



The Spindle. SEPT/OCT 2018. cycleclubsudbury.com

Hello everyone,

With the last of the summer slipping away, we find ourselves putting on a few extra warmer clothes, especially in the evening where temps have certainly dipped. The paper today tells me this week's warm weather is unlikely to be repeated until next Spring. Oh what a joyous thought!

Still, no complaints from the summer we did have and hope to have more of the same next year.

It has pleasing this year to see a slight increase of ladies and juniors taking part in the various competitions. This is borne out by having the first 4 places in the Evening TT Series being all females and more juniors taking part also in the same series.

This month's edition is rather ***bulky*** due to missing out a month but is all the better for it as it has some varied and interesting reports within it.

With Road Racing, Audax, Club and Open Time Trials reports, upcoming Hill climb and Prize Presentation & Dinner info, an account of long distance ride across France, some decent discounts on club clothing and a couple of events you wish to try before the season ends.

I have been watching the UCI World Cycling Championships this week from Innsbruck and marvelling at the wonderful scenery they are racing around. Well, next year, these championships' will be held in Yorkshire which will have even more '*wonderfuller*' scenery and surroundings. So make a date at the end of next September to go along and watch. It's a weeklong event taking in Team TT's, individual TT's, road races for all age and gender categories!

Rog

SR97

Top 20 Riders in CCS Evening Series Time Trial Competition



The ladies took the top 4 places in our Thursday Evening Time Trial Series which is another club first.

Caroline Wyke (pic alongside) scooped the first prize by nearly 50 points from 2nd claim member Mollie Cutmore who was in turn over 100 points

clear of Isabella Johnson with Mandy Bunn not far behind in fourth place.

Caroline made a slow points scoring start but by mid season, she produced some huge improvements which saw her in a first place that she never relinquished.

Mollie started the other way round and after a very good start, found it hard to gain points, although a late season burst saw her consolidate her 2nd position.

Isabella rode consistently throughout the year. It was rare for her not to score any improver points throughout the season from her 15 rides.

Mandy moved into 4th place towards the end with a big gain on the Acton course and also setting the fastest CCS ladies record on the Lavenham course.

Tony Sheppard pipped Chris Rixon for the honour of best male in the list by consistent scoring throughout his 15 rides. With Chris only riding 8 evenings, a fuller season would have surely seen him more up at the pointy end!

Colin recorded improver points on most evenings and wins the 'nonexistent trophy' for most rides entered with 16 of the 18 ride series!

Young Jasper Casey rode 15 events and a midterm haul of 115 points rewarded him with 8th place. Mike Felton scored very well in 6 of only 8 rides for 9th place. Another junior, Charlie Boldock only rode 5 events but managed to accrue 334 points to make the top ten.

With 55 1st and 2nd claim members riding in the series, it's probably the highest for many years, and considering the fact that the courses had to be changed quite often due to roadwork's/potholes etc, it was a very good showing by CCS riders and well done to you all.

1 st	Caroline Wyke	643pts
2 nd	Mollie Cutmore	595pts
3 rd	Isabella Johnson	491pts
4 th	Mandy Bunn	475pts
5 th	Tony Sheppard	400pts
6 th	Chris Rixon	390pts
7 th	Colin Harris	363pts
8 th	Jasper Casey	345pts
9 th	Mike Felton	338pts
10 th	Charlie Boldock	334pts
11 th	Gary Johnson	332pts
12 th	Lee Ford	314pts
13 th	David Miller	307pts
14 th	Nick Webber	306pts
15 th	Graham Buckles	301pts
16 th	Sarah Johnson.	296pts
17 th	Jeff Wharton	293pts
18 th	Bob Bush	282pts
19 th	Doz Bree	278pts
20 th	David Rayner	267pts

CCS Annual Road Race

(From Ken Watkins press report)



Russell Hampton (MG Cycling Team) won the Cycle Club Sudbury annual road race on Sunday, a Men's Regional B event, covering the 52 miles in 2hours 11min 58sec, taking the honours from Harry Wood (Maldon and District CC) by just five seconds.

Stowmarket and District CC rider Gavin Carter took third place in the Eastern Road Race League series event, four laps of the Bulmer course, finishing one minute 22

seconds down at the head of a bunch sprint.

Four other local riders competed. Stowmarket's Justin Fisk was seventh, two seconds behind Carter, the same time as CC Sudbury rider Steven Hubbard, who finished eighth. James Newton (CC Sudbury) was 26th, a further seven seconds adrift, and Stowmarket's Adrian Healey 29th, 32 seconds further back.



Race organiser Darren Rule, in his fifth year in charge, faced a challenge on Saturday when three accredited marshals had to drop out "due to cycling related injuries. Fortunately I was able to enlist a couple more, Malcolm and Maggie Hargraves who delayed their caravan holiday by a day. "It was a race of two halves. Slow into the wind, but coming back they were doing 40mph in some bits.

The race stayed pretty much together, apart from the two guys who got away. And we've had good feedback from the riders."

Thirty four riders started, with 30 finishing, four dropping out for punctures or mechanical problems. "We normally get a bigger field," said Rule, "but it's the holiday season, and the men's regional championships were on same day up at Norwich." Rule hopes to run two races next year – men's and a ladies.

The race was sponsored by Eisberg Alcohol-Free

Wine, Newton Brickworks, and Glemsford's Cycle Clinic. "We are grateful to sponsors for their financial support which helps us to promote a higher quality event," said Rule.



Result: 1 Russell Hampton (MG Cycling Team) 2hrs 11min 58sec; 2 Harry Wood (Maldon and District CC) 2.12.03; 3 Gavin Carter (Stowmarket and District CC) 2.13.20

CCS Audax Update

Up To 1st September 2018.

