



The Spindle MARCH – APRIL 2024. cycleclubsudbury.com



Hello to all CCSers – I hope you've had a jolly Easter and managed to get some rides in around the showers (and the potholes)!

This month's Spindle is quite a long one as we approach the main thrust of the racing season and hopefully, better conditions for training and for competing.

In this issue we have updates and reports; news of upcoming events; bikes for sale; an heartfelt tribute to Harold Raymond and a journal of a gruelling charity ride to Mipim from David Hart along with some stunning photos.

Congratulations to March's winners and to all those who took part in events over the month.

I will be publishing monthly during the main racing season so we don't get behind on results and reports and I welcome all contributions especially memories of those we have lost already this year, and of memorable rides or events over your years in CCS or of cycling adventures in general!

Please forgive me if I have left anything out but also let me know if I have and I will include it in the next issue or in an interim one!

In the meantime, happy cycling...

Sharon Buckler
Spindle Editor



RESULTS & UPDATES

Audax Update March 2024. By David Fenn

Date	Event	Riders
3 rd February	DIY 200k	Andrew Hoppit
5 th February	Red Lodge Triangle 150k	Tony Grimes
10 th February	Knights Templar Compasses 104k	Raymond Cheung +100k, David Fenn, Robin Weaver, Les Dunham, Gareth Smith
2 nd March	DIY 200k	Andrew Hoppit
9 th March	The Horsepower 102 k	David Fenn, Les Dunham, Robin Weaver, Ian Lovelock

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	8	815		2	-	3	-	-	-	-	3,400
Andrew Hoppit - 4235	8	811		2	-	3	-	-	-	-	1400
David Fenn - 8775	6	617		6	-	-	-	-	-	-	4,300
Les Dunham - 28601	5	517		5	-	-	-	-	-	-	3,750
Robin Weaver - 7481	4	406		4	-	-	-	-	-	-	2,900
Tony Grimes - 12703	2.5	254		1	1	-	-	-	-	-	650
Ian Lovelock - 5675	2	206		2	-	-	-	-	-	-	1,550
Gareth Smith - 15014	1	104		1	-	-	-	-	-	-	800
Nick Reed	1	104		1	-	-	-	-	-	-	650

The weather in the last couple of months has been a challenge for Audax riders with combinations of high winds, rain and cold, despite this the number of participants remains at a high level.

Whilst the current list of CCS Audax riders is all male it would be great to see some of our Female members participating. Audaxing is non-competetive and it's a great way to meet like minded riders and ride new interesting routes.

So come on ladies give it a try, for information and entry go to the Audax website www.audax.uk

Forthcoming local Audaxes

6th April, Tour de Stour 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.

20th April, Huntingdon, Double Dutch 200k.

27th April, Debenham, Heart of Anglia 200k 100k.

4th May, Copdock 100k, 50.

4th May, Manningtree, Green and Yellow Fields 300k.

26th May, Lowestoft, 200k, 150k, 100k.

8th June, Manningtree, Asparagus and Strawberries 400k.

8th June, Saxlingham, Norfolk, 200k, 100k.

14th June, Dunmow, Hereward the Wake 300k.

C.C.S. Riders - Open T.T. Results - MARCH 2024

3rd March	CCS Mad March Hilly - Lavenham	BS24/R	S.Daw	22	52.19	2nd (1st
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	A.Purcell	22	52.21	3rd (Team
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	C.Heeks	22	53.29	4th (Prize
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	S.Potter	22	54.50	5th 1st Road B'k
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	C.Upton	22	58.28	9th 1st Junior
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	D.Upton	22	59.46	10th
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	D.Death	22	01.00.37	11th
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	J.Rush	22	01.00.57	12th
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	D.Hart	22	01.02.27	13th
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	A.Lesslie	22	01.01.07.42	16th 1st Lady
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	A.Rush	22	01.09.19	17th
3rd March	CCS Mad March Hilly - Lavenham	BS24/R	C.Wyke	22	01.24.40	18th 2nd Lady
16th March	Plomesgate CC - Tunstall	B10/9	D.Fenn	10	33.00	16th
16th March	West Suffolk Wh. & TC - Risby	BS31/R	A.Purcell	21	50.11	2nd
23rd March	Orwell Velo - Debenham	BS33/R	D.Fenn	15	53.24	13th



