

**Just** when you thought it was safe to come out with the good weather arriving, it goes all haywire and reverts back to winter mode. It's had a bit of a knock on effect for events as some Open TT's have been cancelled and the cold mornings have put riders off from riding. I'm sure it will improve and get back to normal....won't it?. (Rumour has it that next weekend's temps will be in the high 'teens!)

**It** didn't stop the new Thursday Evening Series from starting recently although the numbers were a bit down for the first one but have since picked up. We seem to be the Evening TT epicentre to all of our neighbouring clubs as they take the opportunity to use and ride our courses. Talking to a 'visiting' rider recently who regularly rides our evening series, he remarked that they are a good mix of 'decent' courses that are getting harder to find in the area and in which other local clubs are struggling to find and use. Encouraging words! Members from the newish Sudbury Tri Club are the latest to tryout time trialling on our courses this season for the first time and seemed to enjoy the experience. With themselves, Boxford BC, Hadleigh BC and ourselves, we could even start up a mini league for newcomers to the sport. Just a thought!

**Let's** hope the weather turns and will be a glorious sunny day for Andrew Hoppit's Audaxes from Long Melford at the end of this month, where there are opportunities to ride alongside some of the Stour from its source to where it joins the sea. There are 100km and a 200km rides are available on the day for you all to enjoy yourselves. More details further on.

**In** this issue, Gary Buckles puts himself under the spotlight in the Rider Profile + the usual Time Trial roundups + the latest up to date CCS SPOCO list, an interesting article on the London Design Centre highlighting bicycle design a look back 10 years to see what was news in 2006 in the Spindle and a report on an Audax that involves pork pies!

**Below** is a timely reminder from Brian Webber about the upcoming Interclub details with Colchester Rovers in which all TT riders should make an effort to ride in so we can secure another victory.

*Cycle Club Sudbury & Colchester Rovers interclub will be on 12th. May, first rider is off at 7pm. Any Cycle Club Sudbury 1st. claim rider who wishes to take part must let me know by Friday 6th. May at the latest, so that I can do a start sheet, you can email me at [spindlenut@btinternet.com](mailto:spindlenut@btinternet.com) or give me your name at Thursday evening TT. Please note 1st. claim riders from Colchester Rovers & CCSudbury will be set off first, 2nd Claim members and other riders will go after the competitors from the 2 clubs.*

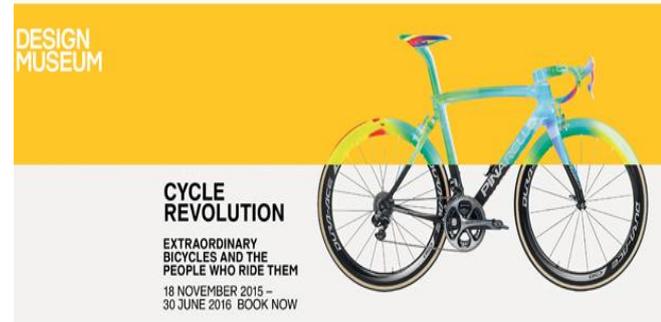
*Thanks, Brian Webber.*

# London Museum of Design

## Cycle Revolution

By Andrew Rogers .

A few weeks ago my wife and I had to go to the American Embassy in London which is situated in Grosvenor Square to renew my wife passport .Having to make an appointment does have one big advantage it speeds up the whole process and allowed us time to do something more interesting .After conducting our business we made our way by tube to Tower Bridge and then walked (quite a long walk ) to The London Museum of Design which until the 30th of June is situated at Shad Thames London SE1.Here they are holding an exhibition called Cycle Revolution which I thought might be having a look at .Jan decided to sit in the coffee shop and do her Sudoku while I perused the exhibition and hopefully got my £13 worth .



The exhibition is not designed to be a history of cycling but rather a reflection of where cycling is at the moment and perhaps what it will be like in the future .There are a number of famous cycles from the not so distant past these include Sir Bradley Wiggins 2015 hour record bike and 2014 World Championship Time Trial Machine ,The Lotus Type 108 ,a 1978 Breezer Series 1( I must say that I had never even heard of that machine let alone seen one before ) and the earliest known example of The Brompton folding bicycle .It is quite an impressive display which I really enjoyed seeing .Some of you may have owned the now iconic Rayleigh Chopper an example of which is displayed .Engineers are always looking for new materials to work with but there are a couple of bicycles on display made out of wood and also bamboo .

