

NOVEMBER 2011

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Well the members of SDCC have done us proud again! I thought this couple of months would have been light on cycling activity as the season draws to a close but oh no, the stowmartians have been busy biking and sending me some great articles for you all to read. Thanks guys and gals, makes the newsletter editors job much easier! We've got a trip to the Alps, the Sampsons and Graham Berry banging in the MTB racing, remnants of the TT season, start of the Cross season, a good dose of road rash for Matt Toone (get well soon buddy) and some leftovers from August. Dusk Til Dawn became the mudfest again in October, Stu Thomas had a cracking win at the Ford CC Go Race at Dunton and we had a brand new Autumn Reliability ride. I even got out on a club run!

Read on

Mossy

## Dusk Til Dawn

Oh why, oh why was Dusk til Dawn not on Saturday 1st October?

It was the hottest recorded October weekend! in the mid-late 20's, everyone would have been racing in warm, dry conditions... It has been held on the 1st weekend in October for the last 10 years. The race was moved to the following weekend because of the Bike Show in Birmingham.

So at the beginning of the week of the race I'm sure most competitors were keeping a close check on the weather. It hadn't rained for sometime which meant the course would be dry, although sandy.

At the beginning of the week it looked like Thetford was gonna be dry. However, as the week went on, this changed and reported light drizzle from 11pm onwards. Nothing could be as bad as last year's dusk til dawn.

We got to Thetford, set up and had a leisurely ride round the course. It was dry, quite sandy in places but we could handle that, much better than mud!

8pm soon came round and Andy was waiting at the starting line and that is when the light drizzle began, 8pm not the 11pm as the weather reported, they never get it right!. The starting loop was fast, following the quad bike 20mph along the fire road. Andy put in a really fast first lap just over 11 hours to go.

harder but the course was holding up well. Andy and I were running in third place . The hours passed and still it was drizzling, every lap riders were getting drenched and as the night wore on the conditions got worse. I still kept telling myself that it wasn't as bad as last year!! All riders were now having to plough through mud, not all parts of the course were a hard slog which gave some respite (but not much!!).

From 5.30am Andy & I were running in 1st place so we had to keep it together if we were going to win this at the fourth time of trying. Andy came in at 7.50am so that meant I had to go out for the last lap as we didn't know how far behind 2nd place was. As it was now light I could see the track and all the mud, I think it was better when I was riding in the dark as you couldn't see so much. I don't know how I did that last lap, luckily had plenty of gels on me for fuel. Can you believe it, the drizzle stopped half way round on my last lap! I crossed the finish line and we had won a lap ahead as 2nd place didn't come in until 8.06pm. We were so chuffed that at last we had got the top podium position, we never thought we would be 1st place. This is our best result yet, just got to do it again next year!! HOPEFULLY IN THE DRY!!??

It continued to drizzle, at times getting

# Calshot Velodrome



On the morning of Saturday 6th August 8 Stowmartians and 2 Ipswichians drove the 180 miles to Southampton. The purpose; to ride Calshot Velodrome.

Calshot is the only indoor banked Velodrome in the East (The new Olympic one doesn't count as us 'non-Londoners' aren't allowed to ride it yet). Slightly smaller than Manchester, Calshot boasts steeper corners and shorter straights giving bigger thrills (but thankfully not the spills!) than most tracks.

Having arrived safe and sound a quick bite for lunch was all that stood in the way of us and the track. Sadly the instructor we had booked, a chap called Malcolm, was off ill but luckily another instructor, Jamie jumped to our rescue.

So, we are now standing in the middle of the track. Looking round, the corners seem way steeper than I remember and a rather impressive tyre sized gouge in one of the corners makes us all question whether we should have packed those knee and elbow pads after all. Still Jamie quickly got to work at calming us down and it was not long before we were astride what were to be our trusty steeds for the afternoon. For those of you that don't know, track bikes differ from road bikes in two ways. Firstly they have no gears and are fixed wheel. Obviously with no hills the gears aren't necessary. Secondly, and I will add now that this next change is done in the name of safety, they have no brakes. These changes together cause a rider a number of issues. Firstly it makes the rider feel 3 years old again. Suddenly even simple

tasks, such as putting your foot on the pedal, becomes a mammoth event. I mean how difficult can it be? It's not like the pedal keeps moving out from under your foot or anything!!!! This problem though is nothing compared to the realisation that without brakes and gears the only thing slowing the bike down is you!!

