



The Spindle. FEBRUARY 2022. cycleclubsudbury.com

The first Spindle of the 2022 season heralds a New Year of possibly a calming down of all things Covid! Maybe, just maybe we will be able to enjoy an uninterrupted year of normal cycling activities just like the 'good old days'. That maybe the kiss of death though but I live in hope!

I would advise riders to keep a lookout for the new/revised Highway Code which is due out this weekend (I think?) There are quite a few new bits relating to cycling and as they amount to nearly half the size of this Spindle, I haven't included them for fear of boring you all witless but they really do need digesting at your leisure!

Fergus Muir has long written articles and reports, on cycling in the Friday editions of the East Anglian Daily Times and the Evening Star. I chanced upon a copy last week in which he had highlighted CC Sudbury for most of his article. There was a detailed report on last year's SPOCO competition in which CCS riders won most things on offer (as you already know if you have been reading your Spindle!) including a nice photo of John Bradbury.

Pleasingly he ended with the following:-

"Incidentally, another star in the CC Sudbury firmament is their online magazine 'The Spindle' which can be found on the club website and will be a great read for anyone who enjoys the feel of a club cycling world, wherever they live."

This is not your editor blowing his own trumpet as I only collate the content I'm sent, but more of a thank you to all of contributors who take the time to send it to me. Plus it's getting our good name out there.

In this month's edition of this now famous magazine, you'll find a report of The Masters Cyclo Cross World Championships by one of our own competing club members which took place just 'down the road from here', a 'recce' report of the Colchester Sports Park with an opportunity to ride it, a first report from our new Club Run's Co-ordinator and finally Caroline's Blog where she has some trouble with her...errr, well, you read it!

All this plus the regular stuff you need to keep you all informed!

Rog

By Nick Webber

I have been part of the East Anglian cross league for well over a decade so when the World Masters Cyclo-cross Championships were to be held in Ipswich this year it would have been a shame not to enter. However, I would not class myself as a natural so my expectations were not particularly high.

With assistance from a large team of helpers, Steve Grimwood had built an impressive and challenging course around Trinity Park and huge credit must go to him for having the wherewithal to bring such a prestigious event to Suffolk. Sadly, Covid had denied several riders the opportunity to travel to England but there were still representatives from 16 nations in my age group alone. The Belgian frites wagon, pizza stalls and coffee sellers helped establish a real international cross scene.

Given the importance of the event, you would have thought that my preparation would have been meticulous, but no... As the event was only 25 minutes away and I was very busy (working from home) I worked up until the last minute and left myself no time to recon the course. With my mind frazzled from a hectic morning, I relied upon a double espresso and 30 minutes warming up on the bike to prepare myself for, what was arguably, one of the most important cross races I had ever ridden.

Riding around to the start grid, the significant nature of the event began to sink in. It was a huge thrill to be



lining up with top veteran riders from all over Europe, Japan, USA and beyond – a thrill tempered with the anxiety that any cross start involves. Readers who ride cross will be familiar with those tense seconds before the start whistle. The racing heart, the tensed muscles, the attempts to focus completely on the effort to come, just waiting to hear the first note of the whistle...

And then we are off! Pressing hard down on my right pedal I am thankful that my left foot clicks easily into the opposite side. My legs spin as I accelerate away on the tarmac straight but already I am being passed by other, quicker riders. I click through the gears and get out of the saddle to gain more inertia and my speed rises quickly. Bumping shoulders with the rider on my right I flare my elbows and use my size to hold my line. The tarmac ends too quickly for me and I squeeze the brakes

as the course turns left onto the grass and mud. Lack of confidence and experience saw me scrub off too much speed and several more riders pass me on the wide, sweeping bend so, once again, I sprint out of the saddle to hold onto my place in the group. Both wheels slip sideways but I begin to get into my stride, negotiating the next few bends.

My breathing is already ragged and heart racing as we hit the first obstacle – a massive scaffolding bridge over the finishing straight. The steep gradient forces me out of the saddle to haul my 13st mass upwards. Thankfully, that went OK – albeit a little slower than I would like – before I flew down the steep descent.



