



The Spindle — JANUARY 2014 - *cycleclubsudbury*

A Happy New Year to all of our 125 members from Spindle. The club grows in size and stature and is well regarded throughout East Anglia.

As the nights get lighter, it must mean summer is just round the corner, well almost! It will be nice not having to spend nearly as much time cleaning bikes afterwards as the ride itself.

As you are all (?) mostly slumped in your favourite armchairs enjoying the Christmas/New Year break, there is plenty to read here to keep you busy.

- *Darren Rule has outlined his hopes with details of the burgeoning CCS Road Racing Section he has set up.*
- *Brian Mann recalls his days spent helping out on the 1400km London-Edinburgh-London Audax ride, which neatly leads into Peter Faulk's reminiscences of his epic ride.*
- *And Geoff Simms reports on the recent sombre statistics from TfL (Transport for London) which should help your focus out there on the road.*
- *A list of all this years prize-winners can be found further on along with details of the event (including menu) where all these prizes will be handed out....our Annual Dinner at a new venue.....*
- *Dave Fenn was anxious to reprint the Audax report as the previous one contained a few mistakes. Nothing wrong with mistakes, as I wrongly showed a pic of Jody Downs instead of Jamie Howe in my TT review. I swear they could be twins!*
- *Our Clothing Secretary, Trevor Hale gives us the good news (and some bad) and is after your orders further on.*
- *And lastly a report for the 'Nearly on Boxing Day Ride' finishes off the year.*

I mentioned earlier about Darren organising the Road Racing Section and the committee are pleased to officially welcome him via the AGM to the err, committee, not only for getting us up and running again on the Road Racing scene but for bringing the average age of the committee members down.

We also thought that the Audax we inherited from Witham was to be lost due to no one coming forward to organise it, but Viv Marsh stepped in at the last moment to rescue it. He is busy rescheduling and rerouting it and would thank him for his efforts to save it for us.

DIARY DATES

***AUDAX**

Norfolk Nip

Saturday 1st February; Norwich 100k

***TIME TRIALS**

16th February 2014 – 10.00am

Ely & Dist CC – Hardriders 25 mile TT.

***SPORTIVE & RELIABILITY RIDES**

Sunday 19th January; Interbike Sportive

Sunday 2nd February; West Suffolk Wheelers

Suffolk Punch Reliability Ride. WSW HQ.

Saturday 15 February; AmisVelo Sportive?

Sunday 23 February; VC Revolution Sportive

Sunday 2 March; Colchester Rovers

Sportive? NOTE; no details yet - based on last year's date.

Sunday 13th April; Boxford Bike Club; Boxford Tornado Sportive; Book early!

*Our first CCS event of this year takes place on the **26th January** and is the ever popular

Reliability Ride from Gt.Cornard and it kick

starts the new year for casual & competitive

riders alike. It also makes me think that the

restful 'close' season didn't seem to last very long!

CCS RELIABILITY RIDE SUNDAY 26th JANUARY

Stevenson Centre, off Broom St. Gt. Cornard.



Test your body and your bike after over-indulging during

the festive season; try a reliability ride. Sign on and pay on the day. £6 includes refreshments.

Two distances, choose your target time;

Sign on at 8.45am for 48 miles in 3hrs 30mins. First group away at 9.00am.

Sign on at 9.00am for 48 miles in 2hrs 45mins. First group away at 9.15am.

Sign on at 9.15am for 27 miles in 2hrs 30mins. First group away at 9.30am.

Sign on at 9.30am for 27 miles in 1hr 45mins. First group away at 9.40am.

See Reliability Ride on Events page for maps of the routes.

SUBS NIGHT 7.30pm THURSDAY 9th JANUARY

At the Stevenson Centre, off Broom Street, Great Cornard.

Please bring a completed membership form if you're a new member, or if any of your contact details have changed. Also bring your annual subscription – cash, or a cheque made payable to Cycle Club Sudbury.

Subscription rates;

Junior member, under 16 £5

Juvenile member, 16-18 £8

Senior member, 1st claim, 19-64 £18

Senior member, 1st claim, over 65 £12

Family membership £24

2nd claim member (already member of another club) £12

Non-rider/associate member £4

Additional payment for season of Club time

trials; £45

(optional; or you can pay £3 per ride if you want)

Come along and collect your new membership card and 2014 Handbook – a bumper edition this year!

