

SPINDLE

THE NEWSLETTER OF CYCLE CLUB SUDBURY

SEPTEMBER 2006



As the summer months retreat the weather is having one last go at giving us some great rides, lucky too as the Sunday Morning club runs have re-started.

The evening time trial series has finished, I think that was the reason for the night out in Lavenham, well done to all those that took part; you can find the results of the last few events below. Many thanks to all those people who turned out for the dinner at The Cock; it was a great end to a seasons TT'ing.

Thursday Time Trial Results

Thursday 10 th August			
#	Rider	Club	Time
1	Chris Worsted	API	20.32
2	James Rush	CCS	20.52
3	Brian Mann	CCS	21.47
4	Pandro Burman	Hav W	22.02
5	Nick Baker	CCS	22.23
6	Gordon Griggs	CCS	22.36
7	Mark Gentry	CCS	23.19
8	Dan Wright	CCS	23.20
9	Robin Weaver	CCS	23.28
10	John Steed	CCS	24.35
11	Hugh Rethman	CCS	25.39
12	Andy Rogers	CCS	25.44
13	Tom Moore	Bath RC	26.03
14	Barbara Law	CCS	26.46
15	Bob Bush	CCS	DNF

Thursday 17 th August			
#	Rider	Club	Time
1	Philip Hetzel	IBC	22.29
2	Steve Grimwood	IBC	22.37
3	Angus Jardene	IBC	23.37
4	Rob Harman	CCS	24.05
5	James Rush	CCS	24.45
6	Michael Wykes	IBC	25.05
7	Doz Bree	CCS	25.40
8	Tim, Snook	IBC	25.50
8	Rob Davies	CCS	25.50
10	Dave Terry	Hav W	26.00
11	Viv Marsh	CCS	27.09
12	Caroline Gammel	IBC	27.11
13	Brian Mann	CCS	27.19
14	Gordon Griggs	CCS	28.05
15	Robin Weaver	CCS	28.42
16	Chris Hall	CRC	30.55
17	John Steed	CCS	30.57
18	Colin White	CRC	31.09
19	Hugh Rethman	CCS	31.16
20	Bob Bush	CCS	31.39
21	Tom Moore	Bath RC	31.53
22	Barbara Law	CCS	32.30

Thursday 24 th August			
#	Rider	Club	Time
1	Doz Bree	CCS	19.56
2	Ben Caisey	IBC	20.18
3	Hugo Gladstone	CCS	20.34
4	James Rush	CCS	20.47
5	Pandro Burman	Hav W	21.47
6	Steve Mayers	Inter Bike	21.58
7	Gordon Griggs	CCS	22.47
8	Robin Weaver	CCS	23.29
9	Stewart Kirk	CCS	23.36
10	John Steed	CCS	25.10
11	Viv Marsh	CCS	26.14
12	Barbara Law	CCS	26.51
13	Tom Moore	Bath RC	44.02

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Thursday 30th August

#	Rider	Club	Time
1	Phil Hetzel	IBC	21.41
2	Peter Balls	IBC	23.15
3	Steve Grimwood	IBC	23.44
4	Ben Cursey	IBC	23.45
5	Adrian Pettitt	SDCC	23.54
6	Richard Sykes-Popham	Glendene	23.55
7	Tim Haseldine	SDCC	24.12
8	Rob Harman	CCS	24.19
9	Jason Everett	SDCC	24.27
10	Michael Wykes	IBC	24.43
11	Doz Bree	CCS	24.45
12	James Rush	CCS	24.48
13	Rob Davies	CCS	26.03
13	Nick Baker	CCS	26.03
15	Viv Marsh	CCS	26.31
16	Steve Mayers	Inter Bike	27.04
17	Stewart Kirk	CCS	27.11
18	Caroline Gammel	IBC	27.16
19	David Law	CCS	27.52
20	Steve Hiscock	CCS	28.14
21	Gordon Griggs	CCS	28.25
22	Dean Cross	CCS	28.51
23	Colin White	CRCC	30.57
24	Chris Hall	CRCC	31.24
25	Hugh Rethman	CCS	31.38
26	Barbara Law	CCS	32.15
27	John Steed	CCS	36.38
28	Rob Morse	CCS	DNS
29	Robin Weaver	CCS	DNF

