



'Did you know that our club is 40 years old this year! Formed in 1979 by Harold Raymond & Len Finch. With Raymond and initial member Brian Webber still current club members, the continuity carries on today.' Happy birthday CCS!

The Spindle. NOVEMBER 2018. cycleclubsudbury.com

A wintry welcome to you all. We may still have few sunny days left for biking but the temps are definitely somewhat on the cool side after the brilliant summer we had this year. It comes as a bit of a shock to the system when you poke your nose and bike out of the door.

As it's the end of the season, all the competitions are over and the content this month is a bit heavy on the various result sections. But just to liven it up, there is a lovely write up of an Alpine Adventure that some of our members went on during the summer which seemed to involve a lot of mostly going uphill. Phew! Also, my Junior TT correspondent Izzy, has recounted her experience competing in the National Closed Circuit Time Trials in deepest Hampshire. (Another good read) and a hilarious story of a rather wet Sunday club run which is possibly the best piece of whimsical writing I've read for years. When you see who wrote it, you'll know why! (*I must get him to do a monthly column for Spindle*)

Closer to home, we have our Dinner & Awards Evening coming up soon and if you have a peek further on, you will see all the winners who hopefully will be collecting their awards. There is still time to book your place and note that the prices have been subsidised by the club. Details below.....

CCS ANNUAL DINNER AND AWARDS PRESENTATION EVENING; Saturday 17 November, at The Bull, Long Melford. See the September/October Spindle for full details – available on the Club website. Last chance to book; menu choices and payment to reach Andrew Hoppit by 11 November.

Also happening this month is the important Club AGM in 3 weeks time. It may seem a little staid and boring but is usually a lively affair and a chance to catch up with everyone now that all the competitions are over.

On this subject, Darren our present Chairman, has decided to stand down due to work commitments which invariably clashed with his committee duties. So, if you would like to step up into the Chairman's job and have a say in the way the club is run, bring in fresh ideas or suggest new areas that you think the club is lacking at the moment, please make yourself known at the meeting. I'm sure Darren would be happy to discuss what is involved; if you would like to contact him before the meeting please do... (darren_rule1@hotmail.com)

It's important that we have willing helpers who can spare one evening a month to help the club go forward.

CCS AGM, 7.30pm, Thursday 22nd November, Stevenson Centre, off Broom Street, Great Cornard. Your chance to comment on the way the Club operates, and suggest changes and improvements – any items for the agenda should be submitted to the chairman or secretary before Thursday 15th November.

Rog
SR98

CCSudbury - Falling Leaves Hillclimb.

Thankfully, the forecast of heavy rainfall did not materialise while riders were out on the hill. A few showers before the start and some more when everyone was tucked inside the event's HQ was all they had to contend with. Dan Upton must have been a relieved organiser (his first event as the man in charge) as everything went like clockwork and ensured he was a happy bunny at the end of the day.

The overall winner, Chris Crabtree from Orwell Velo (2nd in last year's event) was a mere 0.2secs off the course record with his 40.1sec ride and reckoned that without the damp and leafy surface, he could have broken the record. 2nd place Ross Fawcett was a further 6.3secs behind and CCS rider Lee Ford only 0.4secs behind him with 46.8 PB ride for third position. Lee also claimed the CCS Hill Climb trophy with James Rush getting the silver (54.7) and Leon West the bronze medal with a 56.8 ride. Angela Lesslie won the CCS Ladies Trophy.



Other CC Sudbury Champions.....

<i>Junior Female Champion</i>	<i>Isabella Johnson</i>
<i>Junior Male Champion</i>	<i>Charlie Heeks</i>
<i>Juvenile Female Champion</i>	<i>Hannah Johnson</i>
<i>Juvenile Male Champion</i>	<i>Oscar Keep</i>

A great event as ever, especially for spectators and it was pleasing to see 13 CCS riders having a go including a good showing of our youngsters. The initial 90 entrants were reduced to 74 as competitors took too much credence on the weather forecast during the preceding days. Inevitably a wrong call, as weather predicting is not an exact science and would have been worth a gamble.

