



June 2008

I have taken a break from the conventional desk and decided to sit in the garden to write this editions intro; I'm sure that's the real reason for wireless networking.

Why? Well when the sun shows its little head you have got to do the best to make the most if it.

So I'm sitting here on a damp seat enjoying the rays but knowing tomorrow it will rain again. Which has pretty much been the process of events so far this summer; yep believe it or not we should be calling this summer.



However the sun held out long enough for the club's extra long club run to Shotley. Thanks to all who turned out.

## Open 'Time Trial' Results

Our roving reporter has been on the case of CCS members taking part in open events around the area. If you have taken part in an event then please let Roger Rush know and he will put you name in lights. The results so far:

### 19<sup>th</sup> April 2008 – Stow & Dist. C.C. Debenham - Open 20 mile T.T.

James Rush – 52min 17secs – A slower time over last season's effort on the same course. It wasn't traction engines holding him up this time; it was lady riders and horse boxes!!

### 27<sup>th</sup> April 2008 – VTTA on A14 Bury - 10 mile Open T.T.

Rob Davies - 24min 00secs - Fastest CCS rider home on the day at exactly 25mph.

Damon Day - 25min 47secs - A good ride by new member Damon and also a Personal Best time.

Len Finch - 28min 41secs – A good start for Len's first open of the season.

Viv Marsh - 26min 04secs – Viv didn't enjoy this one but still turned in an impressive Personal Best time.

James Rush - 24min 15secs - Another who didn't enjoy the busy A14 but who also managed a P.B.

### 27<sup>th</sup> April 2008 – Colchester Rovers – 50 mile Open T.T.

Doz Bree – 2hr 13mins – A remarkable ride from Doz who was feeling the effects of some merriment the night before. He also managed to leave his bottle behind at the start, so dehydration was well set in by the end of the ride then!

### 17<sup>th</sup> May 2008 – Stow & Dist C.C. Woolpit – Open 10 mile T.T.

Terry Law – 31min 47secs – Terry suffered badly from the cold and the downpour at the start didn't help either.

James Rush – 24min 30secs – James was disappointed with his time in the wet on a course similar to our Lavenham 10.

Thursday night visitor, Lee Bark, splashed round in the wet, to win with a 22min 03secs

### 17<sup>th</sup> May 2008 – Lea Valley – Open 10 mile T.T.

Len Finch – 27min 55secs – Len's 2<sup>nd</sup> event of the season saw him improve on the Vets 10, by 45secs in hard conditions and with a nasty headwind for the return leg.

### 24<sup>th</sup> May 2008 – Ipswich B.C. Tunstall – Open 10 mile T.T.

James Rush – 24mins 51secs – Held on a glorious sunny, but blustery day, James couldn't improve on his previous best 10 time. Lee Bark could 'only' manage 22min 14secs.



June 2008

## 25<sup>th</sup> May 2008 – Ipswich B.C. Tunstall – Open 25 mile T.T.

James Rush - 1hr 04mins 34secs – In complete contrast to the day before, this was held in monsoon conditions around Tunstall/Rendlesham forest. James pedaled/paddled in with a respectable time considering the weather. Thursday evening regulars Adrian Pettitt and Lee Bark, posted 1hr 04mins 49secs and 57mins 53secs.

## 25<sup>th</sup> May 2008 – Newmarket – Open 25 mile T.T.

Rob Davies – 1hr 00min 52secs – Rob rode the fast E2/25 course and was rewarded with a P.B. time despite the windy conditions on the return leg.

## CCS Audax



Last month welcomed the return of the Tour de Stour Audax. Andrew Hoppit completed another outstanding event; although I'm sure he would want to thank all those that helped out with the ride and at the HQ.

Due to overwhelming work loads I have not been able to put together the full stats of the day but we did have an overwhelming amount of riders sign up on the line.

If you enjoyed Andrew's Audax then why not try one of our other events. If you did not take part in the Tour de Stour then make a note of these upcoming Audax's:

### Castles, Coast and Corn Fields 161km starting at 8:30am on 5th July

## Bildeston Circular

104k starting at 9:30am on 5th July

### Location and details:

Headquarters for both events: Bildeston Sportsfield Pavilion, Consent Lane, Bildeston.

Entry forms downloadable from the AudaxUK website: [www.audax.uk.net](http://www.audax.uk.net), or from the AudaxUK Calendar.

## Family Bike Ride



As part of Bike Week, Cycle Club Sudbury are organising a Family Bike Ride. This will be on Sunday 15 June, leaving Kingfisher Pool car park, Sudbury, at 9.30am, returning about 12.30pm.

It will be an escorted ride (12 miles), via Valley Walk and quiet roads to Foxearth and back, with a picnic stop at Rodbridge.

