



HAPPY 2024 TO ALL CCSers!

I hope you all had a wonderful festive season and have managed to brace yourselves so far in this wintry New Year.

As most of you are aware, I have volunteered to be your new Editor for The Spindle following the retirement from the post of Roger, who has done a magnificent job of keeping the cycling news flowing for the past 14 years. I have some experience of editing and writing so hope I am up to the task of carrying The Spindle baton for a while. I have NO experience of cycling but worry not, my partner is Doz Bree, your Club Secretary, who will assist me with technical terminology and with understanding why on earth anyone would want to do a time trial up a hill!

I would like to request that anyone who regularly provided monthly content to Roger to continue to do so to me, so the overall framework of The Spindle will remain familiar to you.

However, this is YOUR newsletter, so if there are things you would like to see adapted, added or taken out of the regular content, please do let me have your suggestions. Thank you in advance.

The last event of 2023 was the (not quite on) Boxing Day ride – the results of which are to be found further down. Well done to everyone who braved the post-Christmas lethargy to partake in this annual event.

We've already had the ever-popular reliability ride at the end of January, the report for which can be found further down, along with some pictorial evidence.

There have been murmurings that certain CCS members are getting their 2024 Open TT campaign underway with the 'Ely Hardriders' event in February - good luck to those attending – personally, anything over 2 miles and I'd be taking a bus...

Talking of Open Time Trials, the sad news of the demise of SPOCO East has turned out to be premature as another brave soul has stepped up to ensure its continuation in 2024 and hopefully into future years!

Thank you to the Committee for trusting a non-rider to impart news for CCS – I hope to continue the good work of Roger and forge new links with other organisations to ensure the continued growth of what is, I'm told, a much-loved sport/regime/hobby/pastime (delete as appropriate to you).

Sharon Buckler

spindle@cycleclubsudbury.com



Your Chairmen through the ages: (r to l): David Fenn, James Newton, Rob Davies (current)

WEDNESDAY 7 FEBRUARY; CCS COMMITTEE MEETING; 7.00pm, Stevenson Centre.
WEDNESDAY 6 MARCH; CCS COMMITTEE MEETING; 7.00pm, Stevenson Centre.

TRACK NIGHTS Colchester Northern Gateway

More CCS track sessions are planned, for 1st and 2nd claim CCS members. All abilities welcome. Find a group at a speed to suit, or ride individually, your choice! Excellent track surface, fully lit. Part funded by CCS, you pay £3.

Day of the week and dates yet to be confirmed.

There'll be an all-members email to follow, with full details.

UPCOMING AUDAX RIDES

Anyone can ride, details at the AudaxUK website. Registering is necessary, but you don't need to be an AudaxUK member.

10 February	Saturday	Witham	100k
9 March	Saturday	Dunmow	100, 200k
24 March	Sunday	Stevenage	200k
29 March	Saturday	Manningtree	100, 200k

And on Saturday 6 April, from Dedham School, off Crown Street, Ian Lovelock for CCS will be organising two audax rides;

Tour de Stour 106k. A mini tour of the river Stour. A figure of eight route from Dedham before heading to Long Melford. Then onwards to Denston before going back to Dedham.

Classic Tour de Stour

168k. A figure of eight route Setting off through the lanes to the sea at Harwich for a manned control. You will then head to Long Melford, and on to the source of the Stour before heading back to base.

CCS MAD MARCH HILLY OPEN TT, 22 miles

This club-run event on a 'sporting' course is in 2024 on Sunday 3 March, with the HQ at Lavenham Village Hall. If you want to ride, entries via the CTT website close on **Tuesday 20 February**, not that far off! We're hoping for a number of entries from club riders.

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

CCS SUBS REMINDER

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

If not, a reminder that subs for 2024 are now overdue.

