



The Spindle NOVEMBER 2014 cycleclubssudbury.com

With the CCS Hill Climb done and dusted what a great finale to bring the competition season to a close. The early rain showers were replaced by lovely sunshine by the time the event started. Everything ran like clockwork, which was no great surprise, considering the huge amount of time and effort Jonathan Weatherley put into organising it all.

Hill climbs are a real spectator sport compared to the other disciplines and the spectators/supporters can really get involved with it all. The crowd on the hill was the largest (and noisiest!) I had ever witnessed which wasn't surprising considering it was also the biggest field (76) ever assembled. Moving the event forward by two weeks and increasing the prize fund had the desired effect!

Well done to the small army of volunteers from CCS members, friends and family who helped to make it such a special event and a huge thank you to Jonathan for making it happen.

Watching on the hill also brought home the emergence of new clubs that have sprung up over the past months and years. In the 'old days' it was just CCS, Colchester Rovers, Ipswich BC & the Wolsey Club Stowmarket and West Suffolk who were the only local clubs. Now, in our little area alone, we have seen the formation of Boxford and Hadleigh BC's in the last few years and more recently the Stour Valley Velo and Manningtree Wheelers joining the scene.

This biking lark is getting popular!

Notes from Chairman David Fenn.....

Each year the club awards a trophy for the *Rider of the Year*. In previous years the winner has been selected by secret ballot by members of the committee. However this year your committee thought we would ask club members to select the club member who in their opinion deserves to win the trophy. There are many reasons why a rider may be considered this could include standout performances in events, breaking club records or bettering previous performances by hard work etc it's your choice. Once you have made your selection send your choice via email to Peter Whiteley peterwhiteley133@hotmail.co.uk by the end of November 2014 or let Peter know at the forthcoming AGM.

- Also, advise club members that Peter Whiteley is standing down as organiser of the May Audax and is looking for someone to take over the organisation with Peter acting as mentor.
- Also, would all club members with club trophies please return them to Peter Whiteley by the end of November or bring them along to the AGM. It would be very helpful if the Trophies were cleaned prior to returning them.



Cycle Club Sudbury Juniors

by Chris Sampson

As we move towards winter and the cold weather, we'll soon be winding down our Saturday morning coaching sessions. As we have now consistently have around 12 children attend per week, we have decided to continue through the winter with some cycling based, non-cycling activities! These sessions will take place at the Stevenson Centre hopefully once or twice a month starting in November. The aim is to keep the group together. We will still be looking to the club to provide some volunteers. The first session will be 'how to mend a puncture' so any spare 'holed' inner tubes would be gratefully received. More information will be posted on our new Facebook page which can be accessed from the clubs page – please check it out!

A week before our own Hill Climb, the Interclub version between CCS and West Suffolk Wheelers took place over at the 2 hills at Dalham. We were well and truly beaten again and just like last year, we only had 3 riders attending who rode and scored points whereas they had 7.....
Well done to Darren Rule, James Rush and Simon Norton for making the effort.

Extra Clothing Discounts at the AGM.....

By Trevor Hale



The whole collection of club clothing will again be available at this year's AGM on Thursday 27th

November. So this could be your last opportunity to view the full range and take advantage of **your £10 membership discount** for 2014 if you haven't already done so.

Also, once again this year, for the **ONE NIGHT ONLY**, there will be some **extra special discounts** available on some older stock items (current design). Save up to **£10 off** selected size **long sleeve tops, Windtex tops, ¾ bibs, gilets, and ultra packables**. That's on top of your £10 membership discount if you are still eligible, so you could get a **£20 reduction**.

That would make some items **LESS THAN HALF PRICE** when compared with the latest prices.

Examples of old stock savings

selected sizes only.....

Long sleeve tops: original price £43 **AGM price £33**

¾ bibs: original price £44 **AGM price £34**

Windtex tops: original price £52 **AGM price £42**

And particularly useful for those wet and windy winter rides.....

Ultra packable tops: original price £44 **AGM price £34**

'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 shower proof fabric and is compact enough to be stowed in your rear pocket.'

Also on display this year, new additions to the club clothing range include polo tops, hoodies and multitubes (buffs).



Open TT's – Season Round-Up

The old saying of '*The older I get, the faster I was*' is certainly true in most sports, except bizarrely in Time Trialling. How many of you out there have improved your times as your years slide by? The reason why....well, not sure really! Anybody out there have any ideas?

