



Well, we all knew the darker evenings were coming, but boy it was still a shock to the system when it did! For my evening jaunts with James, I had half charged lights as usual as I forgot to do the obvious until the last minute. So my pockets were sagging with back-up lights which I've had to use because of my forgetfulness. Must do better!

We had our last CCS event of the year with the Fallen Leaves Hill Climb recently. It was, as ever, a resounding success and a lot of positive responses from riders and spectators were to be heard during the event. Organiser Dan put on a great show including all his helpers to make it so! Well done to everyone involved.

This edition includes a report and details of all of our riders that took part including photo's.

Ian Lovelock has provided us with part 1 of his mammoth LEL ride and is well worth the read. The list of Trophy winners is now complete and is published further on. Check it out as some of you may not realise you are included for your endeavours over the season and need to collect your awards at the Prize Giving evening taking part on 24<sup>th</sup> November.

The CCS Spoco competition is now complete as is the Open TT results. The Eastern Cyclo Cross is underway with the latest results shown.

I started including this last season, in the hope that it would stir some more riders to compete, but at the moment it seems to have had the opposite effect, along with the reduced numbers taking part in Open TT's, it's a curious situation which no one seems able to come up with a reason why!



## REPORT - CYCLE CLUB SUDBURY HILL CLIMB, 9 OCT.

*By Robin Weaver*

This annual event organized by Cycle Club Sudbury and incorporating the East Anglian District Cycling Association championship, was held on a closed road at Watsons Hill Semer, and attracted a good field of 50 riders.

A fine morning and a large field attracted a good crowd of spectators on the hill; their applause and the traditional cowbells created a great atmosphere for the riders.

Oskar Everett, an under-16 rider, of Orwell Velo, was fastest up the hill, with a time of 42.00 seconds over the 500 yard course, beating many older and more experienced riders, and setting a new juvenile record for the course. Second was last year's winner from the same club, Chris Crabtree, with a time of 42.70 seconds, and making it a clean sweep for Orwell Velo, third was Matt Day, 45.00 seconds.

Not surprisingly, Orwell Velo also carried off the team prize, followed in second place by Colchester Rovers CC (Oscar Karta-Smith, Greg Andrews, Shane Jarvis), with the home Cycle Club Sudbury in third place (Robert Smith, James Rush, and Dean De'Ath).

Fastest lady was Nicola Soden, of Datalynx-Parenesis, 1min 04.00 seconds, with in second place Hannah O'Brien of Loose Cannon's Conditioning, 1min 07.00 seconds, and third the home club rider, Angela Lesslie, Cycle Club Sudbury, with a time of 1min 11.00 seconds.

Second after Oskar Everett in the junior/juvenile competition and 6th overall was Oscar Karta-Smith, of Colchester Rovers CC, 48.80 seconds, and third Charlie Upton of Cycle Club Sudbury, 1min 09.00 seconds.

Fastest Cycle Club Sudbury rider was Robert Smith, 50.60 seconds, fastest CCS lady was Angie Lesslie, and fastest CCS junior/juvenile rider was Charlie Upton.





