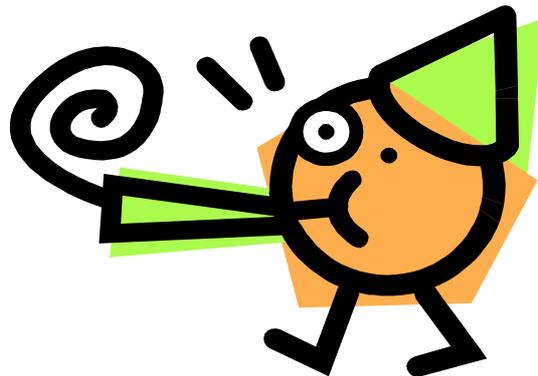




HAPPY NEW YEAR! GOODBYE 2005, HELLO 2006



Welcome to the first 2006 copy of the spindle. It also happens to be my debut as newsletter editor so please excuse any spelling and grammatical mistakes; I don't there rite two well.

I hope that all club members and associated family and friends have had a pleasant season and all festive ingredients were taken in moderation. No? Too many mince pies and a couple of extra glasses of wine? Well now is the time to rectify that and make those New Year resolutions that we all do. The real trick to stick with them past March and keep up with the regime.

What has happened lately?

Well it is that time of year when everything goes into hibernation and the world of cycling is no different. The last few weeks have been dominated by the return of the Sunday morning club runs. Since they began back towards the end of September there have been some wide variety in the rides.

One week there were only three lonely riders huddled on Sudbury's Market Hill without a route planned or any idea on what to do, can you plan a route whilst your teeth are chattering a different tune in your head?

The next week was a complete contrast with the best turn out of the season, at one point we had a peleton of 14 riders until a small group made a break away! They were soon chased down; ok we caught them at the tea stop. The only comment to be heard through out the weekly rides was the need for me to invest in some mudguards. I apologize to all those who sat in my wheel and received a mouthful of Suffolk's finest grit!

Thank you to all members that brave the winter weather and road conditions and attend, I'm sure it has nothing to do with the toasted teacakes!

Events or News.

Of course there has been some action in other fields, Audax being one of them. As this year of rides draws to a close who else would make their mark but our own Brian 'Audax' Mann.

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THE NEWSLETTER OF CYCLE CLUB SUDBURY JANUARY 2006

Brian closed off his 2005 Audax campaign by riding the South Bucks Winter Warmer event on Sunday. Brian felt that this 200km event, which was based on High Wycombe but took a tortuous and often hilly route as far south as Alston in Hants, was somewhat misnamed as when he lined up at 8am in was decidedly cold.

With the completion of this ride Brian has taken his seasons tally of "Audax miles" beyond 6000 kilometers, a remarkable achievement. There is one further event that Brian could enter, but he feels that he'll be a non-starter there. That's fair enough, his target all season has been to challenge for the CC Sudbury Audax Cup, and it would be a very big surprise if he hasn't achieved this by the proverbial country mile.

Jay Hunter is another cyclist still active and pushing the limits in this cold environment. Jay has been competing in the East District Cyclo-Cross League and has made a promising start to his first season amongst the Seniors.

He took a commendable 16th place in the XRT Foxhall Cross finishing 1 lap off the winner's pace but riding a very consistent 9 laps all timed at around 7.5 mins. On the following Sunday he was at Hillyfields, Colchester for the South Eastern Regional Championships where he finished 19th in a strong field, again just 1 lap adrift of the leading riders.

What's Upcoming?

Although you might not want to venture out in the cold and damp on your bike, just make sure you keep some time free for the upcoming socials.

The first event for your January line up is the Membership Signing on Night, don't worry it is more fun than it sounds. Please join us on the 12th January 2006 at the Stevenson Centre in Great Cornard from 8pm. Tea, coffee and a warm welcome awaits.

The biggest and most important event to grace your diary is of course the Annual CCS Dinner and Prize Presentation; next the Oscar's there is no event like this. This is to be held on the 28th January at the Newton Green Golf Course clubhouse, it is open to all members and friends of; just make sure you return your menu and tickets to the Club Chairman before the 17th January. There is a copy of the menu attached at the bottom is you require.

If you decide to take advantage of the meal on the previous night you will be able to burn off that extra helping of Cheesecake on the Reliability Ride on the morning of the 29th. There will be two separate routes planned from the Stevenson Centre start with the first group leaving at 9:30am. If you are interested please see the enclosed leaflet below or contact Brian Webber on 01787 379605

Closing Thoughts.

I would like to add a personal note to this month's newsletter. As you know this is my first outing as the newsletter editor and my club membership is only in it's infancy but I would like to thank all members of the club who have provided a very warm welcome. It is not often you join a group of people and instantly feel like part of the family, to which every one I have met so far has done a grand job and you have my sincere thanks. I'm sure my knowledge of the club and the sport of cycling will increase with time but until then I will rely on the support and friendly atmosphere the Sudbury Cycle Club provides.

Of course if you feel the need to really help me out please do not be shy in contributing something to the club newsletter. If you have anything you wish to mention or feel is best said out loud you can contact me in the usual means:

51 Gregory Street, Sudbury, Suffolk. CO10 1BA

Tel: 01787 312976

Mobile: 07949 152642

adam@shibbyonline.co.uk

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THE NEWSLETTER OF CYCLE CLUB SUDBURY JANUARY 2006

CYCLE CLUB SUDBURY
ANNUAL DINNER AND PRIZE PRESENTATION
NEWTON GREEN GOLF CLUB
SATURDAY 28 JANUARY 2006 , 19.00 FOR 19.30

The Committee have now received the menu for the club dinner, offering a good varied choice as last year. The tickets are £17 (to include the main room charge):and the committee have decided to keep to the same agreeable evening arrangement as last year. The Golf Club is a 1/4 mile down a lane, right off the A134 at Newton Green going East, just beyond the Saracen's Head pub. The club has good parking. We look forward to seeing our new members and partners for this enjoyable evening. Please let the Chairman Peter Whiteley (01787 375269) know the number of tickets and choices of menu required using the form below.

