



The Spindle. NOVEMBER DEC 2023. cycleclubsudbury.com

The very recent AGM/Awards Evening will be my last report for Spindle and I sign off with a feeling of a job well done-ish! (You decide?)

Without the help of the members who have provided me with the monthly updates and reports and the individuals who have shared their cycling experiences within Spindle, it would have been a lot harder to issue all of 142 of the copies I have managed to produce! Thank you all for your help and patience you have shown me.

The really good news is that we have a new editor for the New Year. Sharon Buckler has come forward to carry on with Spindle. I'm pleased (and envious!) that she is very IT savvy so will probably produce an edition in a quarter of the time I usually do. Please help her by sending your riding articles/adventures etc, to keep Spindle interesting and readable.

Her email address is shazzab24@btinternet.com.

I will not disappear completely as I will still be one of monthly correspondents for Open TT results and reports.

This issue is probably one of my largest, not by design but by the amount of articles and reports I have received.

It includes a good report by Hill Climb organiser Dan Upton (who has taken to the job like a duck to water!) + ('a final?') Caroline's Blog of her year in the saddle + news of a lost CCS TT course next year + my final Open TT report including the highlights and riders fastest times at the various distances + a very full Diary of things happening just in case you thought there's not a lot to do in the coming months + the Final Audax results which shows Raymond's mind blowing distances and climbing he covered during the year followed by a report by Simon Daw in Isle of Man & Scotland on his and other CCS riders endeavours in the Gran Fondo World Championships.

Onto my last ever report of the Awards Evening which shows all the seasons winners and the previously unknown winners of various categories voted for by the committee.

Merry Christmas to you all...

Rog

CCS Falling Leaves Hill Climb 2023

Report by Dan Upton

Cycle Club Sudbury once again held our annual Falling Leaves Hill Climb event on Watson's Hill Semer on Sunday 8th October 2023. Number of riders was down compared to previous years with 33 riders on the start sheet, two of which were junior riders and a further seven juveniles and the youngest being Wilfred Hare just 8 years!

Once again the headquarters was held at Hollow Trees Farm Shop and only a short walk to Watson's hill for the spectators. With the weather being a balmy 24 degrees it felt more like August than October bringing out around one hundred spectators to cheer and ring cow bells to help the riders up the hill and creating a fantastic atmosphere, the event started at 11.01 am and lasted just over 35 minutes.

The overall winner was *Frank Longstaff of Colchester Rovers* in a time of 43.5 seconds and fastest female rider was *on form Millie Jenkins of Brother UK Team* in a time of 59.6 seconds and Millie was also one of the junior riders.

The overall team prize winners were our own Cycle Club Sudbury riders *Lee Ford, Dan Upton and Dean De'Ath*. (Pic right)

RESULTS

1st male *Frank Longstaff 43.5*

2nd male *Oskar Everett 43.9*

3rd male *Timothy Torrie 45.2*

1st female *Millie Jenkins 59.6*

2nd female *Isabel Beale 1:02.2*

3rd female *Hannah O'Brien 1:07.2*

Fastest CCS rider *Lee Ford 50.80*

Fastest CCS Junior *Charlie Upton 1:02.4*

Other CCS rider results

Dan Upton 59.7

Dean De'Ath 1:01.3

Charlie Heeks 1:02.4

Stuart Jenkins 1:21.1



I would like to say thank you to Thomson and Morgan who were our main event sponsors this year and who also supplied all the winners and all the riders with goody bags and to Hollow Tree Farm where Sally and her team looked after us and made us very welcome again this year. Plus Nethergate Brewery for donating Nethergate glasses for all the winners. Finally Richard Davis Photography our event photographer.

And finally a massive thank you to all the volunteers who made the day possible and run smoothly and all the delicious cake donations.....*Many thanks Dan*

CCS Riders on the Hill & in the Barn



Caroline's Blog — My Final Curtain? *By Caroline Wyke*

On a seriously wet November morning what better way to spend my time than reflect on my season.

With a tear in my eye as it could be my final blog.

Roger has produced the Spindle for many years and what a great read.

Thank you Roger as he publishes for the final time. □

My season started off okay with the Mad March Hilly and the other cold March rides.

I did gain several mentions in Cycling Weekly and 2 headline news Wins.

Road closures were numerous this year with events being cancelled and me getting to the events late.

There were some windy conditions and bad pot holes and heavy traffic.

