



The Spindle

FEB-MARCH 2025

cycleclubsudbury.com

Happy February to all!

A bit of a 'meh' month, but we did see the first reliability ride at the end of January which is a good start! More on that further down.

The Committee have started to pare down unnecessary items in the unit rental with a kind offer from Ian Short to house what's left in his own property, negating the cost of the unit.

Bad weather put paid to the social ride on Sunday 2nd Feb but a small group were back in action on Sunday 9th Feb – look out for future Sunday rides from Market Hill.

A big welcome to new members Rory Coxhill, and Jose Vicente-Garcia.

The next Spindle issue will be in April and then monthly from then until the end of the racing season.

Until then, happy riding!

Sharon

COMMITTEE MEETINGS;

5 February and 5 March, 7pm at the Stevenson Centre

GUESS THE DISTANCE RIDE; 27 DECEMBER

About 20 riders braved a cold but dry (unlike the roads) morning for this ride.

No mishaps, and after the ride the participants took a calculated guess as we warmed up in the Cock Horse as to the distance covered. This was actually 17.7 miles, and nearest was Seb Skeats, with a guess of 17.3 miles. No-one was more than 3 miles out. The route was fairly local, taking in Little Waldingfield, Monks Eleigh, and Preston St Mary, but not necessarily on often-used roads!

The Skeats family have undertaken to produce a route for next year.

UPCOMING; MAD MARCH HILLY TIME TRIAL, SUNDAY 30 MARCH

The Club will be holding the 22 mile "Mad March Hilly Open Time Trial" on a 'sporting' course from Lavenham; HQ at the Village Hall. This is a little later than usual, hopefully boosting entry numbers. If you can publicise the event to potential riders or other clubs, please do so! Closing date for entries is Tuesday 11 March – entries via the CTT website. Course details are in the CCS Handbook or on the CCS website.

Rob Davies is organising the event; he will doubtless be looking for helpers with refreshments, marshalling etc nearer the date – you have been warned!

UPCOMING; SATURDAY 12th APRIL; CCS AUDAX RIDES

On Saturday 12th 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. The route then heads to Long Melford, and on to the source of the Stour before heading back to base.

If you've not ridden an audax before, why not give it a go? Ride at your own pace, or with a group of friends; generous time limits, and built-in refreshment opportunities – what's not to like?

CCS SUBSCRIPTIONS FOR 2025

If you've not yet paid, now's the time to do so.

Membership subs for 2025 are the same as last year;

Juvenile (up to 16) £5

Junior (16 - Dec. after 18) £8

Senior (18-65) £20

Senior (65-80) £15

Family £26

Second claim £12

Associate £4

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.

- Payment by bank transfer is the preferred payment method. 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.***
- Payment also possible by post, with a cheque (to Cycle Club Sudbury) posted to Robin Weaver, 14, Chapel Street, Bildeston, IP7 7EP.

DIEPPE TOUR DE TROIS VALLEES; JUNE 29 JUNE

Each year a small group of CCS riders visit Dieppe for this event. If you're interested contact Robin at pamandrobinw@gmail.com for details, or visit the website; <https://www.dieppetour.com/>.

"Explore the hidden depths of Dieppe, an enchanting coastal town that blends history, natural beauty, and delectable cuisine. Journey with us through rugged cliffs, sandy beaches, and quaint streets. Indulge in mouth-watering culinary delights, and be captivated by the charm of this gem on the French coast. Dieppe is a beautiful town with a long esplanade, a castle, a marina, an amazing Saturday market and an excellent selection of bars and restaurants.

Each year around 250 travel from the UK to France to enjoy a very warm weekend of cycling around Dieppe.

The event is a series of cycle rides organized by Cyclo-Club Dieppois based on the country roads and lanes in and around Dieppe, offering various distances (from 30k to 140k) to suit both families and cycling enthusiasts. A walk is also offered for non-cyclists."

