

# CYCLE CLUB SUDBURY

Affiliated to:  
British Cycling  
East District Cycling Association  
Eastern Counties Cycling Association  
Cycling Time Trials  
Cycling UK

## 2024 HANDBOOK

[www.cycleclubsudbury.com](http://www.cycleclubsudbury.com)





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## ABOUT CYCLE CLUB SUDBURY

Throughout 2024, the Club will be holding a wide range of events to meet most cyclists' needs. For further details of all events, see the website at [www.cycleclubsudbury.com](http://www.cycleclubsudbury.com), which also has a downloadable membership form, or the Club's magazine, "The Spindle", which is emailed to members and also available to all on the website.

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### **Reliability Ride**

The first event of the year - from the Stevenson Centre, Broom Street, Great Cornard, on Sunday 28th January 2024. Two course lengths (28 or 46 miles) with two finish target times for each distance. Choose your own distance and target time.

### **Open Time Trials** – see also page 6.

The Club will be holding the 22 mile "Mad March Hilly Open Time Trial" on a course from Lavenham. This is scheduled to be held on Sunday 3rd March 2024 and is an event on a 'sporting' course. Closing date for entries is Tuesday 20th February – entries via the CTT website. Course details – page 13.

### **Club Time Trials**

The club holds a summer season of twenty time trial events, every Thursday evening, from Lavenham, based at the public car park beside the Cock Horse public house opposite the church. The first event is on Thursday 18th April, running through to 29th August. We intend to continue with the system we've established over the last two years, with registering and payment on-line, but extending the maximum entry to 40 riders. Riders may also enter on the night (but pre-booking preferred), with payment by card on the night. Non-CCS members are able to ride, although CCS 1st and 2nd claim riders will take priority. See also pages 6-11 of this handbook. We have three courses varying in length from 8.2 to 10 miles – see pages 10-13.

Club riders also take part in Open time trial events – see the CTT website at [www.cyclingtimetrials.org.uk](http://www.cyclingtimetrials.org.uk) for details.

### **Road and Off-Road Racing** – see also page 16.

The Eastern Road Race League has been disbanded, so the future of road racing in East Anglia is uncertain. British Cycling are currently struggling to find enough race officials, and there might be a need to find a new course. Some Club members race in East Anglian road races and evening summer series races at Trinity Park Ipswich, Colchester Northern Gateway and elsewhere. Other members take part in autumn and winter off-road races, some of them at Thetford Forest.

**Audax** – see also pages 17-18.

The club organises Audax rides during the year. These are distance and endurance rides, not races, and you don't need to be an AudaxUK member to ride. Visit the AudaxUK website Calendar to find rides. CCS's own Audax rides are scheduled for Saturday 6th April from Dedham and Saturday 6th July (tbc) from Bildeston. See page 18 for details. Club riders also take part in other local 'Calendar' Audax events, often riding as a group. There are also 'Permanent' Audaxes you can ride at any time and 'DIY' (or GPS) Audaxes. For full details of all Audax events see the CCS website or [www.audax.uk](http://www.audax.uk), or page 18 of this handbook.

### **Hill Climb**

An Open Hill Climb event is run by the Club each year, incorporating the East District Cycling Association Championship. This is scheduled to be held on Sunday 29th September 2024, at Watson's Hill, Semer, on a closed road – a great event for riders and spectators. The closing date for entries is 17th September.

**Sunday Club Runs** – see also page 14.

The weekly club runs leave Market Hill Sudbury at 9am every Sunday. There are usually three or four groups; a social ride of about 40-45 miles at the speed of the slowest rider, with a cafe stop; a medium ride, 40-45 miles, again with a cafe stop, about 14-15mph; a medium fast ride of similar distance, usually about 17mph, usually with a café stop; and depending on turnout, a fast ride, often without a café stop – slower riders on this group may be dropped – that won't happen in the other groups!. There is a nominated ride leader. New riders, visiting riders, and those thinking of joining the club are welcome; you can take part in up to three 'taster' rides before joining the club.

Other unofficial club rides and faster training rides are generally arranged by club members via the Cycle Club Sudbury Facebook page.

There is also a Wednesday social club run for members.

For further information about these rides contact the Club Runs Co-ordinator via the CCS website Contacts page or see the back cover of this handbook. If you're a new rider please read our 'Club Run Notes' on pages 14/15. New and visiting riders can take part in three rides before joining the club.

### **Social events**

These run throughout the year and include winter outdoor track sessions at Colchester Northern Gateway; off-road rides (scope for more Club activity here); a quiz night; club meetings; trips to velodromes; and an annual awards presentation.

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## CCS 2024 EVENTS LIST

Date	Event
Thursday 4th January . . . . .	CCS Subs Night
Sunday 28th January . . . . .	Reliability Trial from Great Cornard
Sunday 3rd March . . . . .	Mad March Hilly Open Time Trial from Lavenham
Saturday 6th April . . . . .	CCS audaxes from Dedham: 100k, 200k
Saturday 6th July (tbc) . . . . .	CCS audaxes from Bildeston: 104k, 168k, 206k
Sunday 29th September . .	Open Hill Climb & East Dist. Championship, Semer
Thursday 28th November. . .	CCS Annual General Meeting and Awards evening

## 2025

Thursday 9th January. . . . .	CCS Subs Night
Sunday 26th January . . . . .	Reliability Trial from Great Cornard.



## THURSDAY EVENING TIME TRIAL SERIES 2024

<b>Date</b>	<b>Course</b>	<b>Distance</b>	<b>Start Time</b>
April 18th . . . .	Brent Eleigh . . . . .	8.2m. . . .	18:45
April 25th . . . .	Acton Circuit. . . . .	8.3m. . . .	18:45
May 2nd . . . . .	Lavenham 10 . . . . .	10m. . . .	18:45
May 9th. . . . .	Brent Eleigh . . . . .	8.2m. . . .	19:00
May 16th. . . . .	Acton Circuit. . . . .	8.3m. . . .	19:00
May 23rd. . . . .	Lavenham 10; Interclub; Colchester Rovers . . . .	10m. . . .	19:00
May 30th. . . . .	Lavenham 10 . . . . .	10m. . . .	19:00
June 6th . . . . .	Brent Eleigh . . . . .	8.2m. . . .	19:30
June 13th . . . .	Acton Circuit. . . . .	8.3m. . . .	19:30
June 20th . . . .	Lavenham 10; Interclub; West Suffolk Wheelers . . . .	10m. . . .	19:00
June 27th . . . .	Brent Eleigh . . . . .	8.2m. . . .	19:30
July 4th . . . . .	Lavenham 10 . . . . .	10m. . . .	19:30
July 11th . . . . .	Acton Circuit. . . . .	8.3m. . . .	19:30
July 18th . . . . .	Brent Eleigh . . . . .	8.2m. . . .	19:30
July 25th . . . . .	Lavenham 10 – Club Championship . . . . .	10m. . . .	19:30
August 1st. . . . .	Acton Circuit. . . . .	8.3m. . . .	19:30
August 8th . . . .	Lavenham 10 . . . . .	10m. . . .	19:00
August 15th . . .	Brent Eleigh . . . . .	8.2m. . . .	19:00
August 22nd . . .	Jonathan Weatherley Memorial TT; Lavenham 10 . . . .	10m. . . .	18:45
August 29th . . .	Acton Circuit. . . . .	8.3m. . . .	18:45

## RIDING TIME TRIALS

(See CTT and CCS websites for full rules)

**NOTE:** before you take part in any time trial, whether it is an Open event or a Club event, it is important that you read the following and that you fully understand the rules and regulations. These notes are extracts from Cycling Time Trials Handbooks and Regulations, and CCS Rules. There are additional Regulations regarding “open” events.

**1. TIME TRIALS.** The minimum distance for a time trial is generally 10 miles, but shorter races are permitted for Club events. There are also 25, 30, 50, 100 mile and even 12hr and 24hr events, as well as special distance and Hill Climb events. CCS courses are detailed on the CCS website. All open events are detailed on the CTT website.

Riders start at one-minute intervals, or sometimes more, and cover the course as fast as they are able, ALONE and without taking pace from other competitors or vehicles. A competitor overtaking another rider must pass without receiving or giving shelter. The onus of avoiding company riding is upon the rider overtaking.

**2. ENTERING TIME TRIAL EVENTS.** For insurance purposes, you must be a member of CCS or another club which is affiliated to Cycling Time Trials.

Details of all Open Time Trials are available on the CTT website, and entry is also via that website.

