



Welcome to another addition of The Spindle. If you read the local press you will be aware that club riders have been out in storm representing the club and spreading the word of cycling. Keep the cadence high, as a club our events are getting some great responses and publicity.

### Dave Fenn, Hero of the Week

Here are 3 pieces of good news; Andrew Hoppit's the 4 Fords Audax raised well over £150 for St Nicholas Hospice. Robin Weavers Bildeston based Audax raised about the same amount. I took both of these donations to the Hospice where I work.

Now Mr. D Fenn has added another £100 to the Hospice funds. He had a bike in his bicycle garage which was surplus to need, so he kindly donated it to me. I had little to do because it was sound and needed little more than a clean. I put it out on my drive and within 3 hours I had 2 offers and one of those bought it early the next day. The man gave £80 and with gift aid this just tops £100. What a wonderful idea. I had a 1940s tandem and a boy's bike which fetched £182 and the recovery of a much loved but neglected old bike which netted £65.

There may be members of our fine club that also have bikes that are taking space but are not ridden. Would you consider bringing them to Bildeston where I will repair, clean and sell for the Hospice. Mostly I can use up parts from my collection of oddments. If I am desperate there is a bike shop nearby! Even odd parts might be handy in future projects. Think of it as one aspect of recycling.

Many of you will know of the work of our local hospice and the immense relief it brings to families.

□ Rob Sidgwick

### The Hoppit's Ride Audax 2009

At the last CCS committee-meeting mention was made that we needed a few articles to fill the Spindle. The very kind man at the back volunteered me to do a piece on the Audax events that three of the Hoppit household have done in 2009 (so far). What surprised me was, looking through my diary, how many events we've entered and of course how much fun in a weird sort of way we've had. Really it's not easy to break down into an article for the club mag, but anyway here goes.

Let's get the facts out of the way

Date	Event	Distance	Who rode it
28/2/09	Victoria CC Braziers Run	100km	George and Andrew

7/3/09	The Springtime	100km	George and Andrew
14/3/09	Up the Uts	150km	George and Andrew
22/3/09	End of Hibernation	200km	George and Andrew
25/4/09	The Elenith	300km	George and Andrew
23/5/09	Four Fords	100km	George
28/6/09	Windmill Ride	200km	George and Andrew
20/6/09	Asparagus & Strawberries	400km	George and Andrew
4/7/09	Bildeston Circular	100km	Lucy, George and Andrew
12/7/09	Greater Garboldisham Grovel	200km	Andrew
19/7/09	Six Counties	200km	George and Andrew
15/8/09	Elan & Ystwyth	200km	Andrew
29/8/09	Mildenhall Rally	200km	Lucy & Andrew
6/9/09	London Sightseer	100km	Lucy & Andrew

Doing some number crunching that's a combined total of 4700km and only three events done have only been done by one of us. I've highlighted three events that really stick out due to the nature of what we achieved and to stop the article taking over the whole of Spindle!!



The first is the Elenith and if you've not heard of this event then it's a delightful jaunt from near Kidderminster in the West Midlands over the Cambrian mountains in Wales and back again. Fun but nothing in the hills of the Stour valley can prepare you for 1:4 climbs like the aptly named Devils Staircase. I'm not ashamed to say that we both struggled on this one and for a short section we chose the lowest gear possible (walked). But we had a great time helped that we rode with our friend Ed Nevard from Witham CC so having company helped all of us along. This was the second time George had done a 300km, the year



before we'd done an event called the Somerset Moors, but that's another tale.

Before the Elenith there had been talk early in the season of CCS members trying to do a 400km, George and I held our hands up for this one! Dave has already done a wonderful article on our exploits. I would like to say how great it was that the five of us stayed together for the whole event (myself, George, Viv, Dave and Brian) and we'll never forget the real sense of achievement riding through the night, shattered but elated to complete it.

And the final event that sticks out is my daughter Lucy completing a 200km after she'd only just turned 14. For sometime she'd wanted to do a 200km and so with much trepidation (i.e. no training) she boldly went for the Mildenhall Rally 200 on the summer bank holiday weekend. This was a lovely event that had the added bonus of nearly going close to our front door, thus providing a great place to refuel and discard the early morning warm weather clothing at 50km. We had a great ride and even met up with Brian Mann who was doing a 300km event that day at Saffron Walden. So for a few miles we rode with him before our paths diverged. A long day in the saddle that started at 8am and finished just after 6pm, Lucy seemed to fall off the bike at the end, she maintains it was slight tumble on the bumpy ground.