I enjoy meeting other competitors to gain tips also read cycling magazines for dietary information and tips of fitness.

Preparation is the key to success!

A Sound bike!

Good nutrition!

Related confident state of mind!

I decided to enter my last Time Trial on 1 October; 'The National Road Bike Championship' in Marshfield, Wiltshire. 18.5 miles.

I was number 26 to start.

I decided to drive down the day before and visit my son in Basingstoke.

I had arranged an overnight stop near event but was unfortunately let down.

I went out with my son for lunch had a jacket potato with cheese and salad.

I had made myself a good time trialling supper and breakfast but unfortunately left both in my son's fridge.

The only room I could find was in a Pub 'The Queens Head' at Box 6/7 miles from the event.

The drive from Basingstoke to Box was scenic winding roads via Newbury with an industrial drive through Berkshire. It was dull weather and all looked rather drab.

I stopped off at a petrol station and bought 2 pots of rice pudding for breakfast

As I left the petrol station heading for Box the scenery changed dramatically deep valleys and the pub stood proudly on top of a hill.

My relaxing night was not to be, my room was up a fire escape and the stage was set up in the car park for 3 live bands and a dirty bathroom. Hmmm!

With my nice pasta, turkey and sweet potato salad in my sons fridge and no food other than burgers I dined on, 2 bags of crisps and orange juice.

The music was good and people friendly so I danced until my legs ached.

Good Time Trial preparation???



I was thrown out at 11am and headed for event headquarters although arriving early the event was in full swing with many competitors getting ready. Big awards stage set with buzzing atmosphere.

I signed on got my number and checked bike over adding lights.

A friend and fellow competitor from another club had driven the course and advised me it was mountainous and to be careful on certain downhill section where the road was narrow with added hazard of parked cars close to junction and left turn.

I was on time to start the 1st section being on a very fast busy road with added pot holes. I had farm vehicles spilling straw everywhere to add character to the ride.

There were sections of the course that were well twisty and winding with of course... the hills!

I was thinking I was near the finish but hit a downhill section for which I was unprepared for! The mountain ahead made Cuckoo Hill and Semer's Watson Hill look tiny. I was in the wrong gear and with my dancing legs grumbling I stopped half way up having to run and push to the top.

I did finish last as usual but this was the 'Grand National Champs' and My Final Curtain?

(Thank you Caroline for your input, always on time and always readable from the other end of TT spectrum.

I hope you continue in the Evening Series on Thursdays compete with your 3 hats and big smile) Rog



Caroline's Tea Cosy does the job!

Hitcham Hilly Time Trial Course to be Scrapped!

Hello.

See the following, if you've not seen it already. This will mean no more Hitcham Hilly, as a 20mph limit is being introduced in Bildeston at the moment.

Major planned Anglian Water work means we probably would have to write the course off for 2024 anyway.

Robin W.



'Time trialling is facing a major change with the governing body of the sport in England and Wales, Cycling Time Trials (CTT), introducing a ban on events taking place on roads with 20mph speed limits, with existing courses in such areas going to have to be scrapped or modified to avoid the zones'.

C.C.S. Riders - Open T.T. Results - Aug/Sept/Oct 2023

12th Aug	ECCA - Newmarket	E2/10	G.Pamment	10	22.26	37th
12th Aug	ECCA - Newmarket	E2/10	S.Johnson	10	27.16	12th lady
13th Aug	Diss & DCC -Bressingham	B25/17	N.Webber	25	01.01.06	18th
13th Aug	Diss & DCC -Bressingham	B25/17	S.Triplow	25	01.05.29	3rd lady
20th Aug	VC Baracchi - Dist' Champs' - Bungay	B50/17	S.Daw	50	01.55.43	8th
26th Aug	Cambridge CC - Cambourne	F2/15	G.Pamment	15	32.5	27th
28th Aug	Essex Roads CC - Chelmsford	E11/25A	A.Purcell	25	56.24	3rd
2nd Sep	VTTA E.A. - Cambourne	F2A/10	G.Pamment	10	20.39	47th
2nd Sep	VTTA E.A. - Cambourne	F2A/10	S.Triplow	10	23.09	80th
3rd Sep	VC Norwich - Bungay	B10/43	C.Heeks	10	22.42	9th
9th Sep	Norwich ABC - Bungay	B10/43	G.Pamment	10	22.18	7th
10th Sep	Cambridge CC - Cambourne	F2A/25	S.Daw	25	53.54	41st 25mile PB!
23rd Sept	VTTA E.A. - Cambourne	E2/25	A.Purcell	25	51.26	23rd
23rd Sept	VTTA E.A. - Cambourne	E2/25	G.Pamment	25	55.14	48th
23rd Sept	VTTA E.A. - Cambourne	E2/25	S.Triplow	25	01.01.32	80th
23rd Sept	Kings Lynn CC - Downham Market	B10/37R	C.Wyke	10	33.31	41st
30th Sept	Norwich ABC - Bungay	B10/43	S.Daw	10	21.46	9th
30th Sept	Norwich ABC - Bungay	B10/43	G.Pamment	10	22.21	13th
30th Sept	Norwich ABC - Bungay	B10/43	C.Upton	10	24.24	24th
30th Sept	Finsbury Park CC - Downham Market	F2A/25	S.Triplow	25	01.00.17	78th
1st Oct	RTTC 'Nat Champs' Marshfield Wilts	U604	C.Wyke	18.5	01.19.06	29th lady