They have divided we cyclists into 4 specific groups High Performers ,Thrill Seekers ,Urban Riders and Cargo Bikers .Working in Cambridge I get to see all of these groups but only if you count trying to get from point **a** to point **b** dicing with mad car drivers and blind pedestrians a thrill .On a more serious note the number of Cargo bikers has increased dramatically in Cambridge in the 10 years I have been working there and I am sure the numbers will increase and not just in Cambridge .Quite a number of cargo bicycles of varying designs are displayed which personally I found very interesting

Six independent British Bike Builders are featured some of which you may be acquainted with I had



only heard of two, Dahon and Mercian Cycles .The others are Toad Custom Cycles Hartley Cycles Robin Mather Cycles and Shand Cycles .There is also a booth showing a bike builders workshop with all the tools ,materials and skills that combine to create a bespoke machine .Brooks saddles are also featured .

You can listen to Lord Norman Foster and Sir Paul Smith discuss their passion for cycling and hopes for the future in one of the booths .The exhibition closes with a glimpse into the future of cycling .The needs

of cyclists in of both city centres and urban places will be taken into serious consideration by those who plan and design our towns and cities and will greatly influence their infrastructure.

I was disappointed that there were no tandems or trikes on display in the exhibition and I told them so too .Yes the space they have is limited but I am sure they could have found room for at least one of each .In conclusion do I think it is worth a visit ? On the whole I would say yes even though I think it is a little on the expensive side. I guess I am just not use to London prices .The coffee shop is quite reasonably priced and the gift shop will quite happily take your money in exchange for any number of books on cycling not to mention mugs tee shirts etc, etc.

Andrew

## CCS SPOCO COMPETITION

**The CCS's own SPOCO competition** latest points are shown below and it's worth remembering that it's only the best 5 scores during the season that will count for the final positions. So although it seems there are riders with loads of points at this stage, you still have time to rack up some points during the season.

James heads the number of events entered and points amassed at the moment, but others will surely bide their time and pick events to ride, hoping to gain good positions. Leon appears to have scored some high points and looks handily placed. David Crisp, Justin Bellwood and David Fenn have also posted some good points positions. I expect Jody to climb up the table now that he is almost back to normal and 'full' fitness after a bout of 'man flu' and other ailments!

*The participating events are shown in the March edition of Spindle and are also in the CTT handbook.*

*The simple rules are also in our club's handbook and I was grateful to Robin for including it as I totally forgot what the format was when writing this!*

CCS 2016 SPOCO RESULTS & POINTS													
Name	Ely Feb14	Ploms Mar12	CCS Mar15	WSW Mar19	Stow Ap2	Wolsey Ap10							
Damon Day		107											
Dan Upton			90	91									
David Crisp			108		104								
David Fenn			81	84	64								
David Miller			70										
Graham Buckles			83										
James Newton			94										
James Rush	106	108	107	109	112	118							
Jeff Wilson			75										
Jody Downs													
Justin Bellwood			106	104									
Lee Ford			102										
Leon West			112	112	113								
John Bradbury													
Mandy Bunn													

**The official SPOCO East** competition shows James in 4<sup>th</sup> place of the 40 riders who have scored points so far, with 554pts which is just 2 points behind Andy Kennedy from Ipswich BC and a regular CCS Evening Series TT rider. David Fenn with 229, Justin with 210 and Damon with 107 are our only other scorers at present. Jody, John Bradbury and Mandy Bunn have yet to ride a Spoco East event and register some points.

## 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/>

Monday 2 May; High Easter; 50, 110k

Sunday 15 May; Lound; 160k

**Saturday 28 May; CCS audax rides from Long Melford**

**106k Tour de Stour**

A mini Tour of the river Stour, last organised in 2008. Starting from Long Melford heading downstream towards Dedham before returning and then upstream to Haverhill.

