



Happy New Year!

Ok so it seems a bit late to be saying that but this is the **FIRST Spindle of 2007** so I feel it best to wish all the club members a happy and prosperous new year.

Looking back at the last few weeks the club has had a busy time, there were the continuing Sunday club runs through out the festive season, mixed in with that was the famed Boxing Day ride. Some people even ventured out on New Years eve to catch some sneaky miles.

Then of course we had the club annual prize giving dinner, once again held at the Newton Green golf club. This was quickly followed by the club's reliability ride the following morning; followed too quickly some might say!

So all in all there have been plenty of chances to get out on that 'hack' bike you promised would get more use this year, even if the weather was so totally confusing! One minute I'm walking around in just a shirt thinking this is one early Spring burst, the next I'm stuck in a blizzard and struggling to keep warm, where is the logic!

Needless to say it looks like it might be a good year weather wise for cycling, fingers crossed. Until then it looks like another cold snap is headed our way.

2007 CCS Reliability Trials

Despite the fact that the wrong dates was printed in the East District handbook and the wrong time put out on the B.C web site, we still had 67 riders sign on which is the same number as last year.



Group A 48 miles, 3hrs-30mins.
19 riders signed on (3 DNF)

Group B 48 miles, 2hrs-45mins.
31 riders signed on

Group C 27 miles, 2hrs-30mins.
6 riders signed on

Group D 27 miles, 1hr-45mins.
11 riders signed on

For the second year running this has been a really good turn out. Needless to say with the cold biting wind many riders found the going hard, although I am glad to report that there were only 3 DNF. A total of 26 CCS riders took part, other clubs were Anglia Sport, Inter Bike, Colchester Rovers, Stowmarket DCC, Met. Police, White Webb's, PCS. Ciclos, Haverrhill Wheelers and VTTS. Due to rules and regulations we now need more people to help with this event therefore I would like to take this opportunity to thank Stan and Terry for checking the



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course, Peter and Roger for the marshaling, Alison and Robin for the signing on and also to Pat my other half for helping out in the kitchen, also many thanks to all who supported this event making it another successful event for CCS. Please note those of you who did not receive your certificates on the day, you will be receiving them in due course. Also I have a pair of Madison winter gloves that were left at the centre. Has someone out there got cold hands?



Thanks to Brian Webber for the results.

2007 Annual Prize Giving Dinner

Many thanks to all those who attended the dinner, and to our guest speaker Mr. Ken Watkins from the Suffolk Free Press.



Fancy A French Break?

Some of you might have heard about, or even been lucky enough to join in, but last year a few of our fellow members crossed the channel to take part in a event around Dieppe.

Robin Weaver would like to bring this event to your attention with the following words:

Last June, following participation in previous years by a smaller group, 8 or 9 club members and friends took part in the 'Dieppe Raid' an Audax style event organised by the Dieppe Cycle Club. This year, the event is on Sunday 10 June, and involves a 150'ish kilometre ride over the (to some) surprisingly hilly countryside behind Dieppe, followed by a celebratory dinner.

It is likely that people will be traveling out on the Saturday, stopping en route for lunch, arriving in time for a late afternoon

reception, and staying in the same reasonably priced B&B sea-front hotel as last year. Travel back for some will probably be on Tuesday, after a more leisurely ride on Monday.

Some may, as last year, stay a few extra days for the fruit de mer gourmet delights of the area.

As last years ride was so wet, this year the weather must be better.



However if you fancied a ride closer to home try one of these up-coming Audax rides:

2007 SELECTED AUDAX CALENDAR FOR NEAR(-ISH) EVENTS					
Date	Day	Time	Event	Start	Distances Available
11th Feb	Sunday	8.30	Rutland & Beyond	Leicester	102km
10th Mar	Saturday	10.00	Essex Lanes	Henham(Saffron Walden)	106km. Also 53 & 161km
17th Mar	Saturday	10.00	Up the 'Uts	Ugly (Saffron Walden)	103km. Also 52, 156 & 207km
25th Mar	Sunday	10.00	Summertime Start	Stevenage	115km. Also 62 & 210km
7th Apr	Saturday	9.00	Castle Caper	Bungay	100km. Also 50 & 200km
15th Apr	Sunday	8.30	Witham Wanderer	Chelmsford	106km. Also 156 & 202km
29th Apr	Sunday	10.00	Sawtry Saunter	Bedford	101km. Also 211km

2007 Evening TT Series

Yes I know so long in the future so why am I bringing it up now, well believe it or not the first night is only 10 weeks away and I want to put out the dates and course's well ahead of time to obtain marshall's. Please be aware that 2 marshall's maybe required for the Lavenham course but this will be announced in the next spindle. Please contact me by phone or e-mail to let me know dates that you are willing to marshal on.

Many thanks in advance,
Lucy Jay Time Trial Sec

01787 312976 lucy@shibbyonline.co.uk

April 19th	18:45	Lavenham 10		June 28th	19:00	Lavenham 10
April 26th	18:45	Brent Eleigh		July 5th	19:30	Brent Eleigh
May 3rd	19:00	Bridge Street		July 12th	19:30	Bridge Street
May 10th	19:00	Hitcham Hilly		July 19th	19:15	Hitcham Hilly
May 17th	19:00	Lavenham 10		July 26th	19:00	Lavenham 10
May 24th	19:00	Brent Eleigh		Aug 2nd	19:00	Brent Eleigh
May 31st	19:00	Lavenham10		Aug 9th	18:45	Hitcham Hilly
June 7th	19:30	Bridge Street		Aug 16th	18:45	Bridge Street
June 14th	19:30	Hitcham Hilly		Aug 23rd	18:30	Lavenham 10
June 21th	19:30	Lavenham 10		Aug 30th	18:30	Brent Eleigh



The Wind Down...