Date	Event	Riders
23 rd July	Great Dunmow 200k	Jane Watson
30 th July	Great Dunmow 200k	Jane Watson
4 th August	Witham 215k	Jane Watson
4 th August	Witham 107k	Raymond Cheung, Mick Bates.
10 th August	Manningtree 150k	Jane Watson
15 th August	Alfreton 100k	Jane Watson
16 th August	Kilburton 100k	Jane Watson
18 th August	Alfreton 212k	Jane Watson
19 th August	To The Races 100k	Jane Watson
24 th August	Burnley 300k	Ian Lovelock
25 th August	Mildenhall Festival 203k	Raymond Cheung, Jane Watson.
29 th August	Tonbridge 200k	Jane Watson
1 st Sept	Herne common 160k	Jane Watson.
1 st Sept	Herne common 113k	Raymond Cheung
1 st Sept	Shaftsbury 216k	Ian Lovelock

Name	Points	Total Distance km	Club Audax Trophy	100	150 km	200	300	400	600	1000 km	Climbing Metres
Raymond Cheung	47	5,590	1st	8	-	15	1	2	1	-	34,197
Jane Watson	28	5,518	2 nd	20	4	14	-	-	-	-	22,000
Ian Lovelock	28	3,341	3rd	5	-	4	2	1	-	1	25,950
Mick Bates	4	1,426	4th	8	1	2	-	-	-	-	7,980
Brian Mann	4	532	5th	1	-	2	-	-	-	-	2,780
Robin Weaver	2	509	6th	3	-	1	-	-	-	-	2850
Viv Marsh	-	319	7th	3	-	-	-	-	-	-	2150
Mark Gentry	-	310	8th	3	-	-	-	-	-	-	2,350
Tim Collins	-	209	9 th	2	-	-	-	-	-	-	1,450
Tony Sheppard	-	168	=10th	-	1	-	-	-	-	-	950
Matt Skeats	-	168	=10th	-	1	-	-	-	-	-	950
David Miller	-	168	=10th	-	1	-	-	-	-	-	950
Robin Sidgewick	=	168	=10th	-	1	-	-	-	-	-	950
Steve Barnes	-	109	14th	1	-	-	-	-	-	-	650
Graham Buckles	-	104	=15th	1	-	-	-	-	-	-	700
Don Keen	-	104	=15th	1	-	-	-	-	-	-	700
Tony Grimes	-	100	=17th	1	-	-	-	-	-	-	750
Byron Grimes	-	100	=17th	1	-	-	-	-	-	-	750

Raymond's lead in the Club Audax Trophy is coming under serious pressure from Jane who has ridden 11 events in the past 2 months to get within just 72pts of Raymond's. Ian is hanging in there with 2 big rides for third place.

Local upcoming Audaxes.

Saturday 6th October, Churchend Dunmow 200k and 100k.

Sunday 14th October, Carlton Colville, Lowestoft 200k and 160k.

Saturday 20th October, Debenham 106k and 54k.

Saturday 27th October, Girton, Cambridge, 200k and 100k.

Saturday 3rd November, Witham 107k.

Saturday 25th November, Carlton Colville, Lowestoft 100k

CCS SPOCO Table - up to Early September

CC SUDBURY SPOCO LEAGUE TABLE 2018			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	John Bradbury	14	1570
2	David Fenn	11	862
3	James Rush	7	739
4	Mandy Bunn	6	566
5	Colin Harris	6	473
6	Leon West	4	469
7	Gary Johnson	5	453
8	Stewart Kirk	4	332
9	Isabella Johnson	4	303
10	Chris Steward	3	293
11	Damon Day	2	223
12	Sarah Johnson	2	163
13	Barry Lee	2	157
14	Luthais Arthur	1	105
15	Doz Bree	1	102
16	Dan Upton	1	97
17	Tony Sheppard	1	88
18	David Miller	1	81
19	Caroline Wyke	1	80
20	Ian Millard	1	71

CCS SPOCO Trophy Competition

Well, it's a pretty sure fire thing that John will take the CCS SPOCO Trophy this year with nearly twice as many points as his nearest rival. John has averaged 112pts from each of his 14 rides. Second place is now David Fenn who has jumped above James with a big concerted effort recently. Also making big points gains is Mandy who leaps from seventh place up to fourth. Next two up in 5th and 6th places are Colin and Leon who are only 4 points apart with Gary a further 100+ points behind. Stewart moves up from 10th to 8th place



Cycle Club Sudbury
**Falling leaves
 Hill Climb 2018**
Sun 14th October 11am
 Incorporating the east district
 cycling association championship
first rider off @11.01am
 Course BHC/1 Watson Hill
 Semer IP7 6JG CLOSED ROAD
 Prize money for 1st 2nd
 3rd 4th 5th places
 for both men/women
 also prizes for team/
 juvenile/juniors and
 new course record
LifecycleUK
**Robins Row Insurance
 Brokers**
EISBERG
 ALCOHOL FREE WINE
Entries open now via CTT events webpage

Hello all, the hill climb is fast approaching with less than 2 weeks to go I've had a few offers for help on the day but in need of a few more so if anyone is available and would like to help please get in touch on.....07903181943

djupton.du@googlemail.com

We are also in need of cakes and nibbles if of you lovely people wanted to make - bake-and donate cakes please do.

Many thanks

Dan Upton

Diary Dates

UPCOMING AUDAX RIDES

To find out about audax rides, how they work, and further details on these audax rides, and to enter on line, visit <http://www.aukweb.net/>

Saturday 6th October, Churchend, Dunmow 200k and 100k.

Sunday 14th October, Carlton Colville, Lowestoft 200k and 160k.

Saturday 20th October, Debenham 106k and 54k.

Saturday 27th October, Girton, Cambridge, 200k and 100k.

Saturday 3rd November, Witham 107k.

Saturday 25th November, Carlton Colville, Lowestoft 100k

Further details and entry to all these rides via the AudaxUK website at www.aukweb.net/events; anyone can enter these events.

CCS OPEN HILL CLIMB, incorporating the EDCA Championship, Sunday 14 October

CCS ANNUAL DINNER AND AWARDS PRESENTATION EVENING, Saturday 10 November. (Andrew is meeting Golf Club chef tonight – worth checking if details are available nearer your publication date).