Event: **Mad March Hilly**
Date: **3 March, 2024**

Team Prize:
CC Sudbury
Unallocated
Unallocated

No.	Overall Pos.	Ladies	V/ V-L	Vets	Jun	Juv	TT	Name	Cat.	Club	Time			Overall Pos.	No.
											Hrs	Mins	Secs		
1	18th	2nd	10th				Road	Caroline Wylie	V-L	CC Sudbury	1	24	40	18th	1
2	16th	1st	8th				Road	Angela Lesslie	V-L	CC Sudbury	1	07	42	16th	2
3	9th					1st	TT	Charlie Upton	Jv	CC Sudbury	0	56	28	9th	3
4	17th		9th				Road	Achian Rush	V	CC Sudbury	1	09	19	17th	4
5	3rd						TT	Alex Purcell	S	CC Sudbury	0	52	21	3rd	5
6	DNS							Richard Phoenix	V	Stratford CC				DNS	6
7	10th		4th				TT	Daniel Upton	V	CC Sudbury	0	59	46	10th	7
8	4th						TT	Charlie Heeks	S	CC Sudbury	0	53	29	4th	8
9	6th						Road	Joseph Shaw	S	Spetch BC	0	57	48	6th	9
10	DNS							Richard O'Rourke	V	Team Velo Racing - Stretton				DNS	10
11	7th		2nd				TT	Jeff Wharton	V	Walsby Schiz Inevitable RT	0	57	50	7th	11
12	13th		7th				Road	David Hart	V	CC Sudbury	1	02	27	13th	12
13	8th		3rd				Road	Jason Corrie	V	Team Velo	0	58	17	8th	13
14	DNS							Brendan O'Brien	V	Explo Road Club				DNS	14
15	2nd		1st				TT	Simon Eave	V	CC Sudbury	0	52	19	2nd	15
16	12th		6th				TT	James Rush	V	CC Sudbury	1	00	57	12th	16
17	DNS							Andrew Whelan	V	Colchester Rowers CC				DNS	17
18	5th						Road	Simon Potter	S	CC Sudbury	0	54	50	5th	18
19	13th						TT	David Young	S	West Suffolk Wheelers	1	06	29	13th	19
20	1st						TT	Will Lowden (29.1mph average)	Esp	Cambridge University CC	0	45	19	1st	20
21	DNS							Will Harris	S	Dispersal A				DNS	21
22	14th						Road	Shane Jarvis	S	Colchester Rowers CC	1	04	00	14th	22
23	DNS							Diz Shee	V	CC Sudbury				DNS	23
24	11th		5th				TT	Dean O'Leary	V	CC Sudbury	1	00	37	11th	24

Men's Course Record: **Tim Torie (5/03/23)** 45m 48s 2872
 Women's Course Record: **Hayley Simmonds (11/03/18)** 50m 52s 3052

CC Sudbury Mad March Hilly - Sponsored by Dropstore, Torque Bikes, insurance and Lowden Family

Robins Row

Prizes - 1 per rider Road bikes no tri bars or TT helmets.
Plus Watt Shop prizes to allocated to drawn finishing positions.

Male TT		Female TT		Fastest Jun	
1st Will Lowden	£70	Bottle of spirit	1st No female TT bike	£70	Bottle of spirit
2nd Simon Daw	£30	Bottle of spirit	2nd	£30	Bottle of spirit
3rd Alex Purcell	£15		3rd	£15	
1st Vet Jeff Wharton		£15	1st Vet		£15
2nd Vet Jason Corner		£10	2nd Vet		£10
Course Record Male		£60	Will Lowden	Course Record Female	
				£60	
Road Bike 1st Simon Potter		£30	Female Road		
Road Bike 2nd Joseph Shaw		£15	Angie Lesslie 1st		£30
			Caroline Wyke 2nd		£15
					Watt Shop T shirt

Robins Row/ B.Lowden	£185	£185	£30	£400
Torque Bikes	£60	£60		

Prizes - 1 per rider

Male		Female		Fastest Jun	
1st	Tim Torrie	1st	Laura Davies	Oskar Everett	
2nd	Will Lowden	2nd	Ann Shuttleworth		
3rd	Neil Hughes	3rd	Kirsty Fenner		
1st Vet		1st Vet		Team of 3	
Simon Daw		Caroline Wyke		Alex Purcell	
Course Record		Course Record		Simon Daw	
Tim Torrie		NA		Simon Potter	
Road Bike		Road Bike			
Alex Cross		NA			

Pics from the Mad March Hilly!



