



March 2008

Take a big deep breath.



Can you smell that? That my friends is the smell of spring, inhale and enjoy because it means that summer is just around the corner.

It has been a long slow winter with such a confusion of weather. Even now you never know if you should pack a coat, shower mac or full blown storm weather gear.

But as I came home from work the other day; in daylight I might add, I got a whiff of the unmistakable smell of freshly cut grass. If that is not a cure of winter blues I don't know what is.

So if you have not been out this winter (I stand guilty as charged) it is time to dust off your trusty steed, oil the transmission and get out there.

If you are feeling super adventurous and fit remember that Sudbury will be holding it's annual Fun Run on Friday 21st March.

Either sign up on the day or turn up and give those runners some support. Then tell them how much quicker it would have been on two wheels.

The Old Squit Norwich

9 February 2008

A classic 200k figure of 8. Starting at Colney and heading out to Halesworth and returning to the start control at the John Innes Centre and then off to Hempton and back to the JIC.

I bought myself a Brookes Special saddle a couple of weeks prior to this ride and was anticipating a sore ride as I only managed to get about 80km worth of "breaking in" done.

I met Brian Mann at the start and stayed with him for the whole route. We were both given permission by the organizer to park our motor homes in the JIC car park on the Friday night. On numerous occasions to the first control, Brian had mentioned that the Bridge Street café did a wonderful treacle tart and custard. Having salivated 61Km to said café with only one item of the menu on my mind I dually stood at the counter with money at the ready "can I have the treacle tart and custard please" to my horror only to hear the reply "sorry but we don't have that on the menu today". Ended up having some sort of apple thing with yellow stuff on top that tried to resemble custard.

The return to JIC was pleasant and so was the food. Keith and Sue together with helpers did a great job of the catering. A £1 donation was all that was requested and you could eat as much as you wanted. Having looked at the empty plates in front of me I confessed to Brian how guilty I felt and dually popped another £1 in the pot.

On the return leg from Hempton at around the 170km I turned to Brian and said " To date I've yet to get a puncture



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on an audax". You guessed it, not 5km up the road I had to pull over as a slow puncture had appeared. I declined Brian's offer to change the tube and muttered to myself as I took the tyre off. So new tube in off we rode. Barely 2km later "BANG" rear tube went again. "Sounded like you had the tube pinched" said Brian. This time I let the expert Brian change the tube and completed without another blow out.

As we strolled into the JIC Brian gleefully announced to all that were in ear shot "Guess who said he's had no punctures on an audax and has ended up having 2 to-day" as he gesticulated towards me. Laughter ensued as I hastily made my way to the controller to get my brevet card stamped. Thanks Brian.

You will also be pleased to know there was no tenderness in the buttock scrutock area from my new saddle.

- Alan Russell

Here are the figures from Keith:

By the Friday evening, the figures stood at 46 for the 200 and 86 for the 100. On the day it went something like this 100km. entries - 86, DNS - 13, Transfers from 200 - 8, People who just turned up - 14, DNF - 3, Finishers 92.

200km. entries - 46, DNS - 4, Transfers to 100 - 8, Entry on line - 2, DNF - 5, Finishers 31.

Financially, the event is quite profitable for Norfolk CTC. We handed over £255.12 to them as the surplus on the day. Over the 8 years that we've run audax events, monies raised for promoting cycling in Norfolk have probably been over £3000. In addition, we gave £100 as a donation to the John Innes Society for the use of their facilities. Food-wise, the ingredients for the food we supplied came to £121, and we received £130 from riders on the day, pretty much up to our expectations. We try to give riders good value for money, and are happy with breaking even on food.

Cotswold Corker 100km

16 February 2008

Managed to find a nice caravan site in Swindon village, which was 2 miles from the start control in Bishops Cleaves Cheltenham. This is my first AAA with a total climb of 1900 meters.

