



May 2007

May Mayhem

Welcome to the 5th month of the year already.

Normally at this point I will bore you all with a little bit about the year so far and a re-cap on the weather.

Well the weather is so un-predictable that I am not going to bother; hot, cold, hot, cold, wet, hot, wet, soaked, baked and so on.

Plus added to this we have a bumper issue install for you, a lot of words and not so many pictures. So grab your favorite drink sit back and enjoy the read, you never know the weather might have changed three times by the time you get to the end!

TIME KEEPER BREAKS RECORD

Sunday 20th May saw eight club members ride two laps of the 'Tour De Tendering' on a glorious summers day. A gentle breeze blew us along the undulating coast road of the Stour Estuary westwards to Bradfield where we headed south across the tendering plateau through Gt Bentley to Jaywick. From there the head wind along the Clacton seafront was very noticeable. The route moved inland then through Kirby Cross and Gt Oakley to skirt round Pennyhole Bay and return to the marquees and bouncy castle on the Dovercourt sea front. This year there was no live music, but cycle size hot dogs went down well. Apparently only 23 riders completed the second 50 mile lap and we were a third of that!



Rider of the day without any doubt was Lucy who had previously only ridden 40 miles on a club run! She overcome 'the bonk' and we all completed the 100 miles in a credible 6 hours – 16.6 mph average.

ANATOMY OF A TIME TRIAL DEBUT

I like the premise of 'It's not the winning that counts, it's the taking part'.

This translated in my mind as - I can start riding T.T.'s but not be expected to do well.....

Bargain, I'll have a go then!

Weeks beforehand, I am pedaling around the local lanes getting some hard riding in to prepare for the big day. A 10-mile circuit near home is my training route. Balls out, all the way round, week after week. Are my times improving...err not sure, as I can never quite work out how to start or stop the bike computer stopwatch. I am sure I am getting quicker though.

The day arrives along with the butterflies. It's the Lavenham 10. I'm thinking it cannot be too bad as I rode a few T.T.'s in my teens and do not remember them being total nightmares.

After a few warm up miles (just copying what the regulars were doing), I arrive at the start far too early. Finally, it's my turn. Some geezer with an orange hat, holds onto my frame while I try and fail to clip in. I manage it seconds before the off. 5-4-3-2-1 GO. Off I went, out of the saddle, up the slight incline, though at this point it feels like a hill. Must get my breathing right, but it is all over the place. Short breaths, long breaths. Nothing helps. I start to go into panic mode Glance down at the computer, 18 –19 –18 –17mph. Hmm, this is not so good. 20mph will only give me evens (30 minutes) I struggle on until the downhill-ish bit towards Waldingfield. This is better as the gears go bang, bang, bang down to the highest cog, although I find myself almost freewheeling as I rest my legs, which are now on fire. God this is hard. Nobody warned me this would happen.

I manage to go over the mini roundabout without colliding with anything. Then whoosh. A blue and orange blur shoots pass me. My minute man behind me has caught me. Bugger! I'll try and stay with him. Err, no, I won't, he's going like a train and I'm going like a cart-horse that's devoid of any breathing rhythm or power down below. The 'long' drag across to the turn goes on forever. I see other riders coming back and each time I put on show to look as if I'm really trying hard while not making eye contact.

I negotiate the large roundabout with no idea what line to take or what I'm doing and wistfully hope I might slide off and have to retire on the spot. What a prat I think to myself later.

The stretch back to Waldingfield goes a bit easier. I look down and notice I'm still in the middle ring. Oops. Up to the big ring and the fire in my



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thighs starts up again.

The mini roundabout is taken with ease, although the guy in the car coming from my right obviously thought I was an accident waiting to happen so he let me through, although he had priority.

Cheers mate.

Through the village, I avoid any hold ups and into the slight downhill where the speed hits 25 and I have thoughts of a sub 30 at the finish.

At the bottom, I know there is a slight incline to follow for a few yards. The incline turned into a mountain pass and the yards turned into miles. Hell, this is horrible. Someone has tilted the road up. 15 becomes 14, then 13, 12mph. Out of the saddle proves to be just as useless as on it.

Someone help me. I want a puncture and I want it NOW. How can I be so hopeless after all those winter miles? I want it to end. My legs have nothing left as I reach the 'brow' of the hill I've just climbed. More riders pass by and shout encouragement to me as I lamely limp towards the end bravely trying not to cry.

Ahh, I can see Lavenham church. It will be over soon. The timekeepers are in the distance as I grit my teeth and burn my legs to ashes as I put on a 'show' at the end by upping my speed by 2-3mph. What a hero, I have finished. I freewheel for 5 minutes unable to focus on anything before I find myself in the middle of Lavenham. Back at the car park, everyone is chatting and discussing how they went. I pray no one speaks to me as I can't (speak that is)

I sit down on the kerb feeling less than well. I promised myself there and then that I would never do anything like that again. Never, ever! After 20 minutes, I stagger up as the results sheet arrives back. Maybe high 29's if I am lucky.

