



October brings to a close the competitive season for our riders. The Open TT season saw the last few results creep into the beginning of the month and would you believe yet another CCS club record came with it. The rider who has been 'on fire' throughout the year, Jody Downs, captured the 30 mile record with a 01.01.52 which beat Jonathan's previous record, set 2 years ago by just over 3 minutes. That's his sixth club record that he has been involved in this season and has set the bar very high for next year's potential record breakers. An amazing effort!

We have also just completed our last big event of the year with the Semer Hill Climb. As ever, it was an unqualified success and enabled the organiser, our current chairman, David Fenn, go out on a 'high' Everything ran like clockwork and I know David would like to thank all of his 'helpers' who came forward to ensure we had another very successful event. Further details and results are shown on the next page. And it was also nice to see Jonathan's mum Angela on the 'Hill' cheering on the riders.

Incidentally we are still looking for someone to take over the reins for organising our two Open events each year and although it may sound like a daunting task, rest assured that a lot of help and guidance will be available from various committee members to smooth the process. We really do need help in this department and as our A.G.M. is coming up this month (Thursday 28th Nov) anyone who may be mildly interested should have a word with David beforehand or on the night to get the low down on what it entails and the help they will receive.

Which also neatly brings me onto our outgoing chairman David who has held the position for the past 7 years. He has thrown himself wholeheartedly into the job and along the way, has taken on an awful lot of other unrelated tasks when no one else came forward. We have been very lucky to have had him in charge and at the helm and we must make sure the next incumbent doesn't get as bogged down as David was.

I am pleased to inform you all, that interest for the chairman's position has been shown by another respected member of the club and can only hope it all comes to fruition at the meeting. Come along anyway as it's a good opportunity to meet and catch up with everyone now that the season has ended.

This edition also includes reports/articles on: - the Audax scene, a roundup of the Junior section, club rides, final Open TT results and an overview of the club's road racing scene.

The menu for the Annual Prize night is included at the end of this edition and I hope to complete the Club's various winners list soon (December's edition?) so that riders can see what cups and medals they won during the year then hopefully attend in person to pick up their awards!

CCS Hill Climb

Sunday 18th October



The last big CCS organised event, the Semer Hill Climb, was run recently and turned out to be a great spectacle and success. The organiser, our overworked chairman David Fenn, attracted a high quality record entry of 78 riders from around East Anglia and the Home Counties. The weather was kind to us (it started to drizzle just after the last rider finished!) and brought out a very large contingent of vocal spectators (200+) up the hill to cheer and encourage the riders.

We had 9 CCS members tackle the hill with the quickest being Lee Ford who improved on his time by 0.4secs from last year with a 48.5 which put him in 12th place overall and again CCS hill climb champion.



Three of the first four fastest riders were all Juniors which 'sorta kinda' confirms that it's a young person's sport as they were all in the lean and mean whippets mould!

The overall winner, Fabian Horrocks from VeloSchils Interbike, was only 0.5sec off the course record.

The fastest ladies prize went to local Boxford BC rider Samantha Seggar, (pic shown left) who broke the course record for

ladies with a 54.7secs which beat the previous record holders time (*Victoria Pendleton – Mildenhall CC*)! by 1.9secs. So a very successful day for Samantha who also won £115 in prize monies for her efforts!

It was nice to see two of our juveniles, Molly Cutmore and Connor Mothersole, riding their first hill climb and both put in a such a great effort. Well done to them both!

It was also good to see so many CCS members supporting their colleagues on the hill and along with all the other spectators, it helped to create a great atmosphere for the riders. A lot of positive and encouraging feedback was received from everyone involved and it made all the hard work by David's trusty band of CCS helpers well worth the effort.

Photos showing all of our CCS riders



James



Mat



Lee – CCS Hill Climb Club Champion



Jeff



Simon



Leon



Dan



Connor



Molly

CCS Hill Climb Results

Position	No	Name	Club	Cat	Time
1	70	Fabian Horrocks	Veloschils Interbike RT	Jun	43.9
2	60	Frank Longstaff	Colchester Rovers	Jun	44.6
3	30	Daniel Zagni	Ipswich BC	V	46.5
4	42	Oliver Jones	Ipswich BC	Jun	47.2
5	50	Lewis Symes	Manningtree Wheelers BC	S	47.4
6	55	Hamish Mcdougall	Leicester Forest CC	S	47.4
7	21	Joshua Aiken	Stowmarket & District CC	S	47.6
8	29	Michael McClachlan	Manningtree Wheelers BC	S	47.6
9	65	Bob Longstaff	Colchester Rovers	Juv	48.3

