



***The Spindle* JUNE 2018 cycleclubsudbury.com**

We start with the sad news that one of our CCS members died while out doing what he loved most, riding his bike in preparation for his first TT of the season.

Our Chairman, Darren Rule sent out the news to members and I have repeated his message below.

Dear All

As some of you will already know, it's with great sadness that I have to inform you that one of CC Sudbury's founder members, Len Finch, tragically died yesterday (Thursday) We don't know many details yet just that he was riding his bike between Sudbury and Lavenham yesterday afternoon and was involved with an incident with another vehicle. The cause of death will not be known until a post mortem is carried out. (We have since learned that it natural causes) Len was a keen cyclist all of his life; starting on the 1940's & 50's competing in cycle speedway on the wastelands of London left by the Blitz, and although in his 80's he still competed regularly in Open time trials and holds a number of the club's age-related records. He had officially been a veteran rider for 46 years!

He was at 86, also the oldest active Time Trialist in Suffolk!

Any of you who were fortunate enough to have met Len will know what a lovely man he was and he will be sorely missed by his family, all of us at CC Sudbury, and is a real loss to the wider cycling community.

Darren

Len was due to start his 2018 season in the ECCA 10mile TT on the E2 at Newmarket which was one of Len's favourite courses.

We originally had 9 CCS riders in the entry.

He was due off at 2.09pm and those CCS riders who were off before or after that time assembled and observed a minutes silence during his start time and *'wished him a good ride* as mark of respect.

The group were hoping to produce some 'special' times during the almost perfect conditions on the day, in memory of Len, with Leon West duly breaking the 3 year old 10 mile CCS record by 6secs with a 19min 50sec ride. Also Leon, together with Damon Day and James Rush, broke the CCS Team 10 mile record by 18secs. A nice ending to a sad occasion.

Rog



Junior Racers



Two of the clubs Juniors rode in their first ever race at the Maglia Rosso Summer Cyclo Cross series opening round.

Twins Seb and Olly Skeats rode in the under 10's race on the mile long course in Hawstead.

The next round is Tuesday June 26th and it would be great to have some more of the youngsters (and not so young) representing the club.

Chris Sampson

Hiding in The Wheels

A word from the Road Racers

The month of May has had very mixed performances, luck and results but before we go into May we must touch on the last race of April.

This race was the CC London Spring Road Race around the Wendons Ambo course which saw Gary Munro, local favourite Leon West and myself take on this course, which is renowned for chewing up racers and leaving only the strongest completing it. With this said Leon suffered a split

in his tyre wall after 20 miles leading to his withdrawal, and leaving Gary and myself to contest. Those who have ridden with Gary will be aware of how strong he is and what a natural talent he is. My job?? Keep him safe and picking the wheel for him to follow to get a positive result and disrupt any chase. Worked like a treat with Gary claiming 2nd place and me getting abuse from every other rider trying to chase.

The following weekend see the annual running of the Ixworth Crits. Many club members have had a go at these over the

years and they can all vouch for how difficult they are. Gary managed a credible 19th in the main race and me claiming a 5th place in the Masters Race. More points for CC Sudbury!!

Also during this weekend see the running of the ECCA Regional Champs which saw Steve Hubbard racing around the Hanningfield course. Always a fast course with speeds circa 25-26mph average! Steve acquitted himself well and finished with an 11th place finish.

Hard on the heels of this race came the Pro CycleHire Road Race around an alternative course around Wendons Ambo.

This saw Steve Hubbard, Jose Vicente-Garcia (AKA Pepe) and myself riding. This was savage with hill after hill chasing into narrow lanes. The bunch held together until renowned local rider, Felix Barker from CC Cambridge (worth a Google!!) split the group. This split the bunch and unfortunately for myself my chain dropped leaving a gap which I couldn't close. Steve, Pepe and



myself chased with riders from Cambridge, at one point getting to within 15secs of the "race" before a long hill blew us out the back of the race once again. Frustrating but really highlighted how good some of the young riders are.



Relentlessly the races just kept coming with the London Phoenix Road Race being held the following weekend at Great Sailing. Unfortunately Gary Munro was due to join me in this race but due to injury he had to withdraw prior. The race itself was eye wateringly quick at 26.5mph. I got into a couple of moves and tried to instigate a couple of breaks but with the pace so high and with no hill or wind to speak of, the race was always going to finish in a bunch finish. Due to my lack of common sense I allowed

myself to slip to mid bunch for the final mile or two and that is where I finished!!! School boy tactics and an opportunity missed!!