MENU:	STARTERS	Homemade soup Fanned melon with fresh fruits Prawn cocktail
	MAIN COURSES	Roast beef and yorkshire pudding Fillet of lamb in a redcurrant and port sauce Fillet of salmon in a prawn and hollandaise sauce Vegetarian alternative - brocolli and stilton tartlet
	DESSERTS	Apple pie and custard Syllabub Cheesecake Fruit salad and ice cream
		TEA or COFFEE AND MINTS

✕-----✕

CC SUDBURY ANNUAL DINNER AND PRIZE PRESENTATION SAT. 28 JAN 06

PERSON BOOKING _____ NO. OF TICKETS _____ AT £17 pp £ _____

TELEPHONE NUMBER _____

NAMES

SURNAME | CHRISTIAN STARTER MENU CHOICES
MAIN COURSE DESSERT

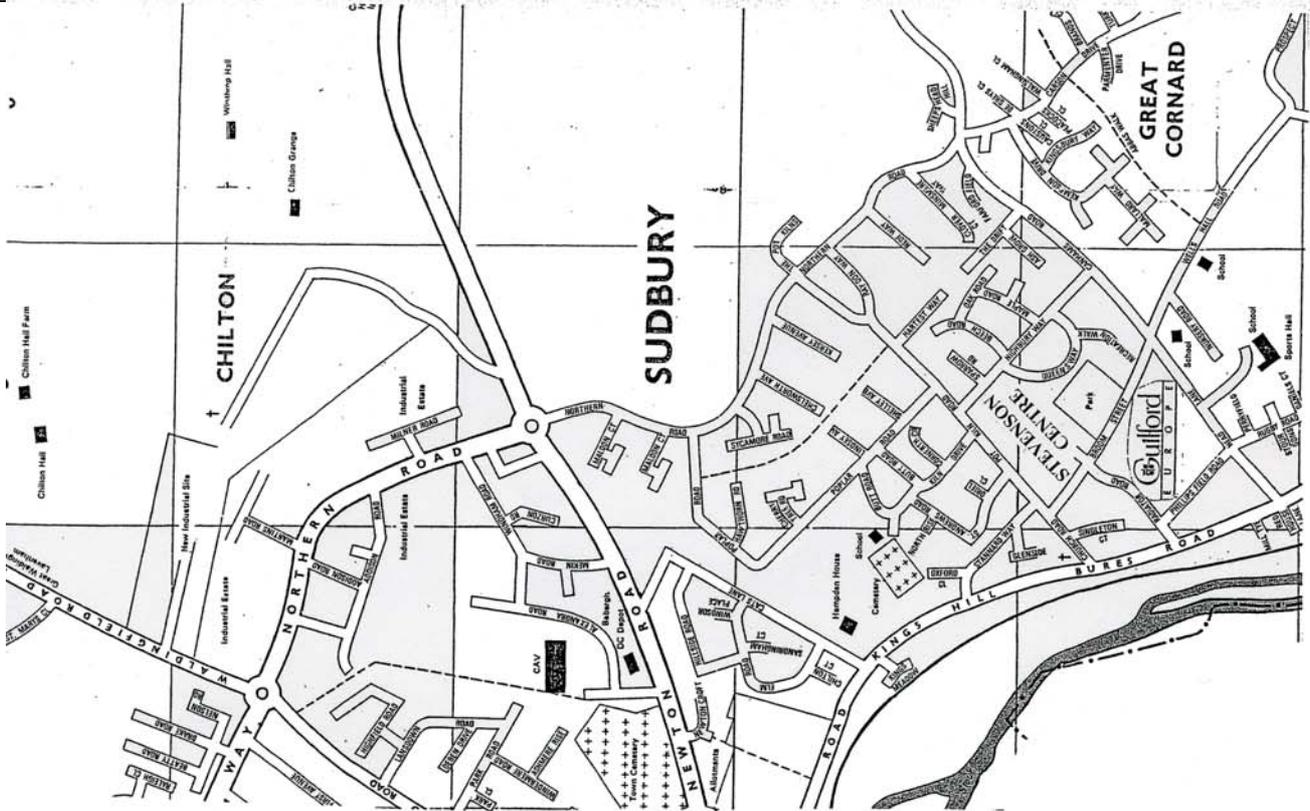
ANY SPECIAL DIETARY NEEDS e.g. Diabetic, Gluten -free. etc. _____

Please send to Peter Whiteley at 133 Melford Rd. Sudbury CO10 1JT with a cheque payable to "CYCLE CLUB SUDBURY" as soon as possible and by 12 Jan 06 (subs. night) at latest.

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THE NEWSLETTER OF CYCLE CLUB SUDBURY

JANUARY 2006



Cycle Club Sudbury

Reliability Trial

Sunday 29th, January 2006

Sign on from 9.30am onwards at

**The Stevenson Centre
Broom Street, Great Cornard**

48 miles in 2hrs. 45mins.

Or

3hrs. 30mins.

27 miles in 1hr. 45mins.

Or

2hrs. 30mins.

Entry fee £3 Refreshments Available

Enquiries to Brian Webber 01787 379605

