



The Spindle. JULY/AUG 2023. cycleclubsudbury.com

These recent weather patterns have been playing havoc with some of our events taking place with high winds and rain to contend with. Open TT's, audax events and social riding have been affected.

With high temps in most of Europe compared to us, I wish someone would knock down the wall that seems to be stopping the warm stuff coming our way...but probably not the really hot temps thank you!

The Tour started well with my favourite Cav building up to getting a stage win, but just when you thought it was going to happen, he has a malfunctioning gear/chain with the finish line in sight which robbed him of the chance. Then blow me down, the next day, he's brought down and off on his way home with a broken collar bone.

You couldn't make it up!

Perhaps his team Astana will manage to persuade him to return next year for one last try? Probably not, but well worth a try!!

(Update - Reading between the lines, it looks as if he may go for one more season)!!!

Well, away from the doom and gloom, this edition is another little gem, full of varied content. From some grass track action from the Upson boys, Club President Geoff tells us what it was like biking when 'ee' were a 'lad', Simon Daw gives us the lowdown of riding a 100mile TT, Ian White relives riding The Dragon around the Welsh hills (sounded painful!)

and Part 2 of Caroline's eventful Blog! which details more tales of woe (*Another "You couldn't make it up story but came out on top in the end"*)

A string of very good results this last 2 months by CCS riders can be found in the Open TT Results. Details of the clubs summer social ride with the bonus of an organised meal at the end of it at the Henny Swan!

Finally Nick Webber looks into the conundrum of falling numbers on the Open & CCS Time Trial scene!

Rog



National 100-mile Time Trial Championship

By Simon Daw

There's a degree of challenge in writing an interesting piece about riding up and down a ten-mile strip of the A134 for 100 miles. There's a degree of challenge in actually doing it, too, which is probably partly why the event has shrunk to the point that it attracted only sixty-four riders, most of them vets, and eighteen of whom didn't start.

Nowadays, with participation plummeting anyway, short distance (which no longer even seems to include 25s) seems to be the least unpopular, and longer events (100 is middle-distance to purists) are in a death slide. However, they offer a challenge that 10s are just never going to be able to match, one in which speed has to be balanced by stamina.

I haven't ridden many 100s down the years. Back in 1987, and then in 1992, when there was a gap in the road racing calendar that coincided with the Colchester Rovers 100, I rode the old [E7/100 course](#).

It's hard to believe that we ever used courses like this, and it's a reflection on how much road conditions have changed – it went through Great Bromley, Frinton and Walton, along a substantial chunk of the A120 (a somewhat different road back then) and turned around a green triangle at Great Oakley. It was mostly very rustic, and in the days before anyone was using what we went on to call aero bars, Ian Browning – a very decent rider – won by over twelve minutes in 1987 with a 4:19:16. I did a 4:52:50 for 12th place from 44 finishers – exactly the same number as this year's Nationals! Believe it or not, I had ridden a criterium the previous evening, and when I rode the course again five years later, a much stronger rider (and without a criterium in my legs), I was able to improve my time by 27 minutes.

I didn't attempt another hundred until after my fifteen-year break from racing. It was then [an event in North Norfolk](#), which I rode three times between 2012 and 2014. It was a similarly quaint course to the E7, albeit without any green triangles, and still wasn't in any way quick. In my first year, I clipped a couple of minutes off my PB, despite blowing with twenty miles to go (a habit, as I was reminded in this year's event). After consecutive years in which the weather conspired against us, first with Biblical rain in the final hour and then with searing heat, I vowed to never try another. The memory is short, though, and I finally entered a (much, much easier) dual-carriageway 100 in 2021 – only for the event to be abandoned when I was at 97 miles, and on for a sub-four finish, when someone was hit by a van and the A11 closed. The lanes might be slower for racing, but so (marginally...) are the DPD drivers.



And for this reason, I was attracted to this year's Nationals, which largely due to roadwork's on the A11 were moved onto the A134 between Mundford and Wareham. Not at all fast, but faster than any event I'd previously had the opportunity to finish.

100s are about finding the right pace and sticking with it. I tried for just over 80% of my FTP, which for me was 230w ~ 3.8w/kg. This would have proved highly successful had the event been 80 miles. I can't blame the weather – it was a perfect day, with light winds and average temperatures – but after trying to raise the pace slightly at 50 to 70 miles I blew

(remember that "20 to go"?) on the final lap, which was four minutes slower than the preceding four. Nonetheless, I was twelve minutes faster than my previous PB from 2012, and PBs with 59-year-old legs are things to be savoured. 26th in a national championship also sounds great, until one looks at the number of finishers!

Will I do one again? Maybe. Not if the only option is a dual carriageway. Whilst I'd possibly have appreciated fewer than five there-and-backs (the scenery was getting a bit familiar), this was an enjoyable (and very well organised) event.

