



2012 Season – CCS Time Trial Record Breakers

Spindle - November 2012 - cycdeclubsudbury.com

Guest Editorial by former Spindle Editor & current CCS IT Manager - Adam Chamberlain.

Wow, it would appear that the sport of professional cycling has imploded over recent weeks. Every day greets us with a new press release stating a rider's admission to doping, a team manager stepping down or a contract being terminated.

So what do us as cyclists do? Well my first task is to try and defend my sport and hobby to the football fraternity at work, which is easier, said than done. All the negative press is overwhelming and the novice to the sport would not be mistaken to believe that every cyclist out there is tainted; they probably think I'm on something just to cycle into work. After such a successful summer where cycling was the topic of many conversations it would appear the darkness is creeping in and I don't just mean the colder nights.

I will be honest; the only reason I bought a road bike was after watching an American cyclist climb Ventoux. I was inspired to get out there and try cycling, so in one respect that is a positive for the sport in general. But as each report emerges that idol status diminishes, until you are left disheartened and thinking you should have purchased that Ipswich Town football kit instead. I'm certain every club member and Spindle reader will have to face this truth at some point; the one person you look up to in the sport has actually been cheating it from the inside. Kind of makes you wonder about the future.

So where do we go from here? We keep hearing comments around 'I knew it was going on' or 'yeah everyone knew...' so why now is everyone suddenly feeling the need to talk or confess? Could this be the house of cards finally falling down to reveal a cleaner, leaner sport? Let's hope so. I think there will still be a few hard climbs left but with more 'BOOM' moments but with each one comes a continued effort to show how much better the sport and industry behind it can be. The future now falls in the hands of the current young green riders; people who have joined the new breed of clubs with their transparent training and doping programs. They know the damage inflicted on the sport and loyalty lost by the fans with each confession.

They have adopted this new way of taking the sport forward.

Here is to the new riders of a cleaner sport, long may you inspire us and get another generation out there on two wheels.

Adam goes on further to outline what your committee has been investigating and working on over the past months.....

'As a club we always looking at our members and trying to increase the numbers, yet we are missing the younger generation of riders. With cycling suddenly being a mainstream hobby again it would appear the time is ripe to try and encourage young cyclists out there to get on their bikes and maybe try their hand at a bit of racing. With this in mind, we are calling out to all club members for their thoughts on how to encourage riders and if there is any interest in trying to get a youth section up and running. Previously, CCS was very active with younger riders; let's get back there and ensure we have a new crop to take our place as we take a back seat; we are not getting any younger. As we all know British Cycling is promoting at every opportunity *and there might be the possibility for CCS to get some funding for coaching programs and really push this forward. So let us know what you think the club should focus on, or if you have the next Wiggo in your clan, how can we get them interested and got them with us? All ideas and support is very much welcome'*

Adam.



Please Note

The possibility of arranging for some training for CCS coaches and establishing a youth section will be an item on the AGM agenda for Thursday 29th November, so if you are interested, make sure you come along.

Well, nearly a page already completed and I haven't actually written a thing yet! How marvelous. A week ago I had one article for Spindle, now with four days left before the issue date; I have been steadily bombarded with bits and pieces for inclusion. Mainly from my regular contributors it has to be said, but thanks to you all for your efforts. Very encouraging; but don't forget that next month it all starts over again! This edition encompasses articles about what this club does best. I always try to keep it varied and included are Audax reports; final TT result records; an Open Time Trial review of the year including details of our new club record breakers; personal rides and achievements; a bit of mandatory humour and general info on forthcoming events. Hopefully there is something for everyone.

No Roger's Rants this time, although I was pleased to be asked if my previous observations on Time Trial misdemeanors could be reproduced in a neighbouring cycle clubs magazine/newsletter, as it had obviously struck a chord with a fellow rider (2nd claim member) Also encouraging!

Diary Dates.....

AUDAX;

Saturday 3 November: Norwich: 100k ride.

Saturday 15 December: Norwich: 100k ride.

Saturday 19 January: Norwich: 100k ride.

Further details and entry forms for all of these rides on the Audax UK website, at www.aukweb.net, under 'Calendar'.

Entries open to all.

