



Happy New Year to you all. I hope you all had a festive time. So new year means new resolution's which might mean to many of us to get out on the bike more, I know mine is.

Annual Christmas Dinner



I hope everyone who attended the annual christmas meal enjoyed themselves. For those who couldn't make here is a recap of the trophy winners which two were not collected. 47 people attended this years dinner.

- Veteran's B A R - Len Finch
- 50 Mile Cup - Len Finch
- 25 Mile Cup - James Rush
- Ladies 25 Mile TT Cup - Barbara Law
- Clubman of the Year - Peter Whiteley
- Rider of the Year - James Rush
- Ladies Trophy - Lucy Jay & Alison Steed
- Audax Trophy - Brian Mann
- Boxing Day Trophy - George Hoppit
- Club 10 Mile TT Cup - Simon Wright
- Hill Climb Champion - James Rush
- Schoolboy Hill Climb - George Hoppit
- Veterans Champion - 1st Brian Mann
2nd Terry Law
3rd Simon Wright
- Handicap - 1st Andy Rogers
2nd James Rush
3rd Alan Russell
- Evening Points Series - 1st Terry Law
2nd Brian Mann
3rd Doz Bree

- Ladies TT Champion - Barbara Law
- TT Best All Rounder - 1st Rob Davies
2nd Doz Bree
3rd James Rush

Well done to you all, please can Simon Wright contact Adam and Lucy to make arrangements on collecting your trophy's, 01787 312976.



Free Press Report Cycle Club Sudbury – Annual Dinner/Presentation Evening

C.C.S. recently held their annual presentation evening at Newton Green Golf Club.

The awards were for the 2007 season and were attended by a good gathering of club members and friends.

Chairman Adam Chamberlin, congratulated the club on another successful year and pleasingly noted that the membership was still steadily increasing.

Len Finch picked up two awards for Veterans B.A.R. and 50 mile open time trial cup.

Len then stayed up to present the remaining awards to the following recipients.

Evening Series Champion went to Terry Law, whose wife Barbara also picked up the Ladies cup for the same Series and the Ladies 25 mile time trial cup.

James Rush picked the Hill Climb cup, the 25-mile open time trial cup and the Rider of the Year trophy. Simon Wright won the 10-mile time trial cup. Brian Mann again won the Audax trophy and also the Veterans Trophy for the 10-mile time trial.

The Handicap Trophy went to Andy Rogers with Rob Davies winning the B.A.R. over the 4 courses by only 1 sec-



ond from Doz Bree. Schoolboy Hill Climb Champion was claimed by youngest member George Hoppit. The Ladies Trophy was shared between Lucy Jay and Alison Steed for their work organising and timing the Evening Series throughout the season. Former chairman, Peter Whiteley was awarded the Clubman of the Year Trophy for the vast amount of work he has put in over the years and for helping to bring the club to the solid foundation it now enjoys.

Press Report

Cycle Club Sudbury – Reliability Ride – Sunday 27th January 2008

C.C.S. organised their first event of the year in the form of a traditional Reliability Ride from the Stevenson Centre in Gt. Cornard. These rides are used to 'kick start' riders training schedules for the coming season and were held over two courses. The longer one at 48 miles, touched the edge of Stowmarket with the shorter version at 27 miles reaching Bildeston. The organisers were surprised at the popularity of the event as 95 riders arrived on the day, which were 30 more than the previous year. All the local clubs from East Anglia were well represented and the entry included a visiting pair of riders from the Camel Valley Club in Cornwall. C.C.S. was the largest participant with 18 riders, which was a good effort, considering the size of the club. With a minimum ride time allowed for each course, there were some fast finishing times recorded for the majority of the field as they enjoyed some rare winter sunshine around the Suffolk lanes. One visiting rider unfortunately found himself off course as he found himself about to join the A14 trunk road and had to make some hasty back tracking to re-join the correct route. Only 7 riders did not finish the two courses and C.C.S.

were congratulated by many of the riders for another well run event.

Sunday Club runs are still taking part from Sudbury Market Hill at 9.00am and new riders are always welcome to join in for a 30 - 40 mile jaunt through the quiet surrounding lanes which includes the obligatory 'café stop'.

C.C. SUDBURY RELIABILITY TRIAL 27-01-2008

After all the Emails and phone calls I received I knew that we would have quite a number of riders turning up for our reliability ride, in fact 94 riders signed on which is the most we have ever had, it must have been that nice bright day that brought them out, although a number of riders did complain that the going was very hard in places due to the very cold wind (sorry about that). I think we can say this was another successful event for C.C.S, this was down to good team work, therefore I would like to take this opportunity to thank Dave and Adam for checking out the course before the day, Alison and her helpers Brian M and Robin for the signing on, Lucy, Roger and Geoff for acting as observer marshals and last as one rider commented "The most important people of the event", Mary and Pat for doing the refreshments. Also many thanks to all the riders who took part hope to see you again.

A TOTAL OF 94 RIDERS TOOK PART

48 miles in 3hrs-30mins	11 riders
signed on ,all finished	
48 miles in 2hrs-45mins	47 riders
signed on ,6 DNF	
27 miles in 2hrs-30mins	19 riders
signed on ,all finished	
27 miles in 1hrs-45mins	17 riders
signed on ,1 DNF	



Clubs taking part were Stowmarket & Dist CC, I.B.C., Haverhill Wheelers, Colchester Rovers, Anglia sport, Interbike, Braintree Velco, V.C.R., C.V.C.C., West Suffolk Wheelers, Met. Police, and C.C. Sudbury.