If you're a Time Trialist looking for that extra challenge, or maybe an Audaxer who's going to stop pretending to not race, it might be worth giving this a look (if it doesn't find its way back to the A11...).

CYCLE CLUB SUDBURY



Summer Social – 20th August
Both routes finishing @ The Henny Swan
Start times and food options to follow

On Sunday 20th of August CCSudbury will be holding our second summer event

which involves a morning cycle to Manningtree or Harwich followed by lunch at Henny Swan at 1.00pm.

The club partially subsidises the event and hence food costs just £7.50 for our members and members get a drink on the club. Food choices need to be made in advance, and emailed to rob.ev.jack@gmail.com. Partners welcome at the lunch but if not CCS member's food will cost £12.50.

The route map is also attached and full details of start times and start locations will be shared in the next couple of weeks.

Payment for the event can be made directly into our account CC Sudbury, account No. 30308188, Sort Code 20-83-50, please make the reference your name and CCSSE.

Last year we had approx 40 people and it would be very encouraging to see more this year.

Rob Davies and Gareth Evans

CYCLING CLUB SUDBURY Summer Event ***Cycle to Manningtree or Harwich and lunch at the*** ***HENNY SWAN, SUNDAY AUGUST 20th at 1PM***

Choices:-

BARBECUE SPICED PULLED PORK BAP

OR

GREEK STYLE PITTA BREAD TOPPED WITH

CHIPOTLE CHICKEN THIGH, ICEBERG & PICKLED RED CABBAGE

with garlic & herb mayo

OR

GREEK STYLE PITTA BREAD TOPPED WITH

FALAFEL, ICEBERG & PICKLED RED CABBAGE

with vegan yoghurt

OR

HALLOUMI & SPICED AUBERGINE 'BURGER'

with baby gem & salsa in a brioche bun

ALL SERVED WITH COLESLAW & SKINNY FRIES OR SALAD

(£7.50 per person & choices required in advance)

The Falafel Pitta is vegan & will be served with dairy free coleslaw.

The Pulled Pork & Chicken can also be served dairy free.

All options can be served with gluten free bread BUT the pork & falafel options come with 'may contain' guidance for gluten.

The fries can be prepared in a gluten free fryer if required.

Why are Thursday Evening Time Trial Numbers so Low?



A Hadleigh cycling friend recently told me he would rather jam his hand in a door than ride a time trial. I was tempted to suggest we put that to the test... However, there is no getting away from the fact that the popularity of time trialling – once the stalwart activity of many clubs – is significantly declining.

CTT recently spent a lot of time reviewing feedback from riders about why entries to open time trials have been dropping. There were many reasons of course: the perceived need to buy an expensive, super-aero time trial bike; the increased volume of traffic on the roads; Zwift; the need to train hard....

One policy change that was announced this year was to include a road bike category in all events. This appears to have gone down well with several riders but it is not the whole answer..

The committee will review how the club continues to operate club TT's later in the year – given that it is no small undertaking to organise and to get volunteers to turn out every Thursday in the summer – but, in the meantime, the views of club members are very welcome. Why is it that fewer CC Sudbury riders are opting to ride club time trials on a Thursday evening? Is there anything the club could do to make club time trials more attractive to you?

Going back to the view of our Hadleigh cyclist, above, and providing a counter argument to the perception of cycling agony that is a time trial, I think there is a lot to be said for that pure feeling of testing oneself over a time trial course. Yes, if you are riding flat out, it is going to hurt but the pain won't last forever. There is a balance and almost an art in riding hard but not so hard that you "hit the wall".

The French concept of the "Race of Truth" is the ultimate way to see what you are capable of on a bike. Even after many years of racing (and despite not being quite as fast as I once was) (or also known as the older I get, the faster I was!....(ed.)

I still love the simplicity of this form of competition.

Your own views are important so please share them with the committee or on the club FB site.

Nick Webber

Norman Gregory Memorial Ride



The ride in memory of Norman Gregory from Cockfield was held on the 8th July, we had a fantastic turn out with 44 riders in total 12 of these were from CC Sudbury some having ridden out to Cockfield, Robin had done a great job rallying the troops plus one from his Bildeston group.

Every one enjoyed the route and gave the cake table a good seeing to, some going home with cake as well. This will be an annual event so hope for as good a turn out next year.

Tony Sheppard

West Suffolk Wheelers – Grass Track Racing.

By Dan Upton

On the 25th June 2023, myself and Charlie Upton competed in the West Suffolk Wheelers Grass Track Event. Before this, I had never heard of grass track racing, until Simon Daw recommended it for Charlie try it. We arrived in Fordham All Saints on a Wednesday evening for some taster sessions whilst it also being our first attempt on fixed gear bikes- we found this very hard going and challenging, however we persevered. On the day of the event, we prepared ourselves for our races; one of which included the men's 400m Race and current National Champion, Tom White, competing to defend his title.



