



## **The Spindle. JULY 2018. [cycleclubsudbury.com](http://cycleclubsudbury.com)**

Well, the weather has been so glorious this month that I can't have my usual moan, so I won't! James and I are not long back from our annual visit to the Le Mans 24hrs where we are usually blessed with hot and sunny days, but this time it was somewhat cloudy and cool although it didn't curtail the long evening BBQ's and James getting his Bike Turbo fix each day on the Charity Stand which raises money for medicines for African children. I think over the years he's probably raised enough to keep a small village going in medicine. A good win-win situation where he keeps his fitness up while away and raises money for a very good cause at the same time! (I'm sure that it's why he is always keen to go!)

Again this month we are blessed with 2 new CCS records. The first is Mandy establishing a new Ladies 100mile record and Leon riding to a new 25mile record time. More details further on.

When I first joined CCS, Scott Jones held every Male distance record, and then we had Rob Davies establishing new ones followed by Jonathan Weatherley who left his mark with Jody Downs taking over until Leon started his current campaign to capture them all.

We have been very lucky to have had such top Time Trialers within the club and then of course we have Mandy who hold 5 individual Ladies records to complete the set!

This month's edition of Spindle includes some varied reports on another successful *Dieppe Raid Audax*, an astonishing Audax ride by club member Ian Lovelock who completed 1000kms around Scotland recently (with some great photo's) a closer to home report on some of our Juniors and Seniors efforts in the local TriSudbury Triathlon; Brian (Don't call me a Taxi!) Mann's latest report on his Quest endeavours around Britain. Plus the usual TT, Audax & SPOCO updates you all love to read about!

David Miller has had trouble with his counting beads and is unable to post the latest Evening Series points table, so when he finds them all; it will be included in the August edition.

Which, by the way, will also be the last Spindle for 2 months, so if you need anything to go in or some information spreading, get it over to me by 28<sup>th</sup> July!

# TriSudbury Triathlon

By Dan Upton

After last year's individual triathlon, myself and Leon decided we would be more suited to a team entry (Westies Wanderers) as neither of us are strong swimmers!!

It was quickly decided that Leon would take on the cycle leg (not sure why!), myself the run, and a friend of mine Steve Denham would do the swim.

The event was run slightly different this year with fastest swimmer first...Steve being a strong swimmer was 11th to start.

The first competitor was off at 8am. Steve gave a first class performance with his swim and coming out of the pool in second place, he sprinted into transition to pass on the time chip to Leon who soon disappeared off and not too long after, was back!! To some impressed onlookers who were overheard saying "Oh my god, here comes Leon West from Sudbury Cycle Club!"

Into transition 2 for my turn...off for my 5k run across the sports field, into Cornard Country Park and crossing the line in 1st place!

We had a few hours wait until results and positions were sorted out.....and we finished as the 1st team back with the following times:-

Swim 400m - 6.16

T1 - 0.47

Bike - 14 miles - 35.27

T2 - 0.38

Run - 5k - 20.15

Total time

1.03.23 1st place Westy's Wanderers (pic alongside)

1.07.06 2nd place team *Trisudbury Npw*

1.17.12 3rd place team *The Tub Company*.



Other CCS competitors.....

Rob Davis (pic left) 16th - place 1.17.15

Angela Lesslie - 22nd place 1.18.30.

In the afternoon TriSudbury also ran a youth triathlon. The Johnson sisters (pic right) were taking part with Hannah finishing 3rd just beating Isabella who finished 5th.

Emily Bellward finished 10th in her category.

Charlie Upton who took part in Tristar 1 (9-10yrs) finished 3rd. (Pics below)

Another cracking well organised event by TriSudbury.



# Audax & SPOCO Updates June 2018.

Collated by David Fenn

| Date                 | Event               | Riders                      |
|----------------------|---------------------|-----------------------------|
| 31 <sup>st</sup> May | Edinburgh 1000 km   | Ian Lovelock                |
| 1 <sup>st</sup> June | Great Dunmow 200 km | Raymond Cheung, Jane Watson |
| 2 <sup>nd</sup> June | Manningtree 400 km  | Raymond Cheung              |