Entry to Club events will in 2024 be open to CCS riders and riders from other clubs, following the procedure introduced last year, with a higher limit of 40 riders. Potential riders are asked to notify CCS by email to [pamandrobinw@gmail.com](mailto:pamandrobinw@gmail.com) before 7pm on the Tuesday evening before an event if they wish to ride (a reminder email will be sent out). If there are more than 40 who want to ride, CCS 1st and 2nd claim members will take priority. This will enable a start sheet to be pre-prepared and circulated on the Wednesday. Riders who prebook a ride and find that through work commitments are not able to ride can carry payment forward to a subsequent week.

Payment ideally should be made before the event, but it is suggested you do this after your ride place is confirmed by the start sheet. Payment is £4 a ride for CCS 1st and 2nd claim members, £5 for others, or £65 for a season of 20 rides for CCS 1st and 2nd claim members, £85 for others.

Three payment methods;

- 1) If you have a PayPal account, you can pay the email address [davem@cycleclubsudbury.com](mailto:davem@cycleclubsudbury.com); on the Payment page, add a note of your surname, and TT.
- 2) Alternatively, make a payment of £4 by EFT bank transfer to CCS, details; Barclays Bank; Account name Cycle Club Sudbury; Sort code 20 83 50 Account



## RIDING TIME TRIALS (cont.)

number 30308188. Please use your surname and TT as a payment reference.

3) Card payment on the night (pre-payment preferred, though).

**Riders turning up on the night** will be allowed to ride. Payment ideally should be by card. They will ride after pre-booked riders.

Entry to open events is in advance before the closing date for the event (see CTT Handbook or website), either by post on a CTT entry form with the entry fee to the organiser, or “on line” via the CTT website.

**3. MINIMUM AGE.** The minimum age for competitors on open roads is 12 years. It is essential that young competitors know the Highway Code and are competent to ride on the roads alone and have the authorisation of their parents/guardians to complete (if under 18 years of age) on a consent form, available at events’ signing on.

**4. THE BICYCLE.** This should be roadworthy. Triathlon bars with forearm supports, and equivalents, may be used. A solid disc wheel may be used at the rear of your bike but must not be fitted as the front wheel. Spoked and composite spoked (tri-spoked) wheels may be used. Use of breakable vessels for food or drinks is prohibited. **It is a CCS rule that working front and rear lights, either flashing or constant, are fitted to the bicycle in a position visible to other road users and are active whilst the bicycle is in use.**

**5. CLOTHING and HELMETS.** Clothing is generally a short or long sleeved top or racing vest and shorts or training bottoms. Bright rather than dark clothing is recommended for visibility. CTT strongly advises you to wear a hard-shell helmet that meets international accepted standards. All competitors under the age of 18 years must wear a properly affixed helmet that should conform to the recognised Standard such as Shell B95EN1078. ANSI Z90.4, AUS/NZ2063:96, DIN33-954, CPSC, EN1078.

**6. SAFETY AND VISIBILITY.** Remember that a cyclist is less likely to be seen than a vehicle by drivers of other vehicles, and drivers may think you are travelling slower than you actually are. Think ahead at junctions and roundabouts. Bright rather than dark clothing is recommended. To improve visibility from the rear (as well as identifying the rider) all riders are required to wear a bright fluorescent number on their rear. **It is a CCS rule that working front and rear lights, either flashing or constant, are fitted to the bicycle in a position visible to other road users and are active whilst the bicycle is in use.**

**7. OBSERVANCE OF THE LAW.** All competitors in, or in the vicinity of, the event must:

- observe the Highway Code and the law.
- not ride in a manner unsafe to themselves or other road users.
- ride on the left except for safe overtaking and when making right hand turns.
- conform to all traffic signs, signals and direction indicators.
- in making any turn before, during or after the event, ensure that it is safe to do so.

**8. COURSES.** Whilst marshals are appointed to assist riders to get round the course, it is the riders' responsibility to make sure they know the route to follow in the race. Route maps are displayed at the event HQ, and for CCS events are on the CCS website and in the CCS Handbook.

**9. RIDING ON THE COURSE.** No warming up or riding on the course (including passing the start) by competitors is allowed once an event has started.

**10. U-TURNS.** U-turns will not be permitted on the course or roads adjacent to the start and finish areas. The rider should dismount, check the road is clear in both directions, then with the machine walk across the road.

**11. RIDING.** Riders must keep a proper look-out at all times. Head down riding can normally result in suspension.

**12. DNS (Did Not Start) and DNF (Did Not Finish).** Riders must inform the start timekeeper if they are not going to ride for whatever reason. Riders who fail to finish the course must inform the timekeepers. Riders must not approach the timekeepers to ask for their times until the event has finished.

**13. ACCIDENTS, MEDICAL TREATMENT and DRUGS.** If you have an accident during a race, even minor, you must report it as soon as possible. A person may not compete who is knowingly suffering from any disease, mental or physical disorder or is having medical treatment making it unsafe or undesirable to do so; or is receiving medical treatment which could include a proscribed substance.



## **EVENING TT POINTS SERIES RULES (see CCS website for full rules)**

**1. QUALIFYING EVENTS** will be all the Thursday evening Time Trials organised by CCS in any one season, including Club Championships and Interclub competitions.

**2. RIDERS ELIGIBLE** to enter the competition will be all paid up first and second claim members. All classes (Vets, Seniors, Juniors, Juveniles and Ladies) will compete in the same single competition. 1st and 2nd claim members are eligible for the medals awarded for 1st, 2nd and 3rd places. The Evening Points TT Series Trophy will be awarded to the highest placed CCS 1st claim rider.

**3. THE WINNER OF THE SERIES** will be rider with the higher number of points at the end of the season. Points will be awarded to individuals as follows:

For each start = 5 points; for each finish = 5 points; for each one second improvement over his/her best time on each course = 1 point; for turning up, then event is cancelled = 5 points. Two-up riders awarded start/finish points, but not time improvement points.

**4. BASE TIME.** A rider's base time for each year will be his/her fastest time on the course for the previous season increased by an allowance of 3.5%. Where a rider has no recorded time for a course from the previous season, his/her first ride on each course will become his/her best time. Base times must be set on "reasonably competitive" cycles. Base times established on non-competitive bikes will be disallowed unless that bike is ridden all year without modification. Full details on the CCS website.

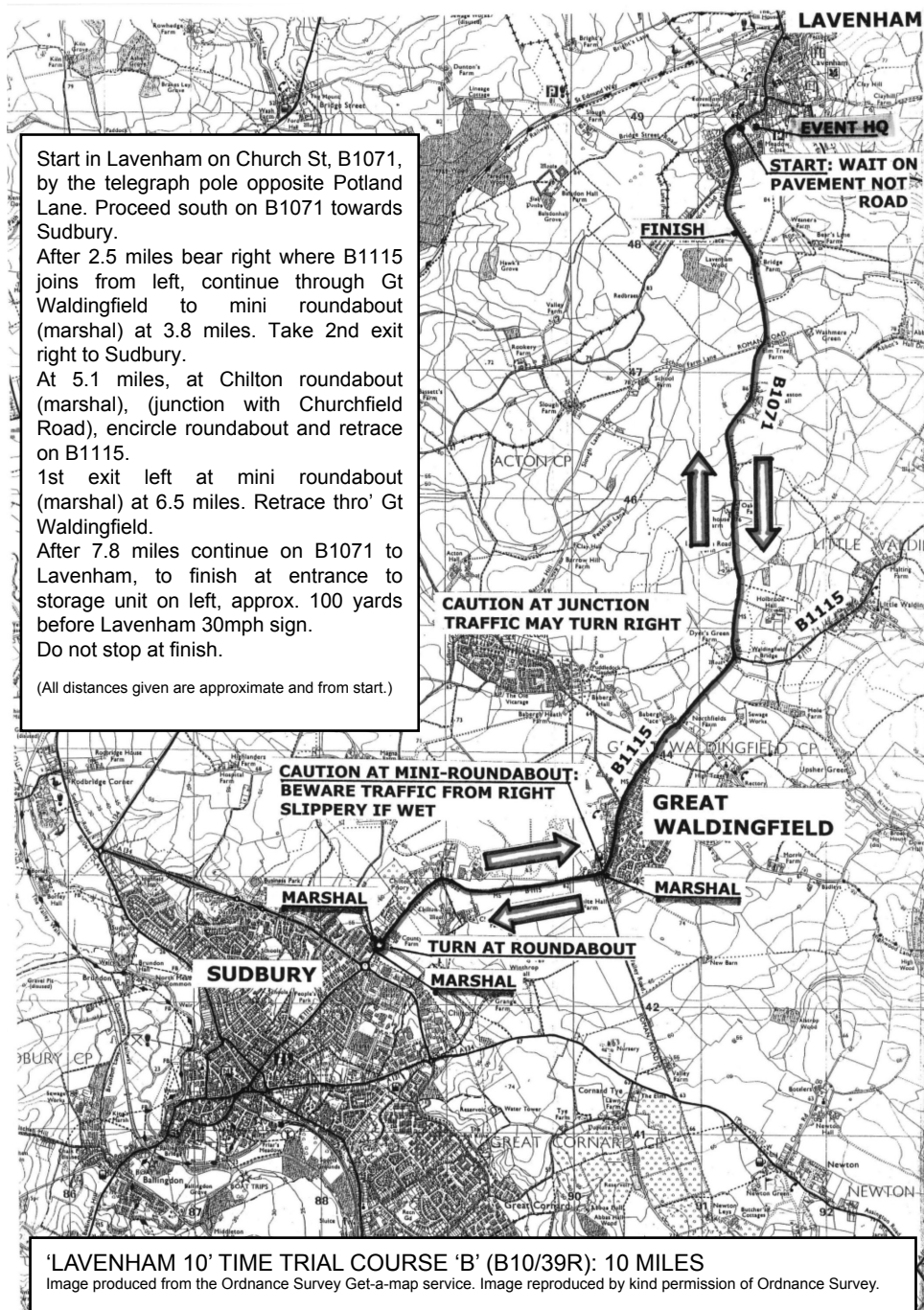
**5. MARSHALLING.** All CCS riders must marshal at least twice per season. CCS riders who marshal will receive 30 points for the first marshal duty, 40 points for the second marshal duty. When a rider cannot meet his/her allocated marshal date he/she may swap dates, provided they tell the organiser first.