11.00 am, SUNDAY 4 NOVEMBER; CCS OPEN HILL CLIMB;

You're too late to enter, but still in time to watch!

The CCS Open Hill Climb, incorporating the EDCA 2012 Championship, is on Sunday 4 November. Held on Watson's Hill, Semer, course BHC/1 – there's a link to a location map on the CCS website home page, or here. [HillClimbCourse](#) . The road will be closed to traffic, as last year.

The HQ for this event is Semer Village Hall, on the B1115 between Hadleigh and Stowmarket. Even if you're not going to ride, come and support the Club at this popular event. There'll be a club run to the event, leaving Market Hill, Sudbury at 9am.

Tea, coffee and cake will be available at the village hall before and after the event.

***The full start list is shown further down.....**

And having quickly scanned through it, riders are coming from far and wide to ride 'our' hill.

Competitors from Manchester, Kent, Norfolk, Cambridgeshire

and Herts, plus all the local clubs will be represented, including last year's champion Tom Stephenson from Colchester Rovers. A fair sprinkling of CCS riders will also be doing their bit for you all to cheer on.



THURSDAY 22nd

NOVEMBER:

WATT BIKE EVENINGS.

See the poster further on for full details of the first of 4 dates for this exciting new event to be held throughout the winter months at the Stevenson Centre.



7.30pm, THURSDAY 29 NOVEMBER; CCS ANNUAL GENERAL MEETING

Anything to say about the way the Club is run, or what it does? Keen to become more involved (one item for discussion will be about involving more young riders in the club)? Or just after a chat and a cup of tea?

Clothing will be available for purchase, and the free CCS drinks bottles will be available if you haven't collected yours yet.

Whatever the motivation, please come to the AGM, at the Stevenson Centre, off Broom Street, Great Cornard.

THURSDAY 13 DECEMBER: QUIZ NIGHT;

a date for your diary; further details to follow.

SATURDAY 19 JANUARY; CCS ANNUAL AWARD PRESENTATION NIGHT

This year it is to be held at The Granary, Sudbury. A sit down buffet meal, followed by a new streamlined presentation of cups and awards; further details to follow.

The CCS News Desk received this Telegram (remember those?) from 'Oop North' from our technologically challenged Brian Mann recently.....

Message begins.....

'End of September - up to Clitheroe to ride the 200k 'Last Chance Dales Dance' audax... Rode through pouring rain to the start in Pendleton... Rained all day... Gale force winds blew me to first control at Thwaite via Wigglesworth, Settle, Ribbleshead, Hawes and the Buttertubs Pass with its 18% hill and cattle grid... Coming down after Buttertubs was scary - brakes ineffectual due to water and steepness of descent - arms ached from continually pulling on brakes...

Next section went through Muker then turned right for Askrigg. Road went to right of a house then reappeared behind the house at chimney height - sign saying 25% wasn't lying...

Had to walk - standing up made back wheel slide - sitting down made front wheel lift off road... Similar 25% down to Askrigg - praying brake cables held... Askrigg, Redmire, Wensley and Middleham, wind assisted, then turned southwest for Stean control and struggled into wind and rain (one seven mile stretch took over 55 minutes), didn't feel tired just couldn't make progress...

Pea soup and custard (separately) warmed me up at Stean control...

Stean to Pateley Bridge sheltered and flat, Pateley Bridge to Grassington - exposed and awful, well over an hour to cover 12 miles... At one point thought gear change had broken (yes I was on gears) but found reason I couldn't change down was I'd run out of gears both front and back!...

Grassington, Gargrave and West Marton sheltered and fairly flat... After that it was a case of following the A59 for 12 boring wet miles to the finish.

Out of 9 starters I think only 6 finished and even then I wasn't last...

Catering was minimal - make your own tea at start and help yourself to biscuits. Make your own tea at finish, help yourself to bread and spread. Funnily enough I never thought white sliced bread and margarine could taste so good...

Ride took 12 hours- exactly 200k - 3250 metres of climbing - 3 ¼ AAA points... Yes I enjoyed it.... Yes I'd do it again... It was hard but as I rode it alone I found I wasn't tired at the end... I suffered much more riding the Silly Suffolk 200k in company a fortnight later... Stop! Brian...