My first race was the 'Devil', a race where all riders start together and ride around a track, the last rider of each lap gets eliminated. My aim was to not be the 1st out. I began my race strong, reaching 4 laps in a comfortable position in the middle of the group. Suddenly, I hit a rut and my foot came unclipped, losing control of the fixed gear bike and coming off course..End of Race!

Charlie's first race was a 500m TT, which he was very pleased with, finishing in 3rd. This seeded him 3rd from back in the handicapped next round, which he overall finished 4th.



My next race was an unknown distance.. It could've been 1 lap or 30! Shortly after starting the race I lost count of the number of laps, but it felt like it was

never ending. As the final lap bell rang, I found myself in a strong position, surprising myself and finishing 4th.

Up next for Charlie was the unknown distance, he started excellently in a strong position, however as the bell rang for the final lap he rubbed wheels with another rider and crashed out... DNF.

Next for me was the handicapped race, another new one for me. I finished 3rd place, pleased with my result but unfortunately not quite enough to get into the next round.

For Charlie's final race he had the 'Devil'. The bell rang and he instantly began riding well. He maintained a strong position throughout, performing some overtaking manoeuvres, yet unfortunately couldn't reach the inside line. After several laps the bell rang and sprinted to the finish, resulting in mid table at 4th, well done Charlie.

My final event was the 5k; 32 laps. After the long day and the scorching heat, I needed some talking from Charlie and another rider, who thankfully persuaded me to race. Although challenging, I am glad I competed and I finished in the bunch.

If you have never tried grass track racing, I highly recommend giving it a go. West Suffolk Wheelers put on a great and welcoming event, I had a great experience. Many thanks to all involved.

(Tom White destroyed his competition and maintained his 400m National Championship- congrats!)



Caroline's Blog – Tour of Cambridge Gran Fondo – (Another Disaster Movie in the Making?)

By Caroline Wyke

Being an independent lady, I have learnt that preparation is the key to success.
I booked a family holiday to a farm house near Hawes, Yorkshire.

I had also entered the Gran Fondo Tour of Cambridge Time trial 3/6/2023 in Peterborough.

Car was due MOT and service so booked in prior to holiday.

I also checked water oil and tyres on the evening before.

Car full for a week's holiday, also bike and everything needed for the Time Trial in Peterborough...well planned for on my way home from Yorkshire.

Friday May 23rd 10am me and dog set off for Yorkshire.

Roads from home fairly good A14 progressing well.

A1 was running well - had a brief stop in a services area - continued on A1 past Doncaster on my way towards Harrogate, Leeds.

Luckily I was in the inside lane when I hit a queue which lasted for nearly 1 hour.

Waited patiently until off again - I had just passed a turn off on the left when a red warning light came on and my temp gauge hit 120. Fearing a fire I pulled over onto the hard shoulder. Warning lights on, myself and dog climbed over barrier and up a short bank to call RAC.

Despite giving clear indication of where I was RAC had problems locating me.

After 1 hour, a motorway service vehicle stopped. My water tank was empty so he put in water and he suggested I get off the A1 and directed and followed me to a safe area.

With his help RAC was able to locate me. Waited another hour for RAC to arrive. Called my family who were making good progress to Hawes.

RAC checked for problems not good news tests indicated a big problem? , however car still starting and running well with about 100 miles to go he suggested I follow him taking a route off the A1 and he would stop check water.

This was done x 3 times... the car was running well but each time needed a drink. RAC suspected a faulty water tank cap as this was the only part to get replaced when serviced.

RAC left me with 30miles to go and I finally got to my destination 5 hours late.

Lovely week 2 great cycle rides with decent hills bike running well lovely cold rivers to help relax muscles good prep for Peterborough.

I took the car to a garage for a check - I suggested a new cap - he wanted to renew the whole tank and was unable to give me a price or even a reassurance that the problem would be fixed.



Friday 2/6/2023 at 10am left Hawes with 3 hours to Peterborough...had airbb booked but not able to get in until 6pm.

I had checked car water levels and with 4 x large empty milk bottles of water plus 3 empty wine bottles of water a flask of coffee and ice box with provisions set off.

Progress was good car running well and made good progress heading towards the A1 decided to stop just before to check water levels all okay.

At progress good until hit a sign Queue ahead it was a very

hot day and with that in mind decided to come off in hope of missing Queue.