**212k Grand Tour de Stour**

Covers the entire length of the Stour; last organised in 2008.

Starting from Long Melford, reach the sea at Harwich, then return to Long Melford and travel upstream to near the source at Great Wratting.

If you're not riding, why not help out at a control or the HQ? Andrew Hoppit, the organiser, would be delighted to hear from you; [andrew.hoppit@gmail.com](mailto:andrew.hoppit@gmail.com) or mobile on **07528 498036**

Further details and entry to all these rides via the AudaxUK website at [www.aukweb.net/events](http://www.aukweb.net/events); anyone can enter these events.

## 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 8 May; Framlingham

Sunday 15 May; Bradwell

Sunday 22 May; Mersea

Sunday 22 May; Snetterto

Sunday 29 May; Bury St Edmunds

**MTB RACING** 2016 Mud Sweat and Gears Races; Dates and Locations; <http://www.mudsweatgears.co.uk/>

Sunday 8th May – Norfolk, Venue TBA

Sunday 22nd May – South East – TBC

Sunday 5th June – Hadleigh Park, Essex – Combined East and South East Regional Champs

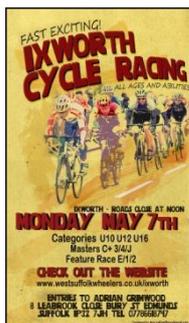
Sunday 3rd July – Carver Barracks, Essex

Sunday 21st August – Radical Bikes, Essex

Sunday 4th September – Ickworth House, Suffolk

Sunday 25th September – Langdon Hills, Essex

## ROAD RACING



Further details on the British Cycling website; <https://www.britishcycling.org.uk/road> **Monday 2nd May; Ixworth Criterium** races; great for spectators, and very near home!

An 8 race criterium programme, run by WSW.

The day long series of races including elite, women's and junior races, each of between approximately 20 mins and an hour long takes place on a closed road circuit of some 900m around the village centre, and is aimed at riders of all ages and abilities. Keep an eye open for CCS entries; enter via the BC website.

Sunday 15 May; Colchester

Saturday 28 May; Woodbridge

## **CYCLOCROSS**

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

## **CCS TRAINING RIDES**

1) Tuesday evening fast training rides, starting from near the Post Office Sorting Office on Church Field Road, Chilton Industrial Estate, Sudbury, CO10 2YA, for a 1 hour fast training ride. The CCS Facebook page is the best place to check out times and dates for these rides.

## **BILDESTON COMMUNITY CYCLING**

Our Tuesday evening rides leaving Bildeston Market Square at 6.45pm have now restarted for the summer. These are community rides, not training rides, but good fun. All welcome, just turn up. We regret no children under 12, no unaccompanied children under 16.

Any queries contact Robin Weaver; e-mail [robin@cycleclubsudbury.com](mailto:robin@cycleclubsudbury.com), or phone 01449 741048.

## **CCS YOUTH COACHING**

The Saturday morning sessions with the Club's British-Cycling trained coaches have now restarted for the summer; for details contact David Fenn (see below) or the CCS Juniors Facebook page. The coaching sessions will start at 10 am and last about 1 hour. £1 a session for CCS juvenile members, £2 a session for non-members (juvenile club membership costs £5.00 per annum). Youngsters between the ages nominally 5 to 12 years old are welcome; It would be appreciated if anyone wishing to take part could contact David Fenn, Coaching Co-ordinator; [dave@cycleclubsudbury.com](mailto:dave@cycleclubsudbury.com) or phone 01787 374284.

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## **CCS SHORTS.....**

1)

### **Handy Cafe Opening Locally**

Dear Darren and Robin,



*I am writing to inform you of my cafe opening next week on 29<sup>th</sup> April. **Cafe Como** is a new venture aimed at cyclists and walkers and we are situated on the A1141 at Brent Eleigh. The Cafe will be open 8 am until 2 pm on Friday, Saturday, Sunday and Bank Holidays but I will also open at other times if you call me first (for example on a Wednesday).*

*Miranda Elgar - Owner*

2)

### **New date for Awards Evening & Dinner?**

CCS has arranged for the Annual Dinner and Awards Evening to be held on the 12th November of this year.

