



August 2008

What a turn out.

Is it summer? I can't really tell anymore seeing as the weather seems to change from cold, to rain, to cold and rainy then boiling sunshine. What will be next, snow in August!

Now that the Tour has finished; without too much negative press I thought it best to get round to writing a very overdue Spindle.

Time Trialling

Well this year has been more successful than last with the fact that only one evening so far has been cancelled due to rain which had to be our first inter-club with Colchester Rovers. But with a little bit of re-organising we moved it with a great turn out from us and the closest ever point difference by just 5 points to which Colchester won again. The second interclub showed another good turn out with Haverhill and West Suffolk Wheelers which West Suffolk won. Thanks and well done to all who took part and who helped.

We have been very unfortunate with the road works throughout the whole season so far this year in the Bildeston/Monks Ely area which has only lifted off once for us to use the well loved Hitcham Hilly course. There is a second one scheduled to which my fingers are crossed for you all.

The new course 'Acton Circuit' which replaced 'Bridge Street' has been a success. All I will like to say on this is please, please stay off the road when you are waiting your turn. You can stay at the garage and then use the road to ride to the start point if you do not want to bring or ride your bike over the very un-level surface between the hedge and garage.

Marshaling; I do need some marshals to fill the last date or two so if you are

available to help please see me. Whilst on the subject of marshaling I will like to mention the fact of a very poor turn out of people marshaling this year. On more than the one occasion we have had people who have committed to a date not show up without any warning to which I am very unhappy about. I think that all the riders of a Thursday Time Trial owe a massive thanks to the few people who turn up for support which have gone out in their place because without that kind help the event will not go ahead. Brian, Alison and myself turn up every week to time keep, all we ask is that some of you turn up once or twice. I do not expect this be the case next year, enough said.



On a lighter note, can you guess who this speedy rider is? Answers on a post-card to the usual address.

Thanks Lucy Jay TT Sec.

Bloke at the Back on a Stormy Normandy Landing Audax

Well, it seemed like a good idea at the time. An English AUK organised 100km Audax in my favorite part of France. Feelers were put out for companions to join brother-in-law Alun and myself, for a drive to Portsmouth, leaving the car



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there and completing the rest of the adventure by bike. Lots of interest from others, but in the end, it was just the two of us, as everyone else was either washing their hair or (sensibly) spending the Easter weekend with their families.

The day before departure, the ferry company phones up, "Err, your 7.00am booking for the high speed ferry tomorrow, is cancelled because of the weather" "Ay, what" I reply and in that split moment of time, I find myself thinking, well, the weather forecast is utter 'sh*te' for Normandy, so it's a blessing in disguise. "But as you only have bikes, we can get you on the 9.00am ferry" he continued. Oh goody. Even longer to spend on a slower ferry, in bumpy seas.

We, and a ship full of other green looking passengers left the boat and rode into Ouistrehem (a one horse/ferry town if ever there was one) ready for the 35km ride to our booked hotel. We had 2 hours to get there before they let the room go. No problem for a (sometime) CCS time-trialler, thinks I. Only there was, in the form of a 50kph headwind all the way along the coast. With two very full, front and rear saddlebags, I gamely sat behind Alun's wheel for two hours, as we plodded through the wind to arrive just before the cut off time.

I would like to have said that the next morning dawned bright and still. But I can't. The rain/hail was rattling against the windows as we prepared to ride up to the start hotel in Bayeux, a mere 15 kms away. By the time we arrived to pick up our Brevet cards, my back end was soaked through, due to not having a rear mudguard, which wasn't possible to fit with the rear bag I had been using.

To our astonishment, 15 other hardy souls (all English) were assembled in a semi posh hotel reception area, waiting for the off. They were mostly of the Bunty and Chuffy Audax types, with a couple of

fast guys on exotic frames, thrown in for good measure. Not a real Audax type person (think of Brian M) to be seen amongst them and to add insult to injury, sat navs were in abundance!