If you are unable to attend the Subs Night, please send a completed membership form and payment to the address on the form as soon as possible after the Subs Night.

22nd February 2014.....CCS Annual Dinner & Prize Presentation Evening - details further on.

CCS Road Racing Takes Off!

So, its official, Cycle Club Sudbury are a road racing club again!

Having taken part in a couple of RR's and a number of criterium races in 2013 I am keen to do more in 2014. And following the popularity of the various "faster" club rides and the great strength demonstrated by some of our riders in some of the local a Reliability Trials and

Sportives this year, there has been lot of talk from other club members

interested in making a step up to try racing; so I made enquiries about joining the Eastern Road Race League.

The ERRL run virtually every road race event in East Anglia and North London, and priority is given to affiliated clubs to enter their events. Generally the early season ones are heavily over-subscribed (when everyone is keen to race again after a long winter off) so entry into these events is impossible, and the ones later in the season are also popular meaning that riders from non-affiliated clubs have to wait on a reserve list and hope there are some no-shows on the day.



To become affiliated it just costs £15..... bargain, I hear you all cry! The catch is that each club has to host their own road race event which is quite a commitment for us to undertake. However after contacting the club members to gauge interest in road racing and willingness to help with organising the event, I was pleased to receive a number of positive replies regarding both. With the support of the club members the committee was happy to approve our application to affiliate. I attended the ERRL Annual General Meeting on 21st November to state our case and we were accepted (along with 4 other new clubs). With around 40 clubs in the ERRL for 2014 trying to find a suitable date to host our race was tricky, but there was a free weekend 30th/31st August, so we pencilled in Sunday 31st. Since then Roger (our eagle-eyed editor, who obviously has his finger on the pulse of the local cycling calendar!) pointed out that this date clashes with the UCS Ipswich and Costal Cycling GP, so the date has now been confirmed as Saturday 30th August at 2pm on the Bulmer course. Please all keep your dairies clear for that day as there will be a lot of volunteers required for a variety of duties from marshalling and signing-on to making tea! I hope that with us joining this league, it will give a great opportunity for our existing members to try road racing, and, probably more importantly, also promote the club and attract some new, younger members. So, here's to a winter of training in preparation for a season of racing. I hope to see you out there!

Darren Rule (new Road Race Secretary!)

Club Clothing by Trevor Hale



Buy now at pre-increase prices!

First the bad news.....

After a number of years without any increases, our clothing supplier, Endura, are adjusting their prices (upwards) and their bulk order discount (downwards) on all new orders. They still, however, offer excellent value for money on top quality products and despite some very tempting offers from some very nice people in China and Pakistan, we have decided to stick with the very nice people in Scotland.

Now the good news.....

We still have a wide range of club clothing in stock at pre-increase prices. Check out the list below and remember, the new membership year brings you another chance to save an additional £10 off the price of any club top.

I am about to place a new clothing order so if you have any special orders i.e. skin suits, ladies' or children's sizes, please let me know as soon as possible. Delivery is unfortunately, currently running at about 14 weeks. Please remember that special orders must be paid for in advance.

Contact the clothing secretary, Trevor Hale on 01787 278601. Email:

clothing@cycleclubsudbury.com

Revised Audax points list by David Fenn

	Pts	Kms	100	200	300	400	LEL
<i>Peter Faulks</i>	47	4820	1	13	1	1	1
<i>John Oakshott</i>	22	2423	2	11			
<i>Steve Barnes</i>	15	1730	2	4	1	1	
<i>Deniece Davidson</i>	11	1108		4	1		
<i>Viv Marsh</i>	8	1487	6	4			
<i>Brian Mann</i>	4	910	5	2			
<i>Simon Daw</i>	4	605	2	2			
<i>Geoff Sims</i>	4	424		2			
<i>Tim Radford</i>	4	416		2			
<i>Alan Russell</i>	2	625	4	1			

Current clothing stock:

Short sleeve road jersey @ £40

Medium 4
Large 3
X large 2
XX large 4

Long sleeve road jersey @ £43

Small 3
Medium 4
Large 5
X large 3
XX large 1

Sleeveless road jersey @ £38

Medium 2

Lightweight Windtex jackets @ £52

Small 2

Medium 1

Large 2

X large 1

XX large 3

Ultra packable Windtex showerproof @ £44

Medium 5

Large 5

X large 3

XX large 1

Gilet @ £34

Small 1

Medium 5

Large 2

Windtex Gilet @ £36

Medium 1

Bib shorts @ £45

Medium 2

Thermal ¾ bibnicks @ £44

Medium 4

Large 2

Thermal bib longs with pad @ £48

Medium 2

Thermal bib longs without pad @ £44

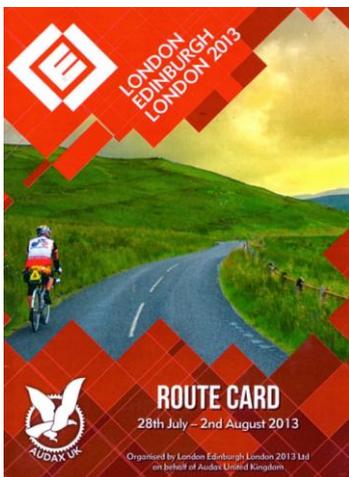
Medium 1

Large 1

Thermal arm warmers @ £20

M/L 1

Memories of a London-Edinburgh- London Audax Volunteer 2013.



By Brian Mann

The text from Keith Harrison to tell me I wasn't going to help out at the Market Rasen control, but would be going to Loughton instead read like this:

"Hi Brian, I've dipped into the transfer market and bought you for a shilling and 2 fat hens."

Oh well, at least I know my worth!

The heat and humidity over the whole week made erecting crowd barriers and marquees rather hard work. There were a number of urban foxes wandering around the school playing fields every evening and some even managed to chew up a broom and a pair of trainers that had been left out. The school cleaners used to feed them in the morning and they gathered in anticipation until they recognised the cleaners cars arrive. They then went to within a few feet to have their daily feed.

The crowd barriers; there were 100's of them, were erected to allow cyclists to park their bikes against and put up in a large tennis/netball court providing a secure area while riders registered before the ride.

The bikes came in all shapes and sizes, many equipped with everything a self sufficient rider would need for a 1400km ride in 5 days. With others carrying nothing more than a water bottle and a puncture outfit.

Audax hard man and legend Steve Abrams was there with his Airnimal folder complete with a bottle of Jack Daniels which he resolved to finish during the ride (He's teetotal!)

There were recumbents, faired recumbents, steel, aluminium and carbon conventional



machines, and 3 ElliptiGo things that had handlebars, gears, 2 wheels but no seat or pedals. The rider stands upright on a flat platform which was split lengthways and moved backwards and forwards and up and down in a motion that seemed like a cross between cycling, walking and climbing stairs.

Another Audax legend Drew Buck (below) was there with his circa 1920's bike with only



2 gears. The high gear being pedalled forwards and the low gear being pedalled backwards!

We witnessed the return of a Hereford fireman, whose three colleagues had secretly driven over to cheer him in. The look on his face when he realised they were there was priceless. True comradeship.

The return of our only CCS competitor, *Peter Faulks*, nearly didn't happen after he decided to have a catnap a few miles from the finish. When he awoke, he realised he had slept longer than he had intended to and couldn't remember which direction he was meant to be cycling! With only a small time allowance left and hoping the p***ure fairy didn't pay a visit, a slightly fraught Peter booked in within time to add another long distance ride to his CV. Well done Peter!

Peter has penned some of his ride details and thoughts below

I'm sure it takes a special type of rider/person to physically and mentally undertake such a phenomenal endurance ride. I'm totally in awe of his achievement!
Chapeau.....



LONDON
EDINBURGH
LONDON

'It's difficult to be precise because a lot of my 'sleep' comprised catnaps at the controls. I didn't sleep at all until Brampton at 549km where I had an hour on a sofa in the back of

the reception area. After that, I had a mattress for an hour at Eskdalemuir (793km) and then got back to Brampton again (851km) where I had a further two hours on the floor in a dark corridor. I slept under a table in the food area at Pocklington (1,070km) for about 45 mins. After that, I had to stop on the road on the final leg, with about 30km to go, in the early hours, which cost me 50 mins. So excluding 'power-naps' at the other controls, probably about six hours in aggregate. Total statistics were: cumulative time in controls 20 hrs 12 mins; cumulative time stopped on the road 7 hrs 20 mins; total moving time 88 hrs 34 mins; total time overall 116 hrs 8 mins; finished with 32 minutes to spare!