Track cycling is the worst thing a cyclist can do for their ego EVER. There are no hills, no potholes, no suicidal motorists, no chains slipping as you change gear and no wind. All there is is you and a bike. Overcoming these problems was the aim of the first hour of the session. Once everyone had got the hang of stopping in a controlled manner it was time to face the real issue - the actual banked track. This was done in a staged way with exercises progressing so we slowly moved up to the different lines of the track till eventually, after about 2 hours, all riders were confidently flying round at the top. Not only was this an impressive feat in itself but it was made even better by the fact that no one fell off in the process (well only Emma but she fell whilst standing in the middle of the track with both feet on the floor. Work that one out!)

Jamie had a whole toolbox of exercises to help develop our skills and confidence. For most of the exercises we were split into groups doing turns on the track whilst the others rested. Being split up also allowed everyone to have a go at everything and no one was pushed to do anything they didn't want to.

It was at about this time that we started to realise the benefits of not having gears and brakes. Suddenly it wasn't a problem, it was a help. It was something less to have to worry about, less to go wrong. Suddenly the joy of it just being you and bike came into its own and it's at this time that we realised how totally fantastic track cycling was.

The final exercise of the day was the one where we could really prove what we were

capable of. A flying lap. The aim - be the fastest round the track. Simple really. The times would be recorded and we would get two goes so we could compare times to each other and between laps. Ego was at stake again!! I think I speak for everyone when I say this was the best exercise of

After Use!

Calshot 2

MATT	11.81	12.03
PAUL	11.31	11.50
STEPHEN	13.47	13.09
ADAM	12.47	12.00
KEVIN	12.81	12.75
GRAHAM	12.51	12.64
BEN	13.00	12.56
MIRIAM	12.70	12.78
EMMA	15.09	14.34
PETER	13.56	13.06

the day. The winner of this was Mossy in a time of 11.31 seconds (ahhhhhh I think I have just realised why he wanted me to write this article for the newsletter!) Generally everyone got a similar time. Even us girls got within seconds of the guys. Sadly the end of the session arrived too soon and it wasn't long before we had to hand the bikes back and pack away. I would like to spend this last paragraph thanking everyone that came and made the day possible. The session was absolutely fantastic and I hope everyone enjoyed it as much as I did. I would also like to thank my mum who helped so much and supported on the day and Jamie who was a brilliant instructor. I am hoping to organise another trip in February/ March time and I hope we can get even more people to come along.

Thank you everyone.  
Miriam

## TT Roundup

SPOCO South East was the focus of my attention this year and for me it went down to the wire on the last race. The whole has been won by Steve Dennis of East Grinstead, an untouchable rider, but 2nd and 3rd was battled out between SDCCs own Andy Leggett and Niall Digby of La Fuga-Sigma Sport. both riders had qualified geographically in their own areas (La Fuga-Sigma sport is a Surry based team), so Niall had qualified "south of the river" and I had qualified "north of the river". Up to the last 2 events which were Lea valley 30 and 25 I was leading 1/2 point in front of Niall (reckon I would have been more if an event wasn't cancelled after the week I won my 1st race of the year - I was feeling that I was riding the best of the year so far). Although being aware of this, I subsequently received an Email from the impartial organiser informing of how close it was. This I imagine was sent to Niall too. Low and behold Niall entered the Lea Valley 30 (this clashed with Breckland 25 which I had already sent my entry form to) which was 1 week prior to the 25 which I decided to enter to "defend" my position. Both Niall and me had to improve on a 4th to alter the points table. After the 30 event I trawled the internet looking for a result. It was nowhere to be found, However, I did find the names of the 1st and second riders. Niall was not one of them, did he get a 3rd, do I now need to get a 3rd on the 25 and not allowing him to get a 2nd?. I can honestly say that it felt

like the biggest race of my year. I was finally going head to head with my "rival", and although not allowing any negative thoughts in, if he beat me today, then he deserved the 2nd place and also vice-versa. Anyway, I managed a 5th, Niall was 6th, so on the face of it I beat him "good and proper". Now I need to know the result from last week. PHEW! he was 4th, so the points remained the same and I achieved my goal of overall 2nd!! Below is Lea Valley/Comet 25 result

	Name	Club	Time	HC Time
1	Sam-BARKER	Planet X R.T.	55.18	49.02
2	PaulSMITH	Chelmer C.C.	55.51	45.50
3	JimMOFFATT	Virgin Active	56.05	49.19
4	DeanLUBIN	PCA Ciclos Uno	56.29	49.02
5	AndrewLEGGETT	Stowmarket & DistC.C.	56.33	46.43
6	NiallDIGBY	La Fuga-Sigma Sport.	57.21	49.52

**SPOCO East up date,**  
SDCC have again won the team prize

Little Leggett, Big Leggett, Mossy (Another year, another combination, is there no limits to SDCC strength and depth?)

One more result to come but looks like PNut Arnold has wrapped up the series by 6 points from Andre Dyason with Andy Leggett 3rd and Chris Leggett 4th overall.