Well done Brian...Stop...Pure Gold...Stop...



2012 - Open Time Trial Seasonal Review..



It was another very good season for our club riders with 24 members taking part. This is 30% up from last year and the number of individual rides has also increased from 169 to 210. This figure would have been much higher if this summer's bad weather hadn't cancelled a lot of events during the season.

A few club records were broken along the way and a couple of team 1st places were achieved, along with a hat full of top 6 positions.

CCS members who rode 2 or more events are reviewed below.

Bob Bush didn't start his season until late June, but had another decent campaign with 9 rides. The highlights being: a 1.30.29 for the Colchester Rovers 25, and a very good 30.42 in the Team Cambridge 10, on the F2 in July. As ever, Bob is always one of our most enthusiastic and cheerful competitors



Rob Davies also broke a couple of records during his 13 ride season. An outstanding 50 TT time of 1.52.50 saw him beat Scott Jones 18 year old record by 54secs He also helped to break the 30 mile Team record along with Damon and James by nearly 16mins on the E2 on a perfect riding day. Rob is a master at finding these perfect days and also posted the seasons fastest 10 and 25 times (for CCS riders) with a 21.20 and a 54.21, both on the E2. It was a very good return for a limited programme of entries.

Simon Daw was our most prolific rider with 30 rides and was the mainstay of the new club 100 mile team record which was created, along with Darren Rule and Stewart Kirk. He posted a very creditable individual time of 4.23.17.

Together with Jonathan Weatherley, he also secured 1st place in Victoria CC's 2-Up series with a 3 x 1st places and a 2nd. A team 1st in the Haverhill Wheelers 20 mile Hilly with Jonathan and Damon completed the list. He also had a string of 2nd & 3rd places in individual events and was rarely out of the top 8 in events he

entered. A PB in the Lea Valley 30 mile TT rounded off another very good season for Simon who also undertook some grasstrack races to compliment his very busy and varied season.

Damon Day rode very consistently all season during his 24 rides and ventured into new territory with his 1st 50 in which he ducked under the 2hrs with an excellent 1.59.50. His 1st 30 TT also brought results as he was part of the club record breaking team along with Rob and James. Further glory came in the Haverhill Wheelers Hilly, where together with Simon & Jonathan, they were Fastest Team of the Day. He repeated the feat in Sept in the Stow & DCC 10, along with Mat Shotbolt and James as they also claimed fastest team of the day. A very fine early season 56.34 for a 25 and a late season 22.08 for the 10 on the E2 were his best of the year. A very good season!



Len Finch decided that this season was to be his last and finished off his TT career with some panache during his 12 rides. He has always defied his age with consistent times and this year was no different. The 10's he entered were usually below the 29's with a best of 28.21 on the early season Lea Valley E2. His

fastest 25 was also achieved early season with a 1.12.51 also in a Lea Valley event on his favoured E2 course. He will be missed!

Stewart Kirk had a disjointed season but still managed to grab some TT glory during his 8 rides. He was part of the CCS team which created a new club record for the 100 mile TT on the North Norfolk Wheelers May event, with Simon and Darren Rule, with a personal time of 5.11.51.

He also finally achieved his ambition to join the sub 1 hour club for a 25 with a 59.50 on the Lea Valley E2 event during April. His best 10 came late on in the season with a very good 24.04 in the VTTA event, again on the E2. Another excellent late season 1.11.48 time in the Leo CC 30 mile on the E2 gave him his 2nd PB of the year.

Barbara Law had a very busy season with 20 rides. She again rode/ran for GB in the World Duathlon Championships (Age Related), this time taking place in Nancy, France and had to be content with 'only' 4th place. Still an excellent achievement for one of our club members, around what was a very tricky and technical course.



She continued to post consistent times on the TT courses with her best 10

coming on the F2 in the Team Cambridge event in July with a 29.25 and a very good 25 time of 1.17.45 on the E2 VTTA event in June.

Terry Law finally got back in his stride this season, riding 16 events and was invariably below 30mins for his 10's with an encouraging 28.53 in the E2 VTTA during Sept being his best time. Just one 25 on the B25 Kings Lynn event (the others were inevitably rained off) in August produced a 1.23.10. I expect him to go even better next season.



