

6 wk

CycleClubSudbury

Spindle – September 2010



www.cycleclubsudbury.com

The Thursday Evening Time Trial Series has finally come to a close (where did they all go?) and after a very close run in at the end, young George Hoppit claimed the first prize again for the second year running. Not an easy thing to do, as to get consistently high scores throughout the season, meant George had to keep improving on his best previous times week after week! And that's just what he did. Graham Buckles ran (biked?) him close, right up to the last event, but George came through with 849 points to Grahams 825, with Ashton Dyson in 3rd place with 750 points.

Also a big thank you to all of our timekeepers, Brian, Alison, Linda and Lucy, who came out in all weathers and to John Steed for compiling the weekly results and statistics.

We had 38 club members taking part this season, which is nearly half of the total membership!

The final points table is included further on in this Issue.

CYCLING SHORTS

SHORTER CLUB RUN

On Sunday 3 October, and thereafter on the **first Sunday of the month**, for a trial period there will be a shorter than usual Club run, for new members and those thinking of joining the Club. Everyone else is welcome as well!

The rides will start as usual from Market Hill Sudbury at 9am. Distance will be about 25 miles, with a cafe stop halfway; no-one will be left behind – speed will be that of the slowest rider. The November Shorter Club Run will be to Semer, to watch (or take part in!) the CCS Open Hill Climb – a great morning out.

Talking of Club Runs, the club are organising a ride out to watch the T of B. Details as follows...

2010 TOUR OF BRITAIN – A STAGE IN SUFFOLK! BOOK A DAY'S HOLIDAY NOW.

The penultimate stage of the Tour of Britain, on **Friday 17 September**, is making a very rare visit to East Anglia, starting in Bury St Edmunds and finishing in Colchester, passing through Sudbury en route.

There will be a Club run leaving Market Hill, Sudbury at 7.45am to cycle to Bury for the signing-on/pre-start interviews, etc, then coming back towards Sudbury to see the on-road action at a couple of good spots. The stage starts in Abbey Gardens (10.15am), Bury, then to Chedburgh, Haverhill, Sturmer, Clare, and Cavendish, with a King of the Mountains! climb to Foxearth (11.21am). After a Sprint in Long Melford (11.29am), the stage heads for Lavenham, up instead of down our Acton Circuit time trial course, out to Brent Eleigh and on to the second King of the Mountains climb at Milden Hill (11.45am), to Boxford, and through Sudbury for the third climb of the route up Ballingdon Hill (12.10am). The Essex part of the route has a Sprint at Braintree, then via Witham to Heybridge and back to Colchester via Tiptree (another Sprint) for a finish up East Hill, Colchester.

Full details of the route are available at www.tourofbritain.co.uk.

Not in Suffolk, but the previous day's stage is also relatively local; Kings Lynn to Great Yarmouth, via Sheringham and Norwich.

We've had an enquiry from a prospective club member who wants to get hold of a road bike for around a £150 budget. I think it's for a female (but I could be wrong and probably am!) If anyone has anything suitable and can help, could they e-mail...

stefbush@hotmail.com

Dates for your Diary

Friday 17th September

Tour of Britain – See details above.

Sunday 19th September

Speed Judging competition at 10.30am at Hawkedon (near church). Speed not required but an ability to ride the same (short!) course clockwise and anti clockwise in the same time is. It's also good fun! The Sunday Club Run usually rides out there on the day, with riders taking part.

Saturday, 25 September.

Shaftesbury CC audax rides from Henham. 200, 160, 100, 50k routes.

Sunday 26 September.

Cambridge CTC audax rides from Hauxton. 200, 100k routes.

Saturday 2 October.

Suffolk CTC 120k Suffolk Byways audax ride from Blaxhall.

Sunday 31 October.

Herts CTC 100k Emitremmus Desrever audax ride from Stevenage.

