



Happy New Year. Yes I know it's February already but what a beginning to the Year. Let's just hope that it has not started as it means to go on; weather wise that is! So far we have had the wettest Reliability Trial on record, some of the coldest club runs for years and a snow induced national panic. Well sit back and dry the overshoes with another copy of the Spindle and read about other cyclists adventures in the wet miserable UK weather.

Rob and Rog do the Hog!



On a rainy grey day when most sensible cyclists shouldn't really venture out (think recent Reliability Ride weather) Robin Weaver and Roger Rush decided to try out the new circuit at Hog Hill near Romford. The circuit which replaces the well known Eastway cost a whopping 4.5 million pound to build in preparation for racing in the 2012 Olympics. With Terry Law acting as catering manager and photographic officer, they roared around in the drizzle for an hour and a half.

"As it was midweek, and raining we had the place to ourselves" the duo stated after drying out; "and for our £3.50, we tested out all the different circuit configurations on offer; the longest being 2.1 km. We tried our best to make sure these didn't include the final hill up to the finish too often, as it was a real pig, which probably accounts for calling the circuit Hog Hill."

With changing rooms and showers available, it makes a pleasant day out for anyone wanting to ride somewhere different. Weekends are usually taken up with racing, so best to check the circuits web site before leaving.

www.redbridgecyclingcentre.co.uk

A wet ride was had by all

In spite of rain and windy conditions, 28 hardy souls ventured out into the Suffolk countryside for our annual Reliability Ride. The number of riders taking part was almost 75 per cent down on last year's event due to the appalling conditions.

CCS provided over a third of the riders with the rest coming from clubs around East Anglia. Most riders elected to ride the longer 48 mile circular route which passed through Bildeston, touching the outskirts of Stowmarket, before returning via Cockfield.

One of the first riders back was 16 year old Dominic Schils from club Interbike in a time of 2 hours 25 minutes. Dominic, who also races in Europe for the Belgian Lotto Olympia development team, claimed his 20 mph average was good wet weather training for the coming season.

As the rest of the riders trickled back to the HQ, it was plain to see how bad conditions had been on the roads, they all sported black faces and sodden clothing.

48 miles in 3 hours 30 minutes.
8 riders signed on – all finished the course.

48 miles in 2 hours 45 minutes.
15 riders signed on – 2 DNF.

27 miles in 2 hours 30 minutes.
No riders signed on

27 miles in 1 hour 45 minutes.
5 riders signed on – all finished the course.

Rider of the day goes to Steward Kirk, who after three punctures had to call in at Life Cycle in Bildeston to buy two new tubes. Once back on the road he pressed on, determined to complete the 48 mile course. Steward finally arrived back at the HQ, shattered and 30 minutes out of time, but safe in the knowledge he completed one of the worst Reliability Rides the club has hosted.



Many thanks to Alison, Lucy, Robin, Geoff and Roger for their help on the day, and to Alan for checking out both the courses the week before hand. Thanks to Mary and Pat for volunteering to help in the kitchen, although your services were not required, we have you down to help next year.



Annual Dinner and Presentation Evening

The club held its annual dinner and presentation evening at Newton Green Golf Club last month. The awards were for the 2008 season and saw quite a lot of new names on the trophies being awarded. Club Chairman; Dave Fenn, outlined some of the successes from the past season that the club had organised. These included 4 long distance Audax rides, the Open Hill climb at Semer, the new 10 mile Open time trial, the annual 'Raid' to Dieppe and the jewel in the CCS crown; the highly regarded evening TT. series.

Harold Raymond was on hand to present the trophies. The main prize winners were, Len Finch for the Veteran's Best All Rounder cup, Doz Bree for the 50 mile TT cup, Rob Davies for the 25 mile TT cup and Barbara Law, who picked up the ladies 25 mile TT cup.

Club Person of the year deservedly went to the hardworking Lucy Jay, with the Ladies trophy going to timekeeping stalwart, Alison Steed.

Rider of the Year was shared between husband and wife duo, Terry and Barbara Law for their outstanding achievements in World and National championships and also in local and Open time trials.

The Audax trophy was again claimed by the evergreen Brian Mann with an incredible 6516 km.

James Rush took the senior Hill Climb trophy with George Hoppit claiming the schoolboy. Simon Wright was again the Club's 10 mile TT champion with Barbara Law winning the Ladies. John Steed reclaimed the Evening Points TT series, with an astonishing 1047 points, which was nearly 400 more than his closest rival.

Lastly, the Evening TT Series, Best All Rounder over the four circuits, was won by Rob Davies.

The club's guest of honour, recently retired Suffolk Free Press sports editor, Ken Watkins, was made a life member of the club for his coverage of events and promoting public awareness of the club.

Please find detailed below the full prize list:

Veterans B.A.R.	Len Finch
50 mile Open TT Cup	Doz Bree 2hr 13 min 00 sec
25 mile Open TT Cup	Rob Davies 57 min 18 sec
Ladies 25 mile Open TT Bowl	Barbara Law 1 hr 14 min 58 sec
Clubman of the Year	Lucy Jay
Rider of the Year	Barbara & Terry Law
Ladies Trophy	Alison Steed
Audax Trophy	Brian Mann 6516 km

Boxing Day Trophy	George & Andrew Hoppit
Hillclimb Champion Senior	James Rush 52.4 sec
Hillclimb Champion Schoolboy	George Hoppit 78.0 sec
Club 10 mile TT Champion	Simon Wright 23 min 35 sec
Silver	Rob Davies 23 min 48 sec
Bronze	Rob Harman 24 min 01 sec
Club 10 mile TT Ladies Champion	Barbara Law 31 min 53 sec
Club 10 mile TT Champion	Terry Law +4.49
Silver (Vets on Standard)	Brian Mann +4.00
Bronze	Simon Wright +2.31
Club 10 mile TT Champion	John Steed 16 min 18 sec
Silver (on handicap)	Rob Sidgwick 16 min 30 sec
Bronze	James Rush 16 min 36 sec
Club Evening TT Points Series	John Steed 1047 pts
Silver	Terry Law 630 pts
Bronze	Matt Shotbolt 601 pts
Club Evening TT Series B.A.R.	Rob Davies 96 min 33 sec
Silver (All 4 courses)	Rob Harman 97 min 23 sec
Bronze	James Rush 98min 08sec

First Aid for Beginners

Do you know what to do if some one is suddenly taken ill or injured during a ride?

Well now is your chance to learn. Red Cross volunteer Trainer Joan Horner will deliver a talk on First Aid to the Club. The evening event is to be hosted at our usual Stevenson Centre location on Thursday 19th March at 19:30.

At some time in your life you need to know how to administer first aid to someone, whether it is when you are out on your bike, at work, or in your home. Who knows you may be the only person that is able to help someone, so don't miss out on what could be a life saving evening.

CCS Committee Meetings

Next committee meeting is:
18th February 19:30 – 21:00

Team CCS TT TBA?

Club member and Time Trial fan; Alan Russel, would like to take part in a few more open events this coming season. Is there any one out there who would also be interested in this? If so make yourself known to the Club and Alan; you never know where it could lead.