Barry Lee entered just 5 events and produced 3 very good 10 times, with the best being in the late season E2 VTTA, recording a very decent 26.20. The other 2 were 20 milers with the early Haverhill Wheelers Hilly event producing a best of 1.02.39. He is threatening to buy a new set of wheels for next season, so watch out!



Darren Pratt seems to have finally gotten the taste for Open TT's and had an 'interesting' introduction for his 4 events. His season didn't start until September in an ECCA 25 at Chelmsford on the notoriously clunky E9 course. A time of

1.06.26 would have been an impressive debut ride, if only he had kept to the left side of a mini roundabout and not the right. He was subsequently disqualified, along with the

'winner' who committed the same error. His only 10, on the ECCA E2 event a week later saw him record a PB of 22.45 which was equally impressive for a debut ride at this distance. A 3-Up Team TT the next day in the Chelmer event, with Darren Rule and David Crisp, saw them come home 7th in 1.1.09. Then more woes in the Hainault 2-Up in the E1 Hainault RC event, saw him and his partner failing to start the ride together and were penalised 12mins for their error. I look forward to Darren's next season!

Darren Rule competed in 7 events and certainly made his mark. If you discount the 2-Up mentioned above in which he 'almost partnered' with Darren P, he also started his debut Open TT campaign with some style. He was part of the 100 mile CCS trio that created a new Team club record in May, for that distance, with a remarkable personal time of 4.57.22 His fastest 10 time in the Stow & DCC in September was a PB of 24.32. Bizarrely, the two 25's (within 2 weeks of each other) entered, produced a time of 1.06.17 each time. Very consistent, very good and both PB's!

James Rush had a reduced schedule of events this year with 21 rides. A string of top ten places culminated with a best ever 2nd place on the VTTA event at Bungay. His 25's were invariably under the hour with an excellent best time of 55.42 in April on the Lea Valley E2 event. A Lea Valley event also gave him his best 10 time during May on the E2 with a 21.56. He was also part of the Fastest Team time of the Day, along with Mat Shotbolt & Damon in The Stow & DCC 10 in Sept. He saved the best to last on his final ride of the season by breaking the clubs 30 mile TT record with a 1.06.25, beating Scott Jones' 20 year old record by 26 secs. This also helped break another club record, together with Rob and Damon's efforts, for the 30mile Team record, which bettered Mark Jay's, Alan Wiseman's and Barry Lee's 12 year old time by a whopping 15mins 40secs.

Matt Shotbolt rode just the 2 events, due to work constrictions, but managed a very quick 21.26 for 5th place in the Stow & DCC 10 on the B10 and was part of the



CCS Fastest Team time of the Day. If we could get him on the TT courses for a full season, he would, without doubt, provide a lot more top placings for CCS!

Matt Traynar competed in 5 events but only finished 3 of them! An early season 20 miler on the Stow & DCC BS33 course saw a 1.22.28 time. He then posted a very good PB on the Stow & DCC 10 course on the A14 at Rougham with a 28.06 and followed this up 2 weeks later by entering a 50 on CC Breckland's B50. An



excellent PB time of 2.29.01 was his reward on his debut at this distance. (Judging by his pic alongside though, he must remember not to wave at the cameraman while doing TT's!)

Jonathan Weatherly rode a full season of 23 events and continued to post PB's throughout the year. His highlight must be winning Victoria CC's 2-Up Series with Simon Daw. With 3 1st places and a 2nd, they were worthy winners. This was closely followed by being part of the Fastest Team of the Day, in the Haverhill Wheelers Hilly TT in April. Jonathan also found himself regularly in the top ten places with a best of 3rd overall in the East Anglian CC 10 on the B10 during Sept where he recorded a very quick 22.22 which was also a PB.



He finally ducked under the golden hour in August in the Fenland Clarion 25 at Sawtry with a well earned 59.03.

He was unfortunately visited by the puncture fairy on 3 occasions this season, so nothing has changed there then! A good season and he will get even better next year.

