

The Spindle. JULY 2019. cycleclubsudbury.com

The weekend's heat has been taking its toll amongst our CCS riders! Our intrepid Dieppe Raiders have been 'enjoying' the French heatwave (27-37 degs over their weekend rides) during their annual visit across the Channel.

Leon had a nightmarish 50 ride on Saturday which he graphically recalls below.....
Did a 1.53 dead on A11 50 miler. CC Breckland. The hardest race I've ever done...so hot! My heart rate was same as what I did on E2/50 to get a 1.43 odd. Died on my @\$e!!! I will never race in that sort of heat again.

It's interesting to note that Leon still rode a decent time for those conditions!

And me, well I set out into the baking sun and went off to the seaside in the car and enjoyed the sea breezes! What a wimp!!!

Yet another CCS club record has been broken this year with John Bradbury adding the 100mile TT to his recently claimed 50 TT record. Great effort John..

This month's Spindle edition is packed full of interesting stuff! From Ian Lovelock's audax adventures, Angela Lesslie's triathlon activities, something very different from James Newton on the Tour, Caroline's Blog and some welcome words from Brian Webber on riding rules & regs'. Plus all the usual results and reports from June!

It's all so good that I can't wait to read it when it comes out on Wednesday!!

Talking of results, I feel that I am missing some rider's results details as not everyone bothers to send them to me! Some of you are very good sending them in and some are err, not very good. So I've decided to just put in what I receive from now on and if you are not recorded in the results section, well, it's your own fault!

I have also decided to reduce the number of Spindle editions and change it to bi-monthly because as expected, my plea for help getting it out every month has met with a big fat zero.

So, as from 2020, the issues will be as follows:-

February – April – June – August – October – December.

It's not the ideal solution but will be better than me throwing a wobbly at the apathy in seeking help from the members and doing nothing at all. Some feedback on the idea would be welcome!

Rog

One weekend, two rides, 500km! *By Ian Lovelock*

As to the May Day Bank Holiday weekend I rode 300k on Saturday 4 May and 200k on Monday 6 May. Saturday's Green & Yellow Fields started very nicely, my legs were in good form and we made the 75k to Barton Mills in slightly under 3 hours after starting at midnight. My ride buddy, Jonathan, had started in Swaffham and as he had a further 100k in his legs we took an extended rest in McDonalds before departing for Burnham Deepdale at about 04:15 just as the dawn was rising together with Andrew Hoppit who decided to ride with us. The wind was from the north as our trio headed that way to the coast; the wind speed increased quite dramatically before we hit the coast and the leg end with us riding directly into a gale with hail showers pelting us. We arrived at the Café about 15 minutes before it opened at 8 so hung around for breakfast. The Café is not the best of cycling venues as they have not quite got the hang of swift service so it was past 9 when we departed. The wind now behind us we were pushed along accompanied by increasingly heavy hail storms



making Wymondham before lunch and a stop for soup and cake at Waitrose. Back on the bike the weather threw further heavy showers at us to Needham Market and then all was dry to Manningtree for a well deserved pint of "Bridge to No Where" at the station buffet just before 17:00. Cracking ride with Andrew continually asking "what time is it?" expecting the response "it's hammer time" with the trio chasing down another rider (unfortunately he was often disappointed with a silent retort).



Monday was Eastern Counties Cycling Association Festival 200k out of High Easter and run as two 100k+ loops. It was to be Tracey's first 200k so was quite a big day as we kicked out at 08:00 to Waltham Abbey and onto Epping before going the river/canal path to Ware and back to High Easter. I expected to

be in traffic on busy roads on this first loop so was very pleasantly surprised as to how quite the ride was on lovely little roads and cycle paths. Arriving back at High Easter we bumped into Raymond and Jane who were on the 100k before we left for the second loop with about 30mins still in hand. Tracey continued to ride well as we headed to Boreham and down to South Woodham Ferrers before heading back via Kelvedon, Silver End and Great Notley. Again this second loop was on lovely quite roads so it was relaxed riding enabling help to be offered to Tracey with either a wheel to follow or a conversation side by side. We finished at 20:15 with almost 1h30mins in hand and some miles still left in Tracey's legs. We finished the day off with a Pizza Hut meal at Gt Dunmow on the way home. I am very pleased to say that Tracey enjoyed her ride, did not once swear at me and dealt very well with the lumpy parts of the course.



PHOTO'S.....

- Andrew (top) resting at Barton Mill's very early morning*
- Tracey Lovelock (mid) finishing her first 200k (with many miles left in her legs)*
- Jane & Raymond (bottom) chilling out on 100k (Raymond having completed Brevet Cymru 400k on Saturday 4th May*

Audax Report by David Fenn

Raymond continues to increase his lead in the club Audax table by adding another 1000km to his total distance in June; however Ian Lovelock surpassed this by completing two 600 km rides in the space of only 7 days that takes some doing. Ian's exploits in June move him up the club Audax table from fourth to third, snapping at the heels of Andrew who completed two 200k and one 400k which moved him up one place in the table to second. With all the shuffling at the top of the table Jane, who had a bit of a lean Audax month dropped to fourth but is still in contention for one of the top spots in the table. With three months still to go in the Audax season it looks like Raymond will be difficult to dislodge from the top spot in the club Audax table but looks like it could be an interesting duel for second and third positions.