Another couple of greasy bends lead onto a pair of hurdles so I quickly dismounted and stepped high over the boards before leaping back onboard to negotiate an off-camber verge.

I was desperately trying to accelerate to retain my place but we came to another slippery bend so eased off the power. Another, more confident, smaller rider passed me here. Annoying!

The course straightened out a little for 30m so I was able to put the power down again and draw myself back closer to the riders in front of me. Next came the bit I was dreading – the deep mud and steep climbs. I kept my balance and forward momentum as both tyres squirmed alarmingly then leapt off to run up a series of steps.

Yes, this was an excellent course.

Remounting and frantically trying to clip into my pedals I descended a muddy bank and rode through another section of glutinous mud before coming to another steep climb. Some lighter riders were able to



accelerate and pedal up the mound but I had serious doubts that my bulk would be able to successfully compete against gravity there, so I opted to dismount again and ran upward as fast as I could. Back onto the bike, the grassy course led into the woods. I was going reasonably well now and was able to bunny-hop a log as the race twisted and turned through the trees.

The end of the first lap came quickly and once again I was on the fast, tarmac finishing straight. I do like the straight bits of a cross course! Out of the saddle again to maximise

my speed, I went deep into the red and, for the first time in the race, passed several riders. For the next few laps it was much of the same; my bike control was adequate, my speed on the straight sections was excellent but the rest of the course is best not talked about. On the plus side, I was getting used to the course and getting faster each lap as I passed a few riders who had overtaken me earlier in the race. It really helped that, even in Covid times, there was a large, cheering crowd around much of the course. Cow bells rang to give a European atmosphere and professional photographers added to the sense that this was a special race.

The light of the day was already fading as the riders ahead of me (and, sadly, there were many) were already receiving the bell for their final laps as I sped through the woods for the final time. Thankfully, familiarity with the course meant I didn't have to worry too much about the gloom.

Back onto the finishing straight I unleashed a final sprint, passing a fading rider, but the race had ended too soon for me. I would have loved another couple of laps to compensate for my slow, hesitant start but I would have to settle for the applause of the many supporters who seemed not to care whether I was 31st or 1st

Eastern Cyclo Cross League - Winter 2021/2022

Date	Event	Rider	Category	Result
Sept 26th	Springfield Cross - Chelmer CC Chelmsford (R1)	A.Purcell	Senior	50th
Oct 10th	VC Revolution Cross - Colchester (R3)	A.Purcell	Senior	39th
Oct 10th	VC Revolution Cross - Colchester	L.West	Vets 40+	DNF
Oct 24th	Welwyn Cross - Welwyn Wheelers (R4)	A.Purcell	Senior	37th
Nov 6th	West Suffolk Cross - WSW - West Stow (R5)	S.Norton	Senior	45th
Nov 6th	West Suffolk Cross - WSW - West Stow	A.Purcell	Senior	47th
Nov 6th	West Suffolk Cross - WSW - West Stow	J.Vincente-Garcia	Vets 40+	18th
Nov 6th	West Suffolk Cross - WSW - West Stow	L.West	Vets 40+	28th
Nov 14th	Neil Pears Memorial Cross - Colchester RCC (R6)	S.Norton	Senior	39th
Nov 14th	Neil Pears Memorial Cross - Colchester RCC	A.Purcell	Senior	43rd
Nov 14th	Neil Pears Memorial Cross - Colchester RCC	L.West	Vets 40+	33rd
Nov 14th	Neil Pears Memorial Cross - Colchester RCC	N.Webber	Vets 50+	30th
Nov 21st	Diss CC - Suffolk Supercross - Redgrave (R7)	J.Vincente-Garcia	Vets 40+	14th
Nov 21st	Diss CC - Suffolk Supercross - Redgrave	S.Norton	Vets 50+	34th
Nov 28th	Regional Champs' - Trinity Park, Ipswich (R8)	J.Vincente-Garcia	Vets 40+	14th
Nov 28th	Regional Champs' - Trinity Park, Ipswich	N.Webber	Vets 50+	44th
Nov 28th	Regional Champs' - Trinity Park, Ipswich	S.Norton	Vets 50+	54th
Dec 19th	CC Ashwell at SouthillPark - Beds' (R9)	A.Purcell	Senior	39th
Dec 19th	CC Ashwell at SouthillPark - Beds'	J.Vincente-Garcia	Vets 40+	13th
Jan 2nd	Iceni Velo Cross - Snetterton Norfolk (R10)	A.Purcell	Senior	49th
Jan 2nd	Iceni Velo Cross - Snetterton Norfolk	S.Norton	Vets 50+	34th
Jan 23rd	Milton Cross - Milton, Beds' (R11)	CANCELLED		
Jan 30th	Stow Scramble - Haughley Park (R12)			

