



April 2007

## Easter Break...

**I hate to say it but now that Easter is over you only have your summer holiday left and then it will be Christmas!**

**Ok that is a bit dramatic but I was in the office the other day looking at a calendar working out some delivery dates and suddenly realised that the year is steaming on.**

This is the fourth month, the clocks have gone back (or is that forward?) the evenings are getting lighter and it looks like the Sunday Club runs will be put on hold until the leaves turn.

Of course that does not prevent people from suggesting a group outing.



This photo was taken the other week on a glorious Sunday morning, in fact the sun was so bright that some riders had trouble seeing in front of them.

Yet fear not, as we wave good bye to the wet and muddy rides we have one ace left up our sleeve..

## Thursday evening Time Trial's

Wow, is it that time again? Yes it is. Our club time trials start this Thursday, 19th April. I hope everyone has been busy in these past few weeks with the good

weather tweaking their bikes to get that advantage! I am unfortunately in the states for the first two weeks on business again so I won't be about but Adam will be here if you have any questions and there is Brian Webber of course (thanks Brian). I have enclosed a page of all the time events with dates, times, course's and who is marshaling. If you are not available to marshal on the day you are by, please arrange yourselves to swap or get cover and to inform myself and Brian Webber. Also may I ask you that when you are marshaling to leave your mobile number if you have one with Brian or Alison on the day so that they can contact you if needed. I already have some but please see them first. There have been times when the number of riders have changed and you need to know this information. Also, I have one gap in the events, the Club Championship needs one more marshal on the Lavenham course, 26th July. If anyone can do this please let me know. Doz is down for a couple of events and I am asking nicely that if you are down to marshal with Doz if you can take him to the marshal point and back to Lavenham again as he will be on his bike.

I'd like to take this opportunity to remind riders that you need to get signed in as early as possible as if you are running late there might be the chance that you will miss signing on and you won't be able to ride.

Thanks in advance. I would like to thank both Doz and Bob in advance for offering help in starting off, also thanks to all the marshal's for helping, anyone else that contributes and of course Brian and Alison.

Good luck to you all for another good season.



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## Free Press Report

While the national press rejoice, and quite rightly so, in the magnificent achievement by Victoria Pendleton in winning three gold medals at last week-ends World Track Championships in Mallorca, not many of us in our sleepy Sudbury backwater will know of a small, but joyous, connection with this amazing athlete.

Her father Max (Mildenhall CC) was a regular competitor in CC Sudbury's annual Hill Climb at Semer. When Victoria (never Vicky, unless you seek her displeasure) was about nineteen, Max bought her with him to compete. She didn't win the Hill Climb, but she was as overcome with emotion at beating her dad "up a hill" for the first time, as she was on Sunday when taking her third gold.

In Palma, Victoria took gold in the Team Sprint (with Shanaze Reade), the Senior Sprint and the Keirin; three events, three golds. Magnificent.

In the Beijing Olympics in sixteen months time, of the three events, only the Senior Sprint will be available to her. However, such was the margin of her superiority over top class opposition in Palma, that she is now recognised as the sports supreme sprinter and will have a favourites chance to bring back an Olympic gold medal from that discipline.

The members of CC Sudbury have been getting active as the signs of Spring appear. Several Riders have already been competing in Audax's since early March, and last Thursday the club held a mem-

bers evening when the invited speaker was Nicholas Salway an Osteopath from Hadleigh. Nicholas covered a full range of topics from pre-race preparation, post race warm down routines, and sports injuries and their treatment.

This Sunday saw clubmen make an early foray into the new season's open Time Trials. Riding in the Haverhill Wheelers Spoco 20 miler, Great Cornard's Barry Lee recorded a time of 56.55 minutes, an excellent performance in the hilly and very windy conditions. The club's other competitor, Stan Nicholls, showing his lack of race fitness to the full, could only manage 1. 07. 28. In trying to take something positive from the experience, Stan was delighted to find that at least he hadn't finished last.

The 2007 edition of club's annual Evening Time Trial Series starts on Thursday, 19<sup>th</sup> April when the first man will be "off" at 18.45pm. This is a series that rewards improvement in performance and is therefore ideal for beginners and novices. As always the HQ will be at The Cock in Lavenham and once again the series will use 4 courses ridden in weekly rotation. The series is open to anyone who wishes to ride, you don't have to be a member of CC Sudbury but you will need to be a member of a cycling club affiliated to CTT, Time Trialing's National Governing body.

Stan Nicholls. 01787 372849

## Something from the Clothing Secretary

Hello everyone, Doz (clothing secretary) here, my new phone number is 07769 799361. I shall be bringing a small selec-



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tion on CCS clothing on Thursday nights, come and see me with your requirements. You can also phone me on 01787 378908 at work, if I'm not there, leave your name and number with one of my colleagues and I'll get back to you.

