



Hello everyone.

It seems an age ago since I last found myself plonked in front of this screen wondering (as I always do) what the heck I've got to fill up another Spindle with! But, as if by magic, it slowly fills up with a little prompting here and there from my usual sources. This edition, after a two month break has filled nicely, and I hope you enjoy the results? I'll let you explore rather than giving you the nod on what's coming up. Being on a two month cycle of issuing isn't as easy as I thought as I and my contributors have to think even further ahead and not miss out content for the 2nd month.

With a slight improvement on the weather front, bikers were to be seen everywhere (especially on CCS's Reliability Ride!) Although I'm still waiting for the forecasters so called 'Snow Bomb' to arrive sometime soon. Maybe....?

The best news I came across was Mark Cavendish's signing for a new pro team for this coming season. Astana have taken him on board and hope to help him get one more stage win in the Tour de France and go one ahead of Eddie Merckx who he is level with at the moment on 34 wins each.

Although it's going to be a tough ask as Astana aren't renowned for their lightning lead out trains for sprinters!

We shall see how it shapes up when the season starts.

Despite being out of CCS's cycling season here in deep midwinter, there has been plenty of activity to report and hope it was worth the wait.

Rog

The Boxing Day Ride after Errr...Boxing Day!



A rider in a Onesie, decorated bikes and even a full Santa outfit plus cheesy chips afterwards!

It can only be the Boxing Day ride which as we all know is really the day after Boxing Day.

A really good turnout for a chilly start to the day with some 24 riders (Is this a record?) set off on a mystery route around the lanes from Lavenham, it was nice to hear the group all chatting away as riders who mainly ride alone this time of year catch up.

The idea of the ride is to guess the distance and win the coveted shield and the chance of leading the ride next year. This year's distance was 16.18 miles and was correctly guessed by Emma Thistleton who rides for both Tri Sudbury and is a second claim at CCS, so well done to her; but by the look of surprise on her face, she didn't mean to win it!

Thanks to Don for a round of chips and to the friendly staff at the Cock Horse. There was much laughter and I think people stayed for an extra drink more than they intended to!

Tony Sheppard



A Cycling Dilemma

I am a very keen cyclist but my wife is not that keen on me cycling long distances and being out having fun at the weekends while she is off work at home. How can I persuade her that my cycling is healthy and I should do more of it? (Asks a Anonymous CCS Member, Dedham)

(Rog's advice): It can be challenging to balance your own interests and hobbies with the needs and preferences of your partner. Here are a few suggestions for how you can persuade your wife that cycling is a healthy and enjoyable activity that you should be able to pursue☺



1. Communicate openly and honestly with your wife:

Explain to her why cycling is important to you and why you enjoy it. Listen to her concerns and try to understand her perspective. By having an open and honest conversation, you may be able to address any concerns she has and come to a compromise that works for both of you. Failing that sneak out early in the morning and leave a polite note on the table, but sometimes it's good to return with some flowers.

2. Invite her to join you:

If your wife is not interested in cycling long distances, you could try inviting her to join you on shorter rides or on easy, leisurely rides. This can be a great way to spend time together and help her see that cycling can be enjoyable and fun. Make sure she has her purse and then when you stop for Coffee and Cake you may even persuade her that it's her turn to pay the bill.



3. Show her the benefits of cycling:

There are many health benefits to cycling, including improved cardiovascular fitness, strengthened muscles, and reduced stress. Share this information with your wife and explain how cycling can have a positive impact on your overall health and well-being. Tell her how much happier you are when you return from a cycle trip as opposed to how miserable and grumpy you are after pushing the trolley around Sudbury Waitrose.



RETIREMENT
FOR TWO

4. Make time for other activities together:

While it's important to pursue your own interests, it's also important to make time for activities that you both enjoy. Consider finding other activities that you and your wife can do together, such as going for a walk or a hike, or trying out a new activity like cycling spin classes at the new Colchester Sports Centre.

5. Seek the support of a therapist or counsellor:

If you and your wife are having difficulty finding a compromise, it may be helpful to seek the support of a therapist or counsellor. A professional can help you both communicate more effectively and work through any underlying issues or conflicts. This measure of desperation is probably a much better option than having to sell all those bikes that you have in your shed.

- *Editors Note: As this is the only part of the above that I have written, I deny any involvement in an Anonymous CCS Member of Dedham's (Let's call him **Ian**) article!*

*(Editor – Let's call him **Rog**)*



29th Jan 2023 CCS Reliability Ride

Report from Organiser Andrew Hoppit.

