



Ok, who stole the warm summery weather during August? What a waste of space that month was. September has been marginally better as it got me out on my bike more. Although last Mondays ride to Holbrook was cut short by a sudden continual downpour. Plan B was executed and 2 hours were spent sheltering at Jimmy's Farm Emporium as 2 coffees and a chilli and chips were used to while the time away before heading back home in the drizzle.

Another competitive season has almost come to an end with the abiding memory of everyone doing their best to ignore Covid and just get on with it. Well done to all our event organisers and the riders themselves to continue not to be beaten.

Which brings me to the fact that more budding event organisers will be needed very soon plus a few more committee members to fill the gaps of departing officials after their long periods of service to the club?

I am privy to the various emails between the committee members and reproduce a pertinent one from our Chairman *James Newton* who sums up some of the problems we are facing below.

Read it and consider if you the reader can possibly help out??

Details of what help is needed will be in the next Spindle and at the AGM.

(I can hear now a lot of members ducking for cover or putting their heads in the sand, but that helps no one!)

'Thank you to both Dave's (Fenn & Miller) for many years of help and pushing the club forward. I shall put an appeal on the club Facebook page for new blood but feel it will as always fall on deaf ears!!! Not sure what the answer is to be honest. Maybe if an event got cancelled due to no organiser it might shock some into helping!

I hope to be able to help more in the new year if my health allows but feel that the club needs to make some serious decisions going forward if no younger members are forthcoming, i.e. are we a competitive club with races and TT's (we had no CCS entries in our RR or any race I've seen) and believe we have 20-ish TT'ers or a social cycling club for cafe rides and Audaxes, as event organisers are sparse and time keepers etc aren't getting younger.' JN

So, this Spindle has 2 months worth of catching up content; some amazing cycling pioneers of years gone by, club members achieving rides into the unknown, our own eventful CCS Road Race, Caroline's always readable Blog, David Millers round up and final results of the Evening TT Series and one rare ride report from me.

Rog

Thursday evening TT Series

Final Positions *by David Miller*



We managed this year to hold our Thursday evening TT series, albeit with Covid 19 governing the way we operated, which with the careful restrictions imposed by the timekeepers in line with CTT requirement and assistance from members ensured a safe outcome.

Registering and paying for each ride was an on line requirement thus allowing the timekeepers to produce the start sheet and allocating start times in an attempt to avoid social gathering before and after each event, This proved successful and as the Gov restrictions were eased it allowed some social gathering's after the event to talk about the ride and some participants and followers were meeting in the pub afterwards.

Our season started on 10th May and we ran 17 events up to 26th August, and managed to run the Hitcham hilly course which had been declared unsafe due to the road conditions for the previous two years.

A total 46 different riders participated, 32 1st claim members and 14 second claim, no visitors were allowed

No target times from previous years were set and points awarded for the rides and improvements based on the current year,

It was interesting to see in the first few weeks some of the established riders from previous years gaining quite healthy points particularly James Rush who held the lead for many weeks much to his own amazement. However as the season progressed newer riders gaining experience on the 4 courses started to accumulate points which proved too much for James to overcome and therefore lost position, in the meantime another of the clubs senior, riders David Fenn started to improve after completing his "Cycling Weekly" mileage challenge.

Another new club member Adrian Ablitt was also progressing well competing for the Points lead

Final points Leaders

1st place Lindsey Hobden - 2nd Claim. 550 points (*who was also trying to bribe the timekeepers with Cake!*)

2nd place Kirsty Fenner 1st claim. 510 points

3rd place David Fenn 1st claim. 438 points

4th place James Rush 1st claim. 414 points

5th place Adrian Ablitt 1st claim. 385 points

It was all fairly close in the end with just a few additional rides it could have gone to anybody in the last 3 places

During the season our Leon West was in fine form and broke the course records on the Lavenham 10 with 21.30, 21.22 and 21.11 the last two were all comers' records, however our new junior member Will Lowden, managed to beat course records and all comers' records on the following Hitcham Hilly 28.53 Brent Eleigh 16.45 and Acton 17.23, he has yet to better Leon's time on the Lavenham 10 course,

In addition to the male records, Izzy Johnson (2nd claim) rode a female *course and all comers* record of 20.37 on the Acton course.

The timekeepers are still considering the option of the on line booking and payment system for the 2022 season as it takes pressure off the scheduling and payment on the night, but leaves a small problem for late visitor entries which will be re-established next year.

