



## **The Spindle. APRIL 2021. [cycleclubsudbury.com](http://cycleclubsudbury.com)**

*And so, it comes to pass that we are almost back to normal, OK, maybe it's the 'New Normal' but it's heck of a lot better than what have all had to endure! Writing up a Open TT report and results table was a much better scenario than trying to make up 'fillers' for Spindle in the past 7 months. And a proper Audax report to include from Ian, a SPOCO and an Audax table from David, a Club Runs report from Martin..my cup runneth over!*

*But more importantly, it has the feel of a 'normal' Spindle!*

*We just need some Road race reports and our old club faithful, the Evening TT Series to complete the set! Plus of course all the incoming stories and articles from you all out there! What have you all been doing for the past year? There must be some good and bad tales to tell, so help me out here and get writing, no matter how small (or long)!*

*I have been out sporadically over the past months with one decent ride a week with Robin who has to cajole me to join him every time. When I get back home, I'm always glad he did and feel pleased with my efforts. I've also been trying to get a 'classic' old 70's road bike back on the road which hasn't been without its trials and tribulations, but that will make a nice article in the coming months.*

*My main saviour has been watching on TV, all the early year bike races, especially the French and Belgian Classic races. Like James Newton, I've been hooked on them for years, especially the one day Belgian Classics which I've followed on the Eurosport channel. It's the best thing I have ever subscribed to as it also shows my other passion of Endurance sports car races which knocks cycle sport into a close second!*

*So, thanks to this months contributors for their time and effort and look forward meeting (from a distance!) some of you at Lavenham next Thursday, although I'm marshalling with my James so maybe just a fleeting hello! Smile at the camera!*

*Rog*

# Sunday Club Runs

by Martin North

You may recall James had written a wistful piece in a Lockdown edition of Spindle about how in his chairman's review of the season he hoped he could report about exciting racing and really well supported club runs but that wasn't the reality at the time with all the restrictions placed on sport activities.

Now the situation is very much altered for the better with good numbers of riders, including many new faces turning out for Sunday club runs. Good to see you and hope you are enjoying the rides. After an enthusiastic first Sunday of riding, with several members turning up willing to lead, thank you Simon D, Gary J, Dave L and James N a pattern of rides has developed,

James organises a high speed chase taking in most of Suffolk or Essex without a stop and taking no prisoners. There is a quick medium pace ride which usually includes a coffee stop, waits for dropped riders and is 40-50 miles long. Thanks go to Gary Johnson, Mark Beaver, Angie Lesslie and Rob Davies for leading these. Last week's run based on the reliability course didn't stop and as a consequence got back to Sudbury well in time for lunch 11.45 am according to St Peter's clock in the attached photo. Or was the photo taken on a different day?

The medium pace group aims to average 15mph although it has only achieved that once so far this season, always stops for coffee and waits for riders. Last week's 40 + mile route to Onehouse was very enjoyable but the cafe was very disappointing as we had to wait for an hour for coffee and cake and then the staff managed to miss serving two riders. We were cold and unhappy until Mark Swift got us going again. Thanks to Don Keen and Mark Swift for leading some of these rides.

Dave Laker has provided sterling service as leader for the social rides and covers some impressive distances usually back in time for the evening meal having confirmed if the tide was in or out.

Cafe stops are still a bit problematic with the Covid restrictions but hopefully after May 17 as more Lockdown restrictions could be eased, using cafes should be easier.

Last week about 40 riders were out on the various rides so close to James's wistful aspirations about what he could report on in a Chairman's review.

A reminder, we still need to respect social distancing as we meet up and wear masks and keep our groups to six when not riding.

Finally thanks to Mark Gentry, the club Herald, for keeping us all informed about the weekend rides.

Keep well and ride safely.

If you would like to lead a ride please get in contact on [msnorth@waitrose.com](mailto:msnorth@waitrose.com)



Dave Laker,  
Pat, Peter,  
Dave,  
Raymond,  
Stuart and  
Mark  
Gentry at  
the Stag  
cafe at  
Woolpit

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## Hi Everyone

As per the previous weeks please add your name to the link if you are going to join us on Sunday. As always, not a real problem if you decide on the day to join, just make the ride leader aware on the morning.