# PRESENTATION OF AWARDS

## CCS Club Trophy Winners - 2022 Season

|   |        |                             |
|---|--------|-----------------------------|
| Veterans Best All Rounder   | Gold   | Nicholas Webber +4.31       |
| <i>Av.on Standard 10, 25 &amp; 50 miles</i>                       | Silver | David Fenn +1.04            |
|   | Bronze | Caroline Wyke -1.49         |
|   | Gold   | Not awarded                 |
| B.A.R. 25, 50 & 100 miles<br>( <i>Av speed over 3 distances</i> ) | Gold   | Not awarded                 |
| 100 mile Open TT Shield   |        | Not awarded                 |
| 50 mile Open TT Cup   |        | Nick Webber; 2hrs 1m 26s    |
| 25 mile Open TT Cup   |        | Alex Purcell; 51m 55s       |
| 10 mile Open TT Cup<br>(New Cup)                                  |        | Alex Purcell; 19m 55s       |
| Ladies 25 mile Open TT Bowl                                       |        | Sue Triplow; 1hr 0m 1s      |
| Ladies 10 mile Open TT Cup<br>(New Cup)                           |        | Sue Triplow; 22m 55s        |
| <i>Audax Trophy</i>   | Gold   | ???                         |
|   | Silver | ???                         |
|   | Bronze | ???                         |
| Club SPOCO Trophy   | Gold   | David Fenn 2170 points      |
|   | Silver | Caroline Wyke 2119 points   |
|   | Bronze | Nicholas Webber 1484 points |
| Hill climb Champion - Men   | Gold   | Robert Smith; 50.60s        |
|   | Silver | James Rush; 58.50s          |
|   | Bronze | Dean De'Ath; 1m 00s         |
| Hill climb Champion - Ladies                                      | Gold   | Angela Lesslie; 1m 11.00s   |
| Hill climb Champ Juv. Female                                      | Gold   | Not awarded                 |
| Hill climb Champ Juvenile<br>Male                                 | Gold   | Charlie Upton; 1m 9.00s     |
| Hill climb Champ Junior<br>Female                                 | Gold   | Not awarded                 |
| Hill climb Champ Junior Male                                      | Gold   | Not awarded                 |
|   | Gold   | Will Lowden; 20m 16s        |
|   | Silver | Alex Purcell; 21m 30s       |
| Club 10 mile T.T. Champion  | Bronze | Simon Daw; 23m 17s          |
|   | Gold   | Angela Lesslie; 27m 13s     |
|   | Gold   | Simon Daw; +4m 20s          |
| Club 10 mile TT Ladies<br>Champ.                                  | Silver | Nick Webber; +4m 5s         |
|   | Bronze | Damon Day; +3m 48s          |
|   | Gold   | Will Hedley; 15m 4s         |
| Club 10 mile TT Vets Champ.<br>( <i>on Standard</i> )             | Silver | Dan Lawrence; 15m 50s       |
|   | Bronze | Gary Johnson; 16m 54s       |
|   | Gold   | Will Hedley; 636 points     |
| Club 10 mile TT Champion<br>( <i>on Handicap</i> )                | Silver | Simon Daniel; 601 points    |
|   | Bronze | Kirsty Fenner; 502 points   |
|   | Gold   | Alex Purcell; 1h 27m 41s    |
| Club Evening Points Series  | Silver | Nick Webber; 1h 36m 27s     |
|   | Bronze | Charlie Heeks; 1h 38m 49s   |
|   | Gold   | ???                         |
| <i>Clubman of the Year</i>  |        | ???                         |
| <i>Rider of the Year</i>  |        | ???                         |
| <i>Junior Rider of the Year</i>                                   |        | ???                         |
| <i>Ladies Trophy</i>  |        | ???                         |
| <i>Golden Spindle Nut Award</i>                                   |        | ???                         |

### NOTES

Here in all its glory is the list of Trophy winners. *It's also a reminder to many of the winners etc, that you need to mark the 24<sup>th</sup> November as a date you need to collect your hard won prize ware !*

*What better way is there to do just that with a light hearted AGM, prize giving and a buffet all thrown in!*

The question marks shown are because a) for Audax, the points are still somewhere in limbo land with the organisers, and b)

The last 5 at the bottom of the sheet, will be announced on the night as they are all voted for categories!

As people often ask what the Golden Spindlenut is for: it's decided by your editor for excellence in a written article(s) that have appeared in the Spindle this year!

*Thanks to Robin and Simon Daw for collating all the info, doing all of the very hard sums and producing the results*

Rog

## C.C.S. Riders - Open T.T. Results - October 2022

|         |                               |        |           |        |          |                          |
|---------|-------------------------------|--------|-----------|--------|----------|--------------------------|
| 2nd Oct | Norwich ABC - Bungay          | B10/44 | N.Webber  | 10     | 23.49    | 5th                      |
| 2nd Oct | Norwich ABC - Bungay          | B10/44 | D.Fenn    | 10     | 29.58    | 16th                     |
| 2nd Oct | Norwich ABC - Bungay          | B10/44 | C.Wyke    | 10     | 31.18    | 17th                     |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | R.Smith   | 500yds | 50.6secs | 10th<br>1st CCS<br>rider |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | J.Rush    | 500yds | 58.5secs | 22nd                     |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | D.Death   | 500yds | 60.0secs | 25th                     |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | C.Heeks   | 500yds | 64.8secs | 34th                     |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | C.Upton   | 500yds | 69.0secs | 38th - 1st<br>CCS Junior |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | R.Edwards | 500yds | 60.1secs | 39th                     |
| 9th Oct | CC Sudbury Hill Climb - Semer | HC/1   | A.Lesslie | 500yds | 71.0secs | 40th - 1st<br>CCS Lady   |

