



Well, what a confused summer we have had but it did kick in at last, better late than never! The good old smell of autumn is here with the warm sun shine which will hopefully stay for a few more weeks. Time trials are now over but there is no need to worry. There is still plenty going on....

My Kind Of Time Trial

Thanks to all those riders that turned up the evening meal at the Cock public house in Lavenham, I would have spoken to more people but I had a date with a seriously good steak that required more time than I first expected.

Time Trials Results

Thursday 16th August - Brent Eleigh

Pos	Rider	Club	Time
1	A Pettit	SDCC	19:03
2	J Rush	CCS	19:50
3	T Hasledine	SDCC	19:51
4	R Harman	CCS	20:20
5	D Terry	Hav W	20:51
6	B Caisey	SDCC	21:00
7	B Mann	CCS	21:25
8	A Townsend	SDCC	21:35
9	S Kirk	CCS	21:48
10	G White	ITC	22:19
11	S Mayes	Inter Bike	22:20
12	T Law	CCS	23:14
13	R Sidgwick	CCS	24:04
14	F Gardnier	53-12	25:24
15	B Law	CCS	25:59
16	J Steed	CCS	26:11
17	H Rethman	CCS	26:36
18	T Moore	Bath	27:48

Thursday 23th August - Lavenham 10

Pos	Rider	Club	Time
1	L Bark	SDCC	22:27
2	A Pettit	SDCC	23:35
3	D Bree	CCS	24:17
4	J Rush	CCS	24:37
5	J Bonnyhood	Victoria	24:44
6	T Hasledine	SDCC	25:16
7	J Chisnal	CCS	25:53
8	R Davies	CCS	26:42
9	B Mann	CCS	26:53
10	G White	ITC	26:56
11	M Shotbolt	CCS	27:12
12	C Byford	Hav W	27:22
13	T Law	CCS	29:33
14	T Clayton	53-12	30:34
15	F Gardnier	53-12	30:54
16	G Griggs	CCS	31:18
17	B Law	CCS	32:11

Thursday 30th August - Brent Eleigh

Pos	Rider	Club	Time
1	L Bark	SDCC	18:01
2	J Rush	CCS	19:52
3	J Everett	SDCC	20:30
4	J Chisnal	CCS	20:41
5	S Kirk	CCS	21:10
6	B Londen	CCS	21:12
7	P Fradley	CCS	21:28
8	B Mann	CCS	21:36
9	C Ling	Dis Distict	21:54
10	S Mayes	Inter Bike	21:57
11	C Byford	Hav W	22:12
12	G White	ITC	22:27
13	T Law	CCS	22:44
14	R Weaver	CCS	23:16
15	A Rogers	CCS	23:46
15	G Griggs	CCS	22:46
17	R Sidgwick	CCS	23:48
18	C Killick	CCS	24:26
19	B Law	CCS	26:21
20	J Steed	CCS	26:42
21	H Rethman	CCS	26:59



October 2007

2007 Time Judging Event 23rd September with West Suffolk and Haverhill Wheelers at Hawkedon

Pos	Rider	Club	Time Dif
1	R Rush	CCS	00:04
2	D Fenn	CCS	00:05
2	M Gentry	CCS	00:05
2	B Law	CCS	00:05
5	B Mickleburgh	Hav W	00:06
6	T Law	CCS	00:08
7	A Chamberlin	CCS	00:15
8	A Hoppit	CCS	00:17
9	G Hoppit	CCS	00:21
9	P Whiteley	CCS	00:21
11	P Grainge	Hav W	00:23
12	B Mann	CCS	00:24
13	C Dales	CCS	00:25
14	H Rethman	CCS	00:55
15	P Wiseman	Hav W	00:56
16	S Kirk	CCS	00:68

Total points awarded
 CCS = 239
 Hav W = 122
 WS W = 0

Upcoming dates:

All held at the Stevenson Center:

- Thurs 18th Oct 7:00 Committee Meeting
- Thurs 18th Oct 7:30 AGM
- Wed 14th Nov 7:30 Committee Meeting
- Thurs 22nd Nov 7:30 Talk with Bob Haywood
- Thurs 13th Dec 7:30 Quiz Night
- Thurs 10th Jan 7:30 Subs Night
- Sun 27th Jan 9:00 Reliability Ride

AGM

We look forward to seeing you all at The Club AGM on Thursday 18 October. It is being held at The Stevenson Center, Broom Street, Gt Cornard at 19:30 and refreshments will be served. If you haven't been there before, try putting CO10 OJT into whatever system you use!

This is your annual chance to elect your committee, hear reports on the clubs activities, finances, etc for the last year/ To make plans for next year, and to consider proposals on a variety of matters including membership fees, clothing, time trialling fees etc. Any proposals for consideration must be received by Geof Morse (secretary) at least two weeks before the meeting.

The agenda, including proposals for consideration, will be sent out more than a week before the meeting.

All offices are up for election with the following needing a new candidate:- Chairman, Press Secretary, Clothing Secretary (needs to be able to take clothing stocks to the evening time trials and keeps good records)

All other incumbent officers are, to the best of my knowledge, available for re-election, but alternative candidates are welcome, and fresh blood (none spilt yet!) as committee members are especially welcome.

