



The Spindle

JULY 2024.

cycleclubsudbury.com

SCORCHIO!!!

Welcome to the July/Aug Spindle (Comes out in August but covers July!).

We have the regular updates from our ever-reliable contributors along with the return of Caroline

Wyke's slot (emails weren't getting through!).

Enjoy, until next time



INTERCLUB TT WITH COLCHESTER ROVERS 24 JULY

There was a return match with Colchester Rovers on a 10 mile course on the Tendring peninsular. CCS fielded 10 riders.

The final scoring was Colchester Rovers 231, CCS 219; Ian Short came in first, with a time of 22.37.

CCS CLUB CHAMPIONSHIP TT, THURSDAY 25 JULY

Champions were;

On times; 1st, Ian Short; 22.30, 2nd, Nick Webber, 24.38; 3rd, Charlie Upton, 25.02 (also Juvenile).
1st Lady, Ellie Parsons, 34.13 (also Junior).

On handicap; 1st, Les Dunham, 15.48; 2nd, Charlie Upton, 16.16; 3rd, Adrian Rush, 16.19.

On VTTA adjusted times; 1st, Ian Short, 21.52; 2nd, Nick Webber, 22.14; 3rd, James Rush, 25.29.

DUNWICH DYNAMO; SATURDAY 20 JULY

At least three CCS riders completed this. Ian and Les caught a train to London, rode the Dynamo, then rode back to Dedham, via a couple of ferries. A total of 273km. Raymond Cheung also rode the event.

SUNDAY 18 AUGUST – CCS SUMMER SOCIAL RIDE

As in previous years, there will be a ride to the coast (different groups, different speeds!), followed by refreshments at the Henny Swan.

This involves a morning cycle to Manningtree or Harwich returning to Henny Swan for approx 1.00pm and then lunch at 1.30pm.

The club partially subsidises the event and hence food costs just £8.50 for our members and members get a drink on the club. Food choices need to be made in advance, see attached flyer , and emailed to rob.ev.jack@gmail.com. Partners welcome at the lunch but if not CCS members food will cost £13.50.

The route map is also attached.

Payment for the event can be made directly into our account CC Sudbury, account No. 30308188, Sort Code 20-83-50, please make the reference your name and CCSSE.

Short Sensibly paced route - 35 miles - Leader Les Dunham, Start at Homebase 9.00

Find route with the following link <https://ridewithgps.com/routes/43864709> details of the route for the social (sensible paced) ride on the 20th. It is 35 miles starting at Homebase with a refreshment stop at Dedham. This should ensure that we will finish at Henny Swan at 13.00 hours.

Slower paced route to Harwich, 65 miles - Dave Laker, Start at Homebase 8.15

Starting from the roundabout at the back of Homebase, start time 8:15am, the same as last year. The ride will be at the speed of the slowest rider, I will be aiming for 12 to 13 mph average, I was surprised to find we rode at an average of 14 mph last year. Will have a refreshment stop just before the turn round in Harwich at The Café on the Green. Food is at 1.30 this year at Henny Swan allowing a little more time.

Medium paced route - 65 miles - Leader Tony Howard, Start at Homebase 8.30

The ride will also start at Homebase and stop at the Cafe On The Pier in Harwich. Starting at 08.30 with an average speed of 15-16 mph and we start and finish together at the cafe and the Henny Swan. Route link attached below:-

https://ridewithgps.com/routes/40591653?privacy_code=o185kyX4cywqFnMq

Medium Fast paced route, 18 mph - 65 miles - Leader Rob Davies, Start at Homebase car park at 8.45

The ride will also start at Homebase and stop at the Cafe On The Pier in Harwich. Starting at 08.30 with an average speed of 18 mph and we start and finish together at the cafe and the Henny Swan. Route link attached below:-

https://ridewithgps.com/routes/40591653?privacy_code=o185kyX4cywqFnMq

MENU CHOICES

Vegan and Gluten Free options available

£8.50 per person & choices required in advance

£13.50 for non members partners

Choices

A) Lamb Kofte on a Greek Style Pitta *topped with red cabbage, iceberg lettuce & garlic & mint yoghurt*
-special request gf/df version available

B) Halloumi & Hummus Greek Style Pitta *with leaf & salsa*
-special request available to swap the halloumi to falafel, for a vegan version-

C) Chicken Caesar Pasta Salad *chicken thigh, leaf & all the trimmings*

D) Ploughmans with Cheddar & Ham Hock Terrine *crusty bread, pickles & leaf*
-special request available to swap the ham hock terrine for brie, for a vegetarian version , a gf version is also possible-

There will be a table with fries & salad on it for people to help themselves to (more fries and salad).