**6. SIGNING ON.** Pre-registering is mandatory. See page 6, item 2 for details. Riders who turn up on the night will not be able to ride.

**7. ENTRY FEE.** The following entry fees for the Evening Time Trial Series will apply. For payment methods, see page 6, item 2.

Payment is £4 a ride for CCS 1st and 2nd claim members, £5 for others, or £65 for a season of 20 rides for CCS 1st and 2nd claim members, £85 for others.

**8. LIGHTS.** All riders must have working front and rear lights, either flashing or constant, fitted to the bicycle in a position visible to other road users, and active while the bicycle is in use.



Start at Howlett's Garage, Lavenham, on the Melford Road (past side of garage), 5m past telegraph pole 81. Proceed towards Long Melford.

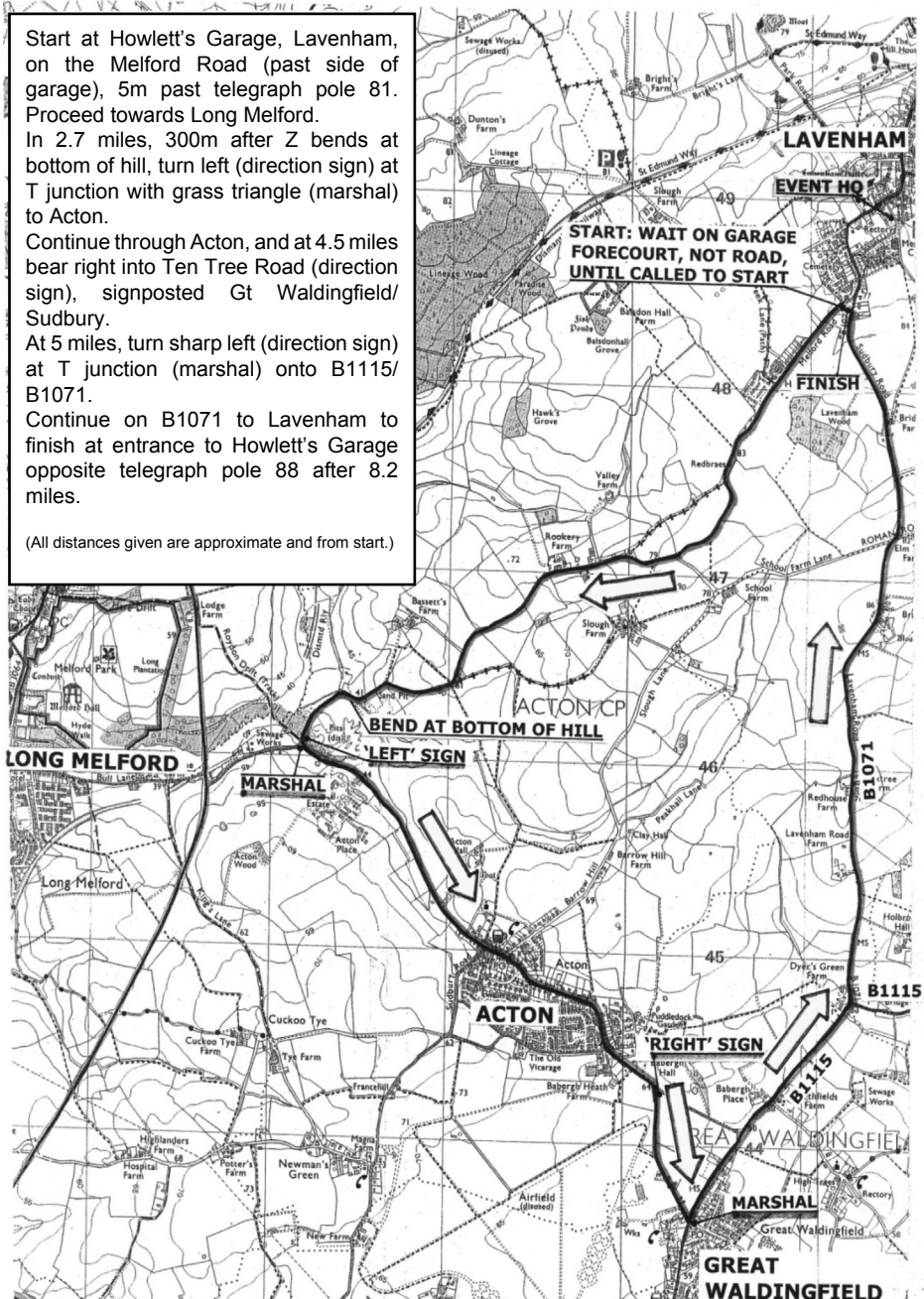
In 2.7 miles, 300m after Z bends at bottom of hill, turn left (direction sign) at T junction with grass triangle (marshal) to Acton.

Continue through Acton, and at 4.5 miles bear right into Ten Tree Road (direction sign), signposted Gt Waldingfield/ Sudbury.

At 5 miles, turn sharp left (direction sign) at T junction (marshal) onto B1115/ B1071.

Continue on B1071 to Lavenham to finish at entrance to Howlett's Garage opposite telegraph pole 88 after 8.2 miles.

(All distances given are approximate and from start.)



# **'ACTON CIRCUIT' TIME TRIAL COURSE 'C': APPROX 8.2 MILES**

Image produced from the Ordnance Survey Get-a-map service. Image reproduced by kind permission of Ordnance Survey.

