



**The Spindle**

**APRIL 2024.**

**cycleclubsudbury.com**

Hello all!

You'd be forgiven for thinking that somehow April swapped with November this year, but hopefully we will be seeing more sunny, dry days this coming month...

The weather hasn't stopped a lot of you from getting out on two wheels over the last month though, so this Spindle is really an update of results and some points of interest and a toast to those intrepid riders who have braved the elements thus far!

## **SPINDLE BITS**

**WEDNESDAY 1 MAY; CCS Committee Meeting; 7pm, Stevenson Centre**

### **CCS THURSDAY EVENING TT SERIES.**

The CCS Thursday evening TT series started on 18 April, and runs through to the end of August, 20 TTs in the series.

There are full details on our website at <https://cycleclubsudbury.com/evening-tt-series>

We welcome riders from other clubs and visiting riders. If any riders from other clubs wish to be included on the email list, could they let me know at [pamandrobinw@gmail.com](mailto:pamandrobinw@gmail.com).

### **POTHoles – TT COURSES AND ELSEWHERE**

The easiest way to report potholes is via CyclingUK's Fill That Hole website <https://www.fillthathole.org.uk/>, which also has a downloadable phone app. Councils can refute pothole damage claims if they claim to be not aware of them between their periodic inspections, so the more reported the better.

### **IXWORTH CRITERIUM RACES, BANK HOLIDAY MONDAY 6 MAY**

West Suffolk Wheelers and Triathlon Club are promoting a seven race criterium programme in Ixworth. The course is on a closed road circuit which makes for fast, exciting, close racing, offering spectators the opportunity to see close up many of the East's finest riders, and hopefully some from CCS, battle it out for the top honours.

East Anglia's premier day of circuit races are aimed at riders of all ages and abilities. It has consistently produced fast exciting racing, with close finishes which often need a photo to decide the places.

The course, a demanding circuit of about 900m with very tight corners centred in the village is a good test of rider abilities and makes spectating nearly as exciting as racing! Entries via the British Cycling website.

Details at <https://westsuffolkwheelers.org/events/ixworth-cycle-races/>

- Robin



## RESULTS & UPDATES

**Audax Update**

Fenn

**April 2024.** By David

| Date                   | Event                          | Riders  |
|------------------------|--------------------------------|---|
| 29 <sup>th</sup> March | Essex & Suffolk Estuaries 100k | Les Dunham, David Fenn.   |
| 6 <sup>th</sup> April  | Tour de Stour 106k             | Raymond Cheung +100k, Mick Bates, Raymond Cheung +100k, Les Dunham, David Fenn, Tony Grimes, Brian Mann,<br>Andy Rogers, Gareth Smith, Dan Upton, Robin Weaver, Tom Moore, Nick Reed. |
| 6 <sup>th</sup> April  | Grand Tour de Stour 210k       | Simon Daw.  |
| 12 <sup>th</sup> April | ACME Tourdax 1 100k            | Raymond Cheung  |
| 13 <sup>th</sup> April | ACME Tourdax 2 100k            | Raymond Cheung  |
| 20 <sup>th</sup> April | Oasts and Coasts 300k          | Raymond Cheung  |
| 27 <sup>th</sup> April | Heart of Anglia 210k           | Tony Grimes, Andrew Hoppit, Ian Lovelock,   |
| 27 <sup>th</sup> April | Sourcy Suffolk 110k            | Les Dunham, David Fenn, Brian Mann.   |

| 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  | 15     | 1,521             |                   | 6      | -      | 3      | 1      | -      | -      | -        | 7,226           |
| Andrew Hoppit - 4235 | 10     | 1,021             |                   | 2      | -      | 4      | -      | -      | -      | -        | 1400            |
| David Fenn - 8775    | 9      | 933               |                   | 9      | -      | -      | -      | -      | -      | -        | 6,250           |
| Les Dunham - 28601   | 8      | 833               |                   | 8      | -      | -      | -      | -      | -      | -        | 5,700           |
| Ian Lovelock - 5675  | 6      | 623               |                   | 2      | -      | 2      | -      | -      | -      | -        | 3,550           |
| Tony Grimes - 7106   | 5.5    | 570               |                   | 2      | 1      | 1      | -      | -      | -      | -        | 1,350           |
| Robin Weaver - 7481  | 5      | 512               |                   | 5      | -      | -      | -      | -      | -      | -        | 3,600           |
| Brian Mann 4689      | 2      | 216               |                   | 2      | -      | -      | -      | -      | -      | -        | 1,350           |
| Gareth Smith - 15014 | 2      | 210               |                   | 2      | -      | -      | -      | -      | -      | -        | 1,500           |
| Simon Daw 9411       | 2      | 210               |                   | -      | -      | 1      | -      | -      | -      | -        | 1,425           |