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A DATE FOR SEPTEMBER; 14 SEPTEMBER

SUFFOLK HISTORIC CHURCHES TRUST RIDE OR STRIDE DAY

A chance to have an enjoyable ride and raise funds to preserve our historic churches.
Details [here](#) or at your local church.



Audax Update July 2024. By David Fenn

Date	Event	Riders
14 th July	The Windmill 50k	Raymond Cheung
14 th July	The Windmill 110k	Tony Grimes
16 th July	Bildeston Lanes 104k	Les Dunham, Ian Lovelock, Tony Grimes
20 th July	DIY 200k	Les Dunham, 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	28	2,833		7	-	4	1	1	1	-	10,552
Andrew Hoppit - 4235	14	1,424		3	-	4	1	-	-	-	6,320
Les Dunham - 28601	12	1,240		10	-	1	-	-	-	-	7,122
David Fenn - 8775	10	1,036		10	-	-	-	-	-	-	7,000
Ian Lovelock - 5675	10	1,030		4	-	3	-	-	-	-	4,972
Tony Grimes - 7106	8.5	887		5	1	1	-	-	-	-	3,267
Robin Weaver - 7481	8	815		8	-	-	-	-	-	-	4,350
Brian Mann 4689	3	319		3	-	-	-	-	-	-	2,100
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

17th August, Hopstock, Littlely Green 200k, 120k, 50k.

31st August, Carbrooke, Norfolk, 200k, 150k, 100k, 50k.

14th September, Witham, Essex, 200k, 100k, 50k.

CCS 2024 THURSDAY EVENING TT SERIES - POINTS

POINTS AWARDED AS FOLLOWS:

for each start, 5 points

for each finish, 5 points

for each 1 sec improvement over target time and then over best time, 1 point

for marshalling, 30/40 points

Name	April 18	April 25	May 2	May 9	May 16	May 23	May 30	June 6	June 13	June 20	June 27	July 4	July 11	July 18	July 25	Aug 1	Total Points	Place
																	0	
Adrian Ablitt	10	10	71	36	49	30	10	40		10		10	10	10	10	10	316	7th
Doz Bree			30		45	10	40	10		65							200	
Anna Brown					30			53								10	93	
Simon Daw	10	30	72			11				23							146	
Jack Davies						10	10		10	10		10					50	
Rob Davies						26		34	10	10		10		25			115	
Damon Day																	0	
Dean DeAth				10													10	
Rob Harman								10									10	
Les Dunham	10	26	30	32	35	10	10	21				18	10	52	10	40	304	8th
Richie Edwards	10		10						24			30					74	
David Fenn	30	10	10		10	10	10	40				10	10	37		25	202	
Kirsty Fenner	10			30	42	10		81	40								213	
John Golder			318	10									54				382	6th
Stephen Hitchcock			73			37											110	
Will Headley	10			10				28	60	10				19	30		167	
Lindsey Hobden	10	10		67	179	30		60		40		16					412	5th
Stuart Jenkins		10															10	
Izzie Johnson			10					10									20	
																	0	
																	0	
Ian Lovelock																	0	
Angela Lesslie																30	30	
Tom Moore	10	10	30	25	10	10	40		10	10		92	44	145	45	10	491	2nd
																	0	
Elle Parsons							10	10	10	472		169	39	41	10		761	1st
Alec Purcell		10							30				40				80	
Simon Reed		10															10	
Adrian Rush	10	10	10	10	111	10	10	66	10	30		30	49	51	10	10	427	4th
James Rush	30											10		10	10	30	90	
Tony Shepard															30		30	
Ian Short	10		82	51	30	26	40		162	10		5	10	10		21	457	3rd
Ann Shuttleworth		10	32	59		32						18	29	54			234	10th
Sue Triplow													10				10	
Charlie upton	5	10	62	33	57	10	10			10		10	23	54	10		294	9th

Dan upton																	0
Nick Webber				10		10		33	10	10				38		10	121
Ian White	10																10
Jacqui White	10																10
Caroline Wyke	10	10	10	30		10	10			10			40	10			140

10 Mile TT Championship results up to 18th July can be found [HERE](#)

- Robin Weaver



MIND THE GAP!