(Nick came home 93rd in his category out of 141 entries and 34th in his age category. Chapeau to him!)

Guess the distance ride, 28th December 2021.

by Robin Weaver



With the weather forecast unfortunately getting it right today we had a smashing turnout of 12 brave riders, A rain soaked route with some almost river like crossings took its first victim in Brian Mann hitting a pot hole (DNF) everyone else finishing

back in Lavenham for a drink at [Cock Horse](#) and guessing the distance all hoping to win the coveted Trophy.

Antony Shepherd with a near perfect guess of 13.2 miles (actual distance 13.24) was this year's winner....



*Foot Note.....
The pothole photo was taken after the waters had subsided (with glove for scale) which was the culprit that Brian rode through. I've since been told that both of his wheels were destroyed but with Brian being the ace bike handler he is, he didn't come off!
I hope there is a claim on its way to Suffolk Countv Council Hiahwavs!!*



(Left...From Brian Webber's photo archive from 40 years ago!)

*Hi hope you are all well, Photo taken Boxing Day 1982, the ride was from The Saracens Head at Newton green to Assington High Road and back and yes I did ride all the way on that bike! Bl**dy hard work!*

*I received a number of comments from other passing road users!!
Best wishes.... Brian W.*



The Wednesday Riding Gang enjoying their Christmas meal at the Six Bells at Preston. Although they 'had' to ride out to The Museum of East Anglian Life at Stowmarket for coffee and appetisers to earn their meal. Not sure how some of them got home after devouring a 3 course meal with plenty of liquid refreshment though!

Note: The 6 Bells was an excellent choice with great food at reasonable prices for anyone stuck for somewhere to go to for mid-day or evening meals. Perhaps even a decent coffee stop for casual rides!



Report on visit to Colchester Sports Park

The facilities inside the sports centre were as good as any I have seen. The cycling suite was particularly impressive with over 20 bikes that can be linked for a group activity based on an individual's functional threshold power. The giant screen situated in front was very clear and would be great entertainment for 20 competing club riders.

The highlight of the visit was the 1 mile floodlit closed road cycle circuit. On our drive over from Sudbury the weather was poor with greasy roads, fog in places and the temperature down to 5C.



So it was with some apprehension we set off on the track but within one lap our fears were allayed. The floodlights provided a brightly lit surface with no grease on it because it never has traffic. Very quickly we were taking the corners at full speed and taking turns on the front of the group. The competition meant very quickly my heart rate was up to 160 bpm and I was searching for the best lines on the corners knowing there were very high levels of grip.

Despite being a small group we had a very entertaining time and a very effective workout at higher heart rates on a night where road cycling would have been dangerous. I will

recommend this facility to my club members at CC Sudbury via the committee and monthly newsletter.

Thus I would like some feedback from members interested in attending a session lasting an hour on Tuesday the 8th of February at 7.00pm. From here we can see if there is sufficient interest to hire the track on a weekly or fortnightly basis. We have a lot of time trialists in the club and this would make for some very effective training in the months where road cycling is very challenging. There is plenty of room to have groups operating at different speeds.

