



The Spindle. AUGUST 2021. cycleclubsudbury.com

Summer holidays are now upon us and I'm told everything is back to normal almost. Well, almost is not quite good enough. No annual visits to la belle France or Belgium, just a 'staycation' at Arhuis with maybe a few visits to Arajaba in Essex on the cards! Hmmm...

Anyway my little cycling possums, we always have our bikes to keep us busy, but even that don't cut it for me lately. Anyone else feel the same? My main holiday will be 4 days at Silverstone camping which I'm nearly getting excited about. I bet it will rain! Oh well, I'm sure the grandkids will love it.

This month's edition has been long in the making and includes all the sleep inducing stuff as in all those that went before it.

As it will be the last before my two month summer break, it's quite a bulky tome with plenty to interest everyone. The highlight for me is the Cycling Tips section which is pure genius on my behalf.

So have fun in your masks and will probably see some of you on Felixstowe beach during the breaks from the rain.

Don't forget, Next Spindle will be 1st October (Covid allowing)

Rog (AKA Mr Grumpy)

Bildeston Audaxes in a Heatwave!

98 riders signed up for the 22 July audax rides from Bildeston. They did well, choosing to ride on an ideal day for cycling, with sunshine (maybe a bit too much for some) and light winds. Numbers on each ride were limited to 30 (covid!), and the usual refreshments weren't in evidence, although cake goodie bags were provided at the finish.

The 209k ride took a route to Orford via Walsham le Willows, Halesworth, Saxmundham and Snape, returning via Framlingham and Debenham, with 28 riders in total, 7 CCS riders completing the ride.

The 168 route also visited Orford, (right pic) via Framlingham and Snape, with a return leg through Wickham Market and Debenham – 6 CCS riders on this route, out of a total of 29. Thanks to Brian Mann for rescuing a rider at Wickham Market who suffered a burst wheel rim. If you've never ridden this route, two riders described it as the nicest, quietest audax route they'd ever ridden!



Jane Pearson, Mark Swift, Doz Bree & Sarah Johnson at Orford

The 103k route describes a vague circle around Bildeston, via Flowton, Needham Market, Bacton, Buxhall, Brent Eleigh, with a café stop at Granary Crafts, Buxhall. 4 CCS riders completed this route, with a minor diversion to avoid some road chipping unusually being carried out on a Saturday.



An innovation this year was a 53k route, Jane's Lanes, devised by CCS member Jane Watson before her untimely death in late 2019. This again visited Granary Crafts, with one CCS rider among the 11 entries. A record entry of 18 CCS riders in total; thanks for your support. As a result of the rides, £180 was donated to local hospices, and a profit of £168 to club funds.

'Just to say thank you to you and your team for organising the various Audax rides yesterday and for giving up your time to 'officiate' on the day. It is much appreciated.

The 100 mile route was a real joy and I think probably the nicest and quietest Audax ride I have done.'

Best wishes – John Reynolds

.....
Rog ... Bildeston 200 saw Andrew split a tyre but fear not as Mandy provided a boot and I provided the gas to help him back on the road only picture I have, above! Ian Lovelock

Stuck for a Staycation Idea?
**Why not try an AUDAX from WORMINGFORD along the
lost quiet lanes of Suffolk & Essex**



AUDAX at Wormingford

Worm 100k
Dragon 200k

21 August 2021

Hall open 07:15

Dragon starts 08:00

Worm starts 09:00

Start at

WORMINGFORD VILLAGE
HALL, Main Road,
Wormingford, COLCHESTER,
CO6 3AX

Details and Entry on-line:

100k WYRM Ride

audax.uk/event-details?eventId=9137

or

200k DRAGON Ride

audax.uk/event-details?eventId=9136

Cycle Club Sudbury is pleased to invite you to participate in either AUDAX event starting from Wormingford. Both routes are predominantly on quiet, level(ish) roads and take in some of the finest of the Essex and Suffolk countryside between the Stour, the Lark and the Gipping rivers. Cafe opportunities on route are plentiful and what better way of enjoying your Staycation could there be!

