



June 2007

What has happened to our weather? All this rain takes the phrase 'british weather' to another level. We have already cancelled one time trial evening due to the rain and don't want to have to cancel any more! Come on the sun.

I would like to congratulate Andrew Hoppitt on a very successful AUX back in May the 'Four Fords'. Well done Andrew. Photo's can be found on the [CCS group](#) on the flickr website for those who are interested.

CCS Audax:

Last month CC Sudbury welcomed 60 riders to the Scout Hut in Long Melford for the start of the 104 km "Four Fords" Audax ride. This event normally attracts cyclists from over a wide area and this year was no different with riders coming in good numbers from Suffolk, Essex, Herts and Norfolk. The farthest travelled were Mary and Phil Dyson who came from Oxfordshire, bringing with them the only tandem entered. There was a strong contingent of 10 riders from the home club, including the youngest competitor, George Hoppitt (13) and the eldest "Mac" McDermott, who was already racing nearly half a century before young George was born.

The riders left the HQ sharp at 10am in good weather, (they encountered a few light showers later in the day), on a ride through attractive countryside and quiet pleasant lanes. On leaving Melford the route headed toward Lavenham then continued on a wide sweeping circuit through Felsham, Rattlesden, Onehouse, and Ringshall, before offering participants the chance of enjoying the steep hill at Semer. Once this was crested the field was heading home via Kersy, Lower Layham, Nayland, Lammarsh, Borley and back to the HQ at

Melford where refreshments were awaiting them.

Organiser Andrew Hoppitt reports that everyone arrived back safely and, apart for the inevitable puncture, without any mechanical problems. He added that he has now received many complimentary messages about the route and the efficient running of the event from those who took part, so well done to the back up team of Lucy Jay, Jenny Mann, Robin Weaver, Pete Whiteley and Louise and Lucy Hoppitt.

Duathlon:

CC Sudbury member Barbara Law made her first appearance in a GB vest in the 2007 Duathlon World Championships in Győr, Hungary. Barbara was competing in the 60 – 64 AG category, and on a very hot and humid day (temperatures were around 26 deg C during the race) it proved a difficult baptism.

The race was conducted over a run, bike, run format. The first running stage, over 2 x 5kms laps, went well for Barbara and she came off of that section in 45 min 01, lying 3rd. At this stage she was well ahead of Barbara Morgan, the American who would eventually take the bronze medal.

The bike leg was 3 laps of a very technical 12 kms circuit. This circuit consisted of many very tight turns and a long difficult climb at the far end of each lap. In the increasing heat Barbara decided to ease back a little and try to conserve some energy for the final running section. While the thinking behind the tactic was sound the result of taking that decision was that by the end of this stage Barbara had slipped back into 5th place. Morgan, with a stronger ride and a



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slicker transition had moved ahead at this point.

The final run was a single lap of the opening leg, and Barbara put in another excellent effort to record the 3rd fastest time for the stage and to close down considerably on those ahead of her.

At the end of her first international duty Barbara was left feeling that a better result may have been possible and, that in this class, a bronze medal is a realistic target in future.

Barbara's two third places in the running stages, and an overall fifth place, were a commendable debut effort. The bike leg is likely to remain Barbara's weakest discipline until she gains more experience, and she probably lost more time than was necessary by over compensating for the effects of the heat on this stage. However it is clear that she has the potential to improve markedly in this phase and that when she does, she will certainly become a competitor to note.

CYCLING: Points Series

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 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 ap-

pearance this season, took third place with a good 19.48 ride.

Adrian Pettit (Stowmarket CC) was the only other man to go under 20 minutes on an evening when conditions appeared to be near ideal; his 19.52 ride being good enough to earn him fourth place.

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 Mark 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.

Stan Nicholls - 01787 372849

Evening time trial results Thursday May 31st Lavenham 10

Interclub event with Colchester Rovers

Pos	Rider	Club	Time
1	M Smith	CR	22.30
2	J Reed	CR	23.15
3	K Baker	CR	23.42
4	N Webber	CR	23.53
5	A Woolf	CR	23.54
6	P Jarvis	CR	24.07
7	R Davies	CCS	24.22
8	R Harman	CCS	24.29



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9	J Meacham	CR	24.43
9	Doz Bree	CCS	24.43
11	A Manley	CR	25.11
12	J Chisnell	CCS	25.31
13	J Baker	CR	25.57
14	M Gant	CCS	26.00
15	V Marsh	CCS	26.10
16	E Baker	CR	26.28
17	B Mann	CCS	26.39
18	N Rush	CCS	26.56
19	T Pearse	CR	26.59
20	H Ward	CR	27.11
21	S Kirk	CCS	27.18
22	E Spurgeon	CR	27.30
23	P Fradley	CCS	27.58
24	E Knott	CR	28.14
25	R Knott	CR	28.48
26	B Hall	CR	29.01
26	R Weaver	CCS	29.01
28	C Douglas	CR	29.04
29	D Williams	CR	29.41
30	T Law	CCS	29.48
31	S Hiscock	CCS	29.50
32	A Anderson	CR	30.12
33	B Pearse	CR	30.33
34	K Champion	CR	30.39
35	T Howard	CR	31.10
36	B Law	CCS	32.13
37	C White	CR	32.20
38	J Gant	CCS	32.44
39	J Steed	CCS	33.23