Midweek has seen a series of circuit races held at the Lotus Test track in Norfolk. Jose Vicente Garcia entered and came away with a brilliant result, congrats Pepe!! He rode patiently within the group, which was moving at 25mph plus. The group kept together until the final lap when a rider made a move which Pepe followed leading to a 2 man break and finally a sprint for the line seeing him claim 2nd place by the width of a tyre. A superb result and once again congrats! Same again this week???? I'll keep you informed next month!!

Finally this month Steve Hubbard and I entered the Diss RR, run around a 5 mile triangular circuit. Flat as a pancake, with a howler of a wind! The 1st lap was ridden at 27mph and after 4 laps the elastic snapped and see myself taking an early shower and leaving Steve, who is far better equipped for this type of course than me (despite issues with his DI2), to tackle the field alone. The field containing some real class riders with Andy Lyons (again worth another Google!!) making an appearance. Unfortunately the DI2 issues hampered Steve to an extent that he had to withdraw after really showing what a class rider he is, holding his own within the class of riders on show, despite his mechanical issues. This was a seriously tough race. Riders are always worried by hills but pan flat courses with cross winds are the hardest courses you can ride as the entire race is strung out with every rider fighting to find shelter from the wind and position in the line. There is never a time to "free wheel" therefore never resting, give me a hill anytime!!



As we creep towards June, we see Leon West dipping his toe into the Road Race arena again and joins Jose and myself in the Abberton Road Race held by Colchester Rovers. Ridden around the Abberton Reservoir, there are plenty of vantage points and would be great to see some support. As a club we have really equipped ourselves well over the first two months of the season. All riders have gained points, which have seen the Club close to the top 10 of the ERRL. This is a huge achievement for the club of our size competing against clubs who have 20 plus riders racing for them.

Again, should anyone wish to dip their toe into Road Racing or circuit racing please feel free to contact me or visit the British Cycling website for more details.

Anyway back to the Broom Wagon!!!

James Newton



Leon's TT Log.....by Leon West

Well after starting the season (and surprising myself) with a home win in the MMH I was brought back down to earth fairly swiftly with a series of cancelled events, due to weather or roadwork's, and getting spanked by a couple of people I thought I'd be matching or beating this season.

Heading towards the end of April I'd signed up for a couple of 1st's = The F2D/10 course near Cambourne and my 1st road race the following day. The F2 TT was on the 28th April and was bitterly cold. Sitting in the car I seriously considered a DNS but had heard good things about the course so gave it a go. Highly recommended, it's a lovely smooth strip of road with a low traffic count so a good one for anyone wanting to try a dual carriageway out but intimidated by the thought. I came away with a 2 second PB

From 1 extreme to the other, the following weekend was a beauty and it was E2/10 for a possible, mythical 'float' day. I did my warm up on turbo in the sun as it was heaving near the start. Wanted to see what I could do here so downed a caffeine shot and headed to start. Went off like the Duracell bunny got the turn and knew I'd blown it.....slogged back from the turn (trying to curse Newton for recommending the bloomin' things but couldn't as my mouth was so dry!!!). Finished with a big PB but ridden like a numpty!!

That brings us up to the last couple of weekends. Another 1st with my entry into a 50 miler. Sulking at the start as it was raining, my warm up consisted of fighting with getting on a pair of Velotoze and lots of huffing and puffing like Kevin The Teenager. Once I got going though it wasn't too bad and I was guaranteed a PB if I finished :) Followed Damo's advice with the pacing and came away with a top 10 finish and a club record, 2 in fact....Got team too.

Next came my latest race: Another crack at the E2/10 and unbelievably another possible float day. Pretty determined to give this one my all after the tragic news of Len Finch, especially as he was due to ride the event with us, I'd try to pace this one better. I went out much more conservatively, felt good at the turn then pushed home on feel (mainly because my power meter was playing up!!). Watching the clock on the Garmin as I got to 9.8 I knew it was going to be close but emptied the tank and stopped the clock. 19.50!! My 1st ever sub 20 min TT....Still grinning :)



RIDER PROFILE

Name..... Stewart Kirk

1) Occupation and how many years have you been cycling

Mechanical & Electrical Design Engineer / Listed Building Renovator / VW Camper Mechanic / 4th Emergency Service to my two Children.

