



## The Spindle — October 2013 - *cycloclubsudbury*

Welcome back everyone from the Spindle's summer recess. Yes, I had a great holiday, thanks for asking and my French adventure 2 weeks later 'almost' went to plan.

I can't believe the leaves are already falling and it's back to leggings and warm tops, although I'm assured that an Indian Summer is just round the corner as I write this. (*It's now arrived!*) Hope you all had good holidays and look forward to hearing about your biking adventures over the summer. (Come on, you can't blame me for trying!)

Viv Marsh has written up his and other CCS members Tour de France exploits and is as readable as ever. Barbara Law has also recorded her and Terry's Belgian Time Trial adventure they took part in recently.

Other than these, it's the usual stuff to keep you all informed and entertained including the latest results and reports on Time Trials.

Plus, 2 visits to the naughty step for Facebook indiscretions and for a lack of marshals from the time trial contingent!!!

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Well done to Kirsty White for winning the Evening Time Trial Series with what I think is a record final points total.

Another team award/trophy has been won by CCS which you can read about in the TT round-up for August. All I wait for now is an outright win by one of our number. I really think it's coming....

Also some very big 'well dones' to Peter Faulkes for completing the 1400km London-Edinburgh-London Audax ride and to Rob Davies for riding End to End recently. Both were/are mammoth rides and deserve the clubs congratulations.

### Diary Dates

Hill Climbs – Not one but two!

All those Tuesday training rides on Watson's Hill, Semer can now be used to good effect. 11am, SUNDAY 13<sup>th</sup> OCTOBER;

*INTERCLUB HILL CLIMB* with West Suffolk Wheelers, Dalham;

*Just turn up and ride for a fairly laid back event in which we need a good CCS presence.*

### CC SUDBURY – OPEN HILLCLIMB

3RD NOVEMBER 2013    *from Jonathan Weatherley*

*Incorporating the East District Cycle Association Hill Climb Championship and CC Sudbury Hill Climb Championship. 11:00 start.*

This event takes place on Watson's Hill, Semer (from the B1115 Hadleigh to Bildeston road at Semer Bridge up towards the Hollowtrees farm shop).

Course details: BHC/1. Start: at edge of driveway approx 5 yards from electricity pole 5 at foot of hill. Finish: at gap in hedge just over brow of hill, on left. Distance: 500 yards. We have arranged a road closure for this event, so there'll be no horse-boxes holding riders up this year!

Event Headquarters : Semer Village Hall (on the Hadleigh to Bildeston road).

Refreshments are available on the day, both before and after the event.

Cash prizes are available for fastest man, lady, junior, whilst the fastest team wins the prestigious EDCA Hill Climb Cup.

There are 'gold', 'silver' and 'bronze' medals for the fastest 3 C.C. Sudbury riders. In addition to all this, local Insurance company, Robins Row (Long Melford) are also generously offering a prize of £75 for any rider who can break the course record of 43.4 seconds by Tom Stephenson (Colchester Rovers CC) 2011. Entry via CTT.

Entry forms **BY 22nd OCTOBER** to:

Jonathan Weatherley, 2 Church Street, Sible Hedingham, Essex, CO9 3NS,. Entry fee £7, cheques payable to Jonathan Weatherley.  
E-mail:[jonathan@cycleclubsudbury.com](mailto:jonathan@cycleclubsudbury.com) or phone 0775 4586598.

If you are not planning to take part or help, please come along to cheer on all the riders. There's always a really good atmosphere on the hill. I look forward to seeing you there!