Thursday June 7th Bridge Street

Pos	Rider	Club	Time
1	S Wright	CCS	18.31
2	M Toone	IBC	19.55
3	D Bree	CCS	20.10
4	J Everett	SDCC	20.24
5	J Chisnell	CCS	20.48
6	M Gant	CCS	21.08
7	V Marsh	CCS	21.18
8	T Bowman	CCS	21.39
9	M Flynn	IBC	21.44
10	S Mayes	InterBike	21.48
11	S Kirk	CCS	21.51
12	N Baker	CCS	21.53
13	B Mann	CCS	22.05
14	C Byford	Hav W	22.08
15	M Rennison	Hav W	22.12
16	P Burman	Hav W	22.32
17	P Fradley	CCS	22.46
18	R Weaver	CCS	23.29
19	G Griggs	CCS	24.05
20	T Law	CCS	25.28

21 R Davies CCS DNF

Thursday June 14th Hitcham Hilly
was cancelled due to rain

Thursday June 21st Lavenham 10
changed to Hitcham Hilly due to road works

Pos	Rider	Club	Time
1	L Bark	SDCC	31.48
2	A Pettit	SDCC	33.12
3	R Davies	CCS	34.33
4	J Rush	CCS	35.47
5	C Gibbons	Works	35.56
6	W Siodelski	SDCC	36.23
7	J Chisnell	CCS	36.26
8	C Byford	Hav W	36.59
9	V Marsh	CCS	37.06
10	S Mayes	InterBike	37.10
11	S Kirk	CCS	37.14
12	N Baker	CCS	37.30
13	R Martin	Fremantle	38.19
14	A Townsend	SDCC	38.31
15	D Terry	Hav W	38.33
16	N Rush	CCS	38.38
17	B Jackson	SDCC	41.24
18	B Mann	CCS	41.46
19	T Law	CCS	44.29
20	C Hall	CR	44.32
21	B Law	CCS	45.49
22	J Steed	CCS	47.14
23	T Moore	Bath RC	49.00

The 3 Valleys Dieppe Raid



In what has now become a club tradition, a record (AFAIK) 13 members of CC Sudbury made the annual trip to Dieppe in Normandy this month, to raise nothing

Cycle Club Sudbury



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other than the proportion of orange jerseys in the 100km and 140km Randonnée events. For reasons still somewhat unclear, this event, although entirely organised and run by a French club, enjoys huge support from UK based riders. In fact over half of the 403 starters were from the UK. The event also includes 200km and 50km rides for the more, and less, ambitious as well as a walk for non-cyclists. Peter W, Mac M, Steve T, Colin D, Mark G, Scott J, Robin W, Dave F, Stewart and Helen K, and myself were joined by Kevin and Carole R, (members of France based AG-Orval-Coutances) who enjoyed honorary CCS member status for the weekend partly due to Kevin being an ex-CCS racing starlet, partly due to him being the son of one of the club's founder members, and partly through them both being thoroughly nice people.

The hotel proprietor was so impressed with previous CCS visits that this year she and her two daughters also completed the 50km event. She kindly offered to fill my bidons with water and chill them overnight. When I presented them to her already primed with an unidentified powder, she gave me a knowing smile and said that what she'd heard about cyclists was obviously true. When I collected them in the morning she whis-

pered to me that I should not worry about my use of chemical assistance because she had seen the large concoction of pills being taken by the other riders at breakfast!

Between the 13 of us, we clocked up a total of 1,700km on delightful French roads and cycleways, without a single, puncture or any mechanical mishaps apart from a dropped water bidon and some luggage carrying issues. For Kev and I, riding together again after a break of over 20 years, the impulse to resurrect the long forgotten habit of sprinting for the village signs was too great to resist - well, for a few miles anyway. After he decisively beat me to the first few, I managed to sneak by him when he wasn't looking and claim a few for myself before announcing that that always was a silly idea and I won't be partaking any more.