Audax Update June 2019.

Date	Event	Riders
24 th May	Great Dunmow 200k	Andrew Hoppit
25 th May	Bushley 605k	Ian Lovelock
25 th May	DIY South East 400k	Raymond Cheung
1 st June	Bray 600k	Raymond Cheung, Ian Lovelock
1 st June	Manningtree 414k	Andrew Hoppit
5 th June	Dunmow 200k	Jane Watson
9 th June	Ware 205k	Andrew Hoppit

Name	Points	Total Distance Kms	Club Audax Trophy	100	150 km	200	300	400	600	1000 km	Climbing Metres
Ray Cheung	61	6,605	1st	2	1	16	3	2	2	-	39,518
Andrew Hoppit	23	3,192	2nd	8	-	8	1	1	-	-	20,800
Ian Lovelock	22	2,947	3rd	7	-	2	2	-	2	-	22,137
Jane Watson	6	2,679	4th	15	3	3	-	-	-	-	14,317
Tracey Lovelock	22	1,190	5th	7	1	2	-	-	-	-	6,067
Mick Bates	4	1,140	6th	4	2	2	-	-	-	-	5,717
Steve Barnes	4	992	7th	4	1	2	-	-	-	-	3,067
Tony Grimes	2	686	8th	3	1	1	-	-	-	-	3,417
Byron Grimes	2	584	9th	2	1	1	-	-	-	-	2,517
Viv Marsh	2	531	10 th	3	-	1	-	-	-	-	1,350
Brian Mann	2	521	=11th	3	1	-	-	-	-	-	3,650
Robin Weaver	-	521	=11th	5	-	-	-	-	-	-	3,256
Ashton Dyson	-	168	=12th	-	1	-	-	-	-	-	867
Liam Norfolk	-	168	=12th	-	1	-	-	-	-	-	867
Geoff Simms	-	168	=12th	-	1	-	-	-	-	-	867
Don Keen	-	106	=13th	1	-	-	-	-	-	-	700
Nick Reed	-	106	=13th	1	-	-	-	-	-	-	700
Trevor Hale	-	106	=13th	1	-	-	-	-	-	-	700

Local upcoming Audaxes.

Saturday 22nd June, Dunmow 600k.

Sunday 30th June, Dunmow, Hereward the Wake 300k.

Saturday 20th July, CC Sudbury, Bildeston Audaxes, 200k, 160k, 100k.

Saturday 20th July, Dunmow 400k.

Saturday 3rd August, Witham 200k, 100k.

Saturday 24th August, Mildenhall Festival, 300k, 200k, 160k, 100k, 52k.

Saturday 31st August, Shaftesbury, Henham, 200k, 160k, 110k.

Sudbury Triathlon

by Angela Lesslie

This is my experience of this year's event which was well attended by CCS with Dan Adams and Sarah Johnson competing. Isabella Johnson and Cathy Beard took 2nd and 1st place in their age categories respectively.

My son Samuel had been helping to re-set my phone. On re-loading the apps we noticed messages downloading which I hadn't read before. One was from Dan Upton suggesting I write a review of my experience in the Sudbury triathlon.....last year! So, apologies to Dan, who Samuel tells me I have 'aired' (which apparently means 'ignored').

Having come down with a virus and sinusitis two weeks before the event I didn't decide until the day before that I would take part.

It had been a struggle to get my kit together with a headache, but I figured that the outdoor swim (16 lengths) would sort out any lack of focus.



The day started early with check in at transition about 6:30am. By 7:30 all competitors were ready and the first swimmers at 8:00.

Despite receiving excellent swim coaching this year, I swam badly. I had forgotten how murky the water was and although I managed not to swim into the wall, I did bang into the lanes several times and at one point found myself completely the wrong side of the lane. My swim was slow but I felt invigorated as I exited the pool and made a dart for transition.

The atmosphere around the pool is always great with so many people cheering.

Transition went smoothly and it was good to get on the bike. Putting on the helmet before touching the bike is an important triathlon rule so it was nice to get that bit over and cycling when soaking wet didn't feel too bad. The bike route was mostly flat and quick but there were a few hold ups with one accident (thankfully not serious) and congested traffic back into Cornard.

Despite approaching transition 2 in low gears it was a huge shock to the legs to come off the bike and run. The run route double backed behind a fence and I heard my name called; it was Dan Adams who looked as cheerful as ever, which amused me at this point in the race.

The run was a slog but the support from Sudbury tri club was wonderful as each marshal cheers everyone by name. Dan Upton was also marshalling and it was nice to see a familiar face. There was a great atmosphere on the home straight and I paused to High -5 the giant person *in-a-bear-costume* (which very nearly cost me my place).

From there I went straight to the chiropractor tent for my amazing free treatment.

The timing machine churned out a 1:20 with 1st place in my age category so that was a nice bonus too. Sudbury triathlon is a great starting point if you are tempted to have a go next year.

If You Ride Time Trials – Please Read This!

