

The Spindle JUNE 2015 cycleclubsudbury.com

This month, Roger our Spindle Supremo is giving his brain a well earned rest from thinking of something to write about for the editorial. Each month Roger worries he has got nothing to write about and no articles however he always manages to publish a Spindle packed with numerous pages of articles, results and other useful / humorous information. As I sit here gazing at a blank word document pondering what to write about I now realize the pressure Roger must be under each month to produce something dynamic and exciting for our readers. I can't promise anything close to the high standards set by Roger, but at least he has another month to get his brain in gear before the next Spindle is due for publication.

Our junior coaching sessions held on a Saturday morning are going from strength to strength with 19 members now signed up. Recently, one of our sessions was filmed by Cycle Suffolk for inclusion on their website to highlight the efforts being made by local clubs to encourage youngsters to take up a sport. These youngsters are the future of our club and the sport in general, so we must continue to encourage them by providing the help and advice which will hopefully make them better cyclists and give them the incentive to remain in our sport.

The Evening Time Trials are proving popular with a regular 25 entries. Unfortunately the recent inter club 10 with Colchester Rovers had to be cancelled due to heavy rain causing standing water on many parts of the course, after due consideration the course was declared dangerous to race on. Whilst many of us will have ridden in much worse conditions, one could put forward the argument that rain should not stop play, however the organizers have a duty of care and under current Health and Safety rules must carry out a Risk Assessment which makes them liable if there were to be an accident during the event. Better to be safe than sorry.

Whilst on the subject of Time Trials, congratulations to Rob Davies, Jonathan Weatherley and Jody Downs for not just beating the club's 50 mile Time Trial Team record but absolutely smashing it, I'm sure it's not the last time this record will be updated this year.

So, Sir Wiggo thinks he can beat Alex Dowsett's 10 mile TT record and the Hour record based on his current form. Well, despite riding the fastest 10 mile TT this year with a time of 17min 58seconds it was still 38 seconds slower than Dowsett's record, I had to smile at the headline on the front of Cycling Weekly 'Wind wrecks Wiggo's record attempt' perhaps Wiggo should review the content of his pre-race meal prior to any future record attempts. Whilst I'm sure we all wish Wiggo good luck for his record attempt in June I would not bet money on Wiggo beating Dowsett's hour record despite what the pundits predict, it's a good record and deserves a lot of respect.

Local man, Alex Dowsett was in the news again recently showing some good form in the Bayern Rundfahrt to win the stage 4 Time Trial and top spot overall, his first stage race win overall.

The Woman's Tour visits our area again, stage 1 starts from Bury St Edmunds on June 17th and stage 2 the following day starts from Braintree, so there will be plenty of opportunity to see the world's top lady professional riders in action.

This is the Suffolk Year of Cycling, Suffolk County Council are actively encouraging as many cycling activities as possible in the area. In an effort to encourage more woman to take part in cycling a number of Women on Wheels (WOW) events are being held in Suffolk. These events invite women of all ages from 8 years upward to take part, with 3 distances, 5 miles, 20 miles and 50 miles, there is something for all levels of fitness and experience. The Bury St Edmunds WOW event is scheduled for 5th July and the Sudbury event organized by the Kingfisher Leisure is scheduled for 20th September. The routes for the Sudbury WOW event have been designed by CCS members we also have members on the organizing committee. Details of all WOW events can be found on

<http://www.suffolksport.com/page.asp?section=00010001004000120001§ionTitle=Women+on+Wheels+%28WOW%29>

So all you Husbands, Boyfriends, Dads encourage your girls / ladies to sign up for one of the rides, you never know they may become hooked on cycling. Think of all the benefits it would give you having a wife converted to cycling, no more having to justify that new bike or pair of wheels.