10	15	Graham Collins	Manningtree Wheelers BC	S	48.4
11	10	Paul Moss	Stowmarket & District CC	V	48.5
12	40	Lee Ford	CC Sudbury	S	48.5
13	22	Neil Hughes	Veloschils Interbike RT	S	49.7
14	13	Joe Leney	Boxford Bike Club	S	50.2
15	45	Shaun Andrews	Ipswich BC	V	50.8
16	49	Daniel Drewery	Stowmarket & District CC	S	50.9
17	25	Thomas Foster	Manningtree Wheelers BC	S	51.0
18	19	Ben Sayles	Boxford Bike Club	S	51.1
19	8	Mathew Shotbolt	CC Sudbury	S	52.8
20	41	Martin Waters	Stowmarket & District CC	S	53.1
21	5	James Rush	CC Sudbury	S	53.2
22	69	Adrian McTigue	Plomesgate CC	V	53.2
23	20	Andrew Leggett	Team Velo Velocity	V	53.7
24	67	Mark Longstaff	Colchester Rovers	S	53.8
25	35	Peter Ingram	Ipswich BC	V	53.9
26	57	Paul Goldsmith	Colchester Rovers CC	V	54.3
27	4	Lewis Good	Stowmarket & District CC	S	54.5
28(1 st lady)	26	Samantha Segger	Boxford Bike Club	W	54.7
29	72	Ben Steadman	Colchester Rovers CC	Jun	56.0
30	48	James Kelly	Oxford Brookes University CC	S	56.2
31	17	Leon West	CC Sudbury	S	56.5
32	23	Matthew Shinn	Boxford Bike Club	V	56.7
33	56	Ralph Keeler	Cambridge CC	V	57.2
34	61	Jonathan Evans	Plomesgate CC	V	57.7
35	32	Robert Hayton	Colchester Rovers CC	V	58.7
36	54	Gary Smith	Team Velovelocity.co.uk	V	59.7
37	12	Daniel Upton	CC Sudbury	S	59.9
38	73	Alexander Harrison	Stowmarket & District CC	Juv	59.9
39	16	William Tweddell	Colchester Rovers CC	V	60.9
40	3	Cliff Matthews	Wolsey RC	V	61.2
41	71	Lyster Romero	Plomesgate CC	Jun	61.4
42	1	Jeff Wilson	CC Sudbury	V	63.4
43	11	James Donnelly	Haverhill Cycle Club	S	63.5
44	51	Alex McNulty	ColVelo - Foreign (UCI regist'd)	S	63.7
45	59	Simon Ashmore	Manningtree Wheelers BC	V	63.9
46	33	Stuart Johnson	Manningtree Wheelers BC	S	64.2
47	43	Patrick Martin	Manningtree Wheelers BC	V	65.5
48	7	Mark Carey	Manningtree Wheelers BC	V	66.1
49	14	Kay Burgess	Kings Lynn CC	W V	67.3
50	2	Gemma Melton	Ipswich BC	W	67.6
51	28	Simon Norton	CC Sudbury	V	68.8
52	31	Kate Lucas	Norwich A B C	W V	68.8
53	37	Aaron Smith	ColVelo - Foreign (UCI regist'd)	S	68.9
54	53	Jon Bodsworth	Manningtree Wheelers BC	S	69.9
55	63	Lee Clarke	Manningtree Wheelers BC	S	71.2
56	18	Aoh Kanokporn Summers	Manningtree Wheelers BC	W	73.5

57	52	Claire Astle	Redbridge CC	W V	74.7
58	68	James Borrett	Stowmarket & District CC	V	77.3
59	74	Nicholas Borrett	Stowmarket & District CC	Juv	77.3
60	27	Louise Marsden	VC Norwich	W	77.6
61	34	Nicola Powell	Stowmarket & District CC	W	81.7
62	9	Dave Carr	Wolsey RC	V	83.4
63	75	Connor Mothersole	CC Sudbury	Juv	88.6
64	77	Max Ashmore	Manningtree wheelers - SCU	Juv	91.3
65	6	Christina Lankford	Cambridge Triathlon Club	W V	93.4
66	78	Alex Cutmore	Hadleigh Cycle Club	Juv	96.0
67	76	Molly Cutmore	CC Sudbury	W Juv	99.6