The first leg to the café (sorry, control) was fairly uneventful, just follow the geezer in front with his sat nav, was the order of the day. Even if it was tipping down, how wet can you get after the initial soaking. After that stop, things began to get more interesting, as the other audaxers disappeared from view. The directions were minimal and without the benefit of intermediate mileages. Somehow, we made our way to the coast control and some of the fiercest winds I've ever ridden in. The road alongside the sea was ridden at an angle of 45 degrees against the side wind, for 3-4 kms. We failed to make any sense to the route card and finished up in a holiday camp (closed), before re-tracing and climbing up the long drag from the coast at time trial speeds. After that, it only got worse as we stumbled about the Normandy countryside looking for the right roads. More than once, we encountered other fellow audaxers coming in the opposite direction towards us, totally lost as well. Where's Brian, Peter and Robin when you need them. Alun had faultlessly navigated us both across France a couple of years ago without any of the hassle this one was causing.

In the end, we made our own route up and sloshed along busy roads towards the last control. The light was fading fast as was any semblance of decent weather ahead. As it was down as a 'shoestring audax' with only stamps required from any shop in the control towns, we cut our losses and headed back to the hotel for warm showers and food.

We handed in our Brevet cards the next day and rather than join the second au-



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dax organised for the weekend, we went our own way and enjoyed multiple café stops and the knowledge that we actually knew where we were going for once.

Surprisingly, this event was organised by audax goddess, Sheila Simpson, who is one of the top brass in AUK and who probably prepared this one on the back of a fag packet (not mine!) from an atlas of the world.

The next day we lingered as long as we thought decent, before leaving the hotel for the ride to the ferry. With a tailwind, there was hardly any need to push the pedals, which was a pity as we had 5 hours to kill before departure from the port. Two café stops along the way and one at the port(in 35kms, is this an audax record?) helped pass the time, before we were afforded the honour of being the first up the ferry ramp.

A late evening arrival at Portsmouth had one last surprise in store. As we left the terminal, who should also be biking off the boat than sometime acquaintance, Chris Davies, who I mentioned in Spindle recently as riding 50 miles everyday, for last 50 years. With his saddlebag askew, matching his facial expression, he pedaled off into the night, chattering away to himself. Did I tell you he's a bit eccentric!

Bloke at the Back

Open 'Time Trial' Results – Early Summer 2008

1st June 2008 Finsbury Park Vets Road Race

Simon Wright - With 60 riders starting this road race, Simon worked his way up into the leading bunch but they were caught towards the end with Simon eventually taking a commendable 5th place.

8th June 2008 – E.C.C.A. 25 mile Open

T.T.

Len Finch - 1hr 10min 14secs - Len endured a cold damp morning on his 3rd T.T. outing of the season. As the club was required (under T.T.A. rules) to provide a helper/marshal for this event, our own chairman was obliged to fill in as no other volunteers came forward. A situation that must not be repeated in future events! If you want to enter Open events, you must take time out to help the club fulfill its duties.

21st June 2008 – Newmarket - VTTA 10 mile Open T.T.

Rob Davies - 22min 17secs - Rob rode to a P.B. on the fast Six Mile Bottom course Terry Law - 27min 23secs - Terry rode an impressive time despite the windy conditions Barbara Law - 29min 14secs - Barbara upheld the family performance for the day with one of her better rides. Len Finch - 28min 02secs - Len endured the headwind out, to come back home 7secs slower than last time. Barry Lee - 25min 56sec - 2nd claim member Barry, rode a good time, no doubt on a 'fixed' as usual.

28th June 2008 - Leo 30 Mile Open T.T.

Len Finch - 1hr 27min 29sec - Len was plagued with yet another headwind out and despite being without Michael Hutchinson (D.N.S.) to tail home; he rode the return leg 13 mins quicker. Must have been some wind!

6th July 2008 – Wymondham – 25 mile Open T.T.

Damon Day - 1hr 05min 00sec - Damon produced an excellent time and a P.B. on the busy and windy A11 course. James Rush - 1hr 00mins 13secs - James came tantalisingly close to a sub hour time, but a P.B. all the same.