Further details and entry forms for these rides on the Audax UK website, at www.aukweb.net under 'Calendar'. Entry to the above events are open to all.

Thursday evening 4th November

at 7.30pm at the Stevenson Centre, Gt. Cornard.

A talk about fitness and training relating to time trials and racing, by Dave Green who is the R.A.F.'s head cycling coach. He is also one of the regions top time trialists and has competed, with success, in the Race Across America (RAAM) with the RAF, so he knows what he's talking about!

Essential listening for our younger and senior members who want to improve their T.T. times.

Sunday 7th November**CCS Hill Climb**

Our own Open hillclimb which is also for the District Championship. This takes place at Semer Hill at 11.00am. If you fancy entering, you will need to do so 2 weeks before the event and details are on the CTT website on

www.ctt.org.uk

Contact CCS organiser Andrew Hoppit for more info at andrew.hoppit@forestry.gsi.gov.uk

The CCS Sunday Club Run will also be going there on the day.

Thursday evening 25th November

Club AGM at 7.30pm at the Stevenson Centre, Gt. Cornard.

Thursday evening 9th December.

Quiz night. The hugely popular and good time event of the season, again at 7.30pm at the Stevenson Centre.

Thursday evening January 13th 2011.

Subs night, which is a good reason for a catch up and get together after a miserable winter!! Also at the Stevenson Centre at 7.30pm.

Racing in Belgium by Terry & Barbara Law

On August 11th, Terry and I set off on our annual pilgrimage to Woesten in West Flanders. Terry competed the next day in the Internationale Kaampioenschapp Tijdrijden 2010. This is a 21k time trial made up of 3 circuits of a flat course on narrow, mostly rural, roads with many turns including 12 sharp ones each lap. Not your average British time trial! The riders on Thursday all went off at 3 minute intervals and were aged 50+ with prizes in two groups – 50-64 and 65+. Within each age group riders receive 8 seconds off their time for each year older. E.g. Terry was the second oldest rider so as a 76 year old this season he had 1 minute 28 secs advantage over a 65 year old – not generous!

The time trial is just one event in 5 days of



cycling which as usual in Belgium, are very well organised with marshals who can actually stop traffic, rolling road closures and a P.A. system announcing starters and riders every lap with lots of loud music in between.

A great atmosphere!

Terry, the lone Brit, rode against 3 Dutch riders, 3 German, 2 French the rest being Belgian and finished 14th out of 17 finishers and received

another trophy – they like them large in Belgium – and also a kiss from the young lady presenting them – I think that's the bit he likes best!! There are time trials for all age groups during the first 3 days plus an 80k handicap road race on Sunday and a criterium which is fast and furious round a tight 800m course on Monday. So come on Sudbury riders – why not give it a go in 2011.

 *Apologies to Barbara for not crediting her with the Ladies prize at our recent Club 10 mile Championship. It's worth the grovel just to keep her from bending my ear every week. Well done Auntie Barbs!

Road & Grass Track Racing by Simon Daw

I've been riding mainly grass track races this season, having found it hard to get into road races - most around here are ERRL events, and since we're not ERRL affiliated it's usually been impossible to get into them. I'm told that they give non-ERRL 2nd-Cat riders preference over ERRL 3rd and 4th-Cats, so it should be easier now that I'm back to 2nd-Cat. I was third in the only proper road race I've been able to get into (the ECCA Festival RR, back in May), but didn't get a ride in the National Masters RR - I was 6th reserve, and only 5 riders failed to turn up!

Anyway, grass track has been the main thing. Having not ridden any grass since 1993 I found it quite hard initially - it's quite a specific and technical discipline. It's essentially like conventional track racing, with tracks often being 250m / 350m and bikes being standard track bikes fitted with heavier tyres.

The first meeting I rode was at Ipswich on June 6th. After struggling to keep my bike on the track in the first few events (mainly shorter distance, which I was never much good at anyway) I started to get it together in the 8km event, which was the third counting event in the National Endurance League. I managed to go with the pace, and ended up with 6th place, which gained me League points. Although I'd already missed two of the three counting events, I therefore decided to ride some more of the remaining events.