I used to ride to school as a teenager on a converted bike I made from bits which had a std front week, a 16" rear wheel and cow horn handle bars. After leaving school cycling took a back seat to marriage, work etc. I only got into it again when mounting biking became popular, I did events around Thetford Forest until I ran out of riders to ride with.

2) What was your first 'proper' bike & how old were you when you had it.

My first proper bike was a Dawes 16 speed racer which I subsequently rode into another boy



riding home from school. It was never the quite same after that as it tended to keep going round & around in circles.

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

I have five bikes in total a Storck TT, and four Cannondale's a Synapse Disc for commuting, Bad Boy rigid mountain bike, a Cadd 8 purest green road bike, and a Super V 2000 full sus MTB.

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

I ride to work four days a week summer & winter plus TT's, training and weekend social rides. I would estimate that I ride in the region of 6500 miles on average. I have not used a cycle computer since my Garmin stopped acquiring satellite's a while ago, as it is now unsupported I will not buy another on principle.

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

My longest ride was when I cycled from Sudbury to Huntingdon to meet a work colleague joining him on a charity ride. I did the charity ride with him and cycled back home it was just over 180 miles round trip.



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

My most enjoyable ride was to the top of the Col de la Croix de Fer in the Alps. With waterfalls tumbling down towards the valley below and with the sound of your own breath for company the road unwinds to reveal a remoteness to soothe the soul. If you ever need to be reminded why you ride, then the Pass of the Iron Cross in English, will help you answer this and maybe a lot more.

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

Most probably a 25 mile TT run by the ECCA where somehow I came first in the handicap section I received a cup for the year. This is my first and probably the last win in an open TT event.

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

Falling off while on my way home at Colchester North Station during the rush hour! I was trying to look flash and do a track stand in traffic. I was not concentrating and thinking about work and down I went. As usual all the gear and absolutely no idea.

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

A hundred mile TT in North Norfolk. I was sort of prepared but my head was in the wrong place. I know this must sound daft but I had to stop a couple of times for toilet breaks. I finished with a grueling time of 5 hrs 15min approx, this is set against a pb of 4.28. I have not ridden one since but who knows when I might do another.

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

There are many Simpson, Hinault and Merckx but my favorite modern rider would be Mario Cipollini (the lion king) although he never finish a T de F due to his lack of will in the mountains he was always a true showman and dominated the sprints in the 1990's.

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

Audax's what can I say, some of you know about my love for the direction arrows found sprayed in the road on the Dieppe Raid event in France. Those Audax route sheets do my head in, all that L@T etc. I have ridden a few but generally following the regular Audax boys Steve & Andrew. Thanks boys for guiding me round beers on me in Dieppe.

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

I keep looking at a Cannondale Supersix Evo Hi-Mod Disc road bike. I suppose I will eventually succumb one day when I have a rush of blood to the head. I just seem to have an affinity for Cannondale as I have bought eight over the years. I wonder how many you have to buy to get a free one.

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

Best bit of kit has to disc brakes and USE led lights matched with a dynamo hub for winter riding. No more faffing about with charging batteries etc.



14) What is your favourite ride?

Favorite TT course has to be the Tour of Cambridge closed road event nearest thing to pro TT riding. Other than TT some of the Alpine climbs for scenery.

15) What are your cycling strengths and weaknesses?

I will always ride whatever the weather except ice of course. I always seem to have too many things on the go at once; I never have the time to concentrate fully on training. Sometimes I lack the concentration during racing. I also succumb to the temptation of the barley based recovery drink especially on Friday nights.

16) What is your best training tip?

With all the modern training gadgets you sometimes still have to listen to what your body is telling you. Enjoy your riding if it gets a chore then stop for a while.

Diary Dates *compiled 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/>

Saturday 2 June; Manningtree; 400k

Sunday, 10 June; Ware; 100, 200k

Sunday 24 June; Chelmsford; 100k, 200k

Thursday 28 June; Witham; 1000k

Friday 23 July; Dunmow; 300k

Friday 13 July; Dunmow; 300k

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.

Good cafe stops, and refreshments at start and finish.

Also available; 2pm start; a 25 mile route taking in a local cafe stop, and 5 and 11 mile routes, which are flat after you've ascended from Bildeston.