The track normally costs £5.95 for an individual for an hour or £87 for a club to hire for an hour. If we have 20 members interested in attending the cost drops to £4.35 each! The sports centre also offered racing bike hire from child through to adult for the track. The bikes were all very new and appropriately spec'd.

I have requested to book CC Sudbury in for 20 people on a shared session on Tuesday the 8th of February at 7.00pm?



Best Regards

Rob Davies

rob.ev.jack@gmail.com

Club Run Co-ordinator's Chatter...

By new co-ordinator Tony Howard (See photo below in training!)



The Sunday club rides appear to be as popular as ever, I have been very surprised how many members turn up at Market Hill in all types of weather. Recently I've witnessed 30 riders across the groups raring to go and it's pouring down. On a fine day there has been 40 plus, which is great to see.

There was a challenge however on the first ride of the year on the medium paced ride and that was to find a cafe open. "I know let's try Sturmer Garden Centre Cafe, closed, how about Tarka's Cafe, closed, OK how about Petals Cafe, closed" I was rescued by someone better informed than me so we rode onto Platform One in Clare and were rewarded with food and beverages!

As keen as we all are to cycle in any weather it did prove our downfall a couple of weeks ago during a medium paced ride on a frosty morning, unfortunately we had two fallers, thankfully both riders although a bit bruised and battered managed to either cycle home or onward to the cafe! In hindsight perhaps riding that day wasn't the best idea! Stay safe out there!

CCS DIARY *Compiled by Robin Weaver*

RELIABILITY RIDES:

SUNDAY 30 JANUARY; CCS RELIABILITY RIDE. (THIS WEEKEND!!!)

Starting and finishing at The Stevenson Centre, Great Cornard, CO10 0WD.

Selection of distances and target times.

46 miles in 3hrs 30 mins, sign on at 0845, first group starts 0900

46 miles in 2hrs 45 mins, sign on at 0900, first group starts 0915

27 miles in 2hrs 30 mins, sign on at 0915, first group starts 0930

27 miles in 1hr 45 mins, sign on at 0930, first group starts 0940

Route maps and GPX files can be downloaded from the CC Sudbury website www.cycleclubsudbury.com

Event organiser; David Fenn

Phone; 01787 374284. Mobile; 07884487846

Email; dr.fenn@tiscali.co.uk

Entry fee £6.00 includes refreshments

(To help save time please bring correct entry fee if possible).

Sign on the line on the day

This is a British Cycling registered event and for insurance purposes requires all riders to wear a hard shell helmet conforming to CE standard EN1078. No helmet, No ride.

SUNDAY 6 FEBRUARY; WEST SUFFOLK WHEELERS SUFFOLK PUNCH RELIABILITY TRIAL

Starting from West Suffolk Wheelers HQ in Bury St Edmunds. Full details on their website., <https://westsuffolkwheelers.org/events/suffolk-punch-reliability-trial/>

All entries are on the day, with proceeds going to the East Anglian Air Ambulance. There are 36, 60, and 75 mile routes, with tea, coffee and cake at the finish.

SUNDAY 13 MARCH; STOWMARKET AND DISTRICT CC; SPRING RELIABILITY RIDE

The website says March, but it's usually February – maybe worth checking!

From Needham Football Club; details <http://sdcc.bike/spring-reliability/>

AUDAX EVENTS

Sat 12 Feb 2022 Witham 100km (105km) Knights Templar Compasses

Sat 05 Mar 2022 Churchend, Dunmow, Essex 200km (200km) The Horsepower 200km

Sat 05 Mar 2022 Churchend, Dunmow, Essex 100km (102km) The Horsepower 100km

Sat 19 Mar 2022 Copdock, nr Ipswich 100km (100km)

OPEN TIME TRIALS



13TH FEBRUARY; ELY & DISTRICT CC HARDRIDERS 25 MILE TT ON BS19

(Get your TT season underway with this 25 mile bumble around the vast open and 'somewhat' bumpy Fenland course. 2 CCS riders have already signed up!) A SPOCO event.