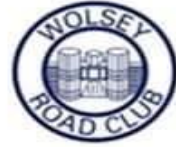
OTHER RELIABILITY RIDES

West Suffolk Wheelers 'Suffolk Punch' Reliability Rides, Sunday 16 February.

In aid of the East Anglian Air Ambulance

Same routes as last year with the addition of a 4th route of 14 miles for family rides or those that would like a shorter ride. Registration at 8:20, first riders leaving for the long route leave at 9:00. Refreshments available after the ride.

More information on the WSW website.



Wolsey Road Club

Reliability Ride

Bredfield Village Hall

Use postcode for sat nav IP13 6AX

Sunday 23rd 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



RELIABILITY RIDE, 26th January

Sunday, January 26th, 2025, proved a day best spent indoors, a fact reflected in the lower than usual turnout for the annual CCS reliability rides. The biting cold served as a convenient excuse for many who messaged their apologies, opting for warmer options on the day.

This popular event, a winter staple and a chance to both socialise and stretch the legs, offers two route options: a challenging 46-mile course and a more manageable 28-mile alternative. Despite the frigid conditions, a commendable 40 cyclists braved the elements, with the majority tackling the longer route.

The event, as always, kicked off from the Stevenson Centre in Great Cornard. The smooth running of the day was thanks to the dedication of numerous volunteers. I'd like to mention the following in dispatches - Caroline, Sue, Alison, Linda, Bob, Martin, Robin, Don, Peter, and all the other unsung heroes who provided a delightful spread of cakes. Your contributions were truly appreciated and added a touch of warmth to a chilly day. A special mention to Brian for organising the hall but couldn't be present on the day.

To all the CCS members and riders from other local clubs who supported the event - thank-you. Your participation, even in the face of adverse weather, is what makes these rides so successful. I'd also like to say that no accidents were reported which makes for less paperwork at my end!

We're pleased to report that the event costs, including hall hire and other expenses, were covered. Now, we can only hope that the weather gods will be kinder to us in 2026!

- Andrew Hoppit

A frosty start to the day, which might in part account for the reduced numbers on the ride this year, about half the number in 2024. The frost had gone by the time the riders left, on either the 46- or 28-mile routes. The riders on the shorter ride were back before the south wind increased. Those on the longer ride were less fortunate; the wind had picked up considerably before they turned to Lavenham and Cornard from Cockfield, making the final part of the ride a bit of a struggle.

Once back, however, the riders were revived by the refreshment team of Sue, Caroline, Linda and a visiting Alison Steed. Thanks to them, the cake providers, and to Andrew Hoppit, who organised the whole event, with surplus funds going to the club finances.

- Robin Weaver



	CYCLE CLUB SUDBURY TT TARGET TIMES 2025					
	Best times for 2024 shown in Black					
	Target Times for 2025 shown in Red (Mins & Secs)					
	Lavenham 10		Brent Eleigh		Acton	
Adrian Ablitt	30,24	29,22	25,20	24,29	25,35	24,23
Doz Bree	27,10	26,15	22,15	21,30	23,31	22,43
Anna Brown	28,51	27,52	25,17	24,26	0.00	0.00
Simon Daw	23,31	22,43	0.00	0.00	20,10	19,29
Jack Davies	26,14	25,21	21,11	20,28	23,31	22,43
Rob Davies	25,25	25,31	21,34	20,50	22,58	22,11
Damon Day	0.00	0.00	0.00	0.00	0.00	0.00
Dean DeAth	0.00	0.00	20,35	19,53	0.00	0.00
Rob Harman	0.00	0.00	22,47	22,01	0.00	0.00
Les Dunham	31,21	30,17	25,45	24,53	26,24	25,30
Richie Edwards	28,49	27,51	0.00	0.00	24,21	23,32
David Fenn	30,46	29,44	25,15	24,24	26,07	25,14
Kirsty Fenner	32,00	30,55	24,52	24,02	26,26	25,32
John Golder	27,57	27,00	22,32	21,46	23,21	22,34
Stephen Hitchcock	30,33	29,31	0.00	0.00	0.00	0.00
Will Headley	28,07	27,10	22,34	21,48	23,13	22,26
Lindsey Hobden	0.00	0.00	28,09	27,12	29,04	28,05
Stuart Jenkins	0.00	0.00	24,44	23,54	0.00	0.00
Ian Lovelock	0.00	0.00	27,44	26,48	0.00	0.00
Angela Lesslie	0.00	0.00	0.00	0.00	23,57	23,08
Tom Moore	34,29	33,19	28,20	27,23	29,04	28,05
Elle Parsons	34,25	34,13	28,02	27,05	30,48	29,46
Alec Purcell	0.00	0.00	20,48	20,06	20,29	19,47
Adrian Rush	29,21	28,21	24,20	23,31	24,50	24,00
James Rush	25,55	25,02	21,20	20,37	21,38	20,54
Tony Shepard	0.00	0.00	0.00	0.00	0.00	0.00
Ian Short	22,50	22,04	18,44	18,06	19,09	18,30
Ann Shuttleworth	28,35	27,37	23,29	22,41	24,01	23,12
Sue Triplow	0.00	0.00	0.00	0.00	22,53	22,07
Charlie upton	25,55	25,02	20,48	20,06		