A huge well-done for Dan and his army of helpers for a very well run event

CC SUDBURY 'FALLING LEAVES' HILLCLIMB RESULT SHEET 2018					
Position	No	Name	Club	Cat	Time
1	50	Chris Crabtree	Orwell Velo	Sen	00:40.1
2	73	Ross Fawcett	Pedal Power Cycles Ipswich	Sen	00:46.4
3	45	Lee Ford	CC Sudbury	Sen	00:46.8
4	40	Matt Day	TPH Racing	Espoir	00:47.1
5	14	Matthew Smith	DRAG2ZERO	Vet	00:47.5
6	60	Graham Collins	TPH Racing	Sen	00:47.6
7	18	Shaun Andrews	Ipswich BC	Vet	00:49.3
8	20	Adam Chamberlin	TPH Racing	Vet	00:49.6
9	30	Lewis Symes	Manningtree Wheelers BC	Sen	00:49.7
10	65	Thomas Foster	Manningtree Wheelers BC	Sen	00:49.7
11	11	Charles Openshaw	Islington CC	Vet	00:49.8
12	13	Matthew Drown	Orwell Velo	Sen	00:49.9
13	53	Louis Julian	D A P Cycling Club	Espoir	00:49.9
14	72	Daniel Zagni	Ipswich BC	Vet	00:50.5
15	54	Thomas White	Colchester Rovers CC	Jun	00:50.7
16	44	John Bright	Rapha CC	Sen	00:51.2
17	12	Liam Hendry	Bike4health	Sen	00:51.5
18	68	Ash Miles	CC Giro	Vet	00:52.3
19	8	Matthew Jacobs	Plomesgate CC	Sen	00:52.4
20	71	James Potter	Ipswich BC	Sen	00:52.6

21	25	Alex Harrison	Stowmarket & District CC	Espoir	00:53.1
22	34	Ryan Gooderham	TPH Racing	Jun	00:53.3
23	55	Rapid Rich Stoodley	3 RT	Vet	00:53.4
24	38	Steve Foster	Haverhill CC	Vet	00:53.6
25	83	William Carlyon	Ipswich BC	Juv	00:54.0
26	5	Peter Ingram	Ipswich BC	Vet	00:54.5
27	1	James Rush	CC Sudbury	Vet	00:54.7
28	63	Thomas Mcdonnell	Ipswich BC	Sen	00:54.7
29	80	Oscar Woodward	West Suffolk Wheelers & Tri Club	Juv	00:55.1
30	29	Barry Clarke	Stowmarket & District CC	Vet	00:55.9
31	22	Thomas Abbott	Stowmarket & District CC	Jun	00:56.3
32	16	Jonathan Carlyon	Ipswich BC	Vet	00:56.6
33	15	Paul East	Reading CC	Vet	00:56.7
34	70	Leon West	CC Sudbury	Vet	00:56.8
35	35	James Harman	CC Sudbury	Sen	00:57.6
36	66	George Head	Haverhill CC	Jun	00:58.7
37	33	Becky Ridge	TPH Racing	Fem	00:58.8
38	75	John Bradbury	CC Sudbury	Vet	00:59.0
39	67	Doz Bree	CC Sudbury	Vet	00:59.5
40	88	Charlie Knowler	West Suffolk Wheelers & Tri Club	Juv	00:59.6
41	43	Philip Barnes	TPH Racing	Sen	00:59.9
42	57	Simon Daniel	Tri Sudbury	Sen	00:59.9
43	79	Jordan Denny	West Suffolk Wheelers & Tri Club	Juv	01:00.5
44	27	Dave Clark	Orwell Velo	Vet	01:00.7
45	7	Polly Mason	Team Pedal Revolution.co.uk	FV	01:01.3
46	3	Ethan Cawston	Wolsey RC	Sen	01:03.3
47	76	Charlie Heeks	CC Sudbury	Jun	01:04.2
48	21	Kirstin Hamilton	Ipswich BC	Fem	01:04.7
49	64	Murray Baker	Tri Sudbury	Vet	01:05.1
50	62	Rebecca Johnson	Fusion RT Veloperformance	Vet	01:05.4
51	59	Becky Murley	Wisbech Wheelers	FVet	01:06.3
52	58	Nicola Soden	Velo Schils Interbike RT	Fem	01:07.4
53	87	Charlie Boldock	Tri Sudbury	Juv	01:07.5
54	86	Oscar Keep	CC Sudbury	Juv	01:08.2
55	28	Shan Bendall	Tri Sudbury	Fem	01:10.1
56	52	Paul Rippon	Ipswich BC	Vet	01:10.6
57	19	Patrick Charlton	Wolsey RC	Vet	01:10.7
58	41	Isabella Johnson	CC Sudbury	FJun	01:12.4
59	49	Angie Lesslie	CC Sudbury	FVet	01:14.3
60	85	Hannah Johnson	CC Sudbury	FJuv	01:15.0
61	77	Zoe Swainston	Colchester Rovers CC	FJuv	01:15.6
62	37	Molly Cutmore	TPH Racing	FJun	01:16.5
63	81	Mollie Bilner	Hadleigh CC	FJuv	01:16.9
64	36	Malcolm Borg	West Suffolk Wheelers & Tri Club	Vet	01:18.3
65	84	Alex Cutmore	TPH Racing	Juv	01:21.1
66	51	Daniel Adams	CC Sudbury	Sen	01:21.8
67	61	Chris O'Meara	Colchester Rovers CC	Vet	01:22.6
68	78	Abbey Thompson	Ipswich Velo	FJuv	01:23.4
69	9	Robert Giles	Boxford BC	Vet	01:25.7
70	89	Tommy Dickson	West Suffolk Wheelers & Tri Club	Juv	01:27.3
71	26	Maria Johnson	Colchester Rovers CC	FVet	01:44.4
72	90	Charlie Upton	CC Sudbury	Juv	01:44.6
73	31	Sarah Farley	Tri Sudbury	Fem	01:46.5
74	82	Lucas Martin	CC Sudbury	Juv	01:56.6