I arrived at the start at 0845 and was amazed as to how popular this event was. They had to stagger the start time as over 250 cyclists had entered. I pushed off with the first 50 and stuck with a group of 6, four of which were Cheltenham CC. This was to be to my advantage. Due to the nature of the course there was a lot of ice and these guys knew where to be careful. Having gone 15km and climbed 2 of the steepest hills ever, I was beginning to wonder if I had done the right thing. We had to dismount on a number of occasions due to ice having formed across the whole road. At one hill a rider in front shouted a warning of ice and dismounted, I followed suit and walked the bike across, noticed a rider getting close to the ice and warned him. "Is it ice or water?" he asks, "both" was my reply. "I'll take my chance, thanks". Next thing I heard was "bugger" as his bike slid from under him. The climb up to the 3rd control took some effort. An older chap came along side me, smiled and announced, "This is why God invented the granny ring" and cycled into the sunset. My chain fell off a couple of times after the third control, lost sight of the Cheltenham guys and ended up finishing on my own.

So, not for the faint hearted these AAA. Long climbs and fast descents. Which reminds me, better check my break pads before I take the bike out again.

- Alan Russell



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UCI World Track Championships Manchester Velodrome

Thursday 27 March 2008

For those coming on the CCS trip (currently 17), travel arrangements are as follows;

Leave Kingfisher Pool car park at 6.30am on Thursday 27 March. Please bring £16 for travel costs, or preferably let me have it beforehand; if cash on the day, correct money please. Long-term parking is unrestricted at the Kingfisher Pool.

Travel by 15 seater minibus, or (there may be a premium to pay here!) with Dave Fenn in his car; thanks for the offer to drive, Dave.

We hope to arrive at Manchester at 11.30'ish, having had a short stop on the way.

Racing from 12.00 – 9.45pm, probably with a short break around 4 – 5pm. Some food available on site, with a supermarket cafe (with queues) a short walk away.

Arrive back in Sudbury late (early!) probably around 1.30am.

I'll try and remember to bring the tickets. If you know anyone else who would like to come, we have 3 tickets left.

Any queries, phone me on 01449 741048, or e-mail robinandpam@tiscali.co.uk. Cheques for travel costs can be posted to 14, Chapel St, Bildeston, IP7 7EP.

- Robin Weaver

Peter comes a cropper

Following an incident on a recent 'old codgers' mid-week ride to Wyevale, Bury, if you ever ride with Peter you are advised before starting to check the contents of his capacious rack bag and make sure that at least some of the following are readily available:

- The key for his high-security cycle lock, or A particularly robust nail file, or
- A Junior hacksaw, or
- A Senior hacksaw, or
- Very old borrowed pliers (thanks, Wyevale), or
- A spare rider to dispatch to Bury market for bolt croppers, or
- An easily handled small explosive charge.

- Robin Weaver

Time Trials

Is it that time of year again when we all need to be thinking of time trials. I will not be thinking 'how can I go faster this year' but instead thinking of who is marshaling what course. So just like past years I am calling out to you all for your marshaling dates. Last year not not all evenings were covered due to people not showing up on their evening. I can't emphasise how important a marshal duty is. If no one is marshaling then the event can not go ahead so it is vitally important that if you can not do your evening you need to find someone else to cover it for you and inform both Brian Webber and myself. As normal, dates will be filled on a first come first served basis, all members partaking in time trials are required to marshal at least one evening and all those who are new from last year who have had the first year off will also be required to marshal. 2008 dates and times are as follows:



Date	Course	Start	Marshals
17th April	Lavenham10	18:45	2
24th April	Brent Eleigh	18:45	1
1st May	Acton	19:00	2
8th May	Hitcham Hilly	19:00	2
15th May	Lavenham10	19:00	2
22nd May	Brent Eleigh	19:00	1
5th June	Acton	19:30	2
12th June	Hitcham Hilly	19:30	2
19th June	Lavenham10	19:30	2
26th June	Lavenham10	19:00	2
3rd July	Brent Eleigh	19:30	1
10th July	Acton	19:30	2
17th July	Hitcham Hilly	19:30	2
24th July	Lavenham10	19:30	2
31st July	Brent Eleigh	19:30	1
7th Aug	Hitcham Hilly	19:30	2
14th August	Acton	19:00	2
21st August	Lavenham10	18:30	2
28th August	Brent Eleigh	18:30	1

As you can see that we no longer have Bridge Street as one of our course's. It has been changed with a new course that Roger and Robin have worked on called The Acton Circuit which is approximately 8.3 miles. All course's now need 2 marshal's except the Hitcham Hilly course.

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

Upcoming events for the calender:
 Committee meetings at the Stevenson Center:
 Wednesday 19th March 7:30pm
 Wednesday 16th April 7:30pm