Will Lowden						10						10	10		10		56	96		
Angie Leslie													10	30					40	
Tom Moore		30		10		10	40								10	29	10	139		
Gary Pamment						30							10						40	
Alex Purcell	10	30	23	35			28		10			24		10					170	
Chris Ridley			10	127					10	10			13			30	46	246		
James Rush	30	10	10	131	10	10	12	28	89	24	10	10		10	10	10	10	414	4th	
Matt Shotbolt				10					10		10			30		10	10	80		
Andrew Stewart		10		10	10	10	19		102	42	10		10	10			10	243	10th	
Deborah Stewart	10			55	10	10	10	30	10				140	10			10	295	8th	
Elizabeth Stewart	10	10		10	10	10	119	18	30	21				10	40			288	9th	
Tony Sheppard				30	10	10		10	10	82			10	25	25	12	85	43	352	7th
Dan Upton	10	10	30		10	10	10	10	10	10			10	10					120	
Charlie Upton	10	10			10		10	10	10	10									60	
Leon West	30	10		10		10		18	67	10		21			10	23	10	219		
Nick Webber			10	64		10			10	10			32	31	11		30	208		
Jeff Wharton	10						17												27	
Caroline Wyke	10	10		10	10	10	10	30	51	15	10	10	10		10		10	206		



1st Lindsey Hobden



2nd Kirsty Fenner



3rd David Fenn

Things you don't expect to see on a Time Trial course



Fred Whitton Challenge 2021 – 4000m of climbing over 115 miles

By Rob Davies



In January 3 of us, Ian White CCS, Matt Sharkey, a friend from Sheffield, and I decided that a good challenge for 2021 would be to ride the Stelvio Pass one of the iconic climbs in Europe. We duly trained on the huge climbs in Suffolk, Hartest Hill and Semer Hill. Matt doing more climbing on his school commute than we managed over 50 miles in Suffolk. We all met up in the peak district, Hathersage, and completed approx. 3000m of climbing in one day and even bumped into Leon West up there. Training complete we just needed the Italians to change the quarantine rules and we were off.

Unfortunately the Italians did not change rules so a new challenge was required. Matt had read about the Fred Whitton challenge in the Lake District. Matt Shotbolt

confirmed he had completed the organised ride and shared the route over Strava. He confirmed it contained 13 major climbs including several with gradients up to 25 and 30%. Though he did not mention the 8 miles on the A66 with cars flying past at 60 mph, ideal for TT practice!

We were to drive up to Sheffield on the morning of Thursday July 29th picking up Matt in Sheffield on route. Wednesday night Matt rings to say son tested positive for Covid, two lateral flow tests and again on PCR test next day, so would need to isolate for 10 days.

Then we were a team of two but a plan's a plan so off to Grasmere it was and couple of hours pedalling to get used to the 25% climbs then straight to the pub for carbo-loading. After a fully loaded fry up we set off in the rain to Ambleside and the first of the climbs. The waitress said it was light rain and would soon clear up. Clearly light rain in the Lakes means heavy rain in Suffolk. The first 6 mile climb completed and the descent was a quick lesson in carbon wheels; heavy rain and 25% gradients did not mix well. I was descending like a champion all be it an out of control one.

After about two and half hours the heavy rain changed to drizzle. The views improved and the descents became much safer, by 1.00pm it dried off completely though we were soaked. The Garmin counted off the climbs and we were pleased with progress. After approx. 7

hours pedalling and covering approx. 85 miles plus 3000m of climbing we reached the iconic Hardknott pass which begins at 30% then reduces to 15% before steeping to 30 percent for last quarter mile. The road is single track and you have cars coming up and down to avoid. We had gearing of 32x34 and on the 33% parts I was travelling at about 4mph. The road was in poor condition at the edges which made avoiding cars without stopping quite difficult. None the less we completed the first steep section and the 15% before having to push for the final quarter of a mile



on the second 30% section. The descent into Wrynose pass was hairy due to the steepness but the roads were now dry.



We pushed through the last two climbs completing the 115 miles and 4000m of climbing in 9 hours and 10 minutes with only one loss of the route. My Garmin did not process climbs very well regularly telling me I was descending on 15% climb and hence massively understated total climbing, to the point one friend asked if we had gone to Lincolnshire by mistake.

We both thoroughly enjoyed the ride, once the rain stopped, and would recommend it to anyone who enjoys a climb plus stunning views. The Youth Hostel in Ambleside provides ideal budget accommodation with up to 6

people sharing. The next organised Fred Whitton challenge is on 19/09/21 and I would recommend doing as mass participation event because 8 miles on the A66 as pair is a little unnerving in the pouring rain with cars flying by at 60mph. Larger groups are much easier for drivers to spot.

SPOCO Report

by David Fenn

CC SUDBURY SPOCO LEAGUE TABLE 2021

POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	13	925
2	Nick Webber	9	919
3	John Bradbury	6	673
4	David Fenn	8	559
5	Simon Daw	4	454
6	Matt Shotbolt	3	298
7	Gary Pamment	2	219
8	James Rush	2	198
9	Gary Johnson	2	187
10	Doz Bree	2	183
11	Sarah Johnson	2	117
12	Rob Davies	1	106

Competition for the club SPOCO title this season is getting very tight, with only two Norwich ABC events to be held on 2nd and 3rd October available to gain points the final result is difficult to predict. Results from the two events held on 25th and 26th September are not yet available so have not yet been included in the Club league points. Caroline has led the competition from the start of the season, riding as many events as possible to accumulate points to make up for the extra points faster riders who ride fewer events but gain more points for each event they ride. Nick is only trailing Caroline by six points with John in third place, the final top three will be between Caroline, Nick & John but in what order is anyone's guess..Place your bets now.

