



The Spindle FEBRUARY 2015 cycleclubsudbury.com

Hello again,

We have quite a full edition this month including the well supported Reliability Ride, an excellent piece on this coming seasons Time Trial rider's predictions from a very anonymous source, some great pics from Ashton Dyson on MTB-ing, info on the first CCS Audax of the year, an update from Darren on the road racing & TT scene and finally, a free evening out for members that may just help you prepare for the new season.

This time of year is usually short on newsworthy items but rather than the usual struggle to fill up Spindle, I'm awash with articles and info.

Sadly we are still short of offers to help the various pleas put out to you all. This really is a club for you members out there and not a club just for the committee. They can only do so much and I watch monthly as more and more of the work required to keep us viable is piled onto and absorbed by these already over loaded committee members. When requests for help are put out, please stick your above the parapet for once and don't just assume someone else will do it!

It's getting to the point where we may need to start removing some of our events unless more help is forthcoming. Head & brick wall come to mind.....

To show the way, two of our members have answered Darren Rules requests for help to train to become accredited marshals for our Road Race in September Well done and thank you to James Newton & Steve Hubbard.....

But we still desperately need help on organising the Hill Climb (A veritable jewel in our crown) and a new TT secretary.

The latter has already had a lot of the mundane chores stripped from it so it's not all that daunting and time consuming.....

Maybe we've got it all wrong and expect too much...I really don't know!

Anyway my little *Clementine Clones*, don't forget *'it's all about the bike'*, as some clown called Armstrong nearly once said, so as long as you all keep biking, all will be well in the world (as long as others are prepared to do the donkey work.....

(I know, stop it now!)

**And talking of that dope Armstrong, I recently bought a brand new copy of a recent book by him at 'The Works'.*

Why would you I hear you say?

*Well it was only **25p** and did have some nice pictures in it!*

*How the mighty and unclean have fallen!
(Him, not me!)*

**And how about this below for a bit of robust cycle engineering!*



MTB New Years Fun!

Ashton Dyson sent these pics of a recent MTB ride on the first Sunday of the year with the Boxford BC.



With Simon Norton, Malcolm Borg and Alan Russell (who unfortunately had to turn back home when his gears froze in the very icy conditions) Judging by the state of their bikes, it was very muddy as well!

The rides start out from Boxford White Hart every Sunday at 8.00am should anyone want to join them. As always, Ashton said it was great fun if a tad chilly and sticky!



CCS SUBS NIGHT

You've missed it!

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 from the Club website homepage.

Subscription rates are on the form.

We'll send you your new membership card and 2015 Handbook – a bumper edition this year! New car and bike stickers are also available.

UPCOMING AUDAX RIDES

22 nd Feb	Henham	50, 100k
7 th Mar	Dunmow	200k
21 st Mar	Copdock	100k
21 st Mar	Ugley	110, 160, 200k

28th Mar CCS, Wormingford 211 105k
(...Viv Marsh's 211k Wormingford Dragon audax, and the 105k Wormingford Wyrms audax, from Wormingford Village Hall.)

More details further on

LOCAL 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 8 February; OS Equaliser Sportive, Colchester.

Saturday 14 February; Amis Velo Sportive, Boxted.

Sunday 15 February; Stowmarket Cycle Club Spring Reliability.

Saturday 21 February; Wiggle Sportive, Cambridgeshire.

Sunday 22 February; VC Revolution sportive, Colchester.

Sunday 12 April; BCC Boxford Tornado sportive. Entries open on 1 January. Might already be sold out!

9 – 12 July; early warning! Papworth Trust; 300 miles in 4 days; Wales to East Anglian coast.

WINTER SEASON RACING

There is one monthly round of the Thetford Winter MTB racing series left; further details here;

<http://www.thetfordmtbracing.com/ws.htm>

Round 4; Sunday 22 February.

PRUDENTIAL RIDE LONDON 2015 AND LONDON FREECYCLE

This will be over the weekend 1 and 2 August 2015. Freecycle through central London on Saturday 1 August, and you can register for free on the website below. Entries for the 100 mile Prudential Ride London on Sunday 2 August have now closed, although charities may still have places available.