| Name           | Point | Total Distance Kms | Club Audax Trophy | 100 | 200 | 300 | 400 | 600 | 1000 km | Climbing Metres |
|----------------|-------|--------------------|-------------------|-----|-----|-----|-----|-----|---------|-----------------|
| Raymond Cheung | 37    | 4,153              | 1st               | 4   | 13  | 1   | 2   | -   |         | 19,750          |
| Jane Watson    | 12    | 3,119              | 2 <sup>nd</sup>   | 18  | 6   | -   | -   | -   |         | 13,750          |
| Ian Lovelock   | 21    | 2,518              | 3rd               | 4   | 2   | 1   | 1   | -   | 1       | 16,300          |
| Mick Bates     | 4     | 1,209              | 4th               | 7   | 2   | -   | -   | -   |         | 5,580           |
| Brian Mann     | 4     | 532                | 5th               | 1   | 2   | -   | -   | -   |         | 2,780           |
| Robin Weaver   | -     | 300                | 6th               | 3   | -   | -   | -   | -   |         | 1,650           |
| Viv Marsh      | -     | 215                | 7th               | 2   | -   | -   | -   | -   |         | 1,450           |
| Tim Collins    | -     | 209                | 8th               | 2   | -   | -   | -   | -   |         | 1,450           |
| Mark Gentry    | -     | 206                | 9th               | 2   | -   | -   | -   | -   |         | 1,650           |
| Steve Barnes   | -     | 109                | 10th              | 1   | -   | -   | -   | -   |         | 650             |
| Tony Grimes    | -     | 100                | =11th             | 1   | -   | -   | -   | -   |         | 750             |
| Byron Grimes   | -     | 100                | =11th             | 1   | -   | -   | -   | -   |         | 750             |

Jane is still on Raymond's tail but coming up to both of them is Ian after his mammoth 1000km ride in Scotland. Mick is the only other to be in four figures. Raymond looks unlikely to top his 13,000km total from last year, but who knows? And just look at those metres climbed by them all..!

| CC SUDBURY SPOCO LEAGUE TABLE 2018 |                  |        |              |
|------------------------------------|------------------|--------|--------------|
| POSITION                           | RIDER            | EVENTS | POINTS TOTAL |
| 1                                  | John Bradbury    | 6      | 656          |
| 2                                  | James Rush       | 5      | 522          |
| 3                                  | Leon West        | 4      | 469          |
| 4                                  | David Fenn       | 5      | 407          |
| 5                                  | Colin Harris     | 5      | 397          |
| 6                                  | Gary Johnson     | 4      | 363          |
| 7                                  | Isabella Johnson | 4      | 303          |
| 8                                  | Chris Steward    | 3      | 293          |
| 9                                  | Mandy Bunn       | 3      | 282          |
| 10                                 | Stewart Kirk     | 3      | 244          |
| 11                                 | Damon Day        | 2      | 223          |
| 12                                 | Sarah Johnson    | 2      | 163          |
| 13                                 | Doz Bree         | 1      | 102          |
| 14                                 | Dan Upton        | 1      | 97           |
| 15                                 | Tony Sheppard    | 1      | 88           |
| 16                                 | Barry Lee        | 1      | 88           |
| 17                                 | David Miller     | 1      | 81           |
| 18                                 | Caroline Wyke    | 1      | 80           |
| 19                                 | Ian Millard      | 1      | 71           |

## SPOCO Round-Up

The lead has changed after John rode 4 SPOCO events this month and takes a healthy lead. James drops to 2<sup>nd</sup> after a month of inactivity with Leon not far behind. David & Colin have been very active lately and shoot up to 4th & 5<sup>th</sup> places with some good scores. More changes to come methinks!

# RIDER PROFILE

**Name..... John Bradbury**

1) Occupation and how many years have you been cycling

Managing Director – Halewood Wines & Spirits.  
Started cycling in 2007 as part of a rehabilitation programme after prolapsing two discs which ended my rugby career. Still got the mountain bike from that first 2 mile ride; it was agony and, weighing just over 18

stone, I was not what you would call a natural cyclist. Rehabilitation led to obsession and TT'ing started in 2014.

2) What was your first 'proper' bike & how old were you when you had it.  
Age 8 I got a Raleigh Striker, the one you had to pedal backwards to make the rear brake work...great for skids, not so good for tyre wear

3) How many bikes do you have now and list them in order of preference:  
Cervelo P5 TT Bike  
Trek Mountain Bike

4) How many miles do you average a year:  
Not that many...about 1500-1800 miles per year, most of my training is on the turbo

5) What was the longest ride you completed and where was it.  
A 100M TT last season on the B100/4 Course...4 hours and 1 second (yes Damon and Jody, that couple of seconds does now haunt me!)

6) What was the best ride you completed and why:  
My race last weekend which was the Godric CC 50M TT, managed a 50M PB of 1.56.17 on a "sporting course", no hold ups, legs felt great and for once it wasn't blowing a gale on this course!

