



What are you doing for the Summer?

Firstly I would just like to apologise for the lack of spindle this last month. As you are all aware, Rob, Dave, Harry and myself made the ride from Land's End to John O'Groats in the 5 days as planned. It has taken up a lot of my time and I am afraid to say that the spindle did suffer. Thank you to everyone who kindly, and generously donated for charity. It now does mean that I will be collecting it up. As a rough figure I'm hoping to collect about £1,000 with £185 donated from you so thanks again, I really appreciate your support. It was a real big personal achievement riding that far and it has now opened up a can of worms! I now have a new list of personal achievements to conquer.

It seems like only the other week we were all hoping for better weather, strange but now I'm really looking forward to a cooler day to cycle in.

That's right we are well into the summer months and with the recent heat wave, it has been a welcome change to the unsettled conditions we experienced. But knowing British weather, it can all change!

Don't get too excited though, with the summer solstice passed it is now all down hill from here, give it few months and we will be back in the 'wish the weather was warmer' stage, putting our 'warmer' cycling gear on and buying more batteries for our lights. However in the mean time we still have the clubs evening time trial series to keep us occupied and we have been very lucky with the weather.



Most recently, on Thursday 29th June was our Interclub time trial with West Suffolk Wheelers and Haverhill Wheelers on the Lavenham 10 course. It was a good turn out with a total of 47 riders, 17 CCS riders, 19 WSW riders, 5 Haverhill Wheelers and a few more welcome tag on's. We also had two new members sign up on the evening and a couple of recently joined riders turned up too. Photo's of this time trial and others can be found on flicker via my website www.shibbyonline.co.uk there are also plenty of photo's from the End to End cycle ride if you have the time to look as Lucy did get a bit camera happy!

Again we had good weather conditions with a minimal wind to start with and getting up towards the end. For those who went home before the numbers were counted here are the results from the evening:

West Suffolk Wheelers	233 points
Cycle Club Sudbury	214 points
Haverhill Wheelers	110 points

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Well done to West Suffolk Wheelers. Here are all the places, times and points for the interclub.

#	Rider	Club	Time	Points
1	D Sturman	WSW	22.44	50
2	P Balls	WSW	23.07	49
3	S Wright	CCS	23.33	48
4	D Griffin	WSW	23.45	47
5	R Moorse	CCS	24.06	46
6	R Harman	CCS	24.23	45
7	R Farrow	WSW	24.25	44
8	B Starr	WSW	24.45	43
9	N Colman	WSW	25.00	42
10	S Newman	WSW	25.01	41
11	S McKenzie	WSW	25.03	40
12	R Back	WSW	25.08	39
13	N Baker	CCS	25.46	38
14	R Davies	CCS	26.11	37
15	W Newmand	WSW	26.20	36
16	A Wiseman	CCS	26.35	35
17	S Kirk	CCS	26.53	34
18	V Marsh	CCS	26.56	33
19	D Young	WSW	27.04	32
20	A Grimwood	WSW	27.05	31
21	R Borrows	Hav W	27.13	30
22	Mark Eastward	WSW	27.27	29
22	T Bowman	CCS	27.27	29
24	C Byford	Hav W	27.28	27
25	D Wright	CCS	28.09	26
25	M Eastward	WSW	28.09	26
27	D Gibson	Hav W	28.31	24
28	B Mann	CCS	28.40	23
29	G Griggs	CCS	28.44	22
29	R Weaver	CCS	28.44	22
31	J Colman	WSW	28.53	20
32	S Hiscock	CCS	29.05	19
33	J Scoulding	WSW	29.13	18
34	N Grainge	Hav W	29.56	17
35	H Farrow	WSW	30.05	16
36	D Leaver	WSW	30.35	15
37	C Newman	WSW	31.33	14
38	J Steed	CCS	32.36	13
39	P Grainge	Hav W	33.02	12
40	A Rogers	CCS	53.38	11

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Results from Thursday 22nd June Lavenham 10 course

#	Rider	Club	Time
1	Lee Bark	SDCC	22.36
2	Adrian Pettitt	SDCC	23.42
3	Ken Baker	CRCC	24.21
4	Rob Harman	CCS	25.03
5	James Rush	CCS	25.09
6	Rob Davies	CCS	25.43
7	Julie Baker	CRCC	25.56
8	Nick Baker	CCS	26.01
9	Dave Terry	Hav W	26.28
9	Richard Talon	CCS	26.28
11	Alan Wiseman	CCS	26.30
12	Colin Byford	Hav W	26.43
13	Hugo Gladstone	CCS	26.52
14	Stewart Kirk	CCS	26.55
15	Graham White	ITC	26.58
16	Viv Marsh	CCS	27.16
17	Gordon Griggs	CCS	28.17
18	Steve Hiscock	CCS	28.58
19	Chris Hall	CRCC	31.08
20	Hugh Rethman	CCS	31.30
21	Brian Mann	CCS	32.10
22	John Steed	CCS	32.26
23	Tom Moore	Bath RC	32.41
24	Bob Bush	CCS	32.59
25	Barbara Law	CCS	33.35
26	Terry Law	CCS	34.15