Kirsty White only rode in 2 Opens, but came away with a newly created Club record in one of them. Her 30 mile ride on the Lea Valley E1 course in late Sept produced a 1.39.16 for the CCS record books. One of only two lady CCS riders on the Open TT roads, I hope to see her out more often next year.

Simon Wright, who although he only rode one event this year, he duly won it! So it would be remiss not to mention him.

It was our own Mad March Hilly and Simon's time of 50.55 for the 22 mile event was not only good enough for 1st place but also a course record.



Just imagine what this talented rider would do if he rode a season of Open TT's!

Rog

Suffolk Byways 117Km Audax

by Mark Gentry

I like to wake up slowly. Much the same way as I like to ride audaxes. Well, "like to ride" is not really the appropriate phrase. "The only way I can ride" would be more accurate. I got out of bed at 5am. I chose this time in order to do my extended waking up and leave the house by 6.45. This was because we had arranged that I should pick up Mac at 7.15 to get to Buxhall – Oops – Sorry – Blaxhall in time to start at 9 o'clock. I've driven or been taken to Blaxhall at least five times and definitely know the way but the name of the place is not the only blunder I made on Sunday 7th October. Twice, - no, - not once but twice I had to turn round and retrace our tracks on the journey. We finally approached Blaxhall Village Hall via a very strange and unique route and from an unusual direction.



The Sudbury group comprised Mr. M. McDermott, Mr. D. Fenn, Mr. R. Weaver, Mr. J. Oakshott, Mr. M. Pepper, Mr. D. Snowling, Mr. V. Marsh, Mr. D. Cross, Mr. P. Gibson and me, although Viv zoomed off and probably finished before I reached the first control and I don't know what happened to Peter. We collected our cards and after tea and bananas and started in the second group off. I absolutely had to keep with the others. This was imperative, bearing in mind my past record in route-finding and my problems on the journey to the hall.

It had been raining in the night but there was none on the ride. Just a bit of dampness

occasionally on the road. In two places there was a few inches of water and here and there the hazard of sand which had been washed into the road. We passed through Snape and, later, collected the name of the saint to whom Aldeburgh parish church is dedicated for the info control. We had our cards stamped outside the fish restaurant at Dunwich but as it was too early for my usual double haddock and triple chips, I had another banana. I can't remember the answer to the info control question at Walpole. I can't even remember the question, but, I do remember that as we passed by Heveningham Hall, Mick pointed out the Ice House which stands beside the road. I've heard of these early, electricity free, prototype refrigerators but never seen one before. It being a comparatively large building, I wonder where they got enough ice to preserve the produce through the summer.

When we arrived at the card stamping point at Framlingham it was about lunchtime. We looked in the café opposite but it was absolutely jam-packed. I don't think there was any jam left in any case, so Mac, John, Derek and I found our way to the Co-op and bought sandwiches and juice and luncheoned on the benches in the town square. The rest of the party had ordered food at the café and as the service was so amazingly slow, they suggested that we carry on the ride while they waited to be served. I believe it took about ¾ of an hour for their food to arrive.

The four of us who had eaten sandwiches, after a minor hiccup, carried on to the control at Westerfield Swan. We had our cards stamped, sank about ten pints and then wove our way unsteadily on. (That's a lie. Nothing of the sort happened. Well, we did arrive at the control and did have our cards stamped. I put the bit about the beer in to zest this boring account up a bit.)

We carried on through Woodbridge and through the deep, sandy, frightening water in the dip in the road at Campsea Ashe. Dip in the road is a very apt description 'cos we almost took a dip - in the road. Nearly done then, back to Blaxhall village hall and I, too was nearly done. After two pieces of lovely cake and several cups of tea, it was back home to Sudbury. Without even one mistake on the journey!

CCS HILL CLIMB START SHEET at SEMER HILL (North of Hadleigh) on Sunday, 4th Nov at 11.01am precisely.