TUESDAY 22 FEBRUARY;

Closing date (entry via the CTT website <https://cyclingtimetrials.org.uk/race-details/24167>) for the following event.

SUNDAY 6 MARCH; CCS MAD MARCH HILLY TIME TRIAL

Our annual Open TT on a 22 mile 'sporting' course. Also a SPOCO event! HQ Lavenham Village Hall, behind the Cock Horse car park. If you're not riding, why not offer to help out by marshalling (the course needs several), helping with refreshments, or baking a cake; contact event organiser Rob Davies, rob.ev.jack@gmail.com or phone 07788 413524.

CCS SUBS REMINDER

If you've already paid, thanks, and ignore this!

If not, a reminder.....

Membership subs are unchanged from last year - *what a bargain*;

Juvenile (up to 16) £5

Junior (16 - Dec. after 18) £8

Senior (18-65) £18

Senior (65-80) £12

Over 80, and life members - £0

Family £24

Second claim £12

Associate £4

Temporary; 6 wks £5

In addition, First and Second claim members can pay up-front for a season of Thursday evening time trial rides; £65 for the season of 20 time trials.

You can pay by;

BACS/EFT. Bank details; Barclays Bank, Account name Cycle Club Sudbury, Sort code 20 83 50, Account number 30308188; please use your surname as a payment reference, with an email to robinandpamw@gmail.com saying you've paid.

Payment also possible by post, with a cheque (to Cycle Club Sudbury) posted to Robin Weaver, 14, Chapel Street, Bildeston, IP7 7EP.

No need to submit a new membership form if none of your details have changed in the last year. If they have changed, you can download a form from the CCS website homepage at <http://www.cycleclubsudbury.com/>

DIEPPE RAID

Before the great pandemic, CCS riders visited Dieppe for this event. This year it's over the weekend 24-27 June. Full details here; <http://www.dieppetour.com/> There are organised rides on the Sunday of 140, 100, 60, 30k. For further information, contact Robin; pamandrobinw@gmail.com.

Hello.

For those TT'ers out there, please see the following from the EDCA.
Robin

Please note the below details for the EDCA Short Distance competition, each year we get less and less entries, please circulate details to your club TT'ers .

This competition is open to all members of EDCA affiliated clubs.

Only open events held on B courses qualify including EDCA events however Association events such as VTTA and ECCA events do not count.

There is no entry fee or registration required - you just needed to ride 7 events (5 for ladies) and submit your qualifying rides, including your name, club plus the date, event and the time you achieved.

Men's Competition:

4 x 10 miles and 3 x 25 miles

Women's Competition:

3 x 10 miles and 2 x 25 miles

The true average speed over the distance (115 miles for men, 80 miles for women) will be calculated.

Any entries should be emailed to Gary Smith no later than 31st October (don't worry a reminder will be published at the end of the season)

Please check the district website and Facebook for updates and past results.

Good Luck!