After a sustained cold wet spell over the last few weeks we were graced with much better weather for this year's CCS reliability rides from the Stevenson Centre in Great Cornard. There were two routes ridden with two different target times for riders. 28 miles in either 1 hr 45 minutes or 2 hrs 30 minutes!. The longer 46 mile ride had target times of 2 hrs 45 minutes or 3 hrs 30 minutes. In total we had 83 riders on the day and no reports of any mishaps on the road. Such a relief not needing to complete an accident form. There were a few DNF's but I believe all riders were accounted for. There was lots of praise from the riders for CCS doing the event. This could not have happened without the generous support of the helpers - marshalling, kitchen duties, helping in the car park and signing on etc.....So thank you to Robin, Roger, Bob, Brian, Ian, Pat, Peter, Sue and Les. If I have forgotten anyone please accept my apologies for not name checking you. A special mention for the kind donation of cakes from Mary, Sue, Gloria and Pat - maybe we need to have a CCS Bake Off competition?

There was a very strong turnout from CCS members; I counted 38 entries which is excellent, thank you for your support. We had representations from lots of local clubs and I'm sure CCS will do our best to support their events as well. (See the Diary Dates section) And who travelled the furthest? Believe or not we had a rider from New Zealand; he said he had other engagements in Britain and didn't make a special journey just for the reliability ride; umm I'm not so sure.....We also had an entrant from Bristol who was visiting family in the area here.

Any feedback would be much appreciated so that we can continue to review how to run this event...Andrew



Caroline's Blog

'On Your Bike'

On Your Bike is a rude way of telling someone to go away! With the current cold and icy conditions I have been tending to walk instead, being very lucky to live close to good walking.

Yesterday 19/1/2023 left home early frosty under foot and barely above freezing. Clear skies some winter sun and walked 11 miles.



I walked through a field of playful and inquisitive sheep with the whole herd following me and coming very close. They had distinctive faces I think they were the Kerry Hill breed. Thinking back to the pandemic, which now seems a long time ago when out with a group cycle.

Cafe stops were all outdoors with arrows and we were reduced to Following like Sheep all following rules doing as we are told and all behaving in the same way.

I joined Sudbury Cycle Club in the January of 2018 with only limited experience and after my son bought me a Sudbury shirt I decided then to ride every club event. I was cycling to work caring for horses and a couple of club rides out. I entered the Mad March Hilly. That very day club member's look shocked that I had entered.

2 Hats herself...!

Since that day I have been entering time trials and travelling to other areas to complete. Talking to other competitors most of which have been entering Time Trials since their teens and it does become addictive.

I have decided to make this my last season of T.T.'s and have entered the UCI Gran Fondo Peterborough in June something about riding off a ramp? I also would like to return to The Isle of Wight and to complete my initial challenge of cycling all club events. I need to ride the reliability this month an Audax and the Hill Climb in October.

My main desire this year will be to get back the lovely Club Spoco Trophy.

To all cycling club members who wear orange with pride be considerate to others ensure your lights work and ride safely.

To all the other road users who are driving too fast throwing beer cans out of car windows and driving too close.....

ON YOUR BIKE!

Caroline Wyke

(Hi again Roger, I was 3rd lady overall in Spoco South East In the East competition, I believe I have won again! CCS also won the team Spoco east.)