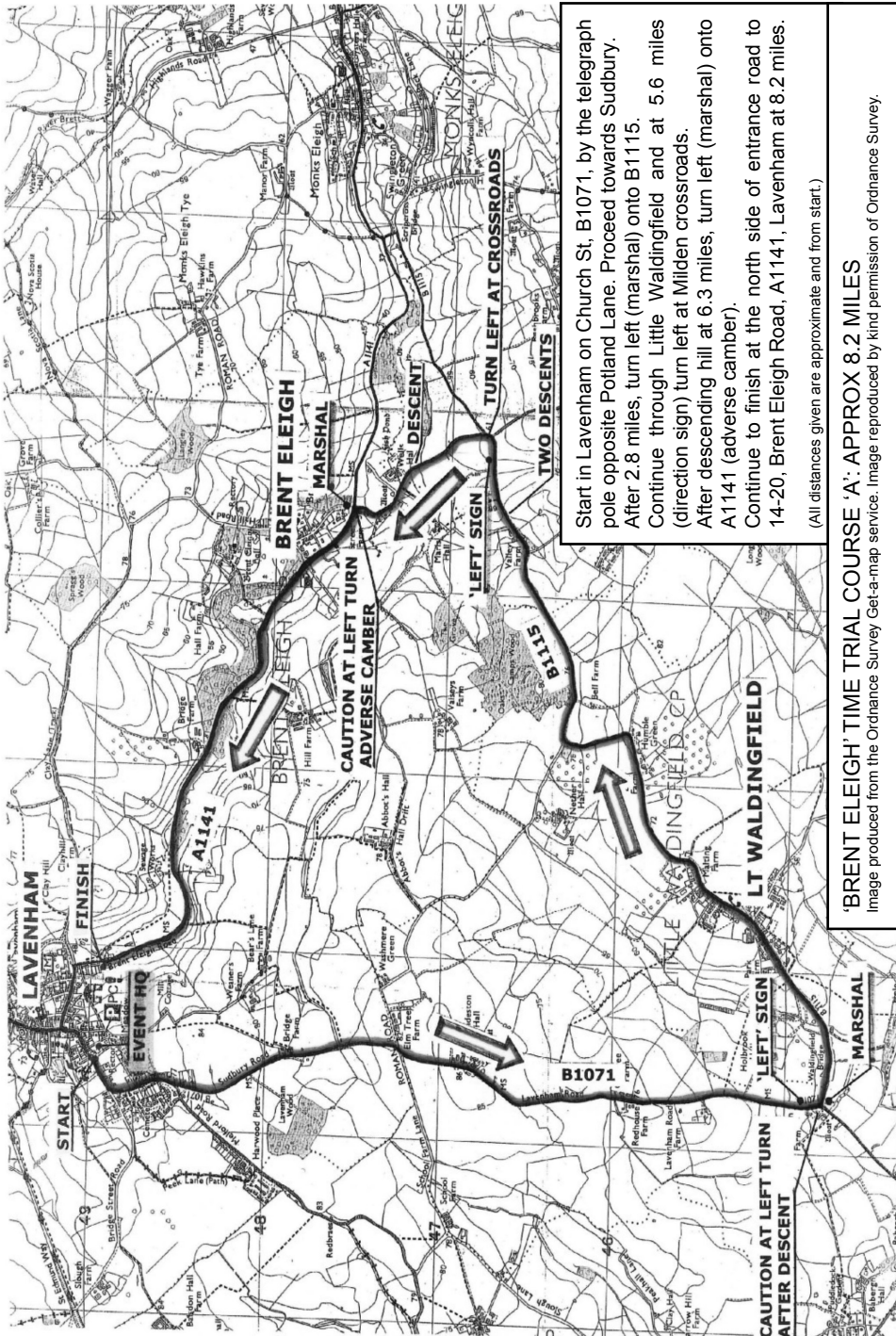
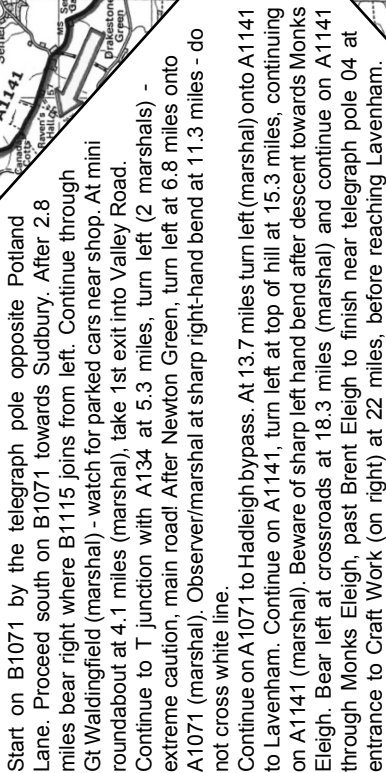


Image produced from the Ordnance Survey Get-a-map service. Image reproduced by kind permission of Ordnance Survey.



(All distances given are approximate and from start.)

## **CLUB RUNS, AND RIDING IN A GROUP**

All riders take part in group rides at their own risk. Those risks can never be totally eliminated but can be minimised by following this advice in the spirit as well as the letter.

Consider your own insurance needs. In particular we strongly recommend that you have Third Party (Public Liability) insurance that covers you whilst cycling. The Club has such a policy to cover claims against the Club and its officers, but it does not cover individual riders. You should strongly consider joining the Cycling UK (was CTC) or British Cycling – full membership includes both Third Party insurance and free legal assistance, Cycling UK membership through CCS includes Third Party insurance.

Helmets are not compulsory, but their use, especially when riding in a group, is recommended.

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## **NEW CYCLISTS**

If you do not currently take regular exercise and/or are in any doubt as to your health, please consult your doctor before starting. Some general fitness is necessary, so you might find it useful to try short rides on your own, increasing in distance, to check your fitness and familiarity with the bike, before joining a group.

Don't try to push yourself too hard, particularly on the hills. Ride up at your own pace - walking is allowed but nice low gears are better! In either case the group will wait at the top. If you feel uncomfortable with the speed of the group, tell someone! - we never leave anyone behind. If you have major problems or decide to leave the group, then make sure you tell the leader. Carrying a mobile phone is a good idea.

Carry personal details on a card - name, address, contact phone number and some money.

Carry drinks and food, even on short rides. The food can be some form of high energy bar to get you to the next café stop.

Well behaved children are welcome provided they are accompanied by a parent or other responsible adult. The adult should assess whether the child is capable of the ride. Children aged 16 and 17 may ride with parental approval and will otherwise be treated as adults.

Wear cycle specific clothing if possible, as it provides a better level of comfort and practicality. 'Layers' are good for temperature control. A brightly coloured jacket or jersey makes you more visible to other road users. Carry a waterproof jacket, not only for the rain but also to give an extra layer if you have to stop with a puncture and cool down. A club jacket or jersey will help to publicise the club and also make you very visible.

Carry enough tools to get you out of everyday problems like punctures or nuts or bolts working loose. It's easier to change an inner tube than it is to repair a puncture at the roadside (especially if it's cold or wet). Carry two spare inner tubes, tyre levers, a pump and spanners/allen keys to fit as the minimum. A puncture outfit will also be needed in case you get more than two punctures.

Mudguards are optional, but lack of mudguards could make you unpopular on a wet day.

Keep your bike in good condition and replace any worn out parts. The group will help if something goes wrong, but that always happens when it's raining! Keep a close check on your tyres which should be fully inflated, and without cuts or bulges. Remember that just as we tend to notice only the inconsiderate or bad drivers, so other road users see poor behaviour by some cyclists. Make sure that you do not provide ammunition to the anti-cyclist lobby.

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## RIDE ETIQUETTE

Ride steadily. Keep a steady line and constant speed while in a group. Any sudden change is magnified as it reaches riders at the back and so can have dramatic consequences.

If there are more than 12 riders, split the group into sixes, with gaps of at least 50 yards, to allow passing cars to pull in. Keep an eye on where the front group go at junctions.

Ride two abreast where it is safe to do so but always be prepared to single out (the outer rider dropping back) when necessary. Try not to overlap with the rider(s) in front.

When approaching a hill anticipate the gradient and change gear in good time. Missing a gear change on the steep bit can bring you to a sudden halt - not a good thing for the riders behind you!

Ride safely at all times; follow the requirements of the Highway Code as they apply to cyclists, and guidance from your leaders.

Treat members of the group and other road users with courtesy. Acknowledge with a wave courteous behaviour by other road users. Do not react to bad driving incidents with gestures or provoke retaliation.

Do not “wave through” a following vehicle that is waiting to overtake - let the driver make the decision. This will avoid the risk of being held responsible in the case of an accident.

Visitors and potential members are welcome to try a club rides (a maximum of three before joining the Club).

Finally; let others know if you have a problem or have decided to leave the group.

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## WARNING CALLS WHEN RIDING IN A GROUP

These calls and signals are universal to all experienced cyclists - please use them at the appropriate times:

**“Stopping”** and **“Slowing”** (or **“Easy”**). Lets riders behind know your intentions.

**“Oil Up”** (or **“Car up”**). There is a vehicle coming up behind the group.

**“Oil Down”** (or **“Car down”** or **“ahead”**). There is a vehicle approaching the front of the group.

**“Single out”** A call from riders at the back of the group when a vehicle is unable to pass a two abreast column safely. The standard procedure is for the outside rider to drop back behind the inside rider. The call “single out” alerts everyone to the need to slow up and create spaces in the inside file.

**“Clear”** or **“Oil/car on Left/Right”** Called to following riders at junctions. If the group cannot stay together, the first ones across ride slowly until the others catch up.

**“Hole”** Any pothole. Either point or add to the call “on the left/right”.

**“On the Left/Right”** A general warning of some kind of hazard - usually parked cars or pedestrians. For hazards on the left an alternative warning is to put your left hand behind your back, pointing to the right. Give way to pedestrians - they can feel intimidated by cyclists just as we sometimes feel intimidated by motorists.

