



C.C.S. Presentation Evening – 23rd January 2010

The club has just held its annual dinner and prize giving evening in which it also celebrated its 30th birthday. The awards were for the 2009 season and a total of 38 trophies and medals were presented.

The club's guest of honour was Don Saunders, chairman of the East Anglian Time Trials organisation and former holder of many national Time Trial records.

Club chairman, Dave Fenn, outlined the club's many successes during the season and concluded that like the clubs team kit, the future was indeed orange!

The main prize winners for the season were; Stewart Kirk - Vets Best All Rounder, Rob Davies - 50 mile T.T cup, and club 10 mile T.T. champion, James Rush - 25 mile T.T. cup and hill climb champion.

Barbara Law retained both the Ladies 25 mile T.T. and the club 10 mile T.T. cups. Barbara was also awarded for the first time, the Ladies trophy.

Young George Hoppit claimed the 10 mile junior T.T. cup and the Evening Points Series with a massive 1144 points, which was over 540 more than his nearest rival. Nicholas Bull became juvenile 10 mile T.T champion in his first season. Joe Marsh, also in his first season, won the junior hill climb title.

Simon Wright won the Best All Rounder series over the four time trial courses.

Veteran Brian Mann, rode nearly 6200kms in Audax events to claim the Audax trophy and probably surpassed 10,000kms on his bike last year.

The prestigious Rider of the Year trophy went deservedly to George Hoppit who seems adept at competing in both the long distance events and the shorter, faster time trials.

Geoff Morse, who has held most of the club's offices' during his 27 years involvement, was a popular winner of Clubman of the Year. He has decided to step down as a club official and was presented with an engraved decanter in appreciation for his service to the club. He was also made a life president of the club.

£150 was raised from the raffle and has been donated to St. Helena Hospice.





Club Winners

Veterans B.A.R.	Gold	Stewart Kirk 4.916
	Silver	Rob Davies 4.508
	Bronze	Simon Daw 3.208
50 mile Open T.T. Cup		Rob Davies 1hr 58min 53sec
25 mile Open T.T. Cup		James Rush 54min 47sec
Ladies 25 mile Open T.T. Bowl		Barbara Law 1hr 15min 47sec
Audax Trophy	Gold	Brian Mann 6182km
	Silver	Andrew Hoppit 2719km
	Bronze	Dave Fenn 2647km
Hill climb Champion Senior	Gold	James Rush 54.5sec
	Silver	Brian Mann 1min 07.6sec
	Bronze	Joe Marsh 1min 07.7sec
Hill climb Champion School age	Gold	Joe Marsh min 07.7sec
	Silver	George Hoppit 1min 20.9sec
	Bronze	Lucy Hoppit 1min 51.6sec
Club 10 mile T.T. Champion	Gold	Rob Davies 23min 19sec
	Silver	Simon Wright 23min 29sec
	Bronze	James Rush 23min 40sec
Club 10 mile T.T. Junior Champion		George Hoppit 27min 31sec
Club 10 mile T.T. Juvenile Champion		Nicholas Bull 29min 53sec
Club 10 mile T.T. Ladies Champion		Barbara Law 31min 50sec
Club 10 mile T.T. Vets Champion (on Standard)	Gold	Terry Law +4.19
	Silver	Brian Mann +4.11
	Bronze	Simon Wright +2.49
Club 10 mile T.T. Champion (on Handicap)	Gold	Stuart Jenkins 13.02
	Silver	George Hoppit 15.55
	Bronze	Nicholas Bull 16.31
	Bronze	Trevor Pillet 16.31

Club Evening Points Series	Gold	George Hoppit 1144pts
	Silver	Matt Shotbolt 605pts
	Bronze	Stewart Kirk 593pts
Club Evening Points Series B.A.R. (All 4 courses)	Gold	Simon Wright 91.36
	Silver	Rob Davies 95.04
	Bronze	James Rush 95.52
Boxing Day Trophy		Team Weaverushmann
Clubman of the Year		Geoff Morse
Rider of the Year		George Hoppit
Ladies Trophy		Barbara Law

Marjorie McDermott

On behalf of myself, Julie and Alan I express our heartfelt thanks for all the kind messages and cards of sympathy following the loss of dear

Marj. We were very grateful to everyone who attended the celebration of her life at Weeley crematorium, and were able to join us at the Lion afterwards.

We are quite amazed and grateful at the amount of donations to St. Helena Hospice, and the generosity of the members of the CC Sudbury for donating the proceeds of the raffle in memory of Marj.

I am delighted to say the total given to St. Helena was in excess of nine hundred pounds. This, I am sure, will enable the wonderful staff to continue to provide their excellent care to many more patients.

I have been involved in cycling for over sixty years, and have had some wonderful times and experiences. The last few weeks have made me realise how privileged I am to have made so many good friends, not least my mates in the CC Sudbury.