Quite a few members felt that holding it in early February in the New Year, so long after the season had finished, took the shine off it and lost its connection with the proceeding years competitions and events.

It won't be without its logistical problems but the committee are confident they can be overcome and that the new date proves to be a popular move!

3)

## **Boxford Tornado**

Shown in the photo alongside is our little gathering before setting off on the recent Boxford BC Tornado Sportive.

Leon West, Jeff Wilson, Simon Daw, James Newton, Ashton Dyson, Simon Norton.

Also floating about somewhere were Viv Marsh and Graham Buckles.

*Ashton Dyson*



4)

## **Audax Pen Found**

Brian says to Mick "I found this Audax pen. Is it yours?"

Mick replies "Don't know, give it here." He then tries it and says, "Yes it is"

Brian asks "How you know?"

Mick replies, "That's my handwriting"!

5)

## **Juniors**

After one false start, due to inclement weather, we finally held our first outdoor coaching session of the year!! Sixteen hardy children kicked off the season and only had to contend with one heavy rain shower.

The junior coaching sessions run on Saturday mornings from 10am for one hour and cost £1 for members and £2 for non members.

Most sessions are held on the sports field at Gt Cornard Sports Centre although we also use Gt Cornard Country Park as an alternative. Details can be found on our Facebook page –

[www.facebook.com/ccsjuniors](http://www.facebook.com/ccsjuniors).

*Chris Sampson*

6)

## **Evening Series TT's**



Leon & James

The series is now well on the way with 3 events already been completed. A pattern seems to be emerging with Leon carrying over his winning ways from the Open TT's and continuing it onto Thursdays with 2 wins from 3 (one was spent marshalling). James has followed him home in 2<sup>nd</sup> place each time and won the Acton event, closely followed by Damon. It's not surprising Leon already leads the point's competition, with a mighty 336, followed by Dave Fenn on 161, Andrew Bigg 128, Justin 84 and Dan on 80. It was nice to see our new lady member Mandy Bunn, (pic alongside) out on the Acton circuit riding her 1<sup>st</sup> CCS TT with a good 24.07 and in CCS colours!





## RIDER PROFILE No. 3

**Name... Graham Buckles**

1) Occupation and how many years have you been cycling?

Plumbing & Heating Engineer

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

Elswick Hopper when I was 12 years old

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

Bianchi 928 C2C – Moda Sharo TT bike – Trek Xcaliber 7 MTB

4) How many miles do you average a year:

2500 miles

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

60 Miles riding the Boxford Tornado

6) What was the best ride you completed and why:

Riding around the Snetterton 300 Race circuit – as the chance doesn't come round very often

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

Bungay 10 mile TT (Pub for a 10 mile course) which I think is a typo for **PB**, or I hope it is!!!

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

Falling off my Bianchi outside LifecycleUK shop in Bildeston and breaking my collarbone!

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

As above...

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

Mark Cavendish

11) What do hate most about cycling?

Nothing comes to mind..

12) What bike would you most like to own?

Specialized Venge

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

Garmin Edge 500

14) What is your favourite ride?

Brent Eleigh TT course!

15) What are your cycling strengths and weaknesses?

Strength – My weight helps me go downhill fast(ish) Weakness – my weight doesn't help going uphill without a struggle..



