



The Spindle. FEBRUARY 2019. cycleclubsudbury.com

Welcome to the 1st Spindle edition of the year.

The weather has been ok-ish if you like cold icy mornings with scatterings of snow. Just normal for the time of year I guess.

Our first event of the new season has already been held and was a victim of some *wide of the mark* weather forecasting the day before. It must be very difficult for organisers (in this case, our own David Fenn) to consider **a)** calling it off (*the forecast was that bad*) or **b)** if it is going ahead, how much food supplies to buy the day before! With just 30 riders turning up on the day, David must have had a surplus at the end of the day. The day itself turned out to be rainless with periods of sun, although the cold wind made riding slightly unpleasant; so just a normal winter's day of riding then!

So much for believing the forecasts for the next day's weather...

This edition has suddenly grown from 4 pages a week ago, to the 13 you have here.

This was a result of prodding a few members for 'articles' and generally making a nuisance of myself for info from them.

The prime piece of writing this month has been provided by James Newton. His account of how he got into cycling is quite inspirational and a *'bloody good read'* He has even coerced his dear wife to write an end piece on her *'take of his obsession'*

Also included are reports on the Reliability ride, the Sunday Club Runs by new co-ordinator Martin North, a Rider Profile, Audax news and update, some MTB racing results and *a master class (by me!) on un-sticking and releasing a 'stuck' seat post.*

I suddenly became a proper bike mechanic for a few hours which was all brought about by regaining my MTB that I temporarily lost possession of for a few years to James. He has a nice new shiny one (in Orange of course) but is reluctant to use it in case it gets dirty!!

So my re-found MTB has slowly been refurbished over the past 3 weeks and now sits in the garage waiting for the weather to improve as I *kinda* see what James means about getting a bike dirty after so much love, attention and cleaning has been spent on it, bringing it back to almost new condition!

Like son, like father as someone nearly said.

Rog



Cycle Club Sudbury Annual Reliability Ride – Sunday 27th Jan 2019

(As press Report)

What a shame the effect of some inaccurate weather forecasts and heavy rain the night before, made to this year's

ride. Last year with spring like weather, a record 165 riders turned out, but on Sunday a mere 30

hardy souls braved the biting wind on a dry morning with patches of sunshine. Those that stayed away must have been kicking themselves for not turning up. The cyclist's unwritten law is – never trust the next day's weather forecast as it's invariably wrong!

Eight CCS members and a sprinkling of riders from local clubs, including 4 ladies, entered the event on the day, starting out from the Stevenson Centre in Gt. Cornard. The fast group set off out towards the outskirts of Stowmarket on a circular 47 mile route while the 2nd group headed for Bildeston on a shorter 27 mile route.

Their only hazards were a lot of standing water on the roads and a tough headwind for most of the ride back to the headquarters.

Organiser David Fenn wasn't too downbeat about the small entry adding that it meant more tea and cake for those that made the effort when they finished!



Club Run News by Martin North

Building on the foundations laid by Steve Barnes over the past couple of years the club runs have developed in a regular pattern with good support of lads and lasses. There is a fast group who do their own thing through the winter but meet at the same time as everyone else at 9 am on Market Hill. Always good to catch up with them (verbally not on the road!) Details of their rides are often notified on Facebook.

The medium pace group, the core club run, led by a different rider each week, have visited a good range of cafes North, South, East and West of Sudbury. Also there is a sensible paced group, frequently led by Dave Laker, who usually met up with the medium pacers at the same cafe stop. However on several occasions in the past few months they have overtaken the medium pace group and arrived before the supposed “quicker” medium pace group and on one occasion also departed the cafe. Hare / tortoise fable? Peter Harvey also leads a very sensible paced ride by tandem on the third Sunday of the month.

Which brings us to punctures, technicals and falling off as reasons for being overtaken? (Nothing you note about navigation errors).

There have been a couple of involuntary dismounts on greasy roads but fortunately no injuries to limb but some to dignity. Good reason to wear a helmet. One unlucky fellow had simultaneous front and rear punctures, but Andrew Hoppit announced he had a **big** pump in his **big** bag (no-one enquired what else Andrew had of that dimension) and with the rest of the group helping,

soon had the afflicted rider on his way again. Another unfortunate suffered a chain break just as he was about to ascend a hill out of Hartest. Nearly a nasty crossbar moment...Ouch! Fortunately riders have taken notice of the CCS handbook guidance on carrying tools and equipment to carry out essential emergency repairs.

