 6 mins 7 secs, as I recall). But I didn't care – I loved it.

Cycling has been a very big part of my life since then (probably too big a part if you ask my wife), but as many of you reading this will appreciate it is such a great sport. Whether you want to get into the competitive side of the sport or just enjoy getting out in the fresh air and riding your bike. Whether you've got a bike that cost £10 or £10,000 pounds we all have a common love – pedalling on two (or maybe even three) wheels.

I would like to introduce more people to our great sport, which is one of the reasons I'm so passionate about rekindling our regular Club Runs – which are getting off to an excellent start in 2016 thanks to the organisation of Steve Barnes, and all the hardy riders who have been turning up



at 9am on a Sunday morning. I believe that the regular sight of the orange jerseys congregating on Market Hill on a Sunday morning, plus a bit of local advertising to promote our regular rides will help to build our numbers. I would also like us to be a more inclusive club. We have a very strong Junior section thanks to the hard work of *Kirsty White, Chris Sampson and Dave Fenn* who dedicate their Saturday mornings to training the youngsters, but I would also like to attract more women riders and families to our ranks, so watch this space.... So, back to where I started...the Mad March Hilly Time Trial. Like all of our events we need volunteers from the club to help in the

preparation and hosting the event, plus they need people to advertise and promote it, and, of course, we need people to turn up and just give it a go, just like I did once upon a time! The event is on **Sunday 13th March 2016** with the first rider off at 08:01am, so helpers will need to be at the Lavenham Village Hall from about 06:30 – but don't let that put you off as I'll ensure the kettle is on, so you'll be welcomed with a cuppa!

The jobs that need doing vary from marshalling, signing-on and making teas & coffees. If you're not able to help on the day you could bake/buy a cake to donate that we can use to re-fuel the riders (and helpers) after the event.

(You could even enter the event, whether it's your first ever time trial or whether you're a seasoned veteran)

Like all events it takes a lot of hard work from members and friends of the club to help make them a success, so I look forward to hearing from you.

If you need any more information please let me know.

Darren Rule email - darren_rule1@hotmail.com

FROM THE SPINDLE ARCHIVES

▲ Trial by Time. *Unknown contributor! (Probably unwilling to be identified!)*

I like the idea of '*It's not the winning that counts, it's the taking part*'.

This translated in my mind as - I can start riding T.T.'s but not be expected to do well or be any good at it. Bargain, I'll have a go then!

The week's beforehand, I am pedalling around the local lanes getting some hard riding in to prepare for the big day. A 10-mile circuit near to home is my training route. Balls out, all the way round, week after week. Are my times improving...err not sure, as I can never quite work out how to work the bike computery stopwatch



thingy. But I am sure I am getting quicker.

The day arrives along with the butterflies. It's the Lavenham 10. I'm thinking it cannot be too bad as I rode a few T.T.'s in my teens and do not remember them being total nightmares.

After a few warm up miles (*just copying what the regulars were doing !*), I arrive at the start far too early. Finally, it's my turn. Some geezer with an orange jacket and peaked hat holds onto my frame while I try and fail to clip in. I manage it seconds before the off.

5-4-3-2-1 GO. Off I went, out of the saddle, up the slight incline, though at this point it feels like a hill. Must get my breathing right, but it is all over the place. Short breaths, long breaths, nothing helps. I start to go into panic mode. I glance down at the computer thingy, 18 –19 –18--17mph. Hmm, this is not so good. 20mph will only give me evens (30 minutes) as I struggle on until the downhill-ish bit towards Waldingfield.

This is better as the gears go bang, bang, bang down to the highest cog, although I find myself almost freewheeling as I rest my legs, which are now on fire. God this is hard. Nobody warned me this would happen.



Then whoosh, a blue and orange blur shoots past me. My minute man behind has caught me. Bugger! I'll try and stay with him. Err, no, I won't, he's going like a train and I'm going like a cart-horse that's devoid of any breathing rhythm or power down below.

I manage to go over the mini roundabout without colliding with anything. The 'long' drag across to the turn goes on forever.

I see other riders coming back and each time I put on show to look as if I'm *really trying hard* while avoiding making any eye contact (and minimal pedal contact if I'm honest)

I negotiate the large roundabout at the turn with no idea what line to take or what I'm doing and wistfully hope I might slide off and have to retire on the spot.

What a *prat* I think to myself later!

The stretch back to Waldingfield goes a bit easier but I look down and notice I'm still in the middle ring. Oops! Up to the big ring and the fire in my thighs starts up again.