Gary Smith

Short Distance Competition Secretary

abccoachgary@gmail.com



CYCLE CLUB SUDBURY EVENING TT TARGET TIMES 2022

Best times for 2021 shown in Black - Target times for 2022 shown in Red

Green highlight = Tandem rides

	Lavenham 10		Brent Eleigh		Acton		Hitcham Hilly	
A Ablitt	29.03	28,04	23,07	22,20	24,12	23,23	40,20	38,58
Mark Beaver	32.04	30,59	0.00	0.00	0.00	0.00	0.00	0.00
C Boldock	26.28	25,34	21,52	21,03	21,46	21,02	0.00	0.00
S Boldock	38,35	37,17	30,14	29,13	0.00	0.00	0.00	0.00
J Bradbury	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
M Borg	28,11	27,14	26,13	25,20	0.00	0.00	39,06	37,47
S Boxhall	31,48	30,43	0.00	0.00	27,07	26,12	44,35	43,05
D Bree	24,,04	23,15	19,24	18,45	20,09	19,28	33,15	32,08
A Chamberlain	23,50	23,02	19,38	18,58	20,44	20,02	0.00	0.00
T Collins	27,02	26,07	22,06	21,21	0.00	0.00	38,53	37,34
S Daniel	24,07	23,18	21,04	20,21	22,12	21,27	37,15	35,59
R Davies	24,12	23,23	19,36	18,56	20,16	19,35	33,57	32,48
S Daw	23,53	23,05	0.00	0.00	0.00	0.00	0.00	0.00
D Fenn	30,22	29,20	24,06	23,17	24,57	24,06	41,16	39,52
K Fenner	31,54	30,49	25,02	24,11	26,33	25,39	43,26	41,58
L Fenner	22,44	21,58	19,20	18,41	0.00	0.00	30,44	29,42
L Ford	24,31	23,41	0.00	0.00	0.00	0.00	33,32	32,24
R Gooderh'm	0.00	0.00	20,26	19,45	0.00	0.00	0.00	0.00
R Hammond	27,11	26,16	25,51	24,59	26,53	25,58	0.00	0.00
C Harris	0.00	0.00	25,32	24,40	25,41	24,49	43,23	41,55
P Hatcher	25,10	24,19	20,13	19,32	22,29	21,29	34,44	33,34
C Heeks	26,16	25,23	20,29	19,47	21,29	20,45	35,54	34,41
S Hitcock	26,36	26,40	0.00	0.00	0.00	0.00	0.00	0.00
L Hobden	31,09	30,06	20,18	24,20	25,16	24,25	43,10	41,42
R Hogg	26,54	25,59	20,18	21,33	0.00	0.00	36,31	35,17
G Johnson	25,13	24,22	20,15	19,34	21,11	20,28	0.00	0.00
I Johnson	25,40	24,48	20,43	20,01	21,20	20,37	36,06	34,52
O Keep	31,19	30,15	0.00	0.00	26,13	25,20	0.00	0.00
A Leslie	27,52	26,55	22,38	21,52	0.00	0.00	0.00	0.00
W Lowden	22,49	22,03	17,20	16,45	18,00	17,23	29,54	28,53
T Moore	37,41	36,25	28,36	27,38	29,44	28,44	48,24	46,46
G Pamment	0.00	0.00	19,37	18,57	0.00	0.00	0.00	0.00
S Potter	27,27	26,31	0.00	0.00	0.00	0.00	0.00	0.00
A Purcell	23,03	22,16	18,40	18,02	0.00	0.00	0.00	0.00
C Ridley	27,11	26,16	23,53	23,05	25,07	24,16	0.00	0.00
J Rush	24,43	23,53	19,48	19,08	20,44	20,02	33,32	32,24
A Sheppard	30,54	29,51	24,25	23,35	25,40	24,48	42,10	40,44
M Shotbolt	24,07	23,18	18,51	18,13	0.00	0.00	32,09	31,04
A Stewart	31,44	30,40	24,40	23,50	25,46	24,54	43,36	42,08
D Stewart	36,20	35,06	29,03	28,04	32,22	31,16	54,12	52,22
E Stewart	26,29	25,35	21,18	20,35	21,50	21,06	0.00	0.00
C Upton	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
D Upton	26,00	25,07	21,07	20,24	22,22	21,36	33,58	34,38
N Webber	24,34	23,44	19,42	19,02	20,42	20,00	33,47	32,38
L West	21,55	21,11	17,45	17,09	18,33	17,55	30,13	29,12
J Wharton	26,02	25,09	0.00	0.00	0.00	0.00	0.00	0.00
C Wyke	34,34	33,25	28,26	27,28	29,33	28,33	49,18	47,38

(Compiled by David Miller)

Caroline's Blog!.....

I sat in my bedroom window watching the birds on the feeder and my favourite the nuthatch has returned.

I lived in Tiptree before I lived in Bures and I remember visiting a friend's garden and marvelling at the bird variety.



He suggested a certain type of feed. 2 weeks later after looking out of my window I sent a text to my friend Tony that I have great tits. I intended to add 'and chaffinches to' but hit send by mistake. The reply came *'I am sure you have Caroline!'*

I enjoy singing in Bures church choir and it was a treat to be able to sing again.