By Brian Webber – Chief Timekeeper



Before you ride a Time Trial, I am sure you are aware that you must be a 1st Claim Member of a club affiliated to Cycling Time Trial (CTT). But before you put your name on the official 'Signing On' sheet, have you ever read what it says on top of the sheet? The very first line states that the event is being run and on behalf of the CTT under their Rules and Regulations as shown in the current handbook. I am conversant with these Rules and Regulations and undertake to abide by them as an official of CCS. So you/we must also abide by CTT, East District and CCS rules including the Highway Code at all times!

Therefore, all riders must observe the law of the land relating to road use at all times....

Riders must conform to all traffic signs, signals and direction indications.

Riders must ride entirely alone and unassisted and not ride in company or take shelter (commonly known as drafting) from other riders or vehicles. A rider overtaking another rider must pass without giving or receiving shelter. Riders breaking these rules will be disqualified!

Riders who perform a 'U' turn visible to the start or finish timekeepers will also be disqualified. If a rider wishes to cross the road, they should dismount and walk their bike across.

Note that the onus of keeping on the course rests with each rider.

'NOTICE' to all marshals, observers and other riders, if you see a rider breaking any of the rules, you must report the incident to the timekeepers directly after the event, giving the riders number and where it occurred.

Be aware that CTT, East District and the police have given permission/consent for our TT's to be held.

NOTE: should a rider be the cause of an accident to another road user, the rider is usually suspended for 6 months from competitive riding. Make sure you have the necessary insurance that covers you whilst riding!

These and regulations are made for your safety including other road users. Please abide by them!

Finally, please remember that the timekeepers do not make the rules, BUT they do have to enforce them!

*Best Wishes in Cycling
Brian Webber,
Chief Timekeeper*



Club Run Co-Ordinator's Report for May-June 2019

Martin North

Venues visited in this period have been Risby Barns, Fillpots at Boxted, Dedham Arts Centre and Alder Carr Garden Centre Needham Market. Most club runs have been around 45 miles and usually back in Sudbury for 12.30-1.00pm.

What has been noticeable is the pace of the medium pace runs has increased and most are averaging close to 15mph for the ride so people are getting fitter and the roads on most occasions, drier. The Social pace group's midweek riding is also paying off in terms of fitness as they are often not far behind the medium pacers.

Ride leaders seemed to have developed a trait of including lots of hills in their routes—a worrying trend, to be adjusted when the club run co-ordinator leads a ride. Star prize for the most hills on a route in this period narrowly goes to Don Keen just pipping Tony Shepherd. Don's route back from Dedham included a gravel strewn climb from Thorington Street to Withermarsh Green, a lovely lane best suited to mountain goats. His A Class achievement was taking the group down Marten's Hill Polstead, then straight back up Polstead Hill. Prize for most new lanes on a ride goes, unsurprisingly, to Viv Marsh on the recent very enjoyable ride to Alder Carr.

The most unlucky rider of the past few weeks is Tony Grimes. He made the big mistake of coming out on his lovely pristine summer bike for the first time this year on a ride led by Sarah. As happened when Sarah last led, the heavens opened. This wasn't far from Stambourne on the return leg from the Blue Egg, and the deluge coincided with a shot like noise as Tony punctured. Fortunately, as will have been seen in last month's Spindle Tony had watched a master class by Liam Norfolk on how to mend a puncture. What Tony might not have remembered was Liam had two more punctures after his initial one and ended up carrying his bike, sorry his Dad's bike, home. True to form, poor Tony had another puncture and a trashed tyre. In a

very gentlemanly fashion he told the ride members not to wait for him in the rain and get home.

Byron saw his Dad safely home.

The innovation of a mystery ride with clues given as to the route and venue was enjoyed by riders on Sunday 23 June. The ride went to Oranges and Lemons in East Bergholt, a new venue for a Sunday Club run, recommended by Dave Fenn and Colin Harris. Very good it was as well. Several new untraveled roads were found en route for many of the group. Another first for the riders was the cafe provided sun hats for those who wanted to sit outside in the courtyard.

There have been some new faces on rides, and Dave Laker continues to lead the social group,



which usually has 5 to 8 members, mainly to the same venue as the medium pace group. The numbers on the medium pace run have usually been about the same. Participation seems to be affected by other events taking place like the Sudbury Triathlon, Audax rides and holidays.

There are ride leaders booked for all rides until the end of July, but offers for leading in August would be welcome. There are two slots to fill for early August, contact Martin if you can help.

Again thanks to Mark Gentry for announcing the rides and to the leaders for planning interesting routes.



Diary Dates

Compiled by Robin Weaver

THURSDAY EVENING TIME TRIALS

4 July; Brent Leigh; sign on by 7.10pm, start 7.30pm

11 July; Acton Circuit; sign on by 7.10pm, start 7.30pm

18 July; Lavenham 10; sign on by 7.10pm, start 7.30pm

25 July; Club Championship; sign on by 7.10pm, start 7.30pm

If you want to ride in the club championship, please sign the sheet

available on Thursdays or email Robin at pamandrobinw@gmail.com

Important TT Request – Marshals needed for the above Series!

Hello Roger.