Fastest Team - Winners.....Manningtree Wheelers

East District Team - Winners.....Ipswich Bike Club

East District Hill Climb Champion.....Daniel Zagni (Ipswich BC)

Fastest Junior (under 18).....Fabian Horrocks (Veloschils Interbike)

Overall Winner.....Fabian Horrocks (Veloschils Interbike)

Ladies Winner. (+ new ladies course record holder)..Samantha Segger (Boxford Bike Club)

DIARY DATES COMPILED BY ROBIN WEAVER

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/>

Sunday 8 November; Carlton Colville, 100k

Saturday 14 November; Swaffham, 100, 160k

Sunday 20 December; Colchester, 200k

Further details via the AudaxUK website at www.aukweb.net/events; anyone can enter these events.

MTB RACING

This season's Mud Sweat and Gears series is now under way; details

at <http://www.mudsweatgears.co.uk/>

Sunday 13 December; Thetford; Winter series

Saturday 23 January; Thetford; Winter series

Sunday 24 January; Thetford; Winter series

ROAD RACING

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

Saturdays 31 October to 20 February; Lea Valley weekly series

Sundays 10 January, 14 February, 20 March, 10 April; Redbridge Go Ride series

CYCLOCROSS

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

Saturday 7 November; Bury St Edmunds

Saturday 21 November; Redgrave

Sunday 29 November; Ipswich

Sunday 13 December; Ipswich

Sunday 24 January; Ipswich

CCS AGM

Thursday 26 November; 7.30pm, Stevenson Centre, off Broom Street, Great Cornard.

Your chance to have a say on how the Club works, and how it should develop.

CCS Juniors The weather over the summer was good to us with no sessions needing to be cancelled due to wet weather. With that in mind we've quit whilst being ahead and decided to switch over to our winter schedule. We will now be running a session every third week starting on November 14th. These sessions are designed to keep the group together over the winter months and will be held at the Stevenson Centre in Great Cornard. As with last year, these will be non-cycling, cycling based activities and will include things such as bike maintenance, fitness and fun!! The sessions will still be starting at 10am for one hour with a charge of just £1 for members or £2 for non members. Check out our Facebook page for more details. *By Chris Sampson*



Road Racing Seasonal Round-Up *By Darren Rule*



Well another road race season is done for the racers of CC Sudbury. It's time carry out much needed maintenance to our race bikes and to dig out the winter bikes from the garage ready for a winter's training.

We had some good representation at a number of the Eastern Road Race events from James Newton, Peter Goff and Simon Potter putting in some great efforts, and despite some solid top-20 positions none of them were able to bag any points in the season.

Unfortunately a couple of our usual road racers Steve Hubbard, Joe Swain and yours truly didn't make it to the start of any of this year's events due to work/family commitments or injury. In my case the injury hopefully isn't a sign that I'm old and past-it!.....but in case it is, it's a good job we've got some up-and-coming racers coming through the ranks of our Junior Coaching section, with Molly Cutmore taking part in some of the Junior criterium races at Trinity Park through the summer months – hopefully a star of the future!

For me the highlight of the season was the road races we hosted in August. A big thank you to all the club members who gave up their time to help in the organising and running of our great event, plus the generous sponsors: James Newton (Newton Brickworks), Malcolm Borg (Cycle Clinic, Glemsford) and Jody Downs (Robins Row Insurance). We attracted two full fields of riders for the Women's and Men's races, which is quite unprecedented. It was great to see the spectacle of nearly 120-riders blasting through the Essex countryside accompanied by the entourage of lead cars and motorcycle escorts. We received some great feedback from the participants so we hope for many of them to return for next year's event which has been confirmed for Sunday 21st August (put it in your diary!). We plan to hold the two races separately next year having the Men's race in the morning and then the Women's race at lunch time. The main reason for this is for safety – having them overlap means that there is a chance that the races could come together if there are hold-ups or delays in either event. This will also mean that we'll need less support vehicles, helpers and officials on the day.

In the aftermath of the event we did receive some criticism from some residents of Finch Hill, Bulmer, after some graffiti was left on the road. While it's a common sight in the Grand Tours to see words of encouragement for the riders written on the route of the races, it's generally written in chalk so it washes off in the first rain, but the "bright spark" who left their mark on Finch Hill did so

in paint! Despite a lot of elbow grease from of James Newton we weren't able to get it removed so



had to call to Braintree council to help. They sent a team to site with industrial cleaners and managed to get 90% of it off. I'm sure it wasn't a club member who was responsible so please remember - not to leave any permanent graffiti in the future. Once it was cleaned we also sent a bunch of flowers to the resident who had complained as an apology, which was well received.

