



The Spindle — NOVEMBER 2013 - *cycleclubsudbury*

Welcome to a bumper November Spindle. Our Chairman David Fenn has kindly written the editorial and saved you all from my usual opening waffle.

'Recently I was reading an article in 'Cycle' the magazine of the CTC. The article highlighted the positive steps taken by cycling groups to increase membership and participation in cycling. The article got me thinking about Cycle Club Sudbury and what steps the club and its individual members where doing to satisfy the needs and expectations of its current members and also encourage new people to take up the sport.

A review of the clubs current activities indicates there are many aspects the club does very well, on the downside however there are a few areas where improvements would benefit the club and its members.

On a positive note, the Time Trials, both evening and open are flourishing.

Our Audaxes are always brilliantly organised and well received by the riders.

The recent introduction of a Tuesday evening training ride proved popular with the younger / fitter club members also attracting members of other local clubs. This is a very good example of one club member recognising a need and taking the lead in setting up a new activity for the benefit of other club members.

The more senior (older and slower) members organise a Wednesday ride. This ride is always popular and well attended with members taking turns to host the ride and select the route and Café stop.

In an effort to boost club membership, particularly juniors, the club had three of its members qualified to coach youngsters. Early attempts to set up Saturday morning junior coaching sessions at a local School were thwarted due to lack of interest from the pupils despite the head teacher being a big supporter. The Saturday morning sessions were eventually relocated to Cornard Sports Centre for the summer months and Pot Kiln Old School for the winter months. It has not been easy but by persisting we now have a flourishing junior section with parents and Grandparents assisting. The knock on effect is that the parents are now interested in joining us for a Saturday morning ride whilst their offspring are being coached.

Now I come to the less positive points which could well become positive if individual members were willing to come forward and offer to take on the mantle of organiser with club members giving their full support. Whilst the club committee will always support initiatives which benefit club members it should not always be down to committee members to do the organising.

Recently an attempt was made by one of our more active members to organise Friday evening Gym sessions at Great Cornard, unfortunately these were not very well supported so have been discontinued.

Two of the mainstays of club life are the 'club nights' and Sunday club runs. Unfortunately these are both aspects of club life that CCS is

not strong on. Despite the very humorous efforts of our club run secretary to inspire members to attend the Sunday rides attendance is very much hit and miss. Whilst it would be an advantage to split the ride into a fast group plus a slow group it does require sufficient numbers to turn up...no one wants to ride on their own. Last winter the club attempted to resurrect club nights by hiring Watt Bikes. These were considered very successful evenings and an attempt was made to hire the Watt Bikes again for several evenings during the coming winter. Unfortunately the cost of hiring the Watt Bikes has rocketed so the club committee has reluctantly taken the sad decision not to continue with them.

For many years now the club has not had either Off Road or Road Racing sections due to lack of interest or anyone willing to take on the task of organising these activities.

Your club committee recently met with members of Boxford Bike Club. The purpose of the meeting which was initiated by CCS was to determine if we could work together to the benefit of our members. BBC has a strong Sunday club run section, CCS is strong in TT's and Audaxes, and with our combined resources we could benefit both clubs. The meeting was very positive. To kick things off BBC have invited our members to join them on November 10th for a 20 mile social ride, we hope as many CCS members as possible will support this initiative. In turn CCS have invited BBC to attend our Quiz evening in December and also various ideas for interclub activities during 2014, details will follow once these ideas have been formulated.

Our club now has about 118 members and is growing steadily. In a club of this size communication is important. The club handbook provides details of the club activities and provides names and contact details of committee members. Should any club member have ideas for improving the club or suggesting new initiatives the committee would be pleased hear either

verbally via a committee member, via email using the contact details given in our handbook or at the AGM.

In conclusion your committee is working hard to improve the club which means committee members are sometimes at full stretch and unable to carry forward new ideas that may be suggested by club members. In order for new initiatives to be acted upon it does require the input of club members willing to take on the task of organiser, you will be fully supported by your club committee and hopefully by club members in order achieve success.'