DBG Cycle Repairs
Warehouse 2A, Unit 5, Stour Valley Business Centre,
Brundon Lane, Sudbury, Suffolk, CO10 7GB

TEL: 07932 199485
dbgcyclerepairs@gmail.com

Doz Bree

Qualified cycle technician
for all cycle repairs big or
small at competitive prices!
Free initial assessment.

Audax Update Jan 2025. By David Fenn

Date	Event	Riders
11 th Dec 2024	DIY 100k	Tony Grimes
15 th Dec 2024	Santa Special 204k	Raymond Cheung.
11 th Jan 2025	The Kelvedon Oyster 104k	Tony Grimes
25 th Jan 2025	339 Deg To Burnham & Back 206k	Raymond Cheung.

Name	Points	Total Distance km	50 km	100 km	150 km	200 km	300 km	400 km	600 km	1000+ km	Climbing Metres
Raymond Cheung-1007	6	618	-	2	-	2	-	-	-	-	2,050
Tony Grimes - 7106	3	312	-	3	-	-	-	-	-	-	1400
Les Dunham - 28601	1	108	-	1	-	-	-	-	-	-	750
Andrew Hoppit - 4235	1	108	-	1	-	-	-	-	-	-	750
Robin Weaver - 7481	1	108	-	1	-	-	-	-	-	-	750
Steve Barnes - 8739	1	108	-	1	-	-	-	-	-	-	750

Forthcoming local Audaxes

8th February, Knights Templar Compasses, 104k, Witham.

8th March, The Horsepower 200k, 100k, 50k Dunmow.

22nd March, Essex & Suffolk Estuaries 100k, Manningtree.