No.	Name	Club	Cat	Start
1	DAVID COLE	BOXFORD BIKE CLUB	S	11.01
2	OLIVER DICKSON	THANET RC	J	11.02
3	SEBASTIAN DICKSON	THANET RC	J	11.03
4	DENISE LEEDER	CYCLE CLUB SUDBURY	LV	11.04
5	DARREN RULE	CYCLE CLUB SUDBURY	V	11.05
6	MIKE REMBLANCE	WOLSEY ROAD CLUB	V	11.06
7	GRAHAM COLLINS	IPSWICH BIKE CLUB	S	11.07
8	JONATHAN WEATHERLEY	C.C. SUDBURY	S	11.08
9	KIRSTY WHITE	C.C. SUDBURY	LV	11.09
10	JAMIE LEUNG	MANCHESTER WHEELERS	S	11.10
11	PATRICK COOK	IPSWICH BIKE CLUB	J?	11.11
12	JACK PAYNE	ANGLIA VELO VELOMAX PERFORMANCE	S	11.12
13	SIMON SCOTT	ANGLIA VELO VELOMAX PERFORMANCE	S	11.13
14	RALPH KEELER	CAMBRIDGE CYCLE CLUB	V	11.14
15	PAUL MOSS	STOWMARKET & DISTRICT C.C.- ORBEA/AUTOSTRASSE	V	11.15
16	JAMES RUSH	CYCLE CLUB SUDBURY	S	11.16
17	SANDRA MACKAY	GB CYCLES.co.uk	LV	11.17
18	TREVOR ROBERTS	WOLSEY ROAD CLUB	S	11.18
19	DARREN PRATT	C.C. SUDBURY	S	11.19
20	CHARLIE PRATT	C.C. SUDBURY	J	11.20
21	SIMON JARROLD	IPSWICH BIKE CLUB	S	11.21
22	SALLY WITHEY	VC NORWICH	L?	11.22
23	TOM STEPHENSON	COLCHESTER ROVERS	S	11.23
24	STUART EMMETT	WISBECH WHEELERS	S?	11.24
25	DANIEL ZAGNI	IPSWICH BIKE CLUB	S?	11.25
26	ANDREW PEARCE	IPSWICH BIKE CLUB	S	11.26
27	ADRIAN McTIGUE	PLOMESGATE CYCLE CLUB	S	11.27
28	CHRISTOPHER PEARCE	CYCLE CLUB ASHWELL	S	11.28
29	ADAM KEEBLE	STOWMARKET & DISTRICT C.C.- ORBEA/AUTOSTRASSE	S	11.29
30	PHIL JARVIS	COLCHESTER ROVERS	V	11.30
31	LEE FORD	C.C. SUDBURY	S	11.31
32	JIM BURGESS	ANGLIA VELO VELOMAX PERFORMANCE	S	11.32
33	CLARE LEAVER	ZAPPI'S CYCLING CLUB	L	11.33

Final Open Time Trial Results for 2012 Season

<i>C.C.S. Riders - Open T.T. Results - Sept 2012</i>						
<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	R.Davies	10	22.22	33rd
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	D.Day	10	22.46	38th
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	S.Kirk	10	24.04	63rd
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	B.Lee	10	26.20	88th
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	L.Finch	10	28.43	95th
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	T.Law	10	28.53	96th
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	B.Law	10	29.49	99th
Sept 1st	VTTA - East Anglia - Newmarket	E2/10	B.Bush	10	31.36	102nd
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	M.Shotbolt	10	21.26	5 th PB (=Fastest)