The next of these was three weeks later, at Brentwood. Probably the most dramatic part of the day came in the 800m race, when Phil Lisher (Team Welwyn) and Daniel Zagni (Ipswich BC) were taken off by a small whirlwind which crossed the track from one side to the other! I still hadn't really got it right, and was eliminated after only three laps in the devil-take-the-hindmost - an event I should normally be quite good at. However, I again managed to pretty much go with the fast boys in the 8km League race,

and again finished 6th, moving me up a place or two overall.

The weekend of July 3rd / 4th saw two meetings: the Plomesgate event at Bredfield on the Saturday and the Colchester Rovers event on the Sunday. I had a good day at Bredfield, finally getting the devil (nearly!) right for 6th place, and then winning the unknown distance race by breaking away from the gun (is this the club's only open win this year?) I then forced an early four-rider break in the League 8km. I used my helmet camera for this race, and the resulting video can be seen at <http://www.youtube.com/watch?v=JyjLs0Tej3A> and <http://www.youtube.com/watch?v=vClz797AeVw>. We lapped the field by the mid point in the race, but when Dave Langlands and Phil Lisher attacked with a couple of laps to go I couldn't go with the pace and ended up fourth. However, this still moved me up on the overall standings, and moved me up from 3rd-Cat to 2nd-Cat.

I found the Rovers event hard, partly because I was tired and partly because the track was very dusty and fast - I tend to prefer the stodgier tracks! The event was held as an omnium, and the results were not all recorded (!), but I achieved fourth in the points race (after an appeal - the judges had missed me in the final bunch sprint...which I won! You get the idea...) and 6th in the devil, and was hopeful of more points in the League 8km. However, I found the pace very tough, and ended up seventh - one place out of the points. All-in-all, this was quite a frustrating day, really. CC Ashwell has taken over the organisation of a meeting at Biggleswade, and this took place on July 10th. The entry was poor, unfortunately, although several of the best riders were still there. With so few riders, I actually managed to squeeze into the points in the National 800m *Sprint* League with 6th place; I missed a place in the final, and was just edged on the line by Max Pendleton (Victoria's dad, and guest of honour at our 1988 club dinner for those with a long memory!) in the minor final run off for fifth place. However, for me to get a placing in a sprint event shows that there weren't many riders! I was fourth in the devil behind Richard Lambert, and repeated this in the 8km League race, having attacked early on but been caught and then dropped by Richard Lambert (the series leader, who went on to win), Matt Fenton and Gavin Daley.

This ride moved me up to 6th place overall in the League.

I was nearly stymied by a disaster on August 1st (the Team Welwyn meeting at Hertford); I arrived at the event, went to the back of my car to get my bike and kit out....no kit bag! Simon Layfield, Pete Whelan and Sophie Bruton very kindly clubbed together to loan me shoes, a helmet and a jersey, which got me riding whilst I arranged for my parents to bring the

bag down to me. This was very embarrassing! Unfortunately, the shoe plates on the loaned shoes were worn, and I pulled my foot out of the pedal at the start of the 800m race. However, I had my own shoes by the time the important races came along, and got sixth in both the devil and the 8km, to maintain sixth place overall in the League. My most recent race was the West Suffolk Wheelers meeting at Bury St Edmunds on August 8th. This incorporated the Eastern Region Championships, but had a very poor entry. I'd ridden two time trials in the previous three days, and my legs felt like pudding, unfortunately! It was, in any case, geared towards sprinters, with one of the counting events being a 380m (!!) sprint and the track being a very, very short 190m (this is less than half the length of some of the tracks used, and means it's hard to move up, being effectively all corners!). Given that ex-pro Tony Wilkins and speedway rider Tim Snook were riding it would always have been hard for me to win because of this, and indeed I only got seventh in the 380m sprint, losing me a lot of points in the omnium. I felt rotten in the devil, which I really should have been able to win, and ended up fourth. I rode slightly better in the 5km scratch race, and although missing Mike Smith's break got away early to chase him and gain second place. This moved me up in the omnium, and I got the bronze medal behind Wilkins and Snook, which was a small consolation.