Saturday 4 August; Witham; 100, 200k

Saturday 25 August; Mildenhall Rally; 50, 100, 200, 300k

ROAD RACING

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

Sunday 3 June; Abberton

Sunday 3 June; Roxwell

Tuesdays 5, 12, 19 June; Hethel

Sunday 10 June; Gt Chishill

Wednesdays 13, 20, 27 June; Trinity Park

Sunday 17 June; Gt Saling

Sunday 24 June; Clavering

Sunday 1 July; Ashdon

CYCLOCROSS/MTB 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/>
Saturday 9 and Sunday 10 June; Phoenix Cycleworks; round of National MTB Championship
Sunday 1 July; Hintlesham; Mud Sweat and Gears

GRASS TRACK RACING

Mondays 4, 11, 18, 25 June; Colchester Rovers
Sunday 24 June; West Suffolk Wheelers

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 10 June; Kesgrave
Saturday 16 June; Veloschils
Sunday 24 June; Newmarket
Sunday 1 July; Boxford Tornado

13 JUNE; STAGE 1 OF THE OVO ENERGY WOMENS' TOUR

The stage starts in Framlingham, does a loop in our direction through Ipswich, Needham Market and Stowmarket (clockwise) before heading back to Framlingham and on to a finish in Southwold. Good spectator opportunities! A link to the route and ETA timings; <http://www.womenstour.co.uk/stages/stage-1/>

CCS THURSDAY EVENING TIME TRIAL SERIES

Thanks to all those who have offered to help with marshalling. We still have a few slots to fill, with various dates from 28 June onwards. If you'd like to help out, please contact Robin at <mailto:pamandrobinw@gmail.com>

Have you set a new club Record?

Hi all.

The club age related records have not been updated for a couple of years so I am asking if any of you TT'ers over 40 want to make a claim. The current club age records can be viewed on the club website by going to the ABOUT page then CLUB RECORDS. If you want to claim a record I will need your date of birth, the record you are claiming, your time and full event details, date etc.

Cheers*David Fenn* *dr.fenn@tiscali.co.uk*,

CCS Evening TT Series

With the weather, poor road surfaces (potholes!) and road works blighting our courses, we have only been able to run two of our courses so far this year. Despite these setbacks, there is a healthy competition for points by 1st & 2nd claim members. At present we have two juniors in the top two spots with Molly Cutmore in 1st place with 233pts followed very closely by Charlie Boldock on 222pts. Caroline Wyke continues to gain improvers points in 3rd with 207pts with Mandy staying in touch with 180pts. A gap is developing for the rest with only 9pts separating the next 4 riders with David Miller on 144, Doz 142, the fast improving James Harman on 139 and Mike Felton on 135pts. Any of the above can leap up the table with just one good points scoring ride and I'm sure there will be further changes. It's a fascinating series that doesn't rely on coming first on the night but just you against yourself!

