

The Spindle MAY 2015 cycleclubsudbury.com

What a difference a month makes, as the temperatures pass double figures everyday and getting dressed for a bike ride doesn't involve wrapping up with multiple layers of restrictive clothing. The season is well underway with the 2nd of our own CCS organised Audax on the horizon at the end of this month (30th May) from Long Melford. Andrew Hoppit has regained the organiser's reins from Peter Whiteley who ran quite superb events while he was in charge. More info in the Diary section! The Thursday Evening Time Trial Series is already in its 2nd week and judging by the large field that assembled on the 1st week, it will be another unqualified success this year. With Brian Webber at the helm, what else could it be!

The Juniors have restarted their activities and I understand there is room for even more participants, so are there any sons, daughters or grandchildren from club members (or friends) who might benefit from some expert training on the bike? We have another British Cycling recently qualified coach in the perfectly formed shape of David Fenn to help with proceedings so there's no excuse for not using the facilities on offer.

Open Time Trials continue to attract a good following from CCS members and already some quick times have been recorded which is fairly unusual so early in the season. Their winter training is producing the desired effect apparently.

David Fenn's thoughts on his 1st Open 25 mile TT for 37 years is a good motivator to us all, whatever age we are!

I have included an article from Jody Downs (Robins Row Insurance) who has highlighted the 'possible need' for riders to have personal accident insurance. He was prompted to bring this to our attention by being 'in the same group' when CCS members Lee Ford and James Newton were involved in an incident during a training run recently, with Lee spending the night in A & E with various nasty injuries. What he says is thought provoking and I don't feel that Jody is just touting for business, but is outlining the risks and consequences out there on our bikes. Make your own minds up if you feel it's worthwhile and if so, I'd be much happier dealing with someone in the know, who also happens to be a fellow CCS member and would have our best interests at heart!

Further on, Viv Marsh gives us an overview of his recent running of the CCS Audax from Wormingford in late March and some problems he may face in future events!

Another newspaper article has been plundered for some fascinating details of Cycle Speedway in which our own Len Finch was prominent and quite a star in the 1950's. He's 84 years young and still competing on his bike this season and an inspiration to us all!



And for another inspirational character, have a look at the 1 Year Time Trialler, Steve Abraham, on his latest machine.

With his right ankle in a plaster cast, he is currently using this ICE recumbent to pedal one legged around Milton Keynes Bowl to keep his mileages losses to a minimum while he waits for his ankle to heal. Now covering around 60 - 80miles a day he is now 2000miles behind at the time of writing and hopes to up the miles and get back on track before the year is up. If this doesn't pan out, I understand he may restart the record attempt in the summer. Phew...mad, bonkers or just plain heroic! You decide..

Cycle speedway: The 'skid kids' who raced bicycles on WW2 bomb sites

By Emma Ailes BBC News



Speedway rider [Len Finch](#), standing on the far left of the picture, with his Walthamstow Wolves team-mates in 1950

In the post-war UK, groups of teenagers found a use for the crumbling bomb sites that scarred their cities - they raced bicycles on them. How did this hazardous and haphazard pastime become a hugely popular sport?

"The back wheels skid wildly, the cinders fly, and another rider makes a four-point landing on crash helmet, hands and knee..."

This was the scene painted by The News Chronicle and Sunday Illustrated. The year was 1950, and hundreds of people had turned out to line a dusty bomb site in south London to watch the hottest new sport around - cycle speedway.

Born in the aftermath of World War Two, cycle speedway grew from humble beginnings.

Groups of teenage lads with little to do took rickety old bicycles, not otherwise roadworthy, and began racing them on makeshift tracks in the rubble of the UK's war-ravaged cities.

They were imitating motorcycle speedway - which rose to huge popularity between the wars, with tracks all over the UK that drew large crowds.

The bicycle-riding "skid kids", as they were affectionately known, wore battered old crash helmets, leather jerkins and bibs proudly marked with their team's emblem.

By 1949, the Daily Graphic estimated "the number of teenage enthusiasts of this post-war craze was anything between 30,000 and 100,000".

Races were televised by the BBC, and national newspapers including the *Daily Mail*, the *News of the World* and *The Star* followed the results.

There were more than 200 clubs in east London alone, and even the Duke of Edinburgh was said to be a fan.