Hill Climb Photo's

(Email me if you want a copy of your pic)
Rog



RTT National Closed Circuit Championships – Thruxton, Wiltshire.

Hi Roger,



Just an update from yesterday's national closed circuit championships. Myself and Simon Daw travelled with Mandy; starting our journey at 4:30am. The TT was 11.7 miles - 5 laps of Thruxton race circuit. The wind was low; however it was a very misty and cold morning with poor visibility during my race. It took me at least a lap into the race to get my legs warmed up and my Heart rate up. I found that the course was surprisingly slow maybe

because of a gradual gradient at the end of the lap which seemed to get steeper every lap! I finished in a time of 31:59 which I was quite pleased with as it is the last TT of the season for me. I finished 6th out of 15 in the juvenile and junior girls and 3rd U16 girl.

I mostly enjoyed the experience of racing my second national event and my first closed circuit TT, which has given me something to aim to beat next season.

It was also Mandy's last race of the TT season too and finished in a time of 28:44 placing her 18th out of 37 in the Ladies race and 2nd in her category.

Now for the winter training to commence for next season!

Thanks,
Izzie Johnson.

Message from The Cyclist Cafe

Hi Darren -

Could this be forwarded to those that organise rides on Fridays, Saturdays and Sunday. The Cyclist Café, Sudbury would like to update your club that it can now offer catering for larger groups through a ticket system (the largest event we did was for 350 covers - although that was a biggie - the 20-40 range is no problem) - typically we'd do a meal deal - here is an example:

<https://www.tickettailor.com/events/thecyclist/185767>

We have secure bike parking, pumps and tools if needed.

Let me know if of interest - or who the right contact is. Happy cycling ! :)

The Cyclist, 53 Ballingdon Street, Sudbury, CO102BZ

Simple gourmet food & drink Sign up to our mailing list :)



Below is the full list of Club Trophy Winners for 2018.

Some new names have made their mark this year which is always nice to record. Their trophies and medals will be handed out at the Club's Dinner/ Presentation Evening. Well done to all of them for their hard endeavours during the season!

PRESENTATION OF AWARDS

CCS Club Trophy Winners - 2018 Season

Veterans Best All Rounder	Gold	Damon Day +6m 48s
<i>On Standard 10, 25 & 50 miles</i>	Silver	Mandy Bunn + 6m 32s
	Bronze	John Bradbury + 5m 50s
B.A.R. 25, 50 & 100 miles (<i>Av speed over 3 distances</i>)	Gold	Mandy Bunn + 24.66mph
100 mile Open TT Shield		Mandy Bunn 4hr 25.15
50 mile Open TT Cup		Leon West 1hr 43.42
25 mile Open TT Cup		Leon West 49m 38s
Ladies 25 mile Open TT Bowl		Mandy Bunn 57m 55s
Audax Trophy	Gold	Jane Watson 6235kms
	Silver	Raymond Cheung 5818kms
	Bronze	Ian Lovelock 3485kms
Club SPOCO Trophy	Gold	John Bradbury 1570 pts
	Silver	David Fenn 862pts
	Bronze	James Rush 739pts
Hillclimb Champion - Men	Gold	Lee Ford 46.8sec
	Silver	James Rush 54.7sec
	Bronze	Leon West 56.8sec
Hillclimb Champion - Ladies	Gold	Angela Lesslie 01m.14.3s
Hillclimb Champ Juv Female	Gold	Hannah Johnson 01m.15.0s
Hillclimb Champ Juvenile Male	Gold	Oscar Keep 01.m.08.2s
Hillclimb Champ Junior Female	Gold	Isabella Johnson 01m.12.4s
Hill climb Champ Junior Male	Gold	Charlie Heeks 01m.04.2s
Club 10 mile T.T. Champion	Gold	Leon West 22.19
	Silver	Damon Day 22.23
	Bronze	Lee Ford 22.52
Club 10 mile TT Ladies Champ.	Gold	Mandy Bunn 25.17
Club 10 mile TT Vets Champ. (<i>on Standard</i>)	Gold	Damon Day +4.31
	Silver	Leon West +3.40
	Bronze	Mandy Bunn + 25.17
Club 10 mile TT Champion (<i>on Handicap</i>)	Gold	Caroline Wyke
	Silver	David Rayner
	Bronze	Doz Bree
Club Evening Points Series	Gold	Caroline Wyke 643pts
	Silver	Mollie Cutmore 595pts
	Bronze	Isabella Johnson 491pts
Club Evening Pts Series B.A.R. (<i>3 courses only - no HH</i>)	Gold	Leon West 57m.43s
	Silver	Damon Day 59m 00s
	Bronze	Lee Ford 60m 20s
Clubman of the Year		?
Rider of the Year		?
Junior Rider of the Year		?
Ladies Trophy		?
Golden Spindle Nut Award		?