Carolines Blog

by Caroline Wyke

Well what a year and a season; there was a time when we would never get this close to normality. But thanks to our chairman and the loyal committee, Thursday time trial team and the Sunday ride leaders; Sudbury Cycle Club is flourishing!

I had a triathlon in April which was once again cancelled but as I had paid to enter the Spoco east competition; made my way down the events list, riding as many time trials as possible.

3rd April Kings Lynn riding out most weekends at least once sometimes twice. Either 10mls or 25!

I also entered some road bike or ladies only events taking me to Worcestershire, Bedfordshire, Cambridgeshire and Essex. Cycling big roads for the 1st time M11, A1 & A14, The variety of riders and bikes creates an exciting atmosphere and I brushed wheels with some famous names. In some more recent events, cakes and coffee could be enjoyed again. I was for a while the top lady in Spoco east but now 2 ladies at the top are fighting it out.

The triathlon I was hoping to do was in north Wales near Ruthin where my mother was born and dad taught in the big private school. I spent many school holidays and the Wrexham hilly 19/09/21 route close to Ruthin so I entered, my legs might not be up for a triathlon next year. Silly me I had looked at the course discussed it with the organisers who advised me of a steep hill up a mile from the start. The course brief highlighted 2 cattle grids with warning if wet.

I have never ridden over a cattle grid so practiced over 2 at Layer Marney towers.

I was given number 13....not good!



I arrived in Wales on the Friday and camped in a field 800yds from the start. I rode that afternoon up to the start and proceeded up the steep hill which went up and up and up for 4 miles gradient of in places 1:20! Signing on for the event was outside the Ponderosa Cafe so the cycle back down to the start was more like a rollercoaster plus cattle grid steady stream of motor bikes travelling at speed.

Had a lovely cycle ride into Llangollen mostly downhill from the camp site but came back via the canal with horse drawn barges.

I was driven around the course on the Saturday the section up and over the Horse Shoe pass was lovely but there was a steep downhill section Nanl-y-Garth through woodland valley with slippery corners. Some further hilly sections on the 32mile course; with the last section again steady steep uphill climb to the North Side of the Horse Shoe pass (pic left) to the finish near the Ponderosa Cafe.



I was debating with myself and questioning my ability to do this ride. I had a cold night in the tent and my left calf muscle was painful and swollen after the Friday practice.

The night before was cold and wet and being more fearful of the downhill sections decided to chicken out and DNS this is a first for me so did with a heavy heart.

I gave my apologies at the signing on and watched a lot of the riders start. As usual an interesting selection of road bike time trial bikes with both individual and team riders.

After not cycling, I went walking instead; yes you guessed it up to the Ponderosa cafe for a lovely breakfast.

Unfortunately on the way back down was hordes of ticks and one embedded itself in my arm so at the campsite was given plenty of Whisky and a sharp pair of tweezers to remove it.

Back home now with 4 remaining Time trials left, then the excitement of the hill climb!

So come on every one we need good number of entries at this thrilling event that can be enjoyed by all competitors, spectators and a chance to have a sociable afternoon.



Thank you as always to Sudbury Cycle Club, I'm proud to wear the shirt and looking forward as always to reading the Spindle thank you Roger.

Club Run Co-ordinator's Report 9 September 2021

By Martin North



The reason we bike!!

Sunday club runs frequently have four main groups catering for a range of pace. The groups are the Social Ride usually covering between 45 and 50 miles, the medium pace group riding around 45 miles at average speed of 15-16 mph. There is a quick medium pace group riding similar distances or slightly longer distances but averaging about 18 mph and finally the Speedsters who go very quickly for a long way. Additionally twice monthly a short ride of 20-30 miles occurs for those who don't wish to participate in the longer rides taken by the other groups.



.....Or Snail's Pace as seen on Andrews's bike.

Take up for most rides has been good but particularly for the social and medium pace rides. Take up for the faster rides is often affected by riders participating in racing elsewhere. Overall there are usually 25-30 riders out each Sunday. It has been as high as 40 riders.

There have been several pleasing developments including the number of new members coming out on rides and the increase in the number of female riders. On recent weekends a quarter of the riders were female. There has been a good array of cafes visited, a number of which are new destinations. Also we've had several new ride leaders which add variety to routes.



The long ride, mentioned in the last report, took place on the 29 August and went to Dovercourt and Harwich. (See pics) Good weather favoured the ride which went well and was enjoyed by club members. Three groups made their way on a previously published 70 mile route and met up at Harwich Ha'penny Pier well within the suggested time slot. Only let down was the normally good cafe on the pier which had just changed hands and clearly wasn't functioning properly so folk didn't

get what they ordered and everything was sub-standard. Simon D was really put out as being first to order, last to get food which didn't resemble in any way what he'd requested.