WILL LOWDEN Overall Winner



SIMON DAW (CCS) 2nd Overall & 1st CCS Rider



CHARLIE UPTON (SCC) 1st Junior



ANGELA LESLIE (SCC) 1st Lady Overall



Fastest Team Winners

*Charlie Heeks
Alex Purcell &
Simon Daw with
Rob Davies*



CC SUDBURY SpoCo LEAGUE TABLE 2024

CC SUDBURY SpoCo LEAGUE TABLE 2024			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Alex Purcell	2	237
2	David Fenn	2	213
3	Simon Daw	1	119
4	Charlie Heeks	1	117
5	Charlie Upton	1	112
6	Dan Upton	1	111
7	Dean Death	1	110
8	James Rush	1	109
9	David Hart	1	108
10	Angela Lesslie	1	105
11	Adrian Rush	1	104
12	Caroline Wyke	1	103

The club SpoCo 2024 competition got underway in March with eleven hardy club riders braving the cold conditions in our own club Mad March Hilly.

Simon led the way with second place in the event (119 points) closely followed by Alex in third place (118 points). Both Charlies, Heeks and Upton produced excellent rides for 4th (117 points) and 9th (112 points) respectively with Upton Junior beating Upton senior into 10th place (11 points).

The following weekend saw Alex taking an excellent second place in the West Suffolk Wheelers 21 mile event for 119 SpoCo point.

My season started with the Plomesgate 10 mile TT, with a very poor turnout and four riders either DQ'd or DNS I finished in 16th place gaining 105 points. In my second event, the Orwell 15 mile TT ridden in very windy conditions I finished in 13th place due again to very low rider numbers and DNS's but gaining a healthy 108 SpoCo points.

It would be good to see more CCS riders entering SpoCo East events, they are ridden on single carriageway courses, many of them on interesting circuits requiring some degree of bike handling skills. On a personal note the only downside is more riders equals less SpoCo points for me.

David Fenn



UPCOMING

WEDNESDAY 3 APRIL and 1 MAY; CCS Committee Meeting; 7pm, Stevenson Centre

CCS AUDAX RIDES FROM DEDHAM, SATURDAY 6 APRIL

Hopefully you have already booked your ride on the CCS 100k or 200k audax rides from Dedham, organised by Ian Lovelock, on Saturday 6 April.

Entry and full details via the AudaxUK website;

100k Tour de Stour; https://www.audax.uk/event-details/11084-tour_de_stour

200k Grand Tour de Stour; https://www.audax.uk/event-details/11083-grand_tour_de_stour

You don't need to be a member of AudaxUK to ride; there is however a simple on-line registration, if you've not ridden an Audax before. A bit more information on audax rides generally can be found in the CCS Handbook, page 17.

NEW SUFFOLK CYCLE ROUTE – THE WOLF WAY

CyclingUK and a couple of local riders have just announced a new Suffolk touring ride route, The Wolf Way. This is a 248-mile cycle route around Suffolk. More information on Wolf Way can be found here; <https://www.cyclinguk.org/route/wolf-way>.

It's described as follows; The Wolf Way is a 248 mile/400km cycling adventure around Suffolk.

Winding its way around many of the best bridleways, byways, gravel tracks, cycle paths and quiet back roads, it takes in some of Suffolk's most beautiful locations and hidden gems.

CCS THURSDAY EVENING TT SERIES

Only two weeks now to the start of the renowned CCS Thursday Evening TT series! 6.45pm on 18 April sees the first of the series, on the Brent Eleigh course.

The CCS Thursday evening TT series starts 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>

For 2024, we intend to continue with the pre-registration and payment on-line system we've used previously. A reminder e-mail will be sent out on the Sunday, with a 'request to ride' reply needed by 6pm on Tuesday evening. A start sheet will be issued shortly after this, before the Thursday event.

Payment, (preferably before you ride!), can be by bank transfer, PayPal, or by card on the night, although pre-payment is preferred. Riders can also turn up and pay on the night, if pre-registration isn't possible; they will be sent off after pre-registered riders.

Our marshalling list for the season follows this section. If you're intending to ride, and haven't been in touch yet, can you please let me know by email to pamandrobinw@gmail.com **three** dates from 13 June onwards on which you could marshal, and we'll allocate you to two. You will not be able to ride time trials until you have put your name on the marshalling list. Marshals need to report at least half an hour before the start time. At least one marshal each week needs a car.

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.