7) What was your best Race/Audax/Sportive/TT performance?  
Great Yarmouth SPOCO 25M TT earlier this season where I managed 2<sup>nd</sup> place...first time ever on the podium in an Open TT (Leon, Damon, James didn't ride it so that always helps my placing)

8) What was your most embarrassing moment on a bike?  
Falling off my bike after a fairly tough session; issue was it was on my turbo & I couldn't unclip, had to wait for quite a while before my long suffering wife finally came to my rescue

9) And what was the worst ride you ever had and why  
VC Baracchi 50M TT in 2016 where I punctured 11 miles from HQ & had a very long walk back in the rain

10) Who were/are your childhood/modern day cycling heroes?  
Colin Sturgess – an incredible talent with his own demons to battle and Chris Boardman - the originator of "Marginal Gains"

11) What do hate most about cycling?  
Never having enough time to do it properly

12) What bike would you most like to own?  
One that fits me properly would be great & preferably a Canyon Speedmax CF SLX

13) What is the best 'bit' of cycle equipment/kit you ever bought?  
A power meter...I like my stats and with limited training time a power meter ensures I make the most of the time I have

14) What is your favourite ride  
Victoria CC 10.2M TT on the E1/10a. Lovely sporting course, proper "old school" feel about the HQ and super friendly organisers

14) What are your cycling strengths and weaknesses?  
I like food too much is a definite weakness & my stubbornness/unwillingness to give up is probably my strength

15) And finally, what is your best training tip.  
Rest and recovery are as important as the hard training sessions





## Brian continues his Quest's

By Brian Mann

Five Quests remained in London, so I set out on the only sunny Sunday in February to visit Greenwich Park, the Globe Theatre, Richmond Park, Gunnersbury Park and Camden Lock.

All went well although I struggled to get my bike up and down the steps at Greenwich Foot Tunnel under the Thames with the lifts at either end being out of order. I had to push my way through hordes of Japanese tourists at Greenwich Observatory at 9.00am on a Sunday morning!

The rest of the ride passed without incident and got to Camden Lock by 2.00pm where I had to find a signpost on the canal and record the distance to both Little Venice and Liverpool!!

I could see the sign but had difficulty reading it because I couldn't get near enough because of the crowds watching a narrow boat negotiate the lock. I've watched these scores of times on other canals but was the first time I've witnessed onlookers cheering and clapping like a theatre audience.

All I had to do now was ride back to the East End where I'd left my car.

Coming down Pancras Way, between St. Pancras and Euston stations to turn left onto Euston



Road, I came upon a line of stationary vehicles, the last of which was close to the kerb; stopping me from slipping up the left hand side. Not wanting to overtake on the right as I would soon be turning left at the lights, I decided it would be safer to wait until the traffic moved. It was a long wait and would have been even longer if a taxi hadn't come the other way, did a U-turn and come up behind me! Whereupon the taxi driver informed me it wasn't a traffic jam but the taxi cab rank for St. Pancras Station.....Doh!

So, I started at 8'oclock and finished a 4'oclock.

A pleasant day with the traffic a lot lighter than I expected!  
43 miles covered.



## CCS Open TT Round-Up

This month's report includes two new CCS club records (No change there then!)

With ladies first and because she rode the longer mileage, Mandy created and established a new Ladies 100 mile CCS record! Her 04.40.27 time ridden down in darkest Kent is the 1<sup>st</sup> ever 100mile ladies entry into our record books.

She now holds all the recognised distance records for the club:- 10, 25, 30, 50 & 100miles!

Some feat Mandy and huge congratulations from CCS!

Also this month she rode the Cambridge Chrono and her time was good enough to qualify for this year's UCI Gran Fondo in Varese in Italy! She qualified last year for the same championships in Pau, France and has some unfinished business to rectify her '*mechanicals*' she suffered there!

No surprise when I tell you our other CCS record breaker this month was Leon with a 49.38 on the R25/3H ultra fast 25mile course in Rhigos in Wales. This was a 30sec improvement to his original record set last September on the E2/50. I can't really see anyone bettering this (except Leon himself!) for a long while, but who knows!! Well done Leon!

So, back to normality again as our other Time Trialer's went about their business this month. John was especially busy with 5 outings which collected him some very good SPOCO points including a PB in the Godric 50 for 6<sup>th</sup> place and an 8<sup>th</sup> in the Breckland 25 which helped to push him into 1<sup>st</sup> place with a 134 point lead over an inactive James. John has certainly come alive this season with a lot of good improvements which sees him invariably up at 'the sharp end' each month.

Colin and David F are almost attached to each other when you look at their times over their 5 outings this month. Nothing but a handful of seconds between them during their great scrap for bragging rights! Long may it continue!

Damon put in two very quick 10 times and a very decent 25 time which John then had the indecency to better by 1sec. I'm sure everyone uses Damon's times as a benchmark to compare their own times to as he is so consistent throughout the season.

It's nice to see Barry Lee riding regular TT's this month and still manages to put in decent 28's for his 10mile rides including a 28.56 in the EDCA event. (See pic alongside) Chris Steward rode a couple of 25's but neither frightened his PB time he set last month. Daughter and Dad Johnson also rode in the EDCA 10 event (see pics below) and were also shy of their PB times although I expect them both to improve as the season progresses. Ian Millard rode his best of the season in the Breckland 10 by a good margin over his previous effort. That just leaves Stewart Kirk who rode a tardy 25 in the Chelmer event but redeemed himself by qualifying in the Cambridge Chrono for the Gran Fondo in Varese.