Every sport has to have rules; however I did think the 2 minute penalty given to Richie Porte by the Giro d'Italia commissaires for accepting a front wheel from a member of a rival team a bit harsh. It was a very sporting gesture surely all it needed was a bit of common sense from the race jury. If rules are going to be applied they should be applied consistently, remember the extremely dangerous issue of riders crossing a level crossing in a recent continental Pro race when the barriers were down, no one was penalized. With the season now well underway and the weather becoming warmer enjoy your cycling whatever branch of our sport you take part in, be a good sportsman but be sure to follow the rules.

Thanks to David for the editorial, as it's always nice to get someone else's take on the cycling world out there.

This month we have Barbara Law's account of her quite awful experience in the World Duathlon championships in Madrid recently.

Also included is the latest roundup of the Open TT scene by our mystery correspondent Ray Norshine. So keen is he to remain anonymous, he has stated that if I reveal his identity, he will stop sending the reports in, so as I'm always desperate for Spindle stuff....nuff said!!!

Plus loads of other results and articles to keep you all happy as you sip your cocoa (do people still drink that?)

And finally, a big Well Done to Jonathan, Jody and Rob who not only broke the club's 50 mile TT record by an amazing 22mins but also won the team prize and became ECCA Champions as well from a very big and talented field of riders on the E2 event this month.



AN EVENTFUL TWO WEEKS By Barbara Law

On the 21st April, Terry and I drove to Portsmouth to catch the ferry to Santander in Spain. I was to compete for Team GB in my last international Duathlon in Alcobendas on the outskirts of Madrid. The trip was relaxing and after an overnight stay, the motorway to Madrid was superb with very little traffic and we booked in to our hotel to join friends, Elspeth and Roly Knott. (Elspeth, winner of many Duathlon gold medals, rides for Colchester Rovers and often takes part in our inter-club 10). On Friday we rode round the bike course. I hadn't realised that Madrid is the most elevated European capital, but this became evident the moment I put in effort as I was puffing straight away! The course was 4 x 10k laps starting from the sports centre – a very up and down course with at least 12 roundabouts and various sharp turns – a tough course for me, but do-able, I thought. The first run – also 4 laps - totalling 10k was around the town and also either up or down sharp hills. On race day the weather changed and it rained heavily a lot of the morning but the sprint distance (half the standard) competitors fared not too badly apart from a few spills on the roundabouts. So to the standard distance race which started at lunchtime with the ladies off after the various men's groups and the 40 and over off last of all. I was the oldest competitor, male or female and it had been pouring for ages whilst we awaited our starts, so already soaking – off we went, straight uphill!!! I finished the 10k like a drowned rat, put on my wet helmet and bike shoes and set off on my bike, and it rained harder and harder and the wind blew and blew. The highest point in the course was round what looked like a potential industrial estate but only the roads and roundabouts had been made – no buildings and total exposure to the elements. First lap completed and off I go round again. It blew so hard at the top of the course that I was forced to dismount for about 200 yards as I was likely to hit the deck - it was horrible!! I pushed the bike round the roundabout until I felt I could remount and carried on thinking this is not going to beat me. I don't know what the wind-chill factor was but by now I had difficulty in operating the gears and brakes which in view of the sharp descents and roundabouts totally awash, was pretty dire and I was vaguely aware that other girls were stopping here and there. As I got back to where the 3rd lap started I realised that I was so numb I couldn't do another 2 laps. Terry was standing in the road (wearing umpteen

layers of clothing) waving his arms “No more” he said and he had to drag me off the bike as I couldn’t get off. An official rushed over and quickly got me in the first aid tent where I was immediately wrapped up in blankets and I began to shake violently. When a shower became free I was rushed into the medical centre where someone took off my shoes and watch and put me under a lovely hot shower where I remained for about 20 minutes until I had to leave to make way for a girl being brought in huddled in a wheelchair! Terry brought me some of his dry kit and after a hot drink I was beginning to feel much better. The conditions were the worst experienced by any age group team in previous events said one of our team leaders. Some hardy women completed the course especially the faster and younger ones as once on the 2nd run they could survive the worsening conditions. Elspeth and her son’s partner Kate had also “packed” along with many others and although it was disappointing I think we had given it our all. It was not how I wanted to finish my GB days!!