Wormingford derives its name

from the legend at the start of the fifteenth century where a dragon appeared at a ford on the River Stour. The Dragon found its way along the river from Bures to Wormingford without a route sheet or GPX devouring many wayfarers until it was slain by Sir George Marney (of Layer de la Haye) using his lance. We're pretty sure that you'll not find the route as frightening as those who happened upon the Dragon all those years ago. This local legend is depicted in the Wormingford Church window and locally there is a chalk Dragon etched in the hillside towards Bures.

Club Run Report

Was it something we said, or was it how we were dressed? That was the thought shared between riders on a very recent visit to the heart of Constable country. The destination cafe had been notified well in advance of our arrival but its staff seemed to be capable of ignoring that information and denied us entry but would do us a favour and we could wait, couldn't say for how long but at least 30-45 minutes, before a table would be free. As we left to find a more hospitable venue it was interesting to look back and see others being welcomed in. That venue will be quietly removed from my list of recommended cafes. However, after only 5 minutes ride to Dedham we were welcomed with smiles, friendly banter and immediate service at the ever reliable Arts and Craft Centre cafe and very good value it was as well. See photo of contented cyclists sitting outside



the centre which until about 40 years ago used to be a chapel. The ride leader wasn't too sure about the tombstones placed around the seating area but got over it.

On the way back from Dedham I left the ride to visit a friend who had just come out of hospital after a cycling accident. Really rather scary to hear his account of while riding alone, hitting a pothole at about 15 mph. He hadn't seen the hole as it was a sunny day and it looked like a shadow. He didn't remember coming off the bike just coming to after being unconscious. The friend is a doctor and when he tried to move realised there was no sensation in his limbs and they were not responding. At this point some people came to help and wanted to move him out of the road but he insisted they didn't but to call for an ambulance as he felt there could be some neck or back damage. He was admitted to hospital and kept in for four day in great pain but fortunately after extensive examination was found not to have broken anything but had significant nerve damage which will take quite a time to heal. Real case here for supporting cycling campaigns to get rid of potholes as we've all met too many of them on club runs this year.

At this time of the year with so much cycling activity happening, what with races, audax events, Sportives plus folk being away on holiday, availability of riders to lead club runs gets a bit stretched and it has fallen to just a handful of willing/pressed individuals to do that. A big thank you goes to them for making time to plan and lead. It would be really helpful if you could help by leading a ride or two before the end of August and let the club run co-ordinator know by email as soon as possible. Please indicate which ride you would be willing to lead, the short social which Peter Harvey has led on quite a number of occasions, the social ride normally led by Dave Laker, the medium pace or the quick medium pace.

Martin

email msnorth@waitrose.com

Date	Event	Riders
26 th June	Moors and Wolds 400k	Raymond Cheung
3 rd July	Dunmow 600k	Raymond Cheung
17 th July	Bildeston 209k	Raymond Cheung, Mick Bates, Andrew Hoppit, Ian Lovelock, Andy Rogers, Robin Weaver.
17 th July	Bildeston 168k	Doz Bree, Jane Pearson, Sara Johnson, Robin Sidgwick
17 th July	Bildeston 104k	David Fenn, Tony Howard, Don Keen,
17 th July	Bildeston 50k	Viv Marsh

Audax Update July 2021

Name	Points	Total Distance	Club Audax Trophy	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Raymond Cheung	23	2,647		3	-	5	1	1	1	-	10,277
Ian Lovelock	17	2,143		3	-	7	1	-	-	-	8,607
Andrew Hoppit	17	2,043		2	-	7	1	-	-	-	2,143
Mick Bates	4	427		-	-	2	-	-	-	-	1,304
Robin Weaver	2	309		1	-	1	-	-	-	-	1,854
Simon Daw	2	212		-	-	1	-	-	-	-	1,350
Andy Rogers	2	209		-	-	1	-	-	-	-	1,304
Doz Bree	-	168		-	1	-	-	-	-	-	1,062
Jane Pearson	-	168		-	1	-	-	-	-	-	1,062
Sarah Johnson	-	168		-	1	-	-	-	-	-	1062
Robin Sidgwick	-	168		-	1	-	-	-	-	-	1062
Tony Sheppard	-	106		1	-	-	-	-	-	-	700
Doz Bree	-	106		1	-	-	-	-	-	-	700
Sarah Johnson	-	106		1	-	-	-	-	-	-	700
Gary Johnson	-	106		1	-	-	-	-	-	-	700
Mark Swift	-	106		1	-	-	-	-	-	-	700
David Fenn	-	104		1	-	-	-	-	-	-	672
Don Keen	-	104		1	-	-	-	-	-	-	672
Tony Howard	-	104		1	-	-	-	-	-	-	672
Viv Marsh	-	50		-	-	-	-	-	-	-	460

Forthcoming Local Audaxes.