ADVANCE NOTICE; CCS AGM, 7.30pm, Thursday 22 November, Stevenson Centre, off Broom Street, Great Cornard. It's your chance to comment on the way the Club operates, and suggest changes and improvements. Any items for the agenda should be submitted to the chairman or secretary by Thursday 15 November.

Club Clothing

From Trevor Hale.

Club clothing update

I currently hold all items in most sizes in stock including the new design tops and skinsuits, although some of the more popular sizes are running short. The stock includes a selection of old design tops to clear at 33.33% of the original price, although please note that the £10 membership discount does not apply to these items. All stock items will be available at the AGM on 22nd November.

Current stock (at time of going to press)

New design

Short sleeve road jersey @ £44

Small. 3
Medium 1
Large 4
X large 2

Long sleeve road jersey @ £50

Small 2
Medium 3
Large 4
X large 2



Skinsuits (long sleeve) @ £81

Small 2
Medium 3
Large 3
X large 1

Note, I have 1 large **Speedsuit @£150**

Old design

Short sleeve road jersey NOW £29

X large 2
XX large 2

Long sleeve road jersey NOW £33

Small 2
Medium 2
Large 2
X large 1
XX large 1

Sleeveless road jersey @ £38

Medium 2

W/T race jerseys NOW £46

Medium 2

Lightweight Windtex jackets NOW £40

Small 2
Medium 4

Ultra packable Windtex showerproof NOW £34

Medium 4
Large 4
X large 2
XX large 1

Gilets NOW £22

Medium 2

Windtex Gilet NOW £30

Medium 1

Roubaix jackets (warm spring and autumn) NOW £37

Medium 1
Large 2
X large 1

Bib shorts @ £53

Small 2
Medium 3
Large 1
X large 3

Premium bib shorts @ £68

Small 1
Medium 1
Large 1
X large 1

Thermal ¾ bibnicks @ £44

Medium 1
Large

Thermal bib longs with pad @ £57

Medium 2
Large 3

Thermal bib longs without pad @ £46

Medium 1
Large 2

Adult hoodies @ £22

Small 2
Medium 3
Large 3
X large 2

Adult polos @ £14

Small 4
Medium 4
Large 2
X large 2

Kids' T shirts @ £8

5-6 4
7-8 4
9-11 4

Kids' hoodies @ £10

5-6 4
7-8 3
9-11 3
12-13 4

Multitubes (buffs) @ £8

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June 2018

The Med to La Manche

By Jane Napthan

Day 1

Wobbled off on my loaded bike, waving good bye to my friends. Beautiful but hilly ride to Ashford Station to catch train to Dover, then a boring wait for the European Bike Express, but the moment it arrived I felt as though my trip had really started.

Day 2

Arrived in Montpellier at 8am, was scary leaving the security of the bus and my 'new friends'. It was only 10km to Camping Le Botanique near Fabregues. It is a beautiful campsite; all the emplacements are separated by a large variety of shrubs and flowering trees.

After putting my tent up, I went for a cycle ride to find the Med. Found some very good cycle paths, crossed the Canal du Rhone, which is interesting, as it is in a large lagoon that is next to the sea. Went for a paddle in the Med at La Plague de Frontigan. Asked a Swiss man, in my very poor German, to take my 'start' photo. Returned to the campsite to swim in the wonderful pool, with the added bonus of having it to myself.

Day 3

Set off for home, it was a strange feeling as I peddled along the perfectly surfaced road, going slightly down hill, no traffic, sun shining with a gentle breeze.....but soon found some hills, even a few pot holes but of an inferior quality to Suffolk ones. The long down hills were a good test to see if the panniers were loaded evenly.

Camped by Lac du Salagou, felt guilty sitting by the lake reading my Kindle, when I should have been heading north towards home. Picked some elongated blackberry look-alike sweet berries from the tree that I had inadvertently camped under. Good job the tent is black, the pink blobs don't show!

Day 4

Overcast all day with a few showers but an amazing route. Have got back into the swing of long climbs in the granny gear, also not being able to stop for water, food, map reading, toilet..... I find it difficult to do hill starts on a fully loaded bike. Was rewarded with a 45km downhill:

Travelled through Lodeve, Nant and Canyon de la Dourbie, ending up at a campsite on the outskirts of Millau. There was as an hour of torrential rain starting 5 minutes after I arrived at the campsite. Had a late PM cycle ride to look at the Millau Bridge and buy food.

Day 5

Sunny day with easy cycling, passed through a valley full of cherry trees. Temptation won and I went scrumping (they were the best cherries I have ever tasted). Then through Gorges du Tarn to Ste Enemie, which is in Cevennes National Park. Lots of forests, rivers and medieval villages perched on rocky out crops. Then a 600m climb in 7km to then descend into Chanac.

Camping Municipal in Chanac was very clean and smart. Just as well really, as once again the heavens opened, this time just as I arrived at the reception. Thankfully, it was so clean I spent the whole evening in the washing up room (except a quick dash to put up the tent that I had assembled in a picnic shelter).

There were a lot of rules but none to say I couldn't cook in there. After dinner I planned the next day's route and then sat on the work-top reading. No-one disturbed me as the campsite was almost empty.



Day 6

Today was VERY hilly, including another 600m climb in 7kms. Went past Viaduct de Garabit - looked like the Eiffel Tower and indeed, was built by the same geezer! Camped just past St Flour. Still very hot and sunny by 7pm. Enjoyed a dinner of pasta, tomato sauce, tuna and a green pepper cooked in my Jet Boil Stove (a wonderful piece of kit), followed by 3 chocolate filled brioche. I was so hungry!!