The phenomenon spread across the country. Portsmouth, Birmingham, Newcastle, Glasgow, Cardiff and many other British cities each had numerous teams. Wherever the bombs rained down, speedway tracks rose from the ashes.



One of the original skid kids was Len Finch. He grew up in wartime Walthamstow, north-east London, and started cycle speedway racing at the age of 16 in 1946.

"Where we lived in the East End there were lots of bomb sites. They were a draw for kids - they were untamed land," he says.

"My bike was an old frame my dad bought for five shillings, and some old wheels put on. No brakes or anything. And the handlebars were bent up high like bull horns - people used to make them out of gas piping.

After the war it was just a matter of make do and mend. It was a Cinderella sport."

Their kit was homemade, their bikes had no gears or brakes, but many of the boys soon became master mechanics and riders.

Finch remembers joining together with other kids from the area to clear rubble off a bomb site behind St James Street station in Walthamstow.

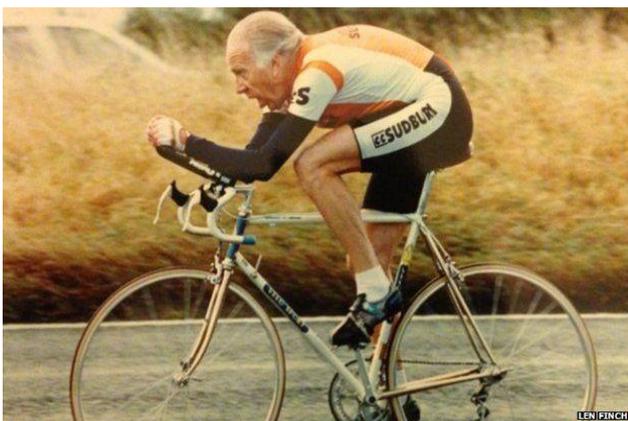
They formed their own club called the Walthamstow Wolves, complete with branded bibs, team manager and mascot.

Soon they were racing teams across London, including the Warwick Lions in Hackney, the Tottenham Kangaroos, the Beckton Aces and the Portway Penguins. One of the best were the Stratford Hammers, who were based on a large bomb site at West Ham.

"You'd go round and round with your leg out left, racing against each other," Finch recalls. "We all wanted to be motor speedway riders when we grew up, so I suppose we were aping them."

In a time of post-war austerity and rationing, the bombsites offered a "paradise" of freedom for urban teens, says sports historian Simon Inglis.

"It was the birth of youth culture that hadn't existed before, which enabled kids to have a completely separate identity to their parents for the first time - cycle speedway was something that no adult did." This heyday of cycle speedway was short-lived. By the late 1950s, bomb sites were steadily being cleared away, potential riders were being drafted into the armed forces for National Service, and most clubs gradually petered out.



What remains of this era is photographs, newspaper cuttings and memories of days spent skidding through the dust. But the sport still exists. There are still thriving clubs and a national league.

And for Finch, cycling has remained a passion.

He still competes in veteran road races despite being 84 years old. And he shows no sign of slowing up - even after more than 70 years in the saddle.

"Everybody says isn't it time you packed up? I always say to the people older than me, 'Time you packed up and gave us youngsters a chance'," he says.

"Why do I keep doing it? It's something that gets in your blood, that's all I can say."



Personal Accident Insurance *from Jody Downs*

Although all at CCS promote and encourage safe cycling, unfortunately accidents do happen. This was highlighted recently when a CCS member's group ride resulted in a stay in hospital for one rider. Although the injuries sustained were not long term they certainly could have been far worse.

How many of us have Personal Accident Insurance?

If you have personal accident cover does the small print exclude cycle racing, time trials or alike?

Who needs personal accident insurance? Perhaps those who are self-employed or if your employment contract only provides full or adequate pay for a short period of absence from work?

Would you need financial support if the unfortunate happened and you were injured whilst racing or riding which resulted in a period of being unable to work and not being paid?

How long would you need cover for 12month or 24 months?

If as a result of your injuries you cannot go to work insurance cover is available to receive a weekly financial benefit for being 'temporarily total disabled' in addition to 'death' and 'permanent total disablement'.

You can choose your weekly payable benefit for example - £200, £300, £400, £500 or higher but this is usually restricted to 75% of usual weekly income. Cover is usually '24 hour' and therefore provides cover for accidents at work and resulting from general day to day activities.