22nd August, Wormingford, see advert further up ^

4th September, Carbrooke, Suffolk coast and back 200k

4th September, Carbrooke, The Breckland Ton 160k.

4th September, Carbrooke, South Suffolk loop, 100k

4th September, Carbrooke, South Norfolk mini loop 50k.

CC SUDBURY SPOCO LEAGUE TABLE 2021			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	10	680
2	Nick Webber	6	589
3	Matt Shotbolt	3	298
4	Simon Daw	2	231
5	David Fenn	4	230
6	John Bradbury	2	213
7	Gary Johnson	2	187
8	Doz Bree	2	183
9	Sarah Johnson	2	117
10	Rob Davies	1	106
11	James Rush	1	98

Audax Update.....

Raymond has made a concerted effort to reach the top as predicted with Ian and Andrew left gasping in his tyre tracks. New boys to the top half of the league, Robin and Andy, have elbowed their way up after some decent miles on our Bildeston Audax. In fact a lot of CCS riders rode the same Audax and have joined our little league table and hope they continue the trend by riding Ian's CCS little/big jolly in August. Go on, you know you want to.....

CCS 2021 THURSDAY EVENING TT SERIES - POINTS

(Up to July 22nd)

POINTS AWARDED AS FOLLOWS:

for each start, 5 points

for each finish, 5 points

for each 1 sec improvement over target time and then over best time, 1 point

for marshalling, 30/40 points

Name	May 6	May 13	May 20	May 27	June 3	June 10	June 17	June 24	July 1	July 8	July 15	July 22	Total Points	Place
Adrian Ablitt	10	10	10	30		10	71	10	85	10	10	60	316	2nd
Mark Beaver			10										10	
Murry Baker						10	10		10	10			40	
Charlie Boldock	10	10		19			10	10		10			69	
Shaun Boldock	10	10		15			10	10		30			85	
Malcolm Borg	10	10	10	10	10	10		10			30		100	
Sarah Boxall	10			108		10		28		10			166	
Doz Bree	10	10	30	28	10				72	41	10	53	264	5th
Bob Bush									30				30	
Tim Collins		10	10	149		10				30	10	10	229	7th
Simon Daniel		10	10	30	10	10	58	10			40		178	9th
Rob Davies		10	10	61	10	10	10		23		10	19	163	
David Fenn	30	10		10	10	10	39	10	17	10	10	10	166	
Liam Fenner		10	10	61	30	10		10					131	
Kirsty Fenner		10	10	129	10	10	40	10	94				313	3rd
Lee Ford				10		10							20	
Colin Harris		10			10	10		30					60	
Phil Hatcher	10	10	10	16		10	30	10	16	10	10		132	
Charlie Heeks	10	10		10	10	10		10	10	40	10		120	
Stephen Hitchcock	10	10	10	10				10				10	60	
Lindsey Hobden	10	10		30	10	10	131				70		271	4th
R. Hammond			10	127					10	10			157	
Ryan Hogg				10				11	10		10		41	
Gary Johnson	10	10		10	30	40				10		10	120	
Izzie Johnson	10	10		19	10	10	42	10	34	10		10	165	
Oscar Keep					10		10	10		65			95	
Will Lowden						10						10	20	
Tom Moore		30		10		10	40						90	
Gary Pamment						30							30	
Simon Potter													0	
Alex Purcell	10	30	23	35			28		10			24	160	
Chris Ridley			10	127					10	10			157	
James Rush	30	10	10	131	10	10	12	28	89	24	10	10	374	1st
Matt Shotbolt				10					10		10		30	