Two weeks later I ran my last marathon at Halstead. The organizers had decided to change the course to make the race “more interesting” (for interesting – read more hills). It’s not the flattest marathon course and so was slower than some. My only aim was a) to finish my 20th marathon and b) to be inside the time needed for my club’s diamond standard for FV70 this being the only remaining distance I needed to complete a fourth set. 4.56 was my slowest marathon but 14 minutes inside the time I needed despite getting cramp with quite a few miles left to go. I was satisfied if not pleased with this. The weather was – in marked contrast to Spain – a very warm day. As the only over 65 to finish, I added another Essex Champs gold to my collection and as the 3rd Gt Bentley Running Club lady was also part of the 2nd placed team so a silver medal for us all. Not bad for the oldest lady in the race!!

It now feels a bit like when you finish all your exams – very liberating to be able to run or ride only when I feel like it and not because I feel I have to. The garden is also beginning to look less like a jungle!!

Hi Guys

*We're always looking for stories to go into the monthly club publication "The Spindle", so would appreciate anything you can send me or Roger the Editor. It doesn't have to be **War & Peace** or anything fancy, but just any stories or updates on what you've been doing racing-wise this season. I hope your season is going well so far. I'm slowly picking up my training and my knee is holding up ok at the moment but probably won't be racing for another couple of months.*

Hope to see you all out on the road soon.

Cheers

Darren Rule.



EVENING TIME TRIAL – IMPORTANT CHANGES from Brian Webber

As you all may be aware the WSW interclub is on **the 18th June**. I need the names of 1st. claim CCS riders who wish to take part by **11th June**, contact me at the evening TT

or by Email spindlenut@btinternet.com .

Also as the Col/Rovers interclub had to be cancelled we hope to run this on the **25th June** therefore any 1st. claim CCS riders who wish to take part I need your names by the **18th June**, contact as above.

Please Note: **BOTH OF THESE EVENTS WILL START AT 7.00PM**
AND NOT AS PREVIOUSLY ADVERTISED

all cylinders just yet. Sneaky suspicion in the car park is that we will soon have a new 100 mile record holder – don't expect it to be beaten expect it to be smashed!!

Matt Shotbolt – Has already ridden a few club events this year and as in previous seasons Matt forms improves massively as the year rolls on. Still stand by my thought that Matt could be as quick as he wants to be. Shame that he can't do more open events due to work commitments.

Damon Day – Popped his head out of hibernation early March and quickly retreated back to extend the period. However has now ridden a club event and a couple of opens and by his own admission it takes him half a dozen races to get up to speed. Recent form suggests faster times this year.

James Rush – new bike and an improved season looks nailed on having found some early season form including a new 10 TT PB time. Has taken to leap into the technological side of cycling and has purchased a Garmin and is uploading to Strava. Remember James despite what other might say it's not KOM's on Strava that count, it is your TT times on the result boards!

Dave Crisp – Promised to start the season thinner than ever and spend less money on kit than last year but has only delivered on one!! Has continued to spend more, having called into his local bike shop over the winter for an energy gel he came out with a Zipp Disc (that's a thousand times more than his planned spend!!!) His early season form has been hugely impressive. Will be PB chasing this season at both 10 & 25 and should consider a maiden 50. (Has already posted a 10 PB recently.)

John Bradbury – We all wondered towards the end of last year where John had gone, his 4am training rides disappearing off Strava. Previously a guest rider from Boxford John is now riding for the club and has shown some excellent early season form with some very solid rides. Great addition to the TT squad. Get John on the drag strips and his times will surprise a few.

Jody Downs – Has also invested this winter. Decided to purchase a power meter to help him push forward this year. Apparently, quickly discovered that they didn't come with 'get quicker instructions' and therefore opted for the coached solution. Early indications are that being told what sessions to do for the last 7 months are paying off.