□ *Andrew Hoppit*

**Fish&Ch ip Ride 9th September 2009.**

Riding a total of 180 km for a plate of Fish and Chips at Dunwich may seem a bit eccentric however ten CCS members plus two guests assembled on Sudbury Markethill on Saturday 19th September for this very purpose. It was a beautiful Autumn morning, the sun was shining and there was a light wind as we set off up Gallows Hill to Waldingfield, through the pretty back lanes to Lindsay and Kersey. After meeting Mac we crossed the Hadleigh to Bildeston road and continued on to Aldham, Burstalhill and Claydon. Following a lack of attention to our map reading at Westerfield we were quickly back on track for our first Café stop at Wickham Market where we met up with Mick Pepper of the Wolsey cycling club who was joining us for part of the ride. Following a short refreshment stop we were soon back on the road. The Sun was now at its peak, warming the air and making the conditions for bike riding absolutely perfect. We continued through the lanes via Snape and Leiston, a moment of indecision and a split in the group just after Leiston had one group taking the scenic route via Eastbridge and Minsmere, the second group deciding to take the route via Middleton and Westleton.



The two groups merged on the Dunwich road for the final few kilometres to our intended destination at the Fish and Chip Restaurant on the beach at Dunwich. As expected the Fish and Chips were up to their usual high standard and well worth the effort. After a photo shoot to record the event it was back on the bikes for the return journey via Saxmundham, Framlingham, Helmingham and Needham Market. A short diversion up a cycle route to avoid the main road, allegedly taking us into Needham Market proved fruitless and resulted in us retracing our route to the main road (thanks Viv). At this point there were some tired legs with gaps appearing in the group so it was a welcome stop at the Co-op store in Needham Market to restore our energy and hydration levels. The final section of our route took us through Barking, Bildeston, Chelsworth and Waldingfield to arrive home tired after a long but very enjoyable day in the saddle.

□ *David Fenn*

**UCIW World Cup, Manchester Velodrome 31 October 2009**

CCS have 10 seat tickets for this; we've been in previous years and it's a great day out. Tickets sold out very shortly after being offered for sale.

We'll probably leave Sudbury (car sharing) about 6.45am, racing is from about 12.00 till 9.00pm in two sessions, and we'll be back about 1.30am.

We've got a group rate for tickets of £12.20 each (face value £15). Travel costs will be shared. If you'd like to come, please contact Robin Weaver, 01449 741048, or e-mail [robinandpam@tiscali.co.uk](mailto:robinandpam@tiscali.co.uk). First come first served!

The World Cup weekend this year unfortunately clashes with another major cycling event, the CCS Open Hill Climb which is on the Sunday. Potential hill-climbers who come to Manchester will need a reliable alarm!



## Open Time Trial Results

2nd May Cambridge University Open 25T T  
E33/25Si x Mile Bottom

A perfect day for TT-ing, saw James Rush put in his best time so far this year, with a 1hr 00min 55sec ride, which was a three and a half minute improvement over his time on the same course in early April.

10th May Shaftesbury CO Open 10T T  
E2/10N ewmarket

Another big CCS entry on the ultra fast E2 course, were greeted by high winds, which quelled hopes of all round fast times. Rob Davies led the way with a 23min 54sec ride, which he reckoned was split by a 22mph ride out to the turn and a 30mph return leg. Stewart Kirk rode his best 10 to date with a storming 24min 49sec. Damon Day was only 8secs behind Stewart with a P.B. time of 24min 57sec. The battle between these 2 evenly matched riders should be an interesting one over the coming months. Len Finch won the battle of the vets with a 28min 22sec, beating Terry Law by only 10secs. Barbara Law recorded 33min 16secs on her first Open appearance of the season.

16th May Stowmarket & Di st. C CO Open 10T T  
B10/33W Woolpit

This Woolpit to Ixworth and back course, could have produced some fast times, but as usual, the weather again played a part in the times. Alan Russell was back in the saddle after a 3 week absence due to self inflicted injuries and returned a decent 24min 44sec despite the strong headwind on the return leg. James Rush continues to improve his times with a 24min 01sec ride which beat his corresponding time on the same course last year by nearly half a minute. Lee Bark scooped the top prize with a 21min. 35sec ride to win his home event

23rd May Ipswich BC Open 10T T  
B10/9F Tunstall

James and Alan made the first of their 2 visits here at the weekend with decent times around this tricky course. Alan returned a 24.45sec time and James just edged him out with a 24.14sec ride.

24th May 2009 Ipswich BC Open 25mile TT  
B25/2RF Tunstall

Another event day for the 25mile version around Tunstall, but both riders hampered (as usual on this course) by traffic. They were both evenly matched, Alan recorded a 1hr 02min 49sec ride and James came back with a 1hr 02min 28sec.

One more CCS rider competing on the day, might have clinched the club the team prize!