A Classic Tale of a recent Wet Sunday Club Ride!

By CCS Sunday Club Run's King of Rhetoric - Mark Gentry.

I stumbled from my bed about 7 o'clock. Uh oh! It's Sunday! Look outside. Grey and light rain. Not conducive to cycling, but Martin is leading, so he will have to go to St. Peter's whatever the weather. That's rotten for him, no one turning up! I'll ride down and just have a chat, in the vain hope of making his ride out not a total washout. (See what I did there?) As we won't be going to Sturmer and I'll be back home in an hour, I'll brave the cold and damp and wear my shorts! Ten minutes from home and I changed my mind. Whole thing is a bit silly and shorts definitely the worst part of a bad decision. Never mind though, persevere through the ever-increasing rain. It's character building. Mine still isn't finished yet, even at my advanced age. On the way down to Sudbury there are no other loonies – sorry - cyclists out this morning. But there were several runners. Surely they ain't tougher than CCS members?

I started a bit too early and arrive at the Market Hill at twenty to nine. I'll shelter from the pouring rain in the shop doorway till Martin comes.

Whoa! What's happened? There's a young chap on a bike stopping outside the church. It's Tom from Glemsford. He's not been on a club run for about ten years – and he chooses this day come for a ride.

Oh goodness! Oh no! There's David! And not far behind him, Peter! I can't believe there are so many masochists in the club. Can I persuade them to abandon any ideas of a ride? Martin hasn't arrived. "Let's go home" I say.

Then, Martin's car rolls to a stop and out he gets with a look of incredulity on his face. Surely no one wants to persevere with this lunacy? No! Of course not! We can't go to Sturmer in this. Well, how about Café Como, then? It's only just round the corner. Yes, I think to myself, Little Waldingfield, Milden, Brent Eleigh and Café Como. Not too bad. Martin can't believe what he's hearing. I guess he thinks that we can't really want to go. He returns to his car and dons his wet weather gear and we set off down East Street.

Tom reckons we must be training for a triathlon – Practicing two disciplines at once – cycling and swimming!

Hang on. This isn't the right route I think as a waterlogged Acton heaves into view. Oh well, it must be Little Waldingfield next. NO! Barrow Hill and an Inundated Lavenham await us. By now my fingers are numb. Can't feel the bars, but I appear to still be on the road, so just keep pedalling. Water is now running from shoes, cuffs and shorts.

It'll be Water Street next I reckon and then, our goal, Brent Eleigh. Hope they've got the heater on the triple Sahara setting.

Of Course! I should have known. We went straight past Water Street and on to the Preston turning. In the back of my soggy, sloshing with rainwater mind, I think I heard Martin say something about The Hitcham Hilly course.

Sure enough, we squelch round to past Preston and on to Hitcham, Bildeston and Chelsworth.

I can't change gear now. My fingers and thumb just won't work. They bend away from the levers like limp spaghetti. When we get to café Como my hands are in such a condition that I have to ask Peter to unclip my hat. Jolly good fun, this cycling. Coffee and cake make things much better.

Surprisingly, no other cyclists there!

Tom, sensibly, has to go and get home to meet someone. He and two friends are a comedy theatrical company and are due in Shanghai in the near future. I hope it's a bit drier there.

We make our squelchy way back to Sudbury by the shortest route we can think of.