**“Puncture”** Let the others know; they will wait while you repair it (maybe with help!).

**“Horse(s)”** Special care is needed, particularly if you approach from behind. Pass as widely as possible. Make sure that both the horse and rider are aware of your presence and if you are approaching from behind call out. Pay attention to any request by the horse rider - they know the temperament of the horse and its likely reaction to a group of brightly clad cyclists.

## **EASTERN ROAD RACE LEAGUE**

Road racing in our part of the world has until now been organised by the ERRL. Owing to difficulties in finding volunteers, and reducing entries, the League has now disbanded.

British Cycling is currently struggling to find race officials, and there is also the possibility of needing to find a new course, and so road races this year are not yet a certainty. If races are organised, why not offer to help with the organisation – this could be your big chance to drive a lead car, marshal, or make a pot of tea. Watch the CCS website and Spindle for future news.

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## **CCS SPOCO (SPORTING COURSES) TT COMPETITION**

The CCS SPOCO (Sporting Courses) time trial competition, for the Jonathan Weatherley Trophy, is for CC Sudbury first claim members and is based on Open time trials ridden ideally in hilly/technically difficult events on minor roads, rather than fast courses. Introduced in 2016, it is a closely fought competition. In previous years, Club members qualified for the competition by riding in SPOCO events in the SPOCO East and South East series, in events over any distance. SPOCO East has now disbanded, so CCS will run it's competition using the results from Open time trials on SPOCO South East courses, and on courses that were previously SPOCO East courses.

The competition is based on finishing position rather than super-fast times. The scoring system is 120 points for a 1st place, 119 points for a 2nd place and so on down to 1 point. To claim points, riders must submit a copy of their event Result Sheet to the club SPOCO administrator, David Fenn. Points will be allocated based on their position on the result sheet. The winner of the club SPOCO competition will be the rider accumulating the highest number of points from all their rides during the season.

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## AUDAX RIDES

The idea of Audax was first formulated in Italy. Participants had to swim, run, walk, or cycle a set distance in 14 hours, which was approximately the time between sunrise and sunset. The distance to be covered by cycling was 200 kilometres.

During the '60s and '70s, a number of British riders took part in continental Audax rides. AudaxUK was formed in 1976, and since then has co-ordinated Audax rides in the UK. Anyone can ride in an Audax event, not only AudaxUK members.

Audax rides are NOT races. Typical distances are 100, 200 or 300 kilometres, (a hangover from Audax Italian origins). People ride them more in the spirit of an event like the London Marathon, everyone riding to their own limitations with the primary objective to just 'get round' unaided – self-sufficiency is important, although Audax riders are renowned for 'helping each other out'. Any type of bike can be ridden. Contrary to rumour, mudguards are not mandatory, although might be appreciated by other riders in wet weather. The routes typically feature short lengths of main roads and a lot of quiet, scenic lanes. There are maximum and minimum time limits, based on average speeds over the ride, including stops, of 15 and 30 kilometres an hour; these suit everyone from the fittest of recreational riders, to more occasional riders who have plenty of determination.

Each rider is issued at the start with a 'brevet card' which is filled in by the rider at 'information controls', where a simple question is answered (eg – distance on signpost to .), or stamped by a helper at a 'stamp control', and also at the finish, when the card is returned to the rider as a certificate of their achievement. You need to ride with a pen or pencil!

**START: Bildeston Sportsfield Pavilion: turn L**

R @ T no SP; Bildeston High Street . . . . . 1.0

L on RH bend, SP Elmsett (becomes Manor Road) . . . . 7.1

Part of a typical  
route sheet

Riders are also issued with a turn-by-turn route sheet; a means of having this accessible to read is advisable – bar bag top, Perspex carrier, etc. A computer recording in kilometres also helps you keep track of where you are on the route sheet. Most Audax rides also have the route available as a downloadable GPS track.

On any weekend there are up to 15 'Calendar' rides available across the country – about 25 in East Anglia over the year. To find out about rides, visit the AudaxUK website at [www.aukweb.net](http://www.aukweb.net), and use the Calendar page, clicking on the event you're interested in. This gives access to an entry form (on-line entry available on most rides), information on the start venue, and access to the route sheet, and GPS track if available. Payment is usually in the £6-10 range, and for non AudaxUK members includes 3rd party insurance cover during the event. There are also 'Permanent' Audax rides, and 'DIY' GPS Audaxes, which you can ride at any time; more details on the AudaxUK website.

Most Audax rides have food and drink available at the start and finish, and any well-run Audax will also include cafés on route, often as a control point. You'll need to take any extra food and drink you think you may need, as well as spare tubes, etc., and clothing to suit any expected weather changes.

## 2024 EAST ANGLIAN AUDAX RIDES

To date, fewer than usual 2024 Audax events have been added to the AudaxUK website calendar. Before planning to ride an Audax, please check the event is still running, or look for newly listed events, at the AudaxUK website, [audax.uk/choose-a-ride/calendar-events](https://audax.uk/choose-a-ride/calendar-events).

**Please support the CCS Audaxes on 6th April, and 6th July (tbc).**

20 January	Saturday	Kelvedon	100k
10 February	Saturday	Witham	100k
9 March	Saturday	Dunmow	100, 200k
24 March	Sunday	Stevenage	200k
29 March	Saturday	Manningtree	100, 200k
6 April	Saturday	Dedham	100, 200k
12 April	Friday	Witham	100k
13 April	Saturday	Ely	100k
14 April	Sunday	Woodbridge	100k
14 April	Sunday	Mountnessing	110k
20 April	Saturday	Carlton Colville	100,160,200k
20 April	Saturday	Huntingdon	200k
22 April	Saturday	Dunmow	50, 100k
27 April	Saturday	Debenham	50, 100k
28 April	Sunday	Boxford BC	Tornado sportive
4 May	Saturday	Manningtree	300k
4 May	Saturday	Copdock	100k
4 May	Saturday	Stevenage	200k
25 May	Saturday	Stevenage	400k
26 May	Sunday	Lound	100, 160, 200k
8 June	Saturday	Manningtree	400k
8 June	Saturday	Stoke Holy Cross	110, 200k
14 June	Friday	Dunmow	300k
22 June	Saturday	Dunmow	600k
6 July (tbc)	Saturday	Bildeston	100, 160, 200k
14 July	Saturday	Witham	50,100,200k
20 July	Friday	Stevenage	600k
20 July	Saturday	Dunwich Dynamo	
17 August	Saturday	Little Green	50, 120, 200k
14 September	Saturday	Witham	100, 200k
21 September	Saturday	Witham	1000k
5 October	Saturday	Dunmow	100, 200k
13 October	Sunday	Carlton Colville	100, 160, 200k
2 November	Saturday	Witham	100k
12 November	Sunday	Carlton Colville	100k

## CLUB HISTORY

The Club was formed in 1979 by Harold Raymond and Len Finch after a previous Sudbury club had disbanded some years earlier. They placed an advert in the Free Press inviting anyone interested to an inaugural meeting on 27 August. A number of people responded and a committee was formed with Pat Raymond as Secretary, Len as Treasurer, and Gordon Richards, the first member, as Chairman. Other early members included the Webber family, Pete and Marlene Broomfield, Tony Hall, and Colin Dales.

Club meetings were held at Great Cornard Upper School, and annual subscriptions were £4 for seniors, £6 for families, and £2 for juniors.

During the first year the Sunday Club Run was established, Len started "The Spindle" newsletter and a Boxing Day fancy dress time trial was held, with a Reliability Trial in January. By June 1980 there were 33 members.

Early Time Trials were held on two courses, with Harold timekeeping from a wristwatch. The first course ran from Great Cornard Sports Centre to Bures, across to Assington, and back to Cornard via the A134, Joes Road and Sheepshead Hill. A 10 mile course was then established from the old Sudbury Garden Centre along the A134 to Leavenheath and back, with a U-turn around a marshal, bravely stood in the road near the Hare & Hounds!

The '80s saw a number of younger riders in the club, with frequent weekend racing for them at the Eastway circuit, now the Olympic Velodrome site, and circuit training organised by Harold at Cornard Sports Centre.

In the early '90s, Scott Jones established a strong hold on the club's time trial records: he held them all, from 10 miles to 100 miles, until the 2010 season. By 2014 all except the 100 mile were held by the late Jonathan Weatherley, and in 2015 by Jody Downs, (with the exception of the 25 mile). In 2017 Mandy Bunn had an outstanding season, taking the 10, 25, 30 and 50 mile women's records.