David Fenn

*This month's Spindle is a bit top heavy with results and lists and I would ask for some input/help from you all out there to get it through the event starved winter period. A lot of you have promised stuff and I hope this will jog your memory to get writing soon please!!!

A reminder also to last year's cup and trophy winners to return them to either Peter Whiteley at 133 Melford Road, Sudbury, or David Fenn at 10 St. Marys Close, Chilton, Sudbury, or bring them along to the AGM on the 28th November.

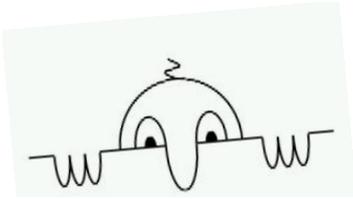
Another reason to come along to the AGM is to pick up some good bargains from the club clothing secretary who will be bringing the full range to choose from. Extra discounts '**on the night only**' will be available on a lot of items. Checkout the list further on...

As the TT season comes to a close, 'a couple of well done's' are called for with Jonathan Weatherley capping a fine season with his



ride in the VTTA Leo CC 30 mile event on the E2 which gained him a new club record. Then a CCS 3-Up team claimed 2nd place at the ECCA event at Birch with Simon

Daw, Darren Rule and James Rush. It was a good reward for Darren's efforts to get 9 CCS riders organised into 3 teams for this event.



Wot - No Watt Bikes

As David mentioned earlier, our popular Watt Bike sessions this winter have had to be cancelled due to an almost tenfold price increase and a convoluted system to hire them. A great pity as it was the nearest thing we had to a club night during the winter evenings.

DIARY DATES & GENERAL INFO'

Patently Compiled by Robin Weaver

COACHING

Club coaches have been working with youngsters at Woodhall Primary School in Sudbury. Numbers have gradually increased but we are now looking to extend an invitation to the children (say 9 to 16 years) of club members to join the coaching sessions. The venue for the training sessions has now moved to Cornard Old School, Head Lane, Great Cornard. The coaching sessions take place on a Saturday morning starting at 10 am and last about 1 hour. Here is a leaflet giving details of the sessions; Coaching. It would be appreciated if anyone wishing to take part could contact Dave Fenn; <dr.fenn@tiscali.co.uk>

11am, 3 NOVEMBER, CYCLE CLUB SUDBURY'S OPEN HILL CLIMB,

Watson's Hill, Semer (BHC/1 course), incorporating the East District Cycle Association Hill Climb Championship and CC Sudbury Hill Climb Championship.

Yes, the road will be closed and unlike the distance events, it's a good spectator sport so come along on your bikes and cheer on the CCS riders up the hill. Tea & cake available afterwards!

Bumper entry list of 52 riders is shown below....

UPCOMING AUDAX RIDES

Saturday 2 November; Norwich 100k
Saturday 7 December; Norwich 100k
Saturday 1 February; Norwich 100k
Sunday 16 February; Bedford 200k
Sunday 23 February; Henham 50, 100k

UPCOMING SPORTIVE RIDE

Sunday 17 November; Hainault; 43, 72 mile sportives

Further details and entry to this ride via the British Cycling website at

<http://www.britishcycling.org.uk/sportives>

7.30pm - 28th NOVEMBER 2013.

ANNUAL GENERAL MEETING

At the Stevenson Centre, off Broom Street, Great Cornard. Why not break the habit of a lifetime and come this year! Refreshments available.

Any items to go on the agenda (yes, members can raise items for discussion) must be forwarded to the Club Secretary, Nick Reed (nick@cycleclubsudbury.com) at least 7 days before the meeting.

7.30pm THURSDAY 11 DECEMBER; CCS QUIZ NIGHT

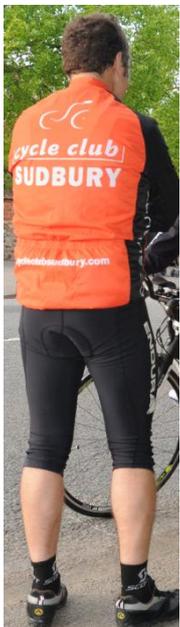
An evening of fun and frolics – no specialist knowledge required (flags of the world often feature!). Refreshment drinks available – bring your own nibbles. Organise a team of up to 6 max, or roll up and join a team on the night. Friends and relations welcome, as long as they're not too clever. RW.