Doz, Gary and Angie have led many of the quick medium pace rides and have shared their routes with other groups. Very much appreciated. A few weeks ago Kirsty Fenner led the medium pace group with a carefully planned route to the delightful Violet Caravan Cafe and had made a table booking. The quick medium pacers thought Kirsty's route looked better than the one they didn't have, copied it and off they went. When Kirsty's group arrived at the cafe there was some surprise on the manager's face because CC Sudbury had already arrived. Yes, Gary, Doz, Sarah Angie and Co had

taken the pre ordered tables. But fortunately tables were found for Kirsty's group.

Particular thanks go to Dave Laker who does a great job week after week of planning and leading rides for the social group which has absorbed a number of new riders and helped them into club cycling. Thanks to Pat and Peter Harvey for committing to leading the short rides and introducing riders to club runs and being in a group. Big thank you to Mark Gentry for keeping us all up to speed with what is happening at the weekend.

Thoughts.....

- *Would it make more sense for each group to sort out its leader for the following Sunday while out together rather than the club run co-coordinator who may not know members of other group?*
- *With autumn here and winter looming the advice in the club handbook comes to mind. Mudguards are optional, but a lack of mudguards could make you unpopular on a wet day.*

A Trip to The Pyrenees, July 1955

by Terry Law



After we both had been discharged from National Service when we were 20, my friend John Conder and I decided to have a cycling holiday in France and Spain. The plan was to go by train to the French Pyrenees, then into Spain, across to the Med and then back to the UK by train. Neither of us had been that far before so it was all a bit of an adventure. Spain, at this time, was a strict catholic country still under the rule of General Franco, and we had been told that men wearing shorts in public was not approved. So, to be on the safe side, *long'ons* it was. On the first day of the holiday, we travelled by

Underground from Dagenham to London, then by main line to Newhaven where we caught the ferry to Dieppe. From there we travelled by train to Paris. While on the train an elderly French gentleman, (probably only 50 or so but seemed old to us), pointed out some of the famous buildings in the city such as the Eiffel Tower. The train stopped in the north of Paris and from there we had to cycle to the Paris South station, passing through the 'Place de la Concorde' on the way. This is a large square with eight roads entering and as vehicles entered, the drivers just aimed for the exit they needed and drove straight for it. Quite alarming! When we got to the station we had a quick snack, boarded the train and settled down for the overnight journey to Lourdes at the base of the Pyrenees. On arrival and after finding somewhere to stay, the next couple of days were spent recovering from our sleepless journey and exploring the town and beautiful cathedral, before



starting to ride up the big climbs and on into Spain. And so, the big day came for us to attempt the mountain passes we had only read about in 'Le Miroir du Tour'. First the *Tourmalet*, nothing like the climbs on our training rides in Kent. We were lucky with the weather with sunny skies and good visibility. After that, the *Aspin and Peyresourde*; before arriving at Bagneres-de-Luchon for a meal and a rest! Not far now to Les, our destination in Spain. Slight problem, the road we needed was closed, don't know why. This meant a 30k detour to get to Les. After another couple of hours riding, we finally arrived in Spain.

Our troubles were not over yet! The frontier guard (pic above) would not let us in because 'El Capitaine', presumably the boss, was away and would not be back till the morning. After some discussion, and having confiscated our passports, he took us to a small lodging house where we stayed the night. Next morning after 'El Capitaine' had returned, approved our entry and returned the passports we set off to ride to Barcelona. We expected to take two or three days to get there. The first thing that we discovered was that the roads in that part of northern Spain were awful, just gritty. We soon had the first of many punctures. So many that we soon had to repair our tubulars by the side of the road. On one repair stop a Spanish man came running up to us shouting and waving his arms and sounding quite aggressive. It was not until he kept repeating the words 'boom boom' that we realised that that there was some rock blasting planned quite close and that we were within range.

We left pronto! Memories of the ride to the coast are few, although one is of passing through a long unlit tunnel with just a tiny round light at the exit to guide us through. Another is treating ourselves to a shave at a local barbers complete with 'cut throat' razor. As we finally arrived at the outskirts of Barcelona we asked a man for directions to somewhere we could stay for a couple of days. Not understanding his answer, he indicated for us to follow him. He then got on a bus so it was a sprint finish for us that day. He got off the bus at La Rambla, a wide busy road with shops, bars and many pedestrians. There were some American warships moored in the harbour so this must have increased the numbers visiting. We managed to get accommodated at the hotel he took us to and after some food we soon got to sleep, ignoring the noise in the road outside. On the second day we realised that the hotel was also being used as a base by some Spanish 'Ladies of the Night' although neither John nor myself had any contact with them, honest! But with all the Yankee



sailors in town their business would have been brisk. The next day John saw an advert for a Bull Fight locally so we decided to go. I was not impressed. Not a Bull Fight but more a torment and then an execution. Never again! Next day we started back to France. Three days riding north along the Costa Brava. We very impressed with this part of Spain, beautiful coastline. We finally got to La Jonquera where we passed through Spanish customs; no problems this time. Next day we arrived at Perpignan where I was to catch the train to journey back home, John had a third weeks holiday so I left him there. The journey back was basically a repeat of journey out, Place de la Concorde ugh. Finally got home on Sunday evening, back to work the next morning!