Fastest Riders Times at all Standard Distances Ridden for Open Time Trials

Name	10 mile	15mile	25mile	30mile	50mile	100mile
S.Daw	21.46		53.54		01.51.55	04.11.34
D.Fenn	29.13		01.20.07			
C.Heeks	22.42					
S.Hitchcock	27.13		01.12.57		02.28.32	
S.Johnson	27.16					
G.Pamment	20.39	32.50	55.14			
A.Purcell	20.02		51.26			
C.Upton	24.24					
S.Triplow	22.43		01.00.17	01.18.33	02.05.09	
N.Webber	24.07		01.01.06			
C.Wyke	32.04		01.26.51	01.49.57		

Open TT Round-Up.....

The list above shows us how much the Open TT rider numbers have fallen again this season. It's not just our club that has suffered, but a general malaise amongst the Open TT riders throughout the land. A lot of theories have been put forward in which I think when they are all considered together (no matter how small) make up the reasons why, with no major contributor being the headline factor. A bit like 'marginal gains' in reverse!

Anyway, our happy band of CCS Open competitors has put on a good show flying the Orange colours of CCS.

Starting at the 'pointy end', we have Alex Purcell who has taken over the mantle of top CCS rider from others who have fallen by the wayside during the last 2-3 seasons.

He certainly is a class act on the TT courses and this season saw him collect 1 x 1st overall, 1 x 2nd, 1 x 3rd and 2 x 4th positions. Add to that, he was also in the fastest winning team twice.

Simon Daw continues to defy his years with 5 top 10 finishes (3rd being his best) and also 2 fastest winning team prizes. It's not often that riders of his age produce new Personal Best rides which he managed in a 25 mile event at the end of the season. He was the only rider to enter the set of standard distances; 100, 50, 25 & 10mile TT's. A very committed rider who always gives it his 'all' and is also ready to help and mentor younger TT'ers who are on the way up.

Someone who has always put in strong rides over the last 2-3 years is Gary Pamment. He has ridden well this year with a 7th placing and 4 rides in the top 20. He goes about his Time Trials in a quiet no fuss manner and has reaped the rewards.

One other rider who also consistently comes up with good placings is Nick Webber who also defies his age and has had 2 top 10 rides (4th place being his best) and 4 rides under the top 20's. A quick mention of two of our (very) younger riders! Charlie Heeks has again dipped his pedals into Open TT's and performed admirably quickly with a 22.21 for a 10 and hope he continues in this vein next year as he can only go quicker. And another Charlie (Upton) who also tried out an Open 10 at the end of the season and was equally as rapid with a 24.24 which is very promising for one so young.

Our top lady rider is the ever cheerful Sue Triplow who didn't start her campaign until mid May but then managed to ride in 14 events before the season's end. These included two fastest 1st ladies prizes and one 3rd fastest lady prize alongside a raft of placings in the top 30's and 20's, which considering she was generally riding against men competitors was no mean feat!

Next we have Caroline. No matter where she comes in the event, she always has a good tale to tell, and always with a smile on her face. She doesn't do things by half's and goes off around the country entering Gran Fondo's and National Championships alongside the normal TT events she enters (23 this season!) Not always coming last and picking up a few prizes along the way. She embodies the cycling ethos of 'just enjoy it'.

Well done to all others who rode events this year and hope to see you all in the new season!