There are certain schemes available including those from national cycling organisations but some offer cover restricted to 'death or permanent disablement only' and don't offer the financial crutch of a 'weekly benefit payment' if you are unable to work for a prolonged temporary period.



Snap Shot

Here is our poorly soldier Lee during his stay in A & E showing off his multiple injuries. Certainly looks like he did a proper job. But I'm disappointed his Spec Savers cycling kit has been already discarded as the headline would have been **epic.....**

'Should have gone to.....!'

Sorry Lee! Get well soon and more importantly, we hope the bike is alright!

Snap Shot

A lovely photo of CCS folk enjoying themselves on their Wednesday ride, taken alongside the River Stour at Mistley recently. On that day they were led by David Fenn and despite an enjoyable stop at the Animal Sanctuary (yes, *they all managed to get out!*) mutterings about the amount of hill climbing they had to endure, were rife amongst the almost happy group!!!



SPINDLE DIARY – MAY 2015

Audax rides

Monday 4 May; Chelmsford; 50, 100k
Saturday 23 May; Dunmow; 600k
Saturday 23 May; Waltham Abbey; 600k
Saturday 30 May; Windsor/Chester/Windsor

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, 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.

Further details and entry to all these rides via the AudaxUK website at www.aukweb.net/events; anyone can enter these events.

Sportive and charity rides

Full details, and entry for most events, on the British Cycling website at <https://www.britishcycling.org.uk/events>

1 - 4 May; Pedal Norfolk, Holkham Hall, Norfolk

Sunday 3 May; Cambridge

Monday 4 May; Norwich Cycle Swarm

Sunday 10 May; Suffolk Sunrise

Sunday 10 May; Velo Club Oyster 65 mile sportive; Mersea; details here; <http://www.vcoyster.org/2015-sportive.html>

Sunday 17 May; Boudicca sportive, Norfolk

Sunday 17 May; Tour de Tendring

Sunday 17 May; Tour of Dengie, Maldon

Sunday 24 May; Bergholt Bomb-Along, in aid of Alzheimer's Society; 3 routes; £11 pre-entry; details at www.bomb-along.com

MTB racing

This season's Mud Sweat and Gears series is now under way; details at <http://www.mudsweatgears.co.uk/>

Sunday 10th May, Hadleigh Farm, Regional Champs, Essex

Sunday 7th June, Thetford Forest, Norfolk

Road racing

Not in May, but worth noting the dates in advance;

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.womenstour.co.uk/stages/index.php>

Saturday 12 September; Stage 7 of the **Men's 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 TRAINING RIDES

Tuesday evening fast training rides have now started, at 6.30pm from near the Post Office Sorting Office on Church Field Road, Chilton Industrial Estate, Sudbury, CO10 2YA, for a 1 hour fast training ride. Lights are going to be needed for the first few rides, since sunset is at about 7:30pm.

A PLUG FOR THAT STAPLE RIDE OF CYCLING CLUBS, THE CLUB RUN

The weekly social club run leaves Market Hill Sudbury at 9am every Sunday. About 35-40 miles, with a cafe stop, at the speed of the slowest rider. Back about 12.45 – 1.00pm. Visiting riders welcome.

The shorter club run is usually the first Sunday in every month. A shorter club run for people who haven't done a club run, new members and those thinking of joining – everyone else welcome as well. About 25-27 miles, speed that of the slowest rider, cafe stop halfway. Just turn up! Bring your friends and relations. 9am from Market Hill, Sudbury.

IMPORTANT CYCLE CLUB SUDBURY MARSHALLING

2015 THURSDAY EVENING CLUB TIME TRIALS

Each T/T rider (over 19yrs only) is required to marshal during the season (but you do get points for marshalling). We're starting off asking if you could fill in **one** date when you'd like to marshal.

THIS YEAR, YOU WILL NOT BE ABLE TO RIDE TIME TRIALS UNTIL YOU HAVE PUT YOUR NAME ON THE MARSHALLING LIST.

We may need to ask you to marshal a **second** time, depending how things go. Marshals need to report at least half an hour before the start time. At least one marshal each week needs a car. Below are the highlighted slots that need filling please.....