Eastern Cyclo Cross League - Winter 2022/23

<i>Date</i>	<i>Event</i>	<i>Rider</i>	<i>Cat.</i>	<i>Result</i>
Sept 18th	Amis Velo -Hilly Fields - Colchester - Rnd 2	A.Purcell	Snr	27th
Oct 2nd	Neil Pears Memorial Cross - Colchster -Rnd 3	A.Purcell	Snr	32nd
Oct 9th	CC Ashwell - Southill Park - Biggleswade -Rnd 3	A.Purcell	Snr	DNF
Oct 16th	VC Revolution Cross - Colchester -Rnd 5	A.Purcell	Snr	DNF
Oct 16th	VC Revolution Cross - Colchester -Rnd 5	J.V.Garcia	Snr	DNF
Nov 5th	West Suffolk November Cross - West Stow Rnd 6	A.Purcell	Snr	33rd
Nov 5th	West Suffolk November Cross - West Stow Rnd 6	J.V.Garcia	40+	15th
Nov 5th	West Suffolk November Cross - West Stow Rnd 6	N.Webber	50+	45th
Nov 12th	Diss CC Suffolk SuperX - Forncett - Norfolk Rnd7	A.Purcell	Snr	32nd
Nov 12th	Diss CC Suffolk SuperX - Forncett - Norfolk Rnd7	J.V.Garcia	40+	18th
Nov 27th	Regional Championships - Ipswich - Rnd 8	A.Purcell	Snr	36th
Nov 27th	Regional Championships - Ipswich - Rnd 8	N.Webber	50+	45th
Jan 8th	Iceni Velo Cross - Snetterton - Rnd 9	A.Purcell	Snr	19th
Jan 22nd	Stow Scramble - Haughley - Rnd 10	A.Purcell	Snr	23rd
Jan 22nd	Stow Scramble - Haughley - Rnd 10	N.Webber	50+	DNF
Jan 29th	Milton Cross - Cambridge - Rnd 11			
5th Feb	West Suffolk February Cross - West Stow - Rnd 12			

Cyclo Cross Report

There are just three CCS members riding in this competition this season with Alex Purcell riding 9 of the 10 events so far with 2 DNF's. His best result was a 19th place (Senior category) at the Iceni event which is not to be sniffed at as the entry fields are large and it's a tough old sport against a lot of decent riders. Well done to him for sticking at it and improving on most of his rides.

Jose Vincente-Garcia (Pic right!) has ridden 3 events in the 40+ age category with one DNF and 2 finishes with a 15th and 18th places which are also to be commended.

Nick Webber has also taken in 3 events so far in the 50+ age category and despite only 2 scoring rides, came in 45th place in both of them!

We would have liked to have seen more CCS riders out on the sticky/muddy fields. Maybe some of our readers might be inspired to have a go for the next winter series. Don't forget you can usually sign on the line!

Pic Courtesy of Fergus Muir



A poster for 'The Boxford Tornado 2023' event. The background shows a group of cyclists on a road. At the top, the word 'FINISH' is written in large, semi-transparent letters. The main title is 'The Boxford Tornado 2023 – 23rd April 2023'. Below that, it says 'Two fully signposted routes, 32 Miles and 65 Miles'. Further down, it lists 'Feed station, mechanical support, first aid and post ride food'. The entry fee is '£23 open to riders of all ages and abilities'. The entry opens on '1st January 2023' at a specific URL. At the bottom, it asks for more information and provides another URL.

The Boxford Tornado 2023 – 23rd April 2023

Two fully signposted routes, 32 Miles and 65 Miles

Feed station, mechanical support, first aid and post ride food

Entry fee £23 open to riders of all ages and abilities

Entry opens 1st January 2023 at
<https://www.britishcycling.org.uk/events/details/274231/The-Boxford-Tornado-2023>

For more information please visit
<http://www.boxfordbikeclub.co.uk/boxfordtornado>



West Suffolk Wheelers
Cycling and Triathlon Club

Suffolk Punch 2023 Sunday 12th February

How reliable are you and your bike?
Test your winter fitness? Get in some extra training? Or just work on your base training?
3 routes available 38, 62 or 80 miles.

Registration at 8:30am.
First riders leave club @ 9am.
Refreshments available on return.
Entry fee £5:00
All proceeds go to **East Anglian Air Ambulance**.
4 prizes to be won, selected at random on completion of any route.

2023 SPOCO COMPETITION

Please could you circulate this information to active Time Trialists and supporters of the SPOCO East competition.

Chris Willmets contacted the West District for help, she is no longer able to use the Team Cambridge website to promote the competition details/events/results etc. So we the East District are in the process of adding this to the EDCA website.

Sadly the number of riders entering has decreased, so in order to keep the competition live Chris has reluctantly increased the annual entry fee to £8 from £6. It's been £6 for many years so an increase is well overdue.

Please pass on this information to your members and encourage them to enter.

CCS MAD MARCH HILLY OPEN TIME TRIAL – 22 MILES, and a SPOCO event.

This club-run event on a 'sporting' course is in 2023 on Sunday 5 March, with the HQ at Lavenham Village Hall. Entries via the CTT website close on Tuesday 21 February, not that far off! We're hoping for a number of entries from club riders.

Rob Davies is running this event, and as usual a number of helpers will be needed to help with pushing off, refreshments and marshalling. If you're not riding, and would like to help contact him at rob.ev.jack@gmail.com or 07788 413524.