I look and stare at the results. What, 32 something. You are having a laugh. Surely, there is a mistake. All that effort and pain for that **and** I'm last! Other riders (half my age and weight) come over and congratulate me (!) and tell me it will get easier the more I do. Yeah, sure it will.

Within a couple of hours, I find myself thinking where I could improve and I should try to start off a little easier etc, etc.

Yep, once bitten by it all, it is hard to shake off. I came back the next week and for the rest of the season and finally got into the 28's. Well pleased I was too! It's still bloody hard though!

Bloke at the very Back

Evening 10 Points Series

3rd May Bridge Street

Pos	Rider	Club	Time
1	R Davies	CCS	20.48
2	J Chisnall	CCS	21.09
3	V Marsh	CCS	21.32
4	M Gant	CCS	21.39
5	C Byford	Hav W	22.11
6	S Kirk	CCS	22.34
7	D Wright	CCS	22.45
8	A Russell	CCS	23.00
9	N Baker	CCS	23.12
10	P Burman	Hav W	23.27
10	M Rennison	CCS	23.27
12	D Coughlan	CCS	23.37
13	P Fradley	CCS	23.59
14	R Weaver	CCS	24.42
15	B Mann	CCS	24.55
16	G Griggs	CCS	25.19
17	T Law	CCS	27.03
18	B Law	CCS	27.15
19	J Steed	CCS	29.49

Rob Davies is undoubtedly the man in form at the moment and he showed his fitness with a fine ride to win the event in 20.48. John Chisnall continued to show strongly and took 2nd spot with 21.09; Viv Marsh was 3rd with 21.32.

Only two riders, Rob Davies (38 points) and Viv Marsh (27) were able to add any bonus performance points in the season long race for the trophy. Overall Terry Law leads with 158 points and Roger Rush is still 2nd on 131. Viv Marsh and Rob Davies retain 3rd and 4th spots respectively, but move closer to the leading pair

10th May Brent Eleigh (replacement of Hitchem Hilly)

Pos	Rider	Club	Time
1	J Chisnall	CCS	21.12
2	J Rush	CCS	21.13
3	R Davies	CCS	21.16
4	M Gant	CCS	21.51
5	B Mann	CCS	22.15
6	S Kirk	CCS	22.30
7	C Byford	Hav W	22.35
8	N Rush	CCS	22.47
9	R Weaver	CCS	23.52
10	T Law	CCS	25.17
11	T Moore	Bath	27.55

In fact so dark did conditions become at one stage that cancellation of the evening's race was a distinct possibility. In the end it was decided not



to use the scheduled Hitcham Hilly course and instead to switch the event to the much shorter Brent Eleigh circuit.

In the scratch race the first three places were hotly contested but eventually the home clubs John Chisnall posted his first outright win in the Series when recording 21.12, a very fine ride in the circumstances.

James Rush and Rob Davies then had a very close battle for the second spot with James, finishing in 21.13, proving the faster by three seconds.

After four rounds of the Points competition Terry Law still holds pole position with 168 points.

Roger Rush (131) and Viv Marsh (129) cling to second and third spots notwithstanding that they were both non-starters this week.

Following his 3rd place in the scratch event Rob Davies, now on 110 points, retains his fourth place but moves closer to the leading trio

17th May Lavenham 10

Pos	Rider	Club	Time
1	S Wright	CCS	22.54
2	A Pettit	SDCC	23.33
3	R Davies	CCS	24.18
4	D Bree	CCS	24.51
5	J Everett	SDCC	25.12
6	J Chisnall	CCS	25.18
7	J Rush	CCS	25.29
8	M Gant	CCS	26.17
9	A Russell	CCS	26.30
10	T Bowman	CCS	26.38
11	S Kirk	CCS	26.47
12	C Byford	Hav W	26.55
13	B Mann	CCS	27.14
13	M Rennison	CCS	27.14
15	P Fradley	CCS	27.43
16	P Burman	Hav W	27.55
17	R Rush	CCS	28.41
18	G Griggs	CCS	29.35
19	J Gant	CCS	31.02
20	J Steed	CCS	33.54
21	T Moore	Bath	34.31

Two workmates from Delphi's Sudbury factory dominated proceedings at Thursday's 5th round of the CC Sudbury Evening Points Series where both Simon Wright and Rob Davies posted personal bests.

On a murky, but otherwise ideal evening, Simon blasted round the 10 mile Lavenham circuit to win in 22 mins 54 secs, an impressive 33 second

improvement over his previous best for this course, and 40 seconds too fast for second placed Adrian Pettitt (Stowmarket CC).

Rob Davies has been going well since the season began and his seam of good form continued when he posted a 24.18 time for 3rd place and a 17 second improvement on his PB. Doz Bree (CC Sudbury) was making his first appearance of the season but showed that he too is in good form by taking 4th spot with 24.51.