SPOCO East awards podium positions in age category so looks like PNut Arnold 1st Senior, Andy Leggett 2nd and Chris Leggett 3rd (Although he is a Vet now, at the beginning of the year he was still a senior, hence competing against senior). Very well done for Chris to get on the podium as his last year as a senior. Paul Moss is looking like getting 3rd Vet. (Blimey bit of a shock, only because Nick Jackson and Glen Taylor didn't get the qualifying rides in ☺ - Ed). John Adams looks like picking up 3rd Super Vet.

Emma Beard should get 2nd Lady but she didn't get all the qualifying rides in so not sure whether she still qualifies for a prize. Special mention should go to Emma though who had fabulous rides in the longer distances, I think she completed 3 x 50's (more than I've ever done - Ed)

SPOCO East really is a great series of TT's on the sporting courses and presents such a different challenge to the fast dual carriageway courses. Events seem to be attracting less riders so, please, consider riding the sporting courses events to keep them going.

Andy

## Monthly Club Meetings

Held every 1st Tuesday of the month at the Needham Market Community Centre.

Very informal, just turn up around 7:30pm have a chat and a drink.

Next one will be on the 1st Nov

## Upcoming Cross

30 Oct—National Trophy Leicester  
6 Nov—Inter Area Championships  
13 Nov—Grafham Water Cross  
13 Nov—National Trophy S'hampton  
20 Nov—Hempton Cross  
26 Nov—Redgrave Cross  
27 Nov—National Trophy Derby  
4 Dec—Regional Championships  
11 Dec National Trophy Bradford  
18 Dec—Broome Heath Scramble  
7 Jan—National Champs Ipswich  
15 Jan—National Trophy Rutland  
22 Jan—Colchester Rovers Cross  
28 Jan—World Championships  
4 Feb—End of Season Team Champs

## Upcoming MTB

6 Nov—Thetford Winter Series 1  
4 Dec—Thetford Winter Series 2  
29 Jan—Thetford Winter Series 3  
26 Feb—Thetford Winter Series 4

## Offroad Roundup

**Mud Sweat & Gears MTB series** finished Sunday, 3 SDCC members competed in the series, Laura Samson was out right winner in the Female 17+ group, with 4 firsts, Andy Sampson overall 12th/166 in the Male 17+ group, and I was 5th/35 in the Grand Vets 50+ group.  
Graham Berry

The Sampson family have had a really busy summer racing and achieved some really great results. I've listed below all the race details and results

Andy and I raced in the 'Are You Tough Enough' 6 hour mixed pair enduro (surrey). The course was tough with some really technical sections and the climbs a killer!! We came first and completed 9 laps with only 10 minutes between 1st to 4th place teams .

We also raced in the 'Thetford Summer Enduro' as part of the Mud, Sweat and Gears summer series. The course was fast, flowy and apart from the few downpours of rain (which caught Andy out on his laps) the course held up well. We came first and completed 18 laps, a clear 2 lap lead on 2nd and 3rd place, an excellent result!  
Graham Berry, also from Stowmarket cycling club entered this enduro (6 hour) as a pair with one of Andy's work mates. They achieved a really good result, 14th with 10 laps. This was Graham's first enduro and we have convinced him to do Dusk til Dawn at Thetford in October which is a 12 hr enduro from 8pm through the night to 8am.

Our kids that have been racing in the Grommets 'Mud, Sweat and Gears summer series', Caitlyn (aged 9) and Dean (aged 7). Before the kids race they have a one hour coaching/training session from British Cycling coaches and this has really benefited them to become more confident riders.

We all raced at Danbury Park. The day was fine however, the week leading up to it was wet, wet, wet which made conditions difficult through the wooded areas. Results:

Caitlyn - 3rd  
Dean - 22nd  
Laura - 1st  
Andy - 1st  
Graham Berry - 10th.

All the Sampsons raced at Codham Park as part of the 'Mud, Sweat and Gears summer series'. The day started off with sunshine, although very

windy. Unfortunately, one hour into the race and the heavens opened which made conditions tough, as the mud was so much like clay! Results:

Caitlyn - 1st We were really proud of the kids results too!  
Dean - 12th  
Laura - 1st  
Andy - 7th  
Graham Berry - 4th, a superb result!

Next Andy and I raced as a mixed pair in Torq in your sleep (Surrey). A 12 hr enduro from midday to midnight. On the practice lap the course was pretty dry considering all the rain leading up to the race during the week. Andy had a fast first lap which meant we were 1st overall and the pressure was on me to keep this up. Unfortunately, the heavens opened on my 1st lap and the heavy showers didn't stop which made conditions tough. The course was tough enough with killer climbs and so many roots! As night drew in riders had the mist to contend with which meant that you couldn't see very well with your light beam! We came 2nd and were pleased with the result as we had done this race last year and came 4th.