Rog



# Open TT Results for June

## C.C.S. Riders - Open T.T. Results - JUNE 2018

| Date      | Event                                      | Course  | Name       | Dist | Time                        | Notes  |
|-----------|--|---------|------------|------|-----------------------------|--|
| June 2nd  | Orwell Velo - Crowfield - SPOCO            | BS33    | L.West     | 10   | 22.45                       | 4th  |
| June 2nd  | Orwell Velo - Crowfield - SPOCO            | BS33    | C.Harris   | 10   | 29.43                       | 31st   |
| June 2nd  | Orwell Velo - Crowfield - SPOCO            | BS33    | D.Fenn     | 10   | 29.52                       | 32nd   |
| June 2nd  | Orwell Velo - Crowfield - SPOCO            | BS33    | B.Lee      | 10   | 31.28                       | 33rd   |
| June 6th  | Essex Roads CC - East Hanningfield - SPOCO | E18/6B  | D.Fenn     | 10   | 30.00                       | 32nd   |
| June 6th  | Essex Roads CC - East Hanningfield - SPOCO | E18/6B  | C.Harris   | 10   | 31.12                       | 35th   |
| June 9th  | Maldon & DCC - Steeple -SPOCO              | E21/10  | J.Bradbury | 10   | 23.55                       | 20th   |
| June 9th  | Maldon & DCC - Steeple -SPOCO              | E21/10  | C.Harris   | 10   | 28.46                       | 50th   |
| June 9th  | Maldon & DCC - Steeple -SPOCO              | E21/10  | D.Fenn     | 10   | 28.57                       | 51st   |
| June 9th  | EDCA - Tottenhill                          | B10/37R | G.Johnson  | 10   | 23.50                       | 30th   |
| June 9th  | EDCA - Tottenhill                          | B10/37R | I.Johnson  | 10   | 26.56                       | 56th   |
| June 9th  | EDCA - Tottenhill                          | B10/37R | B.Lee      | 10   | 28.56                       | 59th   |
| June 10th | Ely & DCC - Ely -SPOCO                     | B10/1R  | J.Bradbury | 10   | 23.00                       | 13th   |
| June 10th | Kent CA/VTTA - Camber/Kingsnorth           | Q100    | M.Bunn     | 100  | 4.40.27<br>40th<br>3rd lady | New CCS<br>Ladies 100<br>Record<br>Established |
| June 14th | CC Breckland - Attleborough                | B10/3B  | D.Day      | 10   | 21.21                       |  |
| June 14th | CC Breckland - Attleborough                | B10/3B  | I.Millard  | 10   | 24.59                       |  |
| June 16th | Godric CC - Bungay                         | B10/43  | C.Harris   | 10   | 26.28                       |  |
| June 16th | Godric CC - Bungay                         | B10/43  | D.Fenn     | 10   | 26.44                       |  |
| June 16th | Godric CC - Bungay                         | B10/43  | B.Lee      | 10   | 28.59                       |  |
| June 17th | Chelmer CC - Leaden Roding - SPOCO         | E9/25   | J.Bradbury | 25   | 58.10                       | 16th   |
| June 17th | Chelmer CC - Leaden Roding - SPOCO         | E9/25   | C.Steward  | 25   | 01.01.20                    | 34th   |
| June 17th | Chelmer CC - Leaden Roding - SPOCO         | E9/25   | S.Kirk     | 25   | 01.06.20                    | 54th   |
| June 23rd | Iceni Velo - Wymondham                     | B10/3A  | D.Day      | 10   | 20.44                       |  |
| June 23rd | Iceni Velo - Wymondham                     | B10/3A  | C.Harris   | 10   | 25.04                       | CCS Age<br>Record                              |
| June 23rd | Iceni Velo - Wymondham                     | B10/3A  | D.Fenn     | 10   | 25.19                       |  |
| June 24th | Godric CC - Redenhall - SPOCO              | B50/19  | J.Bradbury | 50   | 01.56.17                    | PB - 6th                                       |
| June 24th | Bynea CC - Rhigos Wales                    | R25/3H  | L.West     | 25   | 49.38                       | New CCS<br>Men's 25<br>record                  |
| June 27th | CC Breckland - Snetterton                  | B25/8   | J.Bradbury | 25   | 54.45                       | 8th  |
| June 27th | CC Breckland - Snetterton                  | B25/8   | D.Day      | 25   | 54.46                       | 9th  |
| June 27th | CC Breckland - Snetterton                  | B25/8   | C.Steward  | 25   | 58.04                       | 17th   |

# 1000km West Highland Audax *By Ian Lovelock*

I set myself a long ride challenge as a New Years ambition for 2018 back in January. I wanted the challenge to be a solo attempt in a beautiful landscape and an Audax in Scotland seemed ideal. Ignoring the ride was in May and splattered with hills, I signed myself up, booked a hotel in Edinburgh and reserved rail tickets.