2024: ARRANGED BY COURSE
SCROLL DOWN FOR BRENT ELEIGH, ACTON CIRCUIT RESULTS
*** DENOTES NON CCS MEMBER**

Fastest male; road bike; Marcel Du Toit*; 20.09
 Fastest female; road bike; Ellie Parsons; 28.02
 Fastest male; TT bike; Jeff Wharton*; 19.20
 Fastest female; TT bike; -

LAVENHAM 10 COURSE

NAME	Target time	2 May	23 May CR	30 May	20 June WSW	27 June Cancell ed	18 July CCS Cham/s hip	8 Aug	22 Aug JWTT
Adrian Ablitt	30,23	29.22	M	32.17	31.00		30.11		
Doz Bree	0		27.10	M	26.15				
Anna Brown	0								
Simon Daw	23.59	22.57	22.56		22.43				
Jack Davies			25.36	25.46	25.43		25.21		
Rob Davies	25,47		25.31		26.09				
Damon Day	24,26								
Dean De,Ath	25.02								
Rob Harman	0								
Les Dunham	30,59		31.34	31.29			30.17		
Richie Edwards	0	27.51							
Jason Everett*		26.47							
David Fenn	30,33	30.26	30.26	31.46	30.32		29.59		
Kirsty Fenner	30,40		30.55						
John Golder	31,50	26.42							
Stephen Hitchcock	31..01	29.58	29.31						
Will Hedley	0				27.10		27.18		
Charlie Heeks	25,49								
Lindsay Hobden			M		M				
Izzie Johnson		24.29							
Andy Kennedy*							25.11		
Dan Lawrence	29,31								
Ian Lovelock	0								
Angela Lesslie	28,20								
Tom Moore	35,34		35.43	M			33.19		
David Munro	30,40								
Gary Pamment	24,50								
Ellie Parsons				41.26	34.44		34.13		
Alec Purcell	22,58								
Adrian Rush		29.22	29.33	30.33	29.02		28.21		
James Rush	25,22						25.52		
Tony Sheppard	0								
Ian Short	23,38	22.33	22.17	M	22.15		22.30		

Ann Shuttleworth*	28.43	28.21	28.21				27.37		
Tim Torrie*		20.19							
Sue Triplow	0								
Charlie Upton	26,48	25.46	26.11	26.04	26.06		25.02		
Dan Upton	25,58								
Nick Webber	25.06		25.10		25.12		24.38		
Jeff Wharton*		24.19	24.09	24.27					
Ian White	28,23								
Caroline Wyke	34,59	35.53	35.38	36.34	35.14		35.16		
Number of riders		15	23 inc CR	9	27 inc WSW		15		

BRENT ELEIGH COURSE

NAME	Target time	25 April	9 May	6 June	4 July	25 July	15 August
Adrian Ablitt	24,55	25.18	24.29	M	24.45	25.15	
Nick Ablitt*		23.09					
Charlie Boldock*						20.48	
Doz Bree	0			21.30			
Anna Brown	25,09			24.26			
Simon Daw	0						
Jack Davies					20.28		
Rob Davies	21,14			20.50	23.16		
Damon Day	19,54						
Dean De,Ath	0		19.53				
Marcel Du Toit*						20.09	
Jason Everett*			21.47				
Les Dunham	25,50	25.34	25.12	25.01	24.53	26.09	
Richie Edwards	0				M		
David Fenn	0	25.33		M	24.24		
Kirsty Fenner	25,13			24.02			
John Golder	0		21.46				
Rob Harman				22.01			
Stephen Hitchcock	0						
Will Hedley	0		22.06	21.48		M	
Charlie Heeks	20,06						
Lindsay Hobden		29.05	28.08	27.18	27.12		
Millie Jenkins*		21.16					
Stuart Jenkins		23.54					
Isabella Johnson*				19.56 WCR			
Dan Lawrence	0						
Mark Lloyd*				19.50			
Ian Lovelock	0						

Angela Lesslie	0						
Tom Moore	29,25	31.24	29.10		27.48	27.23	
David Munro	0						
Gary Pamment	0						
Ellie Parsons				29.44	27.05	28.02	
Kelly Phillips*				26.32			
Alec Purcell	18,56	20.06					
Simon Reed*		19.54					
Adrian Rush		24.27	24.35	23.31	M	23.44	
James Rush	20,44				21.53	21.11	
Tony Sheppard	0					M	
Ian Short	19,12		18.31		DNF		
Ann Shuttleworth	23.58	23.38	22.49		22.41		
Sue Triplow	0						
Charlie Upton	22	21.23	21.00	21.37	21.03	20.06	
Dan Upton	20,51						
Nick Webber	20,55		20.58	20.32			
Jeff Wharton*		19.37	19.34	19.26		19.20	
Ian White	24,04						
Caroline Wyke	30,50	31.22					
Number of riders		15	14	16	12	10	