The last of the Mud Sweat & Gears race took place at Langdon Hills, it was a fine dry day. The kids raced first, Caitlyn 4th and Dean 13th. Next our turn to race. The course was dry and fast until you hit the hills! in total 6 steep hills! so after 5 laps of this it hurt! Laura came 1st, a clear 12 minutes ahead of 2nd place. Unfortunately, Andy crashed only completing 2 1/2 laps, buckling his wheel and not able to carry on, gutted!!  
Graham Berry raced and came 8th.

The Mud Sweat and Gears series has ended and the kids really enjoyed it! Overall positions:

Caitlyn - 4th  
Dean - 12th  
Laura - 1st  
Andy - 12th  
Graham - 5th

Next Dusk Til Dawn at Thetford Highlodge Centre. For those other Stowmarket riders taking part Good Luck, lets pray for NO RAIN!!

## Cyclocross Roundup

All the rounds so far this season have been characterized by warm and dry conditions, no mud! 1st race at Writtle College was a great start with a 25th overall and an 11th Elite Vet. The rest of my races have been somewhat mediocre. Springfield was fast with a 33rd overall and 13th Elite Vet. Had a dreadful start at Hillyfields and ended up

37th overall and 11th Elite Vet. Another poor start at Davy Down and a bit of misfortune clouting a step forcing a change of bike ended up 31st overall and 14th Elite Vet. Mistley saw an improvement, racing well in a 4 man group for a bit, ending 28th overall and 13th Elite Vet. Next race Redgrave



# Road Race Roundup

The Eastern Road Race League has now finished with SDCC in it's highest ever position. 10th, thanks mainly to the superb efforts of Jonny Shuster and Gavin Moore and ably assisted with points from Kristian Mobbs and Matt Toone. Jonny in particular has had a stellar season moving from 4th cat at the start of the year to a 2nd and competing in some National quality races. Both Gavin and Jonny have really shown themselves as aggressive and superlative riders, great effort guys!

The Mid Suffolk Road Race went off without a hitch with superb organization from Graham as usual. It was an odd sort of race, very stop start with no real breaks getting away and the added complication of a JCB getting onto the course just as the bunch had split. In the end a bunch hill climb up Willisham Hill with Matt Toone and Paul Moss finishing in the bunch but sadly not challenging the top 10.

It's been a great year for road racing in the region with the Woodbridge Crits being well received but sadly unlikely to happen next year I'm told, the Ipswich Cycle Racing League has been a fantastic series up at Trinity Park and the Lotus League still going strong. Throw in the Norwich Crits at the end of the season and what a great road race season it's been.

## **Narrriiicccchhh Crits – UP AND DOWN – Literally !!!**

Points chasing for my second cat, I decided to have a pop at the narrich crits. This involved hammering flat out round a badly surfaced gravelly car park for an hour at full speed !

The first one was a technical little circuit with plenty of tight corners. Thinking it would be as easy to be out front as it would be in the group being able to choose your line I set the afterburners at full open

from the very second the flag dropped. The field was soon down to about 3 still in touch, then I got a puncture. Luckily I took some spare wheels and got a quick change. I then proceeded to get to the front again and turned the gas taps on again full blast and only 1 rider could hang with me. Working together, we managed to lap all but 2 riders and having done more than my fare share including 5 laps full speed on the front when the time gap closed, I still had the beans to smoke the other rider at the end !

10 points and it was all going so well..... !

Next round, all good, same scenario but sadly 1 rider got away and I didn't have the legs on the day to follow him. So outsprinted everyone else on the last stretch then swung into the last corner then bang, crash, wallop ! pedal struck on the exit of the corner trying to get the power down early, rear wheel came off the ground and bike came out from under me, leaving me to hit the nasty gravelly tarmac on my side at 23.3 mph (the garmin speed trace was a vertical line of deceleration !)

Soooo.....

Skinsuit and gloves totalled, road rash to shin, thigh, elbow, badly cut hand,

bruised and battered to hell and nearly a ripped off nipple !

Luckily bike pretty OK, Phewwwww ! (skin heals ! Rob Morse from Lifecycle said I did well to throw myself under it !)

The fall was nothing compared to cleaning out the wound which I did later at home with an old toothbrush after being patched up by St Johns Ambulance !! (and a good deal of effing and blinding !) and whoever invented spray savlon is a bastard ! it seriously stings !!! And picking all the crusty gooey bandages off was pretty emotional, eased with 2 bottles of aspalls!

I also realised the inadequacy of my home first aid kit which consisted of a single 2 inch square of gauze and some sticky plasters ! not good for a square foot or so of raw mashed skin !

So my tips for the day are – don't fall off, tarmac doesn't bounce !