DATE	TIME	COURSE	MARSHAL 1	MARSHAL 2	MARSHAL 3
16 April	6.45pm	Lavenham 10	Dave Fenn	Tom Moore	Dan Upton
23 April	6.45pm	Brent Eleigh	Steve Barnes	Damon Day	---
30 April	6.45pm	Acton Circuit	David Crisp	Peter Goff	---
7 May	7.00pm	Hitcham Hilly	Colin Harris	Terry Law	---
14 May	7.00pm	Lavenham 10 (Inter-club; CR)	Trevor Hale	Barbara Law	Simon Norton
21 May	7.00pm	Brent Eleigh	Ashton Dyson	Jonathan Weatherley	---
28 May	7.00pm	Lavenham 10	Stefan Bush	Bob Bush	Tim Radford

4 June	7.30pm	Acton Circuit	Roger Rush	Rob Davies	---
11 June	7.30pm	Hitcham Hilly	Jody Downs	Graham Buckles	---
18 June	7.00pm	Lavenham 10 (Inter-club; WSW)	Sandra Mackay	Justin Bellward	
25 June	7.30pm	Lavenham 10	Darren Pratt		
2 July	7.30pm	Brent Eleigh	Ian Millard	David Miller	---
9 July	7.30pm	Acton Circuit	Gary Pamment	Lee Ford	---
16 July	7.30pm	Hitcham Hilly	Simon Wright	Matt Traynar	---
23 July	7.30pm	Lavenham 10 (Club Championship)	Peter Whiteley	Mark Gentry	Colin Dales
30 July	7.30pm	Brent Eleigh	James Rush	Roger Rush	---
6 August	7.00pm	Hitcham Hilly	James Newton	Mat Shotbolt	---
13 August	7.00pm	Acton Circuit	Jamie Howe	Joe Swain	---
20 August	6.45pm	Lavenham 10	Doz Bree		
27 August	6.45pm	Brent Eleigh			---

Road Racing



As you may know we have booked our Road Race to take place on the morning of Sunday 23rd August '15. In addition to this "Regional B" race that's open to all 3rd and 4th Category riders we are also hosting a Women's only race that will be run at the same time. I'm hoping that we can build on last year's success and having the Women's race will encourage some of the local girls to try the sport on roads they are familiar with.

I'm looking for a number of volunteers to assist before and on the day of the event with the numerous jobs involved to make it an event we can be proud of. We need people to carry out roles such: as signing-on, putting up signs on the course, drivers for the

lead cars and other support vehicles, marshalling, and of course we can't have an event at all without someone who can make a decent cup of tea!

I appreciate that the date is the height of the holiday season so please put this date in your diaries and let me know if you're able to help a.s.a.p.

I am separately arranging for the Officials from British Cycling to be in attendance and have booked the Nation Escort Group motorcycle riders for the event.

If you want any more information please drop me a line. I'll be publishing more details once they are confirmed. Please see the event details on the BC website:

<https://www.britishcycling.org.uk/https://www.britishcycling.org.uk/events/details/125850/CC-Sudbury-Road-Race>

Thanks in advance for your help.
Best regards

Darren Rule

Here's an interesting little records chart. It's an age related record of the fastest rides of all the distances ridden in Open Time Trials. Len Finch has been updating this for the club since the 1990's. It's something for all you Veterans (40+) to aim for!