*And cycling-men in England now a-bed
Shall think themselves accursed they were not here
and hold their membership of CCS cheap whiles any speak
that rode with us upon this watery day.
Not.*

(Not sure what you're on Mark, but can I have some of it please!.... Rog)

High Alpine Adventures

by Viv Marsh



In September 2018, virtual club members Carole and Kevin Raymond (who live in France) arranged for eight of us to visit the French Alps to see just how much harder cycling up them had become lately. CCS members Steve Barnes, Andy Hoppit, Stewart Kirk, Jeff Wilson and I joined Kev and Carole, plus one interloper from Hadleigh Velo - Andrew Thompson (Thommo), made up the eight. Due to their aversion to both mornings and paying for the péage, Kev and Carole drove down from Normandy over two days. Jeff

was travelling from his other home in Newcastle so took the long ferry crossing to IJmuiden in Holland and then took in a lap of Lake Constance on the way, before joining us at the end day two. Stewart left directly after the club 10 a week earlier, in his campervan as he had the small matter of the World Time Trial Championships to ride in Italy on the way. The remaining four of us traveled via the Eurotunnel in Thommo's car, sharing the driving and making the 760 mile road trip in about 14 hours non-stop.

Carole excelled herself finding us accommodation just outside Bourg St Maurice on the Isere river in the Savoie region of France. At 750m above sea level it was a the perfect starting point for several Alpine climbs and a very nicely equipped wooden Alpine style chalet including an outside Jacuzzi, sauna, BBQ, pizza oven and pool table (indoors) and surrounded by mountain views. As ever, she also excelled herself organising us all, and seeing to most of the catering requirements for the week.

On Sunday the initial 7 of us set off up to the ski resort of Les Arcs which literally went up from our door step.



At 1,800m it was a total ascent of 1,330m over 22km (each way), it was a stiff introduction but not too long or too hard. Unfortunately as it was still closed season for skiing, the resort was totally deserted and we couldn't even get a coffee before descending back down. We split up: some going back the way we'd come up; the rest of us seeking out an awkward but stunning route back via Peisey-Villandry and Landry and back along the banks of the Isere followed by a long soak in the hot tub. 2h45 in the saddle.

On Monday our World's rider, Stewart, was feeling under the weather so elected to spend the day in bed leaving just six of us to ascend the climb to the famous La Plagne ski resort. At almost 2,000m and a few miles along the valley it was a similar ride to Les Arcs but a little higher (1,750m of climbing) and longer (30km each way) and with better views of the valley and of the winter Olympics facilities.

We also managed to find one café open so we got a coffee this time. We returned the same way but found a Voie Vert (Green Lane) back along the river bank which was nicer than the road. 3h45 in the saddle. We stopped in town on the way back and laid into several Grimbergen beers at a local café before returning to the chalet where Jeff arrived later on. In a celebratory mood, we drank rather too much beer and wine over dinner and wound the music up a little too loud until a little too late. Eventually we stumbled off to bed around 2am a little worse for wear – but happy nonetheless.



Tuesday was an understandably slow start but Jeff was keen to get his first climb in so we agreed to attempt the Cornet de Roselend which also ascended direct from Bourg. This one was not simply up to a ski resort and was all the better for it. Peaking once again just under 2,000m it was 1,430m of climbing over 20km each way and was stunningly beautiful. High Alpine mountains all around, glaciers, hairpin bends, woods, streams, wildlife, and views to die for all the way! We went a couple of miles past the top to find a beautiful mountain café before descending the way we went

up which was equally beautiful. 3h20 in the saddle.

That evening, Jeff had his first go in the hot Tub and Kev treated us all to his BBQ skills. Less beer was consumed than the night before after we had a few long faces from the chalet owners who lived downstairs! We discussed what to do the next day. Despite the Cornet de Roselend being a long hard climb there was a general consensus to attempt



the awesome Col de l'Iséran on Wednesday. At 2,770m, it's the highest paved road in the Alps (and the fifth highest paved road in all of Europe). Some opted to take a car up to Val d'Isere, about half way up the 2,520m of climbing and 46km each way. As one of the slowest climbers I calculated it would take me 4 hours to climb all the way so I retired to bed with that plan in mind too. However I woke up early and convinced myself if I had at least an hour's head start I might just make it. So I got up,

showered, ate and slipped out of the house a good hour ahead of the others.

It was indeed a long hard climb and after two hours I finally reached Val d'Isere – the half way point.

The views had been steadily improving all the way up but the route was a main road and was quite busy with many large lorries and some disconcerting tunnels, so wasn't the most enjoyable of rides. I rested for about 20 minutes before setting off again – still on my own. Almost immediately I noticed my saddle had tilted back at an alarming angle making riding very uncomfortable. Luckily I had the tools to adjust it but was very wary of over-tightening it and snapping the bolt in this remote location. Consequently I had to stop five times to readjust it over the next few miles.