See also the C.C.Sudbury website for further details:

<http://www.cycleclubsudbury.com/events/hillclimb>

## Also.....

### Help is needed for this Hill Climb

This event can't take place without your support, so if you're not planning to take part, please contact Jonathan Weatherley to volunteer to help. Assistance will be required with marshalling, catering, timekeeping, recording, observing and pushing off. Contact details:

Email: [jonathan@cycleclubsudbury.com](mailto:jonathan@cycleclubsudbury.com)

Phone 0775 4586598

## UPCOMING AUDAX RIDES

Sunday 6 October: Blaxhall: 110k

Sunday 13 October: Blundeston: 200, 150k

Sunday 27 October: Stevenage: 100, 67k  
Further details and entry to all these rides via the AudaxUK website at [www.aukweb.net/events](http://www.aukweb.net/events); anyone can enter these events



### WattBikes are back for the Winter Season.

This great training 'tool' will return soon and will feature every month throughout the winter beginning with the following dates:-

**WATTBIKE EVENINGS , 1<sup>st</sup> Thursday of the month. Start 7.00pm finish 10.00pm**  
2013 November 7<sup>th</sup>.  
December 5<sup>th</sup>.  
2014 January 2<sup>nd</sup>.  
February 6<sup>th</sup>.

**Venue to be confirmed**

## LOCAL SPORTIVE RIDES

Sunday 29 September; Cambridge to Norwich

Sunday 6 October; Ipswich sportive  
Further details and entry to these rides via the British Cycling website at <http://www.britishcycling.org.uk/sportives>

## BOOK NOW: MAINTENANCE EVENING, THURSDAY 10th OCT

Malcolm Borg's recent Bike Maintenance evening at the Cycle Clinic, Unit 5, Clockhouse Farm, Cavendish Lane Glemsford, was not fully booked, but was highly recommended by those who attended. There's another evening organised for Thursday 10 October, from 7pm to 9 pm – no charge, so book now to guarantee a place! There's room for 8 people.

If you'd like to attend (bring your bike and some allen keys if you want) could you please e-mail Malcolm to book a place – first come first served! If one or two people could bring their own bike stand as well, that would help.

E-mail address;  
[workshop@thecycleclinic.co.uk](mailto:workshop@thecycleclinic.co.uk)

## 7.30pm 28 NOVEMBER; ANNUAL GENERAL MEETING

At the Stevenson Centre, off Broom Street, Great Cornard. Why not break the habit of a lifetime and come this year! Refreshments available. *Any items to go on the agenda (yes, members can raise items for discussion) must be forwarded to the Club Secretary, Nick Reed*

([nick@cycleclubsudbury.com](mailto:nick@cycleclubsudbury.com)) at least 7 days before the meeting.

**NOTE:** The Clothing Secretary is usually in attendance with the range of club clothing for sale!

## **Naughty Step Time - No.1)**

The thorny subject of providing marshals from the CCS riders who take part in Open TT's has reared its ugly head again. We are duty bound to provide marshals for Open events if any of our members ride 'Opens' (and failure to do so will result in CCS being thrown out of these TT organisations!) during the season. The response for help is 'usually' met with a deafening silence and our beleaguered TT secretary has had to personally cover these events himself on their behalf. Hardly a fair solution to the problem.

There is a very small bunch (including non TT riders) who will always step forward to help but the majority keep their heads down and hope the problem will go away.

Well, from next season onwards, the following proposal will be put to the AGM;

Every Open TT rider will be assigned to an event and will be expected to carry out their marshalling duties. If you genuinely cannot 'do' that event, I suggest you speak to other riders and arrange to swap dates. It is not up to TT sec to rearrange or provide cover if you can't do it. This may sound a little draconian but this problem needs to be addressed!

## **Naughty Step Time - No.2)**

There would appear to be a little (?) unhappy band within the club who use Facebook as a means of bemoaning the current state of the Sunday rides. It is not acceptable to identify club committee members and proceed to have 'a pop' at them via a social network because they are unhappy with the state of play. If you have a legitimate problem/concern, contact a committee member and discuss it with them so that proper steps can be taken to address it.

Facebook is a bit of a misnomer as nobody on it actually talks face to face and probably things said on it would not be said to the person if they **were** face to face!