And if you do – get to my house asap as I now have a great collection of first aid kit and prescription only non-stick dressings and a bit of expertise dealing with road rash!



Had a very light riding month and Im pretty fine now, but go round corners a bit gingerly (for the time being !!). Shoulder is still a bit mashed though but improving!

Coulda been worse I spose - was doing 50mph down Le Tourmalet in the Pyrenees the week before.....hmmmm !

## Great win for Stuart Thomas

51 riders arrived to be met by perfect weather for the penultimate race in The Ford Go Race Series at the high speed car test track. It was pleasing to welcome several riders for their first race, and I must thank all the riders for their sensible riding throughout the race.

The race was pretty lively with several attempts to break away from the peleton, although none of these turned out to be successful, sometimes

because the low number of riders getting in to the break, and also due to a big increase in wind that was accompanying a menacing weather system to the east. The first, and third primes after 3 and 10 laps respectively were taken by James Barton ( Gateway CC ), the second after 5 laps by Paul Spiceley ( Glendene CC ).

The final sprint resulted in a tight battle between Martin Fisher (Ford CC ) and



Stuart Thomas ( SDCC ), Stuart taking the win by a wheel.

# Simon Boyle's Alps Trip Sept 2011

Alps Trip September 2011 – by Simon Boyle

Originally I was going to join el Presidente's Pyrenees trip but a change in dates meant it wasn't possible for me. Maybe next time, but luckily Chris Leggett was planning a trip to the Alps a fortnight later which suited me better and I signed up. Once the chalet and flight were booked the dreams of polka dot jerseys and my name painted on the road in metre high letters were replaced with practical issues - "oh no I haven't got a bike box" - and panic - "what do you

mean Alpe d'Huez is steeper than that hill out of Claydon!". Never having cycled abroad before, apart from Scotland and Norfolk ;). I collared Chris at the next event and picked his brains. A bike box and compact chainset

were sorted and soon the day arrived. Arriving at Chris's at 7am, as arranged, to pick him up "You're on time, Simon" he said slightly surprised. We found out later about Chris's, shall we say, relaxed timekeeping. We picked up Kevin Curtis next and just managed to squeeze all the gear in to the car and head off to Gatwick for our flight. We were met at Geneva by David our kiwi host. Driving to the chalet I saw the mountains and had another panic attack - I wish I'd got a triple chainset. It was dark once we arrived in Les Allues near Meribel and unpacked/assembled bikes etc., so, over dinner David outlined his plans for us aided by some books showing the cols and their gradients – a month afterwards and I still break into a sweat when I see a % sign - not good for an accountant.

Day 2 dawns wet and misty and after a big breakfast we saddle up and head down into the valley. I'm wishing I had my brown shorts when I lock up the rear wheel on the 2nd hairpin so I continue with a slow but safe descent. This sets the tone for my week - I make Andy Schleck look fast. Only three 'small' climbs planned for today. First, Montagny, where we have to stop halfway up to let a herd of cows past. Looking at the road, I think they

had curry the night before. Funny no-one's following wheels now - don't want a brown face to match those shorts! Next, Pralognan and we catch most of a Scottish group staying at a rival chalet (getting competitive already). We were impressed with their refuelling strategy at the top though: lager versus our coke. Finally we head to Courchevel and back towards our chalet. I say 'we', but I'm seeing stars just before Courchevel and get into the broom/cake wagon. After refuelling at the chalet we try out the hot tub and Chris demonstrates the side effects of Rego – it's a jacuzzi in a bottle. After bike cleaning, Chris provides a maintenance masterclass. I couldn't get lower than the 19 sprocket today and we discover Kev's chain has been routed outside the rear derailleur cage. Dr Chris soon fixes these leaving us with no more excuses. Then there's more refuelling with a 3 course dinner - but Kev eases the guilt by downloading the calorie count from his garmin. Day 3 and it's raining again. We head out along the valley and I lose my front wheel crossing a railway in Albertville sore a\*\*e but no damage. We head up the Col du Tamie (907m). Chris leads and trying to follow him I discover I've got a new max heart rate or was that a heart attack? I lag behind again on the descent and with David we pursue the others back to the chalet, only catching them when they have a comfort/gel stop. Our post ride analysis identifies more calories required, pacing advice for me "go at your own speed not Chris's" and the consensus that the

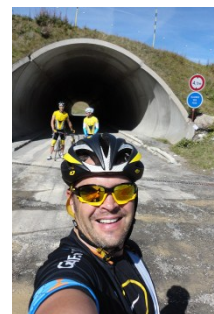
roadside markers we've seen on the climbs (km to summit and the gradient of the next km) are best ignored for psychological reasons.