The weather being as it is, means sometimes it is necessary to adapt the planned rides to allow for everyone's wellbeing.



A big thank you to Mark Swift leading on the very wet Sunday before Christmas ride. He had been following Viv's maxim, if you want a good view you need to go up a hill. He decided at the top of the hill in Stoke by Nayland to head straight for The Cyclist in Ballingdon rather than to another hill near Colchester. A very pleasant rest of the morning was spent there wringing out gloves, drinking hot chocolate and eating mince pies knowing it wasn't far home for anyone. A big thank you to all the ride leaders and to Mark Gentry for letting us all know what is happening on Sundays in his inimitable way .

If you would like to share a favourite ride with the medium pace group, please contact Martin North on 01787370558 or email martin@cycleclubsudbury.com

Cycling Shorts.....

CCS ANNUAL MEMBERSHIP SUBSCRIPTION

If you missed the January Subs Night, you can pay by post/cheque or bank transfer. Download a form from the CCS website homepage at <http://www.cycleclubsudbury.com>. Payment details are on the form. If paying by bank transfer, please email Robin Weaver at pamandrobinw@gmail.com for CCS bank account details.

Membership subs are unchanged from last year;

Juvenile (up to 16) £5 Junior (16 - Dec. after 18) £8

Senior (18-65) £18 Senior (65-80) £12

Family £24 Second claim £12

Associate £4 Temporary; 6 wks £5

In addition, First and Second claim members can pay for a season of Thursday evening time trial rides; £65 for the season of 20 time trials.

RELIABILITY/SPORTIVE RIDES

Just to let you know that the West Suffolk Wheelers Reliability Ride, the Suffolk Punch, is on Sunday 3rd of February.

- *There are three routes, the Pony (36 miles), the Gelding (60 miles) and the Stallion (75 miles).*
- *Four average speed categories – 18, 15, 13 & 11 mph (no 11mph category for 75 miles) Certificates to all qualifiers*
- *Registration at West Suffolk Wheelers HQ, Shakers Lane, Bury St Edmunds, IP32 7BH from 09:00 am. First group away at 09:30*
- *Entry: £5*
- *Cake and refreshments available*
- *All proceeds from the Punch go to the East Anglian Air Ambulance*
- *Details at <https://westsuffolkwheelers.org/events/suffolk-punch-reliability-trial/>*

It would be great to see our friends from across the region. If your club has a reliability trial I would be more than happy to promote it in our club newsletter and on our Facebook page.

*Kind Regards, Michael Lawson
Club Secretary, West Suffolk Wheelers*

Sunday 10 February; Stowmarket and District CC; Needham Market; 40, 70, 100k
<http://sdcc.bike/spring-reliability/>

Sunday 17 February; Maglia Rosso; Off road CX Sportive
<https://magliarosso.co.uk/mille-maglia-cx-sportive/>

Sunday 25 February; VC Revolution; West Bergholt; 28, 50 miles
<https://www.britishcycling.org.uk/events/details/169489/VC-Revolution-Reliability-Ride>

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 February; Witham; 100k

Sunday 17 February; Henham; 50, 100k

Saturday 9 March; Dunmow; 100, 200k

Saturday 16 March; Cambridge; 110, 200k

Saturday 23 March; Copdock; 100k

SUNDAY 10 MARCH; CCS MAD MARCH HILLY 22 MILE TIME TRIAL

WEDNESDAY 27 FEBRUARY; CLOSING DATE FOR ENTRIES

ENTRIES; On CTTA entry form, downloadable [here](#), to the organiser by 11.59pm, Wednesday 27 February. Entry fee £8.50, payable to the organiser.

You can also enter this event online via the CTT website; <https://evententry.ctt.org.uk/>. If you have not entered a CTT event online before, you must register online. This is quite straightforward, just click on the green circle with a cross on it alongside the event you want to enter (CC Sudbury- BS24/R), then follow the on-screen prompts.