Day 7

Started with breakfast in bed, it was too cold to get up. Started with a very cloudy, cold ride in pretty scenery on the Massif Centrale. Was still cold after climbing up to a 1114m Col. Soon after that, I crossed the A75 motorway bridge at Col des Issartets 1121m, descended into the Haute Loire Region. Had to stop and do star jumps and clapping at one point to warm up. Eventually warmed up cycling through Gorges de l'Alagnon, no traffic at all. Camped at Sauxillanges in Livadois National Park. More route planning after dinner, as I have no GPS so my route had been planned at home on Google, taking in a friend's house near Clermont Ferrand and a few places I fancied visiting. I bought 5 maps to cover my route, onto which I orange highlighted the best of Google's suggested routes. I then searched for campsites and marked them with pink blobs. I also made a list of the campsite names and directions. Once in France, each evening I looked more closely at the maps, often improving on the planned route, then wrote myself out a route sheet which made cycling the next day easier.

Day 8

Cycled 20KM North or Too Much Wine by 12.46pm

Either could be the title for Day 8. Set off early on a long cross country route. Did well until I took a right turn too soon, went up a big hill, past 2 houses at the top, then the road became a farm track, 2 dogs rushed out to meet me, they were initially friendly but then started barking and wouldn't let me past (well they might have done but I am scared of dogs), then the rain started.....eventually a lady came out and in French confirmed what I had already deduced.....go down the big hill, turn right and then right again.....



By the time I reached Billom it was raining heavily, so found the campsite, quickly put up the tent and walked into town. Had a good 4 course lunch and 2 glasses of wine for 13.50 Euro, felt like Billy No Mates but didn't really care after the first glass of wine!! Rain stopped, so I looked around the historic part of town, then went to the pool for an indoor swim.

That was the last rain I saw, so a total of 45 wet Kms in 1500km of riding.

Billom is in Puy de Dome, it was a beautiful evening so I did a 40km bike ride, felt liberated without the panniers. Smooth roads, rolling hills, mountains in the distance.....perfection.

Day 9

Perfect cycling weather, gently undulating roads. Managed a complex route on tiny roads to avoid Clermont Ferrand completely. Felt a right alcoholic going into a village shop to buy 2 bottles of wine to take to my friend's instead of my usual dinner purchases. The last 1.5km to my friend's in Bellenaves was a big hill, so steep I had to walk it.

She lives in a beautiful old farm house in stunning country side; we did an afternoon walk, then back to harvest her black cherries. She cooked me dinner. Good to have home cooked food on a plate. I liked the shutters on my bedroom window, let plenty of air into the room but made it dark.

Day 10

Started with a leisurely breakfast with Corine. Borrowed her lap-top to check the next section of my route, then I was off again. It was very UP and Down all the way to Le Veaudre. Stopped for lunch at Bourbon l'Archambault, it was Sunday and I arrived at the supermarket with 10 minutes to spare. Cheapest campsite so far, only 4 Euro and only 2 other tents.

Even though I was in a bed last night it was not a good night's sleep. Had some insect bites that itched, then my friend's dog came in at 5am and stole my shoe.

My tent is a 1.5kg one from Go Outdoors, my panniers and I fit in comfortably, I slept on a ThermoRest, my pillow was a pillow case stuffed with spare clothes, I slept very well every night :)

Day 11

Loved watching the changing landscape, architecture and fauna on my narrow strip of France. Today I cycled along the big, wide flat-ish valley of the River Allier, soon into the Loire Valley. Did one short stretch on a cycle path alongside the Loire Canal but became bored very quickly. Reached Sancerre after cycling through steep sided valleys full of vineyardsno signs to the campsite, eventually found it by cycling along a canal path, the campsite was next to the Loire. Don't know how I managed to lose such a big river! Only busy campsite of the whole trip, had a picnic dinner by the river, fancied a night off cooking!

Day 12

The 'Fog on the Loire....' soon cleared. Used the Loire cycle Route for first 35km, very flat and easy but still prefer the roads, as they are mostly very quiet BUT later on I did follow a road sign to Montargis, instead of checking my route sheet and map. Found myself on a very busy road, stuck with it for 8km and then cut back across to my intended route.

Montargis was the biggest town I had been to on this trip so far, when I got to the outskirts and I saw all the big shops I panicked. I was out of water and knew my campsite was on the other side of town, so I found a boulangerie cafe, bought a huge almond croissant, asked for water refills, sat outside, relaxed and looked at the map. I was enjoying the ambience and French radio station, and then they played Ed Sheeran. Once rehydrated and fortified I had an easy trip across town. Hottest day so far!

Day 13

Hottest day so far! France had seemed very big going down on the bus, unbelievably - cycling back has made it seem smaller.

Left Montargis on a canal path for 32k, the surface varied between perfection to a stretch that was too rough to cycle on. Did the next 20km back on the road. Was a short-day plan, being: to put up tent and then go to Fontainebleau but the campsite was quiet, also the pool looked so inviting that I had a swimming/reading PM instead.

Took an evening stroll along the bank of the river, the site is at the confluence of 3 rivers, one of which is The Seine. Lots of barges and boats to look at.

Added bonus - they didn't let me pay for camping, as I was their first customer 'doing such a trip'.

Day 14

Visited Fontainebleau early before the crowds arrived. Wandered around the grounds, then did Cycle Route du Ronde through the forest. Food shopping on the way back.

Then back at the campsite I paid for a second night then got busy....washing, aired sleeping bag, bike maintenance then more route planning...changed the route to go further east to avoid going anywhere near Disneyland Paris.

Spent the rest of the afternoon at the pool, which I had to myself.

Kept to my usual plan of going for an evening walk to find the road I need to take the next morning...tomorrow's plan will be: load bike, walk 400 metres along track, unload bike, take bike up steps over river bridge foot bridge, take luggage over, reload bike and start riding. Will be worth it to save 10km of busy road.

Took antihistamine tablets as I had too many bites to put cream on.

Day 15

A pleasurable day's riding, lots of arable farmland, then the last few miles in hilly forests with good views. Camped at Bondon near La Ferte s/s Jouaire which is a pretty town with a big river flowing through it, planned on exploring it after dinner but the campsite was at the top of a huge hill.