The challenge is exacerbated as I stop riding from November entering hibernation. I traditionally oil the bike and pant around the Copdock 100k in early March regretting the inactivity of my winter. This year I mapped out a series of 100k rides for March progressing to 200k in April. The Beast from the East delayed the longer distance attempts but I solo'd the Green & Yellow Field's 300k from Manningtree, managed a few 200k DIY's and had a long weekend tackling some of the most horrendous climbs in the Peak District.



## ***Final preparation in the shadow of Edinburgh Castle.***

So I have done my best but I am nervous as I finalise the packing of my bike in the shadow of Edinburgh Castle. Ahead over the next 3 days and 3 hours I face the North West Highland 1,000km Audax with 10,900m of climbing. I'm alone on this ride so my anxiety levels are high. I collect my brevet card and with others arriving I start meeting old friends from LEL, PBP and other long distance events realizing that you are never really alone while Audaxing

I start the ride with Joseph North who I rode the mountain road into Aberystwyth on last year's National 400k. It was short-lived company as his front mechanism failed. Mechanical issues are a hazard of such events and its surprising the spares you carry in your tool pouch. But this failure was a ride ending event for Joseph and I head toward the short night climbing into the Trossock's alone before joining up with Rickie Goode & Lee Killestien from the Four Corners Audax group.

The ride started in the evening of 31 May with the benefit that nights are very short in Scotland. As the dawn started to rise before 04:00 so did the midges. The midge swarms are of plague proportion and the next 2 hours were nightmare of suffering. Riding through a black mist with the sensation of rain, the wee little beasties got in everywhere. In the helmet, ears, up the nose, heaven forbid opening your mouth to gasp for extra oxygen on an up-hill drag and stopping was completely out of the question.

As the sun rose on my back, the midge swarms dissipated, we entered Argyll, the route taking a southerly turn with the road descending to the shore of Loch Fyne. With a light wind, a flat road and the temperature a warm 18C the road into Tarbert for lunchtime Café break became a pleasure to ride. Things could be hardly be any better after 13 hours in the saddle covering the first 280k. Little did I realize what lay ahead on the next leg.



## ***Another Audax picnic, this time at Tarbert after the return from Campbeltown***

Back on the bike and I entered the Kintyre Peninsular. Someone struck up the Wings song and we all joined in as we cycled on as we turned onto the scenic route to Campbeltown. Spirits were high, well fed and rested I cycled to Claonaig where I was afford my first views of the Isle of Arran. The road started to become more challenging with increasingly steeper climbs. Lee and Rickie decided that they would take a break to

have a sleep as their sleeping plans were based on bivouacs. Having found a shaded spot largely free of midges they stopped and I plodded on alone. Now the inclines became increasingly steep

with the climbs having gradient signs showing ascents and descents of 18%. Many climbs had hairpin's that steepened on the corner, each summit was immediately marked with a tricky descent under braking affording no time for the legs to recover. I slogged on with the legs becoming increasingly fatigued, the lactic acid taking longer to dissipate after each climb. I saw nobody, no one overtook me and I came across no one. I entered Campbeltown dispirited in a mood of defeat after taking 4 hours to cycle 60km. I was sure that others would be way down the road. How could I possibly complete the challenge if the rest of the route was similar to these hills? I entered the café Bluebell dejected to be shocked with the site of 40 other cyclists collapsed in the chairs suffering the same fatigue as I was. I don't get pleasure from other peoples suffering but on this occasion I derived considerable relief in the realisation that some very strong cyclists were having the same draining experiences that I was.

In Café Bluebell I made a pact with Dave (one time Arrivee Magazine Editor) to "plod along" together for the ride back to Oban. We made excellent progress back to Tarbert but then Dave legs started to fall apart as we head over the mountains while I seemed to have made a remarkable recovery. I kept my pledge sticking with Dave into Oban, waiting at the top of every climb, and keeping his mind off the suffering with an endless stream of anecdotes. I eventually climbed into a Youth Hostel bunk at 23:20hrs having been up 42 hours travelling from Manningtree and completing 470km in the saddle. There existed a snoring cacophony from 6 of my unknown roommates so my last thoughts were "why ever did I not pack ear plugs?" before falling asleep into oblivion.