CCS COMMITTEE MEETING

Wednesday 1 February, 7.30pm, Stevenson Centre.

CCS SUBS REMINDER

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

If not, a reminder that subs for 2023 are now overdue.

Membership subs are as follows;

Juvenile (up to 16) £5

Junior (16 - Dec. after 18) £8

Senior (18-65) £20

Senior (65-80) £15

Over 80, and life members - £0

Family £26

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/>

AUDAX RIDES

Sat 18 February; Witham; 100k Knights Templar

Sat 4 March; Debenham; 50k River Ride

Sat 11 March; Dunmow; 100 and 200k Horsepower rides

Sat 18 March; Copdock; 100k Copdock Circuit

26th March, Stevenage Start of Summertime Specials 200k

Sat 1 April; Manningtree; 100 and 200k Essex and Suffolk Borders and Estuaries

OPEN TIME TRIALS



Sun 12th February with a 10.00am start; **Ely Hardriders 25mile TT.**

Road Bikes Only! Earn your 1st SPOCO points of the year! Good Parking! McDonalds nearby! Come and Join our 2 CCS regulars; David 'Fenland' Fenn & James 'Strong Like Bull' - Rush on their 1st TT event of the season.

NOTE. You need to get your entries in by tonight!!!

C'mon, you know you want to?



Pan flat course.....
Around captivating
scenery!



CCS Evening Series TT

TARGET TIMES

Best Times for 2022 Shown in Black
Target Times for 2023 Shown in Red (Mins & Secs)

Compiled by David Miller

	Lavenham 10		Brent Eleigh		Acton		Hitcham Hilly	
Adrian Ablitt	29,54	28,53	25,33	24,41	24,27	24,35	41,29	40,26
Mark Beaver	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Jordan Black	22,32	21,46	0.00	0.00	0.00	0.00	0.00	0.00
Charlie Boldock	28,39	27,41	0.00	0.00	21,50	21,06	37,09	35,54
Sarah Boxhall	35,34	34,22	34,30	33,20	29,25	28,25	0.00	0.00
Doz Bree	0.00	0.00	20,24	19,43	21,04	20,21	36,23	35,09
Anna Brown	29,13	28,14	23,29	22,41	25,51	24,59	41,14	39,50
Andy Buck	30,46	29,43	24,29	23,39	24,22	23,33	42,31	39,50
Nick Bull	0.00	0.00	0.00	0.00	20,10	19,29	0.00	0.00
Graeme Cavey	0.00	0.00	0.00	0.00	0.00	0.00	44,20	42,50
Ben Clark	26,41	25,47	23,01	22,14	0.00	0.00	0.00	0.00
Tom Coleman	0.00	0.00	22,59	22,12	0.00	0.00	0.00	0.00
Simon Daniel	26,08	25,15	20,30	19,43	21,52	21,08	34,31	33,21
Rob Davies	25,12	24,21	20,13	19,32	22,00	21,15	0.00	0.00
Dean De'Ath	25,55	26,00	21,56	21,12	0.00	0.00	0.00	0.00
Simon Daw	24,09	23,29	0.00	0.00	0.00	0.00	33,59	32,50
Damon Day	0.00	0.00	19,46	19,06	0.00	0.00	36,22	35,08
Les Dunham	32,38	31,32	25,37	24,45	27,20	26,25	44,51	43,20
Richie Edwards	28,32	27,34	23,40	22,52	23,36	22,28	39,03	37,44
David Fenn	29,45	28,45	23,54	23,06	25,16	24,25	42,04	40,39
Kirsty Fenner	31,30	30,26	0.00	0.00	28,16	27,19	42,54	41,27
Will Headley	29,03	24,04	0.00	0.00	22,50	22,04	37,23	36,07
Charlie Heeks	25,52	25,00	20,21	19,40	0.00	0.00	35,	33,49
Stephen Hitchcock	29,26	28,26	0.00	0.00	0.00	0.00	0.00	0.00
Gary Johnson	25,19	24,28	20,15	19,34	0.00	0.00	0.00	0.00
Izzie Johnson	0.00	0.00	21,31	20,47	0.00	0.00	0.00	0.00
Peter Kennedy	29,37	28,37	0.00	0.00	0.00	0.00	0.00	0.00
Dan Lawrence	30,42	29,40	24,17	23,28	25,03	24,12	43,12	41,44
Ian Lovelock	31,25	30,21	25,28	24,36	26,14	25,21	43,14	41,46
Will Lowden	20,55	20,13	0.00	0.00	0.00	0.00	28,11	27,14
Ben Lowden	0.00	0.00	0.00	0.00	0.00	0.00	36,21	35,07
Malc MacFarlane	27,34	26,38	0.00	0.00	0.00	0.00	0.00	0.00
Tom Moore	35,53	4,40	30,07	29,06	29,01	28,02	49,29	47,49
Liam Norfolk	0.00	0.00	24,34	23,44	0.00	0.00	0.00	0.00
Gary Pamment	24,17	23,28	0.00	0.00	0.00	0.00	0.00	0.00
Alec Purcell	22,14	21,29	18,18	17,41	18,57	18,18	31,15	30,12
James Rush	25,18	24,27	0.00	0.00	0.00	0.00	35,06	33,55
Tony Sheppard	33,01	31,54	25,28	24,36	27,06	26,11	45,45	43,14
Mat Shotbolt	24,46	23,56	19,06	18,29	19,59	19,18	42,48	31,41
Andrew Stewart	31,00	29,57	26,05	25,12	0.00	0.00	44,50	43,19
Deborah Stewart	0.00	0.00	0.00	0.00	0.00	0.00	54,36	52,45