*CLUB CLOTHING SAVINGS AT THE AGM

from Trevor Hale – Clothing Secretary

Yet another benefit of attending this year's AGM (as well as hearing the latest news about everything that's going on in your club, mixing with your club colleagues and getting to meet the handsome bunch of people that make up the committee) is that it will be your opportunity to make some big savings on selected club clothing lines.

The full range of club clothing will be on display and available to purchase on the night. Featured savings for **ONE NIGHT ONLY** include an extra **£10 off all club bottoms**, on top of your £10 annual membership discount if you are still eligible. This would make certain items almost **HALF PRICE!** Special AGM 'bottom' prices are as follows:



Bib shorts usually £45 **AGM price £35**

Thermal 3/4 bibs usually £44 **AGM price £34**

Thermal bib longs usually £44 **AGM price £34**

Thermal bib longs with pad usually £48 **AGM price £38**
(Please note, there are limited numbers available and are in medium and large sizes only).
There is also an extra **£10 off ultra packable tops:**

"A light-weight wind cheater which is compact enough to be folded away when not required, and yet is highly windproof. The Ultra Packable is made from a lightweight and showerproof fabric and is compact enough to be stowed in rear pocket".

Usual price £44 **AGM price £34**

(Available in medium, large, X large and XX large)

Save an extra £5 off gilets:

"The Gilet is available in two fabric choices (standard or Windtex®) and both come with lightweight stretch back mesh panel and bound armholes". Usual price £34 **AGM price £29**

(Limited numbers in small, med and large only)

Windtex gilet

Usual price £36 **AGM price £31**

(Only 2 available, in medium size)

Remember, if you haven't already taken advantage of your 2012 membership discount, you can get an **extra £10 off these prices.**



Final Open T.T. Round-up Report

As Per Press Report

With the Open Time Trial season coming to a close, Cycle Club Sudbury riders have ended on a high with some notable performances.

A season's best placing by CCS riders of 2nd place was achieved in the 3-Up Team Time Trial at the ECCA event at Birch, Colchester



by Simon Daw, Darren Rule and James Rush with a time of 58mins 5secs. The club also had two other teams competing in the event with Nick Baker, Rob Davies and Darren Pratt securing 5th place with a 1hr 00min 23sec ride and David Crisp, Jody Downs and Jamie Howe gaining 7th place in 1.01.33. With 18 teams entered for the event, CCS gave a good account of themselves against strong opposition.

In the VTTA event at Newmarket, Jonathan Weatherley rode his first 30 mile TT and his fast time of 01.05.01 was good enough to break the club record for this distance which was only set last year. He had earlier in the month, ridden a personal best time of 21.17 for 8th place in the VTTA National Championships on the fast E2 course which also saw Damon Day record a 22.26, Jody Downs a 23.26 and Super Vet, Bob Bush a 32.19. Day had bettered this time earlier in the month on the same course by 1sec in the ECCA event which also saw Terry Law record at quick 28.57 and Barry Lee a very good 26.55. Rule (22.29), Daw (22.32) and Rush (22.39) rode the Stowmarket 10 at Rougham in early September and their times were separated by only 10 secs as they came home in 11th, 12th & 13th. Simon Daw's mid season dip in form is now well and truly behind him after some very good results, the pick being a PB of 01.56.45 in the Breckland CC 50 mile which was also the quickest of the year by a CCS rider, beating Day's best this year by a mere 3secs! Daw has now ridden the fastest times by a CCS rider for the 25, 50 and 100 mile distances this season.