2015 DIEPPE RAID

If you'd like to ride in the Dieppe Raid rides on Sunday 28 June, organised by Cyclo-Club Dieppoise (see www.dieppetour.com), it's still not too late to organise travel and hotel or camping accommodation with others who are going. If you'd like to do this, please let me know by the end of February. E-mail pamandrobinw@gmail.com, or phone 01449 741048. Further details in the January Spindle.

**Just as I'm despairing at the lack of content I receive for Spindle, along comes the following from a very anonymous source (via the post) that has had a go at predicting how our Time Trialists will perform next (this) season.*

It's such an obvious, comprehensive and interesting article that I don't know why I didn't think of it first. So as much as I would like to claim it's from my pen, it's most definitely not me!

It's obviously from a TT'er in the know, but who, I honestly don't know! I have my suspicions but no real idea.

Whoever you are out there, thank you and well done! More of the same please.....



Open Time Trial Season 2015

Rider Predictions By Ray Norshine

Trying to predict a time trial season is easy, it will involve pain and frequent visits to your individual hurt locker.

There will be the weekly experience of the taste of blood in your throat or the urge to be sick as you cross the finish line. Training sessions bring a similar level of perversely enjoyable discomfort.

Below is a look how our crop of time trialists may perform next year. If you think the below is unfair no apology is offered but instead suggest you use it as your motivation to prove the predictions wrong!!

Damon 'The Master' Day – Just like Yoda spent considerable time last year teaching his not so young Padawan's the way of Testing. "Train harder you must - Go fast you will". On a personal level started last season very strongly at 10 and 25. Changed focus early in the year to concentrate on his maiden 100 mile TT and was rewarded with an excellent performance. Probably has one of the most disciplined approaches to training of anyone in CCS. Prediction for next season – PB's and his best year all round.

Jamie 'Crash & Burn' Howe – This dude could crash pumping his tyres up! Guilty of burning the candle at both ends - trains like a demon and parties like the devil. Jipper made massive progress at the beginning of 2014 season and was absolutely flying. A change of job meant time away from the bike and the progress stalled somewhat. Could be as fast as anyone. Plans to run a marathon next year which may impact his testing. Celebrity lifestyle may have to be curbed to fit in all the training! Prediction for next season – PB's and parties!

Lee 'The Mountain Goat' Ford – Boy can Fordy climb - short hills, long hills and steep hills – gets over them quicker than most with perhaps Jip the only one in his league. Intends to do more 'Opens' this year to compliment another season of road racing. Fordy's not one to lack confidence, his employers, Spec Savers, recently gave him a nice company logoed bright green cycling

lycra shorts and shirt combo which he subsequently wore all day on the shop floor at Spec Savers, bet he looked good though. Prediction - With focus (not crashing) Fordy will make Cat 3 road easy. All-round a very fast rider! When testing will undoubtedly see his PB's repeatable improved throughout the season.

Rob 'The Mystery' Davies – How does he go that quick? On asking last year what training Rob was doing the answer was "sit ups". If Rob can go that quick on sit ups alone, then we are all in big trouble this year. This winter he is training consistently and productively. Last year brought more club records for Rob until they were subsequently bettered. With a new very trick bike about to be ordered and increased focus Rob will again be one to watch –nobody buys a new bike and wants to go slower!! Prediction PB's and Club records.

Dave 'Salad' Crisp – Crispy Salad has been busy this winter and not just buying all the usual bike upgrades he would normally treat himself to but reducing himself to almost half the man he was last season. With a large volume solid training base Crispy is going to be reinvented. Still likely to buy some new kit so the staff at Wiggle can relax! Prediction repeated PB's and a need for smaller cycling clothes.

Joe 'The Potential' Swain - Joe threw his hat in to the TT ring late last year but then spent time off the bike due to a road race spill. Although Road Racing will also feature heavily for Joe if he can maintain his TT mojo and stay injury free his times will reduce by massive margins. Prediction – PB's

James 'The Model' Rush – If you had to choose a rider for the front cover of the club brochure James would be your man – Tall strong athletic rider, neatly fitting club skin suit and matching colour scheme on bike. However, having purchased a newer and quicker (?)TT bike which is no longer in club colours he has ruined the visual image!! The new bike should mean James will push on this year (no excuses) and be right up in the mix again. Capable of winning the club TT events and has many victories to his name.