Stopped and checked water levels - gave car chance to cool down before setting off again.
 Back on A1 had missed the Queue and I was doing well.
 In the Nottingham area I hit without warning a Queue lasting half an hour I was in a middle lane this time and to my horror steam was appearing from right side of the car although temp gauge still okay.
 Once on my way again and was intending to get off at next services but somehow old age, heat stroke lack my lack of fluids missed the turning.
 Within 1 mile car appeared to lose power the gauge shot up to 120 and I drove onto the hard shoulder.
 A1, Friday afternoon I again climbed over the barrier up a steep daisy bank and waited 3 Hours for the RAC
 It was very hot sat on a blanket me and Millie.
 I was again chaperoned to a service station car filled with water. The main suspect was the cap which the RAC attempted to seal with a silver tape.
 RAC suggested I continue my journey stopping every 20mins check levels let car cool down for at least 30mins.
 I left Hawes at 10am arriving at my Airbb at 7pm



After settling in I took Millie for a long walk around Peterborough Central Park I was exhausted needed to eat but really couldn't be bothered.

Before going to bed checked the website for car spares and found one within 4 mins of Airbb open at 9am.
 Quiet room Millie happy got on well with Sox the rescue dog in the house.
 I had breakfast and had increased my fluid intake in prep for the Time Trial later.

9am phoned car spares place and they had a cap ready for me plus pink cooler antifreeze which he suggested I needed.
 I got the parts for £11 and was able to fix my car. Checked bike over and all I needed Time Trial ready.

I took Millie for a good park walk plenty of families playing sports and many squirrels to chase.

I was well positioned for the Peterborough sports ground although had to again hit my now most hated road the A1.
 Hot and blustery afternoon - got myself prepared - thought I had plenty of time but with signing was soon waiting to start.
 I saw people I knew one CCSudbury waiting to start (who..ed?) and a lady from Newmarket who said she was only there because I suggested she entered. That very lady took 3rd place on the podium.

I had worried about the ramp start but it was not a problem and the ride in itself was great with one nasty hill climb and strong winds.
 16.5 miles and I went quite well for about 12miles when stress and poor preparation hit legs and stamina.
 I was glad to see the finish and pleased to see that I wasn't last.

I decided to chance the car and drive home that same evening Millie was reluctant to leave Sox, drove home without any stops.

Possibly my biggest achievement yet fixing the car!!!



18 June 2023 Dragon Ride - Devil report

By Ian White



Last autumn I was looking for a challenge and as Bike radar voted the Dragon the toughest one-day event in the UK and one that would make Chuck Norris scream for mercy, and I thought I'd put my name down and get fit on the journey. Obviously, Suffolk doesn't really cut it when you need hills to train on, but we have mud and plenty of it, so mountain biking all winter gave me a good base on which to join a friend training for LEJOG on some 100+ milers in the Spring on the road bikes. Time slipped by and he headed off on "LEJOG the hard way" and I found myself on route to Wales slightly panicking that my longest ride was only to Aldeburgh and back but relieved that the Devils Stair Case and Devil Elbow were not as steep as Hardknott

which Rob Davies and I did (with a small bit on foot) during our unofficial Fred Whitton Challenge in 2021.

The Dragon kicks off at about 6am. You go off in waves and I don't think anyone cares too much which one you go in.

As I was on my own, I headed off 30 minutes early, fuelled by a double espresso to counteract the 3-hours sleep I managed in my tent. The route winds out of Port Talbot and toward the Brecon Beacons. The first two climbs: Sardis Hill and Glynneath Hill made my legs scream a bit but went by in a sleep deprived blur. Next up was Black Mountain which ascends for 5.3k and has stunning views that must make it one of the most beautiful climbs in the UK. A quick descent

and we were at the first feed station of five at Llandovery. There they laid out hot food, cakes, coffee, gels, water and hydration tablets so you could keep your own stock in reserve.

The route then loops up a magnificent valley to Sugar Loaf Hill at the top of which we got drenched but missed the thunderstorm that caught some of the later starters. After a wet descent,

things dried up and as we rode up the Devils Staircase (12%) the steepest climb on the ride and the furthest point from home on the map. The route loops then back to Llandovery and the same group of friendly volunteers fed us and topped up our supplies again. Cheese on toast with boiled potatoes might seem a weird combination, but with 600 riders I guess was easy to prepare and frankly delicious.