We will need as many helpers as possible, to escort the riders, and marshal at road junctions etc. If you are able to help, could you please let Robin know by phoning 01449 741048, or e-mailing [robinandpam@tiscali.co.uk](mailto:robinandpam@tiscali.co.uk). Helpers at the car park by 9.00am please.

If your family want to ride, please note; no unaccompanied children under 16, recommended minimum age for bike riders 8 years old, younger children welcome on trailer bikes etc. Bring a picnic in a bag – we'll transport it for you.

## Stop Working - Easy Money Scheme

The other week I came home to find a strange unmarked envelope on the door



June 2008

step; enclosed was a CD with instructions. On the CD were some words and a couple of pictures, after reading the article I was half expecting the CD to vanish in a puff of smoke.

So please find enclosed the copy and help me work out who this CD belongs to:

*Pssst. Keep this to yourselves; we don't want non club members hearing of this brainy little earner.*

*Maybe you have seen guess the weight of the cake competitions at village fetes. Well, how about, guess the weight of the bike?*

*Now I came across this little beauty whilst renovating bikes for St. Nicholas Hospice charity warehouse. I picked it up (metaphorically speaking) at the warehouse in a dreadful state and brought it home to the workshop to smarten it up so it could go on sale to provide funds for the hospice. What a titanic weight!*

*For a kids bike it looks OK but pity any child given it as a present. Can we imagine the proud (but bike ignorant) parents presenting the bike to their expectant offspring? Anywa, the parents can sleep easy in the certain knowledge that no mortal child could pedal the lump more than 20 metres from home. Well, that's one way to keep the kids away from drink fuelled raves in bus shelters.*

*However, I thought I might seek advice from the bike magician of Bildeston. Into the shop I strolled confidently expecting Rob's usual obsequious greeting ritual: "good day sir, how can I be of assistance to your good self." Oh no, what a chameleon change had come over him.*

*"Get that f\*\*king heap of sh\*t out of my shop before some CCS blokes come in." Then I heard the whistling sound of a razor sharp 53 tooth chainring spinning, discus-like at my retreating back. Oh dear, the ring missed me but caught Roger Rush on the way in. I did not recognise him at first because he was wearing a false beard, dark glasses and a*

*hat. I never did find out if he was injured. Only later did I force the full story out of Geoff. Roger had come in disguise because Rob had made up the latest BMC super, all carbon time trial bike but disguised it as a Dawes horizon. The lengths that some members will go to achieve racing glory in the evening series!*



*Back to the kid's bike. I put it onto my big weighing balance just to see how such a small bike could feel so heavy. Then I weighed my own lightweight for comparison.*



*My not so new lightweight came up as 19 pounds. If you can guess the weight of the kid's bike to within 100g I will donate £ 10 to the hospice. Put your suggestions into the next spindle with your name. If you can work out who I am I'll donate an additional £ 10.*

*Answers on a postcard, best send them through to me as I've no forwarding address!*



June 2008

## Club Kit

I would like to thank all those that turned up last month to discuss the situation with the club clothing.

After plenty of tea and a show case of past kit we were able to conclude it will be a new design. Clothing secretary Colin Dales was the creator of the chosen design; one which took a simple yet effective approach using the club colours of orange and black.

We have been able to put together a quick mock up of the kit which will be available in a few months.



## Evening Points Series

The Thursday evenings have been getting quite busy with the usual suspects clocking up the time and racking up the points.

Full details of the events are available online on the CCS website:

[www.cycleclubsudbury.com](http://www.cycleclubsudbury.com)

### Colchester Rovers Interclub

Some riders turned out in the hope of taking on Colchester Rovers the other week, only to be let down by the ever reliable Summer weather.

It was decided that we should postpone this event due to the rain and so the Interclub will

take place on the 19th June.

However please note that the event will commence at 19:00 instead of the 19:30 as previously arranged.

### Acton Circuit

As most points series riders are aware we have a new course this year; the Acton Circuit.

With any new venture there will be some teething problems and whilst everything appears to be going off without a hitch there have been some concerns over riders waiting to start.

When riding this course can all cyclists please make sure they queue in an appropriate manor and out of the main flow of traffic. You can wait for your start off the road but do not queue and wait on the road until your number is called.

This is a health and safety matter and failure to abide by the risk assessments of the course could result in another course being cancelled.

## Dates for the Diary

Time to grab the calendar and mark up some club events and dates:

- 15th June - Family Bike Ride
- 18th June - Committee Meeting
- 19th June - Interclub with Colchester Rovers
- 26th June - Interclub with West Suffolk and Haverhill Wheelers
- 5th July - Bildeston Circular Aduax
- 5th July - Castles, Coasts and Cornfields Aduax