Thanks in advance

James Newton.

[https://docs.google.com/forms/d/e/1FAIpQLScQLURwXWG2EZxqRVz2mGFU0MwGGImGIRCowj8ufN\\_9abCicg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScQLURwXWG2EZxqRVz2mGFU0MwGGImGIRCowj8ufN_9abCicg/viewform?usp=sf_link)

# CCS Audaxes returns with the Tour de Stour!

By Ian Lovelock



Saturday 10 April saw the welcome return of Audax to East Anglia with two rides that traversed the River Stour from Long Melford. Audax aims to encourage, promote, develop and control the sport and pastime of non competitive long distance cycling in all its forms. Audax members have been waiting for COVID restriction to lift before being able to test themselves to longer distances so places on the event organised by Cycle Club Sudbury were snapped up very quickly.

Both rides had been subject to a Helpers ride in the week previous to the event. Andrew Hoppit & I rode the 200k on a chilly but sunny Thursday and we were both joined

by Tracey Lovelock Robin Weaver & Tom Moore on a very cold and blustery Saturday.

For some this was their first ever experience of Audax and the distance they had chosen jangled their nerves. For two riders the distance held little fear as they had actually cycled around the globe. The weather for the event added a further dimension as it remained cold throughout the day with a moderate breeze and occasional wintry showers but the excitement of riding again was palpable for all.



60 eager men and women riders turned up to ride choosing between the 200km Grand Tour de Stour and the 100km Tour de Stour. Riders were set off in groups of 5 spaced 10 minutes apart on a route sheet that guided them along different roads following the Stour.

The 30 riders on the 200km enjoyed the length of the historic and beautiful Stour River progressing from Long Melford to Alton Water before reaching the mouth of the Stour at Harwich. They then returned from the peninsular to Dedham through Long Melford to Haverhill before reaching the source of the River on Wratting Common.

The 30 Riders on the 100km route progressed their journey on the Stour River to Dedham where many had a welcome stop for a take away bacon sandwich before turning and tracing a route to Clare.

It was very nice to see a good number of CC Sudbury riders at the start and I am glad to say that both rides were incident free with the exception of one rider who spent 90 minutes in Harwich seeking out a cycle shop for a new tyre and some extra inner tubes. Oh, and Raymond Cheung was chased down by Andrew for his entry fee



# C.C.S. Riders - Open T.T. Results -2021 Season

## C.C.S. Riders - Open T.T. Results - APRIL 2021

Date	Event	Course	Name	Dist	Time	Notes
April 3rd	Kings Lynn CC - Fincham - SPOCO East	B25/33	C.Wyke	25	01.35.25	56th
April 10th	VTTA - Newmarket	E2/10	J.Bradbury	10	21.41	28th
April 10th	VTTA - Newmarket	E2/10	R.Davies	10	22.53	51st
April 10th	VTTA - Newmarket	E2/10	G.Pamment	10	DNF	-
April 11th	Diss & Dist CC - 2-Up - Bressingham	B25/18	A.Purcell	25	59.02	5th
			S.Plant (Haverhill CC)	25	59.02	5th
April 17th	East Anglian VTТА - Newmarket	E33/25	A.Purcell	25	58.18	17th
April 17th	East Anglian VTТА - Newmarket	E33/25	R.Davies	25	01.02.11	29th
April 17th	East Anglian VTТА - Newmarket	E33/25	S.Triplow	25	01.08.12	47th 1st in Age Cat.
April 17th	Stowmarket & D.C.C. - Debenham	BS33	C.Wyke	20	01.07.55	26th
April 17th	Stowmarket & D.C.C. - Debenham	BS33	D.Bree	20	DNF	Puncture
April 18th	Breckland CC - Hingham - SPOCO	B10/19	M.Shotbolt	10	23.06	21st
April 18th	Breckland CC - Hingham - SPOCO	B10/19	G.Johnson	10	23.47	29th
April 18th	Breckland CC - Hingham - SPOCO	B10/19	N.Webber	10	24.07	32nd
April 18th	Breckland CC - Hingham - SPOCO	B10/19	D.Fenn	10	29.44	54th
April 18th	Breckland CC - Hingham - SPOCO	B10/20	S.Johnson	10	29.53	55th
April 18th	Breckland CC - Hingham - SPOCO	B10/20	C.Wyke	10	35.08	58th
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	J.Bradbury	10	22.04	15th
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	G.Johnson	10	23.06	32nd
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	N.Webber	10	23.38	38th
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	D.Bree	10	23.52	39th
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	S.Johnson	10	28.41	66th
April 24th	Kings Lynn CC - Tottenham - SPOCO	B10/37	C.Wyke	10	34.45	72nd
April 24th	Shaftesbury CC - Cambourne	F2A/25	L.West	25	51.52	3rd
April 24th	Shaftesbury CC - Cambourne	F2A/25	S.Triplow	25	01.02.44	78th
April 24th	Shaftesbury CC - Cambourne	F2A/25	S.Hitchcock	25	01.06.02	87th