Membership subs are as follows;

Juvenile (up to 16) £5

Junior (16 - Dec. after 18) £8

Senior (18-65) £20

Senior (65-80) £15

Over 80, and life members - £0

Family £26

Second claim £12

Associate £4

Temporary; 6 wks £5

In addition, First and Second claim members can pay up-front for a season of Thursday evening time trial rides; £65 for the season of 20 time trials.

You can pay by;

- BACS/EFT. Bank details; Barclays Bank, Account name Cycle Club Sudbury, Sort code 20 83 50, Account number 30308188; please use your surname as a payment reference, with an email to robinandpamw@gmail.com saying you've paid.
- Payment also possible by post, with a cheque (to Cycle Club Sudbury) posted to Robin Weaver, 14, Chapel Street, Bildeston, IP7 7EP.

No need to submit a new membership form if none of your details have changed in the last year. If they have changed, you can download a form from the CCS website homepage at <http://www.cycleclubsudbury.com/>

DIEPPE RAID

Some CCS riders visit Dieppe for this event. This year it's over the weekend 22-23 June. Full details here; <http://www.dieppetour.com/> There are organised rides on the Sunday of 140, 100, 60, 30k. For further information, contact Robin; pamandrobinw@gmail.com

WEST SUFFOLK WHEELERS SUFFOLK PUNCH RELIABILITY TRIAL

Sunday 11 February, 08:15 – 14:00

Where; West Suffolk Wheelers, Priory School (Shakers Lane Entrance), Mount Road, Bury St Edmunds, Bury Saint Edmunds IP32 7BH, UK ([map](#))

Description; Our annual reliability ride, over a choice of 38, 60 or 80 mile routes. Details here: [Suffolk Punch Reliability Trial | West Suffolk Wheelers](#)

All entry and refreshment proceeds to the East Anglian Air Ambulance

Sunday 17 March; MAGLIA ROSSO MILLE MAGLIA OFF-ROAD ENDURANCE RIDE

Off Road/Gravel Sportive featuring bridleways and byways in Suffolk linked by minor roads. Choice of routes at 41, 61 and 71 miles. This event has a reputation for being a very enjoyable but challenging event, particularly the longer routes. This year's route incorporates some of the favourite sectors plus some exciting new ones. Starts and finishes at Maglia Rosso, the famous Cycle Shop, Cafe and Glamping Centre at Hawstead, just south of Bury St Edmunds. Entry via British Cycling website

And for booking ahead;

SUNDAY 28 APRIL; BOXFORD TORNADO SPORTIVE. Two 30 mile routes, or do both for 60 miles. Pre-entry £25 at <https://www.boxfordbikeclub.co.uk/boxfordtornado>

- Robin Weaver





Wolsey Road Club

Reliability Ride

Bredfield Village Hall

Use postcode for sat nav IP13 6AX

Sunday 25th February

Headquarters open at 8am

Choice of 55km, 75km or 100km distances

Start times: 9:00am for 100km

9:30am for 75km

10.00am for 55km

£5 to enter includes hot pasta at the end

More information (.gpx files etc) email:

secretary@wolseyroadclub.co.uk

Or text your query to

07786 392882

All riders to wear hard shell helmet conforming to CE standard

EN1078

EVENTS: 40th Jock Wadley Memorial Road Race

The 40th Jock Wadley Memorial Road Race will take place on Sunday 10th March 2024 at the Abberton Reservoir Circuit. A maximum field size of 80 riders will depart Layer de la Haye Village Hall at 11 am for 12 laps of the course (81 miles).

ENTRIES NOW BEING TAKEN

<https://www.britishcycling.org.uk/.../40th-Jock-Wadley...>

<https://www.britishcycling.org.uk/.../40th-Jock-Wadley...>

THURSDAY TIME TRIALS RESULTS & TARGETS

David Miller has produced the Thursday Evening time trial series Target Times for 2024

You will see that no targets are included for the Hitcham Hilly course as this is now excluded under CTT regulations due to the 20MPH speed limit imposed in Bildeston High Street.