However the views were as jaw-drop stunning as the climb was relentless. High up into skiing territory, with the noticeably thinning air, really this climb was too much for me but the thrill of the views and the excitement of the achievement was enough to coax me up

the remaining switchbacks to the top. I looked at my computer which showed 1 second over my 4h00 prediction – just over 7mph average! But I'd made it – and was still ahead of the others. Jeff rolled in about 10 minutes later – over an hour faster than me, and the others came in dribs and drabs over the next half hour or so. It was a beautiful sunny day and the views of the surrounding snow covered peaks were simply awesome. We had a couple of coffees before the long descent back down. Down to Val d'Isere was a thrilling ride but below that, in the tunnels again and back onto the busy road it lost its charm and even the downhill ride became hard work. Eventually though, I made it back to the chalet, delighted with myself, after 94km and 5h30 in the saddle.

Some of us walked to a bar to celebrate our achievements and then, back at the chalet, Kev fired up the pizza oven and we had copious helpings of pizza all round. We had scheduled a rest day for Thursday but the weather forecast suggested that Thursday would be the last nice day with rain coming in on Friday so we elected to make the most of it and ride again anyway and rest on Friday – our last day.

As yet we hadn't done the well known Col du Petit St Bernard which is the Alpine pass into Italy. I drove over it a couple of years ago but have never cycled it. So that was the plan for our last day's cycling. And it was awesome again: 2,188m at the peak, 1,700m of climbing. Our tired legs weren't enough to hamper this glorious climb.

We set off at different times again according to our abilities and enthusiasm – so I was an early starter. And so we rode all the way to the Italian border – and a few metres in just for good measure! This time there was a proper café so we were able to buy food and souvenirs along with our coffees at last. The descent was again glorious. We diverted slightly off the main route to go down the way the Tour de France had come up earlier in the year. This was ridiculously steep – I'm sure I wouldn't have been able to have ascended that way had we tried. It started to rain on the descent which made it a little tricky, but eventually we all made it safely back to the chalet for a sauna and a Jacuzzi. And then we popped back into

town for some more overpriced beer. 3h30 in the saddle.

And so we were done with cycling. Except Jeff felt he couldn't go home without doing La Plagne which he'd missed on Monday and Andy wanted to do the Col du Petit St Bernard again for some reason. The rest of us settled for a pleasant walk along the river past the (open air) Kayak National Stadium and back via our favourite café in town for a few more Grimbergens. The bad weather had actually peaked overnight and Friday turned out to be another hot sunny day but I for one was content with what we'd do. We ate out for the only time on the last night, most of us succumbing to the delicious local dish of Tartiflette. And so it was time to go home. Well it was for some of us: Jeff had another two day journey back up north via Cologne and Stewart still hadn't had enough and set his camper off further south to take in Mont Ventoux before reluctantly returning home about three weeks after setting off!

A great trip and thanks to everyone involved - especially to Carole for making it happen and generally being mum for the week. Just less than 9,000 metres climbed in the five days – Andrew would have made over 10,000m!