### ***Night comes on as Dave struggles up another hill***

Awakened 4 hours later by my alarm, I grabbed a cup of tea before heading out into a blissfully still morning and departing Oban heading north. Resisting the temptation to join a peloton of stronger riders, I was enjoying my own company as the sun came up when I came upon Brad heading in the opposite direction. A cheery conversation uncovered that he had exhausted himself with a stronger ride partner the previous day and had decided to give up. I persuaded him to "plod along with

me" so he turned his bike around and we head up Glen Coe under the shadow of the Seven Sisters to an Audax breakfast stop squeezed between two overflowing bins outside the Kinlochleven Co-Op. Here we met Lee again who was flagging after his bivouac experiences and was persuaded out of quitting with the phrase "plod along with me".



### ***The mountains to climb to get to Ardnamurchan from the Coran Ferry.***

Together the three of us headed back down Glen Coe to the Coran Ferry heading over the hills towards Ardnamurchan. Following views from the UK's further Westerly point of Eigg, Muck & Rhum the road turned east to head to Fort William and I stopped at a most unlikely café where I experience a heavenly cloutie pudding served with eggs and bacon. Undoubtedly the culinary highlight of the tour the home cooked food, the service

and the beautiful views all midge free made it hard to pull oneself away from and climb on to the saddle again. But plod on the three of us did now into a torrential thunderstorm, which had built on Ben Nevis, as we turned back towards the ferry. The storm was localised and after a two hour soaking cleared enabling us to dry before experiencing a magnificent sunset looking out across to Mull. Exhausted from a further 280km I collapsed into bed at Oban for 3 hours sleep just after midnight.

### ***Sunset after the storm***

Sunday's dawn arrived with a mist and stillness that was haunting. The three of us gathered climbing out of Oban into the Trossock's to



reach Tyndrum and the Green Boot Café for a welcome breakfast. Here we met Zoe who had chronic neck pain. Neck pain from long distance Audax cycling is probably one of the most common overuse injuries a long distance rider can suffer, it stems from a poor bike fitting that creates poor posture and weak muscles. The pain is caused by the tensing of the trapezius muscles that run along the side of the neck and shoulder and, attach at the base of the head and in turn it makes your head feel so heavy it seems impossible to lift up to look forward. I have seen people use inner tubes fashioned around their forehead in an attempt to pull the head up and relieve the pain to the neck. Zoe could not lift her head and when faced with steepening inclines the pain increased to become unbearable. She gritted her teeth to “plod along with us”, was subjected to a further stream of anecdotes and fed Panadol & Ibuprofen alternately every two hours.



### ***Haunting dawn in Oban***



### ***Green Boot Cafe and only 200km left to go now***

The four of us made our way to Perth where we ate tea in the left doorway of Sainsbury's with a Tramp doing the same to the right of the door. We cycled on to Dunblane, recalling the past tragedy to strike the small town's primary school before catching the final Sunday opening minutes of Tesco to add in a further few calories for the final push. The end now in sight and with no time pressures I enjoyed the ride along the northern banks of the Forth through Alloa, past Culross before using NCN1 to cross the river on the old

Forth Road with splendid views of the Rail Bridge and then heading through the suburbs to finish in Edinburgh with two hours in hand.



### ***Crossing the Forth Road Bridge on NCN1***

The ride finished at a rather splendid Edinburgh Pub where I spent some time waiting for the arrival of a few other riders that I had pedalled a few miles with during the ride. There were a few behind who had been struggling the last time I saw them so I was keen to see them make it to the finish. I needn't have worried, they all turned up with plenty of time to spare and in pretty good spirits. After that, I just enjoyed the good company, and the good beer.

I am often asked the question by my wife and non-cycling friends “why do you do such events?” It is a good question, as it is puzzling why anyone chooses to exert themselves to such an extent over 1,000km (or more), climb hills that sap the strength from legs to a near standstill, be deprived of sleep over many days, picnic in unlikely places surrounded by overflowing bins, be eaten alive by the local wildlife and suffer whatever the elements have in store. And it is not an easy answer for me to provide, so I satisfy the question with a smile and the reply “it's just good fun and I met some very nice people”. On a bad day I just tell myself it's all Brian Mann's fault, it was he who coaxed me around my first 100k and infected me with Obsessive Compulsive Cycle Disorder and the memory always bring a smile back and encourages me on.

# Diary Dates

Collated by Robin Weaver

## 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/>

Friday 13 July; Dunmow; 300k

Saturday 4 August; Witham; 100 & 200

### Saturday 21 July

**CCS own audaxes, from Bildeston Sportsfield; please enter on line at <http://www.aukweb.net/>**

**9.30am start; 104km Bildeston Lanes**

*A route through quiet and attractive countryside, using many of the best country lanes, with short stretches of minor A-road.*

**8.45am start; 168km 100 miles of Suffolk Lanes**

*A 100 mile wander, through cornfields to the Suffolk coast and back, taking in two impressive castles along the way. The route uses quiet country lanes, with short stretches of minor A road.*

**8.30am start; 209km Suffolk Lanes Extravanza**

*A rural meander to the coast at Orford and back, passing three castles on the way. Mainly using quiet lanes, with short stretches of minor A and B roads, through small towns.*

**Also available (just turn up on the day); 2pm start; a 25 mile route taking in a local cafe stop, and 5 and 11 mile family routes, which are flat after you've ascended from Bildeston.**

*Good routes, good cafe stops, refreshments at start and finish, and a chance to support a club event.*

## 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 1 July; Boxford Tornado

Sunday 8 July; Nowton Park Bury St Edmunds; Women on Wheels

Saturday 11 August; Ipswich

Sunday 26 August; Copdock

Sunday 2 September; Hadleigh; Gayford Flyer

## ROAD RACING

See the British Cycling website for details of all local races.