James Newton – 'Suicide by Bicycle', I am not referring to him jumping of his bike at 20plus mph in front of Lee Ford on a recent training ride but to the recent training blocks that he has completed. Another rider who has gone down the coached route this year and is completing some fairly impressive but gruelling training. If James legs don't fall off expect fast times in TT's and high placing in road races.

Darren Rule – Has had his winter cut in half by a persistent knee injury, his winter training was really coming together before he returned from training camp in Majorca injured. Back on his bike now you can expect Ruley to hit top form in the summer months when others may start to fade – It's not too late Darren!

Dan Upton – Was a regular at last year's club TT's and has decided to enter the arena of open time trials. Early season indications are that after a good winters cycling and a training plan acquired for the turbo, Dan should be able to watch his times tumble throughout the year. Had a good maiden 10 TT Rougham with a personal best.

Matt Traynor – Splitting your time equally between bike, run and swim is always going to have an impact on TT times but will certainly make Matt a faster tri athlete. In my opinion got the nicest TT bike at the club!

Ian Millard – Likely to show continued improvement with more events completed. Like with all those new to testing the fast times are there to be achieved. Hoping for a season of progress for Ian.

Jamie Howie – Only in 'Jips World', binned the bike for a large part of the winter as dedicated his training to the London Marathon only for 3 weeks before the big event he suffered a torn calf muscle, oh well game over. Not so, frequent visits to the physio and Jips forever 'MTFU' attitude resulted in a finishing time of 3hrs 49mins. Time for the bike but no 'hold onto your new borns', Jamie's partner has just given birth to twin girls, congratulations and see you in 5 years Jip!!!

Lee Ford – Was on course to be the fittest and fastest he has been until he slammed into the crashed James Newton who was lying on the road. A ride in an ambulance, two days in hospital, a bleed on the brain (a small one – I will let you decide what I am referring to) cracked pelvis with bits of flesh missing and the training is put on hold. Now back on the bike we all hope to see Fordy at a TT or crit soon.

David Fenn – Has now replaced James as the clubs most colour co-ordinated racer! Good to see Dave getting involved on the open scene and putting in some very decent rides. Bet you don't see him on a dual carriage anytime soon though as he dislikes them. *Oops! Just heard he has knocked out a latter day PB on the Rougham event which strangely has two carriageways.*

Colin 'The Bomber' Harris - he has spent endless hours during the winter honing his fitness and has started knocking out some improving times. Another returnee to the Open TT scene making his 'debut' again this season after 25 years and set a new PB for a 10 on the E2.

Barbara Law - is taking a well earned sabbatical this season (a rest!) to give the other vets a chance..(Read about her heroic last event this season above) while **Terry** is waiting for the perfect day before wheeling out his TT machine to give himself a sporting chance of breaking into the record books.

Bob Bush - still waiting for Alex Dowsett or Bradley Wiggins to return to the E2 so he can again bathe in their shadows and become even more famous by the *Fame by Association Syndrome*.

Len Finch - Now a media star after appearing in BBC news mag. Will try and fit in a few TT's when his media fame wanes a bit. Rode a decent time though on the E2 recently, despite his busy media schedule.

Barry Lee – Always seems disappointed with his times despite a winter training schedule spent splashing round the lanes. We will soon see a smile on his face when he nails the perfect day.

David Miller – Yet another Open TT debutant who furnished himself with a new Time Trial Bolide in his quest to break 'evens' for a 10 which he achieved last weekend and is now unable remove the huge grin on his face which came with it!

SNAP SHOT by Colin Harris



Just a short note re the Breckland 10 TT I rode recently.

My first open event for at least 25 years! Not quite as far back as Dave Fenn's, but none the less a long time ago. My time, nothing spectacular, of 27.32 is also best for 25 years. This is what happens when you get away from the Lavenham course, no dis respect.

Jill came with me and could not believe the amount of exotic gear, carbon and discs being removed from the back of cars and vans. It certainly wasn't readily available or if at all in mid late 80's. Problem with getting old I suppose.