Andrew Stewart	10		10	10	10	19		102	42	10		213	8th
Deborah Stewart	10		55	10	10	10	30	10				135	
Elizabeth Stewart	10	10	10	10	10	119	18	30	21			238	5th
Tony Sheppard			30	10	10		10	10	82		10	162	
Dan Upton	10	10	30		10	10	10	10			10	110	
Charlie Upton	10	10			10		10	10				60	
Leon West	30	10		10		10		18	67	10	21	176	9th=
Nick Webber			10	64		10			10	10		104	
Jeff Wharton	10						17					27	
Caroline Wyke	10	10		10	10	10	10	30	51	15	10	176	9th=
												0	

Evening TT Report *by David Miller*

The Thursday Evening time trial series is going ok this session although the numbers of riders participating are down with an especially low turnout for the club championship held on 22nd July.

Lizzie Johnson albeit 2nd claim members has broken the ladies course record and all comers record for the Acton Course with 20.37

Leon west has broken the Lavenham 10 course record on three occasion and the all comers record on two occasions with 21,30 , 21,22 and 21.11,in addition he has broken the Brent Eleigh Course record on two occasions including the all comers record with 18,06 and 17,09.

Will Lowden our new junior member has broken the Hitcham Hilly course record the first and only time he had ridden it in an impressive 28,53

The Club Championship was contested this year with 2 lady club members and 13 male members. Angie Leslie came in as first place lady with a time of 26,55and 10th overall, the male protagonists, provided the junior winner and 3rd place overall as Will Lowden with a time of 22.03,

1st place was Leon West with a time of 21,11 closely followed 2nd place by Alec Purcell at 22,02 and 3rd place Will Lowden at 22,03 ,Doz Bree just missed out the placing at 4th place with 23,15

At this point in time the points Table is being won much to his surprise with 375 points by James Rush 2nd place is Adrian Ablitt at 316 closely followed by Kirsty Fenner with 313 but there are a few weeks to go before the end of the season and things will change

CCS CHAMPIONSHIP RESULTS

Riders Name	Cat.	Age	Actual	Place	H/cap	H/cap Time	Hicap Place	VTTA Vets Standard	Vets.	Vets Pos
Simon Daw	VET	57	23.26	6	6.23	17.03		27.30	+4.04	2
Gary Johnson	VET	57	24.27	8	7.22	17.05		27.30	+3.03	
Angie Lesslie	L VET	44	26.55	10+ 1st Lady	11.00	15.55	1	28.52	+1.57	
Tony Sheppard	VET	64	30.11	14	13.06	17.05		28.22	-1.49	
Alex Purcell	SEN	36	22.02	2	5.16	16.46				
Doz Bree	VET	48	23.15	4	6.58	16.17	3	26.41	+3.26	
Rob Davies	VET	55	23.23	5	6.32	16.51		27.18	+3.55	3
David Fenn	VET	71	29.44	13	12.38	17.06		29.30	-0.14	
Stephen Hitchcock	VET	50	29.31	12	9.40	19.51		26.51	-2.40	
Will Lowden	JUN	18	22.03	3+ 1st Junior	-	-				
James Rush	VET	44	24.16	7	6.53	17.23		26.23	+2.07	
Dan Upton	VET	44	25.07	9	8.35	16.32		26.23	+1.16	
Caroline Wyke	L VET	65	35.10	15	16.25	18.45		31.15	-3.55	
Leon West	VET	43	21.11	1+CR	4.22	16.49		26.19	+5.08	1
Adrian Ablitt	VET	68	28.04	11	11.54	16.10	2	28.58	+0.54	
Tim Collins	2 nd		26.11							
Izzie Johnson	2 nd		25.01							
Adam Chamberlin	2 nd		23.02							



Leon West
Overall Champion
& Vets Champion



Angela Lesslie
Ladies Champion
& Champion on Handicap



Will Lowden
Junior Champion

CCS Shorts.....

Hi Roger



Caroline's blog of mixed emotions this month and not sure what I would have done without my dog and bike.

I have been enjoying some rides out with oyster club and was Planning to ride the coast to coast end of June.

Developed some health issues and on rides over 32miles would hit a brick wall.