Not a lot I can add to this without actually writing some kind of article! I'm conscious that I promised Roger I'd try to do this but in truth I always find it difficult to remember stuff of any interest to the non-Audaxing reader. Part of the method of coping with these rides, for me, is 'disassociating' mentally and occupying my mind with other things. I frequently read ride reports by other people and both marvel at their recall and think 'I don't remember that' even though I was probably there at the same time'.

The LEL is Substitutable for a 600 so I have got my SR (Super Randonneur) for 2013; my seventh consecutive season.....Peter Faulks



Peter looking 'a bit tired' after his 1400kms ride in 5 days!

Transport for London Report

by Geoff Simms

As many CCS members are already aware, six cyclists died in a 14 day period recently as a result of collisions with lorries & buses.

Four died in lorry collisions, the other two rode head-on into moving buses.



None of the six drivers were arrested. During the same period 6 pedestrians were killed, which drew no media comment whatever. So far in 2013, three pedestrians have been killed in collisions with cyclists.

The Met Police began 'Operation Safeway' in late November aimed at reducing road accidents in London. Fixed penalty tickets have been issued to motorists and cyclists in the ratio of 2 motorists to each cyclist fined. Cyclists have accumulated 755 tickets up to 9th Dec.

The Police & VOSA have formed a task force to target rogue lorry operators, which is already proving fruitful. Quite apart from those with serious mechanical defects, for which Immediate Prohibitions were issued, 14 were impounded for operating without a licence.

TfL has identified 33 junctions for improvements to be carried out as a priority measure. A 'Quiet Route' map for cyclists across Zone 1 is in preparation.

A 'low vision' tipper lorry was on display at City Hall. This vehicle, as its name suggests, has a low level cab with a large glass panel in the passenger door, giving a much improved field of vision on the nearside for the lorry driver. The construction industry gave several presentations showing how seriously the matter of avoiding lorry/cyclist collisions is being taken.

The message coming from the Police and TfL is for every road user to accept equal responsibility. Cyclists should be aware of their vulnerability, especially from lorries turning left at junctions and roundabouts.

There is absolutely no possibility of lorries being banned during the London rush hours. The high level of construction activity in London will continue, and possibly expand, in the next decade.

ANNUAL DINNER & PRIZE PRESENTATION EVENING (22nd February 2014)

WE HAVE ARRANGED FOR OUR ANNUAL DINNER AND PRIZEGIVING TO BE HELD AT NEWTON GREEN GOLF CLUB.

ATTACHED IS THE PROPOSED MENU WHICH WE HAVE MANAGED TO GET A GOOD DEAL ON THE COSTS IF YOU COULD RETURN YOUR ENTRY FORMS AND CHEQUES TO

DAVID MILLER
OLD SCHOOL HOUSE
CHAPEL STREET
BILDESTON IP77EP

OR ALTERNATIVELY
EMAIL YOUR NAMES AND SELECTION TO
studlands@btinternet.com

Payment direct to our bank account

Dave & Maggie Miller
Old School House
Chapel Street
Bildeston
Suffolk
IP7 7EP

tel 01449743937
mob 07754398547

Menu details below.....

**Cycle
Club**

Sudbury



ANNUAL PRIZEGIVING AND DINNER

**To be held Newton Green Golf Club Sudbury 22nd February 2014 -
19.00 hrs for 19.30 hrs**

MENU

Starters @ £3.50 per head (to be pre booked)

Soup

Pate

Prawn Cocktail

Carvery @ £13.50 per head

Roast Beef and Horseradish Sauce

Roast Turkey & Stuffing

Roasted Vegetable Wellington with Tomato & Basil Sauce

All served with

Yorkshire Pudding

Roast Potatoes

Minted New Potatoes

Seasonal Vegetables

Roast Gravy

Dessert

Selection of Desserts from the Dessert table

Coffee & Mints

Excluding drinks from the bar and gratuities will be at Diners discretion

Cycle Club Sudbury Annual Dinner – February 22nd 2014

NAME	STARTER @ £3.50			CARVERY @£13.50	Please indicate if vegetarian option is required	Total cost
	Soup	Pate	Prawn cocktail			
1				Carvery		
2						
3						
4						

