



Well the cold and rain has finally come and stayed. But fear not, the Sunday club runs are still running to keep the blood flowing round the body. The meet is on Market Hill in Sudbury at 9am! Plenty of time to eat some porridge to fuel the body.

A Day In Blaxill

The 'Last of Summer Audax'. Not the official name, but how I always think of the Blaxhall-based Suffolk Coastal Byways ride. CCS Sudbury put up a record entry this year, with 16 club members riding (most – apart from Colin – in club gear), with 4 friends and relations, making in all about a sixth of the total entry.

Organisation at the start was slightly down on last year – self service teas, as no one else appeared, and a single Portaloo owing to hall improvements – completed by next year?

Following a recent trend noted at one or two other recent rides, the start time was at your own choice, rather than precisely at nine. To my mind, although possibly not favoured by advocates of Audax rules, this makes the start of the ride much less congested and therefore more pleasant and safer.

The small Hadleigh subgroup set off behind the rest of the field, owing to bike assembly 'issues', but before the Southwold control we had passed a stationary Andrew Hoppit and 12yr old Lucy, dealing with the first of their punctures. He seemed well in control, so we carried on. After a brief 'exchange of words' between Man at the Back and a pair of reckless overtakers on the descent to the river bridge, we could see that the river tide at Southwold was high, but not as high as last year, so thankfully access to the cafe was possible.

By sophisticated counter queuing techniques we were able to leapfrog a fair number of riders with a rapid getaway for Beccles. This meant that we missed the drama of the 'George and Colin' incident, which resulted

in slight knee damage to both, fortunately not serious.

The long slog through the industrial hinterland of Beccles seemed as long as ever: I'm always misled by early sighting of the Beccles Heliport sign. High tides were obviously anticipated, as flood prevention barriers were up at the riverside – somewhere I always mean to go other than on an audax. After a visit to the cafe, we cruised through town, heckled as usual by 'youf', and on to Halesworth. The route beyond Beccles is a definite improvement on the Southwold/Beccles stretch, which seems to have few attractive features.



Our usual cafe opposite the control in Halesworth had closed and gone away, leaving only a tray of crockery for sale outside – the girl in the control cafe said they'd priced themselves out by charging London prices.

Now for the best stretch of the route, apart from Peasenhall Hill and the short and scary stretch of the A12, back to Buxhall for in near record time and yet more tea and cake as the rest of the CCS contingent rolled in.

Special congratulations to Lucy Hoppit (12), and Wendy Law, Terry and Barbara's daughter, on completing the ride.

- by Robin Weaver

Audaxing 'foreign'.

After a very late phone call to secure an entry, I joined much-travelled audaxer Brian Mann on a far-flung audax in Nottinghamshire in mid-October.



After a ridiculously early start, we reached Clowne, somewhere near Sheffield, for the 'Colours of Clumber' ride. This was ostensibly a 110k ride, but road changes lengthened it to 117k – I asked for my money back, but no joy.

The strong club culture meant that everyone seemed to know everyone else – a particularly strong Alfreton CTC provided a large number of riders.

The route lay east from Clowne, passing through a sunny, frosty, slightly misty Clumber Park – very photogenic, and very cold in the shade. The entire field missed the route shortly after the park, resulting in confusion at large roundabouts. This may have been because the route sheet was entirely devoid of distances; although this didn't help navigation, the constant expectation of the next junction made the distances fly by. We eventually regained the route, and carried on north-east towards the one and only cafe control near Gainsborough. The route had been undulating until the distant Lincolnshire flatlands came into view, with a great descent; we didn't quite make the county border. In fact, on checking the map later I was disappointed to find the ride didn't leave Nottinghamshire, although also starting very near the Derbyshire border. After the control Brian and I set off alone; up until then we'd been in company with riders from Cheshire and other far-flung regions (although some had toured Blaxhall/Snape/Orford not long before).

Several power stations later, on a zig-zag route towards the southwest, we repassed through Clumber Park. The early morning fishermen had gone, presumably to hospital with frostbite, to be replaced by many family cyclists and walkers.

Back at base, excellent refreshments (free, from a £3.50 entrance fee!) were provided. After chatting to some local riders, we set off for home.

Although a long trip, it was well worth it to ride somewhere completely different, in brilliant weather. Who knows where I might ride next year!

- by Robin Weaver

More Audaxing

My Audax season came to an end at Stevenage's Emmittremmus 100km ride recently. It's always a popular event and over 300 other souls braved the weather forecast and turned up.

Along with Brian 'Audax' Mann, we had Robin W, Dean X, Andrew and mini Hoppitt George and Alan R taking the chilly start. We naughtily forewent our allocated start time of 10.20 and hopped onto the back of the 10 o'clock starters to give ourselves a fighting chance at the first control/café. It worked, as there no queues or hold ups for food and drink.