Strange site, all chalets/posh mobile homes in immaculate gardens, with lots of ornaments, owned by elderly Parisians. Someone in a tent must have been a rare occurrence, as I had lots people come to talk to me.

Day 16

Very cold start but sunny. Cycled upwards from Bondon looking down into the River Marne valley. Dropped down to the river and then up into the Champagne Region. Lots of vineyards and then an increasing number of wartime cemeteries. Visited one of the British ones, 612 soldiers from World War 1, very moving. Pleased to see it was immaculately kept.



Camped at Soissan. Had time to have a good look around. Even though it had been a WW1 front line town, there were still old cathedrals, churches and an abbey.

Day 17 or Mission St Quentin Accomplished

I had been avoiding big towns, but in Northern France there are a lot! Going around them made complicated routes, so, being a Sunday, I risked main roads. They were very quiet and I reached St Quentin centre in good time. Using my compass I set a NW bearing and walked down one-way streets and through a pedestrian zone to come out exactly where I wanted to be on the D1044.

Whilst a GPS would have been useful at times, I gained great satisfaction when the map reading was going well. Camped at Honnecourt sur Escat.

Day 18

Surprised myself - arriving at Divion on quiet country roads the whole way (well except for Arras, that didn't go too well - sign posts were non-existent (except the ones for the major roads). The compass got me out eventually.

As I cycled into Divion I went past a patisserie that had a sign outside...50% off everything ...had to buy a fruit tart and a chocolate tart to celebrate being on the same half of my fifth map as Calais. Architecture had changed, houses were now red brick, new builds looked like UK houses, the place names sounding Dutch or Belgian.

Day 19

Sadly, it was my last full day of cycling, camped at Oye Plage (another strange campsite, just mobile homes and me). The ride went well, hilly as far as St Omer and then flat alongside a canal. Didn't see a shop until 11.50am, so had 10 minutes to buy lunch, dinner and presents. I always carried food for emergencies. Enjoyed lunch by the canal at Watten then carried on. Something didn't seem right; I thought I had noticed on the map that the canal should be on my left, it was actually on my right. Realized that the canal had split at Watten, I was heading towards Dunkirk. Managed to find a good road to get back on route to Oye-Plage. The ride from St Omer was the windiest of the whole journey.

Put up the tent and went in search of the sea, had to push my bike through a nature reserve and across sand dunes. There was no one about to take my picture, had a quick paddle and met a French family coming onto the beach as I left, so had a picture taken.

Texted a friend to ask them to book me a ferry ticket for 9.30am.

Soon received my booking number.



Day 20

12km ride to Calais on quiet roads, only a few illegal immigrants hiding behind bushes.

Arrived at ferry Terminal to find my bike hadn't been booked on, just me. They really moaned about changing it! Arrived in Dover, train to Ashford, then got lost cycling back to my friend's!!

Used a steel framed Hewitt Cheviot, no punctures or mechanical problems.

Used Continental Touring Plus 28mm tyres.

26/36/48 gears are good for the big hills on a loaded bike

Really liked my new Vaude Panniers, pleased Father Christmas chose the ones with pockets on the outside. Now need to plan my next trip :

Club Dinner & Prize Presentation Evening

This year's club dinner will be held at the Bull Hotel in Long Melford, Hall St, Long Melford, Sudbury CO10 9JG on *Saturday 17th Nov.* There is plenty of parking opposite the Bull by the village hall. Please note the date change - this is a week later than was originally planned. The attached Christmas menu is what we will be choosing from apart from children's option if required below.

I need to let the Bull Hotel know by 11th November, the menu choices etc. Email or message me (andrew.hoppit@gmail.com) your choices before then so that I can collate and send. Together with menu choices payment will need making in advance, preferably by bank transfer to the following - sort code 20-83-50 account number 30308188 Otherwise payment by cheque made out to Cycle Club Sudbury and sent to my home address - 15 Middleton Rd, Sudbury, CO10 2DB

We will have 5 x round tables in the restaurant, each seating 10 people. If people have seating preferences please let me know and I'll try to make this happen as best I can.

There will be tables raffle prizes, trophies etc.

We will be seated for 7.30 pm with arrivals from 7pm in the Martin Lounge where there is a bar to order drinks.

Prices : £19.99 for 3 x courses

£16.49 for 2 x courses

£2.50 for tea/coffee and mince pie

Children - They can choose off the same menu and will be smaller portions or they can have the below choice

Starters : Garlic Bread, **Mains** : Chicken Nugget/chips or Sausage & Mash

Desserts : Ice Cream or Chocolate Brownie

The price for both of these menus for children will be £12.99. Club members 16 years or younger will have their meal paid for by the club. Please note they either need to belong to the club via family membership or members in the own right.

If you have any questions feel free to drop me a line or call me on 07528 498036

Andrew Hoppit



CHRISTMAS PARTY MENU

Starters

Homemade slow-roasted tomato & thyme soup

Served with bloomer bread

Chilled Assiette of Fruits with Prosecco Sorbet

Prawn & Crayfish Salad with brown bread & butter

Chicken Liver Pate with fig, balsamic, date & cranberry chutney & toasted bloomer bread

Mains

Traditional Christmas Dinner with all the Trimmings

Hand Carved British Turkey, Pigs in Blankets, Stuffing, Roast Potatoes & Gravy

Slow Cooked Beef, Port & Berry Casserole

With Mashed Potato & Parsnip Crisps

Oven Roasted Salmon Fillet

With Baby Buttered Potatoes & a Prawn & Hollandaise Sauce

Festive Nut Roast

Butternut Squash, Sweet Potato & Cashew Nuts with Roast Potatoes

Each dish is served with fresh seasonal vegetables

Desserts

Christmas Pudding with a rich Brandy Sauce

Gingerbread Cheesecake With whipped cream & Toffee Sauce

Triple Chocolate Brownie served warm with Chocolate Ice Cream

British Cheese Board Grapes, Celery, Chutney & Crackers

Add freshly brewed Tea or Coffee & a mini Mince Pie for £2.50 per person



Party nights with Entertainment throughout December - £31.99 per person

Evenings with NO Entertainment throughout December - £24.99 per person

Lunch Parties any day throughout December - £21.99 per person

Unable to celebrate during December? Don't forget our

Post Christmas Party in January!