Sept 2nd	Stowmarket & DCC - Rougham	B38/10	J.Rush	10	22.44	14th (<i>Team</i>)
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	D.Day	10	22.53	16th (<i>Prize</i>)
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	D.Rule	10	24.32	25th PB
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	S.Kirk	10	24.34	27th
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	J.Downes	10	25.53	33rd PB
Sept 2nd	Stowmarket & DCC - Rougham	B38/10	M.Traynar	10	28.06	40th PB
Sept 8th	Colchester Rovers CC - Gt.Bromley	E7/25B	S.Daw	25	01.01.31	9th
Sept 8th	Colchester Rovers CC - Gt.Bromley	E7/25B	J.Rush	25	01.01.42	10th
Sept 8th	Colchester Rovers CC - Gt.Bromley	E7/25B	D.Rule	25	01.06.17	15th
Sept 8th	Colchester Rovers CC - Gt.Bromley	E7/25B	S.Kirk	25	01.07.37	19th
Sept 8th	Colchester Rovers CC - Gt.Bromley	E7/25B	B.Bush	25	01.30.29	37th
Sept 15th	ECCA - Newmarket	E2/10	J.Rush	10	22.20	15th
Sept 15th	ECCA - Newmarket	E2/10	R.Davies	10	22.24	16th
Sept 15th	ECCA - Newmarket	E2/10	D.Day	10	23.11	28th
Sept 15th	ECCA - Newmarket	E2/10	B.Lee	10	26.58	46th
Sept 15th	ECCA - Newmarket	E2/10	T.Law	10	29.08	48th
Sept 15th	ECCA - Newmarket	E2/10	L.Finch	10	29.17	50th
Sept 15th	ECCA - Newmarket	E2/10	B.Law	10	29.58	51st
Sept 15th	ECCA - Newmarket	E2/10	B.Bush	10	31.28	52nd
Sept 16th	ECCA - Chelmsford	E9/25	S.Daw	25	58.37	3rd
Sept 16th	ECCA - Chelmsford	E9/25	J.Weatherley	25	01.01.20	10th
Sept 16th	ECCA - Chelmsford	E9/25	D.Pratt	25	01.06.26	Disqualified-course Infringement
Sept 16th	CC Breckland - Besthorpe	B50/18	D.Day	50	01.59.50	17th PB
Sept 16th	CC Breckland - Besthorpe	B50/18	M.Traynar	50	02.29.01	45th PB
Sept 22nd	ECCA - Newmarket	E2/10	R.Davies	10	21.20	23rd
Sept 22nd	ECCA - Newmarket	E2/10	D.Day	10	22.08	43rd
Sept 22nd	ECCA - Newmarket	E2/10	D.Pratt	10	22.45	57th PB
Sept 22nd	ECCA - Newmarket	E2/10	L.Finch	10	28.25	91st
Sept 22nd	East Anglian CC -	B10/44	J.Weatherley	10	22.22	3rd PB
Sept 23rd	Chelmer CC-ECCA 3-Up TTT-Heybridge	E22/24	D.Pratt	24	01.01.09	-
Sept 23rd	Chelmer CC-ECCA 3-Up TTT-Heybridge	E22/24	D.Rule	24		7th Team
Sept 23rd	Chelmer CC-ECCA 3-Up TTT-Heybridge	E22/24	D.Crisp(SDCC	24		-
Sept 23rd	CC Breckland - Beccles	B25/24	S.Daw	25	57.53	8th
Sept 23rd	CC Breckland - Beccles	B25/24	J.Rush	25	59.03	14th
Sept 23rd	CC Breckland - Beccles	B25/24	D.Day	25	01.01.01	21st
Sept 23rd	CC Breckland - Beccles	B25/24	M.Traynar	25	DNF	-
Sept 30th	Lea Valley CC - SPOCO 30	E1/30	S.Daw	30	01.12.20	6th PB
Sept 30th	Lea Valley CC - SPOCO 30	E1/30	J.Rush	30	01.14.15	11th PB
Sept 30th	Lea Valley CC - SPOCO 30	E1/30	S.Kirk	30	01.21.11	23rd PB
Sept 30th	Lea Valley CC - SPOCO 30	E1/30	K.White	30	01.39.16	38th PB *
Sept 30th	Lea Valley CC - SPOCO 30	E1/30	B.Bush	30	01.53.04	40th
			* Club Record	PB - Personal Best		

C.C.S. Riders - Open T.T. Results - October 2012

Date	Event	Course	Name	Dist	Time	Notes
Oct 6th	Leo CC 30 - Newmarket	E2/10	J.Rush	30	01.06.25	36th *PB (club record)
Oct 6th	Leo CC 30 - Newmarket	E2/10	R.Davies	30	01.08.16	44th PB (for team)
Oct 6th	Leo CC 30 - Newmarket	E2/10	D.Day	30	01.09.12	51st PB (of 3 riders)
Oct 6th	Leo CC 30 - Newmarket	E2/10	S.Kirk	30	01.11.48	65th PB
Oct 6th	Norwich ABC - Bungay	B10/43	S.Daw	10	22.40	3rd
Oct 14th	Hainault RC 2-Up - Ugley	E1/25D	Daw/Weatherley	25	57.25	9th
Oct 14th	Hainault RC 2-Up - Ugley	E1/25D	Pratt/Rule	25	01.20.21	25th - Incl. 12min penalty-late start.
			* Club Record			PB - Personal Best

Review of 2011 / 2012 Audax year.