(Fabulous read Terry, all very matter of 'factly' written; to do something almost unheard of 66 years ago...and just look at the state of those road surfaces!..... Chapeau!) Rog

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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
1st Aug	Bedfordshire Charity TT		C.Wyke	25	01.23.14	<i>PB</i>
7th Aug	VTTA - Cambourne	F2A/25	S.Triplow	25	01.00.52	68th
7th Aug	Kings Lynn - Mundford	B25/33	D.Fenn	25	01.16.25	30th
7th Aug	Kings Lynn - Mundford	B25/33	C.Wyke	25	01.31.24	32nd
8th Aug	Chelmer CC - Road Bikes-Chelmsford	E9/25	C.Wyke	25	01.28.41	12th
14th Aug	ECCA - Newmarket	E2/10	W.Lowden	10	20.23	5th
14th Aug	ECCA - Newmarket	E2/10	A.Purcell	10	20.32	8th
14th Aug	ECCA - Newmarket	E2/10	G.Pamment	10	22.06	38th
14th Aug	ECCA - Newmarket	E2/10	S.Triplow	10	23.50	12th lady
14th Aug	ECCA - Newmarket	E2/10	C.Wyke	10	34.14	19th lady
15th Aug	Diss & DCC - Bressingham	B25/17	J.Bradbury	25	56.45	9th
15th Aug	Diss & DCC - Bressingham	B25/17	N.Webber	25	58.43	14th
15th Aug	Diss & DCC - Bressingham	B25/17	J.Rush	25	01.01.17	21st
15th Aug	Diss & DCC - Bressingham	B25/17	D.Fenn	25	01.12.47	41st
15th Aug	Diss & DCC - Bressingham	B25/17	C.Wyke	25	01.26.25	43rd
22nd Aug	VC Baracchi - Harleston	B50/17	J.Bradbury	50	01.55.58	4th + Fastest
22nd Aug	VC Baracchi - Harleston	B50/17	S.Daw	50	01.58.04	6th + Team
22nd Aug	VC Baracchi - Harleston	B50/17	N.Webber	50	01.59.19	8th + Prize
28th Aug	Victoria CC - Ugly	E1/10A	A.Purcell	10	22.4	4th
28th Aug	Victoria CC - Ugly	E1/10A	S.Triplow	10.20	25.42	29th
28th Aug	Victoria CC - Ugly	E1/10A	D.Fenn	10.2	29.42	47th
28th Aug	BCC Breckland - Attleborough	B30/1B	J.Bradbury	30	01.03.24	9th
28th Aug	BCC Breckland - Attleborough	B30/1B	N.Webber	30	01.05.52	13th
30th Aug	Essex Roads - Ongar -SPOCO	E11/25A	J.Bradbury	25	58.42	10th



Photo's of John Bradbury, (4th) Simon Daw (6th) and Nick Webber (8th) who won the Fastest Team Award on the VC Baracchi 50 mile Open TT.

(Open TT end of season round-up will feature in the November Spindle!)

Len Finch Memorial Road

Race 15th August 2021

By Darren Rule.....Pics by Andrew Elderfield



After the lost year for cycling events, Sunday 15th August saw the return of CC Sudbury's mass start event, the Len Finch Memorial Road Race. The entries closed 2-weeks before the day and while the "Regional A" event, which is open to 2nd, 3rd and 4th category riders, was heavily over-subscribed with 81 entrants but a maximum field size allowed by British Cycling's risk assessment for the course. Unfortunately I had to cancel the Women's event that was planned for the afternoon due to only receiving 6 entrants by the cut-off date. This was likely to be due to clashes with at least two other women's events in the racing calendar. Ironically, a week before the race one of these other women's event (the Margaret Wright Memorial, hosted by High Wycombe CC) was pulled due to insufficient number of accredited marshals. This cancellation brought a flood of enquiries from female racers keen to get a place in our event, but by this time it was too close to race day to arrange the payments and reinstate our event, which is a shame.

The first helpers to meet me at the HQ at AFC Sudbury were Tony Sheppard and Simon Daw who were setting up the signs around the 13-mile course, closely followed by Peter and Pat Harvey who had the most important job of the day; ensuring there were plenty of refreshments for everyone! After that there was the steady arrival of all the other helpers from the club and British Cycling to ensure the smooth running of the day. Robin Sidgewick and Kirsty Fenner manned the signing-on desk which saw 43 riders get their race numbers and timing transponder for their place on the start line.