C.C.S. Riders - Open T.T. Results - Sept 2013

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Sept 1st	Stowmarket & DCC - Rougham	B10/38	D.Rule	10	22.29	11th
Sept 1st	Stowmarket & DCC - Rougham	B10/38	S.Daw	10	22.32	12th
Sept 1st	Stowmarket & DCC - Rougham	B10/38	J.Rush	10	22.39	13th
Sept 1st	Stowmarket & DCC - Rougham	B10/38	T.Law	10	30.20	37th
Sept 1st	Stowmarket & DCC - Rougham	B10/38	B.Law	10	30.26	38th
Sept 1st	Stowmarket & DCC - Rougham	B10/38	B.Bush	10	32.21	39th
Sept 7th	Norwich ABC - Bungay	B10/43	J.Weatherley	10	21.55	4th
Sept 7th	Norwich ABC - Bungay	B10/43	T.Law	10	28.57	
Sept 7th	Norwich ABC - Bungay	B10/43	B.Law	10	30.21	
Sept 8th	Eagle RC - SPOCO -	E1/45	S.Daw	45	01.55.15	9th
Sept 14th	Stevenage CC - Guilden Morden	F14/12	J.Weatherley	12	27.01	5th
Sept 15th	CC Breckland - Besthorpe	B50/18	S.Daw	50	01.56.45	14th PB
Sept 15th	ECCA - Chelmsford	E9/25	J.Rush	25	01.00.48	4th
Sept 15th	ECCA - Chelmsford	E9/25	D.Pratt	25	01.06.58	14th
Sept 21st	ECCA - Newmarket	E2/10	J.Weatherley	10	21.33	17th PB
Sept 21st	ECCA - Newmarket	E2/10	D.Day	10	22.25	29th
Sept 21st	ECCA - Newmarket	E2/10	B.Lee	10	26.55	77th
Sept 21st	ECCA - Newmarket	E2/10	T.Law	10	28.57	84th
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	S.Daw	24	58.05 - 2nd	
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	D.Rule	24		
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	J.Rush	24		
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	N.Baker	24	01.00.23 - 5th	
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	R.Davies	24		
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	D.Pratt	24		
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	D.Crisp	24	01.01.33 - 7th	
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	J.Downes	24		
Sept 22nd	ECCA 3-Up Team Time Trial - Birch	E22/24	J.Howe	24		
Sept 28th	VTTA Nat Champ's - Newmarket	E2/10	J.Weatherley	10	21.17	8th PB
Sept 28th	VTTA Nat Champ's - Newmarket	E2/10	D.Day	10	22.26	
Sept 28th	VTTA Nat Champ's - Newmarket	E2/10	J.Downes	10	23.26	
Sept 28th	VTTA Nat Champ's - Newmarket	E2/10	B.Bush	10	32.19	
Sept 28th	East Anglian CC -	B10/44	T.Law	10	30.40	
Sept 28th	East Anglian CC -	B10/44	B.Law	10	31.32	
Sept 29th	Godric CC - Bungay	B25/24C	S.Daw	25	01.00.23	12th - 1st Vet

C.C.S. Riders - Open T.T. Results - October 2013

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Oct 5th	Norwich ABC - Bungay	B10/43	S.Daw	10	22.24	4th
Oct 5th	VTTA Leo CC - Newmarket	E2/30	J.Weatherley	30	01.05.01	23rd - PB club record
Oct 6th	Norwich ABC - Bungay	B25/50	J.Rush	25	59.38	5th

Audax report 2013

By David Fenn

With the 2012 / 2013 Audax season completed at the end of September its time to review the efforts of CCS riders. Apart from a few exceptions the year could be considered disappointing for the club compared to previous years with some of our riders opting for a more relaxed approach to their cycling year. Peter Faulks once again claims top spot in the club Audax competition with 4820 km which included the 1400 km mammoth London-Edinburgh-London ride, (LEL) completed with less than 1 hour to spare on his target time!

John Oakshott had his best year to date, completing his Randonneur Round the Year in February, claiming second spot in the club Audax competition and 6th place in the CTC Suffolk Audax table. Our 26th position in the Audax Club point's competition is a little disappointing compared to our 5th and 6th spots in previous seasons but does reflect decline in rider interest this year. The new Audax year started at the beginning of October so let's hope our riders find the enthusiasm to put our club back as one of the top Audax clubs in the country.