# Open TT Results and Roundup for April

## C.C.S. Riders - Open T.T. Results - April 2016

Date	Event	Course	Name	Dist	Time	Notes
Apr 2nd	Stowmarket & DCC - SPOCO East - Deb'ham	BS/33	L.West	20	46.00	8th <b>Fastest</b>
Apr 2nd	Stowmarket & DCC - SPOCO East - Deb'ham	BS/33	J.Rush	20	46.17	9th <b>Team</b>
Apr 2nd	Stowmarket & DCC - SPOCO East - Deb'ham	BS/33	D.Crisp	20	48.15	17th <b>Prize</b>
Apr 2nd	Stowmarket & DCC - SPOCO East - Deb'ham	BS/33	D.Fenn	20	58.42	57th
Apr 9th	Lea Valley CC - Newmarket	E2/25	D.Crisp	25	55.43	73rd
Apr 10th	Wolsey RC - SPOCO East - Bungay	B25/50	J.Rush	25	58.13	3rd
Apr 24th	VTTA - Rougham	B10/38	J.Downs	10	23.13	
Apr 24th	VTTA - Rougham	B10/38	J.Rush	10	23.30	
Apr 24th	VTTA - Rougham	B10/38	D.Day	10	23.52	
Apr 24th	VTTA - Rougham	B10/38	J.Bradbury	10	24.28	
Apr 24th	VTTA - Rougham	B10/38	I.Millard	10	27.58	
Apr 24th	VTTA - Rougham	B10/38	D.Fenn	10	27.58	
Apr 24th	VTTA - Rougham	B10/38	C.Harris	10	29.48	
Apr 24th	VTTA - Rougham	B10/38	D.Miller	10	32.26	
Apr 30th	Cambridge CC -	F2D/10	D.Crisp	10	23.21	39th

**Just when our Open TT riders** thought it was OK to come out and score some good positions and times, out comes our multi club record holder Jody (see pic) and showed them how it should be



done by posting the fastest CCS time in the recent VTTA event on the A14 course at Rougham. Despite being only half fit, (his words, not mine!) and riding his first TT this year, he led home James and Damon as they all got into the 23's on a very cold and windy day. Nothing changes I guess and class will always shine.

John Bradbury made his first appearance with a good mid 24 followed by Ian Millard and David Fenn (*Fennos*) who both clocked the same 27.58 The remaining duo of the inseparable Three Musketeers *Harros* and *Millos*, also battled the conditions to record times conducive to the cold temps!

Earlier in the month, Leon pipped James and David Crisp in the Stow 20miler in which the trio also claimed the fastest team of the day prize. David Fenn continued his stellar form and rode well again

David Crisp picked a good day to ride the E2 (despite the rain!) to record a great early season 55.43 with James picking up a very good 3<sup>rd</sup> overall the next day up on the Bungay circuit against decent opposition.



## CCS Audaxers “Bring Home the Pork Pies”

by Raymond Cheung

Eagerly awaited for this new calendar event 'The Cambridge Pork Pie 200km' on 19 March 2016 organised by Nick Wilkinson, with an early season challenging north westerly excursion through Cambs, Rutland (England's smallest historic county), Northants and Leics. The route involved a ride of two halves, beginning with a flat 1st leg to and last leg from Oundle, with a hilly 2nd/3rd section to and from Melton Mowbray sandwiched in between.

Arrived at HQ in Girton, NE of Cambridge and met up with fellow club Audaxers Brian Mann and Simon Norton for an overcast and drizzly 8am start amongst 100 starters. We soon hit a 16 km stretch of dedicated smooth tarmac cycle path directly next to the 'guided Busway' a bus shuttle system on concrete tracks connecting Huntingdon, St. Ives with central Cambridge. We discovered it has its downside in that the path is built on a flood plain with some large puddles to negotiate, no different to submerged rural lanes. You have to remain vigilant, looking out for other users, joggers, horses, and opposing cyclists and bollards. Warning shouts of bollards became frequent, with Simon quipping 'bollards – is that a new form of swear word' which I found very amusing. After St Ives, we were back to quiet country roads with hardly a car passing by, with a numerous red kites hovering above us. With the abundance of surrounding wildlife, I am too often guilty in not appreciating them. It's a shame that I tend to think more about the next cafe stop.

After a brief stop in upmarket Oundle (58km), we head into the hillier terrain soon after passing a famous landmark, the UK longest brick Harringworth viaduct with its 82 arches. Brian said he used to deliver some that the bricks used in the construction and I believed him for a moment before realising I had been fooled. On the steep ascents I just rode at my tempo and tried to hang onto Brian's wheel, whilst Simon would distance us and then ease off until we caught up. Next section of A-road made for a quick but not so enjoyable arrival to Melton Mowbray (107km) the half way point.

I had a decent cafe stop here with a chance to recharge my legs for the return stage. A quick visit to the *Ye olde pork pie shoppe* and I returned with 2 medium and 2 large famous Melton Mowbray pork pies to the awaiting duo. I somewhat got carried away with my purchase and found I had no way to carry them on the bike back to Cambridge, with only a small handlebar bag on my hybrid. Simon only had a medium size rear rack bag and that appeared full. Fortunately Brian had his double panniers on his tourer. Problem solved it appeared.