This season turned out to be the year of new club records. You wait for years for new club records to be broken, and then along come a whole shed full in one season.

Top of the tree has to be **Jonathan's** efforts in claiming, losing and then reclaiming the 10mile record, plus including new club records in the individual 25, & 50mile distances. Also, along the way he was part of new Team club records in the 10 & 25mile distances. Don't bet against him breaking a new set of records next year and I'll predict he'll go under 20mins for a 10 before the season is out! Quite an amazing year!



only wonder what he would achieve if *he actually had one!*

Damon most certainly does have a proper training regime and it showed after yet another great season. New PB's in the 10, 25, 50 & 100mile distances were backed up by being part of the Team club record breakers in 10 (twice) 25 & 50mile during the year. On 2 occasions he was a member of the fastest Team awards during TT's. Always happy to help club mates with their TT aspirations and training methods. He is a role model on how to do TT'ing properly.



Jody Downs has benefitted from Damon's wise words and had another sensational year.

P.B.'s in 10 & 25miles and also goes into the club record books for being part of the 10 & 25mile Team TT record breakers. A 3rd place in the 3-Up at Birch was his best result and also part of a fastest Team TT on one occasion. His rise up the ladder this season shows no sign of abating and has set high standards.



Simon Daw was going along quite nicely until he had an argument with a parked car during a grass track event and lost nearly 2 ½ months worth of events from the resultant injuries he suffered. Before that happened, he had

recorded good times on his preferred sporting courses including a couple of 50's and a 100mile TT. I didn't expect to see him return back on the road this year, but he proved me wrong and was almost straight back in the groove with some very quick times. He was also part of the 3-Up team that took 3rd place at Birch and can well imagine him dragging and cajoling his team mates around the course.



slowly but gradually ramped up his efforts. By July he had ventured up to the fast Hull course and retook the 10mile club record that Jonathan had broken a month earlier before Jonathan 'stole' it back again. He was also part of two records that were broken, the 50mile and the



10mile Team TT's. The latter record was beaten in Sept by Jonathan, Jody and Damon! However, he can be well pleased in his 'comeback' season and having been privy to his training regime, I can



James Rush had a 'satisfactory' season with his highlight coming in being part of the Club Record breaking 10mile TT and getting a PB in the process, although this team record was subsequently improved later in the season. Like

Simon, he mainly rode the sporting courses in his 21 events, including two 50's ridden within a week of each other. A fastest Team TT award and holder of the earliest TT of the year, ridden on 1st January were his other highlights!

Jamie Howe had a busy early season with excellent P.B.'s for 10 (& 1st in handicap) & 25mile distances. He even entered his maiden 50 but had the misfortune to puncture just before the start. (Better than halfway round Jamie!) Then, from early summer onwards, he disappeared until taking part in the 3-Up late season. Has the make up to follow in Jody's footsteps up the ladder but needs a full season to achieve this.



David Crisp rode mainly 10's throughout the season and gradually reduced his P.B. time over the months down to a remarkable 22.35 in September on the E2. I'm sure he will continue to improve next year and hope he includes some

25's into his schedule.

Darren Rule squeezed in 5 TT's in between riding his favoured road races. A best in a 25 came at the Plomesgate event with a 9th place and also rode a 50 on the Gt. Bromley course for 21st. Best result came in the 3-Up with Jody & Simon for 3rd Place. A great all rounder! **Matt Traynar** only rode a handful of TT's this season but his name will be in next year's list of club record breakers, in the handbook. He rode



his 1st 50mile TT & together with Rob & Damon, they broke the 50mile Team TT on the E2, although they didn't realise they had until well after the event!



Ian Millard had his first taste of Open TT's this year and rode his best time of 25.01 on the B10 course at Attleborough mid season. With such an encouraging start, I hope he continues the trend next year with more TT's

Barry Lee had one of his best years for a long while. He slowly improved his '10' times getting down to a healthy 27.34 mid season before posting a remarkable 25.53 right at the end of the season which earned him a 1st in Age Cat. Probably his best time for a good many years!

Len Finch continues to amaze with his appetite for time trialling.

This season was no different with 6 events entered and still managed to get under 30mins for a 10 with a 29.51 on the F2

near Cambridge. I expect more of the same next year.



Bob Bush managed 9 events this year, all 10's and all respectable times. The pick though, has to be his 30.30 at the beginning of September as it was his best time for over 4 years for a 10. Like Len, they both seem to be definitely getting better with age!