SUNDAY 10 MARCH; COLCHESTER ROVERS JOCK WADLEY MEMORIAL ROAD RACE

BOXFORD BIKE CLUB TORNADO SPORTIVE

Bookings now open for Boxford Bike Club Tornado Sportive, Sunday 28 April, 40 or 60 miles (new routes this year!). Places go quickly, so book early to avoid disappointment, via the British Cycling website [here](#).

Robin

Signs!!!

Please note after last year's road race Trevor reported that one large cycle event sign had not been returned to him, however last night I was given the said sign which had been fixed to a post on Bulmer hill ever since last August, surely one CCS member has been past this in the last 4 months?. Just a reminder in 2015 to 2016 we lost 5 cycle event signs and 3 marshals vests, all of these were lost on our open events and none of these were ever recovered. Without these signs events cannot be run.

Best wishes in cycling - Brian Webber

The Last Post is Out! (Or Handy Bike Maintenance Tip No. 23)

It's bad enough having one seat post seemingly welded into the frame and unmovable, but having two bikes with the same problem is just plain neglectful.

The first one was an alloy MTB with an alloy post. 3 burly blokes' best efforts couldn't budge it despite introducing it to Mr. Hammer, Mr. Mallet and Mr. Much-Grunting! Someone mentioned heat, which seemed worth a try. A gas can blow torch was finally found in the depths of the shed and the post was gently heated for a couple of minutes. Hey presto, a few twists of the saddle and out it came!

Bike No.2 was a different kettle of fish. A carbon frame with another alloy post but no saddle to pull on. (It was James's bike that sent him over the bars as recalled in the previous Spindle, complete with a snapped post!) The heat solution was tried on the post but to no avail. Being a carbon frame, I was mindful of not applying too much pressure with the grips and damaging the carbon. I remembered back in the day when Rob Davies bought a Trek bike for his son (at an Open TT!!)

for £25 because it had a stuck seat post. I'm sure he managed to get it out by sawing down the post (both sides?) and releasing it. So I thought I would try it and a saw was sourced at B&Q with a hacksaw blade with a handle at one end – details below. After about 2 hours of careful sawing down the post, making sure it didn't go through to the alloy collar which extended about 200mm into the frame, it finally gave in and let me twist it out.

A result I didn't really expect to happen with my track record of failures. So all is not lost if any of you have a similar problem. It's worth noting that when a post does get stuck, it seems to be at the point where it just goes into the frame. (*I now use Anti Seize Grease when replacing seat posts!*)

*The saw (alongside) was a Magnusson 2 in 1 Jabsaw
It has 2 blades you can use – a wood cutting one
and a hacksaw, which both fold into the handle*



Rog

Cycle Club Sudbury

Invites you to join an Audax cycle event on

Saturday 6th April 2019

3 routes 50km, 100km and 160km

Starting from Long Melford Village Hall CO10 9JQ

Mini Tour de Stour 50km 9.30am start.

Tour de Stour 100km 9am start.

Classic Tour de Stour 160km 8.30am start.

Priced from £5

For more info/to enter please visit www.Audax.net

or phone Jane 01449 774700 or 07859028868

Why not give Audax a try? Tea and coffee at the start, follow the route sheet or GPX track ,
ride at your own speed, to then join us for refreshments at the end of your ride.

Donations towards food costs would be welcomed!

Jane Watson

A Middle Aged Man's Love Story

A Self-Indulgent Tale of How an Out of Shape Man Fell in Love with Cycling and How the Romance Continues!



Love Ignited

The date was 5th December 2003 and the venue was Caesars Palace, Las Vegas when the photo was taken. A crowd of friends and myself had gone on a beano for no particular reason. We stood by a fountain, smiled, said cheese and the resultant picture horrified me. I had ballooned to an "impressive" 17stone in weight and I had a head whose size would win any best in show pumpkin competition!!!

We flew back and I immediately took action and started an intensive jogging regime.

This "fortunately" failed due to a calf muscle which pulled continually.