CCS Club Trophy Winners - 2013

Veterans Best All Rounder	Gold	Simon Daw 4.36
(On Standard, 10, 25 & 50miles)	Silver	Damon Day 4.34
	Bronze	Darren Pratt 2.59
B.A.R. (25, 50 & 100miles)		Simon Daw 25.12mph
100 mile Open T.T. Cup		Simon Daw 4hrs 25m 07s
50 mile Open T.T. Cup		Simon Daw 1hr 56m 45s
25 mile Open T.T. Cup		Simon Daw 55min 28sec
Ladies 25 mile Open T.T. Bowl		Kirsty White 1hr 06m 35s
Audax Trophy	Gold	Peter Faulks 4820 kms
	Silver	John Oakshot 4243 kms
	Bronze	Steve Barnes 1730 kms
Hillclimb Champion - Senior	Gold	James Rush 54.2sec
	Silver	Simon Wright 54.7sec
	Bronze	Darren Rule 58.6sec
Club 10 mile T.T. Champion	Gold	Jon Weatherley 23min 08sec
	Silver	Simon Daw 23min 37sec
	Bronze	James Rush 23min 52sec
Club 10 mile T.T. Ladies Champ.	Gold	Kirsty White 28min 31sec
	Silver	Barbara Law 32min 06sec
Club 10 mile T.T. Vets Champ.	Gold	Simon Daw +3.14
(on Standard)	Silver	Jonathan Weatherley +2.56
	Bronze	Stewart Kirk +2.13
Club 10 mile T.T. Champion	Gold	Terry Law 15.59
(on Handicap)	Silver	Stewart Kirk 16,02
	Bronze	Matt Traynar 16.07
Club Evening Points Series	Gold	Kirsty White 1161pts
	Silver	Malcolm Borg 903pts
	Bronze	Jamie Howe 898pts
Club Evening Points Series B.A.R.	Gold	Jonathan Weatherley 91.53
(All 4 courses)	Silver	Simon Daw 93.29
	Bronze	Darren Rule 94.10
Boxing Day Trophy		David Miller
Clubman of the Year		?
Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?



Boxing Daze

With the impending forecast of storms/high winds/heavy rains from the weather boffins on the intended ride day for Not the Boxing Day ride, it was quickly rescheduled for the Sunday. (Sods Law saw the original day turn out to be fairly reasonable, if a bit windy) So Sunday became the Boxing Day + 3 ride day.

An icy bright day greeted a pleasingly large group of 18 riders at 11.00 for a cautious meander around our local lanes.

My rendezvous with my carer James was abandoned when he returned back home due to icy roads and strongly 'suggested' that I should drive over as I have had 'previous' on the same Hadleigh to Lavenham route.



Steve Barnes was the only arrival who had entered into the proper Christmas spirit by bringing along Santa who was strapped to his rear carrier and accompanied by fairy lights and tinsel. No one fell or skidded off on

the mystery ride although lots of moaning about the conditions was aimed at the organiser along the way...but to be fair, they were mainly from me!

Brian was heard quietly counting pedal revs on his fixed wheel machine of the devil, to give himself a (un)sporting chance of winning the Guess the Distance Ridden cup. He soon gave up when he ran out of fingers.....

Organiser David Fenn didn't fall for my cunningly random requests of "How many miles had we done so far then Dave?" But he admitted that the winning 'guess' was a bit too close for comfort to the actual distance ridden and considered using the Lie Detector on David Miller who was within 0.02 of a mile and claimed the prestigious Boxing Day Cup! Everyone enjoyed coffee and cheesy chips (a strange mixture, but surprisingly, it worked!) at the finish in The Cock, then all pedalled off for even more festivities in the comfort of their homes. *A good day!* Rog

Caption Competition

After sifting through dozens of entries, the winner was finally decided upon late on New Year's Eve, after 3 recounts!

Nick Reeds effort of "**You put your left leg in.....**"

was considered the best and duly won the bottle of wine.....Red or White Nick?



So another year closes and Spindle is thankfully put to bed again for at least 2 weeks when the cycle starts all over again. Don't forget, it's your magazine and articles/news/titbits are always needed to keep it going. Happy New Year and a big thank you to all its contributors.

Keep them coming. Rog

AND FINALLY.....



The Ultimate Shopping Trolley???