Anxiety about the logistics of the coast to coast distance hills and speed group would be cycling at chickened out.

This is a 1st for me if it is in my diary then I go regardless.

The group completed the 3 day ride from Whitehaven to Sunderland and

from reports it appears I made the right decision.

I continue to ride the Spoco east events and am trying the odd road bike or ladies only TTS

I rode the K33/105 course again just a few seconds slower than previous effort but was told wind direction might have been a factor.

I was pleased with myself as 2 roundabouts needing me to cross lanes in order to go right.

Had a go at the Tri Sudbury event on Friday 16th July very hot evening and hard.

Out in Cambridge this Saturday then Bedfordshire the following weekend.

I really enjoy meeting other competitors and their families always friendly and tips on time trial riding.

Plug nose with Olbus oil clear the tubes.

Complete leg rub with gel. (Hope that's not a speed supplement used before and during a race?)

Go faster gel 15mins before the start.

Banana for recovery.

I had crossed the finish line on my most recent 25mile Tt and I spied a cyclist flat on his back in a lay by. I called out 3 times before he responded stating he was okay and just resting after his efforts.

Enjoy riding the bikes that's most important and stay safe.

Simon Daw has finally seen the light and has rejoined the club at last. An excellent re-acquisition for us and will bolster our TT squad as he was always a quick time trialer!

He sends a recent graphic report of how things are going.....

Hello Roger, hope you're well.



Result for you - I was 5th in the Godric 50 on Sunday 18th, with a time of 1:59:36. I won on vet standard. Hard day - it was very hot, and most riders died a spectacular death in the second half.

Happily, my particular death was a bit less spectacular than many...

The previous weekend I started the Breckland 100. It was my first 100 for seven years, and my first ever on a fast course. I wanted to ride one, there are no SPOCOs, and this one started early (6am),

so I requested an early start and hoped that would be safer. As you've probably heard, I was wrong - Lisa Hurrell was hit by a van.

The road was closed at what was 96.4 miles for me - at the time, I

Pro SL race jersey	£80
Ultra-packable windproof top	£66
Roubaix jacket	£62
Compact gilet	£51
Pro bib shorts	£85
Multi tube (buff)	£11
Pro L/S skinsuit	£88

(1No small & 1No large left in stock)

Long sleeved Skinsuits

These can no longer be ordered individually please contact Clothing Secretary for details. (Guide price £115)

Adult clothing range: previous logo design (limited sizes only available)

Short sleeve road jersey	£22
Long sleeve road jersey	£25
Sleeveless top	£15
WT Race top	£35
Ultra-packable windproof top	£34
Windtex jacket	£40
Thermal ¾ bib nickers	£44
Bib longs with pad	£57
Bib longs without pad	£46
Bib shorts	£53
Premium bib shorts	£68
Long sleeve speedsuit	£150
Range discontinued	
(1No size large left in stock)	
Adult polo tops (black)	£14
Adult hoodies (black)	£22

Available at a discount of 33% - no '£10 first purchase' discount applies

Children's clothing range (Club-subsidized)

Tee shirts (orange)	£8
Hoodies (orange)	£10

CORONAVIRUS UPDATE

ENGLAND

As most will be aware, the government has announced that England will move to the final stage of easing Covid restrictions on 19 July 2021.

This means almost all legal restrictions on social contact will be removed.

So far as time trials are concerned, the practical changes will affect event HQs (with result boards etc) and the 'pusher off'.

The CTT Covid-19 risk assessment has been amended to reflect these changes. The amended risk assessment is on the CTT website under the COVID-19 tab on the homepage

www.cyclingtimetrials.org.uk/documents/index/covid-19



Cycling Tips – Training:-



*Two different approaches to training from James and Leon.
One makes you dizzy and fall over and err...
the other makes you dizzy and fall over!
You choose....*

Ride for Life • Three days • Over 200 miles • Across three counties

Friday 8th - Sunday 10th October

www.each.org.uk/rideforlife2021

Registered charity no. 1069284

Kindly sponsored by Johnston

Logistics UK

Norfolk, Suffolk and Cambridgeshire

3 Counties, 3 Days, 1 Challenge! Join us for a cycle ride across the beautiful East Anglian countryside!

Ride for Life is an exciting cycling challenge with the aim of raising thousands of pounds for East Anglia's Children's Hospices. From **Friday 8th October to Sunday 10th 2021**, we will spend three days in the saddle biking over 200 miles between our three hospices. We also have a one-day package for those who are unable to join us for the whole three days.