When looking at the 2023 best times, please bear in mind that quite a few of the Lavenham 10 course was run on a shorter course due to road works etc and therefore those times are not eligible to count.

Also some riders best times are excluded when that rider stopped to provide assistance to another competitor due to accident or mechanical failure...

CYCLE CLUB SUDBURY TT TARGET TIMES 2024										
Best times for 2023 shown in Black										
Target Times for 2024 shown in Red (Mins & Secs)										
		Lavenham 10			Brent Eleigh			Acton		
Adrian Ablitt		30,23	29,21		24,55	24,04		25,22	24,31	
Doz Bree		0.00	0.00		0.00	0.00		23,18	22,31	
Anna Brown		0.00	0.00		25,09	24,18		25,54	25.01	
Simon Daw		23.59	23,10		0.00	0.00		0.00	0.00	
Rob Davies		25,47	24,55		21,14	20,31		21,30	20,46	
Damon Day		24,26	23,36		19,54	19,14		20,18	19,37	
Dean DeAth		25.02	24,11		0.00	0.00		0.00	0.00	
Rob Harman		0.00	0.00		0.00	0.00		22,41	21,55	
Les Dunham		30,59	29,56		25,50	24,58		25,55	25.02	
Richie Edwards		0.00	0.00		0.00	0.00		23,46	22,58	
David Fenn		30,33	29,54		0.00	0.00		25,47	24,55	
Kirsty Fenner		30,40	25,38		25,13	24,22		26.04	25,11	
John Golder		31,50	30,45		0.00	0.00		23,18	22,31	
Stephen Hitchcock		31..01	29,58		0.00	0.00		0.00	0.00	
Will Headley		0.00	0.00		0.00	0.00		0.00	0.00	
Charlie Heeks		25,49	24,57		20,06	19,20		20,36	19,54	
Dan Lawrence		29,31	28,31		0.00	0.00		0.00	0.00	
Ian Love lock		0.00	0.00		0.00	0.00		27,29	26,33	
Angela Lesslie		28,20	27,23		0.00	0.00		0.00	0.00	
Tom Moore		35,34	34,22		29,25	28,25		29,23	28,23	
David Munro		30,40	29,38		0.00	0.00		0.00	0.00	
Gary Pamment		24,50	24.00		0.00	0.00		0.00	0.00	
Alec Purcell		22,58	22,11		18,56	18,18		19,01	18,22	
James Rush		25,22	24,31		20,44	20,02		21,19	20,36	
Tony Shepard		0.00	0.00		0.00	0.00		0.00	0.00	
Ian Short		23,38	22,50		19,12	18,33		0.00	0.00	
Sue Triplow		0.00	0.00		0.00	0.00		0.00	0.00	
Charlie upton		26,48	25,54		22.00	21,15		22,06	21,21	
Dan upton		25,58	25.05		20,51	20,09		21,03	20,20	
Nick Webber		25.06	24,15		20,55	20,13		21,02	20,19	
Ian White		28,23	27,25		24,04	23,15		24,03	23,14	
Caroline Wyke		34,59	33,48		30,50	29,47		28,27	27,29	