From here the route took us up the Devil's Elbow the second steepest at 10.3 but mentally the toughest because the elbow crooks back towards you so as you approach you can see everyone dying as they struggle up it. It also holds its steepness for longer and given it comes after 220k is a proper challenge both physically and mentally. The descent that follows is well worth it and I think I might have hit 50m

The ride then got very tough. We had just climbed to the top of Rhigos, a 5.6km ascent at 6%, and were cheering that there were only two hills and 50 miles to go when we heard there had sadly



been an accident involving one of the participants and the road was closed. As I tried to turn at the top of Rhigos I took my right shoe out of the cleat and something must have snapped and when I joined about 200 faster riders now descending Rhigos I could not get my foot back in as the cleat swung about on the bottom of my shoe. Those 5km down half cleated and wobbling and at speed in a crowded peloton almost called for new shorts. At the bottom I was told we were heading to Neath. In my exhaustion this was tough as I knew Neath was near Swansea and my brain was too far gone to realise it was also near to Port Talbot but luckily with the route changed there were no race photographers to witness my tears. I limped into the finish at about 7.30pm, joined the queue for the obligatory podium picture, only to see a friend from Stowmarket Cycling Club just behind me. The ride raised over £100,000 for Macmillan and was brilliantly run I would recommend for everyone's bucket list and one I'd do again as I missed out on the last climb, "the Bwlch".



Diary Dates *Compiled by Robin Weaver*

WEDNESDAY 2 AUGUST, CCS COMMITTEE MEETING; cancelled.

WEDNESDAY 6 SEPTEMBER, CCS COMMITTEE MEETING; 7pm Stevenson Centre
CCS THURSDAY EVENING TT SERIES

The Thursday TT series continues. If there are members who might consider having a go, but haven't yet, you're running out of chances for this season! A very friendly and welcoming atmosphere. Specialist TT bikes not a requirement. Full details on the website - under Events.

TT MARSHALLING

We still have two marshalling blank spots on the calendar, on 31 August. If you're riding the TT series, and haven't yet put your name forward, please do so by email to pamandrobins@gmail.com.

Marshals need to report at least half an hour before the start time. At least one marshal each week needs a car.

UPCOMING AUDAX RIDES

Sat 2 Sept; Watton; 50, 100, 160, 200k; Norfolk and Suffolk rides
Sat 9 Sept; Ugly; 100, 150, 200k Shaftesbury CC
Sat 16 Sept; Witham; 100 and 200k R&R
Sat 30 Sept; Blaxhall; 50, 100k
Sat 7 Oct; Dunmow; 100 and 200k Richard Ellis Memorial rides
Sat 15 Oct; Carlton Colville; 100, 150 and 200k Silly Suffolk

CCS SOCIAL EVENT

On Sunday 20 August CCSudbury will be holding our second summer event which involves a morning cycle to Manningtree or Harwich followed by lunch at Henny Swan at 1.00pm.

See Page 3 above for full details.....

10 SEPTEMBER; HADLEIGH CC; GAYFORD FLYER

30 and 60 mile signed routes.

£15 including refreshments.

Entry via British Cycling website; entries close 3 September.

C.C.S. Riders - Open T.T. Results - June/July 2023

1st June	East Anglian VTTA - Cambourne	F2A/10	S.Triplow	10	23.59	31st 1st Lady
4th June	Tour of Cambridge - UCI Grand Fondo TT - Peterborough		C.Wyke	?	58.31	344th 0/A 5th Age Cat
4th June	Ely & DCC - Mepal Cambs	B10/1R	A.Purcell	10	21.31	1st
8th June	East Anglian VTTA - Cambourne	F2A/10	A.Purcell	10	20.30	9th
8th June	East Anglian VTTA - Cambourne	F2A/10	G.Pamment	10	22.06	24th
8th June	East Anglian VTTA - Cambourne	F2A/10	S.Triplow	10	23.20	31st
10th June	Godric CC - Bungay	B10/43	G.Pamment	10	23.07	15th
10th June	Godric CC - Bungay	B10/43	D.Fenn	10	29.13	53rd
10th June	Godric CC - Bungay	B10/43	C.Wyke	10	33.33	55th
11th June	ECCA - Leaden Roding	E91/10	S.Triplow	10	26.24	22nd - TT Bk
11th June	ECCA - Leaden Roding	E91/10	C.Wyke	10	34.24	6th - Rd Bk
15th June	East Anglian VTTA - Cambourne	F2A/10	S.Triplow	10	24.03	39th
17th June	Hemel Hempstead CC - Tring	F11/10	G.Pamment	10	DNF	
17th June	Maldon & DCC - Bradwell on Sea	E21/10	C.Wyke	10	33.50	31st
24th June	Cambridge CC - Cambourne	F2/50	S.Hitchcock	50	02.28.32	37th
6th July	East Anglian VTTA - Cambourne	F2A/10	G.Pamment	10	21.23	17th
6th July	East Anglian VTTA - Cambourne	F2A/10	S.Triplow	10	23.59	33rd
8th July	Wolsey RC - Sudbourne	B10/9	N.Webber	10	24.16	4th
8th July	Wolsey RC - Sudbourne	B10/9	D.Fenn	10	30.01	15th
8th July	Lea Valley CC - Cambourne	F2A/10	G.Pamment	10	20.47	32nd
8th July	Lea Valley CC - Cambourne	F2A/10	S.Triplow	10	22.43	3rd Mid Markrs
9th July	RTTC National 100mile Championships - Mundford Norfolk	B100/8	S.Daw	100	04.11.34	31st
16th July	Farnham CC - Surrey	H25/8	C.Wyke	25	01.31.12	18th
16th July	VTTA London & Home Counties - Tring	F11/10	A.Purcell	10	20.02	13th
22nd July	UCI Gran Fondo TT - Isle of Man	Snaefell hillclimb	S.Daw	10.5k	24.35	3rd 1st in age Cat
22nd July	UCI Gran Fondo TT - Isle of Man	Snaefell hillclimb	N.Webber	10.5k	30.16	37th
22nd July	UCI Gran Fondo TT - Isle of Man	Snaefell hillclimb	D.Johnson	10.5k	34.50	57th
22nd July	UCI Gran Fondo TT - Isle of Man	Snaefell hillclimb	S.Johnson	10.5k	37.05	63rd
23rd July	East Anglian VTTA - Cambourne	F2A/25	S.Triplow	25	1.01.26	64th
29th July	Hart Performance - Leaden Roding	E91/10B	S.Hitchcock	10	27.13	59th
29th July	Hart Performance - Leaden Roding	E91/10B	C.Wyke	10	35.10	70th 3rd Lady
29th July	Chronos RT - Cambourne	F2A/10	G.Pamment	10	21.47	36th
29th July	Chronos RT - Cambourne	F2A/10	S.Triplow	10	23.38	34th
30th July	Chelmer CC - 3 Alpes - Mountnessing	E83/25	C.Wyke	25	01.35.30	?