Results of the various Audax competitions for the 2012/2013 Audax year.

CC Sudbury Audax points and distances as published on the Audax UK website.

Rider	Pts	Kms	100 200 300 400 600 LEL				
			100	200	300	400	600
Peter Faulks	47	4820	1	13	1	1	1
John Oakshott	22	2423	2	11			
Steve Barnes	15	1730	2	4	1	1	1
Deniece Davidson	11	1108		4	1		
Viv Marsh	8	1487	6	4			
Brian Mann	4	910	5	2			
Simon Daw	4	605	2	2			
Tim Radford	4	416		2			
Alan Russell	2	625	4	1			
Geoffrey Simms	2	208		1			

Suffolk CTC Audax points.

1 st	Ian Reis	Ipswich	78 points
6 th	John Oakshott	CC Sudbury	22 points
9 th	Viv Marsh	CC Sudbury	8 points.

Audax UK club points

(Based on top 6 riders from each club.)

1 st	Audax Club Bristol	659 pts
2 nd	VC 167	554 pts
3 rd	Willesden	412 pts
26 th	CC Sudbury	107 pts

Dalham Hill Climb



Three hardy souls from CCS made the trip (and considerable effort) to Dalham Hillclimb to uphold the clubs honour for the interclub event with West Suffolk Wheelers. While most of us looked out the window that horrible Sunday morning and thought, nah, no way will anybody be going out in this deluge, Darren, Ashton and Dan did. They gave it their best up the 2 hills in very wet conditions and against twice as many competitors, to come second with 137pts to WSW's 235pts.

Well done to the three of them. You put the rest of us to shame.

Pos	Name:	Club	Hill 1	Hill 2	Total Time
1	Richard Farrow	WSW	1-58-63	1-12-91	3-11-54
2	Boyd Nicholas	WSW	2-09-70	1-16-92	3-26-62
3	Darren Rule	CCS	2-09-73	1-18-73	3-28-46
4	Darren Aldous	WSW	2-13-85	1-22-93	3-36-78
5	Dan Upton	CCS	2-18-56	1-27-42	3-45-98
6	Matt Shingleton	WSW	2-17-48	1-30-41	3-47-89
7	David Young	WSW	2-20-06	1-30-33	3-50-39
8	Ashton Dyson	CCS	2-31-50	1-32-54	4-04-04
9	Martin Gale	WSW	2-31-46	1-38-32	4-09-78