Could you add a bit to Spindle saying that we're still short of marshals for each Thursday from 25 July onwards; if anyone would like to help, please email Robin at

pamandrobinw@gmail.com

Thanks...

AUDAX RIDES

Fri 5 July; Dunmow; 300k

Sat 20 July; Bildeston CCS/Bildeston Community Cycling audax rides from Bildeston.

Three audax rides;

103k Bildeston Lanes audax; a very popular circular route on mainly traffic free quiet lanes, with cafe stops.

168k 100 Miles of Suffolk Lanes audax; to the coast at Orford, via Thornham, Framlingham, and back via Wickham Market and Debenham; mainly on quiet lanes with little traffic, visiting attractive towns – short bits of minor A and B roads.

209k Suffolk Lanes Extravaganza audax; the big one! Again to the coast at Orford, via Eye, Halesworth, and back via Framlingham and Debenham. Quiet lanes again, and attractive towns and villages, plus the chance to tick off three castles during the day.

On line entry available via the Audax website! Entry £6 by post, £6.50 on line (+£3 for insurance if not AUK or CTC member). GPX tracks available.

Just turn up on the day for the following social/family rides.

A 25 mile Challenge Ride, with a cafe stop; £3 entry. 5 and 11 mile family routes also available; free!

Good routes, route sheets and refreshments, as always with CCS. Book early to avoid disappointment!

SPORTIVES

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

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

Sunday 21 July; Essex Castles, Colchester

ROAD RACES

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

Sun 7 July; Thurlow

Sun 14 July; Great Chishill

Sun 21 July; Hanningfield

Sun 28 July; Abberton

Suffolk Trinity Park Ipswich Circuit races

Weds 3 July

Weds 10 July

Weds 17 July

CYCLOCROSS/MTB/GRASS TRACK RACING

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

2019 Mud Sweat and Gears Series; full details here; <https://www.mudsweatgears.co.uk/>

Sunday 7th July – Hintlesham

Sunday 18th August – Radical Bikes

Sunday 1st September – Phoenix Cycleworks

2019 Maglia Rosso CX Evening Series; full details at <https://www.britishcycling.org.uk/cyclocross>

Tuesday 2 July

Tuesday 23 July

Tuesday 13 August



More from Caroline's TT Blog!

Sunday morning lay-ins are a thing of the past. 16th June - set my clock for 5am but both cat and dog came up just before the alarm - how do they know breakfast will be early?

Quick walk, bowl of porridge, then off to Chelmer CC Spoco course E83/25 'The Viper'

Start time 08.11 and with a 6 mile cycle to the start in an unfamiliar area -

needed to give myself plenty of time. The start and finish in a wooded area and was 3 circuits' - plenty of twists and turns and a couple of hill sections.

I enjoyed the ride after weeks of trying to get quicker by spinning and no improvement on my Thursday times - rode the Viper mostly on the big ring. I managed a time of 1 31-54 putting me 59th. Heavy rain came on the ride back so coffee and cake most welcome.

I know I am being told to spin - not grind - but on Lavenham 10 Thursday the 20th I 'grinded' my way round and managed a personal best on the course 33.08.

Caroline Wyke.

Controversial!!!!

Are these the 10 most important people to influence the Tour De France cycle race ever??? *By James Newton*

On the eve of probably the greatest endurance sports event in the world, Le Tour, it's probably worth taking a moment to think about those who have contributed to, what is a remarkable spectacle that is completed over 21 days throughout July.

The list of riders who have competed is long and everyone has their favourites and favourite moments. I have listed below the 10 people who I personally believe are the most influential athletes to have competed or contributed to the Tour De France, since Maurice Garin won the first edition in 1903 (a very different race to the race we see today!!).

I'm sure everyone will disagree with at least one rider in this list but that is one of the best things about sport, debate!! Ok let's go.....

10) Tom Simpson 1937-1967



Waiting for the 2009 Tour to head up Mont Ventoux on its penultimate day, Greg LeMond sat at the memorial a kilometer below its summit where Tom Simpson fell and died in the 1967 edition of the Tour. For the American and for many others Tom Simpson's importance stemmed not from only his achievements and being almost a pioneer of Brits racing abroad, but the impetus his tragic passing provided to the anti-doping movement and hopefully preventing others succumbing to the same fate.

9) Bradley Wiggins 1980.....



In 2012 the entire nation went through a phase of sticking side burns on, as most couldn't grow them, to honour the first British winner of Le Tour and a few weeks later, winning Gold at the London Olympics for the Individual Time Trial. Inspiring an entire generation to get out on two wheels, the Kilburn Mod-father's influence on youngsters, middle aged men and those of advancing years should not be easily forgotten. The boom in British Cycling, which has seen Brits succeed globally, almost sits squarely on Sir Brad's shoulders. Always cool, classy on a bike and I don't Britain can thank him enough. Cheers Brad!!

8) Lance Armstrong 1971.....

Oooooo!!! Not sure about this one, I can hear everyone saying, however during his “reign” Armstrong competed in some of the most exciting racing the Tour has ever seen. His battles with Marco Pantani and Jan Ullrich were incredible even if all were doped to the eyeballs. Recovering from near fatal illness, though it is thought his doping may have contributed to his condition, he became a beacon of hope for many. Not everyone’s cup of tea understandably but his exploits on the bike during the tour enthused and excited millions, me included. Sorry a lot of you won’t like that one!!