I have for 6 years enjoyed the ride and stride challenge when on a set date each year cycle or walk to as many churches as possible.

Since before the pandemic many churches were staying open and now offer access to toilets and kitchen for hot drinks or water. Churches were always a sanctuary for people needing refuge.

On one of these rides I had left Bures cycling past visiting Mount Bures and Chapel continuing picking up churches around Colchester.

Many of the churches were open and could get refreshments and a stamp for your card.

I was following signs for Copford which was remote in a wooded area.



I parked my bike in the Lych-gate and walked down the path to the door.

The door was heavy and a step down into a very dark church didn't fancy staying long.

There was a small light over the visitor's book so I added my name and time as evidence that I visited.

It felt eerie so left quickly shutting the heavy door.

On retracing my steps to the Lych-gate, I turned around to see a figure in red standing in front of the church door. I never heard the door open or close and 'legged' it quickly with my bike.

Talking to a local vicar he stated a priest had been murdered with his body being hung on a nail on the front door.

I try and visit a variety of church's in different areas this last

year I had a time trial in Northamptonshire the day of the ride 11th September I went out cycling visiting as many churches so people sponsoring me got value for money. I also visited a couple in Northamptonshire and was impressed by the lovely villages.

Alpheton church was lovely and rural with lovely views we are so lucky living in such a beautiful county.

I don't get to Sunday services often but sing at funerals and Weddings.

The choir was needed to add numbers for a big wedding in another parish so I cycled there with my choir robes in a bag.

The choir were robed and seated.

The children arrived 2 young boys dressed in little suits and ties looking angelic.

We all chuckled as a little girl 15months old pushed a baby walker full of flowers down the aisle then 2 little girls looking lovely with flowers in their hair and carrying baskets of flowers.

The church filled up and generally the children were enjoying themselves removing flowers from the ends of the pews and boys arguing with the girls.

The bride arrived very petite and slim the dress so tight was no possibility of underwear.

The bishop arrived at the altar looking like Gandalf out of Lord of the Rings tall with a tall gold headdress and a long silver beard.

Both Bride and groom started crying with emotion as the service progressed 2 ladies in very high heels staggered to the pulpit to read lessons and one was accompanied by the little girl with the Walker crawling up the steps and pulling at her skirt.

It was in fact a lovely wedding and cycling home I felt the power of being part of something important.

Caroline Wyke

CYCLE CLUB SUDBURY CLUB CLOTHING



All enquires for the club clothing is available from the Clothing Secretary's Pat and Peter Harvey, contacted at clothing@cycleclubsudbury.com.

Our club kit is made by Endura and offers real value for money and most items are available if in stock in S, M, L and XL. The Endura men's sizing guide can be found here: www.endurasport.com/support/sizing.list. We have just placed an order to replenish stock as we are low on some items; unfortunately, owing to price increases our Roubaix jacket (for cooler weather) will now sell at £74.00, we do have 2 x medium and 1 x Ex large available at £62.00 if anyone is interested.

There is a £10.00 discount for members on their first purchase of road clothing in each subscription year.

Adult Clothing available (updated logo design)

S/S road jersey (full zip) – sizes available S, M, L, XL	£55.00
L/S road jersey (full zip) - sizes available S, M, L, XL	£62.00
Pro SL race jersey - sizes available M, L, XL	£80.00
Ultra-packable - sizes available S, M, L, XL	£66.00
Roubaix jacket - sizes available M, L, XL	£62.00
Compact gilet - sizes available M, L, XL	£51.00
Pro bibshorts - sizes available S, M, L, XL	£85.00
Multi tube – one size fits all	£11.00

Children's clothing range (Club subsidised)

Kids T.shirts orange - sizes 5/6yrs, 7/8yrs, 9/11yrs	£8.00
Kids hoodies orange- sizes 5/6yrs, 7/8yrs, 9/11yrs, 12/13yrs	£10.00

We still have limited stock of adult clothing (previous logo design) available at a generous discount of 33% - please note there is no £10.00 first purchase discount on these garments.