For club members with erratic working hours, we suggest that they pre-register for the ride, and if on the night they are unable to ride they let us know by phone or text, and their payment, if already made, will be credited to a subsequent week.

To tempt more CCS first and second claim riders to take part in time trials, the first event of the season, Brent Eleigh course, on 18 April, will be free to members, and promoted within the club as a come and try it event.

POTHOLES – TT COURSES

Now that winter is possibly over, it's time to get all those potholes filled, particularly on our TT courses. 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 before they end up like this...



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/>



Starting and finishing at
Dedham Primary School,
Parsons Field
Dedham
CO7 6BZ

200km starts 08:00
100km starts 09:00

Entry £8.00 online at:

200km GTdS

https://www.audax.uk/event-details/11083-grand_tour_de_stour

100km TdS

https://www.audax.uk/event-details/11084-tour_de_stour

Challenge yourself to go that bit farther - 200km Grand Tour de Stour & 100km Tour De Stour AUDAX Rides Saturday, 6 April 2024

Experience the serene beauty of the Stour Valley countryside and delve into its rich historical tapestry through one of the AUDAX rides commencing from Dedham Primary School, a mere 8km from Manningtree Railway Station.

Embark on the 200km Grand Tour de Stour (GTdS) journey through the picturesque Dedham Vale Area of Outstanding Natural Beauty (ANOB). Commencing in Dedham, follow the tranquil path down the river estuary to Harwich. Along the way, consider a detour to witness Grayson Perry's unique "house for Essex" at Wrabness, an architectural marvel blending elements of Hansel and Gretel with a Russian Orthodox Church. In Harwich, immerse yourself in the peninsula's storied past as you gaze across the Stour towards HMS Ganges.

Subsequently, trace the National Cycle Network NCN51 to Gt Bromley before returning to Dedham, where Constable's masterpiece "The Ascension" graces the local Church.

Continue your journey along the valley to Long Melford, savouring the tranquil Suffolk lanes leading to Wratting



HMS Ganges

Common, straddling the Suffolk-Cambridgeshire border. En route, reflect on the historical significance of RAF Wrattling, operational during Bomber Command's endeavours from 1942. Take a moment to rejuvenate before retracing your path to Long Melford, concluding with the final leg back to Dedham, promising a day of rewarding cycling. And, of course, numerous café stops await to fuel your adventure!



195 Squadron at Wrattling Common



Holy Trinity at Long Melford

Equally captivating, the 100km Tour de Stour (TdS) unveils stunning vistas of the Stour amidst the Dedham Vale AONB. Commencing from Dedham, follow the southern fringes of the Stour valley to Long Melford where you can find Holy Trinity Church is one of the great Suffolk wool churches which stands on a hill at the north end of the village and is widely acknowledged to be one of the most magnificent parish churches in the country. You will then continue meandering through peaceful

lanes into Suffolk's heartland discovering the quaint charm of Boxted before reaching the inviting market town of Clare, offering respite amidst its historic surroundings, including the 11th-century castle at the Old Railway Station, perhaps even stopping at Platform One for some refreshments. After a brief sojourn, return to Long Melford, renowned for its appearances in the BBC series "Lovejoy," and continue along the captivating Stour vistas, culminating in Dedham.



Clare Castle



Upon completion, both rides extend a warm welcome from Cycle Club Sudbury, providing tea, coffee, and a selection of snacks to share in your riding experiences and rejuvenate before your journey homeward.



A MAJOR CHARITY EVENT ORGANISED BY
THE WOLSEY ROTARY CLUB OF IPSWICH

Sunday 12th May 2024 8.00am
Ipswich Rugby Club

This is a new cycling event for all ages and cycling abilities.

Starting and finishing at Ipswich Rugby Club,
Humber Doucy Lane, Ipswich IP4 3PZ

Distances are 25/50/73 miles

£20 BEFORE DAY / £25 ON DAY

To book go to
www.tourdesuffolk.co.uk
or scan the QR code:



Organised by the Wolsey Rotary Club of Ipswich.
Supporting **The Blossom Appeal** & **Prostate Cancer UK**



Sponsors:



DESIGN - BENT - LANCE FORDHAM - MALDEN - PRODUCTION - CPTB - SCHWING

This is the 2024 Marshalling List as of 1st April.