Day 4 it's not raining and the sun is out...but it has been snowing as the peaks are now white. We head along the valley floor to Bourg St Maurice. Today's mission is Cormet de Roselende (1967m). The road snakes through the trees and we remind ourselves to "don't look" when we pass those km markers. Soon I get dropped by Kev and Chris but I've decided to follow my new pacing strategy. Half way up it's hot so I throw my helmet in the minibus. David cycles beside me in the big ring while having a one-way conversation - I can't spare the oxygen to talk. He gets the message and bridges the gap to the others. I can see Kev now and go into TT mode. The markers are counting down 7km... don't look... 4..I said DON'T look...3..2.. getting close to Kev now. He's out of the saddle weaving a bit as I crawl past with 1km to go (perfect pacing!). At the

top we compare notes on the effect of the altitude – headache being the most common. Chris and Kev show off their descending skills on the way down past the lake, even catching and passing the team bus.



Mr Rapha (aka Dr Chris) leaving Bourg St Maurice for the Cormet de Roselende



Rest day (ha ha) at Courchevel Altipoint



# The Alps contd.

Day 5 is a rest day. At least it is for our hosts David and Anne. We decide to head up to the Altiport above Courchevel (1999m). The ski villages are deserted (think 'The Shining') and I've been dropped by Kev and Chris again (I'm saving myself for tomorrow's challenge). We meet underneath the runway...interesting fact (??) the seventh most dangerous in the world, for a photo (see below). Mention has to be made of Kev's camera skills. One handed self portraits and crazy downhill videos but even he has to use two hands to brake from 45mph and avoid rear ending a truck stopped at some roadworks on the descent. I'm slower, but this time I'm blaming a puncture on the way down. We're 'self-catering' tonight so head out to the local hotel where Kev gives us the real translation of the menu – I've never had duck shepherd's pie before. He also finds the most surreal toilets which can't be described (ok then...think 1970's+ art

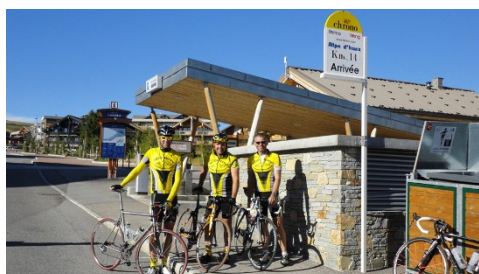


deco +hayloft ?) so we take it in turns to visit. Chris has some 'rego-gas' to vent anyway to avoid causing a diplomatic incident.

Day 6 the big one. David has planned the Col du Glandon (1924m) and Alpe D'Huez (1850m) for today. I persuade him to stop at a bike shop on the way under the pretext of replacing my brake pads which are as thin as a coat of paint. What I really want though is an 11-28 cassette to replace my 12-25 - just in case. Meanwhile Chris and Kev stock up on Mavic clothing. From Le Chambrie we head up the Glandon and the usual order has formed Chris up front, then Kev, then me – though the gaps are smaller. We're stopped again this time for a herd of sheep and a grumpy farmer. Climbing at

8% and trying to dodge sheep poo is no fun. The road gets seriously steep soon and I find Kev's wheel with 4km to go. This is the steepest section and I nearly pull a wheelie as I try to accelerate to the finish. Photos and refuel at the top with David recruited as a temporary second claim Stowmartian.

The others start the descent but I decide to head the 4km up the road to bag the Croix de Fer (2067m) and hitch a lift on the team bus to the bottom where we meet up for the run-in to Bourg D'Oisans. However, I'm soon back in the bus after another puncture and I seek out a bike shop for a new rim-tape. Chris and Kev start up the Alpe while I'm in the town square swearing at my tyre



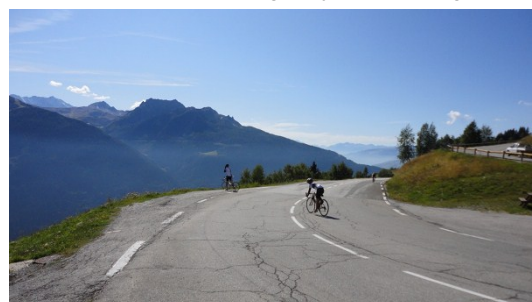
levers but eventually it's sorted and I'm off. It really is a stunning climb, the numbered 21 bends also bearing the names of previous winners (none of those km markers) and the names painted on the road and it's hard. I forget about my new cassette and only realise after the steepest part that I've got gears to spare (doh !). It's hot too - wouldn't want to do this in August. I catch some of our scottish rivals on the way up and manage a big ring sprint to the finish arriving in a soggy/snotty mess and surprisingly find my 1hr 17min is the fastest of our trio though it took another heart max (attack) to do it. You get some perspective knowing that the pros do it in c.40mins.