EACH cares for children and young people with life-threatening conditions across East Anglia and supports their families. For both families accessing care and those who have been bereaved, EACH is a lifeline at an unimaginably difficult time. The more funds we have, the bigger difference we can make to local families.

We rely on public support for the majority of our income as we receive very little government funding. You can help us to raise the vital funds needed to continue to provide care and support to children, young people and their families.

Join us for a cycle ride across the beautiful East Anglian countryside and help us raise thousands for EACH. Ride for Life - where friendships are forged, goals are accomplished and great memories are made.

I have attached a poster about Ride for Life and all the event information is on our website

at www.each.org.uk/rideforlife2021

We hope that you and your members will be able to join us for this event, either as a team or individuals. If you would like some further information or leaflets to share with your local community, please do not hesitate to contact us at events@each.org.uk.

Thank you for your time and a massive thank you in anticipation of your support.

Kindest regards,

Jessica Mallett

Events Fundraising Assistant

ROYAL PATRON: HRH The Duchess of Cambridge

EACH, The Treehouse, St Augustine's Gardens, Ipswich, Suffolk, IP3 8NS

Tel: 01508 500 895

Open TT Results (Up to 24th July)

C.C.S. Riders - Open T.T. Results - July 2021

Date	Event	Course	Name	Dist	Time	Notes
3rd July	Lea Valley CC - Newmarket	E2/10	L.West	10	DNF	Puncture
3rd July	Norwich ABC - Bungay - SPOCO	B10/43	D.Fenn	10	28.08	39th
3th July	Norwich ABC - Bungay - SPOCO	B10/43	C.Wyke	10	32.01	42nd
4th July	Wolsey CC - Bungay	B25/50	S.Daw	25	56.34	6th 1st age cat.
4th July	Wolsey CC - Bungay	B25/50	M.Shotbolt	25	58.35	12th
4th July	Wolsey CC - Bungay	B25/50	C.Wyke	25	01.25.26	32nd
7th July	CCBreckland - Thetford	B15/3	G.Pamment	15	33.49	21st
10th July	Essex Roads - Ugley	E1/10A	D.Fenn	10	33.00	30th
11th July	Breckland CC - Wymondham	B100/4	S.Daw	100	DNF - Race abandoned Rider accident	
18th July	VTTA London & Home Counties - Tring	F11/10	G.Pamment	10	21.08	56th
18th July	VTTA London & Home Counties - Tring	F11/10	G.Johnson	10	22.09	85th
18th July	Godric - Broome	B50/19	S.Daw	50	01.59.36	5th - 1st Vet
21st July	Breckland CC - Wymondham	B25/8	J.Rush	25	57.48	24th
22nd July	Breckland CC - Wymondham	B25/8	S.Triplow	25	01.01.11	34th
24th July	Victoria CC - Ugly	E1/10A	A.Purcell	10.2	22.27	3rd
24th July	Victoria CC - Ugly	E1/10A	D.Fenn	10.2	30.12	38th
24th July	Victoria CC - 2-UP	E1/10A	S.Triplow	10.2	26.33 - 6th	
24th July	Victoria CC - 2-UP	E1/10A	J.Butcher	10.2		
24th July	Chronos RT - Standard Road Bikes	F2A/10	C.Wyke	10	31.27	12 th - 1st lady

Nice to have Simon back among the results. He's started well enough with a 5th in the Godric 50 and a 6th in the Wolsey 25. He was hoping to add a decent 100 mile result as well in the Breckland event but it was abandoned with him less than 4 miles from the finish!

Alex produced the best result of the month with a 3rd on the Victoria event.

Gary Pamment continues his upward spiral with a good ride on the VTTA Tring 10 course and also a rare ride in a Brecklands 15miler.

Everyone else is there or thereabouts and I will have a fuller report on everyone's progress in the next edition.