## Does anyone fancy getting dirty?

Due to a distinct lack of motivation and application on my part I am not racing this year, deciding instead to gain some kind of basic skill level riding MTB's off road which I have dedicated my meagre free time to over the winter. (with little sign of improvement, but much enjoyment) This lead me to question if there are others within the club who may be

interested in such 'dirty goings on?' At this stage I'm just trying to gauge interest of club members (if any!) I am NOT proposing to organise any competitive club events, more 'social off road' rides, in the manner of club runs. If we then find we have some competent off roaders, maybe we could enter a CCS team in some of the endurance type events. Thetford seems an obvious choice, later this year or next year? Many other cycle clubs have an active and or competitive MTB sections. Something to think about.

Anyway, if you have any views on this or ideas / offers of help / routes of your own you'd like to share, please contact me.

Doz Bree 07769 799361

## Upcoming Audax Events

If you are up for a ride out in the early Spring sun then why not try out one of these local Audax events; of course the Four Ford event is a must for all members!

|           |          |        |                           |                           |                             |
|-----------|----------|--------|---------------------------|---------------------------|-----------------------------|
| 15th Apr  | Sunday   | 8.30   | Witham Wanderer           | Chelmsford                | 106km. Also 156 & 202km     |
| 29th Apr  | Sunday   | 10.00  | Sawtry Saunter            | Bedford                   | 101km. Also 211km           |
| 7th May   | Monday   | 9.30   | ECCA Festival 100         | Chelmsford (High Easter)  | 107km. Also 207km           |
| 26th May  | Saturday | 10.00  | Four Fords                | Long Melford              | 104km. (C.C. Sudbury Audax) |
| 2nd June  | Saturday | 8-10am | Essex Castles-CharityRide | Colchester - Castle Park  | 25, 50 or 75 miles          |
| 3rd June  | Sunday   | 9.00   | Molehill Green            | Takely(Bishops Stortford) | 107km. Also 66 & 163km      |
| 10th June | Sunday   | 9.30   | Garboldisham Grovel       | Garboldisham              | 104km. Also 54, 162 & 207km |



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## Time Trial Marshalling Duties

Please take note of the dates and rides when you are required to marshal.

| <u>Date</u>            | <u>Course</u>          | <u>Time</u> | <u>Marshal</u>               |
|------------------------|------------------------|-------------|------------------------------|
| April 19 <sup>th</sup> | Lavenham 10            | 6:45        | Terry Law<br>Brian Mann      |
| April 26 <sup>th</sup> | Brent Eleigh           | 6:45        | Barbara Law                  |
| May 3 <sup>rd</sup>    | Bridge Street          | 7:00        | Roger and<br>James Rush      |
| May 10 <sup>th</sup>   | Hitcham Hilly          | 7:00        | Stan Nicholls<br>Dean Cross  |
| May 17 <sup>th</sup>   | Lavenham 10            | 7:00        | David Fenn<br>Colin Dales    |
| May 24 <sup>th</sup>   | Brent Eleigh           | 7:00        | Rob Sidgwick                 |
| May 31 <sup>st</sup>   | Lav 10 Col Rovers      | 7:00        | Peter Whitely<br>Mark Gentry |
| June 7 <sup>th</sup>   | Bridge Street          | 7:30        | Tom Moore                    |
| June 14 <sup>th</sup>  | Hitcham Hilly          | 7:30        | Tom Moore<br>Robin Weaver    |
| June 21 <sup>st</sup>  | Lavenham 10            | 7:30        | Rob Harman<br>Doz Bree       |
| June 28 <sup>th</sup>  | Lav 10 WS/Hav Wheelers | 7:00        | David Fenn<br>Hugh Rethman   |
| July 5 <sup>th</sup>   | Brent Eleigh           | 7:30        | Mark Gentry                  |
| July 12 <sup>th</sup>  | Bridge Street          | 7:30        | Gary Andrews                 |
| July 19 <sup>th</sup>  | Hitcham Hilly          | 7:15        | Hugh Rethman<br>Rob Davies   |
| July 26 <sup>th</sup>  | Lav 10 Club Champ      | 7:00        | Doz Bree                     |
| Aug 2 <sup>nd</sup>    | Brent Eleigh           | 7:00        | Gordon Griggs                |
| Aug 9 <sup>th</sup>    | Hitcham Hilly          | 6:45        | Hugh Rethman<br>Stewart Kirk |
| Aug 16 <sup>th</sup>   | Bridge Street          | 6:45        | Gary Andrews                 |
| Aug 23 <sup>rd</sup>   | Lavenham 10            | 6:30        | Andy Rogers<br>John Steed    |
| Aug 30 <sup>th</sup>   | Brent Eleigh           | 6:30        | Viv Marsh                    |