I shall be riding the Mildenhall Rally, a meeting I last rode 17 years ago, and hope to finish in sixth overall in the National Endurance League; with the points I've amassed I can't now finish lower than eighth place. I'm pleased to have managed this in my first season back, especially having missed several races and at the age of 46. I enjoy grass track racing; it's far and away the most sociable form of racing, there's no hassle with traffic and the equipment is cheap and lasts forever (I'm still riding the same bike I bought second hand for my first grass track race in 1984!). Whereas it's necessary to buy state-of-the-art equipment in order to maximise one's chances in other disciplines, on grass the equipment makes precious little difference, as long as one has the correct gear and decent tyres (and shoe plates...!).

Manchester Velodrome

Next year in February Manchester Velodrome is hosting the final round of the winter World Cup Track series.

It's been a great day out in previous years, and we're proposing to go on Saturday 19 February. In previous years, we've travelled by car sharing, leaving about 7am Sat, getting back about 1.30am Sun.

Tickets aren't yet available, but if you would definitely like to go, could you let me know, so that we can try to get group tickets when they're released. In previous years, they've sold out very quickly indeed.

Robin Weaver e-mail: robinandpam@tiscali.co.uk
01449 741048

Continuing the Manchester Velodrome theme, Nick Webber has sent this excellent article of doing it for real.

Manchester Velodrome from the other side of the boarding

by Nick Webber

Swooping down from the sixty degree banking I quickly gathered speed, my cranks beginning to turn more easily as gravity pulled my 13 stone mass towards the black line that marked the inner edge of the track. Then, mustering as much power as I could find remaining in my lactic-acid flooded legs, I forced the pedals around, seeking to maintain my speed along the straight and into the bottom of the next curve. As I held the bike down close to the pursuiter's line I was conscious of the g-force as I was pressed into the banking. Now, easing off momentarily to gulp in a couple of deep breaths, I moved out to take the next straight a little wider.



Then, in a mixture of adrenaline and agony, I gave it all I had as I rode higher up onto the next bend, aware of the bike wanting to slow as it climbed the wooden wall. From here I could look down onto the two riders I had chased so hard – and maybe they could sense my shadow above them. Once more I was able to benefit from the “downhill” bit of the banking as my speed accelerated onto the home straight and, with spinning legs and mouth wide open gasping for breath; I crossed the line narrowly taking first place.

Well, that's how I read it my mind's eye as I did my lap of honour in front of the imaginary crowds... In actual fact I was just enjoying the last 5 minutes of my second taster session at the Manchester

velodrome when the competitive few among us had opted to go for an unofficial race while the coach looked after some of the younger riders. It was the end of a perfect weekend, enjoying some of the tourist spots of this friendly city, a few beers, a superb curry (a little more interesting than Bran Flakes, Sir Chris), and two separate sessions on the hallowed boards of the National Cycling Centre. Ever since watching Chris Boardman shatter the world 4000m pursuit record on this same track in 1996 I have wanted to ride here myself. However, it has always seemed so far away and I did not really want to travel up alone until Julie bought me a couple of track vouchers for my birthday.

Arriving at the track on foot from the bus stop can be an almost anti-climatic experience as it is situated close to an Asda supermarket in a less than picturesque part of the city. However, it was a huge thrill to walk back into the velodrome over 13 years after my first visit. Echoes of the coach's booming voice was the only noise that could be heard as we stepped inside the domed building, almost as if a sermon was being given.