The much longed for wind assist return leg back heading south easterly to Oundle (159km), offered a more scenic route, again with very little traffic, but more lumps. On the climbs I was beginning to feel my legs burning as the amount of ascending was now taking its toll, whilst Brian exclaims that he feels his front wheel is lifting due to the extra load he was carrying on the rear wheel. Looking up at the skies, we were now followed by circling blackbirds overhead. We stopped off at the Bean cafe in Oundle for another tea break. This time I didn't feel too hungry and opted for a strange light snack of porridge and vanilla thick shake topped off with cream.

Last stage from Oundle proved to be the easiest leg, generally flat with one or two bumps along the way, passing RAF Alconbury with its Replica Northrop F-5E Tiger II at the entrance gates. Having to pass through Huntingdon on a one way system with numerous red light stops was most frustrating. Soon onto another peaceful dedicated cycle path leading to St Ives and finally the Busway cycle path back to Girton. We virtually had the deserted whole path to ourselves with the edges lit by small solar powered Cateyes. Finally arrived at Girton 8:30 pm to a welcoming hot homemade soup and Madeleine cakes served by a very hospitable Mrs Wilkinson, whilst seated at the tables.

*With total event time of 12.5 hours, riding time of 9hrs 52 mins, total climbing 1900m and 2.8 kg of pork pies, it was mission accomplished.*

*Audaxing – it's all about grinning, not grimacing.*

### ***In The News***

**Terry Law** has suffered a setback that might possibly jeopardise his season. Racing in the "Gemini" on the Eastway circuit in London last week Terry had inexplicably been beaten in the finishing sprint by riders he would normally expect to win from.

Writing that *set back* off as a "bad day", on Friday Terry competed in the opening event of the White Jersey Series, a 22 mile TT in Reigate and finished an unbelievable 9 minutes behind the winner. Something was clearly wrong, and subsequent examination at Colchester General has revealed that he is suffering from DVT. Terry is now undertaking a week of daily injections, at the end of which time he may learn if he is likely to be sidelined for long.

**The clubs Audax Champion, Brian Mann**, travelled down to Heathfield, East Sussex for the curiously named "Tea Bag 200" over 201 kms. The route took in Pevensey, Rye and Dungeness before coming back via what the organiser described as a "hilly-ish" return. Brian says that it was a nightmare and the hardest ride he has done for some time, he even found the very low 32 x 30 gearing he fitted in readiness was only just rideable.

Nevertheless he succeeded in completing his 11th 200km plus event in consecutive months, and now has just one event to go before he gains admission to the "Randonneur Round the Year Roll of Honour"

**Simon Wright** is currently the best local roadman by some way, and he was at London's Eastway circuit for the Whitewebbs CC event over 1 hour plus 5 laps. Although the weather was warm there was a light rain for the whole of the race, which had attracted a good field of 50 riders.

There were a succession of attacks launched right from the start, but all were quickly brought back. Simon himself attacked after 15 minutes but was caught again within the space of two laps. This pattern repeated, but unsuccessful attempts to get away continued until there were only 10 minutes of the race remaining when Kenny Baker (Colchester Rovers) and Kevin Chambers (API) finally got clear and gained 40 seconds.

Simon bided his time until 4 laps to go and then launched his final effort up the main drag, jumping clear of the field and getting across to the leading pair with 3 laps to go. He then sat on until the final 100 m when he gave everything in the sprint to the line to win by 2 bike-lengths, with Kevin Chambers 2nd and Kenny Baker 3rd. Simon has now won both his starts this year (last year he won 5 from 6) and will next be in action in the LVRC National Championships at the end of May.

**It's not only on the bike that CC Sudbury members are active.** The club had two members running in the London Marathon. **Barbara Law** is an old hand at this event, but her preparation was somewhat disrupted this year and she was therefore satisfied with her 3 hr 57 minute time. For **Rob Davies** it was his first attempt at the distance and he ran a very creditable 4.08. Rob had been hoping to go sub 4 hours but paid for starting just a little too fast. Well done to them both.