7) Mark Cavendish 1985.....

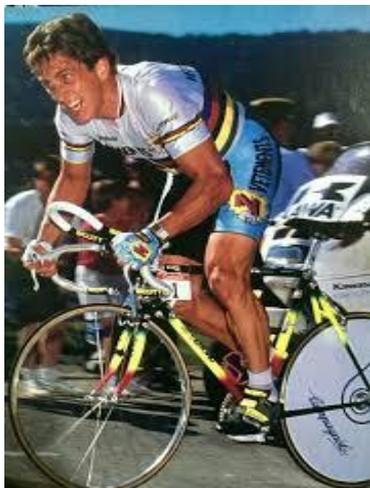
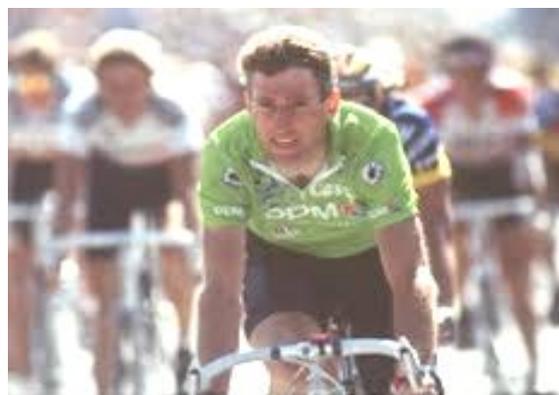


What’s left to say about Cav?? Possibly the greatest sprinter Cycling has seen in the modern era using lead out trains to secure positions in the final Km’s of stages. His place in Le Tour’s history is well and truly cemented with his 30 stage wins and you would be a brave man/woman to say there wouldn’t be more. Often outspoken but incredibly likeable he along with Sir Brad have inspired a Nation. Who can ever forget Wiggo in Yellow leading out Cav to win on the Champs

Elysees?? Unforgettable and gives me Goosebumps even writing about it.

6) Sean Kelly 1956.....

Sean Kelly was a boyhood hero for many cyclists, including myself. Hard as nails and probably the greatest one day racer of his generation. But his point’s jersey victories in 1982, 83, 85 & 89 lifted him to legend status. Although not as prolific as Stephen Roche, he always seemed to be “there” when it mattered. Great Rider now giving deep insight to life on tour with his commentary on Eurosport. I had a poster of him, did you??

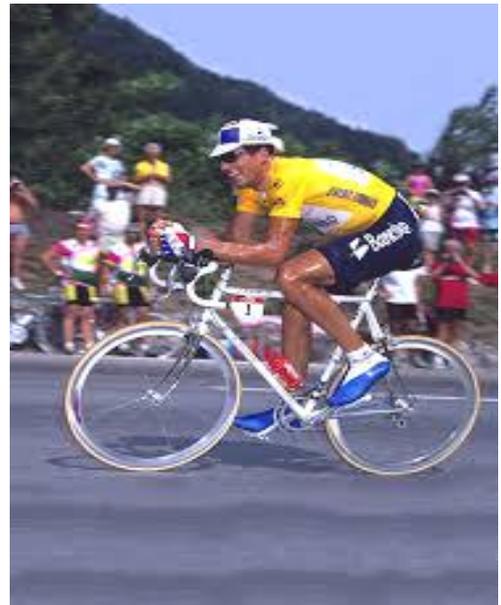


5) Greg LeMond 1961.....

Winner of two of the most dramatic Tours ever and three Tours in all, LeMond was a pioneer of the sport and introduced the sport to the mass markets in America. He was an early adopter of carbon fibre bike and tribars for time trials which are common place now. What is remarkable about LeMond’s Tour victories is the fact that he won his Tours 1) whilst being in constant dispute with Bernard Hinault leading to lack of support from his then team La Vie Claire, and 2) he was 20 minutes from death after a shooting incident. A fierce anti-doping supporter, his public spats with Lance Armstrong were often played out in public and ultimately caused him to lose his fortune in a dispute with Armstrong and Trek Bikes. But forget all that and remember the 8 second victory over Fignon in 1989.

4) Miguel Indurain 1964.....

Indurain won five Tours from 1991-1995 and is the only rider to win all five consecutively. During this period he was pretty much unbeatable, winning the Giro in 1992 & 93 as well. His cardiac capacity was freakish with his blood reportedly taking 7 litres of oxygen around his body compared to 3-4 litres for a normal human & 5-6 litres for top level cyclists. His resting pulse rate was said to sit at 28bpm. Indurain was tested 14yrs after his retirement to study the decline in top level athletes and he was still found to have the lung capacity of many top tour riders. Phenomenal on the TT bike, once holding the hour record, his lung capacity allowed him to climb despite being 6ft 2in and weighing in at 12st 8lb. Terrific man as well, I know I met him in Andorra!!!!



3) Chris Froome 1985.....



