



April 2008

April Changes

I remember writing last year about April showers, yet this year April appears to be a complete mystery. The other day I walked outside into glorious sunshine, yet in the next 15 minutes I experienced; wind, rain, hail, snow and finished back at sunshine. What the...?

Needless to say this has not put some riders off, one in particular is club member Viv Marsh who has been very busy riding in the SpoCo (Sporting Courses - I had to ask)

Viv has actually sent me so many accounts of races that it would actually dedicate two whole Spindles just to his racing career so far this year.

We pick up Viv's progress just after the Ely Hardriders 25 (If you would like to read all the other articles they are available online at:

<http://www.cycleclubsudbury.com/archive/tag/viv>)

The CC Breckland 10 (16km) – 1st March.

After noticing that on Vet's standard I was by far the worst finisher in the Ely Hard Riders 25 I was determined to do better in round 2 which was the CC Breckland 10. However a week of chronic headaches and the headwind from hell once again knobbled my final week's preparations. I arrived in good time but then spent most of it trying to find the start so I could drive round the course. When I finally got my bike out and began a tentative warm up I found that on the flat Norfolk landscape I could whiz along in a south easterly direction – no trouble, but turning round to go north westerly - I could hardly move.

I was pleased that I'd remembered my HRM this week but to compensate the on board computer decided to pick this moment to play up. So I spent most of the rest of my prep time fiddling with the transmitter only to find just before my start time that the receiver unit had become dislodged from its base which was causing the problem. The course was basically a square shape and the first leg was slightly cross/tail wind, so wasn't too bad until I noticed my HRM was knocking out 170bpm (which is a lot for me with 9 miles still to go). After the first turn I was then going with the wind which was fantastic. For a few miles I felt like a proper tester, rolling along at 45-50kph! If only I could keep this up. But by the turn my HR had only dropped to 169 as I faced into the cross/head wind section. But I felt OK and felt I held a decent pace along this slightly uphill stretch.

Attempting some anaerobic mental calculations (always difficult) I began to think I might get a reasonable time but there was a dead STOP at the next junction after which it was about 3 miles back to the start – directly into the headwind.

Any ideas about a reasonable time were quickly dashed - I could barely move in this direction! Those 3 miles seemed to go on forever and at the end I knew no records were going to be broken by me today. But no-one had come past me and I think I remember passing two riders so maybe things weren't too bad. I glanced at the results board as I headed for my well deserved, free cup of tea and saw 25.54 next to my name. Still slightly asphyxiated and obviously hallucinating I bragged to the tea lady that I'd just done my best time for over 20 years and she was most impressed. However once I'd drunk my tea and concentrated more carefully on the boards I saw that 25.54



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was my Vet's standard time! My actual time of 27.30 brought little surprise from anyone, least of all the tea lady when I admitted my mistake to her. She'd heard it all before. Ever the optimist, I always try and interpret any statistics in the most favourable light – but the best I could make of this was that it was a 5 minute improvement on my standard time in the previous 25, but still 1.36 down.

The good news was that neither Lee Bark or several of the other contenders from the Ely ride had turned up so with just two events completed I'd bagged points in both rounds and was now standing 4th overall in the SpoCo competition at this stage!

Colchester Rovers 50 mile (80km) CycloSportive.

Straight out again next day after the Breckland 10, I elected to drive out to Gt Bromley for this event. Met up with Terry and Mac who had turned up to do the 25. (They probably felt obliged to, as the event was organised by Mac's daughter Julie.) Again choosing the Silver event (2:45 hrs), I set off among the now familiar sea of Blue/white VCR tops. The unusually gentle start led quickly to the first pile up of the season. Something happened ahead of me everyone braked and swerved, I braked, the gentleman behind me didn't. I felt the familiar old feeling of front wheel overlapping back wheel - and then a yell - and then a crunch. I looked behind to see a Colchester Rover in the road on his knees with his (helmeted) head in his hands. We all stopped (as is the VCR way) and several of us went back to see if he was OK. He stayed on his knees for some time and blood ran down the side of his

face. It looked bad. But then he sprang up and declared he was fine! However I knew from my Scouts First Aid that a bang on the head must never be dismissed and we persuaded him and a couple of team mates to return to the HQ barely a mile back up the road.