Final Open TT results

C.C.S. Riders - Open T.T. Results - September 2018

Date	Event	Course	Name	Dist	Time	Notes
Sept 1st	RTTC National 10 mile championships. Ayr Roads/Fullarton Wheelers - Scotland	WW10/03	M.Bunn	10	24.38	29th Lady 2nd in Cat'
Sept 1st	VTTA - Newmarket	E2/10	D.Day	10	20.13	11th PB
Sept 1st	VTTA - Newmarket	E2/10	D.Fenn	10	24.59 PB	Club age record
Sept 1st	CC Breckland - Snetterton	B50/20	J.Bradbury	50	01.48.07	6th PB
Sept 2nd	Stowmarkey & DCC - Rougham	B10/38	D.Day	10	21.01	3rd
Sept 2nd	Stowmarkey & DCC - Rougham	B10/38	J.Rush	10	21.44	10th
Sept 8th	Norwich ABC - Bungay - SPOCO	B10/43	J.Bradbury	10	21.32	4th
Sept 8th	Norwich ABC - Bungay - SPOCO	B10/43	D.Fenn	10	27.31	28th
Sept 8th	National Youth Champs Final-Wymondham	B10/3A	I. Johnson	10	25.34	6th in age grp 16th o/a girl
Sept 8th	Team Velocity - Newmarket	E2/25	D.Day	25	52.33	44th
Sept 8th	Team Velocity - Newmarket	E2/25	J.Rush	25	55.12	82nd
Sept 8th	Team Velocity - Newmarket	E2/25	M.Bunn	25	01.00.04	116th
Sept 9th	Plomesgate CC - Wickham Market	B10/36R	G.Johnson	10	24.11	19th
Sept 9th	Glasgow Wheelers - Tour of the Campsies - Lennoxton	WW26/01	L.Arthur	25	01.14.04	26th
Sept 9th	ECCA - Chelmsford	E6/25	M.Bunn	25	01.07.42	19th
Sept 15th	Northampton & DCA - Brogborough	F15/10	G.Johnson	10	24.18	34th
Sept 15th	Northampton & DCA - Brogborough	F15/10	I.Johnson	10	27.56	70th
Sept 15th	Northampton & DCA - Brogborough	F15/10	S.Johnson	10	30.50	81st
Sept 15th	CC Breckland - Snetterton	B30/1B	J.Bradbury	30	01.03.37	4th PB
Sept 15th	ECCA - Newmarket	E2/10	L.West	10	21.19	18th
Sept 15th	ECCA - Newmarket	E2/10	J.Rush	10	22.09	39th
Sept 15th	ECCA - Newmarket	E2/10	M.Bunn	10	24.09	81st
Sept 15th	ECCA - Newmarket	E2/10	S.Kirk	10	24.30	88th
Sept 15th	ECCA - Newmarket	E2/10	C.Harris	10	26.23	98th
Sept 22nd	Leo CC - VTTA - Newmarket	E2/30C	M.Bunn	30	01.08.28 72nd - PB	New CCS Ladies 30 mile Record
Sept 22nd	Leo CC - VTTA - Newmarket	E2/30C	S.Kirk	30	01.09.24	76th
Sept 29th	Kings Lynn CC - Downham Market	B10/37R	I. Johnson	10	26.40	37th
Sept 30th	Lea Valley CC - Duxford - SPOCO	E1/30	S.Kirk	30	01.19.41	24th

C.C.S. Riders - Open T.T. Results - October 2018

Date	Event	Course	Name	Dist	Time	Notes
Oct 14th	RTTC National Closed Circuit Championships - Thruxton, Hampshire	Thruxton Circuit	M.Bunn	11.8	28.44	18th Ladies 2nd in Cat
Oct 14th	RTTC National Closed Circuit Championships - Thruxton, Hampshire	Thruxton Circuit	I.Johnson	11.8	31.59	6th Juv Girls 3rd U16 Girls
Oct 14th	Hainault RC. 2- Up-TT - Chelmsford	E91/25	J.Newton/ S.Daw(Schils)	25	57.37	3rd

The September Results above have been repeated as some extra results, omissions and details have come to light since the previous edition. The October results are sparse due to events being cancelled or blighted due to adverse weather conditions!

Individual Riders Best Open TT Times during 2018 Season

Name	10mile Open TT	25mile Open TT	30mile Open TT	50mile Open TT	100mile Open TT
Luthais Arthur		01.14.04 PB			
John Bradbury (23)	20.45 PB	53.23 PB	01.03.37 PB	01.48.07 PB	
Mandy Bunn (26)	22.21 PB + CR	57.55	01.08.28 PB+CR	01.57.37 PB+CR	04.25.15 PB+CR
Bob Bush	35.03				
Damon Day (18)	20.13 PB	52.33		01.47.35 PB	
David Fenn (20)	24.59 PB	01.13.06			
Colin Harris (16)	25.04				
Steve Hitchcock		01.09.01			
Gary Johnson	22.24 PB				
Isabella Johnson	23.53 PB + CR				
Sarah Johnson	28.17 PB				
Stewart Kirk (20)	23.27 PB	01.01.48	01.09.24 PB	01.59.25 PB	DNF
Terry Law	35.51				
Barry Lee	28.15				
Ian Millard	24.59	1.02.28			
David Miller	29.09 PB				
James Rush	21.39	54.26		02.02.51	
Tony Sheppard	26.33				
Chris Steward	22.22	55.05 PB			
Matt Traynar	25.22				
Leon West	19.50 PB + CR	49.38 PB + CR		01.43.42 PB + CR	

*CR = Club Record. PB = Personal Best time (23) = Number of events entered – Top 6 only)
(Apologies if I have left out anyone's PB times or have quoted any wrong times – please email me and let me know)*

Only Mandy and Stewart took in the full range of distances this season, (although Stewart was a DNF in the 100!) Mandy broke 4 new CCS records in doing so, with the 25 TT being the elusive distance. Another brilliant season by Mandy which included the creation of a new Ladies 100 mile CCS record.

Stewart found a new impetus this year and pushed his times and himself hard, to include 3 PB's from a very full season.