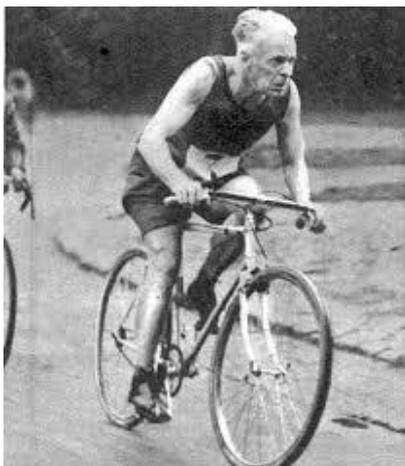
What is left to say about Froomey? Four time Tour winner, household name and general all round nice guy. Possibly lacks the personality of Wiggo, Cav or G but his record in Grand Tours is just incredible. His Tour de France victories have come in an era when the sport has been dictated by science and research and arguably Froome's dominance can be accused as being boring, but when you see the yellow jersey attacking Peter Sagan on a flat sprint stage in Marseille or attacking in the first week of a tour, riding at close 60mph on the top tube to secure a stage victory I beg to differ.

2) Eddy Merckx 1945.....



Greatest Cyclist ever?? Hard to disagree. Winner of 525 races including 11 Grand Tours, The Cannibal was a pure genius. Winning five Tour De Frances between 1969-1974 and winning all four jerseys in 1969. Unfortunately I'm not old enough to have seen Eddy race and have to rely on You Tube for coverage but watching the footage that is on line just adds to his legend to me. The most successful winner of Tour De France stages with 34 wins in an era that never used "lead out sprint trains". Unless Cavendish wins four stages in the coming two years, it is unlikely that this record will ever be beaten. Again, The Greatest????
(He gets my vote! – Ed)

1) Henri Desgrange 1865-1940



Finally, the number one.

The Father of Le Tour and organiser from 1903-1935, Desgrange was no mean rider himself once holding the Hour record along with eleven other world records. He retired from competition in 1895 and devoted himself to writing about the organisation of the sport, which led him to be Chief Sports writer for struggling Newspaper, L'Auto-Velo. Henri Desgrange threw his weight behind an idea to run a multi stage race around France promoted by L'Auto-Velo. This caused National excitement and rescued the Newspaper. The rest, as they say, is history but it is fair to say that when the excitement builds throughout June into early July and we watch the superstars of today, none of us, Riders or Fans, would be enjoying the sport to

the degree we do now without the foresight of Henri Desgrange, hence he is the Greatest influence on the Tour De France in my opinion. Is he yours???

Hope you enjoyed this, slightly self-indulgent; but it helps to build the excitement for July. Many nearly made my list but it is so difficult, have a go yourself, great fun!!

Oh what fun indeed, but I must say when James sent this through with a note to say I might not like it as it's different. Too right I didn't like it as I was cross with myself for not thinking of doing the same thing!!! James has put together his top 10 T de F riders who have influenced the race.

I have to say he has 'just' about got it spot on except forFroomey, who I would swap places with Wiggo...Froomey is a bit like Marmite, you either like him or you err don't. He has never inspired or excited me or a million others (as Wiggo has) and still can't blow his nose without crashing into a wall at 40mph. The only time I slightly warmed to him was his Giro win where he came from absolutely no where towards the end to claim the Maglia Rosa.

Wiggo on the other hand just oozed 'Boys Own Stuff' nearly every time he performed in the various disciplines! His farewell winning ride with Cav at the Ghent 6 Day still brings the hairs on the back of my neck to stand up thinking about it..And no matter how many times Froomey has won the Tour, Wiggo will always be the First Brit to do so!



The only other rider I would have included would be Bernard Hinault; another 'Hardman' who rode in all conditions (pic left) to accumulate a fabulous 'palmares' and gave the French their last T de F winner!

I would substitute him for Armstrong who showered the Peloton and cycling in general with long lasting shame with his systemic doping and bullying! Horrible Person!

Note: I think that the hardest of the Hardmen was without doubt England's Sean Yates - read his book 'It's All About the Bike' to find out why!)

So, if you don't agree with James' top 10 or have an alternative list, send it in to me as this could run and run.

**** If any of you get a half a chance to go over to French France this month and catch some of the T de F, grab it with both hands...you won't regret it!**