Wednesdays 13 June onwards; 6 week series; Trinity Park

Sunday 1 July; Ashdon

Sunday 12 August; Somersham

**Sunday 19 August; 9am; HQ AFC Sudbury; CCS Regional B Road Race for 3/4 category riders; Bulmer course**

Sunday 2 September; Marks Tey

Sunday 23 September; Thurlow

## CYCLOCROSS/MTB/GRASS TRACK RACING

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>

Mud Sweat and Gears 2018 season; <https://www.mudsweatgears.co.uk/>

Sunday 1st July – Hintlesham, Suffolk

Sunday 12th August – Radical Bikes, Essex

Sunday 9th September – Langdon Hills, Essex

Online entry available from 2nd January 2018.

## Maglia Rosso cyclo-cross series;

Tuesday 31 July

Tuesday 27 August

Maglia Rosso are holding the first of their series of 4 Tuesday evening cyclo cross events on 29 May (half term) starting at 6.30pm! It's going to be a great introduction to racing on their cyclocross course. Racing for under 12's and youth as well as adults! Go along and race and if you can't race go along to see what it's all about anyway.

Don't forget, if your children are members of Cycle Club Sudbury then we're happy to cover their entry fees for this series.

# Dieppe 2018

by Robin Weaver

We left home, Andrew, Mark and I, in glorious weather, and were pleased to find the same in Dieppe.

Little had changed at the hotel; parking at the seaside on a Saturday afternoon was as difficult as ever. Our room for three was a tad small, but had a great sea view.

On Sunday we met the others, Stewart, Steve, Viv, Carol and Kevin Raymond, and Carol's brother Adrian, after their ride down from the campsite, at the start of the Cycle Club Dieppoise ride, signed in, and set off up one of the three valleys running inland from Dieppe. After 3k, a minor mechanical, soon sorted.

After about 25k we reached Bellencombres, left turn, and started up a steep hill. Route barre. We ignored the barrier. Straw bales on the corners, electronic timers set up! Would we meet a road race, rally cars? We carried on climbing cautiously, and at the top came across a start ramp and a collection of soapbox racers waiting for their drivers by the start.

After a long descent, we reached the Avenue Vert, a super-smooth ex railway cycle track forming part of a London/Paris route. Gentle downhill to the lunch stop – only problem, no lunch left! Wouldn't do on a UK audax.

We decided to carry on after a slice of cake and half! a banana, rather than wait for anything else, and after a steepish climb found ourselves on another long not-too-steep valley ascent, but tiring enough to split the field! We regrouped at the top, and after a fruitless coffee stop search turned down a long valley descent to the coast at Criel sur Mer, where we lengthened the official route by a few k by diverting to a seaside cafe for croque monsieur's all round.

The route back to Dieppe was well known from previous rides, finishing with a crossing of the metal-decked harbour swing bridge, scary when dry, lethal if wet. 137k We met the others, together with more of Carol's family, that evening for a celebratory meal near their campsite,

the aptly named Camping Vitamin.

On Monday the hotel trio plus Stewart, the only camper staying an extra day, had a leisurely ride to the west using an inland route to St Valery en Caux, for a pizza lunch next to the harbour, then back along the ups and downs of the coastal road, passing on route the shortest trout stream in France (1100m!), a church with George Braque stained glass windows, and a Lutyens house with a Jeckyll garden, and Andrew's favourite tarte Normande shop. 94k.

We ended the day at our favourite quayside restaurant.

Tuesday morning I had a short ride through the countryside behind Dieppe, returning to town through a beautiful forested area I'd not seen on any of my nine previous Dieppe visits. Obviously a well-kept secret, and strangely not featuring on any of the ride routes I'd done previously. 42k.

An uneventful trip back on an almost empty ferry, then the usual M25 queue to finish off an excellent weekend.