31st May VT TA Open 10 TT  
Cambourne

Len Finch endured the heat and stiff headwinds, to record his best time of the year, with a 28min 05sec time, in a field of 120. The 81 year old winner, recorded a 25min 07sec time!!

31st May EDC A Open 10T T  
B10/3At tleborough

This fast course, helped by perfect weather, saw all CCS riders record P.B. s. James raced round in 22min 20secs, a 30 sec improvement, which was probably helped by some clandestine training laps around nearby Snetterton s race circuit, the evening before! Damon came home in a P.B. time of 23min 50secs which was a huge 1min improvement, followed by Barbara with a 30min 59secs, which was another big gain of 135secs.

6th June EC CA Open 10T T  
E2/10N ewmarket

65 years on to the day and D-Day still makes the headlines on the 6th June! Only this time, it s CCS s own version - Damon Day - who came out quickest of the club riders on this veritable drag strip of a course. Despite strong headwinds, Damon recorded a 24min 15sec ride. Terry Law and Len Finch continue their personal fight for top dog spot with Terry coming home in a season s best time of 27min 45sec. Len wasn t far behind, also with a season s best time of 28min 01sec.

13th June PI omegate Open 30T T  
Tunstall

This was new territory for Damon on this 30mile TT. All the same, he returned a time of 1hr 20min 21sec around this difficult course.

13th June Victoria C CV ets 2-Up 10.2mile Open TT  
E1/10A

Another diversion off the normal TT path with Alan Russell and Rob Davies teaming up for this Vets 2-up TT. They both came up with the goodies as they recorded a 24min 23sec time, which was good enough to clinch 1st place and CCS s first event victory in a long time! May it be the first of many in the coming years.

20th June VT TA 25mile Open TT  
E2/25N ewmarket

It was back to the fast E2 course for 5 of our riders on a rainy day which surprisingly produced some good results. Ride of the day went to Rob Davies with a 45 sec improvement over his previous P.B., of 56mins 33secs. It is amazing to think that this time last year; riders were desperate to beat the hour. Now they are in the 50s, such is their progress! Stewart Kirk came in with a P.B. of 1hr 00mins 19sec, which was tantalizingly and frustratingly close to breaking under the hour. Barbara



Law achieved a seasons best of 1hr 15min 33secs, while hubby Terry again punctured, this time on the line! Len Finch produced his best time of the year with a sparkling 1hr 08min 56sec.

27th June LRR A50 Op enT T  
C50/2SI eaford

Stewart Kirk traveled up to deepest Lincolnshire for his first ever 50mile TT.

Expecting a flat-ish course, he was surprised by the hilly and tough nature of the ride as he came home on busy roads in a decent 2hrs 11mins 40secs.

28th June SPOC O25 Op enT T  
E9/25E helmsford

James Rush had another go on this quick course and improved by 9 secs recording a 1hr 1min 30secs in perfect weather.

4th July Shaftesbury CC Middle Markers 25 Open TT  
E2/25N ewmarket

Damon Day was hopeful of going under the hour on the E2, but very hot and windy conditions, put paid to his hopes and only recorded a 1hr 2min 24secs which was a P.B. nevertheless! Len Finch also struggled with the conditions, recording a 1hr 11mins 15secs.

5th July yN orwich ABC 25mi le Op enT T  
B25/4At tleborough

James also hoped to duck under the hour on this fast course, but the early morning drizzle and greasy surfaces seemed to say otherwise. He surprised himself though, with a 56min 23sec ride which was 67secs better than his previous P.B.

CCSS tanNich ols Op en10mileTT

Sunday saw the second running of the club s Open 10 mile Time Trial. It attracted a slightly disappointingly entry of 30 riders, despite Brian Webber providing a splendidly organised and well run event. Hopefully, word will get round and numbers will increase in subsequent years. The weather stayed dry, although a strengthening breeze during the event made the leg back to Lavenham, a bit more challenging for the later riders.

Fastest time of the day went to Stow & D.C.C. rider Andrew Leggett in 22.39secs, which was 15secs quicker than 2nd place man Glenn Taylor from API-Metrow. Glenn from nearby Capel St. Mary used to partner the sadly missed Zak Carr on record and championship winning rides on their tandem. Third fastest went to another local rider Angus Jardine (Anglia Velo), who has been seen lately riding our Thursday evening T.T. series!

Fastest lady of the day went to another Stow & D.C.C. rider. Jayne Williams in 28.14secs, which

broke the current course record.

The club had 10 riders taking part with Matt Shotbolt coming out top with in 23.52secs which was yet another P.B. for him. He was closely followed by James Rush and Rob Davies in 23.56 & 23.59. As ever throughout this season, these two have rarely been separated by than a matter of a few seconds. (As an afterthought, had there have been a team prize up for grabs, the above 3 riders would have claimed it for CCS!)