Rog

Open TT Results

C.C.S. Riders - Open T.T. Results - May 2018

Date	Event	Course	Name	Dist	Time	Notes
May 5th	VC Baracchi - Bungay	B10/43	L.West	10	21.08	7th
May 5th	VC Baracchi - Bungay	B10/43	C.Steward	10	22.52	21st
May 5th	VC Baracchi - Bungay	B10/43	G.Johnson	10	23.30	PB 30th
May 5th	VC Baracchi - Bungay	B10/43	I.Johnson	10	25.39	PB 53rd
May 5th	VTTA - London & Home Counties - Tring	F11/10	M.Bunn	10	22.21 PB	New ladies CCS 10 record
May 6th	Plomesgate CC - Tunstall	B25/2	J.Bradbury	25	59.43	9th
May 6th	Plomesgate CC - Tunstall	B25/2	D.Day	25	59.47	10th
May 7th	ECCA - Leaden Roding	E91/10	D.Fenn	10	28.43	35th
May 7th	ECCA - Leaden Roding	E91/10	C.Harris	10	39.52	38th
May 12th	VC Norwich - Bungay	E25/8	J.Rush	25	54.26	27th
May 12th	VC Norwich - Bungay	E25/8	C.Steward	25	55.05	PB 28th
May 13th	ECCA - Newmarket	E2/50	L.West	50	01.43.42 9th PB	LW & MB New 50 individual mens & ladies CCS. records. LW/DD/MB New CCS 50 Team record
May 13th	ECCA - Newmarket	E2/50	D.Day	50	01.47.35 20th PB	
May 13th	ECCA - Newmarket	E2/50	M.Bunn	50	01.57.37 40th PB	
May 13th	ECCA - Newmarket	E2/50	S.Kirk	50	01.59.25	
May 13th	Norland TT Combine - Tempsford	F1B/50	J.Bradbury	50	01.58.26	PB 15th
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	L.West	10	19.50 PB. 11th	LW - New 10 individual Mens CCS record. LW/DD/JR New CCS 10 Team Record
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	D.Day	10	21.04 36th	
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	J.Rush	10	21.39 54th	
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	M.Bunn	10	22.29	70th
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	S.Kirk	10	23.27	PB 83rd
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	D.Fenn	10	25.09	94th - CCS Age Related Record
May 19th	ECCA - Zak Carr Memorial -Newmarket	E2/10	C.Harris	10	25.12	95th - CCS Age Related Record
May 20th	Gt.Yarmouth CC - Somerleyton - SPOCO	BS13A	J.Bradbury	25	59.02	2nd
May 27th	ECCA - Newmarket	E2/25	J.Bradbury	25	54.08 PB	17th
May 27th	Knight Composites Classic Series (5 of 6) Border Wheelers CC - Greystroke, Cumbria	L143	M.Bunn	14	42.26	9th Lady
May 28th	Stowmarket & DCC - Rougham	B10/38	L.West	10	20.42	4th
May 28th	Stowmarket & DCC - Rougham	B10/38	D.Day	10	21.48	15th
May 28th	Stowmarket & DCC - Rougham	B10/38	C.Steward	10	22.22	21st
May 28th	Stowmarket & DCC - Rougham	B10/38	J.Rush	10	22.34	26th
May 28th	Stowmarket & DCC - Rougham	B10/38	S.Kirk	10	24.07	45th
May 28th	Stowmarket & DCC - Rougham	B10/38	A Sheppard	10	26.33	57th
May 28th	Stowmarket & DCC - Rougham	B10/38	D.Miller	10	29.09 PB	62nd

Open TT Round-Up.

I really thought the days of multiple Club Record breaking would be a thing of the past this season with maybe a few here and there scattered around the months.

But what do I know as this month alone has seen 6 new club records being set.

Our stellar male and female performers, Leon and Mandy were involved in most of them, with the ladies 10 mile record being the first to go by a 49secs improvement with her time on the VTTA E11 course of 22.21. ECCA's 50 miler on the E2 was next up with Leon improving it by 3mins 11secs with a 01.43.42 and Mandy improving her own ladies record by a whopping 9mins 25secs with a 01.57.37 ride. Not surprisingly, with Damon's 01.47.35 time, they also took the 50 mile CCS Team record, with an accumulative time of 05.28.14 which was also a massive improvement of 12mins 15secs.

Then it was the turn of the Men's CCS record to fall on ECCA's E2 event with Leon shaving just 6secs off Jody Downs' record with a 19.50! Leon, together with Damon and James also brought the CCS Team 10 record down by 18secs with a combined time of 01.02.33! Phew, are you still keeping up with all of this?

Two CCS Age related records were also bettered at this event with David improving the 68 years old time for 10miles and Colin the 69 years old time, so I guess that makes it 8 CCS records broken in the month of May! Well done boys.

Elsewhere saw Izzy set a new PB at the Baracchi 10 event with a 25.39 and dad Gary also PB-ing with a 23.30. At the Plomesgate 25, John Bradbury pipped Damon by 4secs with a 59.43 although Damon finished the ride at a few inches lower at the front end after the effect of potholes loosened the angle of his aero bars. John also had two PB rides with a 50 on the F1, riding a 01.58.26 and a 25 on the E2 with a very good 54.08. He also took an excellent 'podium place' with his ride to 2nd overall on the BS13A Somerleyton course. With Leon's 4th on the Rougham course and 7th at Bungay, it's nice to see our riders right up the sharp end of the TT results.

David and Colin both suffered in the appalling heat recently on the E91/10 at Chelmsford to post times conducive to the conditions.....David takes up the narrative below.....

'Colin and I rode the ECCA 10 on the E91/10 on Monday in 29 deg heat, in the words of Mr Harris 'that was like riding through treacle'. Colin was sick after 2 miles but rode the full distance and got a time, I just rode very slowly. We were considering not sending you our finish times but on reflection I decided we have got to take the good and the bad. Stewart Kirk wisely DNS!

So our times were (don't laugh).....