The committee doesn't pretend to have all the answers and all the bases covered and are just enthusiastic hardworking bikers who do a very difficult and sometimes laborious job (for free) to keep the club running.

Having negative moans via a third party medium doesn't help and has undone a lot of good within the club especially with the potential loss of an exceptional chairman and also a committee member.

If the grass appears greener with our fledgling neighbouring clubs, then perhaps they should try it!

One of our members earlier this year identified an area we were lacking in; a fast evening ride; and then simply arranged and co-ordinated a solution. Is it too much to expect the detractors to initiate a similar path and sort something out between themselves. The committee will always give new

and worthy initiatives their full backing.

We need all the help we can get and there is only so much a small band of volunteers can do!

So, by all means come to the AGM and express your concerns, but don't just expect to continue to be one of the 'takers' without being prepared to become one of the 'givers'.

## **CCS does de Tour in the French Alps**

*By Viv Marsh*

CCS members Andrew and George Hoppit, Steve Barnes and Stewart Kirk plus two guests, Jamie Lones from Boxford Bike Club and Gary Howard from Colchester, and I made a very

successful 9 day trip to watch some of the alpine stages of the 2013 Tour de France and also get some alpine cycling in ourselves.

We had a very early start on Saturday 13th July, so after little or no sleep we crossed on the Eurotunnel and drove the 1,000km from Calais to a camp site about 20km from Bedoin, the traditional start of the Mont Ventoux climb where we were joined by regular CCS guest members and French residents Kevin and Carole Raymond who had bravely followed the previous week of the Tour all the way across France in their 1966 Citroen H van. An alpine effort in itself!

So, somewhat tired, nine of us set off on Sunday morning to get ourselves as far up Mont Ventoux as we could before the pros arrived after their daunting 240km stage from Lyon. We got about 10km from our base camp before Steve took a wrong turning and headed straight up the wrong side of Mt Ventoux. We waited for a while but Steve had put his head down and was charging after us not realising he had gone wrong until he was so far up he didn't come back down. Not all of us waited so we were now split into 3 groups with one man lost on Ventoux already. Great start!

It was a glorious ride across to Bedoin though, following the route the Tour riders would soon be taking. The road was lined with the usual enthusiastic spectators. Shortly after Bedoin we did re-group with the others and so set off together for the 20km climb. Lowest gears were quickly employed and inevitably we all got split up again. Some was taking regular breaks from the



Viv on la Croix de Fer

scorching heat in shady places, others plodding on relentlessly.

Anyone who has done it before will know Mt Ventoux (1,912m) is an awesome climb on any day, so on Tour de France race day you can imagine it was as busy as it was immense. I adopted the tortoise method of riding slowly but without stopping but I wasn't exactly encouraged by someone shouting at me – "Keep Going Fat Guy"! Damn British tourists. After a while I had

lost all reference of where the others were and eventually (no idea how long but probably getting on for 2 hours later) I dragged myself up to the Chalet Reynard about 6km from the top. Any hope of an invigorating coffee was immediately dashed – the whole place was absolutely



packed, the road was barricaded off and the gendarmes were stopping anyone from cycling through.

I desperately needed water though so forced my way through the huge and manic crowd to get to the tap I knew was behind the café. I realised then I was almost through the crowd and near the top end of the barricade. I saw a gap between the parked lorries so I squeezed my bike through and found my way back onto the road above the ski chalet. Smiling sweetly at the gendarmes I was soon able to remount and continue cycling up, wondering now where everyone else was.

The last 6km of the climb are the section that is often known as the moonscape. It is hot, barren and rocky. Nothing grows here and no-one lives here. Of course today it was packed with hundreds of camper fans lining the road.

Presumably they had already been here for several days to get such premium positions. Eventually I reached the 3km banner and collapsed onto a rock for another rest. I struggled for a phone signal but eventually managed to exchange texts with Gary who was below the barricade with several of the others. I certainly wasn't going to go down again so stayed put and ate some of the food I'd carried up. Very soon I was fast asleep on my rock.