\* Quite a few of the above riders are currently sitting on my naughty step as the rule is as always...please send me your results as they happen to save me trawling through various media outlets to find their information. Two hours of my time (*I'll never get back*) were spent trying to locate to find the relevant data and some results don't find their way to the official sites for weeks/months so they will be lost forever. As the Spindle gets put onto our website every month, it's a tremendous failsafe way of keeping riders results recorded for years to come should they mislay or fail to keep their own records updated. So please make the effort!

At the same time as sending me your results, it would be 'rather pleasant' if you could include very brief details of anything you think would add a bit of sparkle to my rather staid reports, such as.....

'I fell off into a ditch'/I forgot my wheels'/the dog chewed my shoes up'/I overtook a mobile buggy'/that was my best TT ride ever as I was on fire that day'....you get the idea!

Rog

# Open TT's Report

April saw a fulsome outing of CCS riders back on the 'Open Time Trial' roads around East Anglia.

Caroline Wyke (left) deserves a well done for being the first rider to break cover by riding the Kings Lynn 25 mile event. She also entered the Breckland10 event in the middle of the month, and was astounded to read in the results list that she had posted a 25.08 ride!! Sadly, a few timing issues and calculations proved to be somewhat awry and had 10mins added!

John (right) rode the infamous/fast E2 course and recorded the fastest 10 of the month with a 21.41 which for the first ride of the year was very commendable especially with rain and a fierce headwind on the return leg! Rob Davies has been putting in a prodigious amount of training miles over the winter and appears to be taking the coming season very serious! His time, riding the same E2 event as John, showed the effect of

all these miles with a non too shabby 22.53 (went out to the turn in 9mins 23secs with tail wind!!) - which together with his 25mile time on the E33 VTTA course of 01.02.11 makes it a good start for him.

Leon opened his account on the quick 25 Cambourne course and returned a sensational 51.52 for 3<sup>rd</sup> place from a large entry! Chapeau to him! Alex Purcell rode two 25mile events, coming in under the hour in both of them. The first was a 2-Up in the Diss DCC event on the Bressingham toThetford and back course riding with a former colleague from Haverhill CC with a 59.02 for an excellent 5<sup>th</sup> place. His solo ride in the VTTA event produced an even quicker time with a 58.18 which probably accounted for different courses and conditions on the day, as you would expect the 2-Up to go quicker! Great ride all the same.

Sue Triplow also rode the VTTA event and was rewarded with a 1<sup>st</sup> in Age Category prize for her efforts. More on her endeavors further on..

It's nice to see Doz Bree (left) taking on the 'Open' roads. For his first event, he rode over to Stowmarket's 20miler at Debenham, then had the bad luck to puncture out on the circuit. (*Hope he had a spare tube to ride back home on!*) He had better luck in the Kings Lynn 10mile event near Downham Market, where he posted a decent 23.52. Another 'returnee' to TT's saw Matt Shotbolt take on the Breckland 10 and recording a very good 23.06 for his efforts. I hope this isn't a one off Matt?

