

# SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY

APRIL 2006



## April Fools!

It was a bit late in getting there, in fact the air is still carrying a certain nip but the roadside daffodils definitely tell me that spring is upon us. Which of course can only be good news for all those fair weather riders out there, you know who you are, time to shape up and turn out.

Big thanks to all those who attended the little club get together at the Stevenson Centre the other

Thursday, it was good to see a few new faces, always good to see the usual suspects too.

If you did turn up you will have already received your copy of the time trial target times, for those who were not able to make it you should find your copy enclosed with this edition of the Spindle.

Thank you to all those who have returned their slips for Marshalling detail on the time trials, please find detailed the list as it stands, notice the last few weeks still need coverage!

DATE	LUT	COURSE	TOS	Marshall	Tel No.
April 20	20:09	Lavenham '10' – L10 (B1039	18:45	Rob Davies	01787 313686
27	20:20	Brent Eleigh – BE	18:45	Barbara Law	01206 241780
May 4	20:32	Bridge Street – BST	19:00	Roger & James Rush	01473 828318 01473 429262
11	20:43	L10	19:00	Bob Bush & Adam Chamberlin	01787 880491 01787 312976
18	20:53	BE	19:00	Gordon Griggs	01787 269528
25	21:02	L10 Inter Club with Colchester Rovers	19:00	Peter Whiteley	01787 375269
June 1	21:10	HH	19:30	Alan Wiseman & Brian Mann	01787 269230 01787 278595
8	21:16	L10	19:30	Viv Marsh	01206 240533
15	21:20	BE	19:30	Doz Bree	07981 996228
22	21:22	HH	19:30	Mark Gentry & Robin Weaver	01787 280348 01449 741048
29	21:21	L10 Inter Club with West Suffolk Wheelers and Haverhill Wheelers	19:00	Peter Whiteley	01787 375269
July 6	21:18	BE	19:30	Tom Moore	01787 378495
13	21:12	HH	19:30	John Steed & Terry Law	01787 371254 01206 241780
20	21:04	L10	19:15	Rob Sidgewick	01449 740404
27	20:54	L10 CCS Club Championship	19:00		
Aug 3	20:42	BE	19:00	Stan Nicholls	01787 372849
10	20:29	BST	18:45	Stewart Kirk	01787 227740
17	20:15	L10	18:45	<i>Marshall's Required!</i>	
24	20:01	BE	18:30	<i>Marshall's Required!</i>	
31	19:45	BST	18:30	<i>Marshall's Required!</i>	

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## In The News

Roving News reporter and Free Press front man, Stan, has been hot on the trail of club members out there making their mark in the news, reports as follows:

Simon Wright (CC Sudbury) has started the new Road Racing season with a win on Sunday in the Lee Valley/ Ciclos Uno Circuit Race at the Eastway track in London. Racing was over 1 hour plus 5 laps and here is Simon's own account of the race.

*It was bitterly cold, so thermal tops, thick gloves and overshoes were the order of the day. There was a good field of 55 riders, including Dominic Gabellini, who was on a high after winning an Open Elite race the week before, at Eastway. After only 3 Laps, a break of 5 formed, including myself and we soon had a 30 second gap. The group consisted of Dominic Gabellini and Matt Seaton, both riding for Rapha/Condor RT), 2 riders from Finchley RT and myself riding for CC Sudbury, but in my Delphi racing top. As the clock reached ½ hour, the 2 Finchley RT riders were dropped, leaving 3 of us. We worked well together and as we reached 5 Laps to go, we lapped the entire field. With 4 Laps to go Matt Seaton attacked and got a 15 second gap, so I asked Dominic to chase, but he said 'he is my team-mate, you chase'. On hearing this I went off after Matt, with Dominic slipstreaming behind me. When we finally caught Matt, I thought Dominic would counter attack, but to my surprise, he didn't. I suppose that he was so confident in his own, sprinting ability that he took a breather. Matt led for all the remaining Laps, with me in second and Dominic at the back, right up to 200 metres to go. In the sprint, I jumped off Matt's wheel and could hear Dominic's tyres tearing at the tarmac, but he didn't have the speed to get past and before I knew it the finishing line had arrived and I had won. Speaking to them both after the race, it was clear that their choice of team tactics had thrown away an almost certain win.*

CC Sudbury's Len Finch and Terry Law were in action on Saturday in the Eastern Counties 10 miler on the E2 course in Cambridgeshire.

Terry Law went round quickest of the pair in 26. 43 minutes, approx 3 minutes slower than par for him on this course. Racing into a head wind on the outward leg Terry took nearly 16 minutes to the turn, but was able to power back in approx 10.5 minutes with the tail wind. So strong was the wind that even Braintree's "big hitting" Bill Broadfield, normally secure at around 22 minutes in these events, struggled to break "25". Len Finch recorded a short 29-minute ride, which in the conditions was probably about right for him. Other local riders, Pete Horsnell (28.47) and Ron Back (25. 41) also found themselves down on standard.

Brian Mann, CC Sudbury Audax "king" in 2005, has set himself a new challenge this year and is targeting Audax UK's "Round the Year Randonneurs" challenge. To be admitted onto the Roll of Honour a rider must complete an event of at least 200 km's in each of any consecutive 12 months, and despite the cold start to the year and the paucity of events in January and February, Brian is now well on his way. With in excess of 1000 kms recorded in Audax events so far in 2006, Brian also looks a very good bet to retain his club title as well.

Second Claim member Barry Lee took part in the Haverhill Wheelers 20mile Hilly BS5 starting at Kedington on Sunday the 9<sup>th</sup> April. He set a respectable time of 58.48 but Glenn Taylor took the gold with a blistering 47.25 win.