By David Fenn

Looking back at the last Audax year it is difficult to recall an event that was not blighted by rain from about March onwards. I recall our own club Audaxes from Woodham Mortimer in April where the torrential rain leading up to the event caused many entrants to stay at home, resulting in only a few hardy (foolish) riders to brave the foul weather conditions.

Despite the best efforts of the weather, three riders, Peter, Steve and Deneice managed to complete a Super Randonneur series during the year with Steve completing his series for the first time.

John has made a really determined effort to ride more events this year, finishing the year with a very good points tally of 33 points and along the way completing his first ever 300 km ride.

Both Peter and Tony have shown more interest in Audax riding this year, however family and time constraints have limited their riding opportunities. Brian (Mr. Audax) Mann has been 'resting' but now seems to have rekindled his interest by riding a few recent events, including a very hilly event in Yorkshire.

Once again CCS finished high in the Audax Club Points table, finishing the year in 6th position, one place lower than last year. I think even if we made an all out effort for one year, realistically it would be virtually impossible for us to get higher than 4th place due to the strength of the leading three clubs. Bearing in mind 216 clubs registered points, 6th place nationally is still a good effort.

Results of the various Audax competitions for the 2011 / 2012 Audax year.....

CC Sudbury Audax points and distances.

	100	200	300	400	600	
Peter Faulks	-	16	3	1	1	51 points 5,161 km
Stephen Barnes	3	15	1	1	1	43 points 4,690 km
David Fenn	8	16	1	1	-	39 points 4,791 km
John Oakshott	4	15	1	-	-	33 points 3,779 km
Deneice Davidson	1	9	1	1	1	31 points 3,228 km
Peter Gibson	2	5	-	-	-	10 points 1,228 km
Ed Nevard	1	4	-	-	-	8 points 938 km
Tony Grimes	5	4	-	-	-	8 points 1,344 km
Brian Mann	3	4	-	-	-	8 points 1,124 km
Robin Weaver	2	3	-	-	-	6 points 800 km
Tim Radford	1	1	-	-	-	2 points 311 km
Mark Gentry	8	1	-	-	-	2 points 1,104 km
Viv Marsh	6	1	-	-	-	2 points 811 km

Suffolk CTC Audax points.

1 st	David Fenn	CC Sudbury	39 pts
2 nd	Andy Terry	Suffolk CTC	38 pts
4 th	John Oakshott	CC Sudbury	33 pts.
9 th	Robin Weaver	CC Sudbury	6 pts.
12 th	Mark Gentry	CC Sudbury	2 pts.
16 th	Viv Marsh	CC Sudbury	2 pts

Audax UK club points (Based on top 6 riders from each club.)

216 clubs listed		
1st	YACF	547 points
2nd	VC167	415 points
3rd	Willesden CC	409 points
4th	Audax Ecosse	247 points
5th	San Fairy Ann CC	215 points
6th	CC Sudbury	207 points



10

and



Cycle Club Sudbury

Present

Watt Bikes At The Stevenson Centre, Great Cornard, CO10 0WD

Thursday 22nd November 2012

19.00 – 21.30

Free

All welcome – no cycling experience necessary

The Watt Bike is an interactive exercise bike that records a rider's performance, including speed, distance, cadence and power output. The bikes will be connected to a big screen to host a fun evening of virtual racing.

All you need to bring are refreshments and your enthusiasm.

For further information, please contact Joseph Young on 01394 444590 / 07920 861819 or joseph.young@suffolksport.com

Or

David Fenn. Email; dr.fenn@tiscali.co.uk



* And finally, some of you receiving this latest edition of Spindle may be doing so for the first time, despite being members for a while! All down to me I'm afraid. Having just spent 3 hours of my life that I'll never get back by checking and updating member's details, a few more of you can now enjoy the delights that is Spindle. If you have been missing out, back copies are on our website for you to enjoy.
Ed.