Rog

Diary Dates *Compiled by Robin Weaver*

Not strictly an event - if you've not yet used your annual 'first clothing item £15 discount', why not use it now. After extra winter clothing, or suggestions for a Christmas present? Peter and Pat, the Clothing secretaries, would be pleased to hear from you by email to clothing@cycleclubsudbury.com, or phone 01787 375048.

[Or come to Subs night on 4th January 2024 to have a look at the discounts on offer!](#)



CYCLE CLUB SUDBURY QUIZ NIGHT

Wednesday December 4th at the Stevenson Centre at 7.30pm

Quiz organised by Caroline Wyke, team sizes chosen to best suit attendance

Free Cake, Snacks, Tea and Coffee

Mystery Prizes - Not just for winners

Quiz questions across a range of subjects - Not too tough!

Mystery round of 'Sinky Floaty' , worth coming just to find out what this is!

Come along to confirm what we know, cyclists are in the top 10% of IQ's in Great Britain.

Please email Caroline to confirm attendance. We don't want to be short of cake and snacks. carolinewyke123@btinternet.com

Look forward to seeing you

Caroline Wyke carolinewyke123@btinternet.com



Colchester Track Nights

CCS Colchester Track Night's Information.

There's a CCS track session on the below dates, 7-8pm, for paid-up 1st and 2nd claim CCS members. All abilities welcome.

The club will pay £3.60 and I'll collect £3 on the night from each of you. (Actual cost 60 minutes costs £6.60)

We can only book places 7 days in advance. We will subsequently book, if available, Tuesday 5th and 19th of December. The plan is to do two more in Jan and Feb.

If you'd like to come, please let Rob Davies know by email to rob.ev.jack@gmail.com or text 07788 413524.

Regards Rob Davies

CCS "AFTER CHRISTMAS" RIDE, WEDNESDAY 27 DECEMBER, 11am

Starting from the Cock Horse car park, a short (up to 1hr 30m) Guess the Distance ride, followed by a visit to a local hostelry to warm up. No Garmins, computers or other distance measuring devices allowed.

CCS SUBS NIGHT, THURSDAY 4 JANUARY 2024; 7.30pm, Stevenson Centre

At the Stevenson Centre off Broom Street, Great Cornard, at 7.30pm.

Your chance to pay your subs, and pick up a shiny new membership card and Handbook.

Refreshments available.

Membership subs are unchanged from last year;

Juvenile (up to 16) £5

Junior (16 - Dec. after 18) £8

Family £26

2nd Claim £12

Senior (18-65) £20

Senior (65-80) £15

Associate £4

Temporary; 6wks £5

If any of your details have changed during the year, (address, email address, phone etc) please bring a newly completed membership form, downloadable from the CCS website Homepage, [here](#).

You can pay by cash or cheque (to Cycle Club Sudbury); **if paying by cash, please have the correct amount.**

Payment also possible by BACS/EFT, preferably before the 4 January Subs Night; 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.

ANOTHER DATE TO NOTE FOR 2024; CCS RELIABILITY RIDE, FROM THE STEVENSON CENTRE, SUNDAY 26 JANUARY

Choose from two course lengths with two finish target times for each distance;

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

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

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

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

To download a route sheet, map, or GPX track, see the CCS website; Events, Reliability; there's a link [here](#)

Forthcoming local Audaxes

10th December, Santa Special 204k.

20th January 2024, The Kelvedon Oyster 104k.

Audax Final Results 2022-2023 Season.

Compiled David Fenn

Date	Event	Riders
7 th September	Richard Ellis Memorial 100k	Steve Barnes, Raymond Cheung +100k, Les Dunham, Mark Gentry, Andrew Hoppit, Ian Lovelock, Nick Reed.
30 th September	Suffolk Byways 100k	Steve Barnes, Raymond Cheung, Les Dunham, David Fenn, Andrew Hoppit, Ian Lovelock, Viv Marsh, Gareth Smith, Robin Weaver. Nick Reed, Tony Grimes.