And finally, ***The Law's, Barbara & Terry.***



After an encouraging early start to the season, Terry recorded a good 31.34 & Barbara an equally good 30.06, it all



went awry with Barbara coming off her TT bike and Terry confined to hospital for a few days (events not linked by the way!) Barbara returned in mid July and Terry in early August with both of them making improvements right up to the end of season. They then tootled of to Austria in the car for Barbara to represent GB in the Age Related Masters Duathlon during August. She brought home Gold and Terry brought home a headache from too much celebrating!

A total of 184 individual Open TT's ridden by CCS members this season...

Rog

2013–2014 Audax Season

Round-Up. By David Fenn

In previous seasons Cycle Club Sudbury always had a reputation for turning up en-masse for local Audaxes. However the 2013-2014 season proved to be an exception with numbers entering calendar events down on previous years. In contrast popularity of riding GPS DIY routes increased during the 2013-2014 season, a rider can set their own route and select a day to ride, once approved ride the route, record the ride on a GPS then submit the record for approval. Using the GPS DIY system means individuals are able to gain points even when there are no calendar events in the local area and can be ridden at a time convenient to the rider.

CCS finished the year with 159 team points which placed the club 13th from 259 in the Audax Club League Table, a bit lower than previous years. Top rider this year is John Oakshott who completed 25 x 200 km rides to achieve his 5000 km target also managing to complete a Randonneur Round the Year by riding at least one 200 km ride each month for 12 consecutive months.

Peter Faulks had a quieter year than normal but still managing over 4500 km and completing an RRTY, perhaps he is saving himself for the 1200 km *Paris-Brest-Paris* in 2015. New member (but not new to Audax) Mick Bates rode his fixed wheel bike for 3399 km to record 24 points for the individual and team plus 32 points towards his fixed wheel challenge.

Only 2 club riders completed 400 km Audaxes, Deniece Davidson and surprise, surprise Andrew Hoppit, who when we rode a 400 km Audax together about 3 years ago said there was no way he was going to ride another, so well done Andrew.

Distances Ridden & Points Scored

Name	Pts	Total Dist km	Club Audax Trophy	100	200	300	400
<i>John Oakshott</i>	50	5,542	1st	5	25	-	-
<i>Peter Faulks</i>	33	4,572	2nd	11	15	1	-
<i>Mick Bates</i>	23	3,399	4th	8	12	-	-
<i>David Fenn</i>	20	4,292	3rd	22	10	-	-
<i>Deneice Davidson</i>	19	1,940	5th	1	6	1	1
<i>Tim Bevan</i>	13	1,319	6th	-	5	1	-
<i>Andrew Hoppit</i>	8	1,051	7th	2	2	-	1
<i>Steve Barnes</i>	4	629	10th	2	2	-	-
<i>Tony Grimes</i>	4	919	8th	5	2	-	-
<i>Viv Marsh</i>	2	605	11th	4	1	-	-
<i>Brian Mann</i>	2	825	9th	6	1	-	-
<i>Simon Daw</i>	2	409	12th	2	1	-	-
<i>Geoff Simms</i>	2	218	13th	-	1	-	-
<i>Tim Radford</i>	2	209	14th	-	1	-	-

Randonneur Round the Year (RRTY).

Achieved by:-

John Oakshott (photo)
and Peter Faulks.



Fixed Wheel Challenge.

David Fenn, 40 pts.
Mick Bates, 32 pts

Bike Road Tests!

by Viv Marsh

At the Mildenhall Cycle Rally in August I had the unexpected opportunity to ride a couple of Pedersen Cantilever bikes with their bizarre

hammock saddle arrangement. Hugely enjoyable and surprisingly comfortable it reminded me that Barry Denny (West Suffolk Wheelers and

Maglia Rosso cycle café) had mentioned I might be able to try riding his Penny Farthing "Ordinary" bicycle later in the year.

I have always wanted to have a go at riding a Penny Farthing and I had clearly missed any opportunity to ask Jim to "Fix It" for me. But after some intervention from Joanna Denny, I finally had the chance when Barry let me have a go on his original 1880 example when he got it down from display in the café for the local village fete.

It was a beautiful sunny day but I was shaking like a leaf as I wheeled it onto the tarmac for my first attempt. Everyone knows they are high but when you actually reach up to the handle bars and contemplate getting

on one it's really quite daunting. Especially as I was well aware of what it was worth! The wheel felt huge and unwieldy

even with my feet on the ground. Barry and his son Matt stayed by my side to give me instructions – and to be ready to catch me if I fell. If I fell? – When I fell.