Elizabeth Stewart	26,20	25,27	21,51	27.07	0.00	0.00	37,45	36,28	
Sue Triplow	27,30	26,34	21,36	20,52	0.00	0.00	0.00	0.00	
Charlie Upton	29,02	28,03	23,28	22,40	26,55	26.00	39,39	38,19	2up
Dan Upton	27,17	26,22	23,04	22,17	22,58	22,11	38,39	38,19	2up
Isaac Wagland	23,28	22,40	0.00	0.00	0.00	0.00	32,08	31,03	
Nick Webber	24,54	24,03	20,14	19,33	20,48	20,06	34,30	33,20	
Caroline Wyke	34,55	33,44	29,01	28,02	29,36	28,36	48,53	47,14	



CCS TRACK SESSIONS, COLCHESTER NORTHERN GATEWAY.

Sessions are proposed on Tuesday 7th and 21st of February, both at 7pm. CCS will pay 60% of the cost, rather than 100% as previous sessions.

60 minutes costs £5.95 per rider. The club will pay £3.95 and

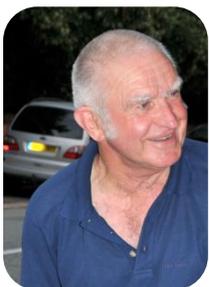
Rob Davies will collect £2 from each rider on the night. (Sounds like a bargain to me – Ed)

If you want to ride and let Rob Davies know in advance he can book you in beforehand. Email to rob.ev.jack@gmail.com or phone/text 07788413524.

You can come on impulse on the day and pay.

Looking back at some earlier issues of Spindle, I came across this article by the ever resourceful, cheerful and helpful Brian. It's as useful now as back then when Brian rode long distances and learnt all the dodges for getting back home after mechanical disasters struck. Worth a read!

Hints & Tips on the Noble Art of Cycling – by Brian Mann



One day you'll treat yourself to a new high pressure pump. If it comes with instructions – read them! Mine came with an adjustable end for Presta or Schrader valves.

To change from one to the other involved unscrewing the end, turning round the fitting, then refitting the end – easy enough on the kitchen table with the instructions to hand, not so easy on a grass verge where I discovered that unscrewing the end loosened the clamp that secures the pump to your valve which means the pin the clamp swivels on comes loose and drops into the grass – talk about needle in a haystack.

I reckon I lost ½ an hour searching for that pin, no joke on a searingly hot July day in Kent four hours from the finish, which brings me to another point. Passing riders, seeing you stopped, will all check that you are okay. Don't be too proud to ask for or accept help. While I was searching for that pin everyone went past and I assured them I was alright, as indeed I was when I found the pin, put the pump

back together and completed mending my puncture. If I hadn't found the pin I would have been stuck miles from anywhere and, as I was by now last on the road, with no hope of help from fellow riders.

Even new chains break! Buy yourself a good quality tool to repair a broken chain and teach yourself how to use it. Practice splitting and rejoining your chain and make sure your chain tool has the means to loosen a stiff link. If you are riding a geared bike one of those fancy connecting links that join a chain without a tool can be a Godsend. Make sure you carry one that fits your size of chain, but you'll still need a tool to remove the broken link. If you are riding fixed, a short length of chain will get you out of trouble – you have no alternative but to replace the right number of links in the event of breakage. Geared riders have the option of shortening their chain and losing a couple of gears as a “get you home” measure.

