

CycleClubSudbury



www.cycleclubsudbury.com

Spindle – May 2010

Welcome to a low tech version of the latest edition of Spindle. The slick high tech versions are usually produced via Adam's trusty Mac. But sadly it has suffered a temporary hiccup and is on short term sick leave. So the content is here, but in a rather basic, less pretty form.

Cycling Shorts

Hitcham Hilly & Brent Eleigh Time Trial Courses

The club committee has decided to look into the possibility of moving the finish of the Hitcham Hilly, due to the safety concerns of finishing on a 'blind' bend', where riders have been observed to be cutting the corner before the finish line. The alternatives being looked at are: a) still finishing in Lower Road, but earlier on where the road is straight and visibility is good, or b) omitting the left turn into Lower Road altogether and carrying on passed this junction and finishing on the Preston Road before the junction with the Lavenham/Bury road. This will obviously reduce the course length a little, so new records are there to be established!

The Brent Eleigh course has already been revised and used for the second TT of the season. The finish line has been moved (towards Brent Eleigh direction) by a small amount to get it away from it's traditional position which was always 'plagued' by a van parked just after the finish and constituted a real collision danger to riders. The new finish line also gives better visibility in both directions for riders and officials.

Club Records

The club is trying to update its club records and there is nothing published for women, juniors or juveniles. Below are the only ones we have. We would be pleased if anyone out there can fill in any of the unknowns or update, where appropriate, what is shown below.....

School boys under 14 years old.

10 miles. Ben Rudd. 29 min 19 secs. 7th Aug 1993. Club event.

25 miles Ben Rudd. 1 hr 15 min 27 secs. 17th April 1994. West Suffolk Wheelers TT

Juvenile 14 to 16 years old.

10 miles. Matthew Andrews. 24 min 04 secs. 7th Aug 1993. Club event.

25 miles. Not known.

Junior 16 years to 18 years old.

10 miles. Hugo Gladstone. 23 min 45 secs. 26th June 1993. CCS Open.

25 miles. Hugo Gladstone. 1 hr 1 min 43secs. 17th April 1994. West Suffolk Whlrs TT.

Ladies.

School girls, Juvenile and Junior.
Current records unknown.

Senior Ladies.

10 miles. Barbara Law. 28mins 18secs
8th Aug 2009 ECCA event.

25 miles. Barbara Law. 1 hr 14 min 58 secs.
16th Aug 2008 Shaftesbury CC. TT.

Bike for Sale



Dear all,
My chum is having to sell his bike due to losing his job. If you are interested or know of anyone who might be, then please give him a buzz.
Cheers, James Rush
Full Spec and details on this website link....
<http://www.ride-bikes.com/products.php?plid=m1b93s186p2590&rs=gb>
Cannondale CAAD 9 2009 58cm frame in BBQ (satin black)
In 'as new' condition, only done about 450 miles. Never ridden in the rain and never left outside.
Shimano Tiagra gear set.
Shimano s.p.d's.
Shimano r 500 wheels.
Cateye compact wireless computer.
Topeak tool bag with, spare inner tube, puncture repair patches, tyre levers.
Bottle cage and Camelback bottle.
Good quality hand pump - also included is a Joe Blow track pump!
I am reluctantly selling due to redundancy, I bought this package on 01/08/09 and have receipts bar the track pump and s.p.d's, totaling £1300 and is in new condition. I still have the Cannondale wallet with all the maintenance manuals in. It has just had an after-sales check up from the shop where I bought it.
I am gutted to be selling this but needs must. Best to email me and I can send over photos. £750 ovno.
Based in Maldon, Essex. Tel. 0779 3217997
richardmevans@hotmail.com

Cycling Books for Sale

I am having a clear out and have sold some bike bits on eBay and other sites. I have over 150 Cycling books and have decided at my age it is time I disposed of some Bits and Pieces.....£20 the lot.