Mounting involves scooting the machine along the road whilst holding the handlebars



from behind. There are a series of pegs going up the back to climb up. The bottom one is used as the base for scooting. Not being the tallest, I found it quite a stretch to reach the handle bars and scoot it along.

Once it is rolling along you then have to shin up the steps and plunge yourself into the saddle perched on top. Then you have a very steep learning curve – ride it or fall off! With the handlebars in your lap the instinct is to push the pedals hard to get some momentum. But pushing the pedals results not so much in forward movement, but turning movement of the huge front wheel. The back of the wheel then hits you on the inside of your thigh and you have little scope for correction. I wobbled along like this for a few yards, staying on top more by luck than judgement. After a few yards I got close to the grass bank at the side of the road and suddenly had nowhere to go but down.

I instinctively put out my left leg but there was no ground there to break my fall. Luckily Barry and Matt were ready to grab the Penny so that at least "it" wasn't damaged!

Eventually my foot reached the ground by which time the bike was almost horizontal.

Undeterred but shaking even more, I attempted a second mounting. This time I had learnt not to push too hard on the pedals but to let the momentum of the big wheel do the work.



Plunging into the seat a second time the seat slipped back down on its mounting under my weight. But pushing very gently on the pedals I managed to gain control of it and with Barry and Matt now running alongside I rode it about 100 yards down the road, even pulling across to the side of the road to let a car pass, whose driver was probably more nervous than I was!



Upon reaching the shop I asked Barry how on earth you get off - other than falling off again. He had already told me not to touch the brake when the bike was moving! He said to climb back down the steps while the bike is still rolling and jump behind in a reverse of the mounting procedure. This sounds simple enough but waving my leg behind me in a completely blind area I could not find the top peg. Barry grabbed my foot and guided it onto the peg and somewhat inelegantly I managed to descend the steps and got off successfully.

After a quick pitstop at the shop to re-attach the seat I got to try again and ride it back the couple of hundred yards to the green. Now buoyed with confidence I was able to mount successfully first time and Barry was confident enough to let me roll away from his reaches, off up the road by myself. There is the slightest of slopes back up to the green but even this caused me great problems, trying to push the bike up the hill without the wheel banging my inside leg and causing me to lose balance. Luckily I managed to stay on but don't think I could have managed any more of a slope.

Successfully demounting again I was relieved to get safely back down to the ground. I was delighted at having managed to ride it and even more delighted at not having damaged anything. I gratefully quit while I was ahead. Thank you again to Barry, Matt and Joanna for the amazing opportunity.

Viv Marsh

Cycle Club Sudbury Press Report for

East District Cycle Association Hill Climb Championship

(Incorporating CC Sudbury Hill Climb Championship)

Cycle Club Sudbury held the E.D.C.A. Hill Climb Championships (Sunday 19th October) at the Semer Hill near Hadleigh. Bringing the event date forward by two weeks and offering cash prizes of nearly £600 which included equal monies to both male and female riders, helped secure a record entry of 76 riders. Heavy early morning rain left the course very

wet and covered with a blanket of leaves, which was cleared in time before the first riders appeared. As ever, a very large gathering of spectators lined the hill and were probably worth a few extra seconds off the rider's times with their enthusiastic vocal support.

Fastest time of the day was set by a young rider from the juvenile category, Frank Longstaff (Colchester Rovers CC), who is on British Cycling's Olympic Talent Squad, in 48.9secs. 2nd fastest was Tim Weller (University of Exeter CC) in 48.2secs followed by Lewis Symes from the relatively newly formed club of Manningtree Wheelers CC in 48.8secs. Only 1/10th of a second slower was the organising club's own Lee Ford which was an outstanding effort. Jason Bottell (Team Velovelocity.co.uk) and Dominic Schils (Zannata Racing Team) rounded off the top 6 positions with 49.0 and 49.2 respectively.

The Ladies prize was won by Samantha Segger from the nearby Boxford BC who got under the minute with a time of 59.4secs. Becky Ridge (Manningtree Wheelers BC) took second spot with 63.2secs and third place went to Tanya Griffiths (Starley Primal Pro Cycling) in 66.6secs.

The team competition went to Manningtree Wheelers BC, with Ipswich BC taking 2nd place and also the E.D.C.A. Hill Climb Team Championship. Interbike Veloschils RT took 3rd place.