# CCS SPOCO Final Points and Report

### CC SUDBURY SPOCO LEAGUE TABLE 2022

| POSITION | RIDER           | EVENTS | POINTS TOTAL |
|----------|-----------------|--------|--------------|
| 1        | David Fenn      | 24     | 2170         |
| 2        | Caroline Wyke   | 23     | 2119         |
| 3        | Nick Webber     | 14     | 1484         |
| 4        | James Rush      | 5      | 526          |
| 5        | Alex Purcell    | 4      | 468          |
| 6        | Simon Daw       | 4      | 455          |
| 7        | John Bradbury   | 4      | 453          |
| 8        | Susan Triplow   | 3      | 303          |
| 9        | Gary Pamment    | 2      | 219          |
| 10       | Dan Upton       | 2      | 198          |
| 11       | Will Lowden     | 1      | 120          |
| 12       | Gavin Ratcliffe | 1      | 104          |
| 13       | Charlie Heeks   | 1      | 102          |
| 14       | Gary Johnson    | 1      | 98           |
| 15       | Adrian Ablitt   | 1      | 87           |
| 16       | Kirsty Fenner   | 1      | 84           |
| 17       | Terry Law       | 1      | 83           |
| 18       |                 |        |              |

*The final CCS SPOCO League table is shown alongside after an excellent year long competition between David and Caroline. David edged it by only just over 50 points which probably amounts to the extra event he rode over Caroline!*

*Well done to both of them in keeping us all entertained during the season.*

*Nick was the only other rider in the same street as them and claimed a deserved 3<sup>rd</sup> place with James nearly a 1000 points behind him in 4<sup>th</sup> from far less rides!*

*Rog*

*Points & Positions Collated throughout the season by David F.*

# Just another cycle ride?

London Edinburgh London 2022 - Part 1 - The Ride North

Evolution has designed Mankind to take every opportunity to save energy. Today we have the opportunity of moving between the Capital of England and that of Scotland by train, plane or automobile. But why do that when you can pull out of the shed an earlier energy saving invention of a few bits of metal welded together complimented by a couple of hula hoops with a chain connected to a rota to propel you along. Make the trip a return, add a few extra kilometres to exceed 1,500km, divert the route over some steep slope to climb 14,000m and add to that a time limit of 128 hours to complete the transit and call the thing LondonEdinburghLondon (aka LEL2022). Who would not like to have a try at that? (well, most folk in their right mind actually).

Saturday, 6 August, I'm excited as a child in a sweet shop at LEL2022 registration in London. Riders are everywhere, cycles are conscientiously strewn around, the atmosphere is buzzing. There are many old friends littered around and an abundance of new friends to be made in the week ahead. Andrew is with me, somewhat bemused by my enthusiasm as his anxiety grows. Maybe he has a good point in questioning why either of us have signed up to ride this crazy event. Why, indeed, am I subjecting myself to sitting on a bone hard saddle for 5 days 8 hours whilst deprived of a comfortable bed and many (many) hours of sleep? I've done the event successfully in 2013 enjoying every pedal turn but was pretty poorly on my second attempt in 2017 leaving *demons to be dispatched*.

Sunday arrives, I am almost manic with excitement as I push my bike to the start line. Andrew and I had elected to begin the quest at 14:00 amongst the *Lantern Rouge* allowing for final preparation to be performed with exacting precision. And then we're off. Except for the unknown what can possibly go wrong? I suppress the adrenaline to ensure that no early accidents beset us and with the temperature in the 30C's we set off at a steady pace.

400m up the road, I discover my Garmin is not functioning correctly. The route is loaded but no roads are showing and there was no guidance at the first junction. I have a purple line on a blank screen and, worse still, I have no route sheets. Not to worry, I'll just take Andrew's lead and my Garmin will "squark" at me when I am off route.

We ride through the first 200km very comfortably, drink profusely and stopping every 50km to take on more fluid. The temperature has dropped, the night has arrived, and we realise that Andrew's device is not that great a navigation aid in the dark. Route finding will now be a constant, and worrying, challenge for the remaining 1,300km.

The night progresses, my anxiety rises as I have been suffering from narcolepsy on every ride over 300km this year. How can you fall asleep when riding a bike at 20-30km/h? Surely it's impossible, how can you switch off so completely that your mind shuts down, your eyes close and your legs turn on instinct alone. Believe me sleep happens all too readily; I have previously ended up in a ditch on ParisBrestParis and planted in a hedge on a ride in Wales.