Stalwarts of the club over the last two decades and longer have been Geoff Morse, now our president, who has served as chairman, secretary, treasurer and timekeeper, Alan Wiseman, Harold Raymond, the late Len Finch, and Brian Webber as chairman, time trial organiser and timekeeper.

As well as riding in our own Club Time Trials, a committed group of club members take part in open time trials in East Anglia and beyond, riding in both individual and team events. Club riders also take part in local road, criterium, and circuit races. Other riders specialise in off-road racing, and grass track racing has a few followers.

Over recent years other members have taken to Audax long distance riding – CCS members often ride as a group. Most years, groups of riders visit southern Europe for training weeks in the spring, and there's a regular summer trip to Dieppe. The club kit of orange and black is therefore increasingly recognised not only on the roads of East Anglia but beyond. The Club currently has about 125 members.

## CLUB RECORDS AS AT NOVEMBER 2023

Age-related club records are available on the CCS website, under 'About'

### Senior Men's Individual Time Trial Records

Dist.	Name	Time	Event: Course	Date
10 Miles	Leon West	19.31	ECCA Newmarket: E2/10	14/9/19
15 Miles	John Bradbury	32.22	CC Breckland: B15/1	5/9/20
25 Miles	Leon West	49.38	Bynea CC: R25/3H	24/6/18
30 Miles	Leon West	1.00.44	Leo CC: E2/30	21/9/19
50 Miles	Leon West	1.43.42	ECCA Newmarket: E2/50	13/5/18
100 Miles	John Bradbury	3.46.26	ECCA Newmarket: E2/100	23/6/19
10 Miles	Geoff Morse (Trike)	30.10	Stowmarket: B10/40	14/9/91

### Senior Ladies Individual Time Trial Records

10 Miles	Mandy Bunn	22.21	VTTA Tring: F11/10	5/5/18
25 Miles	Mandy Bunn	57.40	Team VeloVelocity: E2/25	2/9/17
30 Miles	Mandy Bunn	1.08.28	Leo RC/VTTA Newmarket: E2/30C	22/9/18
50 Miles	Mandy Bunn	1.57.37	ECCA Newmarket: E2/50	13/5/18
100 Miles	Mandy Bunn	4.25.15	EDCA Attleborough: B100/4	15/7/18

### Senior Time Trial Team Records

10 Miles	Leon West	19.46	ECCA Newmarket: E2/10	18/5/19
	Damon Day	20.17		
	Rob Davies	21.15	(Accumulative Time = 1.01.18)	
25 Miles	Leon West	51.08	Team VeloVelocity: E2/25	2/9/17
	Damon Day	52.38		
	James Rush	53.29	(Accumulative Time = 2.37.15)	
30 Miles	Leon West	1.00.44	Leo RC/VTTA Newmarket: E2/30C	21/9/19
	John Bradbury	1.03.26		
	James Rush	1.08.00	(Accumulative Time = 3.12.10)	
50 Miles	Leon West	1.43.42	ECCA Newmarket: E2/50	13/5/18
	Damon Day	1.47.35		
	Mandy Bunn	1.57.37	(Accumulative Time = 5.28.54)	
100 Miles	Simon Daw	4.23.17	North Norfolk Wheelers: B100/9	12/5/12
	Darren Rule	4.57.22		
	Stewart Kirk	5.11.51	(Accumulative Time = 14.32.30)	

### Junior Individual Time Trial Records (16-18 years old)

10 Miles	Will Lowden	20.23	ECCA: E2/10	14/8/21
25 Miles	Will Lowden	53.39	ECCA: E9/25	5/9/21

## CLUB RECORDS AS AT NOVEMBER 2023 (cont.)

### Juvenile Individual Time Trial Records (14-16 years old)

10 Miles	Izzie Johnson	23.53	VTTA Newmarket: E2/10	12/7/18
25 Miles	Ben Rudd	1.15.27	West Suffolk Wheelers	17/4/94

### Schoolchildren's Individual Time Trial Records (Under 14 years old)

10 Miles	Charlie Upton	28.03	CCS Club Event: Lavenham	23/6/22
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### Audax Annual Distance Record:

Raymond Cheung	13,082 km	2017
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### Club Course Records; All-comers; Men

10 Miles	Will Lowden CCS	20.13	Lavenham 10	16/6/22
10 Miles (trike)	Dan Upton	30.38	Lavenham 10	24/8/23
8.2 Miles	Leon West CCS	17.22	Brent Eleigh (rev. '12)	1/8/19
8.2 Miles	Will Lowden HUUB Wattshop	16.43	Acton	4/5/23
13 Miles	Will Lowden CCS	27.14	Hitcham Hilly (rev. '16)	30/6/22
22 miles	Will Lowden CCS	45.48	Mad March Hilly	5/3/22
500 yds	Calum Brown B38/Underpin Racing	39.9s	Semer Hill Climb	15/10/17

### Club Course Records; CCS Members; Men (from 2013)

10 Miles	Will Lowden	20.13	Lavenham 10	16/6/22
10 Miles (trike)	Dan Upton	30.38	Lavenham 10	24/8/23
8.2 Miles	Leon West	17.22	Brent Eleigh (rev. '12)	1/8/19
8.2 Miles	Will Lowden	17.23	Acton	12/8/21
13 Miles	Will Lowden	28.53	Hitcham Hilly (rev. '16)	10/6/22
22 miles	Will Lowden	47.24	Mad March Hilly	6/3/22
500 yds	Lee Ford	47.9s	Semer Hill Climb	16/10/16

### Club Course Records; All-comers; Ladies (from 2013)

10 Miles	Mandy Bunn	24.27	Lavenham 10	21/6/18
8.2 Miles	Sandra Mackay	19.58	Brent Eleigh (rev. '12)	31/7/14
8.2 Miles	Isabella Johnson	20.37	Acton	3/6/21
13 Miles	Sandra Mackay	34.05	Hitcham Hilly (rev. '16)	7/8/14
22 miles	Hayley Simmonds Team WNT Pro	50.52	Mad March Hilly	11/3/18
500 yds	Samantha Segger Boxford	54.7s	Semer Hill Climb	8/10/15

### Club Course Records; CCS Members; Ladies (from 2013)

10 Miles	Mandy Bunn	24.27	Lavenham 10	21/6/18
8.2 Miles	Mandy Bunn	20.17	Brent Eleigh (rev. '12)	23/8/18
8.2 Miles	Mandy Bunn	20.54	Acton	2/8/18
13 Miles	Mandy Bunn	35.26	Hitcham Hilly (rev. '16)	11/5/17
22 miles	Mandy Bunn	58.17	Mad March Hilly	11/3/18
500 yds	Angela Lesslie	1m 6.5s	Semer Hill Climb	10/10/21

## CLUB RULES

This is an extract from the Club rules; the full version is on the website.

### 1) The Club

The club will be known as **CYCLE CLUB SUDBURY**, its objective shall be the encouragement of cycling for all.

### 2) Affiliation

The club shall affiliate annually to the following cycling bodies, British Cycling and Cycling Time Trials. The club shall also affiliate to any other cycling or sporting body that the committee feels appropriate. The club is a member of The Eastern Counties Cycling Association.

### 3) Membership

a) Is open to all persons subject to the approval of the Management Committee.

b) First and Second Claim Members, it is recommended belong to either BC or CTC for insurance purposes. (Note, members requiring the additional services offered by the British Cycling and Cycling UK such as legal aid, are encouraged to join one of these bodies).

c) A member who completes a full racing season (31st Oct) may be presented with medals won by themselves whilst a member of the club, but if he/she resigns prior to the annual prize presentation no other trophies will be awarded.

### 4) Juvenile Membership

a) Is open to those persons up to and not attaining the age of 16. Application for this class of membership must be made by a parent or guardian and countersigned by two senior members of the club.

b) Juvenile members are to enjoy full privileges of membership except that they shall be debarred from voting at General Meetings.

5) **Junior Membership** is open to all juniors as defined in the CTT/BC Rules, ie from 16th birthday until the end of the year in which the 18th birthday occurs.

### 6) Second Claim Membership

a) Is accepted by the club. Those Second Claim Members wishing to ride in Cycle Club Sudbury evening Time Trials must be members of a club affiliated to Cycling Time Trials.

b) These members can enjoy full privileges except that they be debarred from voting at General Meetings, taking club records, trophies, shield championship awards, scratch and handicap medals in club events, with the exception of the Evening Points Series where they may compete for medals for the top three placings in the Series.