So we went on. I found it really hard today having ridden yesterday and been unwell (again) this week - I was hanging on from the start, then in Mistley my crank came loose (not very reliability!) and although I had the tool to tighten it, after the few minutes it took, I had no chance of ever catching up again. After about 10-15 miles alone I was caught by the two guys who'd returned to the start with the faller. (Apparently he was OK – only cutting his eyebrow on his broken glasses.) The three of us worked well together, battling into the fierce headwind across the Tendring Hundred. Eventually we caught up with a couple of VCR riders who had been dropped. It made me feel better to learn that they are not all superhuman – but not better enough. Together we fought on but at about 10k out we took a wrong turn. Although we realised immediately and all turned around we'd seemed to have gone off the boil. I found myself alone ahead of the others and it occurred to me that we weren't going to make it back in the 2hrs 45min allotted time. I was unsure whether to wait for them or not, having worked so well together but the gap opened up and I unwittingly left them behind. I thought I might just make it if I raised my pace, so found some extra energy and pushed on for the last 5 or 6 miles. When I got back I was declared the last rider to make it from my group and I felt a bit guilty that I'd dropped my colleagues so near the end. My guilt was abated though when it turned out they had had their start times reset when they



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returned to the start at the beginning. They had 15 minutes in hand on me and came in five minutes later - well inside their time! I'd have been so cross if I'd sat up. Still we were all friends again – so that was nice.

West Suffolk Wheelers 21

Following on from the mental boost of my 4th placing in the SpoCo standings I realised the only chance of my 15 minutes of fame would come from an early high place in the competition by competing in every early event whilst other (far better) riders were more choosy (and quick while Lee was ill). Once people had completed the requisite number of qualifying rounds I would be back where I belonged at the bottom of the table. So into the fray once more I put my name down for this event at Risby, conveniently near to Bury St Eds Crematorium. The wind had settled in the week but returned in time for the weekend so it was a similar story to the Breckland 10. This course was basically two laps of an almost 10 mile loop plus another bit as a start/finish straight. This worked well and was great for making the most of the tremendous tail wind section but did mean that half way round the second lap you knew it was all up hill and against the wind from here. It was also great for spectators as the route came through Risby twice during the ride as well as starting and finishing there. This was lucky for me as I'd persuaded Sarah and Jacky to come out and watch this event! My minute man rather upset me when he passed me within the first 4 miles from the start, but what a tailwind it was! 55kph was easy and I could even turn my top gear over for the first time ever! (52x12.) As I turned into the wind my average speed was almost 40kph and I was delighted. Once I'd crawled all the

way back into the wind and up the long drag though, I was put back in my place. But the thought of the next stretch with the wind kept me going and I think I was even quicker on the second lap. My personal target was to be in the top half of the finishers and be inside the hour. So my finish time of 58:05 was quite satisfactory (winning time 48:19! B*st@rd) and I turned out to be 27th out of 54 finishers – in the top half – just! The icing on the cake though was the 94 points which took me to joint 2nd overall and the leading vet to boot! I knew this was only a statistical blip and when the season pans out I will be back in my place but hey? “Look at me now Mum!”

Well done Viv, keep up the good work!

Of course our own raving reporter has been out in the field recording our club members progress:

Open 'Time Trial' Results – Early Season 2008

It's nice to be able to finally report, on the results of a good sprinkling of CCS riders, who have taken to the 'Open' road season this year. More would be nice!

10th February 2008 – Ely Har-riders 25 mile Open T.T.

Viv Marsh - 1hr 13mins 26secs – A good effort from Viv in his first ever 25 and also considering he punctured 5 miles out from the finish

James Rush – 1hr 05mins 47secs – Had trouble with the icy conditions and bumpy course to trail eventual winner Lee Bark, by 7 minutes!



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1st March 2008 – Breckland 10 mile Open T.T.

Viv Marsh – 27 mins 30 secs

8th March 2008 – West Suffolk Wheelers 21 mile Open T.T.

Viv Marsh – 58 mins 05 secs

29th March 2008 - Plomesgate Open 10 mile T.T

Viv Marsh – 26 mins 52 secs –

After some good placings in the previous T.T.'s, Viv has shot up the SPoCo (Sporting Courses) leader board into the top 3!

James Rush – 24 mins 49 secs – This was good enough for 7th place but still off his PB time.

30th March 2008 - Haverhill Hilly Open 20 mile T.T.

Doz Bree – 52mins 20 secs – An excellent effort from Doz on his first appearance this year. Lee Bark won the event in 47 min 00 secs.

Terry Law – 1hr 07mins 20 secs – Terry admitted he wasn't on top form and suffered badly on a testing course!

Viv Marsh – 56 mins 58 secs – Another good ride to move him up to 2nd place in the SPoCo listings.

5th April 2008 - East Anglian Open 25 mile T.T. Newmarket

James Rush – 1hr 03 mins 16 secs – Being disappointed with his time, he soon perked up when he discovered he was 2nd best improver and had actually won his first ever prize money. Michael Hutchinson blasted round in 51.56 to win the event, but then, he is from another planet! The stormy, gusty conditions conspired to blow

poor Mick Pepper, from the Wolsey Club, off the road into a ditch, resulting in a broken arm. He's now celebrating his 75th birthday in hospital!

13th April 2008 – Breckland Open 25 mile T.T.