After a while I woke up and pressed on further keeping an eye out for any of the others – or even Steve coming down from the other side. But I was not allowed to go into the barricaded area that began about 1km from the top so presumably he wouldn't be allowed down either. I found a milestone (kilometer stone?) at 1.5km which I decided to call home for the next few hours. I was

in sight of the tower at the top and positioned where I could see the road snaking down behind me back towards the Chalet Reynard.

The publicity caravan came through and I had to be fast on my feet to avoid being trampled down by overenthusiastic French men desperate to secure some bit of worthless tat! Eventually the helicopters circling overhead signalled the imminent arrival of the riders. It's amazing how little you can actually tell of what's going on when watching from the side of the road. Sarah was watching the live broadcast at home on ITV4 and had text me to say Chavanel was away but when they reached me it was Quintana leading Froome and no sign of anyone else. Clearly they had torn the bunch apart but it was only when I got home and watched the recordings did I realise it was Richie Porte who'd done the damage.. The rest of the riders slowly passed by either alone or in small groups over the next hour or so. Chavanel finally grovelled past about 15 minutes later! The remainder of the field took almost an hour to pass me.

Although Jamie turned out to be only a few hundred meters behind me it was almost an hour before we met up at the Tom Simpson memorial slightly further up. It was another half an hour before the others made it that far too – the roads were that packed. Anyway we celebrated our reunion and finally got up to the top where we were quickly whisked down the other side. No time for souvenirs or sightseeing today. The descent down the other side was amazing fun though. I was delighted to beat my previous best top speed at 86kph but Kev managed 96kph! Amazing!

We didn't meet with Steve until we got back to the camp site but he'd had a good day being one of



Steve, George and Andrew doing what they do best

the few people to go up the back way (just as hard and still 1,912m) so he had an interesting day just beyond the finish line where you couldn't otherwise get to. In the event most of us

ended up on our own anyway so it made little difference in the end.

Monday was the rest day for the Tour but we had planned a lovely ride out based on La Gorge de la Nesque that Andrew, George and I had done three years earlier, finishing with another crossing of Mt Ventoux, this time though we went up what Andrew likes to call the "ladies' way" from Sault. At 120km it was to be the longest ride of the week

and we took our time over it soaking up the beautiful weather and spectacular views. On Tuesday the Tour recommenced in Vaison where we were camping so we took the opportunity to mooch around the town and the départ before a long but breathtaking drive across the Col de Meneé up to our second base at Alpe d'Huez. The Tour had its first double ascent of the most famous Alpe on Thursday so clearly we had little choice but to climb it ourselves on Wednesday and explore the road beyond it going over the Col de Sarenne (1,999m) where they would venture for the first time. As many will know Alpe d'Huez (1,860m) is another awe inspiring climb with its iconic 21 virages or hairpin bends. George and Jamie romped up in about, or just



Steve, a river, a road and some mountains!

under, an hour. I took nearly twice that! It was a further very hard climb up to the top of the

tricked by the guide book into underestimating it, it was a long tough climb and the rain came too so we didn't really get to fully appreciate the views that, by the glimpses we did get, looked fabulous.

From Huez it was then the normal climb of 'Alpe d'Huez' from about bend 6. These last few bends are slightly easier than the first 15 so I was well prepared for the last assault. Because of the rain a few of us turned back not wanting to risk the descent in the wet. Happily though by the time we'd endured the even slower than normal French cafe service the roads had dried out and we had a fabulous descent in the dry. My two hour climb the day before was paired with a 18 minute descent topping out at 68kph. Fabulous fun.

We had planned to end the week with a big ride – 160km of La Marmotte, crossing The Col de la Croix de Fer (2,067m), The Col du Télégraph (1,566m) and the Col du Galibier (2,645m) but as the week went on one by one most of us realised that this was more than would be enjoyable, even if we missed Alpe d'Huez off the end. Andrew and George did set off to attempt it on Friday but were beaten back by the bad weather and the Tour de France caravan bearing down on them forcing them to stop before the top of the first climb.

