

SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY AUGUST 2006



Looking out (of the window of a car or from your bike if your lucky to get the time) over the countryside you notice a distinct lack of crops in the fields. As the golden yellow of wheat fields is slowly being replaced by freshly turned soil you can only think to yourself of one thing; Sunday club runs will soon be upon us! Last month we experienced some of the best weather in a long while, it was so warm that those with any sense stayed close to home and well hydrated. Those without took part in the Tour de Stour. Yet the weatherman promised of a cooler spell with continued warm weather into August, so all was not lost. Not sure about any one else but the rain has been coming down pretty much for a while now; not quite the warm spell we were expecting. Despite the troubled skies and the impending autumn season the cycling must go on and with the Thursday time trialing events nothing could be further from the truth. Despite a dip in numbers during July; I blame the Tour for that! The competition has been fierce with the club championship finally sorting out the men from the boys. (this boy opted not to even try and be a man!)

Thursday Time Trial Results

Results from Thursday 13th July Hitcham Hilly course.
Last Hitcham Hilly of the season.

#	Rider	Club	Time
1	Lee Bark	SDCC	31.45
2	Adrian Pettitt	SDCC	33.31
3	Jason Everett	SDCC	35.20
4	James Rush	CCS	36.16
5	Nick Baker	CCS	36.27
6	Richard Talon	CCS	36.55
7	Stewart Kirk	CRCC	38.04
8	Colin Byford	Hav W	38.10
9	Viv Marsh	CCS	39.24
10	Dan Wright	CCS	39.46
11	Gordon Griggs	CCS	40.53
12	Mark Gentry	CCS	42.14
13	Hugh Rethman	CCS	45.04
14	Tom Moore	Bath RC	45.49

Results from Thursday 20th July Lavenham 10 course

#	Rider	Club	Time
1	Lee Bark	SDCC	22.07
2	Jason Everett	SDCC	24.39
3	James Rush	CCS	25.41
4	Rob Davies	CCS	25.55
5	Nick Baker	CCS	25.56
6	Graham White	ITC	26.06
7	Steve Mayers	Inter Bike	27.07
8	Stewart Kirk	CCS	27.26
9	Viv Marsh	CCS	27.44
10	Gordon Griggs	CCS	28.03
11	Brian Mann	CCS	28.34
12	Chris Hall	CRC	31.36
13	Hugh Rethman	CCS	31.50
14	Colin White	CRC	32.22
15	Bob Bush	CCS	32.44
16	Tom Moore	Bath RC	33.18
17	Barbara Law	CCS	33.52
18	John Steed	CCS	33.59
19	Terry Law	CCS	DNF

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Results from Thursday 27th July Lavenham 10 course, which was our championship race.

#	Rider	Club	Time
1	Rob Harman	CCS	23.53
2	James Rush	CCS	24.47
3	Hugo Gladstone	CCS	24.56
4	Rob Davies	CCS	25.17
5	Nick Baker	CCS	25.22
6	Viv Marsh	CCS	26.04
7	Stewart Kirk	CCS	26.56
8	Dan Wright	CCS	27.00
9	Gordon Griggs	CCS	27.15
10	Brian Mann	CCS	27.35
11	Robin Weaver	CCS	28.56
12	John Steed	CCS	29.39
13	Hugh Rethman	CCS	30.30
14	Barbara Law	CCS	31.50
15	Bob Bush	CCS	32.02
-	Graham White	ITC	25.38
-	Dave Terry	Have W	26.28
-	Tom Moore	Bath RC	31.21



Results from the Championship

Seniors

1. Rob Harman	23.53
2. James Rush	24.47
3. Hugo Gladstone	24.56
4. Dan Wright	27.00

Vets on standard

1. Gordon Griggs (60)	+2.33
2. Brian Mann (59)	+1.59
3. Robin Weaver (59)	+1.08
4. John Steed (64)	+1.06

Handicap

1. Dan Wright	16.38
2. Hugo Gladstone	16.40
3. Viv Marsh	16.47
4. Gordon Griggs	16.56

Well done to you all.