Rob Davies – 1hr 03 mins 26 secs – The new 'Slimline' Rob's first appearance in an 'Open' this season and came home with an impressive time to clock 14th place out of 50 entrants

Viv Marsh – 1hr 09min 39secs – Viv dipped under the 1-10min mark for the first time, to record his best ever 25 time.

James Rush – 1hr 03 mins 03secs – Continues to chip away with his 25 times and pipped Rob for 13th place.

Local rider, Lee Bark, had victory snatched from him by a meagre 2 secs, by Peter Balls (West Suffolk Wheelers) who won in 57 mins 39 secs.

Fancy A Go Yourself?

If all this news of club members racing has got you thinking, or if you just want to try and make it out in the sparse sunshine then please find a few open events detailed below.

Full details of these and other events can be found on the Cycling Time Trials web site: www.ctt.org.uk



Date	Course	Start	Marshals
27th April	Open 50 Mile	Colchester Rovers	Gt Bromley
3rd May	Open 10 Mile	Kings Lynn CC	Downham Market
5th May	Open 10 Mile	V.C. Baracchi	Harleston
17th May	Open 10 Mile	Stowmarket D.C.C.	Woolpit
24th May	Open 10 Mile	Ipswich B.C.	Sudborne
25th May	Open 25 Mile	Ipswich B.C.	Tunstall
1st June	Open 10 Mile	East District C.A.	Wymondham
7th June	Open 10 Mile	Godric C.C.	Harleston
8th June	Open 25 Mile	Godric C.C.	Bungay

Time Trials

Starts 17th April, as usual 4 courses with the new Acton Circuit taking place of Bridge Street, Inter-clubs with Colchester Rovers, West Suffolk Wheelers and Haverhill Wheelers (dates still to be confirmed). Some marshals are still required so please come and see me on one of the evenings, remember that we need you to marshal for the event to take place. And, as always if anyone is passing by and would like to stop and help, it is always welcome. Please also remember to be early as we do like to start on time so that everyone is back before it gets dark for your own safety. The first 7 events are posted below for the 2008 season, I will have the full schedule with me at all events.

Please send me your marshaling requests to lucy@shibbyonline.co.uk or call me at home on 01787 312976 in the evening.

Date	Course	Start	Marshals
17th April	Lavenham10	18:45	V Marsh & T Law
24th April	Brent Eleigh	18:45	R Sidgwick
1st May	Acton	19:00	R Rush & B Mann
8th May	Hitcham Hilly	19:00	A Russell & P Whiteley
15th May	Lavenham10	19:00	B Law & S Kirk
22nd May	Brent Eleigh	19:00	R Davies
29th May	Lavenham10	18:45	2



Club Clothing

After some serious hard selling from clothing secretary Colin Dales we are now at a point where as a club we need to think about placing an order for more stock.

There has been noted some rumors amongst the ranks regarding the designs; both present, old and future. To which obviously opens up a debate as what the club should do.

If the club feels there should be a re-design so be it. If it should stay as it is then all the best. I am offering the club as a whole to have their say on what happens next.

We all know the current design, orange white and blue. Some of you remember the older orange white and black design, I've even been given an original shirt by Geoff. But rather than just designing something that might be liked by the club or presuming the current version is best, why not open the floor to suggestions. To which I invite you to design the next CCS kit.

In the greatest 'Blue Peter' fashion you can use what medium you choose and let your creative juices flow. All I ask is that you keep your ideas based around the club colours which are orange, black and white. We will keep it simple and follow the trend of plain black shorts.

Also incorporating the club's web site details would be great.

You will not be marked down for going over the lines!

We will be closing the doors on club member submitted designs on the 9th May and there will be an open meeting on the 21st May where you can view all submitted work; including previous and

existing designs. At the meeting you can cast your vote on which should be the next club kit. You can submit your entries in hard copy to 51 Gregory Street, Sudbury Suffolk CO10 1BA. Or via the inter-web on adam@shibbyonline.co.uk

If you have a view or wish to pass comments then you will have your opportunity so mark up your calendar for the 21st May at 20:00 - 20:30 at the Stevenson Centre, come along and see what people think. I'm sure we can put a cup of tea together for you.

Calling Out For A Marshall

As you know we are a member of the E.C.C.A This enables members to take part in their events. However part of our membership requires that we provide a marshall for one of their time trials. Normally this duty is discussed between the Committee and the usual suspects of TT time keepers. However this year we have been asked to marshall on the 8th June at the Newmarket 4 Went Ways event. Unfortunately 99% of the committee will be in Dieppe on this date and the remaining 1% can not make it.

So we are asking for any volunteers for this duty to take a step forward.

You can contact me via the usual methods to discuss this further.

Upcoming Events

Whist you have your calendar handy, you might want to jot down these little notes:

Committee Meeting at the Stevenson Center:

Wednesday 16th April 19:30pm

TT Starts! Thursday 17th April 18:45