So instead most of us decided to climb to the top of the Col de la Croix de Fer and back again taking in the Col du Glandon (1,924m) on the way. George and Andrew went the other way to do the Galibier and Gary most sensibly opted for a lie in. Kev and Carole set off on their 3 day journey home so just four of us remained. The weather was back to very hot and dry for this last day and we had a stunning climb up through the snow topped peaks past the Lac de Grand Maison. This was of course another long hard climb but it was absolutely beautiful. It was a thrilling ascent and descent; with simply breathtaking views all of the way. Amazingly we met a group of riders from Ipswich Bicycle Club on the way up and shared a coffee with them at the top!



Stewart with the Tour Devil..

So that was it – Only 350km covered in the week but we had ascended 8,848m in total which rather happily turned out to be the exact height of Everest!

After a long and uneventful drive home we, arrived just in time to miss the sprint on the Champs Elysees on the telly. Magic week though! Thanks to everyone who helped make it happen.

Col de Sarenne that none of us had anticipated. Then there was a very narrow and steep descent on poorly maintained roads (still better than most UK roads but poor nonetheless!) back down through some beautiful and little inhabited countryside to the valley below. In total only a 54km loop but it took us most of the day to do and left us all exhausted.

Rain that night spoiled the "night before" street party that we were looking forward to, when the Tour entourage rolled into town but the Thursday morning looked more promising. As we needed to carry up plenty of food, beer and wine for the long day ahead we decided to walk up Alpe d'Huez with deck chairs. This was no easier but not much slower and was probably a good decision in the end as even the descent would have been spoiled by the sheer mass of people attempting to do the same. It's only a five mile walk but it still took us over 2 hours to get our familiar spot just above bend 7 - the mad Dutch corner! I won't recap the events of the race – anyone interested will know already but it was a fantastic day which we got to see literally eyeball to eyeball.

On Friday we walked into Bourg d'Oisans to see the stage start and do some shopping. Then we chose a ride that the guide book said was an "easy" way up Alpe d'Huez. "No particular difficulty" was the words that resonated in my head as I slogged up the long and steep climb to Huez village via Villard-Reculas. I thought it was almost as hard as any other day – we'd been

## Road Racing Success....

By Darren Rule

On Saturday 6th July I got my first points in my road racing season. I managed to get 3rd place on the podium which came with a prize of £15, which I was pleasantly surprised about. It was the SDCC criterium race at RAF Woodbridge where I entered the 4th Cat only, which fielded about 40 riders. We averaged 25mph in the hour-long race and ended in a bunch sprint on the mile-long straight; that saw us touch 40mph over the line. I have just doubled this bag of seven points with another 3rd place at a circuit race at Preston Park, Brighton on 15th September which means I'm now the proud owner of a 3rd Cat Race Licence. Hopefully I can get an orange jersey on the podium again in the near future.....!



## Junior Section *by Kirsty White*

The junior section is still going strong with a number of new members. Congratulations to Toby Smith and Eva Sampson for learning to ride their bikes unaided and Frankie Chamberlain is well on her way to cracking it. Lauren O'Neil is our secret weapon for CCS, she may only be little but rides like a rocket and is an invaluable member of our team. August was a busy month which saw



Kylen Brown turn 6yrs and bringing with it a new bike and James Hancock finally saving enough money to buy a road bike. James gave his bike an airing



through the streets of Ipswich in the Sky Ride which was indeed an experience.