CCS SPOCO 2024 POINTS SERIES

SpoCo EAST QUALIFYING EVENTS

DATE	EVENT	COURSE	DISTANCE & GROUP	SPOCO AREA
11th Feb	Ely & District CC	BS19	25 - B	East
2nd March	CC Breckland	B10/19	10-A	East
3rd March	CC Sudbury	BS24R	22-B	East
9th March	West Suffolk Wheelers	BS31	21-B	East
16th March	Plomesgate CC	B10/9	10-A	East
23rd March	Orwell Velo	BS20R	20-B	East
24th March	Newmarket C & TC	B10/48	10-A	East
29th March	Great Yarmouth CC	B10/43	10-A	East
6th April	Kings Lynn CC	B25/33	25-B	East
13th April	Stowmarket & District	BS33	20-B	East
20th April	Kings Lynn CC	B10/37R	10-A	East
21st April	Diss & District	B25/17	25-B	East
28th April	VC Norwich	B25/50	25-B	East
4th May	Plomsgate CC	B25R	25-B	East
6th May	VC Baracchi	B10/43	10-A	East
18th May	Loose Cannons	B10/9	10-A	East
19th May	Great Yarmouth CC	B25/54	25-B	East
27th May	Stowmarket & District	B10/52	10-A	East
2nd June	Ely & District CC	B10/1R	10-A	East
8th June	Ipswich BC	B10/32	10-A	East
15th June	Godric CC	B10/43	10-A	East
23rd June	Velouse Flyers	B25/53	25-B	East
6th July	VC Norwich	B10/43	10-A	East
13th July	Wolsey CC	B10/9	10-A	East
14th July	Godric CC	B10/43	10-A	East
20th July	Kings Lynn CC	B15/8	15-B	East
4th August	Diss & District	B25/17	25-B	East
11th August	VC Baracchi	B50/17R	50-B	East
25th August	CC Breckland	B30/8	30-B	East
1st September	Stowmarket & District	B10/52	10-A	East
7th September	Norwich ABC	B10/43	10-A	East
14th September	DAP CC	B10/43	10-A	East
15th September	CC Breckland (ECCA)	B10/19	10-A	East
21st September	Kings Lynn CC	B10/37R	10-A	East
6th October	Norwich ABC	B25/50	25-B	East

SpoCo / CCS

The above list details all the SpoCo East events qualifying for the Club competition, I will add the SpoCo South East once I have the details.

CC Sudbury first claim members who ride any of the above events will be awarded points towards the club competition based on finishing position in the event result sheet.

Riders can ride as many events as they want, all will accumulate points

Points will be awarded 120 for winning the event, 119 for second and so on down to one point.

There is no need to contact me to confirm your entry or points as I will retrieve the information from the CTT website event results.

SpoCo / EDCA

The club handbook quotes the SpoCo East competition run by the EDCA (East District Cycling Association) was abandoned as the organizer had retired, this information is now out of date, fortunately a volunteer came forward to save the series.

Any rider wishing to compete in the Spoco East / EDCA competition can get all the information regarding how to enter from the EDCA website.

To save any confusion the SpoCo / CCS and the SpoCo / EDCA are separate competitions with slightly different rules

David Fenn

Audax Update January 2024

By David Fenn

A wet and cold start to the Audax season has not deterred CCS riders, although the first 2 ½ hours in pouring rain of the Stansted Airport Express was enough for riders to question their judgement. Both Raymond and Andrew have completed their first 200k event of the new season and look set to battle for club Audax supremacy.

A good turn of club riders saw 6 members complete the Kelvedon Oyster 100k, although Ian and Andrew did go AWOL in the last section which I have on good authority will be fully explained in a forthcoming Spindle article.

Forthcoming local Audaxes

10th February, Witham, Knights Templar Compasses 100k.

9th March, Dunmow, Essex Horse Power 50k, 100k, 200k.

Date	Event	Riders
9 th Dec 2023	Stansted Airport Express100k	David Fenn, Robin Weaver, Les Dunham.
10 th Dec 2023	Santa Special 200k	Raymond Cheung
13 th January	DIY 200k	Andrew Hoppit
20 th January	The Kelvedon Oyster 104k	Les Dunham, David Fenn, Tony Grimes, Andrew Hoppit, Ian Lovelock, Nick Reed.