Imagine my relief when Andrew suggests that we catch some sleep when we arrive at Louth at 240km. Although not part of our grand plan, I hurriedly seek out an air mattress and am informed that I have a limit of 75 minutes on the bed. It's a hot, sweaty, uncomfortable rest but I manage 45 minutes sleep and feel surprisingly refreshed. I search around for Brian Mann who's a volunteer at this check point but he's sleeping and nowhere to be found, and I am jealous that he's managed





more sleep than the pair of us on this first night. I feast on *overnight oats* which are just about edible and head out before sunup towards Hessle where I am promised a cooked breakfast.

We cross the Humber Bridge with the dawn to arrive in Hessle. Cauliflower Soup is the cooked breakfast at Hessle. Cauliflower Soup, which is only just warm at that. I add extra salt to the dish which resembles the colour of my mug of accompanying tea. Cauliflower Soup, hardly the breakfast food for the Endurance Rider but it does promote a common thread of conversation with many other riders along the route (always look on the bright side!). On we ride to Malton

at 360km where the food is much improved as the temperature begins to soar when we leave another control and start our climbs into the Howardian Hills.

We head up towards Howard Castle, a Baroque vision challenged by Palladian afterthought completed in 1811 after 100 years in the building to gain a starring performance in *Brideshead Revisited* in 1981. A fabulous history to a beautiful building which we gain a fleeting glance from 1km distance.

The route up to the panoramic viewpoint is significantly different from earlier years, the swine who has designed the change takes us over 5 significant climbs including one of 25%. The sun is relentless, and temperatures have climbed to over 35C so we're hot, tired and savage as we stumbled upon the "Secret Control", which prevent riders avoiding the beastly slopes, staffed by a Vicar who was able to administer the *last rites* to anyone in need.



After a bit of banter with the Volunteers, I ride on in good spirits as our next stop is to be the Travelodge at Scotch Corner. We arrive at 22:00, stock up at M&S, shower, pop two paracetamol and off to bed for 3 hours sleep feeling comfortably numb between clean sheets on a soft mattress. The alarm rudely awakes me, I pull on some fresh kit while eating the beetroot wrap & beetroot juice. A tad strange at 03:00 but I have heard that beetroot improves muscle performance by up to 15%, which sounds good. I've been drinking beetroot juice every day for two weeks before the event, I have no idea if that is true but have convinced myself and Andrew that it will certainly give us an advantage.



We set off into the night to arrive at Barnard Castle School to be entertained in Hogwarts Dining Room with a menu choice of breakfast, dinner or tea (or all 3). As I sat resting and refuelling for no more than 30 minutes, I gazed upon the oak panel walls of the school Hall reflecting on *Old Barnardians* with great admiration. These include George Bradford (Victoria Cross in 1918) plus Tony and Rory Underwood (England Rugby Wingers). Given their

achievements, a cycle ride up and down the spine of the UK seems trivial. I am inspired to persuade Andrew that he had at least to get to Edinburgh before any further thoughts of retirement.

After thanking as many Volunteers as possible, we leave with fully bellies and in a state of melancholy only to be face with the ride over the North Pennines. As the dawn rises and before the temperature soars, the route is diverted away from the single gradual climb of Yad Moss due to a road closure. The diversion forces us over



two 600m climbs with the slopes of 16%, 17% and 18% that place fear into the mind for the return. Our reward was to arrive in Alston at 540km for a bit of luxury with a mid-morning coffee and a freshly baked bun.

We cross into Scotland at Gretna Green which found its fame and popularity via the Clandestine Marriages Act 1753 that prevented couples under the age of 21 marrying in England or Wales without their parents' consent. As it was still legal in Scotland to marry without such consent, couples began crossing the border into Scotland. Time has passed, laws have changed but Gretna retains a romantic allure as we saw for ourselves as we passed 3 weddings. Take it from me Gretna is not a scenic place for wedding photos. Nor as it happens was the subsequent road we used that winds alongside the M74 past Lockerbie. The sun had baked us all day but with Moffat beckoning we pressed on arriving hot and flustered at the control to be welcomed, fed and watered.



Early evening, we leave the Moffat Control, head through the town; turn left and started up hill. Now, I have moaned about the hills earlier but the rise out of Moffat is long and steady and wonderful. To the right, views of the remote countryside constantly open to the rhythm of my pedal turns. We climb, joined by Derek from South Africa, heading up to overlook the Devils Punch Bowl before traversing across the top of the Moffat Hills and onward to

Edinburgh.