Not only did Lee Ford (seen receiving his trophy from Jonathan) win the CCS Hill Climb Championship, but also secured the E.D.C.A. Hill Climb Championship to complete an excellent days work! And to cap it off, young Charlie Felstead won the CCS Schoolboy Hill Climb Champions Shield in an excellent time of 64.3secs. Well done to all of our 8 CCS riders who rode the hill. A great effort!

Rog.



Hill Climb Results

Position	Rider	Club	Cat.	Time	Number
1	Frank Longstaff	Colchester Rovers C.C.	Juv	46.9	72
2	Tim Weller	University of Exeter C.C.	S	48.2	33
3	Lewis Symes	Manningtree Wheelers B.C.	S	48.8	8
4	Lee Ford	C.C. Sudbury	S	48.9	52
5	Jason Bouttell	Team Velovelocity.co.uk	S	49	60
6	Dominic Schils	Zannata Racing Team	S	49.2	50
7	Dougie Allen	Velo Schils Interbike R.T.	V	49.4	45
8	Daniel Zagni	Ipswich B.C.	V	49.7	30
9 (T)	Paul Moss	Stowmarket & District C.C.	V	49.9	21
9 (T)	Graham Collins	Manningtree Wheelers B.C.	S	49.9	40
11	Thomas Foster	Manningtree Wheelers B.C.	S	50.7	43
12	Adrian McTigue	Plomesgate C.C.	V	51	35
13	Matthew Carter	Velo Schils Interbike R.T.	S	51.2	20
14	Peter Ingram	Ipswich B.C.	V	51.9	41
15 (T)	Shaun Andrews	Ipswich B.C.	V	52	11
15 (T)	Mathew Shotbolt	Autostrasse Porsche R.T.	S	52	62
17	Andrew Sanders	Braintree Velo	S	52.3	16
18	Joshua Aiken	Stowmarket & District C.C.	S	52.5	57
19	Andrew Pearce	Ipswich B.C.	S	53	32
20	James Rush	C.C. Sudbury	S	54.1	1
21(T)	Andrew Lovelock	Velo Schils Interbike R.T.	S	54.3	10
21 (T)	John Swindells	Iceni Velo	V	54.3	48
23	Richard Farrow	West Suffolk Wheelers	V	54.4	64
24	Trevor Ormes	Velo Schils Interbike R.T.	V	54.5	55
25 (T)	Daniel Price	Braintree Velo	S	55.4	42
25 (T)	Oliver Jones	Ipswich B.C.	J	55.4	69
27	Matthew Bond	Kenton R.C.	S	56.5	12
28	Jack Payne	Anglia Velo	S	57	25
29	Darren Rule	C.C. Sudbury	V	57.4	56
30	Lyster Romero	Plomesgate C.C.	Juv	57.6	71
31	Bob Longstaff	Colchester Rovers C.C.	Juv	57.7	74
32	Robert Harman	C.C. Sudbury	V	57.9	54
33	Humfrey Jeakins	Ipswich B.C.	S	58	47
34 (T)	Jim Clayton	Colchester Rovers C.C.	V	58.8	31
34(T)	Jason Turner	Norwich A.B.C.	V	58.8	51
36	Samantha Segger	Boxford B.C.	W	59	4
37	Thomas Long	West Suffolk Wheelers	J	59.4	68
38	Ralph Keeler	Cambridge C.C.	V	59.5	46
39	Ian Short	API-Metrow	V	59.6	63
40 (T)	Gary Pamment	Velo Schils Interbike R.T.	V	59.7	61
40 (T)	George Broughton	West Suffolk Wheelers	J	59.7	66
42	Robert Hayton	Colchester Rovers C.C.	V	59.9	37
43 (T)	Ken Baker	Colchester Rovers C.C.	V	1.00:2	26
43 (T)	Matthew Shinn	Boxford B.C.	V	1.00:2	53
45 (T)	Andrew Elderfield	V.C. Revolution	V	1.00:3	15
45 (T)	Martin Waters	Stowmarket & District C.C.	S	1.00:3	17
47	James Ormond	Stowmarket & District C.C.	J	1.00:8	70
48 (T)	Michael Remblance	Wolsey R.C.	V	1.01:5	27
48(T)	Chris Steward	Boxford B.C.	S	1.01:5	29
50	Peter Nichols	West Suffolk Wheelers	V	1.02:1	18
51	Daniel Upton	C.C. Sudbury	S	1.02:4	14
52	Paul Goldsmith	Colchester Rovers C.C.	V	1.02:5	23
53	Becky Ridge	Manningtree Wheelers B.C.	W	1.03:2	2
54	Jim Erith	V.T.T.A. (EA)	V	1.03:6	9
55	Steve Willett	Plomesgate C.C.	V	1.03:9	28
56 (T)	Alex Harrison	Stowmarket & District C.C.	Juv	1.04:0	73