We are moving to a new indoor venue for the winter but will have to split the group into 2 due to

age and ability. We're still looking for volunteers to help, even if you can only offer time once a month it would very much appreciated. The children are keen and the numbers are now building. If we can't get more help we'll have to start a waiting list for the children. If you could spare any time please contact Kirsty White [kniamh@icloud.com](mailto:kniamh@icloud.com)

## Internationale Kampioenschappen Woesten, Belgium 2013 *by Barbara Law*

On 7<sup>th</sup> August Terry and I set off via the Channel Tunnel to Woesten in West Flanders, Belgium where they hold the annual time trial championship for various age groups.

Terry has competed in this event many times and had twice come 2<sup>nd</sup> in the 65+ age group before he had all his leg problems.

Race HQ is a bar/cafe called de Meiboom and the sponsor is a local solicitor. On the Thursday two groups compete all together – 55-65 and 65+. Terry asked if I could ride as well so I duly paid my 15 euros and got my number. Ladies rarely take part but are allowed to ride in a category 10 years older but as I am 69 I am already in the oldest category so no help there then!

There were 46 men for the 2 age groups and then me, all off at 3 minute intervals. I went off last as start times had already been allocated. This was no problem for me as it meant there were hardly any riders left on the course with me – no bad thing as each of the 3 x 8k laps – mostly on

narrow lanes – had 8 or so sharp bends, many right handers – not my favourite including one where you had to cross a gully at an oblique angle on the edge of the main road. Not a bit like our out and back courses. The marshalls with their “table tennis” bats stop the traffic as each rider crosses roads or turns across the traffic. As I was “last man” the broom wagon was following me – not that I noticed it.

I felt I got quicker on the 2<sup>nd</sup> and 3<sup>rd</sup> laps as I got a bit of confidence and I finished

strongly. Results were announced in the HQ later and my name was called out as 22<sup>nd</sup> (last) in the age group and I was given a special trophy as the only lady riding. Race trophies are given for 15 places and Terry came 13<sup>th</sup> this year. His time of 44.30 was reduced to 42.38 by a bonification of 1.52 as riders over 65 receive an 8 second allowance per year (I got 32 seconds). I knew my time was wrong, so after the



presentations I pointed out that my start time was incorrect by 12 minutes. They agreed and amended the results so I was 18<sup>th</sup> out of 22 in a time of 47.08. Much better!!



The atmosphere at this event is great with barriers down the road at the start/finish, loud speakers announcing each rider and their laps and pop music from the 60's in between. Just like the "big boys"! 5 days of racing provide time trials for all age groups plus a handicap road race and a crit.

Next year's dates are

7 – 11 August. See you there!!

Details from [www.demeiboombclubswoesten.be](http://www.demeiboombclubswoesten.be) We can recommend a great B & B – you can cycle to the start in 5 or 6 minutes. Brilliant breakfast, comfortable rooms and an old bass rock guitar player host! <http://www.alloallobenb.be>

## An Opportunity to ride Lands End to John O'Groats in 2014

Proposed dates [10th - 26th May 2014](#) (includes bank holiday). Support vehicle will transport bikes to and from start / finish and transport luggage each day. Camping accommodation will be pre-booked and set up by the CCS support team. Approximate cost £400. For further information or to book a place contact *Kirsty White kniamh@icloud.com*

## Time Trial Reports – Aug 2013

as Press Report

Cycle Club Sudbury's Evening Time Trial Series finally came to a close after 20 events throughout the summer. Long time leader Kirsty White never relinquished her hold on the competition and ran out a worthy winner with 1161 points to take the trophy. She had initially been pushed hard by Malcolm Borg, who came 2<sup>nd</sup> with 903 points, but only after the organisers rectified an earlier mistake for wrongly crediting points to Malcolm, did Kirsty complete a comfortable victory. Borg was fortunate to hold onto 2<sup>nd</sup> place as Jamie Howe was a mere 5 points behind him. This equates to 5 seconds over the 20 events and had he have known, I'm sure he would have found the extra effort needed to overhaul him. 4<sup>th</sup> place

went to Darren Rule on 871 points and had an excellent season including some outright wins during the evening events. Young Charlie Pratt came in a very creditable 5<sup>th</sup> place with 854 points with Jodie Downs rounding off a very good season with 735 points for 6<sup>th</sup> place.