The mini roundabout is taken with ease, although the guy in the car coming from my right obviously thought I was an accident waiting to happen so he let me through, although he had right of way. Cheers mate!

Through the village, I avoid any hold ups and into the slight downhill where the speed hits 25, *whew hey!* I now have thoughts of a sub 30 ride.

At the bottom, I know there is a slight incline to follow for a few yards. The incline turns into a mountain pass and the yards turn into miles.

Hell, this is horrible. Someone has tilted the road up surely. 15 becomes 14, then 13, 12mph.....

Out of the saddle proves to be just as useless as on it. Someone help me. I want a puncture and I want it *NOW!*

How can I be so hopeless after all those winter miles? I need it to end. My legs have nothing left as I reach the 'brow' of the hill I've just conquered.

More riders overtake me and shout encouragement (I think) to me as I lamely limp towards the end, bravely trying not to cry.

Ahh, I can see Lavenham church. It will be over soon. The timekeepers are in the distance as I grit my teeth and burn my legs to ashes as I put on a 'show' at the end by upping my speed by all of 2-3mph.

What a hero, I have finished. I freewheel for 5 minutes unable to focus on anything before I find myself in the middle of Lavenham.

Back at the car park, everyone is chatting and discussing how well they went. I pray no one speaks to me as I won't be able to say anything coherent.

I sit down on the kerb feeling less than well.

I promised myself there and then that I would never do anything like that again. Never, ever!

After 20 minutes, I stagger up as the results sheet arrives back. Maybe high 29's if I am lucky.

I look and stare at the results. What, 32 minutes something! You are having a laugh. Surely, there is a mistake. All that effort and pain for that **and** I'm last!

Other riders (half my age and weight) come over and congratulate me (!) and tell me it will get easier the more I do. Yeah, sure it will.

Within a couple of hours, I find myself thinking the unthinkable...where I could improve, should I try to start off a little easier, put in more training? etc, etc.

Yep, once bitten by it all, it is hard to shake off. I came back the next week and for the rest of the season and finally got into the 28's & 27s. Well pleased I was too! It's still bloody hard though.

Anon

The latest news on the Year Long Time Trial by Steve Abraham.

A heroic effort which deserved better luck comes to an end!



Steve Ends Second Attempt 22nd January 2016

Dear Roger

With great sadness, Steve Abraham has made the decision to end his second attempt on the Highest Annual Mileage World Record.

Steve's aim has always been to break the record (he didn't want to come second or third). After careful consideration of his current performance - and after lengthy discussions with the support team - Steve decided on Thursday 21 January 2016 that he will officially withdraw from his ongoing attempt on the Highest Annual Mileage Record.

As you can imagine, the decision to end this attempt has not been an easy one. Steve would like to thank you all for your incredible support. For now he will undertake a well earned period of rest and recovery, before deciding on any plans for the future.

Updated T.T. Age Related CCS Records for 2015

supplied by Len Finch

10 miles age 42 Jody Downs 19.56
10 miles age 49 Rob Davies 20.33 Knocks out previous
10 miles age 83 Len Finch 29.42
25 miles age 42 Jody Downs 52.28
25 miles age 83 Len Finch 1.21.01
50 miles age 42 Jody Downs 1.46.53
50 miles age 49 Rob Davies 1.52.49

CCS SUBS...

If you were unable to attend the Subs Night, please send a completed membership form and payment to the address on the form (or pay by EFT – details on the form) as soon as possible. You can download a membership form here [MembershipForm](#) . Subscription rates are on the form. We'll send you your new membership card and 2016 Handbook.

Subs for 2016 are unchanged, at;

Juvenile £5, Junior £8, Senior £18, Senior over 65 £12, 2nd claim member £12, Family £24.

Super keen time-trialists can also pay a mere £45 to cover a whole season's Thursday evening time trials, a £15 saving over the total paid for a season at £3 a week.

SATURDAY 6 FEBRUARY; CCS ANNUAL DINNER AND AWARDS EVENING

Newton Green Golf Club, 7pm for 7.30pm. If you've not booked, you're too late!

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/>

A chance to plan your early season rides!