Our Parties are renowned! Book early to avoid disappointment!

Fancy a **Dirty** time in Suffolk ?

- **Woodbridge Rotary - Ruff-Stuff 25**
- 25 miles of off-road forest tracks & bridleways
- Start & finish Butley Village Hall, nr Woodbridge
- **Sunday, 4th November 2018**
- Email David Houchell for more details on david.houchell@btinternet.com or call 07887 603440 (answer-phone)
- www.woodbridgerotary.org.uk for forms, etc,
- **PLEASE NOTE** Our insurance provider has stipulated that approved cycle helmets **WILL** be worn in order to take part in this event



Perhaps you can circulate to your members please. I know some have ridden the event in the past

Once again Woodbridge Rotary Club are promoting this ride, with guidance from me on the route, etc.

Last year saw 160 riders and they would like to build on that number this year. The route is suitable for any off road bike, or bike with knobbly tyres (cyclo-cross, MTB, gravel). In the past I've seen it done on a 20" wheel shopping bike.

The route is back up to 25 miles and also has an optional 5 mile Challenge Loop to do, just after the first checkpoint.

Details attached.

Please circulate as widely as possible.

Any friends/relatives not too used to cycling might want to be sponsored to ride the event

Pete Whelan

Plomesgate CC (just helping the Woodbridge Rotary)

Yoga for Cyclists workshop



Hi all, we are teaming up with Chartered Physiotherapist Claire Rumble to run a cyclist's specific yoga workshop designed to relieve aches and pains, improve posture and hopefully enable you to ride further, faster, more efficiently or maybe just pain free!

It's at Torque Bikes (Sudbury) on Tuesday 30th October at 6.45-9pm. It will cost £20 per person which will include a handout and massage ball to take away. You will need to bring your own mat and small towel or blanket.

Numbers are limited so please get in touch ASAP to book your space.

Call us on 01787 379406 OR torquebikes@hotmail.co.uk

End of Season 2-Up Time Trial Opportunity



Leon & Mandv in last year's race

The Chelmer CC once again is running their end of season GP de Gentlemen 15.7mile 2up TTT. The course is a sporting one and teams can be made up of either a pacer & a vet (over 40) or a pacer & a lady (the lady can be any age), other teams will be considered also!

This event is in its fifth year and everyone that rode it last year enjoyed it, it starts at 10am on Sunday 21st October, here are the course details:

START on B1057 North of Finchingfield, by field entrance at start of wood, just before left turn sign GR 688335. After 200mts, Turn left remaining on B1057 to pass through Cornish Hall End to descend into Steeple Bumpstead (CARE – Fast descent, parked cars in village). Follow round through Village to turn left onto B1054 (Care) SP 'S.Walden 10' (5.30m). Follow B1054 (CARE– Parked Cars on Left in S/Bumpstead) through Hempstead to Radwinter X Rds where Left (M) onto B1053 SP 'Finchingfield 6, The Sampfords' (9.80m). Proceed on B1053 to Great Sampford where Left (M) SP 'Finchingfield 3, Great Bardfield 5 – Little Sampford 1' (13.30m). Continue on B1053 to climb Hawkin's Hill to **FINISH** at Braintree District Council sign (15.70m) GR 668334.

The event closes on Tuesday 9th October, entry is £20/team, IE is available here: <https://www.cyclingtimetrials.org.uk/race-details/16644>

If you're not into IE send your entry to the event secretary:
Duncan Gilbert, 27 Broad Road, Braintree, Essex, CM7 9RU



CCS Open Time Trials Round-Up

We have two months worth of Open TT Round – Up by our CCS Time Trialers in this edition!

Dave Fenn strayed into two 25 mile courses during the last couple of months with a best of 1.13.06 on the Essex Roads event and supplemented these with 3 10's and seems stuck in the 26's again after going well into the 25's earlier in the year.

Colin Harris managed 2 10's, his best coming on the E2 ECCA event with a 25.22 but was disappointed with his effort at the end of this month in another ECCA 10 which was hampered by a stiff wind on the outward leg

Stewart Kirk has been busy recently. His effort on the Diss 50 saw a very good 2.06.44, on the Leo 30 another good time of 1.09.22 and a quick 24.06 for the VC Norwich 10. He DNF'd on the E2 ECCA 10 after some nav problems with a less than attentive marshal for not showing the way properly (How many 10's have you ridden on that course Stew?) He also drove down to Varese in Italy and rode in the UCU Gran Fondo TT and came 23rd in his age Cat. Great effort Stew!

Barry Lee rode a best of season 10 on the Bungay course with a 28.15 to show he's still got it!

Bob Bush came out for his only ride of the season also on the Bungay course with a 35.03.

Luthais Arthur, our resident in Scotland TT member, rode in the 25 mile Tour of the Campsies TT near Glasgow and recorded a very good 1.14.04 over a hilly circuit.

Gary, Izzie and mum Sarah Johnson rode the ECCA E2 course with dad riding a very good 23.53, Izzie a 25.17 and mum a 28.17 (PB?) Izzie also rode in the National Youth Championships' Final up at Wymondham with a 25.34 which was good enough for 6th in age group and also 16th overall in the girl's category!!

James entered his first 50 miler for a few years and returned a 2.02.51 on the Bungay course for 10th place. His time on the Team Velocity 25 on the E2 produced a decent 55.12 and a 21.44 on the 10 Stow course for another 10th place was also a good effort.