John posted PB's on all the distances he took part in, repeating the same feat he completed last year. Considering they were not all achieved on the fast 'Drag Strip Courses' it was a remarkable effort. Another who had a very full and consistent year.

Damon was also highly consistent throughout the season and rarely had a bad ride. He posted 2 PB's along the way which is all you can ask!

Isabella had a stellar (sorry!) season and continued to improve almost weekly including creating a new juvenile CCS record and some good results in the National U16 girl's categories. A brilliant year from a talented young lady.

Leon did what Leon does, break CCS records, including the important staples of Time Trialling, the 10, 25 & 50 milers this season and doing so, made it look so easy The mark of a top rider!

To all the others, it's obviously not possible for everyone to break records every month but personal victories can be gained from achieving PB's.

Besides the above mentioned, well done also to Gary, Sarah, Luthais, David Miller, David Fenn and Chris, for doing just that (achieving PB's) and to all our CCS Open Time Trialers for getting out there and giving it a go.

Rog

Audax Final Points September 2018.

(Thank you to David Fenn for compiling the Audax & SPOCO details each month during the year)

Name	Points	Total Dist km	Club Audax Cup	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Jane Watson	34	6,235	1st	21	4	17	-	-	-	-	22,800
Ray Cheung	47	5,818	2nd	10	-	15	1	2	1	-	35,997
Ian Lovelock	28	3,485	3rd	6	-	4	2	1	-	1	36,750
Mick Bates	4	1,426	4th	8	1	2	-	-	-	-	7,980
Brian Mann	4	532	5th	1	-	2	-	-	-	-	3,830
Robin Weaver	2	509	6th	3	-	1	-	-	-	-	3,400
Viv Marsh	-	319	7th	3	-	-	-	-	-	-	2150
Mark Gentry	-	310	8th	3	-	-	-	-	-	-	2,350
Tim Collins	-	209	9 th	2	-	-	-	-	-	-	1,450
Tony Sheppard	-	168	=10th	-	1	-	-	-	-	-	950
Matt Skeats	-	168	=10th	-	1	-	-	-	-	-	950
David Miller	-	168	=10th	-	1	-	-	-	-	-	950
Rob Sidgewick	=	168	=10th	-	1	-	-	-	-	-	950
Steve Barnes	-	109	14th	1	-	-	-	-	-	-	650
Graham Buckles	-	104	=15th	1	-	-	-	-	-	-	700
Don Keen	-	104	=15th	1	-	-	-	-	-	-	700
Tony Grimes	-	100	=17th	1	-	-	-	-	-	-	750
Byron Grimes	-	100	=17th	1	-	-	-	-	-	-	750

The CCS Audax Trophy was snatched away from long time leader Raymond at the last minute by Jane Watson, by a distance of just over 400kms.

A great effort by Jane who concentrated on 100-200km events – 42 in total - to clock up 6235kms. Raymond rode 4 big distance events and 'only' 25 100-200km rides and fell well short of his record breaking 13,000+kms last year. Perhaps he deserved the a bit of a rest this year!

Newcomer Ian (checkout his metres climbed) put in some impressive rides including a 1000km event in Scotland and secured 3rd place from Mick who was the only other rider to complete a combined distance over 4 figures.

The CCS SPOCO Trophy was won by a huge margin by John from his, 14 rides which was nearly twice the amount of points gathered by David's total. David can be pleased with his 2nd place and shows that you don't have to be up the 'pointy end' to gain a podium position in the club's competition. James's point's scores fell off towards the end after a good start earlier on and were hampered by some event cancellations and bad weather. Mandy's 4th place was a good result from just 6 events. A good little club competition which doesn't rely just on fastest times!

FINAL CC SUDBURY SPOCO LEAGUE TABLE 2018

POSITION	RIDER	EVENTS	POINTS TOTAL
1	John Bradbury	14	1570
2	David Fenn	11	862
3	James Rush	7	739
4	Mandy Bunn	6	566
5	Colin Harris	6	473
6	Leon West	4	469
7	Gary Johnson	5	453
8	Stewart Kirk	5	429
9	Isabella Johnson	4	303
10	Chris Steward	3	293
11	Damon Day	2	223
12	Sarah Johnson	2	163
13	Barry Lee	2	157
14	Luthais Arthur	1	105
15	Doz Bree	1	102
16	Dan Upton	1	97
17	Tony Sheppard	1	88
18	David Miller	1	81
19	Caroline Wyke	1	80
20	Ian Millard	1	71

Upcoming Audax Rides Available

Saturday 3rd November, Witham 100k
 Sunday 25th November, Carlton Colville, Lowestoft 100k
 Saturday 1st December, Witham, 100k
 Sunday 23rd December, Colchester, 200k