ACTON CIRCUIT COURSE

NAME	Target time	18 April	16 May	13 June	11 July	1 August	29 August
Adrian Ablitt	25,22	25.52	24.43		25.50		
Doz Bree	23,18		22.43				
Anna Brown	25,54		M				
Simon Daw	0	19.29					
Jack Davies				22.43			
Rob Davies	21,30			22.11			
Damon Day	20,18						
Dean De,Ath	0						
Rob Harman	22,41						
Les Dunham	25,55	26.53	25.30		25.48		
Richie Edwards	23,46	24.47		23.32			
David Fenn	25,47		25.14		25.21		
Kirsty Fenner	26.04	26.32	25.32	M			
Duncan Gilbert*			19.06				

John Golder	23,18				22.34		
Claire Hall*					21.20 2up		
Stephen Hitchcock	0						
Will Hedley	0	23.16		22.26			
Charlie Heeks	20,36						
Lindsay Hobden		30.54	28.05				
Dan Lawrence	0						
Ian Lovelock	27,29						
Will Lowden*		16.41CR					
Angela Lesslie	0						
Peter Mansfield*				25.48			
Tom Moore	29,23	30.53	30.14	30.27	28.49		
David Munro	0						
Gary Pamment	0						
Ellie Parsons				30.15	29.46		
Alex Purcell	19,01			M	M		
Simon Reed*					20.09		
Adrian Rush		26.34	24.53	25.12	24.14		
James Rush	21,19						
Tony Shepard	0						
Ian Short	0	21.16	M	18.44	19.02		
Ann Shuttleworth	23.40				23.21		
Antony Stapleton*					21.20 2up		
Sue Triplow	0				22.07		
Charlie Upton	22,06	DNF	21.19		21.6		
Dan Upton	21,03						
Nick Webber	21,02			21.08			
Jeff Wharton*		20.20	20.02		20.03		
Ian White	24,03						
Jacqui White		27.34					
Caroline Wyke	28,27	31.43			M		
Number of riders		15	11	10	15		

Just a few more Thursday evening TT rides left before the end of season, 1st place looks to be settled but 2nd and 3rd places keep changing, as are the minor places , but numbers are still disappointedly low with an average of 10 riders each week but that probably will not change for this season - David Miller

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

3rd July	East Anglian VTTA - Newmarket	E2/10	I.Short	10	20.36	11th
3rd July	East Anglian VTTA - Newmarket	E2/10	G.Pamment	10	22.07	19th
3rd July	East Anglian VTTA - Newmarket	E2/10	S.Triplow	10	24.47	34th
13th July	Wolsey RC - Tunstall	B10/9	D.Fenn	10	30.39	13th
14th July	London & Home Counties - Tring	F11/10	I.Short	10	20.31	36th
20th July	Verulam CC - Cambourne	F2A/25	G.Pamment	25	56.28	62nd
20th July	Verulam CC - Cambourne	F2A/25	S.Triplow	25	01.01.13	93rd
20th July	Kings Lynn CC - Mundford	B15/8	N.Webber	15	37.09	5th TT Bk
20th July	Kings Lynn CC - Mundford	B15/8	D.Fenn	15	47.06	17th Rd Bk
28th July	Chelmer CC - Chelmsford	E9/25	I.Short	25	01.00.26	10th

PURE GOLD AT THE OLYMPICS

I hope you all watched Tom Pidcock's to Gold in the MTB CX event?

It was simply astonishing the way he fought back from a flat tyre and got back onto the French man's tail after clawing back a 40 sec deficit. I had all but given up hope of a Gold Medal for him, but that final overtake right near the end was sensational... What a rider.

Chapeau Tom!

- Roger Rush



SpoCo July update. By David Fenn.

Just three riders scored SpoCo points since the last update, the best placed being Nick Webber with a 5th place in the Kings Lynn event, also claiming 1st in the age 60+ group.

13th July, Wolsey 10, B10/9

David Fenn, 30:39, 13th, 104 points

20th July, Kings Lynn 15, B15/8

Nik Webber, 37:09, 5th, 116 points.

David Fenn, 47:06, 17th, 104 points.

28th July, Chelmer CC 25, E9/25

Ian Short, 1:00:26, 10th, 111 points.