Each T/T rider (over 19yrs only) is required to marshal during the season (but you do get points for marshalling). We're asking if you could provide **three** dates when you'd be available to marshal, we'll then allocate you to **two** of those dates. **YOU WILL NOT BE ABLE TO RIDE TIME TRIALS UNTIL YOU HAVE PUT YOUR NAME ON THE MARSHALLING LIST.** Marshals need to report at least half an hour before the start time. At least one marshal each week needs a car.

DATE	TIME	COURSE	MARSHAL 1	MARSHAL 2	MARSHAL 3
18 APRIL	18:45	BRENT ELEIGH	DAVID FENN	JAMES RUSH	
25 APRIL	18:45	ACTON CIRCUIT	SIMON DAW	IAN SHORT	
2 MAY	18:45	LAVENHAM 10	TOM MOORE	DOZ BREE	LES DUNHAM
9 MAY	19:00	BRENT ELEIGH		KIRSTY FENNER	
16 MAY	19:00	ACTON CIRCUIT	IAN SHORT	ANNA BROWN?	
23 MAY	19:00	LAVENHAM 10; INTERCLUB; COLCHESTER ROVERS	LINDSAY HOBDEN	ADRIAN ABLITT	PETER WHITELEY
30 MAY	19:00	LAVENHAM 10	TOM MOORE	DOZ BREE	GARRY ANDREWS
6 JUNE	19:30	BRENT ELEIGH	ADRIAN ABLITT	DAVID FENN	
13 JUNE	19:30	ACTON CIRCUIT	KIRSTY FENNER		
20 JUNE	19.00	LAVENHAM 10; INTERCLUB; WEST SUFFOLK WHEELERS	LINDSAY HOBDEN	PETER WHITELEY	
27 JUNE	19.30	BRENT ELEIGH			
4 JULY	19:30	LAVENHAM 10	RICHIE EDWARDS		
11 JULY	19:30	ACTON CIRCUIT			
18 JULY	19:30	BRENT ELEIGH			
25 JULY	19:30	LAVENHAM 10 – CLUB CHAMPIONSHIP	PETER WHITELEY		
1 AUGUST	19:30	ACTON CIRCUIT	LES DUNHAM		
8 AUGUST 8TH	19:00	LAVENHAM 10			
15 AUGUST	19:00	BRENT ELEIGH			
22 AUGUST	18:45	JONATHAN WEATHERLEY MEMORIAL TT; LAVENHAM 10			
29 AUGUST	18:45	ACTON CIRCUIT	RICHIE EDWARDS	SIMON DAW	

48 marshals needed in total over the season

RIP... HAROLD RAYMOND

Following the very sad news of the passing of Harold Raymond, Simon Daw has written a piece on him and we have some fantastic pictures to commemorate his life in cycling...

Back in the mid-1980s, club rides (club runs, they were always called) had really quite a different look. One of the key differences – and if you'd told me about 2024 then, I wouldn't have believed the difference – was that whereas now we tend to look like the queue in the Post Office on pension day, in those days the faster ride, at least, was made up almost entirely of lads from their late teens to mid-twenties.

With one exception. Well, just occasionally more than one, but one regular. And that was H.

Harold Raymond, H (he may come one letter later in the alphabet, but he was twenty years ahead of G), who sadly passed away on February 25th, was essentially the club coach, the one we all listened to. "We" would be Guy Aldworth, Duncan Thorpe, Karl McDermott, Adrian Gorham, Ian Carter, Simon Quick: mostly names from the past now, at least as far as CC Sudbury is concerned, though some will know Guy. Viv Marsh and Kevin, H's son, had already succumbed to motorbikes and other things by the time I started!

Anyway, in those pre-internet, pre-GPS, pre-power meter, pre-carbon days, decent information was hard to come by, and we were all desperate for advice from someone who knew, someone who'd been there. And H was our source. He'd been cycling forever (actually, at the time he was around fifteen years younger than I am now and would have been a relative youngster on our modern rides) but more to the point he'd been involved with everything we aspired to: proper racing teams, big races.

Harold had been a member – a founding member, I believe – of Anglia Sport, which in the late 70s and into the 80s was the strongest team in the region, and one of the best in the UK. Like many others, he'd not always seen eye-to-eye with the late Derek Worsley, and this, I think, had led to a parting of the ways. But H had been involved with not only a high-level amateur team, but also with the Grand Prix of Essex, the race to which in those days we all aspired. CC Sudbury's orange strip was, I think, probably inspired all those years ago by the flash of orange on the then Anglia Sport kit.