Looking from above the banking appeared frankly terrifying. It was so sheer and steep that it seemed almost impossible to consider that a cyclist could ride there without slipping down the track. It would not be long before I would have the opportunity to find out... It was my first outing on a fixed wheel machine for sometime but after a few hesitant laps on the flat bit of the track it began to feel reasonably natural – until I tried to slow down and almost dislocated my knee.

Then we were told to use the banking, with the assurance from the coach that all we had to do was steer purposefully up the track (against the force of gravity which would, of course, be pulling strongly the opposite way). This really was much harder than it sounds as it was like nothing I have ever done on a bike before. It took several laps to get over the odd sensation of fighting the bike to go where it just wouldn't go but then it just clicked and I found I could make the bike glide upwards at will - almost. In my mind I was now the competent trackie and, brimming with over-confidence, I happily flew around the track with the optimistic notion of overtaking anyone I could, wherever I could. I was soon brought down to earth by the coach's voice, "get up the track, and stop intimidating the youngsters!!"

Ah, so I was only supposed to overtake on the outside apparently...

The following day's instructor was much more communicative, supportive, and adventurous, encouraging some of us to practice track drills that should feature in some of the more advanced sessions. I did not expect to be slotting into a team

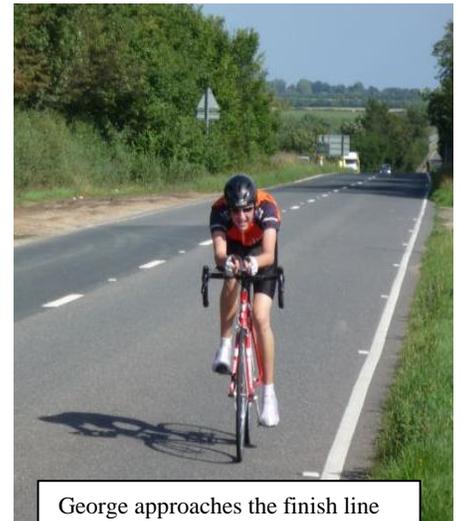
pursuit in my second outing on the boards but here we were, albeit at a slow pace, slipping in and out of formation without crashing into one another. A huge sense of achievement and happy experience all round. Sometimes sixty minutes pass too quickly. I don't know why it is that riding around a small track in anti-clockwise ovals is so enjoyable – but, for me and many others it just is, and I really look forward to my next session. Hopefully the new Olympic velodrome in Stratford will make this particular avenue of our sport much more accessible.

CCS Junior rider takes to the Open TT road

George Hoppit continued his good form recently by competing in his first Open TT on the B10/34 in the TT Weekly/Pedal Revolutions 10 mile event.

Held on the A14 between Newmarket & Bury, George distinguished himself by **a)** going off course momentarily and **b)** still managing to produce a personal best time for a 10 despite his earlier mishap. With four other CCS riders also, competing in the same event, he had plenty of encouragement and advice on hand.

He admitted to being very nervous before the start, concerning the traffic and sheer size of the event, but was so pleased with his effort that he intends to do a couple more before the season ends. We shall watch with interest!



George approaches the finish line

Stewart tries a 100 mile TT.

Stewart Kirk has now ridden two 100 mile Open Time Trials during June & July and reports that it was just like a 50 miler but twice as long! His times were amazingly, within 8 secs of each other. Good to see CCS riders attempting the longer TT's and for the record, his best time was 4hrs 38mins 3secs.