Tri bars were just becoming popular and the odd disc. Steel frames, down tube shifters were the norm. Now comes the age old debate modern times are certainly better with carbon technology and marginal gain equipment but I wonder what the likes of Alf Engers, Ian Cammish etc. etc. would have done with the now commonly used and available modern equipment not to mention modern diet and power meters and so on. Food for thought and maybe more debate.

(Since this report, Colin has bettered his PB by over a minute on the fearsome E2!)

SNAP SHOT 2 Ixworth Crit Races



Photo's show Ashton Dyson and Mat Shotbolt during the recent Annual Crit races at Ixworth in very non CCS team shirts!!!

Both of them rode in the 'Residents Race' which is curious as I could swear Ashton hails from Lavenham. Mat managed a 3rd place despite getting confused on the number of laps remaining and Ashton came home 5th. Also competing was James Newton who has promised details of his ride for next month's Spindle. If reports of a CCS junior taking part in the races are correct, is there anyone out there with details for me?





FANCY OWNING A PORSCHE? *By Connor Mothersole*

Have you ever dreamt of owning a Porsche? If the answer is yes, then this is the perfect Porsche for you. This here is the £5,000, 9 kg, mountain bike. The frame is carbon fibre and the chain set is Shimano XTR. The 'bike pool' pic shown below is for use by the drivers and mechanics and was spotted at the recent World Endurance Race at Spa in Belgium.

Other companies like Audi, Peugeot, Land Rover, have also gone into the bike business including British supercar manufacture Aston Martin whose offering costs an eye watering £25,000!

The Porsche badge on their bike is probably the most expensive component. Overall it's a stunner to look at and probably to ride too but not such a stunner at the price though!



Also shown is their take on a Time Trial bike, the Porsche 911, which is certainly different and would turn a few heads if you turned at a local TT on one!



Diary Dates.....

AUDAX RIDES

To find out about audax rides, and how they work, click here. For further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net>

Still time to enter this CCS event, or help with running it!

Saturday 6th June 2015, CCS audaxes from the Village Hall, Long Melford, organised by Andrew Hoppit;

'Edmund's Folk Sally Forth and Paddle! 200k; Out from Long Melford to the coast at Harwich and then back via Debenham; mainly lanes, with some minor A and B roads.

'Edmunds Folk Sally Forth' 100k; A route, on some superb lanes, to Debenham and back.

Saturday 13 June; Swaffham, 100k

Saturday 28 June; Galleywood, 120, 200k

Saturday 4 July; Oundle, 100, 150, 200k

Sunday 5 July; Garboldisham, 55, 100, 200k

Friday 10 July; Dunmow, 300k

****Still time to enter this event below.....***

Saturday, 18 July 2015, CCS audaxes from the Sportsfield Pavilion, Bildeston, organised by Robin Weaver and Roger Rush;

'Suffolk Lanes Extravaganza, 209k ; that says it all, really! There are few hills on the route, which mainly uses country lanes with short stretches of minor A and B-road.

'100 Miles of Suffolk Lanes', 168k; through central Suffolk to the coast and back, mainly on quiet lanes.

'Bildeston Lanes' 104k; The route is broadly circular through quiet and attractive Suffolk countryside. It uses many of the best country lanes in this part of Suffolk, with very short stretches of minor A-road.

Helpers also required on the day, to help with refreshments, manning controls, etc.