Name	Points	Total Distance	Club	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung - 1007	65	8,904	1	12	1	16	1	1	2	1	38,001
Les Dunham - 28601	-	1,317	2	11	1	-	-	-	-	-	7,978
Ian Lovelock - 5675	2	1044	3	8	-	1	-	-	-	-	7,404
Tony Grimes - 7106	-	942		6	2	-	-	-	-	-	7,200
David Fenn - 8775	-	843		8	-	-	-	-	-	-	4,342
Mick Bates - 3824	-	809		3	3	-	-	-	-	-	3,812
Steve Barnes - 8739	-	629		6	-	-	-	-	-	-	3,692
Andrew Hoppit - 4235	2	625		4	-	1	-	-	-	-	4,451
Andy Rogers - 17627	-	533		5	-	-	-	-	-	-	3,636
Gareth Smith - 15014	-	531		5	-	-	-	-	-	-	3,050
Viv Marsh - 9394	-	425		4	-	-	-	-	-	-	2,250
Robin Weaver - 7481	-	220		2	-	-	-	-	-	-	1,550
Nick Reed		216		2	-	-	-	-	-	-	1,750
Simon Daw - 9411	2	210		-	-	1	-	-	-	-	1,425
Mark Gentry - 2884		207		2	-	-	-	-	-	-	1,622
Don Keen - 7219	-	106		1	-	-	-	-	-	-	700

UCI World Gran Fondo Championships

by Simon Daw



The plan had gradually become more ambitious as the year had progressed. Initially, it was simply to repeat the trip I'd made to the Isle of Man in 2021 and 22, for the UCI World Series Gran Fondo and Time Trial. For the first time, however, I was now also making it a group visit with Gary & Sarah Johnson and Nick Webber.

Having finished second in my age category in the time trial in 2021, and then having won it the following year, I was looking for an age-category podium at the very least, and ideally a repeat win. The Fondo was more complex. At my first attempt I'd opted for a social ride with a group of newly made local friends. The following year I'd tried to be more

competitive, but was having a particularly bad fortnight on the downhill's, and ended up having to stop for someone who thought he was a good descender but wasn't, and who managed to break a collar bone (at least) after trying to take the road ahead when the road itself preferred right, resulting in an unplanned visit for him to a rocky mountain stream and subsequently a ride to Nobles Hospital in an ambulance. The delay again cost me any chance of a respectable placing, and I wanted to prove to myself that I could deliver – at least a bit.

I can't remember at what point I started thinking about the World Gran Fondo Championships. For those unfamiliar with how things work, the Isle of Man Gran Fondo events are part of the UCI World Series and finishing in the top 25% of any World Series event – time trial or Fondo – qualifies the rider for the championship. For 2023, all world championship events were to be held in (nearly) the same place and at (nearly) the same time, and that place was to be Scotland, nominally Glasgow, though in practice the events were held in several Scottish cities. As well as the "real" (elite) championships, this included the Gran Fondo events. I've ridden a couple of the time trials in the past, at Hobro in 2015 and Albi in 2017, but although I've qualified several more times I generally haven't attended, due to travel and expense. However, Scotland looked easier, and I have long-separated cousins there. However, the downside was that The Isle of Man events were on the 22nd / 23rd of July, the Championships the 4th and 7th of August. This didn't leave much time to enter, never mind plan.



Our group travelled separately, arriving at different times. Gary and Sarah arrived on the Monday, and we then started a programme of steady ("Zone 2") rides to recce some of the main sections of the events, mixed in with a bit of sightseeing, and all timed as far as possible to work around the inevitable rain.

The forecast for the weekend of the 22nd / 23rd was – to put it mildly – looking imperfect. The one hopeful sign was that Saturday – time trial day - was predicted to be unremittingly wet, whereas Sunday – the Fondo – might

be a bit showery early, and then really quite pleasant later.

Never trust a weather forecaster.

I'd put myself under a lot of pressure for this event – the downside to focussing an entire season on one ride - and had been dreading the possibility of a puncture on roads which might be awash. To everyone's

surprise, though, the weather on the Saturday was actually not too bad – low cloud covering the summit of the mountain, but (more-or-less) dry.

I managed a time of 24:45.38, winning my age category by a little over two-and-a-half minutes, and finishing third overall, only thirty-two seconds behind the (much younger!) winner, Adam Baker. I'd averaged 308 watts – absolutely identical to last year's ride, but my current (much) lighter weight giving me over 5 w/kg for the first time. Of three entrants, Sarah had been the only rider in her category not deterred by the forecast (I presume) and had therefore also won. You have to be there to win!



Even though my time was actually two seconds slower than last year – the headwind - I'd exceeded my expectations by some way by finishing third. It was a massive relief, if I'm honest: a self-imposed weight off of my shoulders. It meant that whatever happened, my cycling season would be one I'd look back on with a smile.