With a strong wind at our backs, we reached the mid point seemingly moments after leaving the previous one. Alan had gone on ahead during this time, as he's young and fit! But he came a cropper on one of the many tight and gravelly bends to view the tarmac from a different angle. This event has its fair share of hills and I kept to my premise by being the last one up them.

The return leg home was into driving rain and strong winds, although I didn't suffer as much as some, as I sat/sheltered at the back as usual. Brian joined us for the final run through to the outskirts of Stevenage (if this is a new town, I'd hate to think what an old town looks like!) and imparted a gem of information to us all, in that he'd counted 12 different groups of riders along the way mending p*ntures. No, I don't think he gets out much either, other than on his bike!

-by Roger Rush

Something To Think About

How many of you out there can honestly admit to being totally proficient in the black art of front and rear mech adjustment. I thought I was quite clued up until my year old bike started playing up. It wouldn't go up or down through the rear cogs without bang-



ing, clattering and complaining. The front mech always rubbed when it shouldn't have. Many hours were spent in the garage fiddling, screwing, adjusting before I gave up and took it to the bike magician in Bildeston. 15 minutes later, he had waved his wand (spanner?) over it and it was cured and ready for the open roads. Days later, it went back to its old habits and defied all of my attempts to right it. Two further trips back to the magicians den seemingly cured it, but once out of sight of someone who knows what he's doing, back come the gremlins. So in the end, I set it up to make the least noise and each change up or down, had to be coaxed in place. It was the work of the Shimano devil child. (Yeah, I know, switch to Campag) It was like riding round with automatic gears. They would slot in when they wanted to, not so great if you're honking up a hill at the time. Then the devil machine played its final trick on me and promptly produced a crack along one of the tube welds. Oh fekkin joy! It's soon to be dispatched to the big bike shed in the sky, while I contemplate its replacement.

I'm convinced/hoping all the gear gremlins will depart with it.

With Christmas and the winter soon upon us, (sorry) it's a good time for getting and reading a good 'bikey' book. Some of the better ones out there at the moment are - Blazing Saddles by Matt Rendell (no relation to Ruth fortunately) Its subtitle is 'The Cruel and Unusual History of the Tour de France' which gives you a clue as to its contents. It is a highly readable account of all the 'Tours' years but in a format where you can just dip in out of it, without getting bogged down with long drawn out details. Another in a similar vein is the updated History of the Tour de France by Geoffrey Wheatcroft, which goes into a bit more detail but is still an entertaining read. Finally, anyone who hasn't yet read Graeme Obree's book, should do. It's so good, they should make a film of it. Ohh, they did, didn't they and it's out on DVD in November (and for which I've already sent Santa a note.)

I spotted a nice little pic of Thursday night regulars, Julie and Kenny Baker in a recent copy Cycling Weekly.

They were on their solo bikes and it was taken during a T.T. Kenny was in the front of course. Mac now reckons he's famous now by association, as he's Julies dad.

I understand there just a few tickets left for the clubs' trip to next years Cycling World Championships at Manchester Velodrome at the end of March. If you're interested, (how could you not be?) speak to any committee member for more details.

Results

A Night In The Forest

Three club members recently took part in the intriguingly named Dusk til Dawn Race promoted by Thetford MTB Racing. A total of 844 riders took part around a 12-mile course within Thetford Forest and our boys were all slotted into 3 different teams from LifeCycle UK.

Master bike magician Rob Morse's 4-man team completed 12 laps to come home in 17th place (out of 52 teams). Magicians apprentice, Matt Shotbolt's 3-man team managed 11 laps to come home in 15th position (out of 40 teams) and in the same category, Matt Gant's 3-man team completed 12 laps to sneak in one place ahead in 14th.

Biking through the forest all through the night on MTB's sounds like a lot of hardworking fun and a need to eat a lot of carrots beforehand, to supplement the array of front lights needed.

Perhaps the club could enter a 2, 3 or 4 man team for next years event (as long as it doesn't include me).

I can already think of some likely rider candidates from the club.

For more details, see their website below.....

<http://www.thetfordmtbracing.com/d2dracereults.html#teammale4>



Norwich A.B.C. Open 25 mile Time Trial at Bungay – 7th Oct 2007

Club member James Rush entered his first open 25-mile T.T. away from home. His previous open 25's have all been the in the end of season club 25's which, sadly are no more. His goal was to go under the 'golden hour' for the first time and the conditions were more than favorable, with sunny skies and little wind. The out and back (twice) B25/24C course from Bungay proved tougher than it appeared and he returned a time of 1hr 0mins 25secs, just failing to beat his target. Local Stowmarket CC rider and Thursday evening visitor, Lee Bark, had the misfortune to puncture just after the first turn and reckoned he was on for one of his best times of the year, averaging 30mph before his mishap. The event winner was Sam Barker, (winner of our club 25 Open T.T. last year) in a time of 53mins 59secs.

C.C. Sudbury - Semer Open Hill Climb – 4th November 2007

Our recent open hill climb at Semer, was held in almost perfect conditions, with Geoff reporting 26 entries which was 4 up from last years event. What always surprises me, are the number of supporters it attracts, especially around the finish line, which adds to the marvellous atmosphere the event always provides.

