

SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY

MARCH 2006



As mad as the March Hare.



We have now entered into the third month of the New Year and if my calendar is correct that means that spring is just about on us, tell that to the ice on the roads and the flurries of snow falling. That said the sun is brighter these days and the hours we see it are slowly increasing.

The picture opposite was taken by Roger 'Bloke At The Back' Rush on one of the Sunday Club runs; many thanks for capturing the moment, just a shame we can not capture the sleet and freezing winds that these crazy few endured during that morning, as the title suggests, just madness!

New Members.

Now that we are full swing I would like to issue a warm welcome to the clubs new members; Dean Cross, James Henderson, David Law, Barbara Nutland and Geoffrey Simms. We would also like to welcome back Peter Fradley who has re-joined the club. I have seen some on the road and I'm sure when the weather improves we will see the rest, until then welcome!

Dust off and Ready Up

Of course the next big calendar entries will be the return of the time trialling, which I know for most will be a very welcoming sight.

Time Trialling secretary; Bob Bush has put together a list of this years events and can be found detailed below. However as much as we all love riding in the events it takes a lot of work behind the scenes to make these happen, to which you will find enclosed with this newsletter a form for the marshalling duties on these events.

THURSDAY EVENING CLUB POINTS SERIES EVENTS 2006

HQ: THE CAR PARK AT "THE COCK" PUB. LAVENHAM

It will shortly be the start of the above events, listed below, so I hope you are all getting fit to try to beat the targets that Alan has set for us. For our new members. Appendix "A" with the Club Rules (copies available from the Secretary -Geoff Morse- if you do not have a copy already) gives the detailed notes for riding and scoring in these events, but extracts on rules **marshalling** (as used in 2004/5) and TOS are below. With 20 events (8 L10's; 6BEs; 3BSTs and 3HHs) and two marshals for the Hitcham Hillies, 23 marshals are required this year. For each event the marshal(s) needs to put out and collect 4 or 5 Cycle Race Event Warning Signs ("**CREWS**") or Direction signs for which simple precise notes are supplied.

As the signs are about 3' by 2' a **car will be needed.**

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Appx."A" 14: Riders are required to **marshal** during the series and those who volunteer will be given a date by the committee: Those who marshal will receive 30 points towards their total. They may marshal more than once but may only be allocated 30 points for marshalling in any one season.

15: When a rider cannot meet his /her allocated date he /she may swap dates with another member which change should be notified to a committee member; who should also be informed if a change is **not** possible.

21: CTT Regs and Rules apply. Signing On will close 15 min. prior to first rider's **TOS**.

To avoid allocating inconvenient dates, please fill in the slip attached and take/send to Geoff Morse with your fee if you have not already entered for the series by the **15 March**.

DATE	LUT	COURSE	TOS
April 20	20:09	Lavenham '10' – L10 (B1039	18:45
27	20:20	Brent Eleigh – BE	18:45
May 4	20:32	Bridge Street – BST	19:00
11	20:43	L10	19:00
18	20:53	BE	19:00
25	21:02	L10 Inter Club with Colchester Rovers	19:00
June 1	21:10	HH	19:30
8	21:16	L10	19:30
15	21:20	BE	19:30
22	21:22	HH	19:30
29	21:21	L10 Inter Club with West Suffolk Wheelers and Haverhill Wheelers	19:00
July 6	21:18	BE	19:30
13	21:12	HH	19:30
20	21:04	L10	19:15
27	20:54	L10 CCS Club Championship	19:00
Aug 3	20:42	BE	19:00
10	20:29	BST	18:45
17	20:15	L10	18:45
24	20:01	BE	18:30
31	19:45	BST	18:30

For the Committee; who wish everyone a safe and enjoyable series, Bob Bush TT Sec 2.3.06

Hopefully with your support and help we can continue to run another successful season of Time Trialing.

Tales of Recent.

As most of you are aware I'm fairly new to this little thing called cycling and so have not really had much experience in the various disciplines but when Viv Marsh mentioned to me a Audax in Norwich my ears twitched and could not help but be interested. Of course the next few weeks were used to follow Brian Mann as I've heard he has completed a few of these Audax 'things' in the past and so hoped to pick up some tips. No such luck really so I went on what I had heard, a group of cyclists start somewhere, your given some directions and you cycle round for a bit and hopefully all being well and good to end up back were you started. Sounds simple this, ride out of the gates, head to the pub wait a few hours and cycle back again looking all

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tired. Once again no such luck, you must answer a couple of questions about your trip and get your Audax issued passport signed on the half way point! Viv had made a good case and so I decided to tag along and give it a try, new comer David Law was also subject to Viv's tales of lore and so we car pooled up to Norfolk to take part in the Water Boatman. Whilst pulling into Norwich we noticed the car behind was also laden with bikes, when the driver came into view we realised it was Robin Weaver with Roger riding shotgun, sometimes you just can't get away. Of course when we pulled into the car park and went to en-role who should we see but 'that Mann' again, Brian. I don't think you can say Audax with out the word Brian.