Brief Open TT summary:-

The stand out ride during the last 2 months has to be by Alex Purcell in the Ely & DCC 10 mile TT in the Fens which is a fairly clunky pot hole strewn course.

His time that day was quite exceptional considering the last two facts and was good enough for the fastest ride of the day for 1st place overall. Brilliant ride Alex!

Sue Triplow also gained a fastest lady award in the VTTA event on the quick F2A/10 course in Cambridgeshire and also a 3rd fastest lady on the same course in the Lea Valley Mid Markers event.

Caroline also managed a fastest lady award in the Farnham (Surrey) 25 mile event and 3rd fastest lady in the Hart Performance 10. Well done to them all for flying the CCS colours with distinction!

Alex and Gary Pamment have also been riding some highly creditable 10 times lately with both of them dipping into 20's with Alex missing going under 20mins by 2secs in the VTTA event on the Tring course! Simon Daw rode in the National 100 mile Championship in Norfolk and returned a very good 31st place against some very stiff opposition.

Late news! Simon also picked up a 3rd place O/A in the Isle of Man UCI Gran Fondo hill climb TT and bagged a 1st in Age Cat as well. A phenomenal effort Simon!

(Also flying the flag for CCS were Nick Webber, and Gary & Sarah Johnson which a pretty damn good effort by them all.. Simon has promised a full report in the next edition!)

Nick Webber gained a 4th place around the Tunstall forest in Wolsey RC's 10 mile event

David Fenn has made a couple of appearances with his best in the Godric 10 on the Bungay course.

Steve Hitchcock rode a 50 on the F2 course and produced a very decent time for his efforts.

It has to be said that the adverse weather has played its part with quite a few DNS's from our riders!!

Rog



Our Club President tells us how it was!

By Geoff Morse

My first bike, a black "high stepper" came from a shed at the bottom of my uncle's garden. Black and very rusty it was typical of what was around in the late '40s, but at least it was rideable for the few years I had it.

After two years serving Her Majesty, I returned to the Mendips in 1955, and it soon became clear that my habit of requiring a long lie-in before I set off to work made a bike a necessity. My weekly wage of £4.2s.6d. provided enough for me to indulge in a new machine – a Viking Tour of Britain – Ian Steel Model. It cost about £30 and was paid for by weekly payments of ten shillings, I always

had to remember to take my payment card to be updated when making payments.

Fortunately I did get up in time to catch the bus about 50% of the time but when I did miss it, it was a case of get the bike out and then try to race the bus to Frome.

It was always good fun as the hills and climbs, combined with the bus stops meant that I could overtake and be overtaken, as well as my being able to get a tow in places when my mates could crowd around the back of the bus encouraging my efforts.

The bike was really quite basic with Simplex three speed derailleur and a rod operated front changer. It was always fun at one or two places where I had the momentum to overtake the bus as it had to change down into first gear to get up a short incline, and I had to crash through my gears to get out in front without losing my chain.

My time in Somerset did not last long as I decided the call of the big city was too strong to resist. Living in "digs" in London for several years followed by marriage and living in New York meant that I had no need for a bike. Then came a time when the need arose and a visit to Derby to get a Mercian. This was used for some time after I had been induced to join CCS and get involved in riding Time Trials, but its biggest trial was when Robert used it to ride the End-to-end with his 17 year old schoolmate Jamie.