Day 7 our last day of riding and Col du Petit St Bernard (2188m) is on the menu. This is a long one. For a change Kev starts at the back and I ride with Chris but normal service is

soon resumed as Chris heads off and then Kev catches and leaves me (he's popped a caffeine gel I think). I stop at the bus half way up to refill bottles and get a time-check on Kev who didn't stop (we're getting competitive now). Past La Rosiere and I'm catching him. David gives me some advice "the last km is flat if he's on your wheel he'll come past you" –getting really competitive now – testers v roadies. I catch Kev with about 6km to go and after another km he jumps and gets a gap. I reel him in and then keep going and open my own gap with 4km to go. Sure enough that last km is flat and I keep checking over my shoulder to confirm my escape. We cross the border, just into Italy, for a café stop and photos at the top with Mont Blanc in the background. The sunshine and the views down the

valley convince me to join the others on the descent where I manage not to cook the rims and actually enjoy it. I've carefully chosen this next photo because I'm actually leading on the descent (only because everyone else has stopped for pictures).

Kev surprises us by cleaning his bike again that night (even Dr Chris doesn't bother) and we pack up ready for a 7am trip to the airport (thats 6.30 for you Chris). Sorry if this is a bit long but it was a great week and maybe it will persuade any newbies to have a go – you won't regret it.



Check-out the view and Simon speeding into the distance ; )

Another visit has got to be on the cards to add some more classic cols like the Madeleine and Galibier to the collection. Fin.

# Digital Profile - Mark Weston



**How long have you been riding and competing and what got you into the sport?**

A friend of mine Phil Curran rode the London to Paris about six years ago which motivated me to buy a giant road bike which I brought home and put it in the garage, where it stayed for about 18 months as I was doing a bit of running to keep fit. I then picked up a bad Achilles injury and used the bike as a way to get some exercise without impact in the spring of 2009, joined the club that same summer and haven't been able to leave since... lol x

**What is your worst experience on a bike?**

I've not had many bad experiences on a bike but last year I came off my MTB and broke two ribs that put me out for about six weeks.

**What is your best memory/experience out on your bike so far?**

I've loads of great memories already in the very short time I've been riding and don't have a best, however Completing the Fred Whitton for the first time last year in under 8 hours was really emotional for me shedding a girly tear at the finish when the guy told me my finish time.. This year has to be the Dragon ride which I rode start to finish with Stuart Thomas, a great ride, a great riding buddy and a fab weekend in Wales with the good old boys !!

**How many bikes have you got?**

If my wife reads this or if she asks I only have the one bike !! lol in fact I have three, My HMS Raleigh (winter road bike) My Boardman (summer road bike) and my Trek MTB

**What was your first bike?**

First bike, see attached pic .....lol along with a pic of my first BMX in the summer of 1981 aged 10



**What interests/hobbies do you have outside cycling?**

Married with two beautiful girls Holly and Gemma Aged 12yrs and 14yrs xxx oh, and BEER !!!



## Annual Awards Evening

Now in it's 3rd year and it promises to be better than ever!

12th November Fynn Valley Gold Club arrive at 6:30pm for a 7:15pm 3 course dinner followed by Awards, Raffle and Live Band. Promises to be a good night. Black tie and posh dresses preferred but not essential! (and not both at the same time ☺)



# Digital Profile - Paul Moss

## How long have you been riding and competing and what got you into the sport?

I always rode as a kid but like most people stopped when I got a driving license. I never even knew cycle sport existed as a child, oh what I missed out on! It wasn't until 1998 when I suddenly realised that cyclists were overtaking me on the way home from work and I was only driving 3 miles! Easter 1998 we went to Ranelagh Cycle Warehouse and bought a Concept MTB and all the bits, road it home in the pouring rain, coming across my wife in my car stopped at Sroughton Road traffic lights having had a van crash into the back of the car! Eventful journey home! Oh, and one of the pedals was seized so it had to go back.

A year later I bought an Orbit Harrier and from that moment became steadily more addicted to cycling. It wasn't until 2006 that I rode my first bike race, Dusk Til Dawn. Chris Broughton roped me into a team of 4, I had to buy a MTB and some lights and learn a whole new way of riding! It was a beautiful night by the way, none of this mud stuff that's been typical of D2D lately! Couple of cross races in 2006/7 and then I had a go at the evening TT's and joined the club. First road race in 2007 after which I gave up football and concentrated on the cycling.

## What is your worst experience on a bike?

I don't have many actually, falling off on diesel and scraping my chin this year is one, Langdon Hills cross race a couple of years ago when I bonked in a big way is another

## What is your best memory/experience out on your bike so far?

I genuinely love pretty much every minute I spend on a bike. I frequently get to work and think "I loved that ride". The Tour of Britain rides in 2010 were particularly memorable, winning the Semer hill climb in 2010 and a league cross race also rank up there. The velodrome trip this year was also an awesome experience

## How many bikes have you got?

7 at the moment. 2 cross bikes, 2 mountain bikes, TT bike and 2 road bikes. Shortly to be reduced, see classified section!