On the Open Time Trial scene, CCS riders have been very active. Pride of place goes to Weatherley, Rule and Rush who picked up another team prize in CC Cambridge's 25mile TT on the E33 course at Newmarket. Despite blustery conditions and an early rain shower, they narrowly defeated the Chelmer club for 1<sup>st</sup> place. Even more remarkable was the fact that Weatherly's time of 59.28secs included a nasty fall as he slid the full width of a roundabout when he hit a damp patch. He remounted sporting an impressive array of 'road rash' and completed the course in true professional style to come home in 7<sup>th</sup> position!

Simon Daw temporarily encountered a dip in form during August although he seems to have come through it when he posted 8<sup>th</sup> fastest at Anglia Velo's 10 mile TT at Risby with a 22.38 time which was also good enough to win his age group prize.

Matt Traynar rode one of his best races on the quick E2/10 at Newmarket to record a very good 23.11. Kirsty White recorded a 29.37 at the same event with Jonathan Weatherley riding a rapid 22.17 for his debut on this course.

Damon Day's only ride during August saw him clock a very quick time of 22.11 at the Chronos 10 in Cambridgeshire for the quickest time of the month. Steve Clark's 1<sup>st</sup> Open TT on the same day saw him ride an excellent effort of 24.15.

Jodie Downs also competed at the same event and rode one of his best times for a 23.16. The Law's, Terry and Barbara, rode a total of 11 events during the month with the pick being Terry's 28.28 and Barbara's 29.52 at the same Chronos event. They also ventured across the Channel to Terry's old stamping ground in Woesten, Belgium for a 24km TT. With semi closed roads and a large amount of enthusiastic spectators, Terry raced around the triangular course to claim 13<sup>th</sup> place with Barbara beating quite a few men competitors to come home in 18<sup>th</sup> place and receive a cup for the only lady competing. Apparently it's very rare to have lady Time Trialers in these age related races in this part of the world!

## Final Evening Series Results and Points Positions

Name	Acton 1 <sup>st</sup> Aug	Hitcham Hilly 8 <sup>th</sup> Aug	Brent Eleigh 15 <sup>th</sup> Aug	Acton 22 <sup>nd</sup> Aug	Lav 10 29 <sup>th</sup> Aug	Final Points scored	Position	
N.Baker						79		
S.Barnes						82		
*M.Borg	22.22	37.51	22.27	22.32	26.34	903	2nd	
D.Bree	21.50	35.22	20.49	21.07	25.22	93		
G.Buckles					28.36	460		
R.Bush	28.32	48.48				553	10th	
*D.Carver						25		
S.Clark						10		
D.Crisp						226		
R.Davies						95		
S.Daw	19.33	32.27				286		
D.Day						71		
J.Downs						735	6th	
A.Dyson	23.12	37.26	22.36		27.38	575	9th	
R.Empson						10		
A.Flynn						117		
L.Ford						421		
C.Harris	24.01		DNF		28.26	334		
C.Heron			21.30			50		
A.Hoppitt						30		
T.Hale						20		
G.Hoppit						337		
J.Howe			20.21	20.44	25.45	898	3rd	
A.Howlett						10		
*A.Kennedy	19.25				23.29			
S.Kirk						78		
B.Law	27.01		26.16		31.24	249		
T.Law	25.04		25.05			528	11th	
D.Leeder						148		
*S.Mackay	20.42	34.59				463		
B.Mann			23.18	23.41	27.31	204		
V.Marsh					31.08 Trk	172		
D.Miller			26.16	26.32	32.23	662	7th	
*T.Moore	26.33	44.36				601	8th	
J.Newton						20		
J.Palmer		43.29				516	12th	
T.Pillet		39.37		23.38	26.48	333		
B.Poore						10		
*R.Porter			21.02		25.21			
C.Pratt		35.44	21.14	21.32	26.05	854	5th	
D.Pratt		35.06	19.52		24.21	401		
D.Rudling						20		
D.Rule	19.30	32.35		19.36	23.18	871	4th	
J.Rush			19.35		23.51	291		
A.Russell						70		
J.Shotbolt	25.12	43.20			31.34	397		
*M.Shotbolt	19.17							
J.Swain	DNF					35		
D.Upton					27.03	301		
S.Toy						10		
M.Traynar						456		
J.Weatherley	18.55	31.17	18.33			429		
*J.Wharton	20.22				24.06			
K.White	23.58	40.49		24.00	30.05	1161	1st	