It became apparent that a lighter frameset might be more beneficial to my not very fast efforts up and down the A14, so a visit to Stoke on Trent to see George Longstaff saw another bike appear in the garage. My TT times improved but never became world-shattering. And then finally, the last investment in light-weight steel when another visit to George saw the three wheeled beast arrive in Suffolk. This last bike provided great amusement, especially for onlookers as they watched my efforts to tame the beast! Once the initial

efforts started to bring positive results, I was once again able to roll up and down the A14 with a degree of expertise.

Apart from these forays into the road aspect of cycling, for many years the camper van carried our bikes with smaller wheels and suspension to be used on our trips to the continent, and used to visit places where a road bike would not really be suitable. Unfortunately for a few years now, all of these machines have been gathering dust, as worn-out knees have forced me to "be sensible" and look after what little soft tissue is left



Audax Update July 2023

Info supplied by David Fenn

Date	Event	Riders
28 th May	The Norfolk Special 200k	Raymond Cheung
28 th May	The Norfolk Special 160k	Mick Bates.
3 rd June	All points Audax 103k	David Fenn, Les Dunham, Steve Barnes
9 th June	DIY 150k	Les Dunham
11 th June	Windmill Ride 110k	Raymond Cheung
17 th June	Iceni Niceni 111k	David Fenn, Gareth Smith, Mick Bates.
17 th June	East and West Coasts 600k	Raymond Cheung

Name	Points	Total Distance	Club	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung - 1007	47	4,852		3	-	14	1	1	2	-	20,870
Les Dunham - 28601	-	877		7	1	-	-	-	-	-	4,822
Tony Grimes - 7106	-	723		4	2	-	-	-	-	-	5,650
Ian Lovelock - 5675	-	513		5	-	-	-	-	-	-	3,600
Mick Bates - 3824	-	481		4	1	-	-	-	-	-	2,750
Gareth Smith - 15014	-	418		4	-	-	-	-	-	-	2,250
Andy Rogers - 17627	-	413		4	-	-	-	-	-	-	2,900
David Fenn - 8775	-	320		3	-	-	-	-	-	-	1270
Simon Daw - 9411	2	210		-	-	1	-	-	-	-	1,425
Steve Barnes - 8739	-	209		2	-	-	-	-	-	-	1,270
Robin Weaver - 7481	-	107		1	-	-	-	-	-	-	750
Don Keen - 7219	-	106		1	-	-	-	-	-	-	700
Viv Marsh - 9394	-	106		1	-	-	-	-	-	-	700
Andrew Hoppit - 4235	-	103		1	-	-	-	-	-	-	750

Forthcoming Local Audaxes.

12th August, The Compasses, Little Green, Hopstock 200k, 120k, 50k.

2nd September, Carbrooke, Norfolk. 200k, 100k, 50k.

9th September, Shaftsbury CC, Essex. 200k, 150k, 100k, 50k.

16th September, Witham, Essex. 200k, 100k.

30th September, Blaxhall, Suffolk. 100k, 50k.

CC SUDBURY SPOCO LEAGUE TABLE 2023

POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	14	1276
2	Nicolas Webber	6	640
3	Alex Purcell	4	472
4	Simon Daw	4	463
5	David Fenn	5	449
6	Charlie Heeks	2	222
7	Dan Upton	2	209
8	Dean Death	2	205
9	James Rush	2	196
10	Simon Potter	1	109
11	William Hedley	1	95
12	Simon Mitchell	1	93
13	Kirsty Fenner	1	90

Audax Notes.....

Well, I'm sorry everyone, but you have all been well and truly 'Raymonded' He leads the distance ridden by 4000kms, And the height gained by 16,000 metres! If you added all the other rider's kms ridden together, they would have only a slight lead over him!!

Could be the way to go chaps!!

(Leave it with me; I'll get the rules changed)!!

Good luck to Raymond who is riding in the upcoming Paris-Brest-Paris event which explains all the events he has been riding..

Rog

SPOCO Notes.....

Well, you lot have been Wyked Out!! More rule changes required methinks!! She has twice as many points as her nearest challenger, but don't give up yet as a D.Fenn has joined the chase at last and will surely reel her in if he rides 4 TT's a week for the next 4 months...maybe!