|                  |   |     |  |   |   |   |   |   |   |   |       |
|------------------|---|-----|--|---|---|---|---|---|---|---|-------|
| Nick Reed        | 2 | 210 |  | 2 | - | - | - | - | - | - | 1,350 |
| Andy Rogers17627 | 1 | 106 |  | 1 | - | - | - | - | - | - | 700   |
| Mick Bates 3824  | 1 | 106 |  | 1 | - | - | - | - | - | - | 700   |
| Dan Upton        | 1 | 106 |  | 1 | - | - | - | - | - | - | 700   |
| Tom Moore        | 1 | 106 |  | 1 | - | - | - | - | - | - | 700   |

### **Forthcoming local Audaxes**

4<sup>th</sup> May, Copdock 100k, 50.

4<sup>th</sup> May, Manningtree, Green and Yellow Fields 300k.

26<sup>th</sup> May, Lowestoft, 200k, 150k, 100k.

8<sup>th</sup> June, Manningtree, Asparagus and Strawberries 400k.

8<sup>th</sup> June, Saxlingham, Norfolk, 200k, 100k.

14<sup>th</sup> June, Dunmow, Hereward the Wake 300k.



### **AUDAX RIDES - A History**

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!

Routes are unsigned, but riders can download a turn-by-turn route sheet or a downloadable gpx track. The route sheet also has additional information, so it's worth reading even if using gpx. If using a route sheet, a means of having it 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.



|                   |        |  |  |  |  |  |  |  |  |
|-------------------|--------|--|--|--|--|--|--|--|--|
| Stephen Hitchcock | 31..01 |  |  |  |  |  |  |  |  |
| Will Headley      | 0      |  |  |  |  |  |  |  |  |
| Charlie Heeks     | 25,49  |  |  |  |  |  |  |  |  |
| Dan Lawrence      | 29,31  |  |  |  |  |  |  |  |  |
| Ian Love lock     | 0      |  |  |  |  |  |  |  |  |
| Angela Lesslie    | 28,20  |  |  |  |  |  |  |  |  |
| Tom Moore         | 35,34  |  |  |  |  |  |  |  |  |
| David Munro       | 30,40  |  |  |  |  |  |  |  |  |
| Gary Pamment      | 24,50  |  |  |  |  |  |  |  |  |
| Alec Purcell      | 22,58  |  |  |  |  |  |  |  |  |
| James Rush        | 25,22  |  |  |  |  |  |  |  |  |
| Tony Shepard      | 0      |  |  |  |  |  |  |  |  |
| Ian Short         | 23,38  |  |  |  |  |  |  |  |  |
| Sue Triplow       | 0      |  |  |  |  |  |  |  |  |
| Charlie Upton     | 26,48  |  |  |  |  |  |  |  |  |
| Dan Upton         | 25,58  |  |  |  |  |  |  |  |  |
| Nick Webber       | 25.06  |  |  |  |  |  |  |  |  |
| Ian White         | 28,23  |  |  |  |  |  |  |  |  |
| Caroline Wyke     | 34,59  |  |  |  |  |  |  |  |  |
| Number of riders  |        |  |  |  |  |  |  |  |  |