Name	Points	Total Distance km	Club Audax Trophy	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung-1007	4	411		2	-	1	-	-	-	-	2,600
Andrew Hoppit - 4235	4	411		2	-	1	-	-	-	-	1400
David Fenn - 8775	4	411		4	-	-	-	-	-	-	2,600
Les Dunham - 28601	3	311		3	-	-	-	-	-	-	2050
Robin Weaver - 7481	2	200		2	-	-	-	-	-	-	1200
Tony Grimes - 12703	1	104		1	-	-	-	-	-	-	650
Ian Lovelock - 5675	1	104		1	-	-	-	-	-	-	650
Nick Reed	1	104		1	-	-	-	-	-	-	650

Forthcoming local Audaxes

10th February, Witham, Knights Templar Compasses 100k.

9th March, Dunmow, Essex Horse Power 50k, 100k, 200k.

24th March, Stevenage, tart of Summertime Specials 200k.

29th March, Manningtree, Essex and Suffolk Borders 100k, 200k.

12th April, Witham, East Anglian Tourdax 1, 100k.

13th April, Ely, East Anglian Tourdax 2, 100k.

14th April, Woodbridge, East Anglian Tourdax 3, 100k.

20th April, Carlton Colville, 100k, 160k, 200k.



ZWIFT ACADEMY FINALS

With the nights drawn in and winter arrived for the foreseeable, the turbo trainer beckons with a renewed zeal. The humble turbo, often a stop gap whilst drab and dreary skies blot out the sun, can supply an opportunity far greater than simply avoiding the rain. And so, I found myself sitting on Ryanair flight Fr2034 bound to Alicante, Spain for 8 days of riding and filming in the 2022 Zwift Academy Finals.

The day of departure to Spain was, naturally, on the first sunny day Great Britain had seen in weeks so it felt only fitting to leave the sunny weather behind and fly directly to Spain's biggest thunderstorm of the year. Great billboards gleefully proclaimed on arrival; 'Alicante? - Three Hundred and twenty-five sunny days a year!' whilst outside it was pissing down.

Dashing through the rain, we hopped in a taxi for the hour transfer to the hotel Syncrosferra (a new cycling hotel near Ondara). The driver didn't speak French and I knew very little Spanish, so the conversation ran dry rather quickly, but not before we tuned in to Radio Benidorm's best bangers. Driving the coast road with the towering rocks of the region, lined against moonlight, to Queen's 'Another one bites the dust' was amply fitting.

The next few days were 'pre filming,' consisting mainly of interviews, social media and gathering riding footage. But of course, getting our new toys was *really* why we were here! The girls were on the slender silhouette of the ultra-light Canyon Ultimate whilst we had the aggressive aerofoils of the Aeroad. We were ready.

After four days of pre-filming, the final challenges started. The Zwift power test was possibly the most unpleasant event on the agenda, consisting of 20 second, 3-, 6- and 10-minute efforts, full gas. Zwifting near an indoor heated swimming pool was certainly one way to heat up the competition. Thirty-two degrees to be precise! Massages with the Alpecin Deceurnick team Soigneur followed swiftly. I turned up in cycling kit and probably should have worn something under the bib shorts - I still don't know - but anyway, the rest of the team found it amusing.

The best day on the bike involved a 140k ride with the World Tour teams. The first 50k consisted of three chain gang efforts at '80%'. At this point, it should be clarified what 80% meant. Krzysztof the Performance manager put it nicely; "eighty percent, one hundred percent. What's the difference?". Not much it turned out, as Mathieu led the charge and 10Km was covered in close on 10 minutes.

When the World MTB champion, World CX champion and World Gravel champion race each other down a narrow technical descent, you'd better be at 11 to keep up. Years of single-track Mountain Biking certainly came in handy when the back wheel was kicking out on uneven apexes and you realised, at that speed, the only line to get through the next corner placed you right where a car would be, coming the other way.

We got down in one piece. Well, most of us. Luckily, there were no broken bones and a grass meadow instead of a cliff, opposite the double apex. To this day, none of us can figure out how the CEO of Zwift avoided hospital after gracefully flying 4 metres over a trench and rock garden. Descending was certainly the flavour of the week and, whilst the girls expertly navigated the same descent, a cheeky dollop of oil would later lead to a second spectacular crash.