Glary Johnson (right) has been recovering from a hernia operation (More info on his return to fitness further on) and despite this setback, rode two 10mile events with the best coming in the Kings Lynn where he recorded a 23.06 which

considering what he has been through is quite amazing. (More info on his return to fitness further on)

His wife Sarah (left) also rode the same 2 events and her best also coming at the Kings Lynn 10 with a 28.41 which was 1min 12secs quicker than her first one at Breckland a week earlier. **!** Great improvement!!

Steve Hitchcock had his first ride of the season, also on the quick Cambourne course recording a good 01.06.02. More to come Steve?



Nick Webber (right in some alien kit?), a former 2<sup>nd</sup> claim member, has finally seen the light and become a 1<sup>st</sup> claim member! He's always been a talented time trialer and I understand he also wants to try a bit of road racing as well, which will please James Newton no end.

He also rode the 10milers at Breckland and Kings Lynn events with his best coming in the latter with a 23.38 which was a 30sec improvement.

Finally, David Fenn (*bet you thought I'd forgotten you David!*) had his first ride at Breckland, returning a 29.44 which I fully expect to come down to the mid 20's as the season progresses.



## TT Extras.....



*Hi Roger*

*Hope you are well.*

*As you may be aware this was my first competitive event since I underwent a surgery on a persistent hernia problem.*

*Still not back to my best but pleased with my improvement.*

*Knocked a minute and a half off my last attempt in 2018 and think I would of been capable of a sub 23 if fully fit.*

*No wind advantage at all, total blustery cross wind in both directions. Sarah is training for her first Ironman event at Holkham and treated this event as heart rate training, following the event she ran 7.5 miles*

***Eary Johnson***



***Sarah Johnson***



*Here they are! This is the only one I've done so far.*

*It was third time lucky - as the first race I'd entered this year had been cancelled - the second on 10th April - was the ECCA E2/10 - I drove over hoping for the best, but the sky became darker and it rained consistently almost all the way over - by the time I was about to 'warm up' it was only just nudging around 5 degrees, and the rain was still coming down - so I totally wimped out, put the bike away, (at which point almost precisely the rain eased up) and went home to sulk on the turbo ...so it was good to finally get the first one done (VTTA event) and with the bonus of sun, and a cool wind that wasn't biting. As always I was apprehensive for that first TT, and I didn't know the course so wasn't sure what to expect. It was challenging, lumpy but as only a TT'er knows enjoyable for all its pain, especially so when it was over. I felt I had more in the tank, but as I get older I find it much harder to get*

*into that punishing zone necessary to get the quick times - never the less for the first time in 3 years I managed to do this distance without considerable back pain ....and I had a reasonable amount of oomph, so that was victory enough for me - until I received John Golders results sheet which gave me the win for my (old) age group!!! Result!*

*Up on the F2/25 next week - everything crossed. (She rode the F2R/25 Cambourne course and improved by nearly 6mins on the VTTA event earlier. Well done Sue!)*

***Sue Triplow***

## CC SUDBURY SPOCO LEAGUE TABLE 2021

POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	4	268
2	Gary Johnson	2	187
3	Nick Webber	2	169
4	Sarah Johnson	2	117
5	John Bradbury	1	106
6	Matt Shotbolt	1	98
7	Doz Bree	1	82
8	David Fenn	1	63
9			
10			

## SPOCO League Points Table

David Fenn has kindly compiled the first table of many of the current CCS SPOCO League for the season.

Caroline, not surprisingly heads the table with points from her 4 events she has completed. No one below her has ridden more than 2 events and will take a lot of catching up with Gary, Nick and Sarah her nearest challengers! A bit of 'The early bird has caught everybody out' syndrome



## Bike(s) Wanted

Club member Robin Sidgwick renovates unwanted bikes, and then sells them with all proceeds going to the EACH children's hospice.

He currently has someone looking for a road or flat-bar bike to suit someone about 6 feet tall. (1.8m)

Have you a spare bike you don't need? Condition not too important, as Robin can renovate if necessary.

He might even be prepared to pay a little, as long as he can still clear a profit for EACH.

If you want to contact him, email is [robinsidgwick@hotmail.co.uk](mailto:robinsidgwick@hotmail.co.uk), phone 01449 740404.