The race convoy rolled away from the HQ at 9am led by Lee Ford in lead car 1 and Viv Marsh in lead car 2, followed by yours truly driving the BC's Assistant Commissaire ahead of the riders, the Commissaire and the first aid vehicle, interwoven with 6 NEG (National Escort Group) motorcycle escorts. We negotiated the neutralised zone from the HQ to Finch Hill where the flag was dropped and the race started.

It was the first time I had driven in the convoy and I had a good vantage point being in the car immediately in front of the bunch, and I was surprised how fast they negotiated some sections, so I quickly learned to keep one eye on the road ahead and one in the rear view mirror to ensure I kept a safe distance ahead of the peloton! The race speed started high with a few riders getting dropped on the first lap. There was a couple of attempted breakaways but they didn't stick, and the end of the first lap saw a brief sprint for the Prime that resulted in Kieran Jarvis (Brother U.K - Cycle Team OnForm) taking the lead over the start/finish line and the accompanying £20 prize. Towards the end of the second lap there was a breakaway of two riders that gave them a lead of around 20-seconds over the finish line, with Fergus Jones (riding for the interestingly-named "Yomp Bonk Crew") picking up the second Prime.

In the third lap the leading two increased their lead to over a minute which lead to the decision of the Commissaire to protect the two groups of riders by separating the convoy vehicles. Lead car 2 and my car moved over in Belchamp St Paul to let the break of two pass – leaving lead car 1 out front and allowing lead car 2 to head-up the main bunch. As the Assistant Commissaire and I followed the break, who were working well together steadily increase their lead, the clouds had started to gather and there were few spots of rain as we entered Mashay Road. As the two riders swept round the fast right hand bend just before the farm, they both lost grip and went down on the greasy road surface. One rider got straight back up leaving the second rider trying to repair a mechanical issue with his bike (and subsequently needing some first aid for minor scrapes). We continued after the lone rider out front but he'd lost most of the lead, meaning the peloton had all but caught us, and by the time we came into Little Yeldham they were right behind our car.



Unbeknownst to us, a car had failed to stop when instructed at one of the Accredited Marshal points, and were driving towards us where we met head-to-head outside Little Yeldham church. The lone rider managed to squeeze through the gap but there was no room for my car to do the same so I had no option but to do an emergency stop. Unfortunately the riders who by this time had bunched up behind us didn't all manage to stop as quickly, so with little option for them, a number of them went into the back of my car or fell trying to unclip. With a blocked road and a number of cyclists on the floor the convoy stopped, one rider – Zac Herrod of AeroLab Ward WheelZ - had the worst impact and required an ambulance to check him over, so the Commissaire black flagged the race. This was a real shame for all the riders as they didn't get to finish, but it was the right decision following the incident.



The ambulance arrived quickly and attend to the rider, who was shaken up and required a few stitches to his face but was otherwise

OK, followed by the police which is normal protocol following a accident where someone required medical treatment, and after a few formalities we all returned to the HQ, by which time a number of the riders and helpers had gone home.

Although the race didn't end with in the way we'd hoped, I think we can be proud that the event was run smoothly thanks to all the club volunteers who helped out, especially Charlie Heeks, Liam Fenner, Graham Cutts, Mark Swift and Don Keen on the day, and James Newton, Angie Lesslie, Colin Harris and Leon West for preparing the course beforehand (apologies to anyone else whom I've forgotten to mention!) . On reflection the incident that stopped the race was unfortunate and had the first accident not happened or the driver had not ignored the marshal, then things would have been very different. We'll have to see if British Cycling continues to support the Bulmer course for road racing because it is very narrow in sections and with the race speed increasing it may mean this course has come to the end of its useful life.

Talking to the officials at BC, they are keen to get new courses on the race calendar but rely on clubs to suggest them as they should know the roads in their area. With this in mind please let me know if you think of a course that we could use. It ideally needs to be between about 5 to 15 miles long, not contain any single track sections, not been too busy and have somewhere that could be used as an HQ within a reasonable distance. Drop me an email (darren_rule1@hotmail.com) with any suggestions and I'll take them forward to BC for risk assessment.

Thanks again to all the riders and helpers who helped support the event. I look forward to doing it all again next year!

I hope this all makes sense and isn't too much waffle! DR



Women's Tour Series 2021

*(Our former club member and now 2nd Claim member **Isabella Johnson** has kindly written of her experiences in the above series)*

The tour series 2021 consisted of three rounds in the town centres of Guisborough, Sunderland and Castle Douglas. This was the first time I have had the opportunity to ride an event like this so was excited for it. I had no expectations performance and results wise, so just wanted to enjoy the experience.