Prediction PB's and right at the top of CCS riders placings.

Darren 'The All Rounder' Rule – Big, strong, powerful rider! Last season concentrated on Road Race and club time trials performing to his ever improving high standards. Again a rider who can win club TT events. Get 'Ruley' on a few more of the 'drag strip' events and his times will tumble. Will be another season of improvement for this already quick bike rider. Prediction – PB's

Jonathan 'The Silent Assassin' Weatherley – Nobody knows where he goes or what training he does – to date his training methods remain classified as 'Top Secret'. One thing is for sure when he rides he is normally top placed CCS rider destroying all those before him. Self trained and motivated. Had a great tussle with Rob Davies last year for club records. Will he try his luck at the 100 mile club record? Prediction - returning this season faster still and looking to improve on the records he already holds.

Remember Jonathan – The dude at the top is the one that gets shot at!!

Jody 'The Turbo' Downs – Not the prettiest, fastest or most gifted tester but will try. Wouldn't be anywhere without the massive input of Damon Day. Rumour has it his wife thinks he spends too much time with his turbo, this was backed up when he recently re wrote a famous creed for his closet friend on Strava -

'This is my turbo. There are many like it, but this one is mine.

My turbo is my best friend. It is my life. I must master it as I must master my life.

My turbo, without me, is useless. Without my turbo, I am useless. I must ride my turbo hard. I must train harder than my competitor who is trying to beat me. I must get quicker before he gets quicker. I will...'

Worrying!!

James 'The Wild Card' Newton –If you need a wild card rider as to who could improve the most on a TT bike this year James could be your man. Another rider who to date has fancied the road race scene more than TT's. Suggestion is that James will give the TT a little more attention this year. Clearly

a rider who can easily hold his own on the road, this should transfer to TT. May need to review his recovery diet of 6 pints of Adnams though! Prediction PB's all season long.

Matt 'l'acheteur' Traynor – After an explosive end to 2013 Matt struggled a little in 2014 having to play catch up following illness. With prolonged and consistent training Matt will be back to his best. Currently also training for triathlons which may just take the edge of the TT progression? Matt loves to purchase bicycle bling and a new Zipp Disc wheel has recently been added to the collection – Free Speed!!! Prediction – If training goes to plan – PB's all day long!!!

Matt 'The Missile' Shotbolt – Doesn't seem like 5 minutes ago that Matt was the hottest thing on two wheels at CCS (not in the looks department), still holder of Club course records. It was thought that nothing could stop his rise up the TT ladder until a change of direction took him to a new club and road racing – splitter. It is understood that Matt is back and will combine TT and MTB racing. Be good to have him in a CCS jersey again! – Prediction - if he is back and wants it then possible top dog, gonna upset the hierarchy!!!

Simon 'The Occasional' Wright – When this dude rocks up for a club TT the first question on everyone's lips has always been "who is going to finish second" – the only disappointment is he only races once a year. An enormous talent who previously competed at a level that most of us can only dream about. He holds the Lavenham 10 course record which no one has got close to improving. If Simon could ride a full season of TT's there would be another contender for setting club records. Come on Simon let see you every week putting the new generation of racers in their places!!! – Prediction – If you see him regularly then almost unbeatable.

Barbara & Terry '10 Bikes' Law,
I'm sure they have already booked their winter training camp in sunny Spain to get ready for the new season. Rumour has it that Terry has yet another new bike for this year and hopes to have a trouble free season, unlike last year. Has probably spent the winter on the turbo and should be in peak fitness ready for the off. Barbara has the same old bike as before as Terry has run out

of money (funding his own equipment) for an upgrade for her, but she churn out the TT's with unfailing regularity and success. Much is expected this year from them both. It's the Law! – Prediction 'Fastest Couple' around with continuing stellar performances.

Bob 'The Bullet' Bush.

Bobbing Bob will surely have to go some to beat his season last year. After giving Alex Dowsett a master class on the E2 which resulted in Alex breaking the 10 TT national record, Bob must hope the 'fame by association' will rub off on him and he will put in some fast times! – Prediction more time defying rides.