C.C.S. provided 7 entrants which was also an improvement over last years paltry entry of just 2.

James Ward from Cambridge CC had won the previous 2 events and his time of 47.9secs proved to be the fastest of the day to scoop a hat-trick of wins. He was followed home by Daniel Zagni and Phil Hetzel, both from Ipswich B.C., 3secs down on the winner. Quickest C.C.S. rider up the hill was a close fought battle between James Rush and Peter Fradley, with James just shading it with a 55.1 sec compared to Peters' 57.4sec ride. Rob Davies followed with a 1min02.2sec, Rob Sidgwick with a 1min15.7sec, George Hoppitt with a 1min21.5sec that was good enough to beat dad Andrews' time of 1min24.8! and finally

Terry Law with a 1min35.4sec riding a fixed and complaining about his gearing being all wrong. It certainly looked that way at the top. A valiant effort though. George deservedly picked up the junior prize and it was nice to see some young riders coming through at last. A well run event by Geoff as usual, ably assisted by Brian Webber, Alan Wiseman and the canteen boys and girls at the village hall. Winner Ward, congratulated the club in what he described as his favourite, best run and most enjoyable event of the year. Make a date in your diaries for next year's event, to come and play or just watch.

Interclub Hill Climb – Dalham – 11th November 2007

12 club members, sound in body, but not in mind, assembled to wrap up the Interclub Championship at the Dalham hills. 5 souls had braved the strong winds and rain to cycle over. 2 had driven what was to be a 100 mile round trip for them to get there, for the last event of the year. Start time came and



went without anyone else arriving, so after an informal 'club championship' race to the top of the hill by our now disappointed group, we all made our way back home, slightly peeved that no one from the other 2 clubs had bothered to turn up.

So, cutting a long story short, it appeared that we were at the wrong venue as it was being held a mere 2 miles up the road at Primrose Hill, Moulton, all as detailed in our very own Spindle and from which 12 grown men had failed to spot. Hmm. As I was only the photographer/reporter, I was obviously in no way to blame. But as for the rest of you.



Words fail me! Names have been deliberately omitted to protect the guilty/stupid.

Next years event is to be held in Limbo, which is south/east of Newmarket. Details to follow nearer the time.

A Bit at the Back

On yer Bike, Out and About, Nuts and Bolts, Odds and S...

A large number of club members made their way to Bury to say goodbye to dear ole' Stan.

What staggered me was the sheer number of other fellow bikers/fishermen/friends who made the same journey.

In retrospect, I should not have really been surprised as he was a good bloke who touched a lot of people. Well, the estimated 150 – 200 people who turned up must have thought so.

It was in keeping that a few of his friends shared many 'Stan' anecdotes with us all during the service and I'm sure we all could have added many more to them.

He always made me laugh, especially when he was sharing his cycling experiences with me.

Although we were of a similar age, he was always trying to help, or was it hinder me, with my Time Trial endeavors with his priceless advice and cutting wit when I first joined the club.

The club has decided to name next years new 10 mile Open Time Trial, 'The Stan Nicholls' Open 10'

A top bloke. I'll miss him.

Club Clothing

Top Type	Size & Qty	Sale Price
Thermal Jacket	2 Med	£36.63
S/S Road Jersey	2 small	
	1 med	
	1 large	£22.00
S/S Old Style	2 Med	£18.60
S/S Orig Pattern	2 Med	£6.66
L/S Road Jersey	3 small	£25.30
L/S Old Style	1 small	

	1 med	£20.00
Training Top	1 small	
	1 large	£29.30
" " Old Style	1 small	
	1 med	£26.00
Bib Shorts Logo	1 med	£30.00
Plain Shorts	1 med	£14.50
Bib Tights Logo	1 med	£20.00

Colin Dales will have all of the above to sell at the Quiz night in December and the subs night so get what you can while they are at sale prices.

Up Coming Events

Thursday 29th November 7:30 - 9:30 at the Stevenson Center

****Please note that this had an original date of 22nd November****

An evening with Bob Hayward - to talk on 'How to achieve the most from the limited time you have for training'

Thursday 13th December 7:30 - 9:30 Quiz night at the Steven Center. This quiz is open for all your friends and family, so round them all up and get teams of 4 members. There is a small fee of £1 per team and if you can inform Lucy Jay of your teams before the evening, e-mail lucy@shibbyonline.co.uk or tell 312976.

Future Events at a Glance

Wednesday 25th December Boxing Day ride to burn off the Christmas pud

Thursday 10th January Subs Night

Saturday 26th January Christmas meal

Sunday 27th January Reliability Ride

Any information you would like published in the spindle please call either Lucy or Adam on 312976 or e-mail

adam@shibbyonline.co.uk

Have you checked out the clubs website yet?

www.cycleclubsudbury.co.uk