Moreover, H had a race that was very much his own: the Ronde Anglia. On the other side of the border from the GP of Essex, it was a counter towards the Peter Buckley series, the national junior competition, and as such it was a prestigious race: certainly by far CC Sudbury's most significant promotion at any time. Like so many others, it's been much missed in the twenty-plus years since it disappeared from the calendar; many a junior cut his teeth in the Ronde.

At grass roots, though, Harold was a key contributor to club life. Not only was he always there on those club runs – usually complaining about something we were doing wrong (often that the pace was too fast - and trying to use age as a get-out!) – but also as part of his role at Great Cornard Sports Centre, where he was Manager. H organised weekly winter circuit training sessions for the club, and one my defining memories of the 80s is struggling with bench presses and sit ups to the point at which the ride home could only be a surreal, almost out-of-body experience which involved weaving up Ballingdon Hill (in those days, that was much less likely to result in a quick death) with no strength left in the legs whatsoever.

In truth, I'm not sure that all the advice I received from H was spot on – he remained convinced for years that I was a sprinter! – but without him, I'm not sure I'd have had any direction for my efforts at all. It was Harold that introduced (a very reluctant) me to grass track racing, only for that to become a favourite discipline that resulted – eventually – in my only national championship medal. When I then wanted to ride at Saffron Lane, the track which, in those far off days, was the best there was, and which was used for national and indeed world championship events, well, that was for Harold to arrange, too. I imagine the others would say much the same about him; he was the one that was there, and the one who took an interest.

I'm pretty sure that he'll now be trying to find himself a bike, and that St Peter can expect to come in for some fairly heavy-duty half-wheeling. Keep it going, H.

Pictures:

Ronde Anglia programme from the early 90s

Harold at the CCS fancy dress Boxing Day TT – probably about 1987

CCS dinner / dance – 1984?

Inter-club hill climb team – Ian Carter, me, H, Simon Quick, Guy Aldworth

Picture from Dvid – circa 1984

Picture from Roger Rush – 24th July 2014

GREAT CORNARD SPORTS CENTRE
AND
CYCLE CLUB SUDBURY
PRESENT THE

Ronde Anglia

CLASSIC CYCLE RACE
Under the British Cycling Federation rules

GT CORNARD SPORTS CENTRE
11-00AM

Sunday April 10th

SPONSORED BY
CLIFTON CARS (ESSEX) LTD

CITROËN





FOR SALE

VARIOUS BIKES

White & Grey Trike is a 1959 Higgins Ultralite

- Red Trike is a 2015 Geoff Butler
- The White Bike is a Mercian Fixed wheel form the 1960's
- The Blue Bike is Terry Dolan TT Bike
- The Yellow Bike is a Ribble

Contact: Steve Clark

(07788 901635)





Links of Interest

FB article on Deborah Moss: <https://www.facebook.com/share/KautMUub4j8qkP16/>

20mph Time Trial Regulations from CTT from Cycling Weekly: [Cycling Time Trials' 20mph speed limit rule will help 'protect our sport long term', says Alex Dowsett | Cycling Weekly](#)

Helen Rollason Race: <https://www.helenrollason.org.uk/event/ride-for-helen-essex/>



Mipim Adventure

By David Hart

Cycle to Mipim – 2024



From Wednesday 6th to Tuesday 12th March this year my days were utterly consumed by cycling. I was taking part in an incredible event, which has been run since 2006 – and I have been lucky enough to take part in on five occasions now.

What is it?

Cycle to MIPIM is Club Peloton's original endurance fundraising ride that brings together cyclists of all abilities to ride, network and fundraise. The primary beneficiary is Coram – an incredibly charity which is a leading children's rights organisation which specialises in helping families to adopt children who have had particularly hard starts to their lives. Cyclists Fighting Cancer and the Tom AP Rhys Pryce Memorial Trust are the other charities benefiting from the fundraising. Every year, riders from across the property industry complete the seven-day 1,438km challenge from London to Cannes, arriving in time for MIPIM, the leading international real estate conference.

Participants are divided into one of three teams and the days are usually split into four or five stages (three on days 1 and 7) of around 40-60km each. The idea is that everyone rides at least one stage in the morning and one in the afternoon. There is the option to ride more... The support for the ride really does set it apart. Nine motorcycle outriders (who in France close each junction that we pass through), a lead car, with a mechanics van and medics van following us to deal promptly with any misdemeanors. Also, there is a coach wrapped in 'Club Peloton' and 'Cycle to Mipim' livery, which is there to carry participants sensible enough to take a few stages off the bike.