But in the short term, there was still the Gran Fondo the next day, when the weather would be "better". Well, that was the plan. Sunday, however, dawned to low cloud, strong winds and steady, heavy rain. Which wasn't, the forecaster now admitted, going to stop! Gary immediately decided it wasn't for him, and although Sarah initially wanted to give it a go she also had second thoughts on arrival at Mooragh Park,

leaving only Nick (who I didn't actually see all day!) and me. The onshore wind at Ramsey made it hard to stay on the bike whilst warming up along the seafront, and the driving rain, standing water and general filthiness of the day meant that I looked as though I'd already ridden a spring road race in foul conditions after a few minutes of attempting to warm up.

I never saw the front, and to be honest wasn't that worried – I ended up in small groups, where it was probably a bit safer, although someone a few wheels ahead still managed to crash as we circled Jurby airfield at speed. My main goal for the day was to finish with same amount of skin as I started. Conditions which were bad at sea level became considerably worse on the climbs (not to mention the descents), and there was cloud, driving rain, flooding and even a mountain stream which had decided that the road was more attractive than its normal route.

Cold and very wet, it was all a little grim at the finish – no podium presentations (no medals or jerseys had arrived, and in any case the

weather was just, well, uninviting!) and only a sense of camaraderie in adversity, rather than the usual upbeat atmosphere in the park. I'd finished 68th overall, out of 245 finishers, and sixth in my age group. Unspectacular, but I'd made it round, and I'd qualified for the World Gran Fondo Championships, as well as for the time trial.

A cousin who lives near Forfar had very kindly offered to put me up for some of the time in Scotland, which made everything both a lot more comfortable and a good deal more enjoyable. Although the level of organisation was pretty poor, the events themselves were superb; with tremendous support from the local authorities, the police, and the public...every village on the 160km of the road race route had a carnival atmosphere, with people lining the streets, pipers, bunting and bells.



The time trial was on a characterless stretch of the dual carriageway A92, but there were still spectators with national flags and shouts of encouragement.

In many respects, the road race course should have suited me, with three main climbs and manageable descents. Well, manageable to most. Setting off in age groups – there were over 180 riders in my 55-59 category – the event covered a 160-km course from Perth city centre to the Highlands, and then back to Scone Palace for the finish.

Unfortunately, my lack of nerve beat me again, and from being uncharacteristically near the front at the



top of the short climb preceding it, I was washed steadily towards the back as we took a descent after 50km (them at 80km/h, me at 60km/h). By just over halfway down, I was out of the back, and by the bottom the commissaire's car had passed me.

I spent the remaining 110km passing groups of riders who'd been spat every time the road went upwards, and riding with groups between the climbs. I finished 71st in the end, so at least I was in the right half (by the end...).

And then an attempt to recover in time for the time trial!

The course may have been typically British, but it certainly wasn't an inspired choice. As mentioned before, it used the A92 east of Dundee, the westbound carriageway having been closed to traffic and split into two for the race. This made the roundabouts tighter than usual, and also made for an interesting turn, which used part of one of the junctions. It was tight, though, and being approached slightly downhill and with a tailwind it definitely had the potential for disaster. There were indeed quite a few crashes, possibly caused by one stretch on which there was quite a fresh crosswind.

It wasn't an event that suited me – far, far too flat – but I quite enjoyed it. I struggled to get into any sort of rhythm early on, losing time through the roundabouts and the slightly downhill crosswind section, but in truth it was nothing that made any real difference to the result. I was caught by one, and caught one, which I regard as evens! I finished 22nd out of 35, in a time of 32:18, and an average speed of just over 42.3km/h. Not embarrassing, but not a performance for which I'd have wanted to travel to another continent, so I probably won't be riding many more of these (unless someone organises a final on a hill that's equivalent to Snaefell...!). The next day I was homeward bound, twenty-four days after setting off on what had proved to be quite an adventure. For me, cycling is a way to give focus to travel.

Most of the events I ride are fairly unimaginative – nowadays, just traditional British time trials. Same courses, same riders, same village halls. These events are very different, and have given me an opportunity to target something I think is worthwhile.