DF 28:43

CH 39:52

(As I always say, a heroic failure is far more interesting than a glorious victory. Rog)

James' 21.39 in the ECCA 10 Team Record ride and a decent 54.26 on the B25 Bungay course are good sign's that he is coming back to form despite continually tinkering with his saddle and bar positions. Chris Steward also rode at Bungay and put in a good PB time of 55.05 and also a quick 22.22 on the Stow 10 course at Rougham. Stewart has also been recording PB's, mainly on the E2 with a 23.27 in the ECCA 10 and a 01.59.25 in the ECCA 25 event. Not bad for an 'old un' with an odd sense of humour and who refuses to become 'my mate'!



Mandy also fitted in the latest round of the KC Classic Series, this time on a hilly course in Cumbria and rode a 42.26 for the very undulating 14mile event which gave her 9th fastest lady and more points in the ladies Vet category.

David Miller finally put in a new PB time on the Rougham 10 course and seemed very pleased with his efforts as did Tony Sheppard who rode a 'modern day' PB.

What next for PB's and records for June I wonder. I'm not predicting anything as I'm usually wrong!

Rog

Audax Update May 2018. *Collated by David Fenn*

Date	Event	Riders
26 th April	Alfreton 100k	Jane Watson
27 th April	DIY South East 200k	Ian Lovelock
27 th April	DIY Midland and Wales 200k	Ian Lovelock
28 th April	Wadsley, Sheffield 100k	Jane Watson
29 th April	Alfreton 100k	Jane Watson
29 th April	Shenstone, Staffordshire 214k	Raymond Cheung
1 st May	Great Dunmow 200k	Jane Watson
5 th May	Chepstow 401k	Raymond Cheung
5 th May	Manningtree 305k	Ian Lovelock
7 th May	High Easter 104k	Mick Bates
13 th May	Meopham 100k	Raymond Cheung
20 th May	Lound, Lowestoft 200k	Ian Lovelock
26 th May	Long Melford 106k	Raymond Cheung, Mark Gentry, Viv Marsh.
26 th May	Long Melford 212k	Jane Watson, Mick Bates.

<i>Name</i>	<i>Points</i>	<i>Total Distance km</i>	<i>Club Audax Trophy</i>	<i>100 km</i>	<i>200 km</i>	<i>300 km</i>	<i>400 km</i>	<i>600 km</i>	<i>Climbing Metres</i>
Raymond Cheung	33	3,739	1st	4	13	1	1	-	16,950
Jane Watson	10	2,919	2 nd	18	5	-	-	-	13,750
Ian Lovelock	11	1,518	3rd	4	2	-	-	-	5,400
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 Watson is certainly putting in the kilometres (18 x 100km Audaxes!!) and is keeping Raymond in her sights and with Ian and Mick battling it out for third spot; it looks like an interesting Audax season ahead especially with the big distance Audaxes shown below coming up!

Local upcoming Audaxes.

Saturday 2nd June, Manningtree, 414k.

Sunday 24th June, Chelmer CC, 201k and 110k.

Thursday 28th June, The ACME Grand, Witham, 1000k. (Is this one for Raymond?)

CCS SPOCO League

CC SUDBURY SPOCO LEAGUE TABLE 2018

POSITION	RIDER	EVENTS	POINTS TOTAL
1	James Rush	5	522
2	Gary Johnson	4	363
3	Leon West	3	352
4	John Bradbury	3	343
5	Isabella Johnson	4	303
6	Mandy Bunn	3	282
7	Damon Day	2	223
8	Chris Steward	2	206
9	Stewart Kirk	2	177
10	Sarah Johnson	2	163
11	David Fenn	2	159
12	Colin Harris	2	150
13	Doz Bree	1	102
14	Dan Upton	1	97
15	Tony Sheppard	1	88
16	David Miller	1	81
17	Caroline Wyke	1	80
18	Ian Millard	1	71

With a shortage of SPOCO events lately, the table alongside hasn't changed too much. James still leads with Gary & Leon coming up to 2nd and 3rd places. John shoots up to 4th with some good results and Mandy drops down after her efforts on the faster but non Spoco courses.

There are still lots of opportunities to gain points and I expect the positions to change monthly.

CCS - COLCHESTER ROVERS INTERCLUB TT

Lavenham 10 course 24 May 2018

First rider home 50 points, second rider home 49 points, etc.