7) **Associate Members** are accepted. Associate Members are non riding members.

8) **Family Membership** is open to parents and children up to and not attaining the age of 16 resident at the same address.

9) **Temporary Membership** of 6 weeks non-renewable duration is available. Temporary members shall not receive discounts on club clothing, be eligible for club records, awards and trophies, or hold voting rights. Temporary members who become full members within one calendar month from the expiry of their temporary membership shall have their temporary membership fee rebated.

### 10) Subscriptions

a) Subscriptions shall be due on 1st January of each year.

b) Members not paying their subscriptions by March 31st will be deemed to have resigned.

c) Subscriptions from new members shall be due from the time of membership being approved by the committee.

d) New members' subscriptions due and paid after 30th September are to carry forward until the end of the following year.

Life members . . . . .	£0	Senior (18-65) . . . . .	£20	Family . . . . .	£26
Juvenile (up to 16) . . . . .	£5	Senior (65-80) . . . . .	£15	Associate . . . . .	£4
Junior (16 - Dec. after 18) . . . . .	£8	2nd claim . . . . .	£12	Temporary: 6 weeks . . . . .	£5

Life members of the club will be proposed by the Management Committee and their election shall be approved at the Annual General Meeting of the club. Life members are not required to pay subscriptions unless they elect to do so.



## CLUB RULES (cont.)

### 11) Committee

- a) The club's affairs are to be run by a committee, which shall be known as the Management Committee. The Management Committee shall consist of Chairman, Vice Chairman, General Secretary, Treasurer, Membership Secretary, Audax Co-ordinator, Clothing Secretary, Time Trial Secretary, Road Race Secretary, Magazine Editor, Press Secretary, and up to seven other members appointed at the Annual General Meeting. Any other persons whom the Management Committee feel appropriate for the transaction of business may be invited to attend.
- b) The Management Committee will meet at least 5 times per year on a previously decided date. The Management Committee will meet only if a "Quorum" of 5 members including the Chairman is present. If a "Quorum" is not present, the meeting shall be postponed. A further meeting will be called and members will be given 14 days notice of the new date. At this second meeting a quorum will be those members who attend even if less than 5. In the absence of the Chairman then the Vice Chairman will conduct the meeting. The Management Committee may elect a Chairman for the meeting among its members if the Chairman and the Vice Chairman are absent.
- c) Any committee member missing three consecutive meetings and not able to give a satisfactory explanation may be required to resign from the Management Committee and that member's place will be taken by another club member invited by the Management Committee.
- d) The Management Committee shall have the power to expel or suspend any member who, in their opinion, behaves in a manner likely to be detrimental to the club or any member who constantly infringes Club Rules.
- e) The financial year to close on 22nd November.

### 12) Rules Governing General Meetings

- a) The Annual General Meeting of the club will be held on the last Thursday in November.
- b) A date fixing meeting of the Management Committee shall be held prior to the AGM to decide the events, organisers, courses and dates of the open events the club is promoting the following year. The promotion of any events not placed before the date fixing meeting must be ratified by the following AGM.
- c) The first business of the AGM will be to elect a Chairman who will preside over the meeting and all Management Committee meetings thereafter until the day of the next AGM.
- d) An Extraordinary General Meeting may be called upon application of not less than 25% of the first claim membership. A quorum of an EGM will be 5 members or 25% of first claim members whichever is the smaller number.
- e) Members entitled to vote at all General Meetings will be all paid up First Claim members and Life Members attending the AGM with the exception of juvenile members.
- f) The rules of debate shall apply for the purpose of the conduct of all General Meetings, that each member shall be entitled to speak, either for or against the motion being debated; the exception being the mover, who will be allowed to reply at the end of the debate and answer questions. The Chairman shall have discretionary powers to allow the motion to be "discussed" if he thinks that it will be better resolved that way. This would apply only if the motion was not one that would radically affect the club policy.
- g) Voting at all General Meetings will be by show of hands unless a proposal for a ballot is mooted. A motion will be carried by a simple majority.
- h) The Management Committee shall neither repeal nor amend any of the standing orders of the club, neither shall it repeal nor amend any decision of majority policy made by the Annual General Meeting.
- i) Agendas for all General Meetings shall be circulated at least 7 days prior to the day of the meeting. Items for inclusion on the agenda must be submitted to the Secretary at least 7 days prior to the date of the meeting.

### 13) Marshalling

The club hopes that members will assist at Open and Association events (more details are stated in Appendix A).

### 14) Expenses

The club may assist first claim members only with a contribution towards the costs of travel to events or training courses. The amount of financial assistance will be decided by the Management Committee. The club will also consider financial assistance towards the cost of clothing, equipment, and entry fees and travel costs for junior and juvenile members.

## CLUB TROPHIES

### **Veterans' Best All-Rounder Shield:**

Awarded on the fastest average on Standard over 10, 25 and 50 miles on Standard. Open events and club events qualify.

### **Best All-Rounder Shield:**

Awarded on the fastest average speed over 25, 50 and 100 miles. Open events and club events qualify.

**100 mile Open TT Shield,  
50 mile Open TT Cup,  
25 mile Open TT Colin Dales Cup,  
10 mile Open TT Rob and Evelyn  
Davies Cup,  
Ladies 25 mile Open TT Bowl,  
Ladies 10 mile Open TT Rob and Evelyn  
Davies Cup,**

Awarded to the fastest rider in each category.

### **CCS SPOCO TT Competition for the Jonathan Weatherley Trophy:**

Awarded to the rider accumulating the highest number of points from all their placings in SPOCO type events in the season; see page 16 for details.

### **Clubman of the Year Shield:**

Awarded to the person who in the opinion of the Committee has made an outstanding contribution to the club.

### **Rider of the Year Cup:**

Awarded to the person who in the opinion of the CCS membership has had outstanding rides during the year.

### **Ladies Cup:**

Awarded to the lady who in the opinion of the Committee has been outstanding during the year.

### **Audax Cup:**

Awarded to the person or team who covers the highest aggregate distance in AudaxUK events during the AudaxUK year (1 October to 30 September).

### **Boxing Day Shield:**

Awarded to the person or team that wins the annual Boxing Day (or shortly after) event.

### **Hill Climb Champion Cup:**

Awarded to the fastest Club Rider in the annual CCS Open Hill Climb.

### **Juvenile Hill Climb Champion Shield:**

Awarded to the fastest Juvenile or Junior Club Rider, boy or girl, in the annual CCS Open Hill Climb.

### **Club 10 mile TT Champion Shield, Club 10 mile TT Ladies Champion Cup, Club 10 mile TT Junior Champion Cup, Club 10 mile TT Juvenile Champion:**

Awarded to the fastest rider in each category riding in the annual Club Championship.

### **Club 10 mile TT Champion Veteran on Standard, Shield:**

Awarded to the Fastest Rider on Standard (age related) in the annual CCS Club Championship.

### **Club 10 mile TT Champion on Handicap Cup:**

Riders will be handicapped on their fastest time on the Lavenham 10 course over the last 2 seasons: handicap based on a scratch time of 17 mins (CTT recommendation).

### **Club Evening Points TT Series Cup:**

Awarded to the highest placed 1st claim CCS rider in the Thursday Evening TT Series Points competition.

### **Club Evening TT Best All Round Champion Peter Whiteley Cup::**

Awarded to the rider with the fastest aggregate time on the four courses used for the Evening TT Series.

### **CCS Juniors Rider of the Year Cup:**

Awarded by the CCS committee.

### **Golden Spindlenut Award:**

For the outstanding article submitted to Spindle in the year, awarded by the editor.