**On a very cold and windy Saturday morning Len Finch** travelled to the E3 course in Cambridge for the University CC's 10 miler. The cross wind was a real nuisance for most of the way round, and especially so over the infamous A14 hill, and Len finished with his slowest time in a long while when recording a disappointing 30.21. To make matters worse, and send Len home in a bad mood, the organisers had not provided any refreshments and the "result board" was a pathetic couple of A4 sheets pinned to the wall. Riders really do deserve better and organisers who apparently just can't be bothered do the sport no credit at all. The feeling of camaraderie that generally exists around the Result Board, when riders gather, tea in hand, to compare performances, is an essential element in the long traditions of the sport.

## **Evening Point Series.**

### **20th April 2006 – Lavenham 10**

CC Sudbury's Evening Points Series got underway for the 2006 season on a cool evening with a light swirling wind that always seemed to be a slight hindrance and never any help. Consequently there were one or two slightly disappointed riders among the 20 starters at the end of the evening, but the good news for everyone is that they will all go a minute or two quicker once the evenings warm up.

Once again Ben Mickleburgh (Team Tri UK) was the evenings fastest rider with an excellent 24.35, with the home clubs Doz Bree (25.56) and James Rush (26.10) taking the minor places.

More than 20 years ago Viv Marsh was a very useful "Junior" roadman. Now aged 40 he has started back again and showed how well his winter work has gone by taking a very fine 5<sup>th</sup> place with 27.21.

### **27th April 2006 – Brent Eleigh**

A much kinder evening greeted riders for the second round of the CC Sudbury Evening Points Series.

This round was held on the very sporting Brent Eleigh course and tri-athlete Lee Bark, Stowmarket CC, showed everybody how to ride it when absolutely storming round to win in 18 min 31 seconds. Ben Mickleburgh (Tri UK) has won on this course many times but found him 33 seconds off the pace in taking second spot. Third place went to Adrian Pettit, also of Stowmarket CC, with 19.04 and the home club's Doz Bree finished in fourth place a further 49 seconds back.

Of the 29 riders who faced the starter, no fewer than 8 improved to earn performance points with Graham White (21.28) leading the way with 98. Last week's pace setters James Rush, Stewart Kirk and Doz Bree were also scorers this week to further enhance their position in the table.

### **Brent Eleigh Results.....27/04/06**

1. Lee Bark Stow & DCC 18.31
2. Ben Mickleburgh Tri UK 19.04
3. Adrian Pettit Stow & DCC 19.44
4. Doz Bree 20.23
5. Jason Everett Stow & DCC 20.25
6. Jay Hunter Interbike 20.49
7. James Rush 20.51
8. Hugo Gladstone 21.17
9. Steve Mayes Interbike 21.23
10. Graham White 21.28
11. Chris Byford Haverhill 21.41
12. Andy Elderfield Glendene 21.55
13. Viv Marsh 22.08
14. Dave Terry Haverhill 22.15
15. Brian Mann 22.25
16. Alan Wiseman 22.34
17. Stewart Kirk 22.35
18. Graham White ITC 22.43
19. Nick Baker 22.57
20. Rob Harman 22.58
21. Mark Gentry 23.04
22. Dean Cross 23.36
23. Gordon Griggs 23.53
24. Nick Ritchie 23.55
25. Roger Rush 23.58
26. Rob Weaver 24.06
28. John Steed 26.39
29. Andy Rogers 26.41

**27/04/06**

### **Current Points Standings So Far after two Events...**

- 1<sup>st</sup> Stewart Kirk
- 2<sup>nd</sup> James Rush 102
- 3<sup>rd</sup> Graham White 98
- 4<sup>th</sup> Doz Bree 90
- 5<sup>th</sup> Rob Weaver 70
- 6<sup>th</sup> Mark Gentry 63
- 7<sup>th</sup> Gordon Griggs 55
- 8<sup>th</sup> Hugo Gladstone 38



The call of Meeee from John Steed every time he finished his TT is much missed!



Our self confessed purveyor of drivell (his words)...Mark Gentry in his TT days!