## BRENT ELEIGH COURSE

| NAME           | Target time | 25 April | 9 May | 6 June | 27 June | 18 July | 15 August |
|----------------|-------------|----------|-------|--------|---------|---------|-----------|
| Adrian Ablitt  | 24,55       | 25.18    |       |        |         |         |           |
| Nick Ablitt    |             | 23.09    |       |        |         |         |           |
| Doz Bree       | 0           |          |       |        |         |         |           |
| Anna Brown     | 25,09       |          |       |        |         |         |           |
| Simon Daw      | 0           |          |       |        |         |         |           |
| Rob Davies     | 21,14       |          |       |        |         |         |           |
| Damon Day      | 19,54       |          |       |        |         |         |           |
| Dean De,Ath    | 0           |          |       |        |         |         |           |
| Rob Harman     | 0           |          |       |        |         |         |           |
| Les Dunham     | 25,50       | 25.34    |       |        |         |         |           |
| Richie Edwards | 0           |          |       |        |         |         |           |
| David Fenn     | 0           | 25.33    |       |        |         |         |           |

|                   |       |              |  |  |  |  |  |
|-------------------|-------|--------------|--|--|--|--|--|
| Kirsty Fenner     | 25,13 |              |  |  |  |  |  |
| John Golder       | 0     |              |  |  |  |  |  |
| Stephen Hitchcock | 0     |              |  |  |  |  |  |
| Will Headley      | 0     |              |  |  |  |  |  |
| Charlie Heeks     | 20,06 |              |  |  |  |  |  |
| Lindsay Hobden    |       | 29.05        |  |  |  |  |  |
| Millie Jenkins    |       | 21.16        |  |  |  |  |  |
| Stuart Jenkins    |       | 23.54        |  |  |  |  |  |
| Dan Lawrence      | 0     |              |  |  |  |  |  |
| Ian Lovelock      | 0     |              |  |  |  |  |  |
| Angela Lesslie    | 0     |              |  |  |  |  |  |
| Tom Moore         | 29,25 | 31.24        |  |  |  |  |  |
| David Munro       | 0     |              |  |  |  |  |  |
| Gary Pamment      | 0     |              |  |  |  |  |  |
| Alec Purcell      | 18,56 | 20.06        |  |  |  |  |  |
| Simon Reed        |       | 19.54        |  |  |  |  |  |
| Adrian Rush       |       | 24.27        |  |  |  |  |  |
| James Rush        | 20,44 |              |  |  |  |  |  |
| Tony Sheppard     | 0     |              |  |  |  |  |  |
| Ian Short         | 19,12 |              |  |  |  |  |  |
| Ann Shuttleworth  |       | 23.38        |  |  |  |  |  |
| Sue Triplow       | 0     |              |  |  |  |  |  |
| Charlie Upton     | 22    | 21.23        |  |  |  |  |  |
| Dan Upton         | 20,51 |              |  |  |  |  |  |
| Nick Webber       | 20,55 |              |  |  |  |  |  |
| Jeff Wharton*     |       | <b>19.37</b> |  |  |  |  |  |
| Ian White         | 24,04 |              |  |  |  |  |  |
| Caroline Wyke     | 30,50 | 31.22        |  |  |  |  |  |
| Number of riders  |       | 15           |  |  |  |  |  |

## ACTON CIRCUIT COURSE

| NAME          | Target time | 18 April | 16 May | 13 June | 11 July | 1 August | 29 August |
|---------------|-------------|----------|--------|---------|---------|----------|-----------|
| Adrian Ablitt | 25,22       | 25.52    |        |         |         |          |           |
| Doz Bree      | 23,18       |          |        |         |         |          |           |
| Anna Brown    | 25,54       |          |        |         |         |          |           |
| Simon Daw     | 0           | 19.29    |        |         |         |          |           |
| Rob Davies    | 21,30       |          |        |         |         |          |           |