What to carry on an Audax. I often marvel at fellow riders who seem to prepare for an Audax with lashings of faith and little else – faith in their fellow riders helping when they hit mechanical trouble. Sometimes that help is grudgingly given when the helper discovers the lack of preparedness displayed by his fellow rider. It's easy to commiserate with the rider who has used three inner tubes already and has to resort to repairing his punctured tubes in order to continue the ride. Much harder to pity the rider who carries no spares!



So here is a list of what I cart round with me – I work on the premise (often misplaced) that if I've got it, I won't need it. * 2 or 3 inner tubes (I have had 4 punctures on one Norfolk 200 after overnight rain which washed sharp flints into the roads – one rider had seven!) *3 strong tyre levers – I use folding tyres in the summer which can be removed and replaced without levers but levers save my fingers and anyway, I need them for my winter tyres. (A tip I found in a recent mag, was to use the quick release wheel skewer 'levers' as tyre levers if you have left your proper levers at home! – Ed) *1 chain link remover – used 3 times in 5 years – once to help a fellow rider whose brand new chain snapped after only 20 miles while he was straining up a hill in Rutland, I'll never forget him, he had a peculiar high pitched voice. *1 spoke key – got me to the end of a 300 with a broken spoke and buckled wheel. I was able to loosen the spokes either side of the broken one which was enough to stop the brake rubbing. *1 puncture repair outfit – which also holds a thin Allen key which I use for removing stubborn flints. *1 spare folding tyre – well worn but twice used to replace a badly cut tyre. I carried it for 3 years before I needed it but in the end I was glad I had it. *A few elastic bands – came in handy for Viv when his mudguard tried to annoy him by attempting to break away and spent many miles rubbing on his tyre. 2 elastic bands later, problem solved. *A dry pair of socks in a poly bag. Welcome relief on a cold wet day. *A small biro as part of my puncture repair kit. I like to use old fashioned patches on my tubes, stuck on with glue – no new fangled glue less patches for me, I don't trust them. 3 So, why the biro? Let's imagine I'm having a bad day and have used all my spare tubes when the puncture fairy strikes again.



Time to get out the trusty repair outfit! First I locate the puncture which usually involves pumping up a tube and listening for where the air is escaping. Sometimes the hole is so small it is difficult to locate by eye but holding the tube to my cheek enables me to feel the air escaping. I use the tip of my tongue to pinpoint the spot with a drop of moisture then I mark a cross on the hole with my biro and a circle around the cross, twice as large as the patch. Why twice as large? Because the tube which is blown up will be much smaller when the air is let out to mend the puncture! Then I roughen the area inside the circle with emery cloth – wipe it clean – apply the glue – hook the tube glue side up on the pedal of my upturned bike and busy myself clearing everything up, except of course the patch. The time spent clearing up allows the glue to dry – never put a patch on wet glue – then apply the patch, blow as much air as possible into the tube by mouth, do up the valve, fit the tube, fit the tyre, undo the valve, pump up the tyre, refit the wheel, spin the wheel checking the tyre is correctly seated, replace pump, turn bike up the correct way and away we go – easy wasn't it?

Attached is a list of SpoCo qualifying events for our Club annual competition.

Unfortunately I only have the first seven SpoCo East events for February and March 2023 the rest will follow once I have the information. The list of Spoco SE 2023 events is complete.

For club members not familiar with SpoCo events the annual competitions run by the East and South East areas are unlike the events run on fast drag strip TT courses, SpoCo events are ridden on single carriageway roads which could be hilly have imperfect surfaces and require some degree of bike handling skills hence the name sporting courses.

The club SpoCo competition is open to all first claim CCS members who can ride as many of the East or South East events listed and accumulate points based on event finishing position with 120 points awarded for first a place and points decreasing by one point for every place down to 1 point for 120th.

For the club competition there is no requirement for members to register with the CCS club administrator as details are collected from the result sheets on the CTT website and collated and published in our monthly Spindle and club website.

Club members can also enter the official East and Southeast competitions by going to the relevant website.

For Spoco East the website site is currently being moved to the East District Cycling Association website go to <http://www.edca.bike/content/spoco-east-2023> for information, rules, qualifying conditions etc, the cost to enter is £8.