That's about the end of things for this month.

Couple of notes for the diary are committee meetings on the 21st February and then the 21st March, as always meetings will be in the Stevenson Centre.

This month however I will leave you with an interesting read, *Farewell to Eastway* by Kevin Raymond.

Kevin is a journalist and friend of club member Viv March. The full article was published in *Cycling Weekly* last month but if you missed it we have an abridged version, so get a cuppa and settle back:

Farewell to Eastway

Some time in mid-1983, I was waiting on the start line at Eastway, and in place of the usual nerves and excitement, I suddenly realised that I really, really didn't want to be there. I climbed off halfway round, and never raced again. I was seventeen, I'd been racing more than half my life, and I was burnt out, sick of cycling.

Fast forward to the 21st of October 2006. Same start line, but this time the nerves were back, big time. I'd been gradually getting back into the bike over the past couple of years, but this would be my first race since my premature retirement. There was another difference – this time I really, really wanted to be here. So much so that I'd come over from France just to be part of Eastway's swan song – the Evans Cycles Eastway Farewell Meeting.

Trouble is, I'd been expecting (or perhaps just hoping...) that the farewell meeting would see a relaxed atmosphere in the bunch, a kind of last day of term

vibe, enjoying the ride and then maybe winding up for the last few laps to put on a show. Stupid boy. In fact, predictably everyone wanted to go out in a blaze of glory, and it went off like mad from the gun. Standing at the back of the 100-strong field, I didn't hear the starter's orders, and the first I knew was when 99 pairs of cleats clicked in in quick succession, followed by mine a good ten seconds later. By the time I got to Clary's the head of the bunch was snaking up towards the top of Oxo hill, and I knew I was going to be in trouble. How could I have forgotten one of the most basic rules of crits: start near the front...?

The first standing start lap was nearly 40km/h, then it got faster, and it wasn't very many laps before one too many gaps opened up. On the minus side, that meant no more shelter from the stiff wind up the home straight. On the plus side, once safely out of the back of the bunch and on my own, I was no longer in imminent danger of cardiac arrest, and had a bit more time to look around and reflect on memories of the place. For a couple of years in the early eighties it seemed like I virtually lived here. We'd be there every Saturday, and any Sunday when there wasn't a race elsewhere. But I'd been coming here more or less since it started. I probably first raced here when I was about ten or twelve.

I had so many memories of the place, but what I hadn't been able to remember that morning was how to get there. Fortunately, this time I'd brought along help in the form of my former schoolboy and junior team-mate from CC Sudbury days, Viv Marsh – well, if you're going to get all nostalgic you may as well go the whole hog. Viv's been getting back into

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cycling recently too, and he had at least one youthful win at Eastway to get all wistful about (the Whitewebbs event in 1982). So we had his bike in the car in case he could get a ride on the line.

Into the headwind up the rise towards the finish line and here's a bloke shouting, "Lapped riders out next lap." That'll be me then. Pull in, wait for Viv, who'd been dropped and lapped too, but had hung in there for a bit longer than me. Watch the finish, then enjoy the headline race, and Matt Seaton and Chris McNamara's sporting finish. Then down to the serious business of talking rubbish, remembering old times, and wallowing in the collective nostalgia of the hundreds of old Eastway hands who'd made the pilgrimage.

So that was that. All over.

Except it wasn't... The following day we were back, for the Ciclos Unos Eastway series. This was supposed to have finished weeks earlier, but the organisers had decided to, "keep running them 'til the bulldozers turn up." In some ways this was a more fitting send-off for the place than yesterday's full car-park and 100-plus starters. Just the track, the wind, the rain and a handful of real enthusiasts, the ones who've been turning up every week for donkey's years, even through the bad times in the late nineties. Ten minutes before the start of the 3/4 race, I thought at least one of us was on for a podium – there were only four riders signed on. That rose to twenty odd by the start, and this time we made sure we were at the front, going into Clary's first and second. "If we can just control the pace in the early laps," I said to Viv as we rolled down towards Oxo. "We might be ok." He thought I was joking, but I had a plan. The race went off just as fast as the pre-

vious day's but when I started to feel the strain I deliberately went through to the front over the top of Oxo, and gently slowed the pace to something manageable. It took the quick lads the best part of a lap to wake up and start attacking again, but I'd had a breather which let me hang in there for a few laps longer than I could otherwise have done. Eventually I was stuffed though, then Viv disappeared out the back and I gratefully sat up to wait for him – we'd agreed to ride round together once we got dropped. A lap later I found him pushing in, with a rear flat. Another long, lonely ride to the finish didn't appeal to me as much as it did to Viv (he's always been more dedicated to putting in the miles than I have, so I lent him my bike, and retired to the clubhouse for tea and buns, while Viv pedaled on through a downpour. As far as I was concerned, I'd done what I came to do, I'd imposed my will on the bunch, if only for a lap, and it felt, finally, like I'd had a bit of a race. Job done. OK, so we may have got blown out the back twice in two days, but that doesn't bother me – I enjoyed it anyway. And as Viv pointed out, "We probably got blown out the back last time were here too, so look at it this way – we're at least as good now as we were 23 years ago!"

- Kevin Raymond.