



Mayday Mayhem!

Sorry for the delay in this month's copy of the Spindle, I guess the best excuse I can come up with was I was out riding my bike (go on try and be mad with me now). Seriously I do apologise, the ongoing training has taken up quite a bit of time, and more than I ever thought it would. I would like to thank people for their support and donations so far; I just hope I don't let you all down!

However in my defence it has befitted me very well, it would appear that this entire issue is taken up by results and accounts of the start to this seasons Time Trialling. I will not try and take credit for any of the writing in this issue and ask you to pass all praise to Stan Nichols for the news entries and Roger for the lighter side of life.

I will however leave you with this little gem and ask if you can recognise the rider, or at least explain why the hands are twice the size of the regular man's.

Maybe it was just cold that evening, or maybe he had a sudden case of gigantism?



In The News

Terry Law has suffered a set back that might possibly jeopardise his season. Racing in the "Gemini" on the Eastway circuit in London last week Terry had inexplicably been beaten in the finishing sprint by riders he would normally expect to win from.

Writing that set back off as a "bad day", on Friday Terry competed in the opening event of the White Jersey Series, a 22 mile TT in Reigate and finished an unbelievable 9 minutes behind the winner. Something was clearly wrong, and subsequent examination at Colchester General has revealed that he is suffering from Deep Vein Thrombosis. Terry is now undertaking a week of daily injections, at the end of which time he may learn if he is likely to be sidelined for long.

-I'm sure we all wish Terry the very best and hope to see him back on the road soon.

Barry Lee (Wolsey RC) was in action at Debenham in the Stowmarket & Dist 20 miler on the BS33 circuit course. The event was held in excellent warm conditions and Barry was happy to confirm his form from the previous week with a 56.05 time.

The clubs Audax Champion, Brian Mann, travelled down to Heathfield, E. Sussex for the curiously named "Tea Bag 200" over 201 kms. The route took in Pevensey, Rye and Dungeness before coming back via what the organiser described as a "hilly-ish" return. Brian says that it was a nightmare and the hardest ride he has done for some time, he even found the very low 32 x 30 gearing he fitted in readiness was only just rideable. Nevertheless he succeeded in completing his 11th 200km plus event in consecutive months, and now has just one event to go before he gains admission to the "Randonneur Round the Year Roll of Honour"

Simon Wright is currently the best local roadman by some way, and he was at London's Eastway circuit for the Whitewebbs CC event over 1 hour plus 5 laps. Although the weather was warm there was a light rain for the whole of the race, which had attracted a good field of 50 riders.

There were a succession of attacks launched right from the start, but all were quickly brought back. Simon himself attacked after 15 minutes but was caught again within the space of two laps. This pattern repeated, but

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unsuccessful attempts to get away continued until there were only 10 minutes of the race remaining when Kenny Baker (Colchester Rovers) and Kevin Chambers (API) finally got clear and gained 40 seconds. Simon bided his time until 4 laps to go and then launched his final effort up the main drag, jumping clear of the field and getting across to the leading pair with 3 laps to go. He then sat on until the final 100 mtrs when he gave everything in the sprint to the line to win by 2 bike-lengths, with Kevin Chambers 2nd and Kenny Baker 3rd. Simon has now won both his starts this year (last year he won 5 from 6) and will next be in action in the LVRC National Championships at the end of May.

It's not only on the bike that CC Sudbury members are active. The club had two members running in the London Marathon. Barbara Law is an old hand at this event, but her preparation was somewhat disrupted this year and she was therefore satisfied with her 3 hr 57 minute time. For Rob Davies it was his first attempt at the distance and he ran a very creditable 4. 08. Rob had been hoping to go sub 4 hours but paid for starting just a little to fast. Well done to them both.

On a very cold and windy Saturday morning Len Finch travelled to the E3 course in Cambridge for the University CC's 10 miler. The cross wind was a real nuisance for most of the way round, and especially so over the infamous A14 hill, and Len finished with his slowest time in a long while when recording a disappointing 30. 21. To make matters worse, and send Len home in a bad mood, the organisers had not provided any refreshments and the "result board" was a pathetic couple of A4 sheets pinned to the wall. Riders really do deserve better and organisers who apparently just can't be bothered do the sport no credit at all. The feeling of camaraderie that generally exists around the Result Board, when riders gather, tea in hand, to compare performances, is an essential element in the long traditions of the sport.

Jay Hunter was in action twice over the weekend at London's Eastway circuit. On Saturday in the ECCA Festival road race over 32 laps he did a creditable ride to finish in the main bunch. Jay fared a little better on Sunday in the Ciclos Uno "All Categories" race over 1 hour + 5 laps. In a physical race where he constantly attempted to get a break, he was still in contention as the race entered its final phase. There was considerable pushing and shoving coming out of the last corner and Jay did well to take 5th place in a hotly contested sprint for the line. The local Evening TT Series will be without Jay for a few weeks now as he will be competing at Eastway in the Thursday "Handicap" League.

Evening Point Series.

20th April 2006 – Lavenham 10

CC Sudbury's Evening Points Series got underway for the 2006 season on a cool evening with a light swirling wind that always seemed to be a slight hindrance and never any help. Consequently there were one or two slightly disappointed riders among the 20 starters at the end of the evening, but the good news for everyone is that they will all go a minute or two quicker once the evenings warm up.

Once again Ben Mickleburgh (Team Tri Uk) was the evenings fastest rider with an excellent 24.35, with the home clubs Doz Bree (25.56) and James Rush (26.10) taking the minor places.

More than 20 years ago Viv Marsh was a very useful "Junior" roadman. Now aged 40 he has started back again and showed how well his winter work has gone by taking a very fine 5th place with 27.21.