Luckily enough, a friend of mine had been telling me he had just purchased a Raleigh Banana from Ebay and was espousing the joys of cruising through the country lanes. As luck would have it a neighbour of mine and Sudbury Clubman, Steve Barnes, had also rekindled his love for two wheels. This was all I needed to get my wallet out!!

Never shy of a challenge and with absolutely zero knowledge of what I was purchasing, I bowled down to Sudbury with my friend and purchased two hybrid bikes, one for me and one for my wife, who I had convinced to start cycling. We rode the bikes home, a total of 6 miles including Ballingdon Hill. By the time I got to the Pub, I genuinely thought a heart attack was the next stop!!

After beasting myself on this heavy, fat wheeled, *Sturmey-Archered*, three geared monster for a year, I also purchased a Raleigh Banana. The joy of riding this was huge and now with an odometer I was in business, riding 10 mile loops with an impressive 16.5mph ave speed.

Addiction had now well and truly set in; riding with my friend I seriously couldn't get enough. My weight was tumbling and was down to 14 stone within 5 months of hurting myself. I didn't worry about the weight I just wanted to go quicker and eventually took the plunge and spent the best £2500 I have ever spent, purchasing a Carbon Fibre race bike from the Velo Schils shop in Colchester (I still ride this today!!).

2) In Awe of The Daw

After various gibberish cycling conversations with Mr Barnes in the local pub, he told me that he had taken part in a thing called a "Time Trial". He said "basically you go as fast as you can for 10 miles". That sounds like "a bit of me" I thought and decided to join Mr Barnes and Nick Baker and rode over to sign on.

With my svelte 14 stone figure, new cycling shorts, cleats and my now impressive 17.5mph ave, I'll probably win was the deluded conclusion I had come to the night before.

I then turned up!!!!

My first TT was on the Acton course and I was third rider off, I "blistered" past the two women off before me, only to see two blurs come past me, Simon Daw and Rob Davies on some strange contraptions with odd handle bars.

My face must have been a picture having seen these two probably take 10mins out of me on an eight mile circuit. This humiliation had totally inspired me and I just dug in and rode more with no idea what I was doing, but getting quicker and at the same time meeting new people, joining the club and continuing to lose weight. Hooked totally.

3) What's going on????

I had been pinning on a TT number for few years now and had become an avid fan of anything cycling. I had suffered two serious injuries and my only thought during these, which saw me on crutches for 6-8 months, was to get quicker when back in the saddle.

One Thursday evening somebody suggested a thing called "a Chaingang". Again in for a penny in for a pound, count me in.



April 2013 saw the first Tuesday that the “Chaingang” amassed and I think it is fair to say that, other than Simon Daw and Viv Marsh, no-one had a clue what to do. This was the first time that several of us had ridden in a group and a lot of us had also discovered Strava!!!

The rides were carnage and what we thought was fast, with the likes of Simon Daw, Lee Ford, Darren Rule and Joe Swain ripping the rest of us to pieces.

It was on one of these chaingangs that I first experienced “getting dropped”. I couldn’t work out what was going on as the group disappeared; no matter how hard I spun my legs the further the group moved away. Again this did not perturb me and I was now totally hooked on group riding and started to chuck my hat into the “sportive” ring convincing myself that these were races. It was a great summer for me and then winter came.

4) Are they Professionals??

The weather was predictably cold, damp and uninspiring but a group had continued to meet on Sundays. One of these Sundays a meeting was held around Ashton Dyson’s house to discuss the prospect of racing, as Darren Rule, who was now being coached and had gone to a totally different level to most of us, had worked to get CC Sudbury an entry to the Eastern Roads Race League. Simon Daw had brought a video of himself racing against luminaries such as Russell and Dean Downing, which elevated him to even greater hero status in my eyes. We sat and discussed what we wanted out of the season coming and decided the first step was to enter a “Reliability Trial” and the first one on the schedule was the Velo Schils ride.

The Sudbury elite (well Simon, Lee, Jamie Howe and Darren, the rest of us just really tried!!) met at Marks Tey ready for our first taste of a Reliability Trial. Simon had forewarned us that these are tough but we were the Sudbury Elite, should be a doddle!!