CYCLE CLUB SUDBURY VETERANS AGE RECORDS – NOVEMBER 2014					
Distance; miles	Age		Rider	Time	Year
10	42		Jonathan Weatherley	20.31	2014
10	48		Robert Davies	20.44	2014
10	50		Simon Daw	21.59	2014
10	61		Alan Wiseman	22.31	1999
10	64		Alan Wiseman	22.38	2002
10	67		Alan Wiseman	24.57	2004
10	69		Len Finch	25.26	2001
10	72		Len Finch	25.48	2004
10	77		Len Finch	25.57	2009
10	78		Len Finch	27.12	2010
10	81		Len Finch	28.02	2013
10	82		Len Finch	29.51	2014
25	42		Jonathan Weatherley	52.42	2014
25	44		Robert Davies	53.11	2010
25	46		Robert Davies	54.12	2012
25	49		Simon Daw	55.28	2013
25	62		Alan Wiseman	55.49	2000
25	63		Alan Wiseman	59.49	2001
25	64		Alan Wiseman	1.00.51	2002
25	67		Len Finch	1.03.30	1999
25	68		Len Finch	1.05.05	2000
25	76		Len Finch	1.06.14	2008
25	78		Len Finch	1.07.57	2010
25	80		Len Finch	1.12.51	2012
25	81		Len Finch	1.14.03	2013
25	82		Len Finch	1.13.24	2014
30	41		Jonathan Weatherley	1.05.01	2013
30	46		Rob Davies	1.08.15	2012
30	60		Alan Wiseman	1.11.51	1998
30	62		Alan Wiseman	1.12.52	2000
30	63		Alan Wiseman	1.14.01	2001
30	65		Len Finch	1.18.03	1997
30	70		Len Finch	1.18.54	2002
30	74		Len Finch	1.22.07	2006
30	75		Len Finch	1.25.01	2007
30	77		Len Finch	1.27.10	2009
50	42		Jonathan Weatherley	1.49.29	2014
50	46		Rob Davies	1.52.50	2012
50	49		Simon Daw	1.56.45	2013
50	50		Simon Daw	2.03.20	2014
50	61		Alan Wiseman	2.04.55	1999
50	62		Alan Wiseman	2.09.56	2000
50	63		Alan Wiseman	2.10.58	2001
50	64		Len Finch	2.11.25	1996
50	68		Len Finch	2.14.32	2000
50	76		Len Finch	2.18.06	2008
100	48		Damon Day	4.08.48	2014
100	58		Stewart Kirk	4.28.55	2011
100	63		Len Finch	4.58.27	1995



The second edition of the Wormingford Audaxes

went off with possibly even more success than the first edition last year. Apart from the weather perhaps! A strong south westerly wind led to many people returning to Wormingford with a mixture of pain and relief written across their faces. This wind continued to strengthen through the afternoon and into the evening so the toughest challenges were met by the later riders on the 200km

Dragon route. A complete gravel all the way from Debenham to Wormingford. One rider rode back home to Debenham afterwards and reported that the returning leg was 45 minutes quicker!

We were inundated with a late rush of entries for both events and were overwhelmed with the huge rise in entries for the 200km Dragon – about double what we had last year! It was a PBP qualifying event but a lot of the entries were from non-AUK members so I can't really explain why that was.

In fact the high number of late entries was the only real problem. With some excellent help from the parking stewards and the repeated kind loan of the over flow area at Simon Cousins' yard we managed not to have a parking problem; but sending both events to the same café for the lunchtime control did appear to overstretch their otherwise excellent facilities.

If we run this event again next year we will have to look at that aspect more carefully, probably changing the Dragon route again and taking it elsewhere for the middle control. I'd find that a shame as the revised route received many compliments from those who rode it.



An alternative would be to limit the number of entries but I know this would also be met with resistance. However we are considering carefully what we do next year as unfortunately the current arrangements lean too heavily on my wife Sarah. Her continued back problems mean that the catering arrangements will have to be reconsidered.

Yes - the Mammoth Soup is under threat of extinction!

Hopefully we will come up with something but at the present time any 2016 edition is officially "Under Review". Thanks to everyone who contributed to the event and/or rode one of the distances. I hope everyone enjoyed it.

Viv Marsh



David Fenn on his colour co-ordinated Raleigh on the Bungay course

Snap Shot of David Fenn

“My time in today's (19th April 2015) 25 TT on the B25/50 course at Bungay was 01.16.04. I was hoping to beat evens...must try harder! I have just looked back through my old records and notice my last 25 mile TT was 28th August 1978 in a time of 01.04.21 in the Comrades event on the old E1. It's amazing the effects 'old father time' has on the body. I was 28 in 1978 and trying to make a comeback after 7 years during which I got married, bought a house and had a daughter” I'm about to enter the Maldon 25 on the 10th May!

A reminder from *Brian Webber* to **Riders new to The Evening TT Series** this year and also the regular riders.

As you may be all aware we have *the Colchester Rovers Interclub* on the **14th May** & the *West Suffolk Wheelers Interclub* on the **18th June**. Robin is in contact with Nick Webber of Col/Rovers to get the names of their riders a week before the event and I will be contacting Neville Pettitt of WSW to get the names of their riders a week before the event. **However we will also need the names of 1st claim CCS riders a week before these events.** We may have some new members who are not aware of this.

They can contact me at the evening TTs or by Email spindlenut@btinternet.com

And this year could we please make sure **we have someone there to do the pushing off**, if you recall last year the person did not turn up to push off!