## CCS TROPHY HOLDERS, 2023 SEASON

<b>Veterans Best All Rounder</b> (Average on Standard 10, 25 & 50 miles)	Gold	Sue Triplow	30.16mph
	Silver	Simon Daw	29.66mph
	Bronze	Stephen Hitchcock	21.66mph
<b>BAR (25, 50 &amp; 100 miles)</b> (Average speed over 3 distances)		Simon Daw	26.26mph
<b>100 mile Open TT Shield</b>		Simon Daw	4hrs 11m 34s
<b>50 mile Open TT Cup</b>		Simon Daw	1hr 51m 55s
<b>25 mile Open TT Cup</b>		Alex Purcell	51m 26s
<b>10 mile Open TT Davies Cup</b>		Alex Purcell	20m 2s
<b>Ladies 25 mile Open TT Bowl</b>		Sue Triplow	1hr 0m 17s
<b>Ladies 10 mile Open TT Davies Cup</b>		Sue Triplow	22m 43s
<b>Audax Trophy</b>	Gold	Raymond Cheung	6,281km
	Silver	Les Dunham	1,317km
	Bronze	Ian Lovelock	1,044k
<b>Club SPOCO Trophy</b>	Gold	Caroline Wyke	1,407 points
	Silver	Nick Webber	856 points
	Bronze	Alex Purcell	590 points
<b>Hill Climb Champion – Men</b>	Gold	Lee Ford	50.8s
	Silver	Dan Upton	59.7s
	Bronze	Dean De'Ath	1m 1.3s
<b>Hill Climb Champion – Ladies</b>	Gold	No award	
<b>Hill Climb Champion – Juv Female</b>	Gold	No award	
<b>Hill Climb Champion – Juvenile Male</b>	Gold	Charlie Upton	1m 2.4s
<b>Hill Climb Champion – Junior Female</b>	Gold	No award	
<b>Hill Climb Champion – Junior Male</b>	Gold	No award	
<b>Club 10 mile TT Champion</b>	Gold	Alex Purcell	22.11
	Silver	Damon Day	23.36
	Bronze	Gary Pamment	24.00
<b>Club 10 mile TT Ladies Champion</b>	Gold	Angela Lesslie	27.23
<b>Club 10 mile TT Vets Champion</b> (on Standard)	Gold	Nick Webber	22.08
	Silver	Damon Day	22.12
	Bronze	Gary Pamment	23.05
<b>Club 10 mile TT Champion</b> (on Handicap)	Gold	Charlie Upton	15.09
	Silver	Dean De'Ath	15.18
	Bronze	Dan Upton	15.43
<b>Club Evening Points Series</b>	Gold	Charlie Upton	867 points
	Silver	Dan Upton	700 points
	Bronze	Les Dunham	688 points
<b>Club Evening Points Series BAR</b> (Aggregate time on four courses)	Gold	Alex Purcell	1hr 29m 30s
	Silver	Charlie Heeks	1hr 37m 43s
	Bronze	James Rush	1hr 38m 58s
<b>Clubman of the Year</b>		Roger Rush	
<b>Rider of the Year</b>		Simon Daw	
<b>Junior Rider of the Year</b>		Charlie Upton	
<b>Ladies Trophy</b>		Caroline Wyke	
<b>Golden Spindle Nut Award</b>		Caroline Wyke	

## Articles from SpindleThe CC Sudbury Newsletter

### Ixworth Criteriums May 2023. By Dan Upton

Criterium racing was something I had always wanted to do but I was never brave enough



to enter. Having been over the years to spectate and cheer on fellow CCS riders I had a pretty good picture of what would be in store for me if I did, one day, decide to enter. Well along comes Alex Purcell and Dean De'Ath who are down to ride and I allow myself to get carried away and put my name down. The morning of the race I was feeling nervous knowing I had done zero road race training (and

very little cycling training to be honest). The weather was looking good and the sun was shining and you could feel a little warmth in the air as I headed to Ixworth to sign on and collect my race number. This even felt complicated with two numbers to attach, one on your back and one on your side. I met Deano and we went for what I felt was a good warm up of the course sussing out the cornering and the lines through the bends. Feeling a little more at ease we headed back to the start line and found ourselves at the back of 30 riders, somewhere I was told not to be – but Hey Ho here we were.

3, 2, 1 and it starts and wow zero to thirty in seconds, with each lap approximately 800 metres I was literally hanging on for dear life and well and truly out of my comfort zone. After 8 or so minutes I caught my breath and started very slowly to feel my way into the race. The quicker, faster group had broken away and I found I was in a group of five. We all seemed to work well together and taking our turns



on the front. The strange thing was the longer the race went on the stronger I was beginning to feel, taking more turns on the front and

pulling the group along with me. The faster group overtook us – twice – which was a wakeup call to how good some of the local riders we have are!

Final Positions – Alex Purcell 16th, Dan Upton 22nd, Dean De'Ath 26th. Crit racing now ticked off – Would I do it again? – Absolutely!!

### Dragon Ride. June 2023. By Ian White

Last autumn I was looking for a challenge and Bike Radar voted the Dragon the toughest one-day event in the UK – one that would make Chuck Norris scream for mercy. 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 Devil's Staircase and Devil's Elbow were not as steep as Hardknot 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 decent 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 Devil's 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 decent that follows is well worth it and I think I might have hit 50mph.

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".



## CLUB CLOTHING

Clothing is available from the Clothing Secretary; contact details on back cover. There is a £15 discount for members on their first purchase of road clothing in each subscription year, plus an additional £15 discount on a second item of any clothing other than long or short-sleeved jerseys. Sizes available if in stock: S, M, L, XL. ; the Endura men's sizing guide can be found here: [www.endurasport.com/support/sizing.list](http://www.endurasport.com/support/sizing.list)

All enquiries to the Clothing Secretary: Richie Edwards, 07403 216893  
clothing@cycleclubsudbury.com.

### Adult clothing (updated logo design)

Short sleeve road jersey . . . . .	£55
Long sleeve road jersey . . . . .	£62
Pro SL race jersey . . . . .	£80
Ultra-packable windproof top . . . . .	£66
Roubaix jacket . . . . .	£74
Compact gilet . . . . .	£51
Pro bib shorts . . . . .	£85
Multi tube (buff). . . . .	£11

### Skinsuits

*CCS no longer provides skinsuits in the clothing range, there is however 1 large Speed suit at £75 of the previous design remaining. Please contact the Clothing Secretary for details.*

### Adult clothing (previous logo design – limited sizes only available)

Available at a discount of 50% - no '£15 first purchase' discount applies

Short sleeve road jersey - XL . . . . .	£11
Sleeveless top - M . . . . .	£ 8
WT Race top - L . . . . .	£18
Ultra-packable windproof top - XL . . . . .	£17
Bib longs without pad - L . . . . .	£23
Bib shorts - S, L & XL . . . . .	£26
Premium bib shorts - S, L & XL . . . . .	£34
Adult polo tops (black) - S, M, L & X . . . . .	£10
Adult hoodies (black) - XL . . . . .	£18

### Children's clothing range (Club-subsidised)

Tee shirts (orange) 5/6,7/8,9/11	£8
Hoodies (orange) 5/6,7/8,9/11,12/13	£10
Short sleeve road jersey (7-8 and 11-12 yrs)	£10

SIZE GUIDE	S	M	L	XL
Chest (Inches)	37-39"	39-41"	41-43"	43-45"
Chest (cm)	94-99cm	99-104cm	104-109cm	109-114cm
Waist (Inches)	31-33"	33-35"	35-37"	37-39"
Waist (cm)	79-84cm	84-89cm	89-94cm	94-99cm

## MEMBER BENEFITS

Apart from the obvious (riding with a great bunch of fellow Club members on well organised events), Club membership also brings the benefit of discounts;

**LifecycleUK**, Bildeston; 01449 744467; 10% discount on most items (not including bikes/frames).

**The Cycle Clinic**, Glemsford; 01787 280535; 10% discount on everything.

**Cycling UK**; membership available, including third party insurance.

**British Cycling**; first year of affiliated membership (including third party insurance) at a reduced rate. Note that Bronze Race membership doesn't include third party insurance.

# Re-Cycle your unwanted Bicycle



**Our mission is simple, to improve lives through bicycle re-use.**

In the UK, thousands of bicycles are thrown away or lie unused in sheds and garages, whilst many people in Africa have no access to transport of any kind. We are creating an opportunity for good quality bicycles to be re-used and sent to some of the most rural communities in Africa.

By donating unwanted bicycles we are enabling;

- ✓ Affordable transport for the local community
- ✓ Sustainable income to help fund local work
- ✓ Local employment and skill development



**Recycling and sustainability is at the heart of what we do.**

Our commitment to zero waste is at the core of our mission. We understand the critical importance of reducing landfill impact and minimising waste in order to protect the environment. That's why every component of every bike we receive is either reused, repurposed, or recycled.

## Help Provide a Bicycle Lifeline to People in Africa

### Donate Your Unwanted Bicycles

Have an old bike gathering dust? Give it a new purpose! Your unused bicycles can empower someone's journey toward education, work, and a brighter future.

### A £32 donation today could help us send a bicycle to Africa

Whether you decide to make a one-off donation or monthly gift, we promise that the donation you make to us today will be used to change lives in Africa.

Registered Charity No: 1063570  
Unit 8 The Grove Estate, Colchester Road, Wormingford, Colchester, Essex CO6 3AJ

Scan the QR code  
or visit [re-cycle.org](https://re-cycle.org)



@bicyclecharity



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