Starting this year at the Horniman Museum in Forest Hill, we gathered for a coffee and some light breakfast, before the ride commenced through the streets of south London, out into Kent for our first break, where you can use the facilities, and grab a drink and refuel. We continued the journey to Folkestone – although not entirely without event – unfortunately a minor celebratory on the ride (in the property industry at least) veered off the road into some heras fencing. This was Russell Harris KC – the man seen as recently winning the battle with Michael Gove on the proposals to redevelop the Marks and Spencer's site on Oxford Street in London. He seemed ok, and continued his riding, but a few days later he had significant swelling and needed to limit his riding to the last roll into Cannes on the final day.



Close to the Eurotunnel terminus we completed our first day's riding of about 130km, got off the bikes, which were loaded into support vans, whilst we boarded the coach for the channel crossing, the other side of which was our hotel for the first night. A short first day (comparatively) complete!

So day 2 – 262km to Soissons through a much more beautiful and interesting northern France than many give it credit for. Weather started out cold (around 1 or 2 degrees) but otherwise was great. Lots of nice rolling hills – which – surprisingly amounted to over 2,000m climbing

for the day. We rolled into Soissons in the dark, where I was fortunate enough to have a turn on the front, leading the peloton. With ride captains immediately behind guiding our pace, it was quite tricky to keep it just right, and to limit the 'elastic' effect in the peloton. We drew into the hotel and that was day 2 done. A quick shower and out to a restaurant in the town for food, and then back to bed for some much needed rest.

The quirk (there is something that Club Peloton does differently each year) of the ride this year was that at the end of day 3 we would be joined by about 30 other riders in Auxerre; the 'four-dayers'. This brought the whole peloton up to about 78 riders.

Day 3 was similar to day 2, in that the weather was good, albeit with a very cold start. Distance for the day dropped to a mere 220km (your calibration of a 'long ride' gets totally out of sync doing this event) and around 2,300m in terms of climbing. No particular events on this day, other than continued very pleasant cycling in weather that you would pray for given that this event happens in early March.





Unfortunately the 'four dayers' brought the first weather challenge, with an extremely strong head wind building throughout the day on Day 4, which someone strangely managed to 'switch off' at the break before the final stage. Or maybe it was a tail wind. But, as a head wind, it did get seriously strong with branches being broken off trees at quite some height, raining down onto the peloton – although, thankfully none were big enough to cause any harm. Quite disconcerting though! The final stage of the day included the first climb where riders were free to go at their own pace (re-gathering at the top) and then we

had a fantastic run-in to Chalon at high pace (circa 48kph) which really was incredible as we flew through closed junctions and roundabouts to the hotel – extremely exhilarating and definitely my favourite stage of the ride to this point! An even lighter 205km on Day 4, but still the persistent 2,000m+ climbing. Still no (substantial) rain until this point, but that was all about to change...

We woke up on Day 5 to the sound of heavy rain, which had been forecast. Windows open in the hotel allowed an unexpected raid of mosquitos (given it was pretty cold over night). What was wrong with the forecast was the temperature – the forecast said around 8 degrees – it turned out to be 3-4 degrees. The first stage was miserable with everyone promptly getting thoroughly wet and very cold. There was certainly a point there where I fully intended to be on the coach for Stage 2. But for reasons unknown, a switch flicked in my head and I decided I would cycle stage 2, and my thoughts altered to going straight for my day bag



at the first break and getting some dry kit on. My hands were so cold that I couldn't even connect the zip of my jacket, but the coach driver kindly zipped me up. Quick coffee and we were off, in improving conditions – the rain waned and it slowly got slightly less cold. Stage 4 of that day brought the first real hills – it was a great ride.

But, alas, Stage 5... I did this ride two years ago, and 'Day 5, Stage 5' became a real thing – to the extent a t-shirt was



made afterwards. It's mainly a long descent into Valance, but two years ago, it got very cold, rained extremely heavily – it was one of the most miserable rides of my life. It was fast, in the dark, and with a peloton of around 50, it was very sketchy. Because it was a descent, you couldn't ride hard enough to get warm. When it finally did end (two years ago), and we got to our hotel room, my room mate and I spent 15 minutes wrapped in towels under duvets (on our own separate beds I must add) to try to warm up before getting in the shower.