Perhaps they pushed off as well before the start? (Oops, sorry Brian....Ed)

Many thanks

Brian Webber (Timekeeper and co-ordinator)



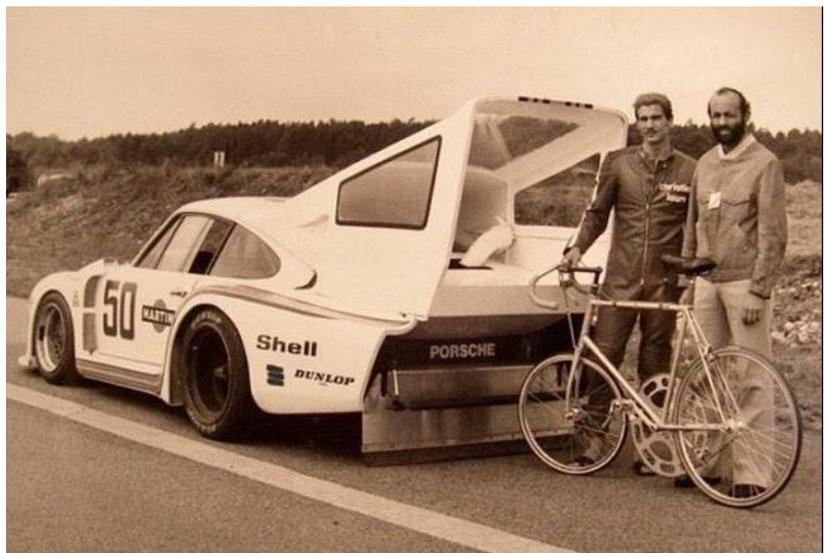
And talking of timekeepers, we are getting short of them! Is there anyone out there who would like to 'train up' to become an assistant timekeeper for occasional stints behind the watch? As Brian points out its not 'rocket science' and would suit any member/wife/girlfriend/friend/family etc, who doesn't take part but would like to 'part' of it all. Speak to Brian if you know of anyone please!

Worth watching this clip on youtube re: cycling incidents! (Not Lee's!)

<https://www.youtube.com/watch?v=CfWzeGlaFvI&sns=fb>

Snap Shot

Here's a photo I came across recently which combines my two passions, Endurance racing cars and biking. The car is probably a Porsche 935 (with 'some' modifications and about 800bhp on tap!!!) and the bike....well it is anyone's guess! Look at the front chain wheel; it's nearly as big as the front wheel! The front forks are reversed and it was used for a bicycle land speed attempt in 1979.



The rider was Jean Claude Rude

and managed to get up to 160kph before his front tyre blew up! It didn't trouble the existing record of 205kph set on a German Autobahn! The driver of the car (on the right) is Frenchman Henri Pescarolo who won four 24 Hour Le Mans races in the 70's & 80's

Junior Coaching.

by David Fenn

The club junior coaching sessions started again on Saturday 11th April on the playfield at the rear of Cornard Sports Centre. A few of the regular members were still on School holidays so numbers were slightly depleted, however we were still able to have a lively session based on bike handling, control and cornering. We completed the session with a series of races using the techniques learnt during the session. Well done to everyone for insisting on completing the final 10 minutes of the session in pouring rain. Welcome Esther Troughton to our junior coaching group, sorry about the soaking at the end of the session.

With the end of School holidays our second session on Saturday 18th April was much better attended. We were able to put six of the youngest members in one group and six of the older members in a second group in order to make the sessions more relevant to age and ability. The youngest group continued with the bike control techniques learnt the previous week with the addition of riding under a limbo pole (not as easy as it sounds) and riding one handed whilst collecting a water bottle. The second older group were learning the techniques for riding in a group, moving around in the group, the importance of communication and finishing with a pursuit race. Our new member this week was Molly Cutmore, welcome, we hope you have fun during our coaching sessions.