Adult Clothing available (previous logo design)

S/S road jersey (full zip) – size XXL, 1No	22.00
Sleeveless jersey full zip – size M, 2No	£15.00
WT race top jersey full zip – size L, 3No	£35.00
Ultra packable – size available XL, 1No	£34.00
Biblongs with pad – size available L, 2No	£57.00
Biblongs without pad – sizes available M, 1No & L, 2No	£46.00
Thermal 3/4 Bib nickers – size available L, 1No	£44.00
Bibshorts – sizes available S, 1No, L 1No & XL 3No	£53.00
Premium bibshorts – sizes available S, L & XL 1No each	£68.00
Adult polo top black - sizes available S, M, L, XL	£14.00
Adult hoodies black - sizes available S, M, L, XL	£22.00

Skinsuits

The club is no longer providing Skinsuits as part of the general stocked garments, owing to the stringent ordering requirements by our supplier. There is however in stock 1No Pro L/S skinsuit size L (new logo design) selling at £88.00.

Speedsuits

This product range has been for some time discontinued by Endura. There is however in stock 1No L/S skinsuit size L (new logo design) selling at £150.00.

I attach the list of SPOCO events qualifying for the club SPOCO trophy. The list includes all the SPOCO SE qualifying events but only the first 4 of the SPOCO East qualifying events. Once the entire list of SPOCO East events are published, I will update the list. Dave Fenn

CCS SPOCO 2022 POINTS SERIES EAST & SOUTH EAST QUALIFYING EVENTS FOR SPOCO 2022 SEASON

DATE	EVENT	COURSE	DISTANCE & GROUP	SPOCO AREA
13th Feb	Ely & District CC	BS19	25 - B	East
27th Feb	North Road	F7/25	25-2	SE
5th March	CC Breckland	B10/19	10-A	East
6th March	CC Sudbury	BS24R	22-B	East
6th March	Hainault	E14/28	28-2	SE
12th March	West Suffolk Wheelers	B10/37R	10 - A	East
13th March	Lea Valley	E1/25B	25-2	SE
19th March	Southern Counties CU	G10/46	10-1	SE
20th March	Maldon & Dist	E21/12	18-2	SE
2nd April	Cambridge CC	E33/25	25-2	SE
10th April	Easterly RC	E1/25D	25-2	SE
16th April	Central Sussex	GS/186	10-1	SE
18th April	Crawley Wheelers		41-3	SE
23rd April	Finsbury Park	F14/25	25-2	SE
30th April	London Phoenix	F7/10	10-1	SE
2nd May	Dulwich Paragon	GS/484	18-2	SE
8th May	Maldon & Dist	E21/25A	25-2	SE
21st May	Victoria CC	E1/10A	10.2-1	SE
4th June	Elite	E91/10	10-1	SE
5th June	Maldon & Dist	E21/50	50-2	SE
11th June	Maldon & Dist	E21/10	10-1	SE
26th June	Colchester Rovers	E22/47	47-3	SE
29th June	Essex Roads	E18/11	11.54-1	SE
3rd July	Southend Wheelers	E9/50	50-3	SE
10th July	Essex Roads	E1/25D	25-2	SE
24th July	Essex Roads	E22/25	25-2	SE
7th August	Chelmer CC	E9/25	25-2	SE
14th August	Colchester Rovers	E7/50C	50-3	SE
27th August	Victoria CC	E1/10A	10.2-1	SE
29th August	Essex Roads	E11/25A	25-2	SE
25th Sept	Lea Valley	E1/30	30-3	SE
2nd October	Lea Valley	E1/25B	25-2	SE

Well, that's all you get for this issue!

Enjoy your riding, keep sending in your articles and reports but most importantly, keep your head up while out riding and look where you are going, unlike poor Egan Bernal from Ineos, who head butted a bus while training on his TT bike. A very big Ouch! Rog