|                   |       |                |  |  |  |  |  |
|-------------------|-------|----------------|--|--|--|--|--|
| Damon Day         | 20,18 |                |  |  |  |  |  |
| Dean De,Ath       | 0     |                |  |  |  |  |  |
| Rob Harman        | 22,41 |                |  |  |  |  |  |
| Les Dunham        | 25,55 | 26.53          |  |  |  |  |  |
| Richie Edwards    | 23,46 | 24.47          |  |  |  |  |  |
| David Fenn        | 25,47 |                |  |  |  |  |  |
| Kirsty Fenner     | 26.04 | 26.32          |  |  |  |  |  |
| John Golder       | 23,18 |                |  |  |  |  |  |
| Stephen Hitchcock | 0     |                |  |  |  |  |  |
| Will Hedley       | 0     | 23.16          |  |  |  |  |  |
| Charlie Heeks     | 20,36 |                |  |  |  |  |  |
| Lindsay Hobden    |       | 30.54          |  |  |  |  |  |
| Dan Lawrence      | 0     |                |  |  |  |  |  |
| Ian Lovelock      | 27,29 |                |  |  |  |  |  |
| Will Lowden*      |       | <b>16.41CR</b> |  |  |  |  |  |
| Angela Lesslie    | 0     |                |  |  |  |  |  |
| Tom Moore         | 29,23 | 30.53          |  |  |  |  |  |
| David Munro       | 0     |                |  |  |  |  |  |
| Gary Pamment      | 0     |                |  |  |  |  |  |
| Alec Purcell      | 19,01 |                |  |  |  |  |  |
| Adrian Rush       |       | 26.34          |  |  |  |  |  |
| James Rush        | 21,19 |                |  |  |  |  |  |
| Tony Shepard      | 0     |                |  |  |  |  |  |
| Ian Short         | 0     | 21.16          |  |  |  |  |  |
| Sue Triplow       | 0     |                |  |  |  |  |  |
| Charlie Upton     | 22,06 | DNF            |  |  |  |  |  |
| Dan Upton         | 21,03 |                |  |  |  |  |  |
| Nick Webber       | 21,02 |                |  |  |  |  |  |
| Jeff Wharton*     |       | 20.20          |  |  |  |  |  |
| Ian White         | 24,03 |                |  |  |  |  |  |
| Jacqui White      |       | 27.34          |  |  |  |  |  |
| Caroline Wyke     | 28,27 | 31.43          |  |  |  |  |  |
| Number of riders  |       | 15             |  |  |  |  |  |

Fastest road bike, male; Ian Short, 21.16

Fastest road bike; female; Kirsty Fenner, 26.32

Fastest TT bike, male; Will Lowden, 16.41

Fastest TT bike, female; Jacqui White, 27.34

## SpoCo LEAGUE TABLE

| CC SUDBURY SpoCo LEAGUE TABLE<br>2024 |                |        |              |
|---------------------------------------|----------------|--------|--------------|
| POSITION                              | RIDER          | EVENTS | POINTS TOTAL |
| 1                                     | David Fenn     | 4      | 395          |
| 2                                     | Alex Purcell   | 2      | 237          |
| 3                                     | Ian Short      | 2      | 228          |
| 4                                     | Simon Daw      | 1      | 119          |
| 5                                     | Charlie Heeks  | 1      | 117          |
| 6                                     | Charlie Upton  | 1      | 112          |
| 7                                     | Dan Upton      | 1      | 111          |
| 8                                     | Dean Death     | 1      | 110          |
| 9                                     | James Rush     | 1      | 109          |
| 10                                    | David Hart     | 1      | 108          |
| 11                                    | Angela Lesslie | 1      | 105          |
| 12                                    | Adrian Rush    | 1      | 104          |
| 13                                    | Caroline Wyke  | 1      | 103          |
| 14                                    | Susan Triplow  | 1      | 98           |

There are two new additions to the SpoCo table with Ian Short and Susan Triplow both gaining points. Ian gained a 6<sup>th</sup> place in a windy and hilly Stowmarket 15.2-mile event followed by 8<sup>th</sup> place in the Diss 25 mile TT on the Diss to Thetford road held under challenging Northerly cross wind and cold conditions. Susan rode the Diss 25 finishing in 23<sup>rd</sup> place.

### Stowmarket 15.2-mile TT 13<sup>th</sup> April 2024

Ian Short, 37:12, 6<sup>th</sup>, 115 points.

David Fenn, 49:32, 29<sup>th</sup>, 92 points.

### Diss and District 25-mile TT 21<sup>st</sup> April 2024

Ian Short, 59:25, 8<sup>th</sup>, 113 points.

Susan Triplow, 1:07:55, 23<sup>rd</sup>, 98 points.