## My Own Personal Goal.

Some of you might have noticed my lack of appearance at the Sunday morning club runs; in fact I think I have missed an entire month of bacon sandwiches! You need not worry I am not sitting indoors watching re-runs of Only Fools and Horses, I am in fact getting some heavy miles in for an event that might even make or brake my passion for cycling.

Some of you are aware of the event I am referring to, some have even expressed feelings of... stupidity I think was the most common on the matter, those who do not know there is a small group of riders planning to ride the End to End in the Summer.

The group is of course myself, new club member Dave Law, club regular and onsite mechanic Rob Morse and Dave's cousin Harry Crampton, who currently resides in Liverpool so he has a reason for not making any club events.

The idea of riding from Lands End to John O'Groates is not a new one, in fact quite a few members have completed this task, but we plan on adding an extra challenge to the proceedings, completing the ride in 5 days! That's right, 5 days, who those of you quick on geography will know this is around 175 miles a day.

We plan to start from Lands End on the 5<sup>th</sup> June and finish at John O'Groates on Friday 9<sup>th</sup>, just to make sure we stick to the plan we have pre-booked all the hotels along the way.

The whole journey will be done with support from a generous selection of family members providing regular stops for food and water. I'm not sure if it will be TdF style back up where Lucy leans out of the van fixing my gear indexing whilst cruising along at 30mph but hopefully there will be plenty of pieces of Flap Jack to go around.

The event will actually be done in aid of charity, so I expect each and every club member to dig deep and make a donation. The group have opted to split the funds equally between two very worthy causes, the British Heart Foundation and more locally Belstead Special Needs School in Ipswich.

Look out for a section in the May edition of the Spindle for details on how you can donate!

## Bit At The Back

In the last edition I made the assumption that Roger Rush was the infamous 'Bloke At The Back' to which now I have been told he of course is not, he just happens to be at the back and might happen to cycle with this fabled bloke who writes articles for the Spindle. *-There you go Rog, I think I got away with it and covered up my mistake.*

The other night I heard a noise outside my front door, when I went to inspect I found a folded piece of paper on my doorstep, it was an account of the Audax in Stevenage held at the beginning of April. I believe Roger was actually out of the country on business with his wife in a crowded room with plenty of witness' when this was written, so there is no way it could have been him.

Anyway I'll let Roger 'Bloke At The Back' tell the tale:

With the Time-Trial season in mind, it seemed a good idea to get a decent amount of miles in the 'bank' over the winter period. I have managed to supplement my weekend rides with a weekly night ride with Robin. It is certainly different and sharpens the reflexes somewhat.

At times, we both wonder what the hell we are doing as we silently stumble through the darkness.

The freezing cold conditions during this winter seem to be deterring all but the brave and the Sunday Club runs have suffered as a result. With only three souls making up the 'group' during a couple of mid month March rides. Some of this has also been down to members riding their first Audax's of the season. But some of the

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time it is just down to lethargy on behalf of you lot out there. If certain 'out-of townies' can be bothered to travel 12-15 miles just to get to the start, it would be nice to see a greater number of 'locals' make the effort to join them. Anyway, moan over.

Four club riders made the long trip over to Stevenage, for their well-organised beginning of summer (?) Audax rides. Andrew, Robin and I opted for the 115km ride to Thaxted and back, while Brian Mann chose the 210km ride to Lavenham and back.

The large entry (as ever) would ensure the first café stop would be busy, so we all snuck in with the first start group to increase our chances of no queuing. With the gale force wind at our backs, we arrived at the caff not long after we left; such was the strength of the tail wind.

It was the same story over to Thaxted, although the queue was longer at the control due to later groups catching and passing us.

For the return leg, the headwind, the lumpy nature of the terrain, plus going off course three times ensured we were to pay for the easy 'out' journey.

I did manage to make a few new friends to wave at as they passed mere feet above us on their descent into Stansted. Most of them had sun tans, so I guess they had been somewhere hot! It had also decided to rain on us as we staggered back and within a couple of kms of the finish, a rare front puncture rounded off a tough day. I just couldn't be arsed to change the tube in the rain and rode back very gingerly along the sign-less cycle lanes of soul-less Stevenage before rumbling to the finish.

We all felt totally exhausted at the end and I could not begin to imagine what the Lavenham and back riders were feeling. It would just about do my head in if I felt I had to ride all the way back to where I originally started from that day, and then come all the way back again to the finish. I take my hat (helmet) off to them and although it is an ambition to ride and finish a 200 one day, at the moment, I have neither the physical nor more importantly the mental means to do so. It is, as they say, just a bridge too far for me...

## **Stats:- Ride Time 5hrs 29mins @ 14.1mph**

**Note:** There is a nice looking 100km Audax coming up soon (Easter Saturday) starting from Bungay. It is rated as a very flat course, so if anyone fancies a ride out over Easter.....

**-Bloke at the Back** (not Roger)

## Community News and Views.

Peter Fradley has asked me to place a small article about a couple of video's he has for sale.

1. A Sunday in Hell – Paris-Roubaix film and documentary
2. Stars and Water Carriers – 1973 Giro film and documentary
3. 1992 Pairs-Roubaix – Video of race

All video's are in very good condition and available for the small sum of £5 each, contact Peter on 01787 310515 if your interested, if your lucky he might even deliver them to your door.

I think that just about sums up everything for this month, don't forget that there is good weather out there, just between the rain and the recent hail.

Gear up for the beginning of the Time Trials and if you have any spare evenings we can do with a few more marshals towards the end of the season, apart from that I wish you all the best of luck.

The Editor.