We started off leading out the Gold group and after 5 miles we were in total control, cracking along at an eye watering 19mph. We turned a corner; hit a gradual slope, when we found out what a race group really looks like. A group wearing the multi coloured Schils kit came past us as if we were sat still. Simon Daw shouted to me to make sure I caught the “last wheel” but I had no chance. Simon, Lee, Jamie and Darren shot up the road catching the “they must be Professionals” Schils crowd leaving the rest of us waving goodbye, see you for a coffee after!!

Not disillusioned, I just rode harder with better riders, got a bit quicker but not even close to these lads. You always want to be one of the quick guys!!!



5) Where Do I Pin These??

Time moved on and into late March 2014, with a full Reliability season in my legs, I decided I was ready for a Road Race. How hard can it be?? I mean I’ve ridden Sportives and I went out with the fast guys on the Reliability Trials. I had been dropped after 5 miles on each of the Reliability trials but they were Professionals in my mind.

Braintree Velo Road Race, meet at Sudbury Football club and the Organiser, Andy De Frates, immediately took the “mickey” out of my hairy legs as he gave me my numbers. He gave me two numbers. Now when I went to the club TT I only got one number, where do I pin these I thought. It took me 30mins until I saw someone else pinning their numbers on so I knew where they went!!

I had a team mate in the shape of Steve Hubbard, who had been racing for a few years and was well experienced. He guided me and told me to keep in the front third of the race. This I successfully achieved for one lap until I was brought down, in what was to be my first and definitely not my last crash.

The race itself was won by one of the Professionals!!!

6) New Wheels and a New Way of Thinking

I didn’t enter anymore races that year, bought myself a TT bike and started to see some proper improvements but an itch that I had was Road Racing and really enjoyed the face to face completion. The

TT scene in the club at this time was dominated by some blistering times by Jody Downs and Darren Rule who were breaking records on an almost weekly basis.

Realising that I was never going to compete against Darren or Jody (amongst others) on the TT front I contacted a Coach from Ipswich who took me under his wing and started to build my cycling with structured training sessions. I entered a few more races this year and saw very limited success with success being measured in completing the first 15 miles of a race.

The following year with the purchase of a new race bike, a full winter in my legs and proper structure saw me start to make big steps. My weight was now down to 12 stone and I completed my first Crit race finishing 10th and getting a Point!!!!!! But bigger things were to come when I entered the Ken Wright Road Race for Cat 2/3/4 racers.

I completed it!!! I completed a 3hr Road Race finishing in the bunch alongside one of the Professionals!! That year I entered a few more races and completed most but never really got close to the points.

7) Done it at 50yrs Old!!

I was now 50 yrs old and had been coached for 2 years. I genuinely couldn't believe how strong I had become for an "old boy". Sitting in sharp end of the bunches of the Reliability Rides throughout the winter, I was now ready for a full frontal attempt to achieve my Cat 3 License.

I was finishing races with ease but not troubling the scorers, until "things clicked" with a clutch of results giving me a 8th, 5th and 3rd position giving me my Cat 3 License!! Not the quickest but in my mind I was one of the quickish guys.

I continued to race that season with no further success and crashed a few times with broken ribs being the most painful, this didn't matter; I had been well and truly seduced by racing.



8) She's a Demanding Mistress!!!!

I'm now 52 yrs old, my weight is now 11 stone and I have achieved what I set out to achieve yet she demands more from me and I train harder now than I ever have with hope and belief that I may win a race one day.

The sport has left me totally besotted by Cycling. I love the bikes, the lifestyle, the clothing, the Tech and most of all the people.

The club scene is dominated by Leon West and Damon Day who commit on a daily basis to their training and deserve all that comes their way.

I have ridden in a few countries alone and with others. I ride in the wet, dry, cold, wind and sun and I never come back sad.

I now ride with "The Professionals" every now and then and still want to get quicker.

It's a romance that will continue forever I hope (though I'm not sure what the wife thinks!!!)

Cheers all !!!!!!!

James Newton

Here's what the wife thinks.....

I never anticipated that when my overweight middle aged husband decided to purchase a Raleigh Urban bicycle to get a bit fitter that my life would change so dramatically.