For SpoCo South East go to WWW.spoco-se.org.uk for qualifying conditions, the entry fee is £8.....**David Fenn**

CCS SPOCO 2023 POINTS SERIES

EAST & SOUTH EAST QUALIFYING EVENTS

DATE	EVENT	COURSE	DISTANCE & GROUP	SPOCO AREA
12th Feb	Ely & District CC	BS19	25 - B	East
25th Feb	Central Sussex CX	GS/186	10	SE
4th March	CC Breckland	B10/19	10-A	East
5th March	CC Sudbury	BS24R	22-B	East
5th March	Hainault	E14/28	28-2	SE
11th March	West Suffolk Wheelers	BS31	21-B	East
12th March	Lea Valley	E1/25B	25-2	SE
18th March	Plomesgate CC	B10/9	10-A	East
18th March	Southern Counties CU	G10/46	10-1	SE
19th March	Maldon & Dist	E21/12	22-2	SE
25th March	Orwell Velo	BS33	20-B	East
26th March	Newmarket C & TC	B10/48	10-A	East
7th April	Crawley Wheelers	GS/196	41-3	SE
16th April	Easterly RC	E1/25D	25-2	SE
23rd April	Colchester Rovers	E7/50d	50-3	
29th April	London Phoenix	F7/10	10-1	SE
7th May	Maldon & Dist	E21/25A	25-2	SE
28th May	Maldon & Dist	E21/50	50-3	SE
3rd June	Finsbury Park	F14/25	25-2	SE
4th June	Essex Roads	E9/50d	50-3	SE
17th June	Maldon & Dist	E21/10	10-1	SE
25th June	Basildon CC	E9/50d	50-3	SE
9th July	Essex Roads	E22/25	25-2	SE
15th July	Walden Velo	E1/10a	10-1	SE
29th July	HPC	E91/10b	10-1	SE
30th July	Chelmer CC	E9/25	25-2	SE
28th August	Essex Roads	E11/25A	25-2	SE
9th Sept	Stevenage CC	F14/25	25-2	SE
24th Sept	Lea Valley	E1/30	30-3	SE
30 th Sept	APIMetrow	E91/10		

Audax Update January 2023

Compiled by David Fenn

Date	Event	Riders
5 th Nov 2022	Essex 3R's 107k	Raymond Cheung + 100k, Robin Weaver, Andy Rogers, Les Dunham.
20 th Nov 2022	Waveney Wander 100k	Raymond Cheung
26 th Nov 2022	DIY 200k	Raymond Cheung
3 rd Dec 2022	Stansted Airport Express	Raymond Cheung +100k, Ian Lovelock, Tony Grimes
29 th Dec 2022	DIY 200 k	Raymond Cheung
2 nd Jan 2023	DIY 200 k	Raymond Cheung

Name	Points	Total Distance Km	Club Audax	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung - 1007	10	1,107		1	-	3	-	-	-	-	1,950
Robin Weaver - 7481	-	107		1	-	-	-	-	-	-	750
Andy Rogers - 17627	-	107		1	-	-	-	-	-	-	750
Les Dunham - 28601	-	107		1	-	-	-	-	-	-	750
Ian Lovelock - 5675	-	100		1	-	-	-	-	-	-	650
Tony Grimes - 7106	-	100		1	-	-	-	-	-	-	650

Forthcoming Local Audaxes.

18th February, Witham, Knights Templar Compasses 100k.

11th March, Dunmow, The Horsepower 100k and 200k.

18th March, Copdock, The Copdock Circuit 100k.

26th March, Stevenage Start of Summertime Specials 200k.

By Dan Joyce
Monday, 23 January 2023

Great rides: The Rebellion Way

Cycling UK's latest long-distance route is a 370km loop around Norfolk.



The Rebellion Way is named for two East Anglian uprisings: Boudicca's against Roman rule and rapacity in 61AD; and Robert Kett's in the 16th century. Kett fought against the enclosure of common land by wealthy landowners, an issue that still resonates today in the shape of discussions about public land access, rights of way, and who gets to enjoy these spaces.

The route is a mix of quiet lanes, bridleways, forest tracks, rail trails and single track. It's relatively flat, of course, but there's no shortage of historical sites, ruined churches and castles, charming towns, and tempting cafés, pubs and tearooms. It's a well-curated path of surprises!