Guisborough

The first race of the Tour Series went well. The course was mostly flat and quite technical. I stayed in a small group until the lead group came round, causing us to split up. Throughout the race my cornering improved and I felt more confident riding in a bunch again. There were around 70 riders in the race which made the first tight bend a bit sketchy, however after the first lap the riders had spread out quite a bit and small groups had developed.



Sunderland

The course at Sunderland was well suited to my style of riding, as it was not very technical and had long straights. I stayed in a bunch of riders through the entire race and was lapped by the lead group once, which I was happy with considering the circuit was only around 1.2km.

Castle Douglas (Scotland)

The last round of the Tour Series had the most technical circuit, which had eight 90° bends a lap as well as a strip of cobbles. I stayed in a good group throughout the majority of the race, which was split apart when the lead group lapped us.

Overall, it was a great experience and the atmosphere was amazing!



Audax Update September 2021

by David Fenn

Attached updated club Audax league table. The Audax season finishes on 31st October so plenty of time for Raymond, Ian and Andrew to affect the top three positions although I suspect Raymond can maintain his position at the top of the table. DF.

Audax Update September 2021

Date	Event	Riders
7 th Aug	Witham 215k	Raymond Cheung, Ian Lovelock, Andrew Hoppit
21 st Aug	Nine Counties 600k	Raymond Cheung
21 st Aug	Wormingford 100k	Ian Lovelock, Andrew Hoppit, Mick Bates, Robin Weaver, Andy Rogers, Tony Howard, Tom Moore, Don Keen
21 st Aug	Wormingford 200k	Ian Lovelock, Andrew Hoppit
4 th Sept	Carbrooke 200k	Raymond Cheung, Ian Lovelock, Mick Bates
25 th Sept	Blaxhall 113k	Raymond Cheung +100k, Andy Rogers, Robin Weaver.

Name	Points	Total Distance kms	Club AudaxTrophy	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Raymond Cheung	35	3775		3	-	8	1	1	2	-	12,277
Ian Lovelock	26	3,177		3	-	10	2	-	-	-	15,150
Andrew Hoppit	21	2,558		2	-	9	1	-	-	-	12,400
Mick Bates	6	727		1	-	3	-	-	-	-	1,304
Robin Weaver	2	522		3	-	1	-	-	-	-	2,654
Andy Rogers	2	422		2	-	1	-	-	-	-	2,104
Simon Daw	2	212		-	-	1	-	-	-	-	1,350
Don Keen	-	204		2	-	-	-	-	-	-	672
Tony Howard	-	204		2	-	-	-	-	-	-	672
Doz Bree	-	168		-	1	-	-	-	-	-	1,062
Jane Pearson	-	168		-	1	-	-	-	-	-	1,062
Sarah Johnson	-	168		-	1	-	-	-	-	-	1062
Robin Sidgewick	-	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
Tom Moore	-	100		1	-	-	-	-	-	-	-
Viv Marsh	-	50		-	-	-	-	-	-	-	460

Audax Dates.....

10th October, Carlton Colville, Lowestoft, 200k, 160k, 100k.
 21st November, Carlton Colville, Lowestoft, 100k.

To The Ship of the Fens.....

I made a rare foray out with the Wednesday group recently. Robin twisted my arm with a promise of no hills, mainly on signed bike paths and no leg numbing miles to endure and also ending at a pleasant café at Ely!

A drive to Anglesey Abbey NT (off the A14) and its vast car park was our start point.

As promised there was no sign of any nasty hills to clamber over; just the gentle flatlands of the Fens with an occasional steep bridge to wake my legs up and negotiate. The Fens are always a joy to cycle through especially on a warm summer's day with just the seemingly wild horses roaming and occasional cows for company. Plus of course our little chatty group which included Brian Mann who it was nice to catch up with and was also returning to the bike after a little layoff. (He had a proper reason for not biking recently, unlike me!)

Ely Cathedral spookily appeared in the distance about 5 miles away and after riding alongside the river Ouse we were entered Ely town square, but not before climbing the only hill of any size I had seen; which deposited us at the Lemon Tree café for treats.

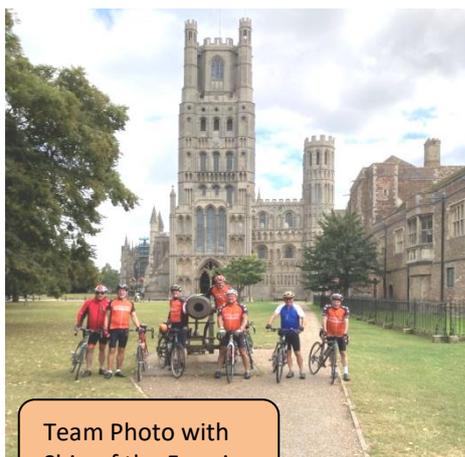
After a quick ride round to the cathedral for a team photo, we were back onto the generally well maintained bike paths and wound our way back to the start for more coffee and cake after about 40 enjoyable miles!