56 (T)	Cliff Matthews	Wolsey R.C.	V	1.04:00	34
58 (T)	Charlie Felstead	C.C. Sudbury	J	1.04:3	67
58 (T)	Doz Bree	C.C. Sudbury	V	1.04:3	39
60	James Lones	Boxford B.C.	V	1.04:5	19
61	Ben Hammond	Manningtree Wheelers B.C.	S	1.04:7	13
62	Steve Norman	Boxford B.C.	S	1.05:2	59
63	Tanya Griffiths	Starley Primal Pro Cycling	W	1.06:6	5
64	David Young	West Suffolk Wheelers	S	1.10:5	44
65	Andy Fearn	Manningtree Wheelers B.C.	V	1.10:6	24
66	Simon Norton	C.C. Sudbury	V	1.10:8	49
67	Corinna Francis	Chelmer C.C.	WV	1.11:6	7
68	Verity Smith	Stowmarket & District C.C.	W	1.14:6	3
69	Daniel Clark	Wolsey C.C.	V	1.22:9	58
70	Mitchell Noller	Diss C.C.	Juv	1.28:6	75
71	Alex Cutmore	Hadleigh C.C.	Juv	1.37:00	76



C.C.S. Riders - Open T.T. Results - October 2014

Date	Event	Course	Name	Dist	Time	Notes
Oct 4th	Norwich ABC - Bungay	B10/43	J.Weatherley	10	22.17	3rd - 1st Vet Cat
Oct 5th	Norwich ABC - Bungay	B25/50	S.Daw	25	57.36	4th
Oct 5th	Norwich ABC - Bungay	B25/50	J.Rush	25	59.32	9th
Oct 12th	Hainault 2-Up - Ugly	E1/25	S.Daw/L.Ford	25	DNF	Puncture - SD

Diary Dates

7.30pm, THURSDAY 27 NOVEMBER;
CCS AGM;

STEVENSON CENTRE, BROOM ST,
GREAT CORNARD

7.30pm, THURSDAY 11 DECEMBER; CCS
QUIZ NIGHT;

STEVENSON CENTRE, BROOM ST,
GREAT CORNARD

**'BOXING DAY RIDE'; SUNDAY 28
DECEMBER**
COCK INN CAR PARK, LAVENHAM AND
AFTERWARDS, THE COCK INN FOR
REFRESHMENTS

AUDAX RIDES

Sunday 9 November; Carlton Colville; 100k ride

Saturday 22 November; Swaffham; 100k ride

Saturday 13 December; Swaffham; 100k ride

Sunday 21 December; Gt Bromley; 200k ride

SPORTIVES

Full details, and entry for most events, on the British Cycling website at

<https://www.britishcycling.org.uk/events>

Sunday 9 November; Essex Season Ender.

Saturday 22 November; Norfolk Wiggle Sportive.

MTB RACING

Sunday 2 November; the first of 4 monthly rounds of the Thetford Winter MTB racing series;

further details here;

<http://www.thetfordmtbracing.com/ws.htm>

PRUDENTIAL RIDE LONDON 2015 AND LONDON FREECYCLE

This will be over the weekend 1 and 2 August 2015.

Freecycle on closed roads through Central London on Saturday 1 August, and you can register for free on the web.

100 mile Prudential Ride London on closed roads on Sunday 2 August, and the ballot for places opened on 18 August and closes on 5 January, or as soon as 100,000 entries are received, which is bound to be sooner. If you want to ride, register now!

And Finally.....

NOTES..

1) *The next edition of Spindle in December will probably be about a week late arriving into your 'In Boxes', so don't panic!*

If anyone has anything to contribute for that edition, please send through within the next few weeks as all I have at the moment is a load of blank pages!

2) *And if anyone would like to be a guest editor and write the opening editorial on any cycling subject that takes your fancy, let me know and I'll pencil you in for an edition over the winter. For me, it's difficult to come up with something new every month to start off the Spindle, so any help would be greatly appreciated!!!*

Rog