Damon had a super past 2 months with the highlights being a PB in the ECCA E2 10 with a 20.33 for 19th place in a huge field and a mega quick 25 in the Team Velocity E2 event with a 52.26. Three other 10's saw him collect a great 3rd place in the Stow event at Rougham, an 8th on the same course for the NABC and an 11th on another E2 VTTA event.

Leon only came once during this latest period but still put in a very fast time of 21.19 on the windy ECCA E2 course.

John Bradbury continued to fly during Aug & Sept and never posted a placing lower than 11th from his 5 rides. These included three 4th places with PB's on the Breckland 30 course (1.03.37) and the VC Baracchi 50 event at Bungay (1.54.44). As the majority of these rides were on SPOCO courses, it's no surprise he leads the CCS SPOCO competition by a huge margin.

Mandy had **nine rides** and it's also no surprise that she collected another CCS Ladies Record in the Leo 30 on the inevitable E2, beating her existing record by over 1 ½ minutes.

A result which slipped the net in the July Spindle results was of her smashing her own 100 record (set the month before) by over 15mins in the EDCA event at Attleborough which was a phenomenal achievement.

She also found time to ride the RTTA National Championships in Scotland and came 29th lady and 2nd in category. If you throw in a few fast 10 and 25 results during this busy period, it highlights what a talented rider she is. Chapeau to her!!!

Rog

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Aug 4th	Kings Lynn CC - Fincham - SPOCO	B25/33	J.Bradbury	25	57.36	11th
Aug 4th	Kings Lynn CC - Fincham - SPOCO	B25/33	D.Fenn	25	01.14.06	62nd
Aug 11th	VTTA EA - Bungay	B10/43	B.Lee	10	28.15	23rd
Aug 11th	VTTA EA - Bungay	B10/43	B.Bush	10	35.03	29th
Aug 11th	ECCA - Newmarket	E2/10	D.Day	10	20.33 PB	19th
Aug 11th	ECCA - Newmarket	E2/10	M.Bunn	10	23.04	13th Lady
Aug 11th	ECCA - Newmarket	E2/10	G.Johnson	10	23.53	90th
Aug 11th	ECCA - Newmarket	E2/10	I.Johnson	10	25.17	26th Lady
Aug 11th	ECCA - Newmarket	E2/10	C.Harris	10	25.22	105th
Aug 11th	ECCA - Newmarket	E2/10	D.Fenn	10	26.07	108th
Aug 11th	ECCA - Newmarket	E2/10	S.Johnson	10	28.17	34th Lady
Aug 11th	ECCA - Newmarket	E2/10	S.Kirk	10	DNF	
Aug 12th	Diss & DCC - Bressingham	B25/17	M.Bunn	50	02.05.44	30th - 4th Lady
Aug 12th	Diss & DCC - Bressingham	B25/17	S.Kirk	50	02.06.44	33rd
Aug 18th	VC Norwich - Rougham	B10/3B	D.Day	10	20.58	8th
Aug 18th	VC Norwich - Rougham	B10/3B	S.Kirk	10	24.06	45th
Aug 18th	VC Norwich - Rougham	B10/3B	D.Fenn	10	26.00	57th
Aug 19th	VC Baracchi - Bungay	B50/17	J.Bradbury	50	01.54.44	4th PB
Aug 19th	VC Baracchi - Bungay	B50/17	J.Rush	50	02.02.51	10th
Aug 19th	VC Baracchi - Bungay	B50/17	M.Bunn	50	02.12.03	21st - 1st Lady
Aug 25th	Essex Roads - Ugley - SPOCO	E1/10A	J.Bradbury	10.2	22.58	7th
Aug 25th	VTTA National Champs' - Padworth	H15/1	M.Bunn	15	35.47	46th
Aug 27th	Essex Roads -Ongar	E11/25	D.Fenn	25	01.13.06	49th
Aug 30th	UCI Gran Fondo - Varese, Italy	-	S.Kirk	-	39.01	23rd in age cat

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
Sept 1st	RTTC National 10 mile championships. Ayr Roads/Fullarton Wheelers - Scotland	WW10/03	M.Bunn	10	24.38	29th Lady 2nd in Cat'
Sept 1st	VTTA - Newmarket	E2/10	D.Day	10	21.13	11th
Sept 2nd	Stowmarkey & DCC - Rougham	B10/38	D.Day	10	21.01	3rd
Sept 2nd	Stowmarkey & DCC - Rougham	B10/38	J.Rush	10	21.44	10th
Sept 8th	Norwich ABC - Bungay - SPOCO	B10/43	J.Bradbury	10	21.32	4th
Sept 8th	Norwich ABC - Bungay - SPOCO	B10/43	D.Fenn	10	27.31	28th
Sept 8th	National Youth Champs Final-Wymondham	B10/3A	I. Johnson	10	25.34	6th in age grp. 16th o/a girl
Sept 8th	Team Velocity - Newmarket	E2/25	D.Day	25	52.26	44th
Sept 8th	Team Velocity - Newmarket	E2/25	J.Rush	25	55.12	82nd
Sept 8th	Team Velocity - Newmarket	E2/25	M.Bunn	25	01.00.04	116th
Sept 9th	Plomesgate CC - Wickham Market	B10/36R	G.Johnson	10	24.11	19th
Sept 9th	Glasgow Wheelers - Tour of the Campsies - Lennoxton	WW26/01	L.Arthur	25	01.14.04	26th
Sept 9th	ECCA - Chelmsford	E6/25	M.Bunn	25	01.07.42	19th
Sept 15th	Northampton & DCA - Brogborough	F15/10	G.Johnson	10	24.18	
Sept 15th	Northampton & DCA - Brogborough	F15/10	I.Johnson	10	27.56	