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1	Ben Mickleburgh	Tri UK	24.35
2	Doz Bree	CCS	25.56
3	James Rush		26.10
4	Jay Hunter	Interbike	26.27
5	Viv Marh		27.21
6	Brian Mann		28.05
7	Steve Mayes	Interbike	28.09
8	Chris Byford		28.10
9	Alan Wiseman		28.15
	Stewart Kirk		28.15
11	Nik Ritchie*		28.40
12	Andy Elderfield	Glendene	29.03
13	Nick Baker*		29.18
14	Mark Gentry		29.28
15	Dean Cross		30.09
16	Roger Rush		30.41
17	Gordon Griggs		31.22
18	Rob Weaver		32.31
19	John Steed		34.15
20	Andy Rogers		35.10

*New Members

27th April 2006 – Brent Eleigh

A much kinder evening greeted riders for the second round of the CC Sudbury Evening Points Series.

This round was held on the very sporting Brent Eleigh course and tri-athlete Lee Bark, Stowmarket CC, showed everybody how to ride it when absolutely storming round to win in 18 min 31 seconds.

Ben Mickleburgh (Tri UK) has won on this course many times but found himself 33 seconds off the pace in taking second spot. Third place went to Adrian Pettit, also of Stowmarket CC, with 19.04 and the home club's Doz Bree finished in fourth place a further 49 seconds back.

Of the 29 riders who faced the starter, no fewer than 8 improved to earn performance points with Graham White (21.28) leading the way with 98. Last weeks pace setters James Rush, Stewart Kirk and Doz Bree were also scorers this week to further

enhance their position in the table.

Current Standings So Far:

1	Stewart Kirk	158
2	James Rush	102
3	Graham White	98
4	Doz Bree	90
5	Rob Weaver	70
6	Mark Gentry	63
7	Gordon Griggs	55
8	Hugo Gladstone	38

1	Lee Bark	Stowm&Dist	18.31
2	Ben Mickleburgh	Tri UK	19.04
3	Adrian Pettitt	Stowm&Dist	19.44
4	Doz Bree		20.23
5	Jason Everett	Stowm&Dist	20.25
6	Jay Hunter	Interbike	20.49
7	James Rush		20.51
8	Hugo Gladstone		21.17
9	Steve Mayes	Interbike	21.23
10	Graham White		21.28
11	Chris Byford	Haverhill	21.41
12	Andy Elderfield	Glendene	21.55
13	Viv Marsh		22.08
14	Dave Terry	Haverhill	22.15
15	Brian Mann		22.25
16	Alan Wiseman		22.34
17	Stewart Kirk		22.35
18	Graham White	ITC	22.43
19	Nick Baker		22.57
20	Rob Harman		22.58
21	Mark Gentry		23.04
22	Dean Cross		23.36
23	Gordon Griggs		23.53
24	Nik Ritchie		23.55
25	Roger Rush		23.58
26	Rob Weaver		24.06
27	James Goldstraw	ACU	25.00
28	John Steed		26.39
29	Andy Rogers		26.41

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A Bit at the Back – Norfolk & Back Again

Another trip towards wilds of Norfolk for the Bungay 105km Audax was met by cool and windy weather. Just five club members, James, Nick, Deano, Roger, Andrew with son George (and surprisingly no 'Audax Mann') started out into a stiff wind. A fiddly route took us onto more main roads than was seemingly necessary as we made our way over towards Lowestoft. In the space of one mile, we went from being one of the first groups out, to being at the back after a spate of two pun*tures in as many minutes. So much for the merits of the previously bomb proof Continental Ultra Gator Skins!

As it was the Easter weekend, the traffic was inevitably busier than usual as we crossed the Waveney into Norfolk, with everyone and his wife heading for the coast.

A seaside (?) café in Lowestoft, under the shadow of the new wind turbine, saw hot snacks rapidly disappear as we peered out into the North Sea gloom. Do people really come here for their holidays? Hmmm!

A hairy ride alongside the seafront with the rest of the Easter day-trippers finally abated as we turned off towards Southwold. We took an unofficial café stop at the harbour before heading over the Blyth towards Halesworth.

Much to Deano's delight we were regularly picking off fellow Audaxer's as we made our way back to the front in distinctly cold, unseasonal weather.

For the final leg and with the wind at our backs, the pace was upped as we wound our way towards the finish with me hanging on the back for dear life.

But the highlight of the day came when I managed to light up a sign telling me I was speeding and to slow down to 20mph. Priceless!

Ride time - 4hr 20min. Average Speed - 15.0mph

Message from clothing secretary:

Hi! I currently have stocks of long and short sleeve race jerseys in most sizes, I also have a few thermal jackets and a very few training tops in some sizes. I also have some shorts/bib shorts, for precise details please phone 07981 996228 with your requirements. I will be bringing a small selection (I have to bike out to Lavenham with it!) of clothing to the evening TT's, if I stock what you need, but don't have it with me I will bring it the following week. If you need items not stocked, you will have to wait until the next order, which can't be placed until we've sold a bit more of the current stock. If you require clothing on the night please bring payment with you (cash or preferably s cheque made payable to CCS)

For your first purchase of the year you receive a £10 discount. Please buy some clothing and support you club!

The Wind Up

I think that will do for this month, well month and half really. Don't worry soon as this goes to print I will be working on June's edition!

So let's get out there and enjoy the weather, the roads and have some fun. Good luck to all those people taking part in the Evening Points Series and don't forget about the Interclub challenge against the Colchester Rovers on the 25th May, even if your not riding it would be good to see you there to cheer on the home team.

Remember the press will be there from 18:40 for photographs!

-The editor.