Rog

Evening Series CCS TT Update

By David Miller

Name	Apr 20	Apr 27	Ma 4	Ma 11	Ma 18	M 25	Jn 1	Jn 8	Jn 15	Jn 22	Jn 29	Jy 6	Jy 13	Jy 20	Jy 27	Ag 3	Ag 10	Ag 17	Total Points	Place
Adrian Ablitt	30		40	27	10	10	11				10	10		78	26				252	8th
Doz Bree					10		30				30								70	
Anna Brown					22	10		48					30						110	
Rob Davies		10	47		47	10	10	10			10				17				161	
Damon Day										10	42	10	10		10				82	
Dean DeAth						10	14			10					107				141	
Rob Harman			10		30	10	30	10											90	
Les Dunham	10		48	142	52	10	22	10	65	10			10	10	85				474	4th
Richie Edwards						10	10	30					10	76					136	
David Fenn	30	40	28		12	10		10	19	10	10	10	10	72	10				271	7th
Kirsty Fenner	10			39	30	10	10		195	10	40	10	13	79	62				508	3rd
John Golder	10		10	10	19	10								30					89	
Colin Harris						30							40						70	
Stephen Hitchcock						10				10					10				30	
Will Headley				30					30										60	
Charlie Heeks	10	10	10	80	50	10	10	30	25	10		10			65				320	6th
Dan Lawrence						10									141				151	
Ian Love lock			10	10			10	10	52	30				10	40				172	
Angela Lesslie															10				10	
Tom Moore		30				10		10	10	10	74	48	10	10					212	10th
David Munro			10												10				20	
Garu Pamment						10				10					27				47	
Alec Purcell	10	10	10	30	13	10				10		10		46	13				162	
James Rush						10	42			10		10	10	87	57				226	9th
Tony Shepard						30								40					70	
Sue Triplow										10									10	
Charlie Upton	10	92	288	10	22	10			10	10	17	29	10	56	180				744	1st
Dan Upton	18	76	144	10	20	10	30		10	10	12	40	10	10	142				542	2nd
Nick Webber							10			10	10	33	10		49				122	
Ian White	10	10	10		24	10	10	10	30	30	40				10				194	
Caroline Wyke	10	10	30	48	92	10		10	40	10	10	14	10	10	77				381	5th

TT points from last Thursday... its only the 2nd time we had run the full 10 course this season so there were some big improvements over target times and previous bests, Charlie is now unbeatable but Dan's 2nd place could be overtaken by Kirsty I think but unlikely, other places could change depending on marshallings points and improvements

David Miller

(I cannot remember when we had such a runaway rider in the points lead in this Evening Series before.

Well done to Charlie for making such an improvement this year!)

Rog

Cycle Club Sudbury – 10 mile Club TT Championships

23rd July 2023....Results

Riders Name	Cat.	Age	Actual Time	Place	Handicap	Handicap Time	Handicap Place	VTTA Vets Adjustment	Vets adjust' time	Vets. Placing
LES DUNHAM	VET	72	31.13	19	14.32	16.41		3.36	27.37	
ROB DAVIES	VET	57	24.55	7	7.21	17.34		1.24	23.31	
KIRSTY FENNER	L VET	49	29.38	14T	13.26	16.12		3.12	26.26	
IAN WHITE	VET	54	27.25	12	10.34	16.51		1.06	26.19	
DEAN DE'ATH	VET	40	24.18	5	9.00	15.18	2	0.00	24.18	
ADRIAN ABLITT	VET	70	29.38	14T	11.53	17.45		3.13	26.25	
DAN UPTON	VET	46	25.05	9	9.22	15.43	3	0.26	24.39	
CAROLINE WYKE	L VET	67	33.48	20	16.44	17.04		5.30	28.18	
ANGIE LESSLIE	L VET	46	27.23	1st Lady	9.55	17.28		2.56	24.27	
CHARLIE HEEKS	ESP	21	24.57	8	8.00	16.57				
STEPHEN HITCHCCK	VET	52	29.58	18	11.26	18.32		0.55	29.03	
NICK WEBBER	VET	63	24.15	4	7.03	17.12		2.07	22.08	1
CHARLIE UPTON	JUN	14	26.12	1st Jun	11.03	15.09	1			
DAVID FENN	VET	73	29.54	17	11.45	18.09		3.48	26.06	
DAMON DAY	VET	57	23.36	2	6.36	17.00		1.24	22.12	2
DAN LAWRENCE	VET	54	28.31	13	12.40	15.51		1.06	27.25	
JAMES RUSH	VET	46	24.31	6	7.27	17.04		0.26	24.05	
GARY PAMMENT	VET	52	24.00	3	6.28	17.32		0.55	23.05	3
DAVID MUNRO	VET	44	29.38	14T	11.45	17.53		0.17	29.21	
ALEX PURCELL		38	22.11	1st O/A	21.29	17.42				

Well done to our Club Championship winners.....

Overall Champion Alex Purcell

Ladies Champion Angie Lesslie

Junior Champion Charlie Upton

Vets Champion Nick Webber

Champion on Handicap Charlie Upton