Books

Cycle Racing by Kenneth Bowden (1st Edition) 1958
Kuklos Annual. 1951
Leisure Cycling. Jock Wadley. 1975
The Usborne Book of Bikes. 1999
The Cyclist Companion. F. Alderson 1981
The Penguin Book of the Bicycle. Watson & Gray 1978
Cycle Racing-Training to Win. Les Woodland 1975
Cycle Racing. Westell & Evans 1986
The Pocket Guide to Cycling. J. Wilcockson 1985
The Mountain Bike Handbook. Ricketts. 1988
Richards Mountain Bike Book. 1989
Len Finch
coureur@tiscali.co.uk

All Weather/All Purpose - Time Trial Bikes

No.1) The photo below shows Stewart Kirk's latest 'all weather' TT machine. Faced with the slight possibility of getting his 'best' TT bike wet on a 25 mile event, (the weather forecast did look dodgy to be fair) Stewart hastily built up an all terrain version in his shed. Based on a MTB frame with racing



wheels, it certainly looked the business (Michael Hutchinson certainly gave it a 2nd look!) although it caused Stewart a few headaches on some of the technical details. For the outcome and TT result at Six Mile Bottom, see below.....

No.2) In a similar vein, Damon Day below, was also loathe to use his new TT bike in the nasty wet and muddy stuff that plagued the recent Plomesgate 10 mile TT. So he brought out his training bike complete with down tube shifters. And just to show that 'aero' isn't always the way to go, he produced one of his rides so far!



No.3) The 'Pierre le Blanc' Time Trial machine unveiled.

A new time trial machine has been recently unveiled (in his wood yard) by local club member and wood wittler, Peter Whiteley. As you can see from the photo, it has the capacity to carry all his equipment to the races and can



also accommodate the weeks shopping, which could be picked up on the way round the course. Colin Dales has already booked a lift with him to Lavenham next Thursday evening, including 5 boxes of club clothing which he hopes to sell on the night. Anyone wishing to do house moves on the cheap, can hire the contraption for the odd (but not that odd) bottle of wine, but must supply their own driver/rider. He recently distinguished himself by bringing 3 stranded English families back from Calais on his machine during the 'volcanic ash' travel disruptions. Chapeau!

April 2010 - Open TT Results

2nd April – Gt.Yarmouth CC – Open 10mile TT – B1043A - Bungay

Simon Daw's continued resurgence on the TT scene continued on the Bungay course. His time of 23mins 31mins was his fastest since his heyday in the late eighties. It proves that age isn't a major factor to improvement although he admits that aero technology has played a small part. More to come I think!

2nd April – ECCA – Open 25mile TT – E9/25 – Chelmsford

This course is proving to be James' nemesis. Try as he may, he cannot duck under the hour and so today's effort proved with a 1hr 2min 52sec in cold and windy conditions.

3rd April – East Anglian VTTA – Open 25mile TT - E33/25 – Six Mile Bottom

With heavy rain forecast, it was a pleasant surprise to find sunshine at the start. Stewart's debut on his racing/mtb hybrid bike wasn't able to show its worth in wet conditions as he charged round in the dry in a disappointing 1hr 15mins 45secs. Damon however, found the course more to his liking with a decent 1hr 6min 28sec ride. James floundered a bit as he came home nearly 2 mins off his best time for the course, in 1hr 2mins 22secs. Michael Hutchinson destroyed the field (as usual) with a 51min 23sec ride!

4th April – Haverhill Wheelers CC Hilly 20 – Open 20mile TT - BS/5R – Clare

Simon was out again over Easter for this rainy and windy event over local roads. Having competed on the same course in the late eighties, he was pleased that his time of 50min 18secs was very similar to the times achieved over 20 years ago! He was also amongst the prizes!!

10th April – Lea Valley CC – Open 25mile TT – E2/25 – Newmarket

Very pleasant conditions for this event saw two very good rides from Damon and James. Damon's 59min 20sec time finally saw him duck under the hour mark which he had been threatening to do all last season. He was rightly pleased with this excellent result.

James' 55min 13sec was just 26secs off his personal best and thought that there was more to come, especially if the leg cramps, which have plagued him this season, can be brought under control.

17th April – Stowmarket & Dist CC – Open 20mile TT – B10/38 – Debenham

Another glorious day for time trialing saw 4 CCS riders enjoying the sunshine. Barry Lee clocked a solid 58min 26sec ride, followed by Stewart, on his 'proper' TT bike at last, and recorded a 52min 44sec ride which was slightly down on last years time. Damon rode a very good 50min 45secs which was a massive 3min 20secs improvement over last year. James' 48min 06sec was also a good improvement of 1min 44secs over his previous time.

18th April – Elite CC – Open 25mile TT – E91/25 – Dunmow

Simon found this course very hard with cold and windy conditions to contend with. Although he said it was hard to get going, his time of 1hr 00mins 17secs was tantalisingly close to going under the hour, which was a great effort all the same.