Anglesey Abbey is a great place to start from to discover some of the Fens and would recommend it for family rides (old and new competent riders) with its free car park and splendid café during the summer days.

But during winter err...maybe not so, as I have experienced the other side of the coin with James often riding an Open TT in early February near Ely with biting cold winds, horizontal rain, plus temps just above zero.

Although the Fens always retains its magical charm whatever the weather! Thanks to Robin for organising me and the bike paths we used, plus to my new found set of biking chums!

Rog



Team Photo with Ship of the Fens in the background!

CCS Hill Climb Entry Details.....



Cycle Club Sudbury
Falling Leaves Hill Climb 2021

Incorporating the East
District cycling
Association championship

First rider off 11.01
Course BHC/1
Watson Hill Semer
IP7 GJG Closed Rd

Prize money for
1st, 2nd, 3rd, 4th
Men/Women also
Team and Juniors
New course Record

Sunday 10th October

HQ Hollow Tree Farm Shop
Semer IP7 6HX

**ENTRIES VIA
CTT WEBSITE**

**ROBINS
ROW**
Suffolk 01787 378205 | Hampshire
01256 398500
email: info@robinsrow.com

The Cycle Clinic
Love your ride...

**HOLLOW
TREES
FARM**

Hello all,
The 28 September closing date for entries to this event (via the CTT website, <https://cyclin.gtimetrials.org.uk/race-details/21360>) is approaching fast, if you want to enter. Even if you don't, make a note of the date, and come and watch!

(This is a proper Spectator event with plenty of parking at Hollow Trees Farm + refreshments at the cafe!!)

Thanks
CCS committee..

Hurry, as you only have one day before entries close!!!



'A pleasing note to record'. Caroline's 6th place in the Northants & DCA 10 mile Open TT in the women's section was published in the 'Comic', AKA Cycling Weekly's result page. It just goes to show you don't have to be quickest or a winner at the sharp end to get some recognition kudos!



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

<i>Date</i>	<i>Event</i>	<i>Course</i>	<i>Name</i>	<i>Dist</i>	<i>Time</i>	<i>Notes</i>
4th Sept	VTTA - Newmarket	E2/10	S.Triplow	10	22.56	104th
4th Sept	Norwich ABC - Bungay	B10/43	J.Bradbury	10	21.59	5th - 3rd Vet + Fastest Team
4th Sept	Norwich ABC - Bungay	B10/43	G.Pamment	10	22.26	8th - Fastest Team
4th Sept	Norwich ABC - Bungay	B10/43	N.Webber	10	22.56	11th - 1st Vet + Fastest Team
4th Sept	Norwich ABC - Bungay	B10/43	D.Fenn	10	28.42	39th
4th Sept	Norwich ABC - Bungay	B10/43	C.Wyke	10	34.17	43rd
5th Sept	Stowmarket & DCC - Rougham	B10/38	A.Purcell	10	20.12	8th
5th Sept	Stowmarket & DCC - Rougham	B10/38	S.Triplow	10	23.58	30th
5th Sept	Stowmarket & DCC - Rougham	B10/38	D.Fenn	10	27.33	34th
5th Sept	Stowmarket & DCC - Rougham	B10/38	M.Shotbolt	10	DNF	
5th Sept	ECCA - Chelmsford	E9/25	W.Lowden	25	53.39	2nd
11th Sept	ECCA - Chelmsford	E2/10	A.Purcell	10	20.22	4th
11th Sept	Northants & DCA - Rothwell	N3/10	C.Wyke	10	37.06	6th Lady
12th Sept	Plomesgate CC - Wickham Market	B10/36R	S.Daw	10	21.56	5th - 2nd Vet on Standard
12th Sept	Plomesgate CC - Wickham Market	B10/36R	D.Fenn	10	28.41	24th
12th Sept	Cambridge CC - Cambourne	F2A/25	J.Bradbury	25	53.29	36th
12th Sept	Cambridge CC - Cambourne	F2A/25	S.Triplow	25	59.10	99th
12th Sept	Newmarket C&TC - Six Mile Bottom	E33/25	C.Wyke	25	01.27.46	17th
18th Sept	DAP CC - Bungay	B10/43	J.Bradbury	10	21.26	7th + Fastest
18th Sept	DAP CC - Bungay	B10/43	S.Daw	10	21.42	13th + Team
18th Sept	DAP CC - Bungay	B10/43	G.Pamment	10	21.56	14th + Prize
18th Sept	DAP CC - Bungay	B10/43	D.Fenn	10	27.51	45th
19th Sept	ECCA - East Harling	B25/8	S.Triplow	25	01.01.28	29th 3rd Lady
26th Sept	Godric CC - Bungay - SPOCO	B25/50	S.Daw	25	?	4th?
26th Sept	Godric CC - Bungay - SPOCO	B25/50	D.Fenn	25	?	?
26th Sept	Godric CC - Bungay - SPOCO	B25/50	C.Wyke	25	?	?