Step forward to March 2024 and it's time to exercise the demons. Although one particular person who did cycle alongside me two years ago flatly refused to do the stage again. Before the descent starts, there's around 8km of gentle climbing, upon completing, we stopped to switch on our lights and get in any last fuel. The clouds gathered, the wind started to whip up. Not again?! It was marginally less bad than two years ago – slightly slower pace, not so sketchy, not quite as cold, not quite as windy. But at one stage we did have some really stinging hail. Thankfully that didn't last too long. It did eventually finish. Around 265km completed on day 5, with (surprisingly low) climbing at just under 2,000m.

Day 6 promised a start dry. It wasn't, I underdressed and stupidly omitted my overshoes. Wet, but not quite as cold as it'd been on the first stage the previous day, and a bit more climbing, so genuinely nice to have that bit of work to do, if nothing else to keep a bit warmer. The wetness continued into stage 2, which should have been amazing with snow-capped foothills of the Alps in the background. The intermittent rain and poor visibility did diminish the excellence of this day that I recalled from two years ago. Lovely climbs and descents. I just wanted the rain to stop so much, and for it to warm up – we were pretty far south by this stage! When Day 6 did finish, we'd completed circa 210km and over 3,000m climbing. With this being the final day of the peloton being together in a hotel, there were some jovial awards given out at a presentation that evening, together with an incredibly moving video reminding us all why we were doing this crazy thing. Seeing a child who's life had been besotted by Cancer receiving a bike of their own and making those first pedal turns brought more than a tear to all in that room.



Day 7 – suddenly the last day of this epic adventure was upon us. And at last, the skies were clear, which did mean a freezing cold start, but I was very happy with that and the lack of rain. I felt great. And this day, at the end of Stage 1 brought the absolute cherry on the cake of the ride – a 16km climb up the Gorges du Verndon. Just absolutely spectacular, with a steady climb to start with, a flat section (probably with a minor bit of descending) followed by another long, steady climb. Pure joy, just finding your groove and churning out that climb, with incredible scenery – even a

waterfall overspilling out onto the road (just to remind us how much rain there had been the past few days). At the end of the climb was the first feed stop of the day. The second stage ended with lunch, and everyone ensuring they were donning the official sponsored kit, and, for the first time on the entire ride, getting down to just wearing shorts and a short sleeved jersey (for me at least, some hardy souls had regularly been wearing shorts throughout – madness)! We rolled into Cannes and were met with sunshine and a great welcoming party to celebrate what we'd done.

For me, it was an uncontrollable 'thing' in my head to try to do the entire distance. There's so much sense in taking a few stages out, most notably to really enjoy and feel strong on the fantastic final two days of the ride – maybe I could have enjoyed day 6 a lot more if I'd sacrificed a stage or two earlier on, but I do carry a huge amount of pride at having cycled every km between London and Cannes. So, incredible to have achieved what I set out to, particularly with some of the battles and dark moments on the way.

As a summary, I'll start with the lows – it was incredibly tough. I got so cold and wet on stage 1 of day 5 – it really was a stage of horrible cycling. And from then on for those two days, the rain – although it did stop for a bit – was never far away. Days 5 and 6 were very tough – I didn't feel great and was constantly wondering whether the aches and shivering was me coming down with something, or just a symptom of the huge amount of cycling. I felt so much better on the morning of day 7, I was convinced it was the latter.



So now the highlights, which were extremely compelling. For me, definitely the run into Chalon on day 4 – the speed we built up in a reasonable sized peloton was so exhilarating and to run through closed roundabouts at that pace was just about the closest I think I'll ever get to feeling like a pro. And the climb up alongside the Gorge du Verdon, just lovely finding the right steady pace where my legs were screaming at me, but my heart rate stayed relatively low – not sure I nudged out of zone 2, but my legs simply would not allow me to! Lastly, cycling with so many interesting people and the satisfaction of completing the ride in the sunshine in Cannes.

I definitely intend to do the ride again – but next year? I'm not so sure I can take it on again so soon...



This ride is primarily a charity fundraiser. I have been blown away by the generosity of donations, including a good few from members of Cycle Club Sudbury – a huge thank you to everyone who has sponsored me! For anyone else who would like to make a donation, no matter how small it will be hugely appreciated, the link to my just giving page is below:

WELL DONE TO DAVID AND THANK YOU FOR THE GREAT PICTURES AND THE JOURNAL OF YOUR ADVENTURE!

Until next month, thank you for all of the contributions – keep them coming! Happy riding...

Sharon Buckler
Spindle Editor