## What was your first bike?

I loved this bike, I wonder where it is now?



I then had a rather strange bike that had a chopper type seat and a gear lever on the top tube but it wasn't a chopper. My first proper bike was a Puch Prima 5 speed

## What interests/hobbies do you have outside cycling?

Family obviously, wife and 2 children.

I play competitive badminton in the Ipswich league both Mens and Mixed.

Oh and I love cake



**Teacups Teashop**

A shameless plug for my parents

Tea Shop in the middle of Woolpit.

Tea, Coffee, Cakes and snacks.

Good company and cyclists

welcome

How about a trip to Spain? Chris Broughton recently returned from a cycling trip to Alicante in Spain run by Welsh cyclist Paul Durrant. Check them out here <http://costacycling.co.uk/>



Annual trip to Hotel Dory, Riccione, Italy

Time for a last minute trip to hopefully catch some end of season rays

The Hotel and staff were very welcoming as usual, but no familiar guests, as I was later this year, the hotel was full of bloody useless riding, badly dressed Belgians !!

After one guided ride with the Belgians, I decided to ride solo, to complete the billy no mates theme. I only managed 226 miles over the five days, which took in superb ride to Urbino and a hike out and up Monte Carpegna ( the cippo ) a hill for the true climbers, unlike myself. Only 7km, max 20%, min 13.5%. The weather was a mixed bag, ranging from super hot, to winds so strong, one of the guides was somersaulted off of his bike, think I will try and go usual time next year  
El Presidente

Congatulations to Andy Leggett and his missus who are looking forward to the arrival of twins next year. I'm sure they've timed it to avoid the peak TT's ☺

**Ben's Blog**

Hope the year has been a good one fellow club mates.

I've mainly been running, racing locally, as well as the usual cycle commute to stay in shape. Also managed to squeeze in a few duathlons (Run,Bike,Run) which I highly recommend! I had some success finishing 2nd Diss, 6th Newmarket and 2nd Ipswich. I would say, however, that my 5th place in the Ipswich half marathon in September (out of 1200 runners) was the highlight of my year with a time of 1:19 something.

Enough of me, I'm sure a lot of you guys and girls have had some good results to! (Indeed they have Ben - Ed)

Why not stay fit in the coming winter months running and riding offroad. It's fitness with fun and makes you feel young!

## New Members

Mike Fletcher  
Tim/Diane Warren(Chez Passet, France)  
Jonathan Chandler  
Melissa Chandler  
Jonathan Croft

Welcome to the club guys and gals!

Graham Berry is now a Level 2 BC Coach and is looking to setup some youth coaching, probably at Needham Middle School. This is a great opportunity to secure the future of the club and make it the biggest and most successful clubs in the region. More details to follow. Watch your email!

Possibilities of Watt Bike training during the week through Nov/Dec. Watch your email for more detail



## Classifieds



Specialized Hardrock finished in lovely yellow club colours! It's still looking a little weary from the turkey ride but will be fully serviced, up and running and ready to go if and when it leaves my stable. It's a one-off, fully upgraded Specialized Hardrock, 27 speed Shimano Deore gears and powerful hydraulic brakes. I'm looking for about £550 for her. Give me a call if you would like a test ride. Happy cycling and keep safe and seen on and off the road.

Ben  
07762095674



### Scott Reflex 20 Disc mountain bike

Shimano Deore LX 9 speed groupset  
Reba RockShox Dart3 fork with lockout  
Shimano Deore hydraulic disc brakes replacing the original Hopes  
Fizik Gobi saddle  
Panaracer Fire XC Pro tyres + the original Scott tyres  
Wellgo pedals, flat one side, spd the other  
Great condition £250 ono  
07939204227 or paulrmoss@gmail.com





## Classifieds contd.



### Ridgeback Melody girls bike

V brakes

16" wheels

Excellent condition

£50

07939204227 or paulrmoss@gmail.com



Deda Magic 90cm stem 1 1/8" steerer 31.8mm bars. Unused £12

Deda Magic 100cm stem 1 1/8" steerer 31.8mm bars. Good condition £10

Deda Magic 44cm bars 31.8mm bars. Good condition £20

07939 204227 or paulrmoss@gmail.com



### Stelvio road bike

7005 Nervex alu frame

Campagnolo Veloce 9 speed shifters

Centaur chainset

Record rear mech

No wheels. Few marks and in need of new chain but would make a good first road bike or winter trainer. £100ono