13th July 2008 – Bungay – 25 mile Open T.T.

Damon Day - 1hr 06min 07secs - Another breezy day in which Damon came home just over a minute outside his P.B.

19th July 2008 – Newport - Victoria C.C. – 10 mile Open T.T.

Terry Law - 29min 46sec - Terry endured a cloudburst at the beginning which washed away his attempt on a P.B.

Mountain Biking

Hi everyone, remember me it's Doz! As some of you will have noticed I have not raced since May due to ill health (bad back in the areo position!) and am not likely to this year now. Last year I tried to start / launch an MTB subsection of the club, but this was stillborn due to my changed domestic situation. This is all re-mended now (I have a wonderful new partner). As this idea was enthusiastically received last year, I would like to try again..... So, all interested parties call me on (01787) 375903. Also if anyone has, or knows anyone who has an idle plot of land that they would be agreeable to a group of responsible adults (!) building dirt jumps on, that would be great too. Come and try the dirtier side of life! p.s. please do not call after 9pm, we have lots of children.'

Doz Bree

T.T. Times of Old

It was nice to see Scott Jones helping out at the last couple of Thursday evening Time Trials and I was reminded by Geoff Morse that he still probably holds most of the clubs records for the various T.T.'s.

By coincidence, Len Finch sent me over the club records for our club riders' T.T.'s

a few days later. It makes interesting reading and shows what a talent the club had in Scott during the early to mid nineties. I have reproduced his records below and perhaps it will inspire some of our (younger?) riders to strive toward these times!

10mile T.T. 20min 52 secs July 1994
25mile T.T. 53min 38 secs June 1993
30mile T.T. 1hr 06min 59secs June 1992
50mile T.T. 1hr 53min 44secs June 1994
100mile T.T. 4hr 02min 25secs July 1993
If anyone knows if any of these records have been broken, we would like to hear who and when please so we can update the records.

Bloke at the Very Back (Compared to these times!)

What again!



Yes I am riding the End to End again with David Law and Harry Crampton at the end of September. We aim to complete in 7 days this time so we can enjoy the scenery! We will be riding to raise money again, well it would be a wasted 880mile ride if we didn't so something for charity.

This time around I'm raising money for the Breakthrough Breast Cancer fund.

You can find more details, make a donation or even check on our progress at www.longcycledown.com

Many thanks for your support,
Adam Chamberlin.



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Fish & Chip Ride

Do you fancy a leisurely ride through the Suffolk countryside complete with cafe stops and a fish and chip lunch at Dunwich?

The ride is approximately 100 miles and will take place on Saturday 30th August 2008. Meet at Sudbury Market Hill at 8:30am. If you are interested please contact Dave Fenn on 01787 374284 or e-mail dr.fenn@tiscali.co.uk



Wow! Is that a new club in town?

No it's our new clothing. Yes Colin Dales our clothing Secretary is now in possession of the clubs new design that was agreed by a vote back in May. There is a £10 discount off your first purchase.

General Notices

Regulars on Thursday's will have noticed that there is now a notice board to show information about the club, upcoming events etc so if anyone has anything they would like to add to it please see Lucy Jay or e-mail her lucy@shibbyonline.co.uk

Upcoming events for the calender:

Committee meetings at the Stevenson Center:

Wednesday 20th August 7:30pm

Wednesday 17th September 7:30pm

Thursday 4th September - After Time Trial meal, please see Lucy Jay on Thursday evenings for details.

Sunday 14th September - CCS Open 10 TT (Lavenham Course) This is an OPEN event therefore you can not turn up you have to sign up in advance.

Helpers are needed, it is a tradition that clubs who run an open event help out to which Brian Webber has a list of required duties that need to be filled for this event to go ahead. If you are available on this day please support your club by helping out. This means everyone in the club not the usual committee members. People can call Brian on 01787 379605.

Sunday 21st September - Speed Judging Competition at Hawkendon 10:30am