C.C.S. Riders - Open T.T. Results - JUNE 2019

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
June 1st	Anglia Velo - Bungay - SPOCO	B10/44	D.Fenn	10	27.15	32nd
June 2nd	Tour of Cambridgeshire Chrono UCI Qualifier for World Champs	Cambs	G.Johnson	16.4	42.27	24th in Age Cat
June 2nd	Tour of Cambridgeshire Chrono UCI Qualifier for World Champs	Cambs	S.Kirk	16.4	47.21	9th in Age Cat
June 2nd	Godric CC - Broome - SPOCO	B50/19	J.Bradbury	50	01.53.18	2nd
June 2nd	Godric CC - Broome - SPOCO	B50/19	J.Rush	50	02.04.20	8 th - 3rd H'cap
June 5th	CC Breckland - Snetterton	B25/8	D.Day	25	53.39	8th
June 5th	CC Breckland - Snetterton	B25/8	J.Rush	25	55.47	15th
June 8th	Maldon & DCC - Bradwell - SPOCO	E21/10	D.Fenn	10	29.31	43rd
June 8th	Maldon & DCC - Bradwell - SPOCO	E21/10	J.Bonneyhood	10	27.42	22nd
June 9th	Ely & DCC - Ely - SPOCO	B1/10R	D.Fenn	10	28.49	19th
June 15th	Godric CC - Bungay - SPOCO	B10.43	D.Fenn	10	26.51	43rd
June 16th	Cambridge CC - Newmarket	E2/50	J.Bradbury	50	01.48.36	24th PB
June 16th	Chelmer CC - Leaden Roding - SPOCO	E9/25	C.Wyke	25	01.31.54	59th
June 20th	VTTA - Newmarket	E2/10	S.Triplow	10	23.06	51st
June 22nd	Victoria CC - Saffron Walden	E1/10A	S.Triplow	10	25.32	30th - 2nd lady Fastest lady Vet
June 22nd	North Norfolk Wheelers - SPOCO	B10/5R	D.Fenn	10	27.24	28th
June 22nd	North Norfolk Wheelers - SPOCO	B10/5R	T.Law	10	38.35	29th
June 23rd	ECCA - Newmarket	E2/100	J.Bradbury	100	03.46.26 30th - PB	New CCS mens 100 record.
June 27th	VTTA - Newmarket	E2/10	L.West	10	20.23	?
June 27th	VTTA - Newmarket	E2/10	D.Day	10	21.29	?
June 27th	VTTA - Newmarket	E2/10	J.Rush	10	22.22	?
June 27th	VTTA - Newmarket	E2/10	G.Johnson	10	22.41	?
June 27th	VTTA - Newmarket	E2/10	S.Triplow	10	23.15	?
June 29th	CC Breckland - Snetterton	B50/20	L.West	50	01.53.00	?
June 30th	Southend Wheelers - Bradwell - SPOCO	E21/50	J.Bradbury	50	01.56.46	4th
June 30th	ECCA - Leaden Roding	E91/10	T.Law	10	DNF	

Open TT Round-Up

June seems to be the month for long distance rides with 6 ridden, with John continuing his monthly improvements with a new PB in the Cambs CC 50 on the E2 and a fabulous 100 ride which saw him create a new CCS 100 record also on the E2 by over 8mins on Damon's existing record! This is extra to his 2nd place in another 50 in the Godric event earlier in the month and a 4th at the Southend Wheelers 50 event at the end of this month!



Damon continues to put in good rides with a very decent 53.39 on the lumpy but fast-ish B25/8 25mile course on the A11 and a 21.29 on a difficult evening in the E2 VTTA event where holdups and a less than helpful wind hampered his time. He seems to have problems with his riding mojo at the moment but hope he resolves

it, "As fishing Damon, is not an alternative or acceptable option"

Leon also rode the same event and was over ½ min slower than his PB time last month with a none too shabby 20.23! He also rode the Breckland 50 on the Sunday just gone and really suffered with the stifling heat to ride a very good 1.53.00 in those conditions. James put in a 22.22 on the E2/10 which was just 4secs off his season's best so far but was also disappointed with the hold ups at the roundabout and the niggling wind. He had better conditions in the 25 (if you discount the rain) also on the B25/8 with 55.47. A first 50 of the year also at the Godric saw him back 8th fastest and 3rd on handicap. David Fenn rode in 5 events this month concentrating on 10's and all SPOCO orientated. Not surprisingly he has a healthy lead in the SPOCO league comp with a best of season time on the Godric event of 26.51.



Sue Triplow (left) is putting in some very good times this season with an excellent 23.06 in the E2 VTTA and beating our former golden girl Mandy by 11secs in the process!

Caroline (right) put in another good performance in the Chelmer 25 event; details of which she has shared with us further up this edition. Gary and Stewart entered the Tour of Cambs Chrono TT which was a qualifier for the World Champs Gran Fondo in Poland this year.



One of our newer members, John Bonneyhood, entered Maldon's 10

recently and returned a good 27.42 time. Not sure if that was John's first TT event. Perhaps you could let me know John?

And finally, it's nice to see *super vet* Terry (left) is on the TT Open roads again and rode the North Norfolk Wheelers event to ease himself back in, after some earlier appearances in the Evening Series to sharpen up the senses! A DNF on the ECCA event on the E91 last weekend probably means he either punctured or had problems with the heat that day?



Rog

CCS SPOCO Competition



Well, this competition is certainly getting interesting. We are about half way through the season and David (pic left) sits at the top of the pile with a huge 1537 points from 18 events. But I'm sure John, with

1043 from 9 rides, has a few events up his sleeve to start reeling David in who in turn has to work harder for his points at the less pointy end of the results than John does who is at the very pointy end of the positional results! David scores an average of 85pts per ride, compared to John's 116pts per ride; hence David's need to enter more events! Next up, James & Leon sit in limbo land pursuing the quicker non Spoco courses but expect Caroline to overhaul both of them with her new found enthusiasm before the year is finished.