A pleasant feature of the various length routes was that they frequently overlapped each other and also shared the same controls and feeding stations, so although we were doing different events we were largely able to ride as a group of 13 and were able to regroup for lunch. (Eating was in fact a very regular feature of the weekend overall, with a impressive amount of French cuisine being sampled over the 3 day trip.) As we wound our way south away from Dieppe we rode through many pretty villages and then a dense and lush forest. This seemed like a suitable place to jump away from the group - to answer calls of nature of course. Having not seen any traffic for ages, I took my turn and went a few metres up a deserted little track, miles from anywhere. Just as I was at a critical point of the operation a car appeared from nowhere and drove up this track right past me, immediately followed by a Gendarme car and minibus, which both





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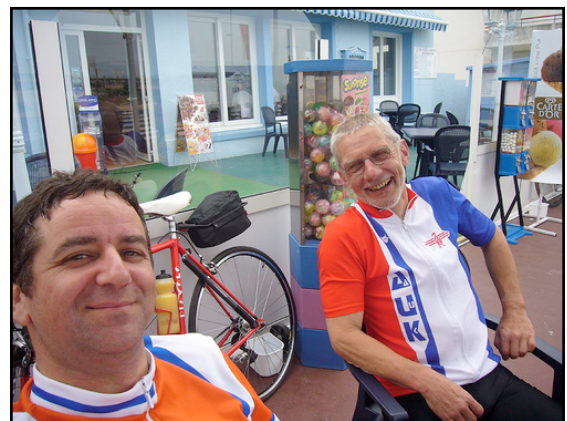
pulled up right behind me and out jumped about half a dozen armed police. Lucky for me the French have liberal attitudes to this sort of public exposure and I was not their target but my British reserve did make it a worrying moment nonetheless.

About mid morning we passed through a quaint little village, which was rather pleasingly called "Bures". Until recently Bures had a railway line passing through it, which has now been converted to an "Avenue Verte" which is a traffic free cycle lane. I don't know how far it was in total but we used it for at least 20km and it was an absolute joy. Perfect tarmac, gravel free, and well used by the locals for all sorts of human powered activity from rollerblading to families on bikes as well as walkers.

After our pleasant (and free) lunch we set off again and were immediately presented with a huge long grind of a climb, which was just (not) what was needed straight after a lunch break. However over the 140km there were not really too many hills although those that there were were all of impressive lengths and there were a few fantastic down hill stretches where miles of freewheeling, including some hairpins, was possible which more than made up for it. A little later a rare thing passed us in the form of a peloton of tandems. At first we heard the noise from behind as they shouted at each other in French then they clattered past with some loud and worrying noises coming from some of the many bottom brackets in use. Somewhat bemused we watched them clatter up the road before we realised what a great opportunity this was. Five, no less, tandems in a tight bunch, going our way, a few mph faster than we were! Once we realised what was on offer a couple of us and jumped

across and tucked in for an easy ride. Soon we were joined by several of the others and we bonged along for several miles at a very respectable speed for virtually no effort.

Soon though we arrived at a pre-arranged coffee stop so we let the fleet of tandems go and regrouped with the others before a short detour to the amusingly named "Le Coq Hardi" café and there was much rejoicing. From here it was only about 25km to the finish so spirits were high and we enjoyed a mad dash into Dieppe on long downhill stretches.



Some well earned beers were consumed that evening punctuated by more things to eat and we all congratulated each other on a successful and most enjoyable trip. It is easy to see why this has become a popular event on the CCS calendar and I for one am looking forward to next year (200km anyone?).

Viv Marsh - www.lythgo.co.uk

UCI TRACK CYCLING WORLD CHAMPIONSHIPS

26-30 MARCH 2008, MANCHESTER VELODROME ONLY 6 PLACES LEFT

We've got 20 tickets for the World Championships on Thursday 27 March



2008. 14 people so far have said they want to go; there are 6 places left.

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.

If you are interested in coming please contact Robin Weaver or Roger Rush.

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've said you want to go, and haven't yet paid, could you please let Robin have £15 as soon as possible. Thanks.

We're aware that this may be a bit early for some people to commit themselves, but tickets have been selling rapidly.

Ipswich Host Cycle Speedway

"It's the Blue Riband event of cycle speedway and in two months' time it's coming to Ipswich's Whitton Sports Centre.

This August Bank Holiday will see the British U16 and British Open cycle speedway semi-finals and finals being held in Suffolk, with the country's top riders on show in what is set to be a weekend of high-class and dramatic two-wheeled action.

With semi-finals at Kesgrave, Great Blakenham and Somersham, and finals day at Ipswich, it promises to be thrills-a-minute action for fans of the sport."

Mike Bacon - Evening Star

The exact details are presently a bit unclear but keep posted as more develops,

maybe a good venue for an unusually timed Club Run?

ROBIN'S (NOT AN AUDAX) CIRCULAR SIXTY: NOW SATURDAY 21 JULY
IF YOU MADE A NOTE OF THE DATE OF THIS RIDE, CHANGE IT NOW!

This event has been brought forward a week, from Saturday 28 July to Saturday 21 July, owing to circumstances beyond my control (they usually are!).

On Saturday, 21 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.

The ride will start and finish at the rear of 14, Chapel Street, Bildeston (in Duke Street). Parking is available in Duke Street or at Bildeston Sportsfield car park, and riders are asked to meet at the rear of 14, Chapel Street for departure at 9am. Drinks/biscuits available from 8.30am. 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 (until 14 July); mob 07931 101264.

If you are intending to ride, could you please let Robin know by Thursday 19 July.