For me this was a lovely event and a great introduction to the world of Audaxing, it also introduced me to the world of punctures, which is not so great. Yes, that's right up until now I have lived a puncture free life, and then I go and receive two in one sitting (well it was one really but when you don't do things right the first time...) I must apologise to Viv and Dave for the interruptions to the event but a whole hearted thank you to Brian for stopping and helping out.

Roger has written a few words on the event itself and so I'll let him to the talking, typing, reading;

A Bit at the Back - Norfolk and Good!

After the rigours of the Club Reliability Ride, which appears to be run on the same principals as an Audax ride, but isn't. It's got no café stops, a tight time schedule and little room for error. So even riding the 48 mile route at the 'slower' time allowed, our group still only managed to get back by the skin of our teeth. Punctures, mechanical problems and general tardiness on my part, ensured we were among the last back to the H.Q. A trip to Norfolk for the Water Boatman 106km Audax from Naridge, sounded a better and more relaxed proposition. With a 9.00am start, getting up at 6.00am to be greeted by thick fog and -1 deg temperatures didn't bode well for the coming ride.

But within sight of the start H.Q., the fog had disappeared, to be replaced with lovely bikers sunshine.

Eight club riders made the trip, although this should have been ten, with Andrew and son failing to make the start due to engine maladies with his car on the outskirts of Norwich.

Brian, Dave, Viv and Audax debutante Adam, made up the clubs' hard rider group, While Robin, Roger, James and another debutante, new member Deano, made up the 'not-so hard riders' group.

A pleasant meander through the villages on the edges of the Norfolk Broads in glorious sunshine, proved to be enjoyable. New boy Deano hadn't quite grasped the concept of Audaxing as he continually tried to catch and overtake all and sundry in front of him, before we had to reel him back in.

We managed to go off course after following a tandem couple who had just passed us, up a lonely lane, only to find they were looking for somewhere to have a comfort stop in private! Oops.

The only cafe stop came at 38 miles in Halesworth, which was really far too long for my lack of fitness. We arrived before Brian's group who were last seen puncture mending a few miles back. They suffered more than one blow out during the ride and with Viv's bottom bracket in its last throes; they hadn't had the best of luck. Anyway, suitably fortified with numerous cakes, toasted teacakes and mugs of tea, we headed back with a slight tail wind to help us.

Within 20miles of the finish, a spoke let go on James' rear wheel and he had to complete the ride with no back brake and a very pronounced wheel wobble, which looked impressive from behind whenever he freewheeled down hills.

The end came at 2.00pm with hot soup taken at the College H.Q. as Brian's group arrived from their day's mishaps.

Hare and the Tortoise come to mind!

Riding Time 4hrs 29 mins @ 14.5mph

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Club Runs

These continue to be popular, but the numbers seem to be dependent on the weather. Although my last ride out, in light drizzle proved to be surprisingly enjoyable. Sad or what!

It has been agreed that anyone or group of riders who want to up the pace over the normal riding group, can either go off at their own speed and meet up at the designated café stop, or ride with main group to the café and then return independently to Sudbury at a quicker pace. This will hopefully cater for the faster riders and the more leisurely riders (like me!) who sometimes find it difficult to keep a brisk pace up.

- Bloke at the Back

Thank you Roger for taking the time to write this, which was clearly longer than it took to pass me in the lay-by as I attended my puncture.

Upcoming Dates.

Time to get your calendars at the ready; open your diaries grab that pen and set some time aside for the following events:

Thursday 6th April – CCS Open Evening.

The club is holding an open evening, a chance to get to know your follow rider. The event will be held at the Stevenson Centre, so please pop in for a chat and a cup of tea. Go on it is free!

Thursday 20th April – First Evening Time Trial

What more needs to be said.

Sunday 14th May – Ride for Life

Based at Santon Downham in Thetford Forest there is a 10 or 25 miles off road or a 17 or 33 mile on road event. In aid of East Anglian Children's Hospice. Brian Webber will have further detail closer to the event.

Next Committee Meeting:

Wednesday 15th March located at the Stevenson Centre.

That is about your lot for this month, don't worry I'm sure there will be more talk of chain lube and inner tubes in the coming weeks.

If you have any interesting stories or tall tales of trails by all means drop them by me and I'll see what I can do.

Many regards,

The Editor.