Len 'The Legend' Finch

Len has threatened to retire during past seasons but always returns to the lure of the TT Tarmac each year and hope he continues again this season. With our other octogenarians, Bob and Terry, they could probably break a few 3-Up age related records should they feel the need.

Barry 'Chatterbox' Lee

Last season Barry found a new lease on the TT scene. This year will probably better that, now he has a fresh appetite and this laconic individual who talks a good race will build on his past glories. Prediction- Improving silently.

Nick 'I'll Be Back' Baker – Only competed in 2 time trials last year and got lost twice both in the same event, possibly still trying to find his way back to the HQ? Not sure what his plans are this year but hope he'll have a fuller season (& a Satnav) as clearly a capable tester and could impress. Predictions – If he can find his way around a course.....

Ian 'The Neo' Millard – Dipped his toe in the TT waters last year. Has the bug grabbed him and if so will this result in a full on assault at both club and open events. Look forward to seeing more of Ian this year!

Here below are your new target times for the Thursday Evening Time Trial Series which kicks off on the 16th April. (Only 11 weeks to go.....) It also shows the best times on each course that each rider achieved last season and provides a useful reference point. Thanks go to David Miller for laboriously working out all the times and providing all the information.

EVENING TT SERIES TARGET TIMES 2015

Best times for 2014 shown in Black

Target Times for 2015 shown in Red (Mins & Secs)

	Lavenham 10	Brent Eleigh	Acton	Hitcham Hilly				
M Borg	26.10	27.04	22.18	23.04	22.30	23.17	37.09	38.27
J Bradbury	23.27	24.16	0.00	0.00	0.00	0.00	0.00	0.00
D Bree	24.41	25.32	19.45	20.26	20.48	21.31	0.00	0.00
G Buckles	27.19	28.16	21.51	22.36	22.52	23.40	0.00	0.00
R Bush	36.13	37.29	28.43	29.43	29.48	30.50	0.00	0.00
S Bush	28.11	29.10	22.27	23.49	23.12	24.00	39.13	40.35
K Collins	0.00	0.00	0.00	0.00	24.56	25.48	40.12	41.36
T Collins	0.00	0.00	0.00	0.00	0.00	0.00	45.44	47.20
I Campbell	27.01	27.57	22.52	23.40	22.34	23.21	0.00	0.00
D Crisp	24.55	25.47	20.15	20.57	20.34	21.17	34.53	36.06
R Davies	22.53	23.41	18.51	19.30	19.27	20.07	0.00	0.00
S Daw	23.17	24.05	19.31	20.11	19.40	20.21	33.47	34.57
D Day	23.36	24.25	19.28	20.08	20.19	21.01	0.00	0.00
J Downs	22.50	23.37	0.00	0.00	19.16	19.56	0.00	0.00
A Dyson	0.00	0.00	24.19	25.10	23.23	24.12	0.00	0.00
D Fenn	30.00	31.03	23.54	24.44	25.04	25.56	41.42	43.09
L Ford	24.01	24.51	19.19	19.59	0.00	0.00	0.00	0.00
M Garnham	29.21	30.22	0.00	0.00	0.00	0.00	0.00	0.00
P Gibson	27.26	28.23	22.54	23.42	0.00	0.00	0.00	0.00
T Hale	30.50	31.54	24.30	25.21	25.31	26.24	42.46	44.15
C Hall	29.27	30.28	0.00	0.00	0.00	0.00	0.00	0.00
C Harris	0.00	0.00	23.02	23.50	24.35	25.26	0.00	0.00
B Hattrell	0.00	0.00	0.00	0.00	25.48	26.42	42.24	43.53
C Heron	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
G Hoppit	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
J Howe	23.45	24.24	0.00	0.00	19.55	20.36	32.54	34.03
E jackson	30.12	31.15	0.00	0.00	25.36	26.29	0.00	0.00
A Kennedy	23.53	24.43	19.12	19.52	19.35	20.16	32.48	33.56
P King	28.47	29.47	0.00	0.00	24.16	25.06	0.00	0.00
S Kirk	26.12	27.07	0.00	0.00	0.00	0.00	0.00	0.00
B Law	33.00	34.09	26.17	27.12	28.26	29.25	47.53	49.33
T law	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
D leeder	30.07	31.10	0.00	0.00	0.00	0.00	0.00	0.00
S Mackay	24.47	25.39	19.58	20.39	20.40	21.23	34.05	35.16
B Mann	28.50	29.50	22.33	23.20	23.11	23.59	37.55	39.14
R Martin	28.26	29.25	22.25	23.12	0.00	0.00	0.00	0.00
B McDonald	23.59	24.49	0.00	0.00	19.57	20.38	0.00	0.00
I Millard	26.32	27.27	0.00	0.00	0.00	0.00	0.00	0.00
D Miller	31.03	32.08	23.36	24.26	25.02	25.54	43.01	44.31
T Moore	32.01	33.08	25.01	25.53	26.14	27.09	42.59	44.29
J Mumford	26.14	27.09	0.00	0.00	22.00	22.46	0.00	0.00
J Newton	24.58	25.50	20.02	20.43	20.52	21.35	0.00	0.00
A Noble	28.40	29.40	0.00	0.00	23.47	24.36	0.00	0.00
S Norton	28.04	29.02	0.00	0.00	0.00	0.00	0.00	0.00
G Pamment	26.19	27.14	21.03	21.47	22.12	22.58	36.26	37.42
T Pillett	29.50	30.52	23.09	23.57	23.31	24.20	41.15	42.41
R Porter	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
D Pratt	25.23	26.16	20.06	20.48	21.02	21.46	34.44	35.56
H Raymond	35.47	37.02	0.00	0.00	0.00	0.00	0.00	0.00
D Rule	23.07	23.55	19.00	19.39	19.28	20.08	32.17	33.24