Results from Thursday 15th June Hitcham Hilly course

#	Rider	Club	Time
1	Lee Bark	SDCC	31.13
2	Adrian Pettitt	SDCC	33.16
3	Ken Baker	CRCC	33.44
4	Rob Harman	CCS	34.02
5	Nick Baker	CCS	35.52
6	Rob Davies	CCS	36.07
7	Steve Mayers	Inter Bike	36.30
8	Julie Baker	CRCC	36.57
9	Stewart Kirk	CCS	37.35
10	Mark Gentry	CCS	39.39
11	Robin Weaver	CCS	40.45
12	Gordon Griggs	CCS	41.14
13	Hugh Rethman	CCS	44.11
14	Barbara Law	CCS	46.38
15	Tom Moore	Bath RC	46.40
16	Bob Bush	CCS	47.12
17	Graham White	ITC	48.00
18	John Steed	CCS	48.58

Results from Thursday 8th June Hitcham hilly course.

#	Rider	Club	Time
1	Lee Bark	SDCC	31.46
2	R Sykes-Popham	Glendene	32.20
3	Stuart Chatting	Anglia Sport	32.40
4	James Rush	CCS	35.31
5	Rob Harman	CCS	35.52
6	Rob Davies	CCS	36.26
7	Chris Byford	Hav W	36.51
8	Stewart Kirk	CCS	37.44
9	Richard Talon	CCS	38.17
10	Pandro Berman	Hav W	38.51
11	Andrew Hoppit	CCS	39.48
12	Andy Elderfield	Glendene	40.03
13	Rob Weaver	CCS	40.40
14	Gordon Griggs	CCS	40.44
15	Viv Marsh	CCS	40.50
16	Hugh Rethman	CCS	43.56
17	Barbara Law	CCS	45.57
18	Tom Moore	Bath RC	47.22
19	John Steed	CCS	47.44
20	Steve Mayers	Inter Bike	49.15
21	Nick Baker	CCS	54.15

Results from Thursday 1st June Lavenham 10 course

#	Rider	Club	Time
1	Adrian Pettitt	SDCC	24.12
2	James Rush	CCS	25.57
3	Nick Baker	CCS	26.38
4	Stewart Kirk	CCS	28.14
5	Tim Bowman	CCS	28.34
6	Robin Weaver	CCS	28.57
7	Gordon Griggs	CCS	29.12
8	Roger Rush	CCS	30.01
9	Dean Cross	CCS	30.29
10	Bob Bush	CCS	33.15
11	Tom Moore	Bath RC	33.52

Dave Terry (Hav W) and Ben Mickleburgh (tri UK) Went 2up
25.03

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Results from Thursday 25^h May Interclub with Colchester Rovers on Bridge Street course
Interclub points were:

CCS 232points
CRCC 222points *Well done Colchester Rovers!*

#	Rider	Club	Time
1	Jim Reed	CRCC	19.34
2	Nick Webber	CRCC	19.48
3	Rob Harman	CCS	20.12
4	Higo Gladstone	CCS	20.20
5	Ken Baker	CRCC	20.39
6	Adrian Manley	CRCC	21.00
7	James Rush	CCS	21.07
8	Graham White	CCS	21.39
9	Errol Baker	CRCC	21.45
10	Julie Baker	CRCC	21.57
11	Viv Marsh	CCS	21.59
12	Tim Pearse	CRCC	22.22
13	Richard Talon	CCS	22.30
14	Stewart Kirk	CCS	22.39
15	Hugh Ward	CRCC	22.43
16	Nick Baker	CCS	23.11
17	Mark Gentry	CCS	23.38
18	Andrew Hoppit	CCS	23.39
19	Robin Weaver	CCS	23.49
20	Nick Ritchie	CCS	23.58
21	Elsbeth Knott	CRCC	24.22
22	Roly Knott	CRCC	24.55
23	Doug Williams	CRCC	25.22
24	Chris hall	CRCC	26.03
24	Barbara Howard	CRCC	26.03
26	Andy Rogers	CCS	26.16
27	Ken Champion	CRCC	26.34
28	Barbara Law	CCS	26.58
29	Hugh Rethman	CCS	27.03
30	John Steed	CCS	27.29
31	Colin White	CRCC	27.35