Thank you all

- Mac



106 km Norfolk Nips (No2) Audax

Having ridden Norfolk Nips 1 in November in appalling weather conditions it was a relief to know the weather forecast for NN2 on Saturday 12th December was for more clement conditions. In fact as we departed the start at 9-00 am from the John Innes Centre in Norwich the sun was making a welcome appearance. As is usual a group of faster riders soon disappeared into the distance. On this occasion the faster group also contained Brian (Mr Audax) Mann, together with Viv Marsh who was under instructions from she who issues the Brownie points to be back home by 3-00 pm.

In the first mile I narrowly missed being upended by the two riders in front of me who, without any warning or thought for the safety of other riders in the group decided to take to the grass verge... stupid */?@\$£'s.

Once out of Norwich and clear of the mayhem of the start Robin, Mac, Mark and I settled into a steady pace, my objective being to stay on the front of the group in order to avoid being spattered with mud from the back wheels of thoughtless riders with no mudguards (some might say I'm just a grumpy old git).

We made steady progress through the narrow Norfolk lanes with the sun on our backs and the wind behind us to Colton, East Tuddenham, Gressenhall and Great Dunham to our first control in the historic town of Castle Acre. Castle Acre is situated on the Peddar's way in the Nar Valley and as its name implies has the remains of an 11th century Norman castle built by William de Warrenne I. In addition to the remains of the castle there is also a priory which originally housed the Cluniac order of monks introduced to England by William de Warrenne II and his wife Gundrada. I'm afraid all this history was lost on us as the main object of our visit to Castle Acre was the tea rooms to satisfy our hunger and thirst with lashings of tea accompanied by bacon and egg baguettes all served by a very pretty young lady in a bright red mini skirt. (Steady boy...Ed!)

Leaving the comfort of the tea rooms, after what seemed like an excessively long break, we made our way to Tittleshall, close to the deserted village of Godwick. Godwick was bought by Lord Justice Edward Coke in the 16 th century, his later family built Holkham Hall. On to Colkirk, Great Ryburgh and our second control at the village shop and Post Office.

The sun was now lower in the sky and the temperature was becoming cooler as we made our way to North Elmham, and Worthing to Swanton Morley. Originally the airfield at Swanton Morley was part of Bomber Command during the last war but is now home to The Light Dragoons which probably explains the unusual road sign depicting a tank and instructing tanks to obey a speed limit of 20 mph through the village. Fortunately our progress was not impeded by any tanks on military exercise, however a short while later there was a cry of 'puncture' from the back of our group, it was Mac. A quick change of inner tube and we were on our way via Elsing on to a concrete road with a surface more suited to Paris/Roubaix.

It was now mid afternoon, the temperature was still dropping, not that this was a problem for the very hairy, long horned, Highland Cattle happily munching away on their fresh hay as we passed by Easton Agricultural College. Apparently Easton College is part of a Red Squirrel breeding programme. Male and female Red Squirrels are bred then paired up before release into the wilds of Anglesey... it brings a whole new meaning to arranged marriages.

Despite Norfolk being relatively flat the final few km's through Bawburgh were undulating leading to the outskirts of Norwich. We crossed a few busy roundabouts before returning to our finish point at The John Innes Centre for some welcome and well earned refreshments.

- Dave Fenn

106 km Norfolk Nips (No3) Audax

The wind was blowing, it was raining and it was cold however 6 members braved the inclement conditions to ride the Norfolk Nips 3, 106 K Audax on Saturday 16th January. It was certainly an experience, many of the roads were flooded due to the recent melting snow followed by the rain. On one section in particular the road had flooded to a depth of at least 300 mm and there was no option but to ride through, any thoughts of keeping the feet dry were soon dismissed. Despite the weather conditions our spirits were not dampened, three punctures did test our resolve, however the light hearted banter was a welcome diversion. Our group of Brian, Viv, Robin, Mark, Andrew and me were joined by Clive Bradburn a lone rider from the San Fairy Ann CC, he soon joined in with the fun and even waited for us whilst the punctures were mended. Clive sent us a rather nice e-mail the following day thanking us for the company, it has been reproduced below.

- Dave Fenn



Dave

I would like to pass on my sincere thanks to you all for the help you gave me in getting round the Norfolk Nip Audax 100 yesterday.

This was my first Audax and without me tagging on to your group I think I would still be out there now! More important was the camaraderie and humour displayed throughout what was an uncomfortable ride to say the least.

I have to say that the most entertaining was watching Andy? (sorry if wrong name) taking a bend and surfing straight through flood water at about 15mph. Very impressive! The puncture breaks and subsequent round the bike discussions and expert opinions?! made it feel just like a normal club run that I am used to. I felt very isolated on my own for the first 10 miles or so and as the weather worsened I had almost decided that Audaxes were not for me. You lot coming along changed all that and despite the bad conditions I have to say I really did enjoy it. I will certainly look to come along and take part in at least one of your club audaxes when I have an opportunity.