J Rush	23.33	24.22	19.07	19.47	19.51	20.32	32.35	33.43
A Russell	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
M Shotbolt	23.29	24.18	19.29	20.09	19.33	20.14	0.00	0.00
J Swain	24.35	25.26	20.16	20.58	20.35	21.18	0.00	0.00
M Trayner	26.30	27.25	0.00	0.00	22.09	22.55	0.00	0.00
D Upton	26.35	27.30	21.05	21.49	22.06	22.52	36.19	37.35
J Weatherley	22.54	23.42	18.25	19.03	19.15	19.55	0.00	0.00
N Webber	0.00	0.00	19.44	20.25	20.07	20.49	0.00	0.00
C White	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
S Wright	24.41	25.32	0.00	0.00	0.00	0.00	0.00	0.00

Report as per Press Release

Cycle Club Sudbury's Sunday

Reliability Trial had a record breaking 127 riders take part, as the event and cycling in general continues to grow in stature.



The event's H.Q. at the Stevenson Centre in Cornard was straining at the sheer number of competitors taking part as they set out at regular intervals to ride the two courses available. They came from most corners of East Anglia to ride the event, with the host club and the nearby Boxford and Hadleigh clubs making up a fair percentage of the entrants. With half of the riders electing to ride to the event, some doubled their mileage on the day when

they finally returned back home.

Most opted to ride the longer 46 mile course, taking them along local lanes as far as the outskirts of Stowmarket where they found patches of icy road causing a few anxious moments. Only one reported incident saw an involuntary visit to



the hedge after a clash of wheels by one of the CCS entrants! The riders on the shorter 29 mile course better with less icy conditions although the temperatures during the morning rarely got above 2 degs.

The first group home from the 46 mile course averaged over 22mph, while the quickest group on 29 mile course average over 20mph.

With an age difference of nearly 70 years between the youngest and oldest rider on the day and some very low temperatures it showed again that in cycling, age doesn't count, just armfuls of boundless enthusiasm!



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H

Hello Audax Riders,

From Viv Marsh

Thank you for supporting the inaugural Wormingford Dragon and Wyrms Audaxes in 2014.

If you have already entered for the 2015 events then thank you for your entry, we will be sending out the confirmations in a few weeks time.

If you haven't, there is still plenty of time but entries are now beginning to come in more quickly. As always please, book early to avoid disappointment. (The Dragon is a Paris-Brest-Paris qualifying event this year which is attracting new entries.) Soup recipe testing is already well underway.