In the points competition comeback rider Pete Fradley was the main beneficiary, his 27.43 ride earning him 66 points. Matt Gant (29 pts) and Tim Bowman (21) were others to gain some performance improvements points. In the overall race for the trophy Terry Law, an absentee this week, still leads with 168 points with Roger Rush, Rob Davies and Viv Marsh filling the minor places in an unchanged table.

24th May Brent Eleigh

Pos	Rider	Club	Time
1	R Harman	CCS	19.34
2	R Davies	CCS	19.37
3	D Bree	CCS	19.48
4	J Everett	SDCC	19.52
5	A Pettit	SDCC	20.10
6	T Hasledine	SDCC	20.28
7	V Marsh	CCS	20.38
8	J Rush	CCS	20.39
9	J Chisnall	CCS	20.43
10	M Gant	CCS	20.49
11	S Kirk	CCS	21.17
12	C Byford	Hav W	21.35
13	M Rennison	CCS	21.37
14	T Bowman	CCS	21.44
15	B Mann	CCS	21.55
16	P Burman	Hav W	21.56
17	N Baker	CCS	22.20
18	S Jones	CRC	22.35
19	G Griggs	CCS	23.11
20	R Rush	CCS	23.12
21	N Grange	Hav W	23.21
22	R Weaver	CCS	23.23
23	T Law	CCS	24.03
24	S Kitchcock	CCS	24.09
25	C Hall	CRCS	25.24
26	B Law	CCS	26.15
27	J Gant	CCS	26.24
28	J Steed	CCS	27.06

The CC Sudbury riders did the promoting club proud this week when they filled the first three places at 7th edition of the Evening Points Series on the Brent Eleigh circuit. The powerful and consistent Stowmarket club had sent a strong



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contingent of their riders, normally a sign that at least some of the leading finishing positions will be theirs, but on Thursday fourth spot was the best they could muster.

Fastest man on the night was Rob Harman, whose impressive 19 min 43 sec time was just good enough to relegate Rod Davies to 2nd spot by 3 seconds. Doz Bree, making only his second appearance this season, took third place with a good 19.48 ride.

In the points race Rob Davies was the biggest gainer this week, his second place in the scratch race earning him 59 points. Another rider showing useful form was Roger Rush who reaped 56 points for his 23.12 ride, while Matt Gant (45 points) and Barbara Law (34 points) also scored well. This week's racing has made some marked changes to the top of the leader board in this season long competition. Roger Rush, with a total of 197 points, now finds himself at the head of affairs, but the position couldn't be tighter. Rob Davies (196) is in second place and only 1 point off the leader's total. Terry Law, who has led the table for the majority of this season, slips to third on 190 points after this week's ride could only net him 22 points. Viv Marsh remains in fourth on 157 points.

Planned Events To Date

FAMILY DAY OUT

Saturday 24th June, West Stowe

9:00 – 40k/25 miles ride to West Stowe Anglo Saxon village and county park from Market Hill Sudbury.

11:30 – Meet up with car borne participants for: Walks or riding in Thetford Forest or in the County Park

Visit the reconstructed Anglo Saxon Village (no archaeological evidence of Saxon Cycles found yet!)

Mid afternoon ride home or drive back home. (sorry no barbecues)

Peter Whiteley 01787 375269

UCI TRACK CYCLING WORLD CHAMPIONSHIPS

26-30 MARCH 2008

MANCHESTER VELODROME

<http://www.worldtrackcycling.com/index.shtml>

Following the trip several members made to the Velodrome in March, we're organising a trip to the World Championships on Thursday 27 March 2008.

The day's programme includes;

Men Team Pursuit
Women Individual Pursuit
Women Team Sprint
Men Sprint Rounds & Quarter Final

Transport will be by self-drive (shared) minibus or car, leaving Sudbury early Thursday morning, and returning in the early hours of Friday.

Tickets have been reserved for 20, and are available on a first-come first-served basis. Payment for tickets (£15) will be required now; travel costs will be paid later, and are expected to be less than £15 a head.

If you are interested in coming please contact Robin Weaver (01449 741048; robinandpam@tiscali.co.uk) or Roger Rush (01473 828318; rushr23@aol.com).

We're aware that this may be a bit early for some people to commit themselves, but tickets went on sale on 21st May and have been selling rapidly. Even if you've already said you would like to come, could you please re-confirm this. Thanks.

ROBIN'S (NOT AN AUDAX) CIRCULAR SIXTY

A date for your diary; make a note now!

On Saturday, 28 July, there will be a circular 60 mile club ride, starting and finishing at Bildeston, with two compulsory café stops and food and drink on finishing. The ride loops south to Elmsett, via Needham Market and Stowupland to Cotton, then down to Wetherden and back to Bildeston; slightly different territory to our usual club runs; some hills, but not too many.

Departure at 9am. Estimated time of return no later than 2.30pm; refreshments then available.

For any further information, contact Robin Weaver, 14, Chapel Street Bildeston, IP7 7EP. Home 01449 741048; work 01473 825753: robinandpam@tiscali.co.uk