Thanks...Robin Weaver

## And a Bike For Sale!



*Hello Roger,  
If it is possible could you please  
put this Bianchi 'Fixie' (single  
speed) up for sale in the Spindle  
for £350 or near offer.*

*It's in very good condition!*

*Thank you.. Trevor Pillet.*

*(Club member)*

*My phone number is.....*

*07867 425 325*

## HOW THURSDAY EVENING TIME TRIALS WILL OPERATE IN 2021

TIME TRIALS THIS YEAR WILL BE VERY DIFFERENT; APART FROM ANYTHING ELSE, THERE SHOULD BE NO SOCIALISING BEFORE OR AFTER THE EVENT. HOPEFULLY THINGS MAY CHANGE BEFORE THE END OF THE SEASON. PLEASE READ THE FOLLOWING CAREFULLY.

1. As Covid-19 restrictions (social distancing, cleansing etc) will still apply the number of events will be reduced from 20 to 16 or 17. This will allow time for clearing up/sanitising etc after events before it gets dark.  
TTs on 16, 23, 30 April will not be run, and the status of the 27 August TT will be confirmed later. The course for first event of the season on 6 May will be changed from Hitcham Hilly to Lavenham 10.  
The interclub events with Colchester Rovers and West Suffolk Wheelers will not take place this year, but club TTs will still be run on those dates.
2. If riders/timekeepers/marshals need to shield, or have any Covid-19 symptoms, however mild, or have received a positive coronavirus (Covid-19) test result, or live with others who have, they must not attend, until they are recovered or until the end of a 10 day self-isolation period.
3. Riders in events will be limited to 1st and 2nd claim members only, no visitors. There will be a limit of 30 on the number of riders, on a first come-first served basis. This will reduce numbers of riders attending and possible interaction, and enable us to maintain better control, and better communicate with riders if things change.
4. Payment will be £4 a ride for 1<sup>st</sup> and 2<sup>nd</sup> claim riders. Payment can be made for the season, at £60; given that weekly prepayment is otherwise required, see 6 below, this might make life easier. In a change of plan, CTT have decided not to increase the 'per rider' levy after all this year.
5. Potential riders must notify CCS by email to [pamandrobinw@gmail.com](mailto:pamandrobinw@gmail.com) after 6pm on the Sunday before an event and before 7pm on the Tuesday evening before an event if they wish to ride. If there are more than 30 who want to ride, those who submitted the first 30 emails will get a ride.  
This will enable a start sheet to be pre-prepared and circulated on the Wednesday. Riders turning up on the night will not be allowed to ride.
6. Payment. No payment on the night. Payment must be made before the event, but it is suggested you do this after your ride place is confirmed by the start sheet.  
Two payment methods;  
If you have a PayPal account, you can pay £4 to the email address [davem@cycleclubsudbury.com](mailto:davem@cycleclubsudbury.com); on the Payment page, add a note of your surname, and TT.  
Alternatively, make a payment of £4 by EFT bank transfer to CCS, details; Barclays Bank; Account name Cycle Club Sudbury; Sort code 20 83 50 Account number 30308188. Please use your surname and TT as a payment reference.

7. Riders should time their arrival to suit their start time. Those arriving by car should preferably park in alternate spaces, or nose to nose. Riders must maintain social distancing on arrival, sign on, and then leave the car park for a warm up ride. Warming up using turbos in the car park will not be allowed. There should be no socialising in the car park.
8. Riders are to queue individually, respecting the socially distancing markers, to sign on. They must bring their own pen, and collect their number, which will be laid out. Hand sanitiser will be provided.
9. Riders should arrive at the TT start no more than 5 minutes before their start time, to reduce queuing; ie no more than 5 riders at the start at any one time. They should queue respecting the socially distancing markers.
10. There will be no pusher-off.
11. The start time keeper will be socially distanced from the start line. Riders must not approach him, or leave anything at the start. Spectators will not be allowed at the start.
12. During the event, overtaking riders are to keep well clear of the other rider, for covid reasons.
13. Riders must not stop at the finish; timekeepers will maintain social distancing. Spectators will not be allowed at the finish.
14. After the event, on returning to the car park riders must return their number by placing in a bucket.
15. Riders should leave the car park immediately after returning their number, without socialising. Results will be posted on the CCS website and Facebook asap.
16. Other things to remember;  
working front and rear lights required  
no U-turns on the course at the start – walk across the road  
no warming up on the course after the TT has begun
17. Marshals. All riders will be required to marshal twice in the season. Please email Robin at [pamandrobinw@gmail.com](mailto:pamandrobinw@gmail.com) before the start of the season with four dates on which you could potentially marshal, and two will be allocated to you. Marshals must provide their own hi-viz jacket/bib.  
  