CC SUDBURY SPOCO LEAGUE TABLE 2019

POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	18	1537
2	John Bradbury	9	1043
3	James Rush	5	512
4	Leon West	4	466
5	Caroline Wyke	6	445
6	Gary Johnson	3	299
7	Damon Day	1	110
8	Dan Upton	1	102
9	John Bonnyhood	1	100
10	Graham Buckles	1	96
11	Sarah Johnson	1	92
12	Terry Law	1	92
13	Ian Millard	1	69

Rog

CCS Thursday Evening Intercub

CCS - WSW INTERCLUB TT Lavenham 10 course 20 June 2019							
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	WSW	CCS Points
1	BOB BUSH	CCS	1	39.41			
2	MARK EASTWOOD	WSW	2	28.56			
3	MALCOLM BORG	WSW	3	26.21			
4	DOZ BREE	CCS	4	25.06			
5	JAMES HARMAN	CCS	5	24.56			
6	CAROLINE WYKE	CCS	6	33.08			
7	DAVID FENN	CCS	7	28.30			
8	DAVID HOWES	WSW	8	DNS			
9	JAMES RUSH	CCS	9	24.09	7		44
10	DAVID GRIFFIN	WSW	10	23.14	4	47	
11	MEGAN FREE	WSW	11	31.37			
12	STEPHEN HITCHCOCK	CCS	12	27.10			
13	VIV SMITH	WSW	13	26.10			
14	RICHARD FARROW	WSW	14	24.18	8	43	
15	MATT SHOTBOLT	CCS	15	24.02	6		45
16	CHARLIE HEEKS	CCS	16	27.30			
17	LAURA BROWN	WSW	17	26.55			
18	JIM GREENWOOD	WSW	18	28.26			
19	GARY JOHNSON	CCS	19	24.30	9		42
20	MATT SHINGLETON	WSW	20	23.04	3	48	
21	CHARLIE KNOWLER	WSW	21	27.00			
22	GRAHAM BUCKLES	CCS	22	27.06			
23	TERRY LAW	CCS	23	41.51			
24	DAN UPTON	CCS	24	26.20			
25	DALE STURMAN	WSW	25	22.34	2	49	
26	JOHN STEED	WSW	26	28.35			
27	PETER NICHOLS	WSW	27	27.09			
28	DARREN SHARMAN	WSW	28	26.22			
29	ROB DAVIES	CCS	29	23.53	5		46
30	PAUL ROOKE	WSW	30	24.32	10	41	
31	ADRIAN ABLITT	CCS	31	30.41			
32	LEON WEST	CCS	32	21.54	1		50
WEST SUFFOLK WHEELERS						228	
CYCLE CLUB SUDBURY							227

As you can see from the above results, CCS was beaten by a solitary point against a strong WSW contingent. We were short of two of our quickest riders due to other commitments and feel sure the result would have been reversed had they ridden. But they couldn't and we didn't!! So CCS lose an inter club competition for the first time in a very long while. Well done to all our riders for making the effort to support the club during the evening and to Leon (right) for grabbing 1st place so emphatically!

Rog



CCS Thursday Evening Series Report

The CCS Evening Series continues unabated despite the latest round being cancelled by some inappropriately positioned traffic lights which rendered our 3 operational courses unusable! So the current points are as you were from the week before.



Since the last report, Oscar in 2nd place has scored a further 250pts compared to leader Alex's (left pic) 109pts to close the gap at the top. With Alex on 480 and Oscar on 434pts, it's getting interesting! Izzie has had a bit of a barren time during this period but holds onto 3rd place from dad Gary who is just one point behind on 315 thanks to a big gain earlier in the month. Lindsay and Mollie in 5th & 6th places have been accruing points steadily to keep in touch. With Charlie and Rob not far behind, I can see Caroline, 10th at the moment, slowly moving up the leader board.

Rog



And finally, my usual page filler rider gallery



Cycle Wickham Sportive 2019

www.cyclewickham.co.uk

SUNDAY 8th SEPTEMBER 2019

Event address: Bridge And Ivy Farm, Wickham Market, Suffolk IP13 0AA

Thanks again for your support in 2018!

We enjoyed a great day last year – this year will be BIGGER AND BETTER!

Join us for our 3rd annual Sportive! A fun day for riders of all abilities and a chance to enjoy the beautiful countryside in Wickham Market and surrounding area.

Brand new spacious venue – with ample free parking

Fully signed routes with Marshals

Medals & Goody bag with Protein Bars for each rider

Free Hog Roast (or veggie option) and beverage included in the Ticket Price

Tea , Coffee and Cakes available

Play Barn for under 7's (charge applies, Must be accompanied by a parent)

ENTRIES NOW OPEN: 25, 50, & 75 miles distances (price to include Free Hog Roast & Beverage)

	EARLYBIRD*	NORMAL	ON THE DAY
25 miles	£15	£20	£22
50 miles	£20	£25	£28
75 miles	£20	£25	£28

Why not take advantage of our Early Bird offers before 16th June 2019

Tickets and further information on our website

www.cyclewickham.co.uk/wickham-sportive

We are proud that all proceeds from this event will be supporting **Wickham Market Community First Responders** who provide an invaluable service in our area.

What more could you want? We have it all covered for you!

All information on our website, any further queries, please call Jacky on 07803 907187

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