Cycle Suffolk / Suffolk Sport support our Coaches and have asked to film our session on Saturday 9th June. The intention is to make a short video about how Cycle Suffolk / Suffolk Sport provide support to local clubs, the video will then be put on their website and provide useful publicity not only for them but also for Cycle Club Sudbury. For further information about CCS Junior Coaching Group contact David Fenn Tel 01787374284 or email dr.fenn@tiscali.co.uk

Woman on Wheels (WOW).

by David Fenn

Woman on Wheels events are mass participation rides for woman in support of local charity. Bury St Edmunds have organized a WOW event for Sunday 5th July in aid of St Nicholas Hospice. The Kingfisher Leisure centre in Sudbury is hosting a WOW event on September 20th, starting from AFC Sudbury stadium and in aid St Nicholas Hospice. For each event there are three distances, 5 mile, 20 mile and 50 mile to choose from. The routes for the Sudbury events have been designed by CCS club members who are also involved with providing technical assistance. These events are not just for experienced woman cyclists they are intended to encourage more woman to take up cycling for pleasure and to improve fitness. Our club has only two woman signed up as members, hopefully with our club being involved with the organization of the Sudbury WOW we will be able to encourage a few woman to swell our female numbers. For more information go to www.suffolksport.com

Girls Cyclocross *by Martin North*



Tabitha on the Course

At the end of February several of our juniors under the colours of Ormiston Academy successfully took part in a British Cycling organised Cyclocross event at Castle Manor School, Haverill. On a very cold and damp morning around a hundred competitors from across the region including East London Clubs, Welwyn, Lowestoft and Norfolk, raced against each other in their age and gender groups

Molly and Tabitha, two of our juniors, with school mates Shannon and Catherine competed against other under 14's on a demanding undulating 800 metre course which had some fast tarmac sections and technical hilly and grass/ sections. For most of the Sudbury based riders this was the girls' first experience of cyclocross and the British Cycling staff's good organisation ensured it was a good one for them.

A fast uphill start on tarmac saw the riders on road/ cyclocross bikes pull away from those on MTB's and the riders with previous experience maintained positions in the lead group. However once on the slower grass and mud technical sections those on MTB's closed up. There were several falls which split the field up during the second lap on a challenging narrow track which had a nasty slippery camber down into ditch.

A youngster from the Welwyn club capitalised on her previous experiences of competitive riding and won the event in some style. Our juniors who rode MTBs showed some good bike handling skills and determination and as a result won gold in the team event.

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
April 4th	Stowmarket & DCC - Debenham	BS33	J.Rush	20	49.19	14th
April 4th	Stowmarket & DCC - Debenham	BS33	J.Bradbury	20	49.50	17th
April 4th	Stowmarket & DCC - Debenham	BS33	D.Crisp	20	50.58	24th
April 4th	Stowmarket & DCC - Debenham	BS33	B.Lee	20	01.03.26	52nd
April 4th	Team Sales Engine-Caxton Gibbert Cambs	F2A/10	B.Law	10	32.07	77th
April 4th	Team Sales Engine-Caxton Gibbert Cambs	F2A/11	T.Law	10	37.32	80th
April 6th	Bishops Storfrod CC - SPOCO - Ongar	E15/25	R.Davies	23	59.46	19th
April 6th	Bishops Storfrod CC - SPOCO - Ongar	E15/25	B.Law	23	01.31.04	54th
April 11th	Lea Valley - Newmarket	E2/25	J.Weatherley	25	56.09	32nd
April 11th	Lea Valley - Newmarket	E2/25	J.Downs	25	56.37	37th
April 11th	Lea Valley - Newmarket	E2/25	D.Crisp	25	59.42	68th PB
April 11th	Lea Valley - Newmarket	E2/25	B.Law	25	01.25.07	123rd
April 11th	Kings Lynn CC - Mundford	B25/33	J.Bradbury	25	01.02.14	7th
April 19th	Wolsey RC - Bungay	B25/50	J.Rush	25	59.20	11th
April 19th	Wolsey RC - Bungay	B25/50	D.Fenn	25	01.16.04	48th
April 26th	VTTA - Rougham	B10/38	I.Millard	10	25.12	
April 26th	VTTA - Rougham	B10/38	M.Traynor	10	27.25	



And finally.....

It was good to see Wiggo go out on a high after his Paris - Roubaix ride.

Is anyone heading up north to take in the 3 Days of Yorkshire stage race this weekend in which Wiggo's newly formed team will be taking part? (Including Wiggo himself)

I see his attempt at the Hour Record at the London Velodrome in June was sold out within 7 minutes from going on sale! I hope I can report a new world record in the next edition!

**Keep sending in the photo's and the little reports as they help to give Spindle a more balanced look about it.*

Rog