CCS Hill Climb – 3rd November 2013

START SHEET

No.	Name	Club	Ca t	Start
1	<i>James Rush</i>	Cycle Club Sudbury	S	11:01
2	<i>Sandra Mackay</i>	GB CYCLES.co.uk	LV	11:02
3	<i>Martin Gale</i>	West Suffolk Wheelers	V	11:03
4	<i>Daniel Upton</i>	Cycle Club Sudbury	S	11:04
5	<i>Nicola Soden</i>	Champion System -Maxgear RT	L	11:05
6	<i>Chris Pearce</i>	Cambridge Cycle Club	S	11:06
7	<i>Sam Gibson</i>	Ipswich Bicycle Club	S	11:07
8	<i>Robert Smith</i>	Stowmarket & District CC	V	11:08
9	<i>Mike Garnham</i>	Cycle Club Sudbury	V	11:09
10	<i>Greg Andrews</i>	Colchester Rovers CC	V	11:10
11	<i>Darren Rule</i>	Cycle Club Sudbury	V	11:11
12	<i>Graeme Knott</i>	Colchester Rovers CC	S	11:12
13	<i>Shaun Andrews</i>	Ipswich Bicycle Club	V	11:13
14	<i>Simon Benson</i>	Boxford Bike Club	V	11:14
15	<i>Graham Collins</i>	Ipswich Bicycle Club	S	11:15
16	<i>Ian Short</i>	API Metrow Foods	V	11:16
17	<i>Brit Tate</i>	GB CYCLES.co.uk	L	11:17
18	<i>Stephen Searby</i>	Ipswich Bicycle Club	V	11:18
19	<i>Simon Daniel</i>	Boxford Bike Club	S	11:19
20	<i>Adrian Pettitt</i>	Stowmarket & District CC	V	11:20
21	<i>Tim Snook</i>	Ipswich Bicycle Club	V	11:21
22	<i>Iona Sewell</i>	GB CYCLES.co.uk	L	11:22
23	<i>Oliver Jones</i>	Ipswich Bicycle Club	J	11:23
24	<i>Matt Traynar</i>	Cycle Club Sudbury	S	11:24
25	<i>Antony Birt</i>	Ipswich Bicycle Club	S	11:25
26	<i>Ralph Keeler</i>	Cambridge Cycle Club	V	11:26
27	<i>Helen Eborall</i>	Born to Bike- Bridgetown Cycles	L	11:27
28	<i>Steve Bilner</i>	Stowmarket & District CC	V	11:28
29	<i>Leighton Taylor</i>	Cycle Club Sudbury	S	11:29
30	<i>Patrick Cook</i>	Ipswich Bicycle Club	S	11:30
31	<i>Jack Payne</i>	Anglia Velo	S	11:31
32	<i>Michael Remblance</i>	Wolsey RC	V	11:32
33	<i>Nick Baker</i>	Cycle Club Sudbury	V	11:33
34	<i>Cliff Matthews</i>	Wolsey RC	V	11:34
35	<i>Simon Wright</i>	Cycle Club Sudbury	V	11:35
36	<i>James Ward</i>	Cambridge Cycle Club	V	11:36
37	<i>Mike Smith</i>	Colchester Rovers CC	V	11:37
38	<i>James Ormond</i>	Stowmarket & District CC	J	11:38
39	<i>Matthew Shinn</i>	Boxford Bike Club	V	11:39
40	<i>Paul Moss</i>	Stowmarket & District CC	V	11:40

41	Adam Keer	Ipswich Bicycle Club	S	11:41
42	Jim Clayton	Colchester Rovers CC	V	11:42
43	Doz Bree	Cycle Club Sudbury	V	11:43
44	Richard Porter	Boxford Bike Club	V	11:44
45	Peter Ingram	Ipswich Bicycle Club	V	11:45
46	Darren Pratt	Cycle Club Sudbury	V	11:46
47	Phil Barrett	Stowmarket & District CC	V	11:47
48	Leon Thompson	Ipswich Bicycle Club	V	11:48
49	Ashton Dyson	Cycle Club Sudbury	V	11:49
50	Daniel Zagni	Ipswich Bicycle Club	V	11:50
51	Adrian McTigue	Plomesgate CC	V	11:51
52	Andrew Kennedy	Ipswich Bicycle Club	V	11:52

IMPORTANT NOTE:

The downside to the bumper Hill Climb entry is that we are struggling for car parking spaces. Jonathan outlines below what CCS riders and spectators need to do:-

Hello all,

The above-mentioned event has had an unprecedented level of entries. Such that, not all cars can be accommodated at event HQ.

Overflow parking will be provided at the forecourt to Letts pools a few hundred yards down the road (towards Hadleigh). Additional parking will also be available at Chamberlin Hall, Bildeston - though it's intended that this will just be for CCS riders, leaving the other two car parks for visiting riders.

**I'd also be grateful if somebody could act as a steward at HQ to help competitors best utilise all the parking space there and to direct them to Letts pools once that car park is full. Please let me know a.s.a.p. if you can help.*

Kind regards,

Jonathan Weatherley

European Bike Bus Express -



Just a bit of useful information for any of you out there who are planning some biking adventures next year in France.

Rather than take the car or plane, it's worth considering using the Bike Bus which is an English company geared up to transporting you and your bike to a lot of destinations around France.