18. Signs will pre-sorted into packs suitable for each course, rather than signs being sorted at the start. Marshals will need a car. Marshals should not share a car. Disposable nitrile gloves will be provided for marshals placing signs, with a bin for disposal of used gloves at the car park. After the TT, signs will sprayed with antiseptic aerosol.
19. The start timekeeper will place start signs, and store/handle them for the season.
20. The finish timekeeper will place finish signs, and store/handle them for the season.
21. Timekeepers will be issued with watches at the start of the season and keep the same watches for the season.

# Audax Update April 2021

Date	Event	Riders
1 <sup>st</sup> Nov 2020	DIY Permanent Series 200k	Andrew Hoppit
5 <sup>th</sup> Dec 2020	DIY Permanent Series 200k	Andrew Hoppit, Ian Lovelock
5 <sup>th</sup> Dec 2020	Witham 100k	Raymond Cheung
3 <sup>rd</sup> April 2021	Huntingdon 218k	Mick Bates, Raymond Cheung
10 <sup>th</sup> April 2021	CC Sudbury 212k	Andrew Hoppit, Ian Lovelock
10 <sup>th</sup> April 2021	CC Sudbury 106k	Andrew Hoppit, Ian Lovelock, Tony Sheppard, Doz Bree, Gary Johnson, Sarah Johnson, Mark Swift
17 <sup>th</sup> April 2021	Churchend Dunmow 100k	Andrew Hoppit, Raymond Cheung, Ian Lovelock

Name	Points	Total Distance	Club Audax Trophy	100 km	150 km	200 km	300 km	400 km	600 km	1000 km	Climbing Metres
Andrew Hoppit	6	818		2	-	3	-	-	-	-	2900
Ian Lovelock	2	618		2	-	2	-	-	-	-	2900
Raymond Cheung	2	418		2	-	1	-	-	-	-	1500
Mick Bates	2	218		-	-	1	-	-	-	-	-
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

## Forthcoming Local Audaxes.

1<sup>st</sup> May, **Manningtree**, Green and Yellow Fields 300km.

9<sup>th</sup> May, **Saffron Walden**, The Red Penny Ride 100km

23<sup>rd</sup> May, **The Waveney** Wander 100km Carlton Colville, Lowestoft.

21<sup>st</sup> August **Wormingford**, Saturday

More details to follow, but Ian Lovelock is looking at the possibility of reviving two rides from Wormingford, previously run by Viv Marsh.

These are the Wormingford Wyrn, 100k, and Wormingford Dragon, 200k.

Worth a quick Google to find the origin of these names!

### Bildeston, Saturday 17 July

As things stand at present, these rides will be limited to 30 people at each distance, again dispatched in groups of six, from Bildeston Sports field, with very limited facilities compared to previous years.

These rides are now available to all on the AudaxUK website, so places are being taken already.

Open to all, not just AudaxUK members. Enter now if you want to be sure of a ride!

There are 4 rides available;

52k Jane's Lanes audax - <https://audax.uk/event-details?eventId=8849>

103k Bildeston Lanes audax - <https://audax.uk/event-details?eventId=8848>

168k 100 Miles of Suffolk Lanes audax - <https://audax.uk/event-details?eventId=8847>

209k Suffolk Lanes Extravaganza audax - <https://audax.uk/event-details?eventId=8846>

(Places are already being snapped up for these Audaxes)

If you have any queries, please contact Robin at [pamandrobinw@gmail.com](mailto:pamandrobinw@gmail.com).

**Have a good May everyone and don't forget those Open TT results**

Rog