Simon Daw recorded a 24.31 and seems to improve with every ride as he strives to reach the heights of his halcyon days! Young George Hoppit has long since passed dad Andrews best efforts and produced a sparkling 25.49 to win Best Improver and also beat his previous P.B. by 53secs. Damon Day was only 4secs off George s time while cheerful chappie Brian Mann rode a respectable 26.30sec.

Newcomer to T.T. s this year, Trevor Pillet, rode a commendable 27.37sec ride and was followed by another newcomer, young Jo Marsh, with an impressive sub 30 ride of 29.41secs. Last but not least, Matt s dad, John Shotbolt claimed 3rd prize in the Best Improver category with another hard earned P.B. of 32.51secs.

Having been to many Open TT events over the past years and seen how they are run (mostly mediocre to poor), CCS deserves all the favourable comments they (Brian) received from visiting riders on the day for it s superb H.Q., organisation and friendliness.



## Interclub Speed Judging Contest.

The annual speed judging contest was held at Hawkedon on Sunday 27th September. This event is organised by Haverhill Wheelers and contested by Haverhill Wheelers, West Suffolk Wheelers and CC Sudbury, unfortunately no riders from WSW appeared. The object is to cover a circuit in a clockwise the anti-clockwise direction, it is not the fastest rider who wins but the rider who can cover the two circuits in as close to equal times as possible. The circuit around Hawkedon contains a number of hills which makes the judgement of speed very difficult. One rider who has got the event down to a fine art is Mark Gentry whose times for both circuits were only one second difference. Second in the event was Caroline Humphries who on her very first outing with the club had only a 6 second difference, closely followed in third place by Robin Weaver with a 7 second time difference.

#	Rider	Club	Time
1.	Mark Gentry	CCS	1 sec diff
2.	Caroline Humphries	Unattached	6 sec diff
3.	Robin Weaver	CCS	7 sec diff
4.	Stewart Kirk	CCS	32 sec diff
5.	Damon Day	CCS	35 sec diff
6.	Alister Baker	Haverhill	38 sec diff
7.	David Fenn	CCS	43 sec diff
8.	Roger Burrows	Haverhill	1 min 22 sec diff
9.	Brian Mann	CCS	1 min 35 sec diff

## Your club needs you.

On Thursday 15th October your club is holding its AGM, it's your chance to have your say and influence the way your club is run or alternatively offer your assistance with the organisation of the club. This year your club has a number of posts available on the committee so why not put your name forward for one of the vacancies and put something back into the sport we all enjoy. Without the people to fill the vacant posts the club cannot function efficiently or events may be lost due to lack of an organiser so your help is urgently required.

Currently the following posts are vacant.

- Club Secretary.
- Club Treasurer.
- Membership Secretary.
- Open 10 mile Time Trial organiser.
- Open Hill Climb Time Trial organiser.

Anyone wishing to put their name forward for any of the above should contact me or one of the committee members.

## Website and NewsLetter

In recent months you will probably have been aware of the shortage of our club news letter 'The Spindle' also our website has suffered due to the high work load and business commitments of the Editor. In order to relieve the pressure on the Editor it is proposed to set-up a sub-committee to assist with the production of the news letter and keep the Website up to date. Currently we have three volunteers willing to assist our Editor in this respect. Currently the news letter is sent out to as many members as possible using their e-mail addresses, those we do not have an e-mail address are posted or taken by hand, this is inefficient, costly, not very 'green' and is time consuming for the Editor. In future it is proposed that all news letters will be sent via e-mail, for those members without e-mail we would suggest you offer us an alternative e-mail of a family member, friend etc who could accept an e-mail on your behalf. Perhaps you have views on this subject which you could voice at the AGM.

## Some dates for your Diaries.

- Saturday 3rd October 2009, Blaxhall 120k Audax.
- Thursday 15th October 2009, 7-30 pm Club AGM at Cornard Stephenson Centre.
- Sunday 18th October 2009, Inter Club Hill Climb at Dalham, Time unknown at present.
- Sunday 25th October 2009, Stevenage 100k Audax.
- Saturday 31st October 2009, Trip to Manchester Velodrome for World Cup Series event. See Robin Weaver for available tickets.
- Sunday 1st November 2009, CCS Open Hill Climb at Semer (Entries 2 weeks before event)
- Saturday 14th November 2009, Norwich 100k Audax, Norfolk Nips-1
- Thursday 10th December 2009, CCS Quiz night, 7-30pm at Cornard Stephenson Centre.
- Saturday 12th December 2009, Norwich 100k Audax, Norfolk Nips-2
- Saturday 16th January 2010, Norwich 100k Audax, Norfolk Nips-3
- Saturday 23rd January 2010, CCS club dinner at Newton Green Golf Club.