His original thoughts changed from "you'll never catch me in lycra" to "I think I need some of those shorts". Baggy "Team Banana" yellow t-shirts were initially worn with pride, I thought the flapping in the breeze was excellent as it caught the eye and made James even more visible, they soon were abandoned and we purchased more lycra including a particularly lurid Bike Magic top!

Fast forward 10 years and what does the wife think?

Well.....

- The garden has changed as we now have a "Man Hut" which houses a top of the range Watt Bike and free weights to allow The Core to be maintained.
- The diet has changed, not only does he eat healthily ALL the time (body is a temple, chocolate, cake, biscuits, crisps are not allowed) we also have to eat within designated time zones!
- The outfits have changed as lycra must be well fitted and baggy flapping tops with bananas on are so last decade!
- The conversation has changed and I have a daily (or probably several times daily) update on FTPs, thresholds and all manner of what.... blah, blah, blah!
- The body has changed; he's got the best figure he has EVER had! Not bad for 52!
- The volume of washing created is frankly outrageous, as working out happens at least once per day, sometimes twice, and when you sweat like a pig you get through a lot of towels to mop it all up!
- The garage is very full, he has a collection of 7 bikes..... Apparently they all have a purpose, despite 2 looking identical to me!
- The First Aid kit is extremely comprehensive these days and I have learned to accept that he will never seek any medical advice so if I can't fix it, it will remain broken!

But the main change is the fact that James thrives on routine and competition with a healthy bit of banter thrown in and cycling has provided all this for him which is wonderful. So he might go on and on and on about cycling, but he's in his happy place when he's doing it. What the wife thinks is long may it continue.

Juliette Newton



RIDER PROFILE

Name.... Antony Sheppard

- 1) **Occupation and how many years have you been cycling**
Carpenter and have been cycling for 26 years but member of a club for 21 years
- 2) **What was your first 'proper' bike & how old were you when you had it.**
I would say it was my Dawes Galaxy and I was about 38

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

5 in total Canyon carbon road for the summer, Spa cycles Audax, My TT machine made up of spares and a frame from the internet, Focus Cyclo cross, and a fixed track bike there is another which is on the turbo.

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

A good year would be 5000... but lately, work gets in the way....so 4000 miles

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

Just last year, the CCS Audax from Bildeston with the ride there and back it was 122 miles.

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

A tour around the Mount Ventoux region only about 80 miles but stunning scenery, SUN, great food and moderate climbs,

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

I was for a short time in 2005, the Colchester Rovers 30 mile TT Champ, but this was only because the weather was so bad and the favorites' either DNS or DNF. I also did a 24:20 for a 10 in 2009!

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

Falling off in front of a car full of people who were all laughing as I couldn't get my foot out of the cleats!

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

The second time I did the three peaks cyclo cross event in Yorkshire, it was a howling gale and what could go wrong went wrong and when I got back to my camp site my tent leaked and my bedding was soaked.

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

I just love to watch the Grand Tours; having ridden some of the climbs I know what they go through, but they get up and do it again..

11) **What do hate most about cycling?**

Ice!!!

12) **What bike would you most like to own?**

There are a couple of bikes I have noticed on a Thursday evening - especially a road bike that is so well presented.

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

A pair of Sportfull winter tights.

14) **What is your favourite ride?**

I have only been in Cockfield 3 ½ years so am still learning the rides but I do like the Hawkenden area..

15) **What are your cycling strengths and weaknesses?**

Strengths are I still love it, Weaknesses too many to mention.

16) **What is your best training tip?**

Keep a diary and remember this is what you do for fun.



Audax Update January 2019. *Compiled by David Fenn*

Date	Event	Riders
23 rd Dec 2018	Great Bromley 204k	Raymond Cheung
28 th Dec 2018	Great Dunmow 200k	Raymond Cheung
12 th January	Kelvedon 109k	Raymond Cheung, Steve Barnes Andrew Hoppit, Ian Lovelock, Viv Marsh, Jane Watson
20 th January	Dunmow 200k	Raymond Cheung
26 th January	DIY South East 200k	Raymond Cheung