Both courses have been reviewed to take in comments made after last year's rides and to try and make them nearer the nominal distances of 100 and 200km. The Wyrms is altered only between Cockfield and Monks Eleigh (and very slightly at Hedingham). The Dragon now turns south-east before Mildenhall (crossing the A11 at a safer point) and heads to Maglia Rosso (now fully open) by a new route. It then resumes the previous course until Rattlesden, after which it is almost entirely new, reaching Debenham before turning back through Claydon and Hadleigh via various Suffolk villages. Thus cutting out the muddy section through Hagmore Green and the Arger Fen ford, which had attracted comments from some of those who finished after dark.

Hope to see you at Wormingford again on 28th March – hopefully the weather will be as kind this year!

Best wishes

Viv and Sarah

More Details Below.....

Cycle Club Sudbury is pleased to announce the return of the popular Audax rides.....

The Wormingford Dragon (211km)

Saturday 28th March 2015, 8am.

www.aukweb.net/events/detail/15-582

The Wormingford Wyrms (105km)

Saturday 28th March 2015, 9am.

www.aukweb.net/events/detail/15-583

Similar to last year both routes are predominantly on quiet, level(ish) roads and take in some of the finest of the Essex and Suffolk countryside between the Stour, the Lark and the Gipping rivers. Once again we are pleased to be supporting **The Reindeer pub** at Saxon Street, **Maglia Rosso cycle café** at Hawstead Green, as well as **The Angel** at Debenham and **Sweet & Savoury Deli** at Stonham Barns.

For your enjoyment the Dragon route has been improved, particularly around Mildenhall and extensively for the last 60km. The Wyrms route is only slightly altered from 2014.

HQ at Wormingford Village Hall, North Essex, CO6 3AY.

For more details please email Viv Marsh:
auk@lythgo.me.uk

or find "Wormingford Audax Rides" on Facebook.
Run under the rules of Audax UK.

Road Racing & Training



Update *By Darren Rule*

The Sunday Base Mile rides have been quite a success over the couple of months seeing several riders out every week. We've been getting those all-important long, steady miles in, which has been great as it gives a chance for a natter on the way round, which is often not possible on the faster training rides and chain-gang rides a little later in the season. As we are now in the Reliability Trial/Sportive season these Sunday rides may be less well attended, so if you're interested in coming along keep an eye on the CCS Facebook page or Mark's weekly club ride email for updates.

We've set the date for the CCS Road Race for 2015 of Sunday 23rd August, and it's now on the British Cycling calendar. So if you're in

the process of booking your summer holiday make sure you avoid this date so you're not disappointed by missing this great event! We've booked the Bulmer course again for the race although this may change as we're looking at hosting the event on a new course (pending BC being able to 'risk assess' it in the coming weeks), so watch this space.....!

You will have undoubtedly seen my emails with pleas of help to become an Accredited Marshall to allow us to keep affiliated with the Eastern Road Race League, well; I'm pleased to say that we've had a very kind offer from James Newton to step into the breach for this. He's doing the training on 7th Feb to get his accreditation – so, a big thank you, James, for that!!

Steve Hubbard who is an active racer in the club has also offered his support and has put himself forward for the next available AM training course when the dates are announced, which is great.

It's great to see some new names on the CCS members' list this year of riders who are keen to race and are joining us because of our club's affiliation to the ERRL. This affiliation guarantees an allowance of riders from our club into each race. I know that from bitter experience that without this affiliation getting on the start sheet is very unlikely due to the popularity of road racing at the moment.

I would also like to thank all the people who have offered to help out on our Mad March Hilly TT on Sunday 8th March. I will be in touch over the next couple of weeks to allocate some jobs to you. If you're able to help on the day and haven't let me know yet, or can provide a cake for the refreshments stand, please drop me a line.

Cheers....Darren

The C.C.S. 'Mad March Hilly' Open Time Trial - Details.....

This will take place on **Sunday 8th March** 2015. We have *equal prize money* for Ladies and Gents, courtesy of LifecycleUK, Bildeston, plus

various course record-related prizes from £25 to £100, courtesy of Robins Row Insurance, Long Melford (both Men's and Women's records were broken in 2014). I hope to see as many of you taking part as possible- I think CCS have a really good chance of winning the Team prize. The event is also part of both the SPOCO E *and* SPOCO SE series (for sporting courses). If you'd like to take part in either of these series, make sure you sign-up now, so that you can start to earn points in our event. **The deadline for entries to the T.T. is Tuesday February 24th 2015.** You enter on-line via the CTT website (or by post). See below for further details.