**Open TT results below and as usual, I'm not sure if I have everyone's in here.  
Let me know if any missing ones need recording.**

<b>C.C.S. Riders - Open T.T. Results - August 2013</b>						
<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Aug 3rd	ECCA - Newmarket	E2/10	M.Traynar	10	23.11	
Aug 3rd	ECCA - Newmarket	E2/10	K.White	10	29.37	108th
Aug 3rd	ECCA - Newmarket	E2/10	J.Weatherley	10	22.17	18th
Aug 4th	Stowmarket & DCC - Rougham	B10/36R	S.Daw	10	22.40	8th
Aug 4th	Stowmarket & DCC - Rougham	B10/36R	T.Law	10	30.12	
Aug 4th	Stowmarket & DCC - Rougham	B10/36R	B.Law	10	31.57	
Aug 7th	Woesten, Flanders - Belgium		T.Law	24k	42.38	13th
Aug 7th	Woesten, Flanders - Belgium		B.Law	24k	47.06	18th
Aug 10th	Kings Lynn CC -	B25/33	S.Daw	25	01.01.44	20th
Aug 10th	Kings Lynn CC -	B25/33	J.Weatherley	25	59.29	11th
Aug 10th	VTTA - Bungay	B10/43	T.Law	10	29.01	
Aug 10th	VTTA - Bungay	B10/44	B.Law	10	31.43	
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/10	T.Law	10	28.28	74th
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/10	B.Law	10	29.52	78th
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/10	L.Finch	10	30.01	79th
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/10	D.Day	10	22.11	20th
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/10	J.Downs	10	23.16	28th
Aug 17th	Chronos RT - Hardwick Cambs.	F2A/14	S.Clark	10	24.15	46th
Aug 17th	CC Cambridge - Six Mile Bottom	E33/25B	J.Weatherley	25	59.28	7th + Team Prize
Aug 17th	CC Cambridge - Six Mile Bottom	E33/25B	D.Rule	25	59.45	11th +Team Prize
Aug 17th	CC Cambridge - Six Mile Bottom	E33/25B	J.Rush	25	01.00.26	14th +Team Prize
Aug 17th	CC Cambridge - Six Mile Bottom	E33/25B	S.Daw	25	01.00.36	15th
Aug 21st	SPOCO - Gt.Dunmow	E91/10	T.Law	10	30.25	
Aug 24th	Anglia Velo - Risby	B10/35	S.Daw	10	22.38	8th + Age Prize
Aug 24th	Victoria CC - Ugley	E1/10A	T.Law	10.2	32.05	
Aug 24th	Victoria CC - Ugley	E1/10A	B.Law	10.2	33.11	

*That's just about it for this bumper combined month edition.*

*Lots to read about and probably disagree with.*

*I had hoped to write details about the European Bike Bus I used recently, as I found very few people knew of its existence and could prove very useful to prospective Rides in France next year for some of you. Lack of space in this issue means it will be held over until next month.*

*It just leaves me to announce the latest Rider of the Month.....*

*It has to be Jonathan Weatherley for his heroics in helping CCS to another Team Prize despite being hampered by some fairly gruesome 'road rash' from his mishap during the ride.*