OTHER RIDERS

Lee Bark	SDCC	18.33
Adrian Pettitt	SDCC	19.44
Jason Everett	SDCC	20.22
Colin Byford	Hav W	21.33
Pandro Berman	Hav W	22.56
Tom Moore	Bath RC	28.51

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Results from Thursday 11th May Bridge Street

#	Rider	Club	Time
1	Tim Haseldine	SDCC	19.44
2	Jason Everett	SDCC	19.54
3	Rob Harman	CCS	20.16
4	Hugo Gladstone	CCS	20.43
5	James Rush	CCS	21.10
6	Rob Davies	CCS	21.26
7	Chris Byford	Hav W	21.32
8	Graham White	CCS	21.36
9	Andy Elderfield	Glendene	21.43
10	Dave Terry	Hav W	21.53
11	Steve Mayers	Inter Bike	21.55
12	Viv Marsh	CCS	22.01
13	Stewart Kirk	CCS	22.18
14	Pandro Berman	Hav W	22.27
15	Graham White	ITC	22.28
16	Nick Baker	CCS	22.44
17	Gordon Griggs	CCS	23.23
18	Robin Weaver	CCS	23.50
19	Andy Rogers	CCS	26.28
20	Barbara Law	CCS	26.49
21	John Steed	CCS	26.53
22	P Frindle	Have W	DNF

Results from Thursday 4th May Bridge Street course

#	Rider	Club	Time
1	R Sykes-Popham	Llandovery	18.37
2	Adrian Pettitt	SDCC	19.42
3	Jason Everett	SDCC	20.03
4	Tim Haseldine	SDCC	20.10
5	Hugo Gladstone	CCS	20.46
6	Steve Mayers	Inter Bike	21.24
7	Chris Byford	Hav W	21.38
8	Andy Elderfield	Glendene	21.42
8	Rob Davies	CCS	21.42
10	Dave Terry	Hav W	21.49
11	Viv Marsh	CCS	22.19
12	Pandro Berman	Hav W	22.27
13	Stewart Kirk	CCS	22.32
14	Ramona Berglund	Hav W	22.51
15	Nick Baker	CCS	22.53
15	Graham White	ITC	22.53
17	Gordon Griggs	CCS	23.57
18	Robin Weaver	CCS	24.01
19	Barbara Law	CCS	26.48
20	John Steed	CCs	27.24

Current Standings:

Rider	Points
Stewart Kirk	665
Rob Harman	579
Gordon Griggs	514
Nick Baker	487
Rob Weaver	435
James Rush	399
Rob Davies	329

On a good note, the road works have now finished and we can get back to our scheduled rides. That is of course if no more road works go on! Thank you to all by being patient with the jumbling around of courses, some of which were repeated a few times!

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Up coming events.

Sunday 16th July – Thetford Forest, a day out for all the family.

If you want to come along then please meet by 10:30 at High Lodge Forest Centre (off B1107 between Thetford and Brandon)

You can choose what you'd like to do and with who on arrival, there will be time for a ride before and after lunch. Other activities include:

- Follow a mountain bike trail through the forest
- A gentle cycle or walk along the rides
- A scavenger hunt for the children on or off cycles
- A playground, shaded by mature trees for the children

A BBQ has been booked for our use from 11:00 onwards with fuel provided. (Sorry, the forest commission do not allow use of visitors own BBQ's) Bring your own picnic or food to cook on the BBQ and drinks. There is a café at High Lodge which will be open for drinks, food and ice creams.

There will be a car parking fee of £5 at the gate and I will put signs up from the pay booth to our BBQ area which is near the car park. An idea of rider numbers would be helpful so if you would like to go then please call me, Peter Whitley on 01787 375269 to let me know, thanks.

Saturday 29th July - The club 100 and 200k Audax rides.
Starting from the Scout Hut, Quay Lane, Sudbury.

Our events are enjoyed by many riders but helpers are needed please to make it possible. There is only one control where a marshal is needed and Stan has offered to man Harwich Pier from 10:52 to 13:14 (plus travelling time each way). If someone could help him that would be ideal.

Helpers are needed in the kitchen at the Sudbury HQ for one or two hour sessions between 7:30am and 21:58 with most riders coming through from 11:00am to 17:00. Offers of help to call Peter Whitley will be very welcome.

Closing Note

Lets hope the good weather holds for the next few evening TT's, there has been some impressive turn out's so far with some great 'battles' being fought on the tarmac.

Remember if you are taking part in an event or know of one coming up, let me know the details and it will be shared with the club, maybe even write a report for your fellow members.

Now if you will excuse me I'm off to yet again change my bet on the tour, if only it was as easy to predict as the cricket!