The nearest pick up point for this area is Thurrock Services at Lakeside (although South Mimms service area on the M25 is another possibility)

All the bikes are safely carried in a specialist trailer behind the executive style coach. The coach itself has reclining seats, TVs, toilet and even a food and drink hostess who will prepare hot and cold food, wine, beer, teas and coffees during the journey.

They operate 2 main routes down through France, one via the Atlantic side and the other to the Med; with lots of drop off/pick up points on the way.

So if you don't fancy the whole airport experience with your bike rattling around in the baggage hold of a plane, it's really worth considering as a stress free way of travelling. Checkout their website on

www.bike-express.co.uk

Rog

CCS is very keen to encourage members to take out third party insurance - covering claims against you by others, not yourself or your bike! You wouldn't drive a car without 3rd party cover, why a bike?

The two easiest ways of obtaining this are to join the Cyclists Touring Club, or British Cycling; CCS is affiliated to both.

The CTC affiliated membership offers 3rd party cover for £16 a year; you also receive access to a wide range of retail discounts including Wiggle and Cotswold Outdoor, and a weekly e-newsletter, 'CycleClips', full of all the latest cycling news. If you want to join, contact Robin Weaver (pamandrobinw@gmail.com) for the magic code; this can now be at any time of year, rather than tied in with our subscription year. Only **full** CTC members have automatic access to legal claims advice, and receive the CTC bi-monthly magazine. BC offer reduced cost of membership to members of affiliated clubs for the **first** year only; Silver (£23) and Gold (£51) race memberships, and Ride (£14) membership, include 3rd party cover and legal advice. Go to the BC website 'Clubs' section, and click on BC membership, then use the appropriate code. RW.

You may never have looked, but CCS maintains an *Events Diary*, accessible by a link from the homepage of the website. This lists things you might be interested in, such as club runs, audaxes, training, sportives etc, and other things just as important but not so interesting, such as committee meetings, etc. Why not give it a look? RW

As you should all now be aware, our club must supply a certain number of marshals for ECCA open events, based on the numbers of riders from our club taking part in ECCA events in the previous year. That number for 2014 will be 12 (double that of this year- reflecting the increased participation of CCS members in Open TT's in 2013). For 2013, it proved difficult & time consuming to get some club members to volunteer for marshalling. Thus a new approach is to be employed for 2014! If you took part in an ECCA event this year, please have a look at the request form recently sent to you *and let me know **very soon (10th Nov)*** which events you can marshal at next year. The sooner you respond, the more likely you are of being allocated your chosen event. If I don't receive a response, then I will allocate an event to

you.

If for any reason you are unable to meet your marshalling commitment, it will be *your* responsibility to find a replacement. Failure by our club to supply marshals for ECCA events is a serious matter, which will result in our club's exclusion from the organisation. This would be a great pity as ECCA promote many excellent events which we all enjoy taking part in.

I look forward to hearing from you a.s.a.p.
Jonathan Weatherley - Time Trial Secretary

This following event has already taken place but thought it worthy of inclusion and hope the outcome was successful for Lee and that some of you out there can help him.

Hello,

I am going to be taking part in my first marathon (in 2 weeks time) on the 28th October, in the city of Dublin.

It will be my first ever marathon and whilst I know it's not cycling (Judas, Judas!), I would hope that the effort that has gone into my training (on foot !), can still be recognised and appreciated by the sports minded types of you all out there.

I'm trying to raise money for the charity E.A.C.H. (East Anglia Children's Hospices) They do great work, giving care and support to life-threatened children and their families across the region.

So please, if you are able to sponsor me (any amount!), it will be very much appreciated.

Many thanks,

Lee Ford (CCS)

A link to a video I've made, as a bit of fun, to help raise support for EACH

<http://www.youtube.com/watch?v=vse1TR79J8k>

The link to my Just Giving webpage:

<http://www.justgiving.com/lee-ford4EACH>

(EACH is one of CCS's 'chosen' charities so it seemed right to include this worthy effort!)

*Well, that's all for this month's edition, so as they say on 'Strictly Come Dancing'....
Keep Biking!*

Rog