***SPORTIVES/CHARITY RIDES**

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

<https://www.britishcycling.org.uk/events>

Sunday 31 May; Norwich and Essex

Sunday 14 June; Sandringham

Sunday 21 June; Newmarket, Essex, Suffolk Villages, Tour de Essex

July 9-12; Papworth Trust; 300 miles in 4 days; Wales to East Anglian coast

Sunday 28 June; Ipswich, Cambridge

Sunday 12 July; Cambridge

Sunday 19 July; Essex

Saturday 25 July; Essex Castles

Sunday 26 July; London to Cambridge

***ROAD RACES**

Wednesday 17 June; Womens Tour of Britain, Stage 1, *Bury to Aldeburgh, via Stowmarket and Ipswich.*

Thursday 18 June; Stage 2, *Braintree to Clacton, via Halstead, Castle Hedingham, Gt Yeldham, Sudbury, Hadleigh, East Bergholt, Manningtree.*

<http://www.tourofbritain.co.uk/stages/index.php>

Saturday 12 September; Stage 7 of the Mens Tour of Britain; *Fakenham to Ipswich, via Bury, Needham, Hadleigh.*

<http://www.tourofbritain.co.uk/stages/index.php>

Sunday 23 August; CCS very own road race, and concurrent women's road race; details to follow, but mark the date, to either spectate or help run the event.

***CCS JUNIORS**

The ever-growing CCS Juniors section now has a dedicated page on the CCS website,

<http://www.cycleclubsudbury.com/sudbury-juniors>, as well as a dedicated Facebook page. Log on to keep up to date with what they're up to.

***WEDNESDAY RIDE**

The oldies had a good ride on 13 May, starting 'away' at Earl Soham. After an exhausting ride of 250 yards we stopped for a coffee at Huttons butcher/deli in the village for a coffee, then via lanes through Framlingham, Sweffling, and Aldeburgh to the cafe at Thorpeness Mere. After a cycle tour of the village, the way back took in yet more lanes to Leiston, Saxmundham, Bruisyard, and back to Earl Soham, for a total of 47 rural and mostly sunny miles. One highlight of the ride was a brief stop for road-kill partridge collection by an un-named guest rider ("that's the sixth in four weeks"!). Another was that unusual occurrence, a tailwind in both directions

Open Time Trial results for May

C.C.S. Riders - Open T.T. Results - May 2015

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
May 2nd	Kings Lynn CC - Tottenhill	B10/37R	J.Weatherley	10	22.33	5th
May 2nd	Cambridge CC	F2D/10	D.Crisp	10	23.12	34th
May 2nd	Cambridge CC	F2D/10	R.Davies	10	23.16	38th
May 4th	VTTA	F11/10	J.Downs	10	20.43	38th PB
May 9th	Lea Valley CC - Newmarket	E2/10	R.Davies	10	22.11	23rd
May 9th	Lea Valley CC - Newmarket	E2/10	J.Rush	10	22.58	40th
May 9th	Lea Valley CC - Newmarket	E2/10	D.Day	10	23.27	56th
May 9th	Lea Valley CC - Newmarket	E2/10	L.Finch	10	32.49	
May 10th	Maldon & DCC - SPOCO - Maldon	E21/25	D.Fenn	25	01.16.20	
May 10th	Wisbech Wheelers - Wisbech	E25/6	J.Bradbury	25	57.55	8th + H/C prize
May 16th	ECCA - Newmarket	E2/50C	R.Davies	50	01.52.49 PB	New CCS Team Record +FastestTeam Prize + ECCA Team Champs
May 16th	ECCA - Newmarket	E2/50C	J.Weatherley	50	01.53.29	
May 16th	ECCA - Newmarket	E2/50C	J.Downs	50	01.54.11 PB	
May 16th	Essex Roads CC - SPOCO - Hanningfield	E18/6B	J.Rush	22	53.03	8th
May 20th	CC Breckland - Morley	B10/3R	C.Harris	10	27.32	
May 23rd	EADC Championships - Tottenhill	B10/37R	J.Weatherley	10	22.31	10th
May 23rd	Victoria CC - Ugley - 2-Up	E1/10A	Fenn/Miller	10	30.52	
May 25th	Stowmarket & DCC - Rougham	B10/38	J.Rush	10	22.22	9th Fastest
May 25th	Stowmarket & DCC - Rougham	B10/38	D.Day	10	22.34	10th Team
May 25th	Stowmarket & DCC - Rougham	B10/38	D.Crisp	10	23.17	17th Prize
May 25th	Stowmarket & DCC - Rougham	B10/38	D.Upton	10	25.03	36th PB
May 25th	Stowmarket & DCC - Rougham	B10/38	D.Fenn	10	27.42	52nd PB
May 25th	Stowmarket & DCC - Rougham	B10/38	C.Harris	10	28.10	55th
May 25th	Stowmarket & DCC - Rougham	B10/38	D.Miller	10	29.46	58th PB
May 30th	ECCA - Newmarket	E2/10	J.Downs	10	21.24	
May 30th	ECCA - Newmarket	E2/10	J.Rush	10	21.30	PB
May 30th	ECCA - Newmarket	E2/10	D.Day	10	22.09	
May 30th	ECCA - Newmarket	E2/10	D.Crisp	10	22.35	
May 30th	ECCA - Newmarket	E2/10	C.Harris	10	26.28	PB
May 30th	ECCA - Newmarket	E2/10	B.Lee	10	28.07	
May 30th	ECCA - Newmarket	E2/10	L.Finch	10	31.15	