Will Lowden



New year new shoes!

Another year and heading for yet another birthday. At the end of last year around late October I hit a black spot. With advancing years health issues creep in sometimes without warning. However as we passed the shortest day I began to improve.

I had enjoyed most of my Time trialling 2023 season but found some of them very tough. I have to date ridden 102 events since starting with the Mad March Hilly 11/03/2018.

As a child I had unfortunate incidents in school which left me hating books and reading, so not good. I did however excel at running, so have always enjoyed outdoor activities. After a cycling accident left me in plaster for some weeks a neighbour offered me a book. I sat outside my humble cottage and started reading which I now love.

I enjoy the respect and friendliness of the Time Trialling community but am often asked why I don't use clip in shoes. I tried for 6 months and fell off every time I went out!

I have been reading a book - The Mid Life Cyclist by Phil Cavell. Sections in this book talk about the kinetic chain and have been working on his theory regarding joints and muscles and how with my left ankle pinned and 2 broken bones in my right foot, flat pedals suit me better.

Money is always tight so I always search for a bargain. For the past 3 years I have ridden in a pair of mountaineering shoes, orange and black club colours £10 from RSPCA shop. The sole needed gluing and they had served me very well but were a bit too flexible. I found a pair of Puma Ultra sports shorts also orange and black £5 so all set for another season.

I will almost certainly be riding The Mad March Hilly then see how my legs' ageing bones feel.

Being outdoors cycling and walking is so good for physical and mental health and the Thursday evenings wouldn't be the same without the Acton, Lavenham 10 and Brent Eleigh.

I hope to enjoy some rides out on a Wednesday and maybe try the Audax rides.

*Good health and safe cycling 2024.
Caroline*

28th JANUARY 2024
CCS RELIABILITY RIDE



What a fantastic day it was for this year's CCS reliability rides from the Stevenson Centre in Great Cornard! The weather was perfect with light winds and dry conditions, although it was a bit chilly. Luckily, the sun made an appearance to brighten things up. Riders had two route options: 28 miles with target times of 1 hr 45 mins or 2 hrs 30 mins, and a longer 46-mile ride with target times of 2 hrs 45 mins or 3 hrs 30 mins.

We had a great turnout of 95 riders, and while there were no major mishaps, there was a minor hiccup with a rider's split tyre. Thanks to the quick thinking of Malcom Borg and an energy gel wrap, the issue was resolved.

A big thank you to all the helpers who made the event possible by marshalling, assisting in the kitchen, managing the car park, and helping with sign-ups. Your support is truly appreciated, and we couldn't have done it without you!

We also want to express our gratitude to the CCS members for their strong turnout, with 38 entries. It's wonderful to see such support from our club. We had participants from various local clubs, and we're committed to supporting their events in return.

We welcome any feedback you have so we can make next year's event even better. And let's not forget the delicious selection of cakes – perhaps a CCS bake-off is in order!

After expenses it looks like we generated an income of over £430 – excellent!

- Andrew Hoppit





RIP

We are sad to tell you all that Alan Wiseman, a life member and former CCS club chairman passed away on 10th January this year.

Alan joined the club in the late 1980s and soon made his mark as one of our fastest Vets time trialists in club and open events. He joined the Committee in 1994 and went on to become club chairman in 1998. A great organiser in open events and also social events, he oversaw our open 25 mile Time trials and 10 mile Time trials on the A14. One of his social events was a BQ at his and Jan's home for all CCS members; a great event.

Then, sadly, due to a health issue Alan had to stop riding.

A celebration of Alan's life will be at St Barnabas Church Althamstone on Monday 12th February at 11.30am, followed by a private burial.

Jan has said if anyone wishes to pay their respects to Alan, they would be welcome at the church

- Regards to all Brian Webber & Geoff Morse

With thanks to all of the contributors – do submit anything that may be of interest for future editions of The Spindle!