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AUGUST 2006

Results from Thursday 3rd August Lavenham 10 course

#	Rider	Club	Time
1	Angus Jardene	IP BC	23.58
2	Rob Harman	CCS	24.39
3	Doz Bree	CCS	24.47
4	James Rush	CCS	25.45
5	Nick Baker	CCS	25.51
6	Dave Terry	Hav W	26.46
7	Colin Byford	Hav W	26.47
8	Steve Mayers	Inter Bike	26.50
9	Dan Wright	CCS	27.29
10	Gordon Griggs	CCS	28.02
11	Stewart Kirk	CCS	28.12
12	Graham White	ITC	28.12
13	Brian Mann	CCS	28.33
14	John Steed	CCS	31.04
15	Tom Moore	Bath RC	31.27
16	Andy Rogers	CCS	31.35
17	Chris Hall	CRCC	31.44
18	Colin White	CRCC	31.51
19	Hugh Rethman	CCS	32.30
20	Bob Bush	CCS	33.22
21	Terry Law	CCS	33.41

Leading positions as of 3rd August 2006:

Stewart Kirk	705
Rob Harman	629
Gordon Griggs	616
Nick Baker	551
Rob Weaver	463
James Rush	461

Remaining August 06 Thursday evening club events course changes and marshals

Members will recall that in May and June we had roadwork's affecting 'L10', the Lavenham course and also 'BE', Brent Eleigh. This meant that the program of courses agreed by the committee with the mixture of hilly, flatter, short and longer courses, to give (hopefully!) all members a sporting chance of competing in the series, issued on 6.4.06 (April Spindle) had to be changed several times from that planned of 8 L10's, 6 BE's, 3 BST's and 3 HH's. It was the BE course that was most affected. However we were unable to use the BE course on the 3rd so used L10 again. Also the use of L10 has been requested for the last event for 06 on 31st Aug. This means there will have been 10 on L10 and only 4 on BE but at least we will have had 20 events. So the last few Thursday events are;

Aug 24 th	20.01	BE	18:45	Andrew Hoppit	01787 373395
Aug 31 st	19.45	L10	18:30	Brian Mann	01787 278595

Marshals are asked please to be at the HQ (the CAR PARK at THE COCK pub Lavenham) half an hour before the TOS, to collect signs, m'h'g jackets and course notes.

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Marshals needed for the CCS open '25' Sunday am 15th October 06

To be run on course B 25/49a – A14 Kentford / Bury St Edmunds (Westly r'bout) – 2 laps

The Event Secretary Stan Nicholls still needs a pusher off and a marshal for the club's main Annual Time Trial Event. This will be coordinated on Stan's behalf, as last year, between myself (Bob Bush on 01787 880491) and, as I will probably have to be away on 15th, Brian Mann (01787 278595) At least 4 more marshals are required so please contact either of us as soon as possible.

For the Committee Bob Bush TT Sec.

Cycling In The News:

CC Sudbury staged its annual Audax rides on Saturday on a hot and humid day that tested the rider's endurance to the full.

The 200kms event left Sudbury at 8.30am on a route that took in Alton Water, Harwich, and Sudbury before visiting the source of the River Stour at Wrating Common and returning back to the Sudbury HQ. 34 riders successfully completed the ride, an impressive number in the very hot conditions that prevailed.

42 riders completed the shorter 100 km edition, which took a very hilly route for the first leg down to Dedham and back. After a midway stop at HQ for some refreshments the riders left for the concluding loop via Glemsford, Lavenham and Monks Eleigh.

The event, which has rightfully earned a reputation for excellence in the few years since its inception, attracted entries from as far away as Darlington and Wolverhampton with a strong contingent travelling up from Kent.

A warm overcast Sunday morning proved unexpectedly difficult for CCS members contesting "Open" Time Trial events. Len Finch rode the Shaftsbury "50" on E2/50 in windy conditions which he reported "made the long drags turn to proper hills on the way back". In recording a 2.24.16 time he was disappointed to miss his age standard by 2 minutes, but the ride should nonetheless secure him the Club Vets Trophy for another season. Another disappointed rider was Bob Bush who made the long journey to race on the N1/25c course only to be reduced to a slow 1.25.47 performance by the difficult conditions he found there.