Sept 15th	Northampton & DCA - Brogborough	F15/10	S.Johnson	10	30.50	
Sept 15th	CC Breckland - Snetterton	B30/1B	J.Bradbury	30	01.03.37	4th <i>PB</i>
Sept 15th	ECCA - Newmarket	E2/10	L.West	10	21.19	18th
Sept 15th	ECCA - Newmarket	E2/10	J.Rush	10	22.09	39th
Sept 15th	ECCA - Newmarket	E2/10	M.Bunn	10	24.09	81st
Sept 15th	ECCA - Newmarket	E2/10	S.Kirk	10	24.30	88th
Sept 15th	ECCA - Newmarket	E2/10	C.Harris	10	26.23	98th
Sept 22nd	Leo CC - VTTA - Newmarket	E2/30C	M.Bunn	30	01.08.28 72nd - PB	New CCS Ladies 30 mile Record
Sept 22nd	Leo CC - VTTA - Newmarket	E2/30C	S.Kirk	30	01.09.24	76th
Sept 29th	Kings Lynn CC - Downham Market	B10/37R	I. Johnson	10	26.40	
Sept 30th	Lea Valley CC - Duxford - SPOCO	E1/30	S.Kirk	30	?	

Hiding in the Wheels

A word from the Road Racers.....

Season summary by James Newton



Steve Hubbard & James Newton

The curtain has nearly come down a very interesting season for the Road Racers of the club with some high's and unfortunately more lows.

With numerous races called off throughout the early part of the season due to snow, ice and followed by flooding, we finally got under way with J Newton representing the club at the annual Ike Sauls race ridden on the Kingston Circuit

close to Cambridge. As is normal, a very strong field entered all looking to get their season off to a flyer. The pace was high as it has been all season with most races ridden at 25mph plus. J Newton came in with pack with a solo break winning the day.

The following week Gary Munro joined James Newton on the running of the Primavera RR. Gary is a seriously talented rider and soon got into the break leaving James to ride defensively and trying keep the bunch from chasing the break down. After an early crash the First Aiders where stretched so when Gary got involved in a further crash, the race was deemed too dangerous to continue and was halted with 10 miles remaining. Pity as James was in a bunch of four closing a three man break.

Onwards into April, racing continued at Hanningfield and Wendons Ambo. The first race saw a classy ride from Steve Hubbard coming home 9th in the Essex Roads RR, and on one of the toughest courses on the circuit, at Wendons Ambo a strong presence from CCS, with Leon West, making his debut alongside Gary Munro and James Newton raced.

Leon unfortunately ripped the side wall of his tyre early on leaving him to retire. James Marshalled the bunch and called an attack for Gary Munro which allowed him to secure an impressive second place and after riding on the front of the bunch for majority of the race James come home contesting a sprint to no avail.

During early May, West Suffolk Wheelers run the annual Ixworth Crits. Savage is probably the only word which can describe these. James Newton entered the Masters race coming home 5th and Gary Munro joining the main event and came home a respectable 19th in a tough field. Back up to Wendons Ambo on an alternative but tougher course saw Steve Hubbard, Pepe Garcia and James Newton ride the Pro Hire RR. This was contested and eventually won by the class rider in the field, Felix Barker, who had just returned from Italy where he had been riding as a Pro for a

couple of years. The undulating circuit proved too much for the Sudbury Trio with a dropped chain not helping James!

An uneventful outing on a flat race around Great Sailing followed by probably the toughest race of the year at Diss brought May to a close. Steve Hubbard should get a serious mention for his effort at Diss, with a savage cross wind, his gears jammed and was left with a single gear in which he retained his position in the bunch, class!!!

Onwards into June and things for the riders began to turn. With the club sitting in the top 10 of the ERRL, Gary Munro picked up a serious injury that has seen him miss the rest of the season, a real pity as he really is one of the best riders racing at this level.

June also saw Leon appear alongside James Newton and Pepe Garcia in the Abberton RR. A brief breakaway midway, saw James with three others getting away before being wound back into the bunch, shortly after a crash brought James down. This ruined the race for all 3 riders, with Leon being the only rider to get into a chasing bunch to come home safely, whilst James picked himself up and tried to get back on with gears not working, he was left in no man's land. Pepe was left helplessly stranded behind broken bikes and riders giving him no chance getting home.

So more bad news, however a positive was to come from Pepe who secured his 3rd Cat licence with two 2nd places at the Lotus Crit race series.

Later in June, Videre CC held their first race at Thetford which saw James Newton and Steve Hubbard take to the roads again. Still suffering from the Abberton crash, James tried to get away a few times but got hauled back each time. Steve, who has a terrific sprint, got boxed in, so no result for CCS.

Two weeks later on the exact same course, saw Norwich Velo host their RR. The first 3 laps were raced at 28.5mph and the speed was out of control. Inevitably there was a huge crash which whipped out over half the field, some with nasty injuries. Sudbury only had one entrant, James Newton who was pulled down by the crash.

Due to injuries, July was a complete write off for the entire club with no riders racing, but August came with the Mid Suffolk RR. Always a terrific race on a seriously tough course!

The bad luck continued with James Newton ripping the side wall of his tyre and withdrawing before the start line, leaving Steve and Pepe to contest. Both rode well and managed credible bunch finishes.

This led us onto the Sudbury RR, ridden in a fierce wind and predictably won by former professional rider (if you can be former at 30yrs old!!) Russell Hampton. Unfortunately the bad luck continued and Pepe suffered a mechanical. A late dash with a mile to go nearly see James steal 3rd place but getting caught prior to the final corner, however the dash had stretched the bunch which allowed Steve to master yet another great finish and securing 8th place.

With season coming to a close, the racing for the club

has come to an end, a hamstring injury for the author probably summing up the season.

Several highlights with Gary Munro's 2nd Place, Steve Hubbard's ability to secure impressive placings, Leon West's entry into the racing arena and Pepe securing his 3rd Cat. It has been a great team effort by all, only soured by bad luck with mechanicals, crashes and injuries.

I hope you have enjoyed the summaries and should any rider wish to join us or require advice on how to begin road racing please feel free to contact me or the club. As I have said before, it's not for the faint hearted, is seriously tough but oh so rewarding.

So until next year!!!!!!