There will be a 33% off SALE of existing CLOTHING stocks after the meeting.

Club Nights

After the success of last March's talk by Nick Salway we have arranged two more evenings before Christmas:-
 Thursday 22 Nov, "How to make the most of your limited training time" with Bob Haywood, the well respected coaching coordinator of Cycling Time Trials in East Anglia.



Thursday 13 Dec, Quiz Night. A social evening with a mix of cycling and general knowledge rounds to keep the little grey cells fit and active.

Peter Whiteley, Chairman

If anyone has any ideas on evenings they would like to attend or arrange then please call either Lucy Jay 01787 312976 or Peter Whiteley 01787 375269

Upcoming Rides:

Sun 4th Nov - CCS Open Hill Climb - Semer 11am ** Please remember that all entries must be sent to Geoff Morse 2 weeks before the event** You can call Geoff on 01787 375269, White House, Heathway, Great Waldingfield, Suffolk, CO10 0TU

Sun 11th Nov - Inter Club Hill Climb - CCS, Hav & WSW 11:05am Primrose Hill, Molton.

Please note that this has been changed from the 21st October as some thought. The climb will not start until after the minutes silence at 11.

A Bit at the Back

"You doing the Speed Judging event at Hawkedon on Sunday?" came the polite enquiry on the phone from Brian Mann. "Erm, well, ahh, dunno Bry" I spluttered back, pretending I knew all about it, but had forgotten it was this weekend. "Aw, go on, I'm trying to get a decent crowd of us to take part so we can win it again", he pleaded. I promised to try to re-arrange my weekend to fit it in. Now, speed and judgement are not my strongest attributes, but as he had asked nicely, I arrived at the Market Hill with about a dozen other souls. After the short run over to Hawkedon, (I'd no idea where it was either!) we were met by the sight of Brian's Chuck-Wagon, from

which Jenny was dishing out welcome teas, coffees and biscuits. Good start, thinks I.

The event was supposed to be a three-way competition between CCS, hosts Haverhill Wheelers and West Suffolk Wheelers. Haverhill amassed three riders, while WSW amassed three less as they were all washing their hair or something and couldn't come out to play. The rules were fairly simple, just ride round a 3 mile circuit and then do the same in the reverse direction and try to do the same time for each leg. Ok, sounds all right to me.



Off I go, straight into a hill that I nearly needed to get off and walk up! Then another hill, then another, passing the nice lady marshal as I got out of the saddle for an even longer hill. Down a bit, then up a bit more before coming back to the start and reversing the ride. How so many hills can be crammed into 3 miles, I'll never know as I started to pass later starters coming the other way, including Colin Dales who tried to play 'chicken' with me as we approached each other. A



October 2007

bit unsporting, I thought. As I tried the impossible of riding up and down the hills at the same pace as the first leg, I was overtaken by Terry then by young George as I tried to work out if they knew something I didn't. I avoided putting on a final spurt at the finish as no one was watching anyway.

Timekeepers Brian Webber and Haverhill's Nigel Grainge took far too long to work out the results and made me think something was afoot! And afoot it certainly was. Somehow, to my eternal embarrassment, I had managed a time difference of only 4 seconds for each leg for first place. While tied in second place, came three CCS riders, a whopping one second each behind me, followed by Haverhill's Ben Mickleburgh a further sec and behind poor Terry, who must have thought he'd won it with only an 8 sec deficit. Andrew and George kept it in the family by coming in within 1.5 seconds of each other.



Apologies to Barbara, Mark, Dave for nicking the yellow jersey. I hung about for as long as I thought it polite for the prize money/trophy/medal ceremony, until it was obvious I wasn't going to get anything and sauntered back to Sudbury trying to work out how the hell I had managed to actually win something at last.

Bloke at the Back-Front.

Other Results

Stowmarket & D.C.C 20 Mile Open Time Trial – Saturday 22nd Sept.

Club rider James Rush and 2nd claim rider Barry Lee both took the start at Debenham for a late season T.T in ideal conditions, with 27 riders down to start. James was riding his first T.T. on 'foreign soil' and put up a respectable 52.07 for 11th spot, which was 'only' just over 8 minutes outside the time of Thursday night regular Lee Bark's winning time of 43.52. James and quite a few others encountered two old-fashioned road steam engines on their way round and had to carryout some suicidal overtaking manoeuvres to get by. Barry was disappointed with his time of 58.35 which he reckoned was over 2 minutes more than his best.

Terry Law had a busy TT day recently on Saturday 29th Sept.

He rode the 10 mile E2 Newmarket course in the morning and returned a 26.46 for his fastest time for the past couple of years. He then crossed over to the other side of the county for the 10 mile B10/44 Bungay course in the afternoon and returned a 28.59, despite the return leg appearing to be all up hill. (His words, not mine!)

That's all folks!!

Sorry but another month has drawn to an end, but remember if your feeling brave then show a face on a Sunday morning and join in on the ever popular Club Runs; bacon sandwiches are rewarded to the better riders.