David Fenn, 1:20:49, 31<sup>st</sup>, 90 points.





## Open TT Results and report on CCS Riders

### ***C.C.S. Riders - Open T.T. Results - APRIL 2024***

|            |                                       |        |           |    |          |      |
|------------|---------------------------------------|--------|-----------|----|----------|------|
| 7th April  | Colchester Rovers CC - Tendring Heath | E7/10D | A.Purcell | 10 | 22.23    | 2nd  |
| 7th April  | Colchester Rovers CC - Tendring Heath | E7/10D | I.Short   | 10 | 23.30    | 3rd  |
| 7th April  | Colchester Rovers CC - Tendring Heath | E7/10D | D.Death   | 10 | 25.50    | 10th |
| 7th April  | Colchester Rovers CC - Tendring Heath | E7/10D | C.Wyke    | 10 | 39.01    | 26th |
| 13th April | Stowmarket & DCC - Debenham           | BS33R  | I.Short   | 15 | 37.12    | 6th  |
| 13th April | Stowmarket & DCC - Debenham           | BS33R  | D.Fenn    | 15 | 43.32    | 29th |
| 21st April | Diss & DCC - Bressingham              | B25/7  | S.Triplow | 25 | 01.07.55 | 23rd |
| 21st April | Diss & DCC - Bressingham              | B25/7  | D.Fenn    | 25 | 01.20.49 | 31st |
| 27th April | Cambridge CC - Camborne               | F2/15  | I.Short   | 15 | 32.08    | 13th |
|            |                                       |        |           |    |          |      |

Ian Short established a new CCS men's club record ;  
Cambridge CC Open TT on the F2/15 course, time 32.08, on 27 April.

We are already 2 months into the Open season and despite some cold and wet events, there has been a few good placings by CCS riders.

Alex Purcell has ridden to 2 x 2<sup>nd</sup> places and a 3<sup>rd</sup> place in his 3 events entered during March and April which were all hilly circuits! I expect him to continue in the same vein throughout the coming year.

Simon Daw collected 2<sup>nd</sup> place in our own MM Hilly which was his best ever placing!

Ian Short appears to be putting in a full Open season this year and expect him to be pushing Alex as he has already had 2 good 3<sup>rd</sup> and 6<sup>th</sup> places from his 3 rides.

Dean Death has had a 10<sup>th</sup> & 11<sup>th</sup> placings and hope he is also going for more events this season.

Our regular Open TT-ers; Sue Triplow, Caroline Wyke and David Fenn have also been out and expect to see them in future result sheets.

Hopefully we will see more CCS riders joining in the Open TT events as there is a distinct lack of 'bodies on bikes' compared to previous seasons!

*Rog.*



# UPCOMING



CCS has committed to having a stand on 3 of the upcoming Green Sundays (May/June/September).

This will be to promote CCS and cycling in general to the community. Doz Bree and I will man the stall, with the club gazebo for the May and September dates but we will need volunteers please for 16<sup>th</sup> June!

Do come along to support this and potentially bring us cups of tea...

If you'd like to volunteer for June, please contact Doz at:

[doz.bree1973@gmail.com](mailto:doz.bree1973@gmail.com)

Thank you!

Saturday 25th May

Stratford St Mary Village Hall,  
Higham Road, Stratford St Mary,  
Colchester, CO7 6JU

# AMISVELO SPRING SPORTIVE



Enjoy a  
Spring ride.  
90km & 68km  
routes.  
First Ride leaves at 9am

## NORMAN GREGORY MEMORIAL BIKE RIDE

### St Peter's Church

Church Lane, Cockfield, Suffolk, IP30 0LA



### SATURDAY 13TH JULY

Three Routes:-  
9 miles with Guide, 20 miles or 29 miles  
All Rides Start at 10am  
Register from 9.30 am

Entry £5.00 Adults, Under 16's Free  
Under 16s must be accompanied by an Adult  
Entry includes refreshments

All monies raised will go to The RAF Association

All types of Bikes & E-Bikes Welcome  
Parking available in the Village Hall Car Park

For more information please contact:-  
Tony Sheppard 07880 700501  
Norman Kelly 07817 242295