FINAL Positions for Thursday Evening Points Series - 2010

	Total B/F	Jul 1st	July 8th	Jul 15th	Jul 22nd	Jul 29th	Aug5th	Aug12th	Aug19th	Aug26th	Total Points	Final Positions
N.Baker	194	76	85		40						395	
S.Barnes	181	48	86		5	10		40			370	
G.Buckles	437	135	109	10		10	40	10	62	13	826	2nd
N.Bull	424				5						429	9th
R.Bush	53							10			63	
N.Crisp	20										20	
R.Davies	344	11	40	35	5	10		10		10	465	7th
S.Daw	354		34		5	10	67	22	10	40	542	6th
D.Day	218		10		5				20		253	
A.Dyson	465	29	58	153	5	10		10	10	10	750	3rd
R.Harman	103				5	63					171	
C.Harris	10				5						15	
C.Hill	251		10	17	5				40		323	
A.Hoppit	181	55		10	5	10	10	10	10	23	314	
G.Hoppit	303	81	76	230	5	72	24	13	31	14	849	1st
S.Kirk	105					28			21		154	
W.Kitchen	10		10								20	
B.Law	196	41			5	25	107		13		387	
T.Law	110				5	10					125	
T.Mansfield	10										10	
B.Mann	60	10				26					96	
B.Marsh	274	5			5			10	65	10	369	
J.Marsh	331				5	10		10	10	5	371	
V.Marsh	202	5	41	10	5	10	10			5	288	
B.Mayers	164									10	174	
L.McKnight	232		117		5		10		40		404	10th
T.Moore	269	10						10		10	299	
J.Newton	188	32	68								288	
G.Palmer	613										613	5th
T.Pillet	263		93	262	5	10	10		10	15	668	4th
D.Rose	10	10					5				25	
J.Rush	352	10		10	5		10	10	35	10	442	8th
J.Shotbolt	45	45	88		5	82	10	10	40		325	
M.Shotbolt	262	40		40	5	10	5	10	10		382	
J.Steed	149		10	10	5	10	5	10	10		209	
S.Tyrrell	206									40	246	
J.Weatherley	189	40	77		5	10	10	10	19	5	365	
S.Wright	238			40	5						283	

C.C.S. Riders Open T.T. Results - 2010/July					
Date	Event	Course	Name	Dist	Time
04-Jul-10	Norwich ABC - Wymondham	B25/4R	J.Rush	25	01.00.05
04-Jul-10	Norwich ABC - Wymondham	B25/4R	D.Day	25	01.00.39
10-Jul-10	East London Velo - Newmarket	E2/10	R.Davies	10	22.09
10-Jul-10	East London Velo - Newmarket	E2/10	B.Lee	10	26.40
10-Jul-10	East London Velo - Newmarket	E2/10	L.Finch	10	27.58
17-Jul-10	API - Metrow - Newmarket	E2/25	R.Davies	25	55.21
17-Jul-10	API - Metrow - Newmarket	E2/25	J.Rush	25	57.37
17-Jul-10	API - Metrow - Newmarket	E2/25	D.Day	25	58.57
18-Jul-10	North Middx & Herts CA - Tempsford	F1/100	S.Kirk	100	04.38.11
24-Jul-10	Team Pedal Revolution - Risby	B10/34	J.Rush	10	22.51
24-Jul-10	Team Pedal Revolution - Risby	B10/34	L.Finch	10	27.41
24-Jul-10	Team Pedal Revolution - Risby	B10/34	T.Law	10	28.46
25-Jul-10	Verulam CC - A1 Tempsford	F1/25	R.Davies	25	58.03
25-Jul-10	Verulam CC - A1 Tempsford	F1/25	D.Day	25	59.33
25-Jul-10	Diss & Dist CC	B25/17	S.Daw	25	59.33 PB
25-Jul-10	Diss & Dist CC	B25/17	J.Rush	25	01.20.02
31-Jul-10	Cambridge Ladies 10	E2/10	B.Law	10	30.54
31-Jul-10	Cambridge 10	E2/10	R.Davies	10	21.49
	fastest time to date =		* Club Record		PB - Personal Best

***Note**

I am struggling to keep up with individual Open TT results. If you don't e-mail me the details, the club lose the ability to keep accurate records which are very important to us. If any of your results are missing from the monthly record sheets that are shown in each Spindle edition, please e-mail me at rushr23@aol.com