Evening light fades as the night arrives later in Scotland, and we arrive on the outskirts of Edinburgh to take full advantage of the street lighting. Passing the Airport we head on to Queensferry to cross the old Forth Road Bridge (now part of NCN1) which is traffic free with views of the Rail Bridge to our right and the new Road Bridge to our left. I am pretty tired by now but also elated as we head down a track to Dunfermline School which marks the mid-point of the ride. We are welcomed in by Andy Rogers, I want to chat, but I am too focussed on sleep. I check in with the control, head straight for the Gym to book a bed, grab a shower and its lights out for me for another 3 hours of sleep.

When I wake, I am elated. I am now on my way back; I've had a shower and I've got clean fresh kit on. I've made it to Edinburgh. Further joy as Jan Swanwick, a friend, rides in. He'd looked like death at Louth where he was close to retiring but I had talked him out of any hasty decisions. Andrew appeared; we eat a hearty breakfast, drink lots of tea and head out to reunited with our bikes. Our journey home was to start but what was unbeknown to us was that our Adventure had just begun.



## Diary Dates *by Robin Weaver*

**WEDNESDAY 1 NOVEMBER; CCS COMMITTEE MEETING;**  
7.30pm, Stevenson Centre.

### AUDAX EVENTS

Full details for all these events at <http://www.aukweb.net/>

Sat 5 November; Witham; 100k

Sun 20 November; Carlton Colville; 100k

Sat 3 December; Witham; 100k

Sun 18 December; Gt Bromley; 200k

Sat 18 February; Witham; 100k  
 Sat 11 March; Dunmow; 100, 200k  
 Sat 18 March; Copdock; 100k

## TUESDAY 8 and 22 NOVEMBER; CCS COLCHESTER NORTHERN GATEWAY TRACK SESSIONS

There are **FREE CCS track sessions** at the above, **7-8pm**, for paid-up 1st and 2nd claim CCS members. All abilities welcome. Find a group at a speed to suit, or ride individually, your choice! It's possible there might be some more organised riding as well, for part of the session. Just turn up, no need to notify anyone you're intending to ride. Excellent tarmac track surface, fully lit.

To find the Northern Gateway track, follow the Park and Ride signs from junction 28 of the A12, and turn right when you're on the approach road to the Park and Ride. Don't forget to register your parked car on the screen inside the centre/cafe door - no charge.

## THURSDAY 24 NOVEMBER; CCS ANNUAL GENERAL MEETING AND AWARDS EVENING

7pm, the AGM, followed by a light buffet and the Awards presentation.

As you may know, James has recently decided to step down from the club chairperson's role, having been chairman since 2019, and Angie Lesslie has also left the committee owing to pressures on time. We're also in need of a new Welfare Officer. Other committee members, several of whom have been on the committee for a number of years, may also need to step down next year if not this year.

Without an active committee, and members willing to run events, the future of the club and the events it is able to run will be compromised. If you feel you might be able to help in any way, please come to the AGM. It's also your chance to have a say in the future of the club, and the way it's run.

## Eastern Cyclo Cross League - Winter 2022/23

Fixture List & Results so far

| <b>Date</b> | <b>Event</b>  | <b>Rider</b> | <b>Cat.</b> | <b>Result</b> |
|-------------|---|--------------|-------------|---------------|
| Sept 18th   | Amis Velo -Hilly Fields - Colchester - Rnd 2            | A.Purcell    | Snr         | 27th          |
| Sept 18th   | Amis Velo -Hilly Fields - Colchester - Rnd 2            | J.V.Garcia   | Vet 40+     | DNF           |
| Oct 2nd     | Col Rovers CC - Neil Pears Memorial - Colchester -Rnd 3 | A.Purcell    | Snr         | 32nd          |
| Oct 9th     | CC Ashwell - Southill Park – Biggleswade, Beds - Rnd 4  | A.Purcell    | Snr         | DNF           |
| Oct 16th    | VC Revolution Cross - Colchester -Rnd 5                 | A.Purcell    | Snr         | DNF           |
| Oct 16th    | VC Revolution Cross - Colchester -Rnd 6                 | J.V.Garcia   | Vet 40+     | DNF           |
| Nov 5th     | West Suffolk Wheelers - West Stow – Rnd 7               |              |             |               |
| Nov 12th    | Diss CC – Forncett St.Peter, Norfolk – Rnd 8            |              |             |               |
| Nov 27th    | Ipswich BC - Regional Championship - Ipswich – Rnd 9    |              |             |               |



*CCS rider Jose Vincente Garcia in action at the Amis Velo event in September.*

*Photo by Fergus Muir*