Name	Points	Total Distance km	Club Audax Trophy	100	150	200	300	400	600	1000 km	Climbing Metres
Raymond Cheung	19	2,126	1st	2	-	8	1	-	-	-	5,400
Jane Watson	-	682	2nd	5	1	-	-	-	-	-	3,450
Andrew Hoppit	2	513	3rd	4	-	1	-	-	-	-	3,450
Mick Bates	-	467	4th	3	1	-	-	-	-	-	2,800
Brian Mann	2	415	5th	2	1	-	-	-	-	-	2,950
Ian Lovelock	-	315	6th	3	-	-	-	-	-	-	1,200
Viv Marsh	-	215	7th	2	-	-	-	-	-	-	650
Steve Barnes	-	209	8th	2	-	-	-	-	-	-	650
Robin Weaver	-	206	9th	2	-	-	-	-	-	-	1,200

Raymond continues at the top of the leader board having ridden over 500kms this month and has put a lot of distance between himself and nearest rivals Jane and Andrew. With 2126kms in the bag already, he seems to be on course for another big haul by the end of the year..! Still, there is plenty of time for Mick, Brian and Ian to squabble over the minor placings!

Club Handbook

Those of you that attended subs night will have picked up the latest CCS Handbook. It has been compiled and produced since its inception in 2011 by Robin Weaver. He has now handed over the reins to Viv Marsh who has kindly agreed to carry on Robin's excellent work during the past 8 years. I don't know of many clubs (if any in this region) who produce a hard copy handbook for their members to refer to for all manner of club information; so we can count ourselves very lucky for Robin's past efforts. Viv's first effort with the 2019 handbook carries on Robin's high standards!

Revel Outdoors Winter Series 2018/19

13th January 2019 – Round 3 - **Brandon Country Park, B1106, Shakers Road, Brandon,**

Some of our CCS members rode the latest round of the above series at Brandon Country Park. Damon Day completed the 3 hour Vets race and came in 30th place, not many seconds behind Malcolm Borg in 29th from 51 finishers. Simon Norton wasn't far behind in 38th position and has sent in the report below.

In the 1 ½ hour Vets race, Graham White came home in 85th position from a huge field which saw 126 riders finish.



'A dry mild day at around 8 degrees saw me sitting on the start line waiting for 10 am to strike and the race to begin with many familiar faces around me including Malcolm Borg, Damon Day, Graham White and Matt Traynar.

Riding the three hour race means trying to start steady and pace yourself at the start and as always I go off too quick trying to keep with the rider in front, each lap averaged around 6.75 miles and the course was dry with very little mud.

One section with a slight downhill swept through the trees with bermed corners and was exhilarating to ride even at my moderate speeds; the final section was a long uphill slog that

required a low gear and strong lungs to overcome.

By lap three my legs were starting to complain as my lap times dropped from a 38 to a 39 to a 42 minute lap, looking at the timings I knew that a 5th lap was on the cards so crossing the line at 12.45 having done a 45 for the 4th lap I ground around the course dreading the final climb.

The last lap felt like an eternity and finally I arrived at the dreaded climb and crawled up, half way and cramp in my calf had me grimacing and I made the school boy error of stopping, immediately both thighs joined my calf in excruciating cramp, I had no choice but to climb back on the bike and ride it off which I did and crossed the line recording a 48 minute lap.

As always a big thanks to all of the organisers, volunteers and BC Commissaries for their time and big kudos to all of the other riders. The last round is on the 17th of February at Shouldham Warren, in that there Norfolk' ☺

Simon Norton

****** I have heard through the grapevine that some new-ish members and existing members have enquired about the club holding some basic bike maintenance classes. Well, Torque Bikes may have the answer below!***

Upcoming events

Torque Bikes – Sudbury

Thursday 21st February & Thursday 7th March - Basic repair/maintenance evening

Thursday 28th February - Tubeless workshop

torquebikes@hotmail.co.uk

Our basic repair and maintenance classes will show you the basics and give you the chance to practice the technique until you are happy that you could go away and do the repair or upkeep yourself at home or at the road/trailside.

In this first class, we will cover how to replace a tube or tyre on the rear wheel, how to fix or fit a chain and basic upkeep of your bike. The classes will be on Thursday 21st February and Thursday 7th March, both starting at 630pm and will last 2-2.5 hours.

Cost will be £15 per person. Spaces are limited so please book early.