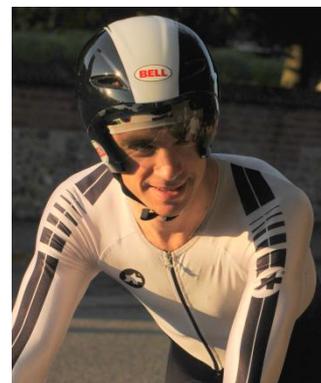
New Club Record!

Below is a very good firsthand account from Rob Davies (As per Press Report) on the recent record breaking ride in for the 50 mile Open Time Trial

CC Sudbury had a strong team of riders in the Eastern Counties Cycling Association (ECCA) 50 mile time trial on the fast E2/50 course near Newmarket on Saturday. The team prize in these open events is awarded for the fastest team of three riders combined times and Sudbury riders had their sights focused on breaking the club team record. The wind was blowing across the course at 14 mph which did not bode well for fast times. First rider off was Jonathan Weatherley followed 10 minutes later by Jody Downs riding in his first 50 mile time trial. Approximately one hour later Rob Davies headed off onto the course which covers the E2/10 course for the first and last 10 miles of the 50.



As Davies completed his first 10 miles he could see Weatherley and Downs flying down the opposite carriageway on their way to the finish which spurred him on to get a good time. The course uses part of the E2/25 course and with the 14 mph cross wind



this was very quick with riders reaching 37 mph, on the flat, in places. Davies reached the 40 mile point and looking at his time knew he needed to ride the last 10 miles in 22 minutes to beat his personal best time. At the final turn, the Four Wentways Roundabout, you have 5 miles to the finish and Davies completed this at an average speed of 28

mph to record 1 hour 52 minutes and 49 seconds beating his PB by 7 seconds.

Back had the headquarters the results board showed Weatherley had ridden 1-53-29 and Downs 1-54-11 and combined with Davies time CC Sudbury had won the team event in a combined time of 5-40-29. This was enough to beat Twickenham CC by 27 seconds and smash the CC Sudbury record, previously held by Davies 1-52-56, Matt Traynor 2-14-17 and Damon Day 1-55-55, combined 6-03-08, by 22 minutes.

Weatherley felt very unwell for first 30 minutes and Downs was in his first 50 TT so there is scope to see this record being improved further!



CCS SPOCO SERIES

It has been agreed in principle by the committee to run our own SPOCO (Sporting Courses) competition beginning next season. This basically means riders do not have to ride 'drag strip' courses to win a club trophy; just any that is in the CTT handbook and are SPOCO events. The only difference will be that there is no need to register (and pay!) a fee for the series to CTT as the club will record and administer it themselves throughout the season. More to follow once we have finely tuned the details.

And finally.....

Just keep safe out there, check your daytime lights are actually visible from long way behind and wear something bright and visible (Orange is the new Black!)

The clubs orange over socks are a good start!

Rog