Final Results

Rider	Points
Stewart Kirk	755
Gordon Griggs	656
Rob Harman	649
Nick Baker	581
Robin Weaver	536
James Rush	507
Rob Davies	395
Viv Marsh	353
Hugo Gladstone	346
Tom Moore	324
Bob Bush	321
Andy Rogers	308

A Trip in the Hills

The Wild Wales challenge is an event held on the August Bank Holiday Monday every year in the village/town of Bala in North Wales. It is a one-day event that takes in some 90 miles of North Wales.

In recent years the event has attracted some 600 riders, not bad given the size of the sports centre where you start, yet this event is not a race, it is as it claims a CHALLENGE.

Some how fellow club member, David Law convinced me to ride this with him and fellow end to ender Harry Crampton.

It's only a few hills? How wrong could I be...

Let me start off by stating I have never in my life seen a 20% hill, either up or down, yet this event had a couple of them. The steepest hill around appears to be the infamous Semer Hill, which at certain places measures a staggering 11%. Semer hill however is only a few hundred yards long and if you put your head down is over in under a minute (well that's the plan). Nothing could prepare me for the hills I saw over these 90 miles. Nothing I can type will even give you a feel for how they are, just take it from me they are impressive.

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Breakfast is served.

As it is a challenge there is no start line or pistol, just set off when you're ready.

The group of us made our way down the road from the village hall and soon we were beginning to pass those slower riders who set off earlier. The road surface was good and I was feeling great, not too bad this I thought and we turned off the main road onto a B road.

Over a few small humps, in Suffolk those would have been hills but not to what was waiting around the corner. As we cleared the lumps and bumps the field was panning out and there was not the huddle of riders until the next bend opened to a narrow tree covered track with two lines of near stationery cyclists on each side, oh yeah and the sign indicated a 17% incline.

I instantly dropped a few gears and started the climb, the biggest problem and one I was not ready for was fighting for road space. People were walking, sitting in 'granny' gears or just taking a breather. This meant you were forever switching sides, moving past and trying to make the most of the space available. The hill came out of the trees and I saw a space, being the hot headed Lance a like that I am I got fed up, turned round gave the closest rider the 'look' and stepped up the pace. Back in the saddle and getting my pace sorted I started finding the space and making up some places. Two more switch-backs and false hopes of reaching the summit the road leveled out, looking across at the cloud covered mountain tops you realise you are at the top. The cyclist in front was talking to his friend saying that there was more of this to come, joining in the conversation I found out that at each stage there were at least two of these monster climbs, this one being one of the easier. Looking back I should have listened to Dave's words more wisely.

More of the same

After the first stop, I really have no idea where I was or which way was up let alone North, we re-grouped and set off again. This time I read the book as it warned of sharp bends at the bottom of descents. Descents!?! That was not a descent that was a roller-coaster ride, not a very safe one at that. Down the hill at stupid speeds only to find a 90 at the bottom with a narrow stone bridge, clenched cheeks were the order of that descent.

The next climb saw the 17% turn into a 20% with more of the same, people walking their bikes up to the crescent and free wheeling down. So far I have not set foot on the ride and I was feeling good about this, yet as we all know things can change very quickly.

After around 50 miles found the second control point and Dave and I opted to stop for lunch (and wait for Harry) So far the weather has been great and we sat in the shade of a tree reflecting on the morning's events.

We set off again ready for whatever Wales can throw at us. However I was not ready for the Welsh roads.