CC SADBURY SpoCo LEAGUE TABLE 2024			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	10	1022
2	Nick Webber	5	547
3	Ian Short	4	457
4	Alex Purcell	3	340
5	Caroline Wyke	3	249
6	Charlie Heeks	2	218
7	Sarah Johnson	2	175
8	Simon Daw	1	119
9	Charlie Upton	1	112
10	Dan Upton	1	111
11	Dean Death	1	110
12	James Rush	1	109
13	David Hart	1	108
14	Angela Lesslie	1	105
15	Adrian Rush	1	104
16	Susan Triplow	1	98

CCS SpoCo 2024 POINTS SERIES

REMAINING EAST & SOUTH EAST QUALIFYING EVENTS

11th August	VC Baracchi	B50/17R	50-B	East
17th August	Maldon & Dist CC	E21/10	10-1	South East
18th August	CC Breckland	B12/8	12hr-3	South East
24th August	Newmarket C & TC	E33/10	10-1	South East
25th August	CC Breckland	B30/8	30-B	East
26th August	Essex Roads CC	E11/25A	25-2	South East
1st September	Stowmarket & District	B10/52	10-A	East

7th September	Norwich ABC	B10/43	10-A	East
8th September	Basildon CC	E83/25	25-2	South East
10th September	API Metro	E91/10	10-1	South East
14th September	DAP CC	B10/43	10-A	East
15th September	CC Breckland (ECCA)	B10/19	10-A	East
15th September	Lea Valley CC	E1/30B	30-3	South East
21st September	Kings Lynn CC	B10/37R	10-A	East
29th September	ECCA	E33/25	25-2	South East
6th October	Norwich ABC	B25/50	25-B	East



2024 – part 1 – Caroline Wyke

After a fairly long rest from cycling, weather commitments and niggling health issues I kept fit by walking. If I were to stop time trialling, I wanted to finish by riding the Mad March Hilly as this was the 1st ever time trial I entered.

I had booked a trip to Scotland planning to walk The Speyside Way, 75 miles from Aviemore to Buckle having a base right in the heart of Whiskey country and Walkers short bread. The Cullen Skink Soup was absolutely fab.

I entered the Mad March Hilly although I had not done much cycling. The bike I competed on is now 5 years old, but rode well! With lack of bike training and a year older, I still managed my second best course time plus £15 to go towards whiskey.

I was packed up ready to go on Monday morning with my friend Dave driving and dog Millie. We were off for 2 weeks. We stayed in Thirsk for a couple of nights and walked a stretch of the Cleveland Way.

Then we continued up to Grantown-On-Spey for 3 nights using the buses to get to sections of the walk. Once in Scotland the weather improved and was mostly dry. The tracks for walking were dry and the scenery was always breathtaking.

Aberlour was our base for a week using the buses again to access the walk.

The cottage had spectacular views over the mountains. Every morning at 7am a local farmer laid a trail of carrots and sheep streamed off the hills.

I had worried about Millie coping with the distance, but she was fine, up and wagging her tail every morning for another adventure.

The drive back home was glorious along the A9. A clear dry road but the snow on the mountains was the icing on the cake! It was a terrific holiday and fresh for the cycling season again.

2024 – part two

Once back home from holiday I was feeling refreshed and started cycling enthusiastically again. I had missed exploring the countryside and the feeling of freedom. I had horses for years and enjoyed the partnership and the trust that develops when you bond as a team. I have developed a trust in my bikes and hope that if I care from them, we will have many years together.

I was looking forward to competing in a couple of Triathlons, Sudbury and Derby, so I planned a few time trials as part of my training and of course the Thursday evening 10s.

In early April I developed pain in my left knee so rested from cycling but continued to swim.

I enjoyed a good ride on the E/10 course (London Phoenix) and was surprised not to be last. I then rode the Farnham H25/88 course on 2nd June with good conditions, but I was in pain from head to toe, and since that event have had to work on getting fit. I have been trying to remain active with swimming and some cycling. The ice packs are working but I have been forced to pull out of 3 time trials.

I am not able to run so no triathlons this year.

I enjoy my garden but my total produce for this year is Tomatoes x 1 Blackcurrants x 9 and 6 small lettuces! The redcurrants that usually do well have plenty of leaves but no fruit. I usually enter my roses in the Bures Horticulture show in August so I live in hope of improved fortunes. I am hoping that my knee improves and I will be able to come back next season achieving some goals and wearing orange and black.

Keep safe and enjoy cycling ...

Caroline