**CCS vs WSW INTERCLUB TT Lavenham 10 course 21 June 2018**1st rider home 50 points, 2nd rider home 49 points, etc. 1<sup>st</sup> five riders home for each club count

| No                           | Name              | Club    | No | Actual Time | Placing | Points | WSW        | CCS Points |
|------------------------------|-------------------|---------|----|-------------|---------|--------|------------|------------|
| 1                            | Bob Bush          | CCS     | 1  | 37.49       |         |        |            |            |
| 2                            | Jasper Casey      | CCS     | 2  | 38.33       |         |        |            |            |
| 3                            | Graham Buckles    | CCS     | 3  | 26.28       |         |        |            |            |
| 4                            | Doz Bree          | CCS     | 4  | 26.00       |         |        |            |            |
| 5                            | Chris Steward     | CCS     | 5  | 23.30       | 8       | 43     |            | 43         |
| 6                            | Caroline Wyke     | CCS     | 6  | 36.48       |         |        |            |            |
| 7                            | John Steed        | WSW     | 7  | 27.41       |         |        |            |            |
| 8                            | Ian Millard       | CCS     | 8  | 27.53       |         |        |            |            |
| 9                            | Dan Upton         | CCS     | 9  | 24.55       |         |        |            |            |
| 10                           | James Rush        | CCS     | 10 | 23.49       | 10      | 41     |            |            |
| 11                           | Trevor Pillet     | CCS     | 11 | 32.37       |         |        |            |            |
| 12                           | Izzie Johnson     | CCS     | 12 | 27.10       |         |        |            |            |
| 13                           | David Young       | WSW     | 13 | 26.08       |         |        |            |            |
| 14                           | Mandy Bunn        | CCS     | 14 | 24.27       |         |        |            |            |
| 15                           | Paul Rooke        | WSW     | 15 | 23.16       | 6       | 45     | 45         |            |
| 16                           | Sarah Johnson     | CCS     | 16 | 29.52       |         |        |            |            |
| 17                           | David Fenn        | CCS     | 17 | 27.51       |         |        |            |            |
| 18                           | Clement Wallace   | WSW     | 18 | 25.33       |         |        |            |            |
| 19                           | Darren Davies     | WSW     | 19 | 23.54       | 11      | 40     | 40         |            |
| 20                           | Lee Ford          | CCS     | 20 | 22.38       | 2       | 49     |            | 49         |
| 21                           | David Miller      | CCS     | 21 | 31.27       |         |        |            |            |
| 22                           | Scott Williams    | WSW     | 22 | 24.31       |         |        |            |            |
| 23                           | Molly Cutmore     |         | 23 | 31.30       |         |        |            |            |
| 24                           | James Harman      | CCS     | 24 | 23.27       | 7       | 44     |            | 44         |
| 25                           | Damon Day         | CCS     | 25 | 22.42       | 3       | 48     |            | 48         |
| 26                           | Matt Singleton    | WSW     | 26 | 23.03       | 5       | 46     | 46         |            |
| 27                           | Colin Harris      | CCS     | 27 | 28.08       |         |        |            |            |
| 28                           | Gavin Ratcliff    | CCS     | 28 | 25.02       |         |        |            |            |
| 29                           | Richard Farrow    | WSW     | 29 | 23.40       | 9       | 42     | 42         |            |
| 30                           | Gary Johnson      | CCS     | 30 | 25.07       |         |        |            |            |
| 31                           | Tony Sheppard     | CCS     | 31 | 28.28       |         |        |            |            |
| 32                           | Viv Smith         | WSW     | 32 | 26.50       |         |        |            |            |
| 33                           | John Bradbury     | CCS     | 33 | 22.57       | 4       | 47     |            | 47         |
| 34                           | Julian Long       | WSW     | 34 | 24.45       |         |        |            |            |
| 35                           | Dale Sturman      | WSW     | 35 | 22.05       | 1       | 50     | 50         |            |
| 36                           | Brandon Thorne    | WSW2nd  | 36 | DNS         |         |        |            |            |
| 37                           | Jeff Wharton      | CCS 2nd | 37 | 24.15       |         |        |            |            |
| 38                           | Thomas Long       | WSW2nd  | 38 | 23.45       |         |        |            |            |
| 39                           | Stephen Hitchcock | CCS     | 39 | 27.19       |         |        |            |            |
| 40                           | Adam Chamberlin   |         | 40 | 23.18       |         |        |            |            |
| 41                           | Phil Barnes       |         | 41 | 22.19       |         |        |            |            |
| 42                           | Stuart Weatherley |         | 42 | 22.35       |         |        |            |            |
| 43                           | Lindsay Hobden    |         | 43 | 29.36       |         |        |            |            |
| 44                           | Dan Adams         | CCS     | 44 | 26.56       |         |        |            |            |
| 45                           | Yan Watkins       |         | 45 | 24.47       |         |        |            |            |
| 46                           | Ryan Gooderham    |         | 46 | 25.14       |         |        |            |            |
| <b>WEST SUFFOLK WHEELERS</b> |                   |         |    |             |         |        | <b>223</b> |            |
| <b>CYCLE CLUB SADBURY</b>    |                   |         |    |             |         |        |            | <b>231</b> |