In the meantime, many thanks to you all once again, a day which ably displayed the true spirit and friendship of cycling.

Best wishes

Clive Bradburn.

Money off Cycling

The bike shop in Bildeston, LIFECYCLE UK, the "best bike shop in Suffolk, and probably East Anglia", owned and run by CCS member Rob Morse and ably staffed by Club member Matt Shotbolt and Stewart Tyrrell, offers a 10% discount to CCS members on production of your shiny new membership card.

Please note that this discount is not is not automatically available on complete bikes, or on some other items at the discretion of the shop staff.

Cycling Shorts

The Boxing Day ride was well attended with 20 eager souls hoping to capture the Boxing Day Cup.

It was expertly devised by Peter Whiteley in the form of a treasure hunt which required biking to points out from Lavenham to collect as many answers within 1hr.

I surveyed the assembled group, looking to hook up with someone who would give me the best chance of winning. Brian 'the audax' Mann was the obvious candidate and together with Robin W, our team slowly ventured out into the icy/snowy lanes.

I'm sure I made all the difference to the team effort as I collected 2 answers to Brian's & Robin's total of 14. As we watched others arrive back late and incurring penalty points, I felt confident.

Lo and behold, I, ermm I mean we, won the 1st CCS trophy of the season by a country mile.

Viv Marsh and Andrew Hoppit picked 1st & 2nd prizes for the best fancy dressed bikers. Their tandem was sporting a pretty fairy on the handlebars and as they rode off, it reminded me of the story of the

'Three fairies on a tandem'.



- Bloke at the Back

CCS. Olde Fartes Midweek Rides.

This is something that has been going on informally, for a few years now to help the old/infirm/bored/retired members keep out of trouble. Most cafes throughout the district have been tested and all have passed with flying colours. The attached photo's show what lengths they will go to, to escape into the countryside/seaside, no matter what the weather throws at them.



Obviously all are 'wellard' riders!

PS. I spent 3hrs riding and 2hrs cleaning the ice and salt off of the bike afterwards... Hmm.

If you're into Sportive rides, there is a local one coming up soon around Essex & Suffolk. It goes by the title of Pre Valentines Day Sportive and not surprisingly is on 13th Feb.

It starts from Boxted Village Hall (Nr Colchester) and has 30, 45 & 60 mile routes to suit all fitness levels.



Signing on is from 8.00am, with the 60 mile group leaving at 9.00am., the 45mile group at 10.00am. Cost will be just £4.00. Further info on this website. www.amisvelo.com

Good to see one of the clubs Open Time Trial riders, James, has made it into the top 12 for the East Anglian rankings for short course riders

(10 & 25mile Open T.T.'s) with an average speed of 25.919mph.

It was topped, not surprisingly, by one of our regular Thursday evening visitors, Lee Bark from Stowmarket & DCC.

Birthday wishes were exchanged recently with another cycling club who were also celebrating their 30th birthday on the same evening as us. TeamMK from Milton Keynes, inform us that they now have 350 members (compared to our 60+) but it has to be said that they have a much larger catchment area to recruit from compared to ourselves.

This photo below shows a prototype bike that may be useful for when (!) the snows return.



It will probably cost the equivalent of a small house, but should ensure club rides can continue throughout the winter.

2010 CCS Annual membership

If you haven't yet paid your 2010 subscription, this is now due.

As we're updating our Club records, we're asking all members to complete a new application form.

If you haven't received one by e-mail, please contact Robin Weaver, membership secretary, via the contact page on the website, or e-mail: robinandpam@tiscali.co.uk, or phone 01449 741048, and ask for one.

How many bikes do you have ?

If you have an old bike that is taking up space in your cycle storage facility (shed), then you might like this 'win-win' offer.

If you are willing to donate this bike to me, I will renovate, clean and repair, and then sell on behalf of St. Nicholas Hospice, for whom I am a fund raiser.

I would also welcome bike bits that might be used in renovations. Those parts I can not scavenge I buy from Rob Morse at LifecycleUK, who often lets me have a healthy discount as a contribution to the Hospice.

CCS has already made significant contributions to the Hospice by way of collections at both of the club Audaxes and the community cycling in Bildeston. As of today just over £ 1000 has been raised as a result of this and my bike sales.

I can be contacted on 01449 740 404 also robinsidgwick@hotmail.co.uk

- Rob Sidgwick

The Must Have Cycling Gadget is...

We have all been there, staring at the latest and greatest weight saving bit of carbon fibre trying to convince the purchase.

Well you will be pleased to know that the must have cycling equipment this year will not break the bank and will promote the club at the same time: an orange waterproof jacket!

If you have seen not them about you are probably too late as club members appear to have cleared out the local stock of these items.

But the future is deffinatly orange