18th April – East Anglian CC – Open 25mile TT – B25/4 – Attleborough

This is one of the faster courses around and despite a light headwind back, Rob and James both turned in quick times. Rob was rightly delighted with his personal best time of 55mins 48secs, which was an excellent effort. James was content with his 57mins 34secs but said he was struggling back into the headwind.

25th April – VTTA East Anglia – Open 10mile TT – B10/38 – Rougham

Four CCS riders tackled the fast-ish course on the A14. The conditions were ideal with little or no wind. Rob came in top of the CCS pile and 5th overall with a very good 21min 59sec ride, an improvement of 98secs over last years event, followed by James with 22mins 43secs, improving by 14 secs. Damon continues his upward improvement curve with a 24min 09sec, which was a 43sec better than last year. Len Finch also put in a fine effort and

recorded 28min 33secs which was the best over standard of the CCS riders.

25th April – Colchester Rovers CC – Open 50mile TT – E7/50B – Gt. Bromley

Simon Daw was our sole representative on this 50 miler on the Gt. Bromley course. Having punctured 10 miles out, he hastily changed his tub and carried on to the finish with a respectable (considering his problem) 2hrs 12mins 06mins time. He also encountered the strange situation of actually catching and passing some riders twice!

Cycle Club Sudbury – Official Clothing Availability List from stock @ April 2010

<u>Item</u>	<u>Size</u>	<u>Price</u>
Short sleeve road jersey	S/M/L	£40.00
Long sleeve road jersey	S/M/L	£43.00
Windtex pro training top	M/L	£52.00
Gilet	M	£34.00
Ultra packable windproof top	M/L	£44.00
Lycra ¾ bibknicks	M	£44.00
Lycra bibshorts	M	£45.00
Lycra arm warmers	M/L	£17.00
Thermal arm warmers	M	£20.00

~ Don't forget that there is a £10.00 discount on the first purchase of the year to each club member!

~ Schoolboys/girls have a special price of £20.00 on the short sleeve road jersey.

~ Skinsuits are not held in stock but can be ordered with the club's next order.

An up front payment of £69.00 is required.

~ All enquires to: Colin Dales on
01787 374581

Cycle Club Sudbury - Thursday Evening Time Trial Results - 2010 - No.3

RIDER NAME	DATE & COURSE																			
	Apr15 Sud 10	Ap22 B.E.	Ap29 Acton	May6 H.H.	My 13 Sud10	My20 B.E.	My27 Sud 10	Jun3 Acton	Jun10 H.H.	Jun17 Sud 10	Jun24 Sud 10	July 1 B.E.	July8 Acton	Jul 15 H.H.	Jul 22 Sud 10	Jul 29 B.E.	Aug 5 H.H.	Aug 12 Acton	Aug 19 Sud 10	Ag26 B.E.
N.Baker			22.01																	
S.Barnes			23.28																	
G.Buckles	34.36	25.23	28.16																	
N.Bull	30.38	23.27																		
*S. Carson		23.19	22.21																	
*S. Chatting		19.43	19.40																	
*D. Coughlan		21.37																		
R.Davies	24.07	19.19	19.12																	
S.Daw	24.26	19.53	19.55																	
D.Day	26.01		20.18																	
A. Dyson		25.17	24.11																	
*A. Elderfield		21.51																		
A.Hoppit	31.17	23.15	22.40																	
G.Hoppit	28.19	22.39	21.44																	
*A.Kennedy	27.35	21.36																		
B.Law	35.15																			
T. Law		25.35																		
B.Mann	28.37	22.55																		
B.Marsh	30.13	23.17	22.38																	
J.Marsh	29.30	23.25	23.11																	
V.Marsh	27.39	21.41	21.40																	
L McKnight		29.15	27.35																	
J.Newton			23.20																	
G.Palmer	31.19																			
T.Pillet	29.06	22.28																		
*C.Rowe			22.36																	
J.Rush	25.15	19.55	19.13																	
M.Shotbolt	25.20	19.48	19.53																	
J.Steed	37.34	28.21	28.16																	
*D.Terry			23.15																	
J.Weatherley			23.14																	
N.Webber	25.32																			
*D.West			19.52																	
*M.Wilson	27.20	21.53																		

* = Visiting Rider