A full account of the trip can be found at <https://simoncdaw.wordpress.com/2023/09/15/rain-and-descents/>

PRESENTATION OF AWARDS

CCS Club Trophy Winners - 2023 Season

Veterans Best All Rounder	Gold	Sue Triplow 30.16mph
<i>Av. on Standard 10, 25 & 50 miles</i>	Silver	Simon Daw 29.66mph
	Bronze	Stephen Hitchcock 21.66mph
B.A.R. 25, 50 & 100 miles (<i>Av speed over 3 distances</i>)	Gold	Simon Daw 26.26mph
100 mile Open TT Shield		Simon Daw 4hrs 11m 34s
50 mile Open TT Cup		Simon Daw 1hr 51m 55s
25 mile Open TT Cup		Alex Purcell 51m 26s
10 mile Open TT Cup		Alex Purcell 20m 2s
Ladies 25 mile Open TT Bowl		Sue Triplow 1hr 0m 17s
Ladies 10 mile Open TT Cup		Sue Triplow 22m 43s
Audax Trophy	Gold	Raymond Cheung 6281km
	Silver	Les Dunham 1317k
	Bronze	Ian Lovelock 1044k
Club SPOCO Trophy	Gold	Caroline Wyke 1407 points
	Silver	Nick Webber 856 points
	Bronze	Alex Purcell 590 points
Hillclimb Champion - Men	Gold	Lee Ford 50.8s
	Silver	Dan Upton 59.7s
	Bronze	Dean De'Ath 1m 01.3s
Hillclimb Champion - Ladies	Gold	No award
Hillclimb Champ Juv Female	Gold	No award
Hillclimb Champ Juvenile Male	Gold	Charlie Upton 1m 02.4s
Hillclimb Champ Junior Female	Gold	No award
Hill climb Champ Junior Male	Gold	No award
Club 10 mile T.T. Champion	Gold	Alex Purcell 22.11
	Silver	Damon Day 23.36
	Bronze	Gary Pamment 24.00
Club 10 mile TT Ladies Champ.	Gold	Angie Lesslie 27.23
Club 10 mile TT Vets Champ.	Gold	Nick Webber 22.08
(<i>on Standard</i>)	Silver	Damon Day 22.12
	Bronze	Gary Pamment 23.05
Club 10 mile TT Champion	Gold	Charlie Upton 15.09
(<i>on Handicap</i>)	Silver	Dean De'Ath 15.18
	Bronze	Dan Upton 15.43
Club Evening Points Series	Gold	Charlie Upton 867 points
	Silver	Dan Upton 700 points
	Bronze	Les Dunham 688 points
Club Evening Pts Series B.A.R.	Gold	Alex Purcell 1hr 29m 30s
	Silver	Charlie Heeks 1hr 37m 43s
	Bronze	James Rush 1hr 38m 58s
Clubman of the Year		Roger Rush
Rider of the Year		Simon Daw
Junior Rider of the Year		Charlie Upton
Ladies Trophy		Caroline Wyke
Golden Spindle Nut Award		Caroline Wyke

CCS 2023 Awards Evening

A Lively gathering of CCS members (35) saw an awful lot of silverware; cups and medals handed out during the evening.

The majority of winners were already known beforehand with the exception of the winners of awards voted by the committee. I managed to nick the Clubman trophy from others who were more worthy of the award.

Simon Daw picked up the Rider of the Year but commented that either Ray Cheung or Alex Purcell would have also been worthy winners for their outstanding efforts on the road!

Charlie Upton collected the Junior Rider of the year for an impressive season which saw him improve on most rides in the Evening Series. One to watch...!

Caroline Wyke picked up the last two awards; the Ladies Trophy for her sheer doggedness in retaining the SPOCO award in all weathers and driving many miles to achieve it and also the Golden Spindle Nut which was for writing her Blog about her adventures on the way.

A good evening all round and it was nice to meet up with so many members and friends who were kind enough to thank me for my efforts with the Spindle.

Rog

Group photo of Awards Evening Winners



*'And so I'm done, no more screaming at the monitor when things go awry and won't work.
I won't miss that at all..*

*I probably will miss the times when it all came together though with no hiccups and I just had to
push send!*

*So just a few personal thank you's to my regular monthly contributors who provided me with the
updates for each issue throughout the years :-*

Robin Weaver for the Diary Dates and generally helping me when the red mist came down!

David Fenn for the Audax and SPOCO updates.

*David Miller for working out the Evening TT Series points
and positions.*

*Caroline Wyke for making me chuckle with her Blog
every month*

*And finally to my wife/proof reader Liz who has had to
endure 14 years of my blasphemy and dark moods when
just about everything went wrong.*

Thank you all for 'reading' Spindle.'

Regards Rog