On the subject of the aftermath of the event, I had the unenviable job of cleaning all the unmentionable bodily fluids from the 240 race numbers (see above)....it's not all glamour being a race organiser you know!! Here's looking forward to next season.

A Year of Audaxing – November 2014 to October 2015.

With a little detective work it has now been possible to publish a list of our club Audax riders for the November 2014 to October 2015 Audax year.



CCS Audax Champion
Brian Mann

That Mann has found his *mojo* again and after a few lean years, he clocked up 4163 Audax kms, completing yet another RRTY and winning our club Audax trophy which he has 'loaned' to other members for a couple of seasons. Rumour has it that LEL is a **possible** target for his significant birthday in 2017. In second place, Mick Bates, from our Kings Lynn outpost clocked up 2986 kms for the runner up position just ahead of our new member Raymond Cheung. Raymond is a welcome addition to our Audax group, he joined our club early in July 2015 so his distance and points have been calculated from the day he joined our club. Congratulations must go to Raymond for completing the very demanding 1200 kms of this year's PBP (Paris-Brest-Paris) hopefully in CCS colours! It is good to see Andrew Hoppit back in Audax action again, starting his campaign with a 300km event. Both Simon Norton and Ashton Dyson decided to step up a distance this year, both completing the 'Hereward the Wake' 300 km ride from Dunmow. It's good to note that 22 club members chose to ride Audaxes this year with some new names, Raymond Cheung, Simon Norton, Ashton Dyson and Byron Grimes appearing on the list.

By David Fenn

Mileage and ride details of Audax Riders

Position	Name	Km	Points	100km	200km	300km	400km	600km	PBP
1	Brian Mann	4163	36	5	18	-	-	-	-
2	Mick Bates	2986	23	6	10	1	-	-	-
3	Raymond Cheung	2847	26	1	6	-	-	-	1
4	Peter Faulks	2806	24	4	12	-	-	-	-
5	John Oakshott	1748	0	17	-	-	-	-	-
6	David Fenn	1357	0	13	-	-	-	-	-

7	Andrew Hoppit	1142	11	-	4	1	-	-	-
8=	Byron Grimes	1082	0	9	-	-	-	-	-
8=	Anthony Grimes	1082	0	9	-	-	-	-	-
10	Simon Norton	920	9	-	3	1	-	-	-
11	Robin Weaver	721	2	5	1	-	-	-	-
12	Steve Barnes	621	4	2	2	-	-	-	-
13	Tim Bevan	411	4	-	2	-	-	-	-
14=	Geoffrey Simms	406	4	-	2	-	-	-	-
14=	Ashton Dyson	406	3	1	-	1	-	-	-
16	Viv Marsh	317	0	3	-	-	-	-	-
17	Mac McDermott	310	0	3	-	-	-	-	-
18	Mark Gentry	204	0	2	-	-	-	-	-
19	Tom Moore	210	0	2	-	-	-	-	-
20=	Colin Dales	106	0	1	-	-	-	-	-
20=	David Miller	106	0	1	-	-	-	-	-
22	Peter Wilby	104	0	1	-	-	-	-	-

Club Info, TT's, strange facts and a spooky photo!

We now have the list/time line of all our club record breakers on the CCS website.

This goes back to our earliest known records, but if anyone has any earlier details, please get in touch.

We are indebted to Rob Davies for compiling all these details and it fills a gap of riders who were previous record holders and not just the current holders.

Looking at the list of riders, it occurred to me how long Scott Jones held so many of the records before latter day riders improved them and done probably on a frame made up from industrial strength steel, unlike the featherweight specials of today.

Strange fact coming up.....

To have a good chance of becoming a CCS record breaker, it seems that all you need is to have a christian or surname beginning with either the letter D or J.....Check it out for yourself.....

(That's my chances of being a record breaker gone then!)

In the same vein, to become a British World Champion F1 driver, it would also appear that an H or J seems essential for the world title. Hawthorn was our first in 1958 and Hamilton the latest winner this year and only one of the 11 champions didn't have these initials. Nigel Mansell was the odd one out.