Many thanks to every one for your help and support.

- Brian Webber

Lost Gloves?

A pair of blue thermal gloves were left at the Stevenson Center after the reliability ride. If they are yours please contact Brian Webber who is looking after them on 01787 379605.

It's called Character Building ?

It was 8 o'clock on a Saturday morning, 1 week prior to the club reliability trial and I was tucked up warm and snug in my bed. The rain was pouring down outside. Normally in such inclement weather conditions I would have stayed longer in bed, this being far more preferable to riding a bike in the pouring rain. However on this day I had agreed to meet Adam at 9 o'clock in order to check out the route for the forthcoming 45 mile reliability trial. My first thought was to call Adam and cancel our ride, however my more masochistic side took over and decided not to be a wimp and to carry on as arranged.

At the appointed hour Adam turned up at my house looking like a drowned rat, we exchanged pleasantries and commenced our ride. After about ¼ mile I too looked like a drowned rat and we still had 44 ¾ miles still to ride. The route took us through Great Waldingfield to Lavenham, right at the Lavenham Swan on to Monks Eleigh and Semer. By the time we reached Semer Hill heading towards Bildeston the rain was coming down heavier than ever, stinging our eyes and making it even more difficult to see where we were going. Through Bildeston (pity Rob's bike shop does not have a

café) and on to Hitcham. The road from Hitcham through to Great Finborough seems like a continual uphill drag made even more miserable by the incessant rain. We did get a cheery 'you're mad' greeting from 3 club cyclists going in the opposite direction. Turning left at Onehouse on to the narrow roads to Rattlesdon and Cockfield the rain was still heavy and now the roads were starting to flood in places making the conditions just a little more unpleasant for us. Timing when to pass through the flooded areas became critical if one was to avoid being given an additional dirty water shower by oncoming vehicles determined not to give way to a couple of crazy cyclists.

We were now on the last and hardest section of the course from Cockfield through Lavenham then on to Great Waldingfield, arriving home tired and wet and ready for a hot cup of tea and a shower (as if I was not wet enough already).

Note to all club members.

If Adam says he has not ridden his bike for a number of months do not under any circumstances take this as an indication of his lack of fitness..... YOU HAVE BEEN WARNED.

- David Fenn

A Bit at the Back On yer Bike, Out and About, Nuts and Bolts, Odds and S...

I got my Brevet Card back recently from the Stevenage Audax organiser and included with it was a summary of all the finishers' details etc. Of all the clubs that took part, I noticed that CC. Sudbury were the 2nd highest club for numbers of riders taking part, with the local club, Welwyn Wheelers, providing the most. Not bad for a small club, considering over 260 riders took part.



During an idle moment over Christmas, (one of many) I totted up my years' bike mileage. As ever, I was under my target of 5000, with 4200 for the year. This equates to a paltry 11 miles every day throughout the year.

This reminded me of the Dieppe Raid which I rode a couple of years ago and meeting a rider at the hotel and on the course later that day. His name was Chris Davies, looked about 8 stone and 5 foot high and must have been close to 70 years old. He appeared a little eccentric to say the least. I learnt later during the year, that he had passed 900,000 lifetime miles and I would imagine is now closing in on the 1 million miles mark. Now, assuming he started clocking up the serious miles at around at 15 years of age, he must have been riding nearly 18,000 miles every year, which in turn equates to riding nearly 50 miles a day, every single day of his life, for 55 years!!! It's quite beyond my comprehension how someone is able to do that. Can you imagine what he says to himself when he gets up every day.

"Ohh, what shall I do today then, erm, I'd better do another 50 miles, just like I have done everyday for the last 20,000 days!"

He must be either, mentally strong to do that every day, or just plain mental? Did I mention he seemed a little bit eccentric! Hmm!

This Christmas period also brought me some unwelcome presents in the form of punctures. We all have our fair share during the year, but 6 in 6 days is a tad greedy! During 2 of the 5 rides over Christmas I went on, I managed 3 punctures on each of them. I rarely take more than one spare tube with me on rides, but for some reason, I had 'somehow' taken two. Just as well they were club

rides and I could cadge another tube from a fellow rider, otherwise it would have been a long walk home. (A lesson learnt here for future rides. I think). The tyres were fairly 'shot' it has to be said, but with no decent bikes shops open over Christmas, I had to take my chances. I can report to other Sunday club riders (just incase they were put off riding with me anymore) that they have now been replaced with some semi industrial strength Schwalbe Marathon Plus covers, which have proved to have been 'bombproof' on my previous winter bike.

My new frame arrived before Christmas, replacing the previous one, which had developed a crack. Unfortunately, the nasty weather we have been experiencing has precluded any meaningful tryout rides for fear of getting it dirty! This is really a load of old 'tosh'. And as the Bildeston Bike Magician pointed out to me, your 'best' bike is the one with the highest spec equipment on it and will survive and last a lot longer from the ravages of winter than the usually lesser specced 'winter' bike. This made perfectly good sense to me. Although, on a recent ride, Robin and I decided that 'Road Closed' ahead, didn't apply to bikers, so as we were squeezing past the workmen 'doing' the road, I lost balance and ended up with one foot and one wheel in a 1 foot deep freshly concreted trench!

So shall I be using my 'best' bike for the winter? Erm, no don't think so, it's far too nice to get dirty!

- *Bloke at the Back*

See you all next time when it will be even lighter in the evenings!