A Bit at the Back of Dieppe!

After much cajoling by those club members who know better than me, I finally agreed to join their annual jolly to French France, to ride the Dieppe Raid. Officially known as the Three Valleys ride, I was promised lovely biking countryside, good weather and good company. (Hmm!) After an early morning ferry to Calais with Robin and honorary member Alun, we met up with the rest of the group, Peter Whiteley, Mac McDermott, Colin Dales, Mark Gentry and Steve Thorpe at a local hostelry for refreshments. This turned into a full-blown lunch, which went down well after the full English breakfast we had had on the ferry earlier!

After a leisurely (Colin was driving!) meander to Dieppe, we went straight to the official reception (and the many speeches) before decamping to our hotel on the seafront.

The weather was glorious and bode well for the next days ride into the unknown.

With in excess of 200 Brits taking part, together with 100 + French riders, we managed an earlish start into the heavy drizzle that greeted all the riders. My 'betters' informed me that it would soon clear as I avoided following anyone's wheel too closely along the saturated roads.

Route finding was never a problem with all directions marked on the road, although we still managed to miss a couple along the way.

With the rain becoming more persistent, a café stop seemed the best option but before one appeared, the first puncture, rear tyre of course, intervened. With that fixed, we all bundled into the next bar/café and dripped large pools of water all over the floor as we downed some welcome coffees.

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I'm sure the countryside around us was very picturesque but two further punctures dulled the senses and site-seeing wasn't on my agenda. The halfway stop in the grounds of a grand chateau helped revive my flagging spirits as did the food goodie bags handed out as we arrived.

I was surprised at the variety of bikes being used on the ride, ranging from chunky tired full sus' MTB's, folders, fixed wheels, tandems, hybrids and normal tourers. I envied those with mudguards as I was soaked head to toe from spray from down below and up above.

The return leg saw more hills (mountains to me) to clamber over and I was true to my name as 'bloke at the back'. I renamed the trip from the 3 Valleys Ride to the 33 Valleys Ride as I'm sure I grovelled my way up more valleys than I care to remember.

The CCS Knights in Soddan Armour stopped to help a lone female fix a puncture on a deserted road as we steadily fell back to become one of the last groups on the road.

A little further on, Peter joined the puncture club making it a total of five fixed during the trip.

A final café stop from the wet murk and mist was taken, before the last leg of our 140km tour of the damp Normandy countryside in a vain effort to dry out.

As we approached the sea with just one more hairpin-strewn headland to battle over, I longed for the finish. Going up and over it, I was Billy-No-Mates at the back again as all my riding partners had disappeared into the distance. A car full of surly French youths drove past as I struggled up shouting "allez, allez Engleesh. How did they know where I came from? Anyway, I cheerily waved two fingers at them in response.

A welcome shower back at the hotel to remove what I thought was a good suntan (?) on my legs, but turned out to be road grime, was followed by watching the England - Ecuador match on tv, from the comfort of my bed.

Heaven! A good end to a gruelling day amongst the French weather and countryside.

Reflections from the weekend:

- CCS riders appear to be on a mission to eat and drink Dieppe empty and dry with cycling secondary to this aim.
- All members seemed fluent in French when ordering food and drink, but nowhere else.
- If it's going to rain all day on your longest ride of the year, it bloody well will.
- The Dieppe seagulls are four times bigger and noisier than English ones.
- This type of event always attracts the most eccentric and 'weirdest' of characters imaginable on bikes. (Mostly Brits) Do they think the same about us?
- Ride time - 6hr 30min. Journey time - 8hr 30min. Average Speed - 13.2mph.

Bloke at the Back

A date for your calendar...

There is monthly Committee meeting on Thursday the 21st September at 7pm at the Stevenson centre in Great Cornard. This is then followed by the club AGM at 7:30pm. All club members are welcome but please don't forget to bring some biscuits!