If you're not intending to take part, I hope you'll come along to support the event or volunteer to help. We will need marshals, somebody to help riders sign on and to push riders off at the start. Assistance will also be required in the Kitchen making cups of tea etc. This event can't take place without your help, so please let me know a.s.a.p. if you're able to lend a hand. A plentiful supply of cake is also required to refuel the riders and spectators, so if you're unable to help on the day let me know if you can supply a cake.

Thanks

Darren Rule, Event organiser

C.C. SUDBURY 'MAD MARCH HILLY' (SPOCO SE & SPOCO E) OPEN T.T. (08.03.2015)

Course: 22 mile (35 kilometres) 'sporting' Time Trial on the BS/24R.

For further details of the course (inc.gpx.) see:

<http://www.cycleclubsudbury/events/open-10>

The event forms part of both of the following series:

SPOCO SE <http://www.spoco-se.org.uk/>

SPOCO E [http://www.team-](http://www.team-cambridge.co.uk/spocoeast/index.htm)

[cambridge.co.uk/spocoeast/index.htm](http://www.team-cambridge.co.uk/spocoeast/index.htm)

Start time: 08:00

HQ: The modern & spacious, Lavenham Village Hall, CO10 9QT. Located at the rear of the public car park adjacent to the Cock Inn, on the B1071. Refreshments will be available at the event.

Prize money: Local bicycle shop, LifecycleUK, Bildeston, have generously sponsored the prizes for this event (one prize per rider, except for Team & course record prizes):

Men & Ladies:-

1st = £25 1st = £25

2nd= £20 2nd= £20

3rd= £15 3rd= £15

Fastest Junior = £ 10

Fastest Team of 3 = £10 per rider.

Course record prizes: Local insurance company, Robins Row of Long Melford, have generously sponsored a series of course record prizes:

£100 for anybody who can break the overall course record of 00:48:08 (M Arnold - CC Desiragear; 9.3.2014)

£75 for any Lady who breaks the Ladies course record of 00:52:52 (Hayley Simmonds – Cambridge University CC; 9.3.2014)

£25 for any male C.C. Sudbury or Boxford Bike Club member who can break the fastest time set by a male member from these clubs (00:50:55 Simon Wright - C.C.Sudbury).

£25 for any female C.C. Sudbury or Boxford Bike Club member who can break the fastest time set by a female member of those two clubs (01:09:52 Kirsty White - C.C.Sudbury). Club course record prizes open to First claim members of respective clubs only.

Entry: (the deadline for entries to the T.T. is Tuesday February 24th 2015)

preferably on-line via CTT website:

<https://evententry.ctt.org.uk/>

Or by post with a CTT entry form sent to:

Darren Rule, Event organiser,
34, Daking Avenue, Boxford, CO10 5QA

Fee: £8.00, please make cheques payable to 'Darren Rule'.

This event is generously sponsored by.....

And Finally.....!



The club has arranged an evening talk from a local (Sudbury) Chiropractor on improving cycling performance and dealing with injuries.

It will take place at the Stevenson Centre
Gt. Cornard on Thursday evening

19th February from 7.30 – 9.30pm

All members and friends are invited and you will be pleased to know that it will be free of charge to attend.

It could and should be very useful evening!
I have reproduced Dr Michael Lezuo's initial introduction to the club

'My name is Dr Michael Lezuo and I am writing to you from PHD Chiropractic, your local clinic in Sudbury and established for over 25 years in the town centre. As a local business we are actively looking to support Sudbury sporting clubs and our clinic regularly treats many sportspeople, from rowing and rugby, to triathletes.

As a qualified Chiropractor and a keen cyclist I wanted to ask when you have club evenings and when I might have the opportunity to give a short informative talk on how Chiropractic treatment can both treat common cycling injuries and improve cycling performance, particularly those doing regular distance riding'.

*It would be very helpful if you could email David Fenn to let him know if you intend to attend on.....

dr.fenn@tiscali.co.uk

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