Sunday 21 February; Henham; 50, 100k
Saturday 12 March; Dunmow; 100, 200k
Saturday 19 March; Copdock; 100k
Saturday 19 March; Cambridge; 100, 200k
Saturday 26 March; Huntingdon; 200k
Saturday 26 March; Swaffham; 100, 160k
Saturday 2 April; Henham; 110, 160, 200k
Sunday 3 April; Stevenage; 60, 110, 200k
Saturday 23 April; Wymondham; 110k
Saturday 30 April; Manningtree; 300k
Monday 2 May; High Easter; 50, 110k
Sunday 15 May; Lound; 160k

And an early notice of CCS audax rides from Long Melford;

Saturday 28 May; 100 & 200k

If you're not riding, why not help out at a control or the HQ?

LOCAL RELIABILITY, SPORTIVE AND CHARITY RIDES

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

Sunday 7 February, West Suffolk Wheelers Suffolk Punch Sportive,; Bury St Edmunds.

Full details here; <http://www.westsuffolkwheelers.co.uk/suffolk-punch-reliability-trial>

Saturday, 13 February; AmisVelo Sportive, Boxted

Details here; <http://amisvelo.com/sportive.html>

Sunday 10 April; Boxford Bike Club Tornado Sportive; on line entries, not many places left.

Details here; <http://www.boxfordbikeclub.co.uk/the-boxford-tornado-grand-cycl/>

Entries still open – not many places left.

Full details and entry via the British Cycling website

TIME TRIALS.....

Sunday 14th February. Ely & District CC - Hardriders 25mile TT. Little Downham. Cambs.

Sunday 13th March. Cycle Club Sudbury – Mad March Hilly. 22 mile TT

MTB RACING.....

2016 Mud Sweat and Gears Races; Dates and Locations

Reduced price for entries made before 1 March; <http://www.mudsweatgears.co.uk/>

Sunday 6th March – **Hintlesham, Suffolk**

(Looks like a good local venue!)

Saturday 26th March – South East – TBC

Sunday 17th April – Henham Park, Suffolk

Sunday 8th May – Norfolk, Venue TBA

Sunday 22nd May – South East – TBC

Sunday 5th June – Hadleigh Park, Essex – Combined East and South East Regional Champs

Sunday 3rd July – Carver Barracks, Essex

Sunday 21st August – Radical Bikes, Essex

Sunday 4th September – Ickworth House, Suffolk

Sunday 25th September – Langdon Hills, Essex

SCRS
SUFFOLK CYCLE RACE SERIES

Suffolk Criterium Racing Series



Calling all racers and racing fans....!

I've received an email from the organisers of the Suffolk Criterium Racing Series that consists of six events held on a Wednesday evening at Trinity Park, Ipswich in the Summer. Each evening they host various races including:

Go Ride for novice under 16-year old (boys and girls,

Go Race for Novice adults and Youth A & B level,

Women's only race,

Open event for all category riders

The organisers are looking to promote the series more with local clubs so I will attend their first planning meeting on 1/2/16 to find out more information.

**So I can gauge the level of entry from our club members please drop me a line if you may enter one/some of these events.*

Although we have no obligation to provide any assistance or helpers for these event, if you are interested in helping out please let know.

Cheers Darren Rule



DIEPPE 2016 *By Robin Weaver*

For the last few years, CCS members have travelled to Dieppe to take part in the 'Dieppe Raid' rides, organised by the Cyclo-Club Dieppoise (see www.dieppetour.com).

The rides this year are on Sunday, 26 June; a number of different rides are available to suit all tastes, from 20 to 200k – there's even a walk.

In the past, most riders have travelled to Dieppe by car via Dover on the Saturday, returning on the Monday or Tuesday, after riding the organised ride on the Sunday, and a club ride on the Monday. Others have driven to Newhaven, parked there, and taken bikes and luggage over on the Transmanche ferry direct to Dieppe.

Some have camped/motor-homed, others have had the luxury of a hotel. We've stayed at the Hotel de la Plage, a well-run hotel at reasonable prices on the Dieppe seafront (see www.hotel-de-la-plage-dieppe.federal-hotel.com).

Hotel accommodation is a mixture of 2/3/4 person rooms.

If you are possibly interested in coming this year, and would like to coordinate travel and accommodation with others, could you let me know (e-mail: pamandrobinw@gmail.com , phone 01449 741048) by the end of February.



And finally.....

When I started this edition, I reckoned it would amount to at least 6 pages if I was lucky! As you can see, it's grown to nearly twice that size due to last minute 'stuff' arriving. I'm not complaining, but I can never have 'stuff' arrive too early for inclusion as it helps enormously and saves me a lot of time faffing about with the layout. I hope to see a lot of you at the Reliability Ride and also at the Prize giving dinner evening.

Rog