First five riders home for each club count

No	Name	Club	No	Actual Time	Placing	Points	CR	CCS Points
1	COLIN WHITE	CR	1	41.33	23			
2	JASPER CASEY	CCS	2	37.48	21			
3	CAROLINE WYKE	CCS	3	34.50	20			
4	ISABELLA JOHNSON	CCS	4	27.26	16			
5	MANDY BUNN	CCS	5	25.05	9			
6	ALEX CUTMORE		6	32.34				
7	DAVID MILLER	CCS	7	32.38	19			
8	DAVID FENN	CCS	8	29.20	18			
9	STEWART KIRK	CCS	9	26.34	13			
10	JAMES HARMAN	CCS	10	24.21	7			44
11	DAN FOSTER	CR	11	24.58	8		43	
12	JOHN LOXLEY	CR	12	28.43	17			

13	TOM CARSON	CR	13	26.40	14T		18.5T	
14	GAVIN RATCLIFF	CCS	14	DNS				
15	MARK JAY	CCS	15	DNS				
16	SANDRA MACKAY		16	28.21				
17	JIM REED	CR	17	DNS				
18	ADRIAN MANLEY	CR	18	24.19	6		45	
19	DOZ BREE	CCS	19	DNS				
20	JAMES RUSH	CCS	20	24.07	5			46
21	TONY SHEPPARD	CCS	21	39.53	22			
22	GRAHAM BUCKLES	CCS	22	DNS				
23	JULIE BAKER	CR	23	26.40	14T		18.5T	
24	GARTH EVANS	CCS	24	25.41	11T			
25	CHRIS STEWARD	CCS	25	24.04	4			47
26	RACHEL JARVIS	CR	26	DNS				
27	STEPHEN HITCHCOCK	CCS	27	DNS				
28	IAN MILLARD	CCS	28	DNS				
29	KEN BAKER	CR	29	25.10	10		41	
30	DAMON DAY	CCS	30	23.11	1			50
31	DAN UPTON	CCS	31	25.41	11T			
32	JOHN BRADBURY	CCS	32	23.19	2			49
33	CHARLIE BOLDOCK		33	29.57				
34	CHRIS RIXON		34	DNS				
35	SIMON CARSON		35	26.29				
36	JEFF WHARTON		36	24.47				
37	PHIL BARNES		37	22.32				
38	GILES ASKHAM	CR	38	23.39	3		48	
39	PHIL HATCHER		39	24.22				
40			40					
COLCHESTER ROVERS							214	
CYCLE CLUB SUDBURY								236

Despite the wet conditions which put off a few riders from taking the start, CCS secured a healthy winning margin by 22 points from a depleted Colchester team. Damon and John took 1st & 2nd places with Chris & James' 4th and 5th places assuring us of the win.

Very well done to all our CCS riders for making the effort on a less than pleasant evening.

Long Melford Audax Report

— 26th May

By organiser Andrew Hoppitt



The rides were well attended this year with 106 people entering both events. With 57 for the Grand Tour de Stour over 125 miles with 39 completing the event. And 49 for the shorter 65 mile ride called the Tour de Stour with 31 completing it.

The weather was not as forecast at the beginning with a heavy shower (rain) but this cleared to very warm weather with the wind getting stronger as the day went on.



As expected most riders came from East Anglia and the SE of England. However a special mention to Lucy and Richard McTaggart (CCS club members!!) travelling all the way from Galashiels in the Scottish Borders.



A number of people helped to make the event a success and special thanks go to Brian Mann, Robin Weaver, Viv Marsh Raymond Cheung and Tom Moore.



And finally, a plea from our chief timekeeper, the wonderful Brian Webber about poor preparation for Evening TT's and the backlash we/he has to endure!!!

Hello Everyone,

Would all those riding our Evening TT Series please note that after last week's TT, which was held in poor lighting conditions (Interclub v Col Rovers) I received 4 complaints from various sources on the following:-

- 1. Wearing all or nearly all black clothing, making it very difficult for other road users to see them.*
- 2. Some rider's rear lights were so poor that they were useless and impossible to see.*



*difficult for
virtually*

These complaints were made by a concerned motorist, a marshal and two riders on the course! If you wish to continue riding these events, please wear something bright and buy a GOOD rear light! It costs a tiny fraction of what your bike cost you!

Brian

(In fairness to CCS members, the culprits are invariably visiting riders; although not all of them).

Rog