Spooky stuff. (I can see you all checking this out on Google)

Dalham Interclub Hill Climb



This happened just a week before our own Semer Hill Climb on two hills near Dalham which is close to Newmarket. Our opponents were the mighty West Suffolk Wheelers and they managed to assemble a massive team of five riders, which was just as well as we had the same number make the trip over there, plus our non playing captain Darren Rule. Suffice to say were well and truly trounced and came second! But it's the taking part that matters and getting in some much needed hill practice. Well done to Connor, James, Tim, Darren, Leon and Dan for making the effort.

Club rides

For those of you wanting to keep riding through the winter we will be continuing the Sunday Club rides and also we're hoping to keep the Tuesday evening ride going too.



The Tuesday evening rides will be slowing down somewhat from the fast chain gang-style ride of the summer, to a more sedate pace which will be open to anyone who wants to just get some regular miles in. The plan is to ride around the street-lit roads around Sudbury for an hour and a half (probably 5 or 6 laps).

Starting point will be at Cornad Gym at 7.00pm

The Sunday rides are still taking place every week.

There is the regular Club ride leaving the Market Hill at 9am which takes in a café stop – this is done at the pace of the slowest rider, or there is the base-miles ride which is usually 3-hours without stopping (unless we're visited by the puncture fairy or the call of nature). Although this is also at the pace of the slowest rider (no one will get left behind) it is aimed at those riders with a reasonable level of fitness who can sustain 16mph for the duration. This ride has a varying start time depending on the consensus and commitments of the regular attendees. This ride is generally coordinated on the Cycle Club Sudbury Facebook page – so if you a Facebook user then keep a look out on there for updates of this and other rides. Over the next few weeks we'll try to arrange a fixed time for this ride so people can put it in their diaries.

I hope to see you out on the roads.

Darren

Strange Machine eats CCS Rider and bike



Yes that's me looking worried and wondering if I'll ever see James again after a surprise coming together with a vine picker in sunny France this summer.

He never stood a chance as it roared up behind us from nowhere and gobbled him in.

Despite this fearsome machine's name, it thankfully didn't fancy having a go at me!

James eventually came out of the back of it with a cork up his bottom bracket holding a bottle of Rose' and wearing a silly grin.

So, that's almost his month's November edition sorted...

In the next December Spindle, I can promise the eagerly anticipated TT rider 'end of season' report by our mystery correspondent Ray.

This is great news for me as I usually spend long agonising hours compiling the riders report.

It will be great reading with his usual humorous twist and cutting comments.

Rog

Open Time Trial Results

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Oct 3rd	VTTA - Leo CC - Newmarket	E2/30	J.Downs	30	01.01.52	New CCS 30mile club Record. PB. 28th
Oct 3rd	VTTA - Leo CC - Newmarket	E2/30	S.Kirk	30	01.11.57	PB 106th
Oct 3rd	Norwich ABC - Bungay	B10/43	D.Day	10	22.01	4th
Oct 3rd	Norwich ABC - Bungay	B10/43	J.Bradbury	10	23.00	15th
Oct 4th	Norwich ABC - Bungay	B25/50	J.Rush	25	57.10	2nd

The final results of the year went out with a bang as Jody set yet another record breaking time in the Leo CC 30 mile event, on inevitably the E2 – the record breakers nirvana. His time bettered Jonathan's by 3mins 9secs and completed 5 separate months of record breaking. Quite a leap forward.

Stewart also rode the event and produced a PB to cap off his comeback season. Damon and John both put in very fast times on the not so quick (as the E2) 10 mile Bungay course with Damon claiming 4th place. James rode the final event of the season, also at Bungay in the Norwich ABC 25 mile event and was placed an excellent 2nd (but a minute behind the winner) after another quick ride.

ANNUAL TROPHY AWARDS DINNER

**To be held Newton Green Golf Club Sudbury
Saturday 6th February 2016 - 019.00 hrs for 19.30hrs**

Starters @ £4.00 per head (to be pre-selected)

Soup

Pate

Prawn Cocktails

Carvery @ £14.50 per head

from

Roast Beef and Horseradish Sauce

Roast Turkey & Stuffing

Vegetarian option to be agreed

All served with

Yorkshire Pudding

Roast Potatoes

Minted New Potatoes

Baton Carrots & Swede

Cauliflower Cheese & Minted Peas & Parsnips

Roast Gravy

Dessert (to be pre-selected)

Apple Pie, Lemon Meringue Pie, Warm Chocolate Fudge Cake

All with either cream, ice cream or custard

Or Cheese Board

Coffee & Mints

Price excludes drinks from the bar and gratuities (at diners discretion)