The next section could not really be described as a road, grass in the middle and bushes on the sides. It was so bad we were convinced that we had taken the wrong turn, but then the 10 odd riders behind us had also taken the wrong turn! The next bend proved that we were on the right track, the usual procession of hill climbers tackling the next 'vontoux'. This climb was something different, the road was narrower and the middle was full of a moss/gravel/grass/mud combination that made life extra interesting. As I picked my way through the crowd I jumped on the back wheel of a like-minded climber. A third jumped on my wheel and between the three of us we yelled directions and began our combined ascent. This was going well, we were able to find the spaces and keep the speed at just above 3-mph until disaster struck. The lead man suddenly swung right to avoid a chap falling into the hedge, this put me in a problem and I swung left. Wrong way, my back wheel hit a patch of moss, there were revolutions of wheel spin before all momentum was lost and I realised I was stationery with no hope of getting going. I had to resort to old-fashioned footwork! At the peak I waited for the others, all of which had to walk. The road was just too narrow and busy to keep going.

Homeward bound

The next few miles were just the usual, intense climbs, dangerous descents and superb scenery. This continued on to the final stop where we were greeted with tea and cakes! After a quick wait for Harry we set off on the final 20-miles. Of course there was a massive climb out of the village, what else would there be! We then started heading off back to Bala, Dave and I were talking and trying to decide how the route home was going to pan out. Of course by now the legs were tired and the body weak, we wanted to get home and get off the bikes

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yet our beaten minds were telling us there must be a savage climb at the end, you know the final bite in the ass! Yet after 10 miles there was nothing, a blinding decent; the best one of the day for me, which took some nerves to leave those brakes alone. Only two miles to go and still no climb, damn it we had been tricked there was no final ascent or final killer, just a nice ride back. If we had known we would have picked up the pace and given it a final blast.

Eventually Bala loomed close and as we rolled into the car park where Lucy and Serena were waiting (with receipts from a days shopping) to see us home.

Looking Back

Dave was not wrong; it was the hardest riding I have ever done. Going so slow has never been so hard. But it was also a very rewarding ride. Knowing you have taken on a 17% mile long climb and seen the top is great to know, it is easy to see why the event just keeps on getting larger each year.

If any one from the club is interested this can also be completed as a team event; come on it was fun!

Election Time

It's AGM time again, and we look forward to as many members as possible joining us at the Stevenson Centre, Broom Street, and Great Cornard at 7:30 on Thursday 21st September. Refreshments will be served, and votes counted!

As well as reports on this year's activity, we need decisions on next years program of regular and new activities. Suggestions welcome.

Your committee is up for election, and the posts are listed with the name of the current incumbent.

Chairman;	Peter Whiteley	- Willing to be replaced!
Vice Chairman;	Bob Bush	- Not available for re-election
Secretary;	Geof Morse	- Definitely one more year only!
Treasurer;	Geof Morse	- Definitely one more year only!
Press Secretary;	Stan Nicholls	
Time Trial Secretary;	Bob Bush	- Not available for re-election
Audax Coordinator;	Peter Whiteley	- Willing to be replaced!
Newsletter Editor;	Adam Chamberlin	- Willing to continue
Clothing Secretary;	Doz Bree	
Committee Members;	Roger Rush, Brian Mann, Brian Webber	- More welcome!
Evening 10 Statistician;	Alan Wiseman	

(Nominations for all posts accepted on the night. Ask your nominee if they are willing to stand first!)

Bob Bush deserves generous thanks for his service to the Club in doing the paperwork associated with running the evening time trials, and for attending the local RTTC committee meetings on our behalf. He is planning to move back to Lancashire soon.

The Audax rides at the end of July went well, and I am hugely grateful to Lucy and Jenny (Mann) who arrived to help in the kitchen unannounced. We couldn't have managed without them. A big thank you to Stan who helped me do a check of the route the week before, and then manned the Harwich checkpoint on his own for more than two hours. A big thank you to Colin too with signing on and general help.

The lack of helpers this year was a problem, and so for other reasons too, I will take a break from organizing in 2007. Andrew however is planning a 100k event earlier in the season and from Long Melford instead. A single loop makes for much less work and a much shorter day for the organizers.

- Peter Whiteley