CYCLE CLUB SUDBURY VETERANS AGE RECORDS – Updated Feb 2025

Distance; miles	Age		Rider	Time	Year
10	41		Leon West	19:31	2019
10	42		Jody Downs	19.56	2015
10	51		Ian Short	20:00	2024
10	52		Damon Day	20:13	2018
10	57		Simon Daw	21:42	2021
10	59		Simon Daw	21:46	2023
10	60		Simon Daw	21:58	2024
10	61		Alan Wiseman	22.31	1999
10	64		Alan Wiseman	22.38	2002
10	67		Alan Wiseman	24.57	2004
10	68		David Fenn	24:59	2018
10	70		Colin Harris	25:04	2018
10	72		Len Finch	25.48	2004
10	77		Len Finch	25.57	2009
10	78		Len Finch	27.12	2010
10	81		Len Finch	28.02	2013
10	83		Len Finch	29.42	2015
15	51		Ian Short	32:08	2024
15	64		Nick Webber	37:09	2024
25	40		Leon West	49:38	2018
25	50		Damon Day	52:03	2016
25	52		Damon Day	52:33	2018
25	59		Simon Daw	53:54	2023
25	62		Alan Wiseman	55.49	2000
25	63		Alan Wiseman	59.49	2001
25	64		Alan Wiseman	1.00.51	2002
25	67		Len Finch	1.03.30	1999
25	68		Len Finch	1.05.05	2000
25	76		Len Finch	1.06.14	2008
25	78		Len Finch	1.07.57	2010
25	80		Len Finch	1.12.51	2012
25	82		Len Finch	1.13.24	2014
25	83		Len Finch	1.21.01	2015
30	41		Leon West	1:00:44	2019
30	42		Jody Downs	1.01.52	2015
30	51		Damon Day	1:04:22	2017
30	61		Nick Webber	1:05:32	2021
30	62		Alan Wiseman	1.12.52	2000
30	63		Alan Wiseman	1.14.01	2001
30	64		Nick Webber	1:15:32	2024
30	70		Len Finch	1.18.54	2002
30	74		Len Finch	1.22.07	2006
30	75		Len Finch	1.25.01	2007
30	77		Len Finch	1.27.10	2009
50	42		Jody Downs	1.46.53	2015
50	52		Damon Day	1:47:35	2018
50	60		Simon Daw	1:49:27	2024
50	61		Nick Webber	1:59:19	2021
50	64		Nick Webber	2:03:24	2024

50	68		Len Finch	2.14.32	2000
50	76		Len Finch	2.18.06	2008
100	51		Damon Day	3:55:06	2017
100	59		Simon Daw	4:11:24	2023
100	63		Len Finch	4.58.27	1995
12 Hr	60		Simon Daw	245.99	2024

The above list is based on the latest information I have but any riders who think they may have a claim to any of the records, particularly the 15 mile age records please contact me on my email dr.fenn@tiscali.co.uk. I did ride a 15 mile TT in 2024 but I am reluctant to include it because my time was embarrassingly slow, hopefully someone within the club, past or present has a faster time for a 74 year old geriatric.

David Fenn



Cycling Weakly

Aka: A Racing Uncertainty

Hi all, this is the first instalment of what I hope will be a regular article in the Spindle cataloguing my journey from the least fit I have been for a couple of decades, to something approaching (hopefully) the hardly towering heights of my historic form, when I modestly considered myself to be “moderately-not-too-slow”.

The concept is a fairly simple one, establish my current lack of fitness (easy), embark upon some training involving actual effort being put in (harder) and utilize a control activity to monitor progress.

To establish how much work there is to do, I rode a test course of 34.5km on 30th December on my Dolan Fixie (48/16t for those interested in such things) at a controlled Zone 2. This took 1 hour 27 minutes 26 seconds with an average heart rate of 126 bpm and a cadence of 68 rpm. This set up removes many variables, and I will return to this barometer periodically when the weather is nicer. I fell out of love with being cold and wet several lifetimes ago!

The plan was to train 5 days a week, mostly zone 2 on the turbo trainer, with one hard session a week (either intervals or race effort), combined with 3-4 gym sessions a week focussing on core strength. Needless to say, with the iron-willed discipline for which I am rightly not known, I have broken these self-imposed rules repeatedly, missing sessions and not being able to do restrict myself to the tedious Z2 stuff and doing too many hard sessions.

However, despite this, January saw 587 kms of training (excluding commuting, etc) rides covered in 18 hours including the first objective, the long route on the CCS Reliability Ride. This was accomplished in a

time of 2 hours 48 minutes @ 27KMH, mostly ridden with my nose in the wind as I was dropped by the group I was riding with very early on, so represents an accurate snapshot of my ability at the time.

My next target is to compete in the Mad March Hilly at the end of March. Prior to that I will continue with the training outlined above, try and be more disciplined (hahaha!), revisit the control activity, and ride the MMH TT course several times when the weather is agreeable, hopefully at increasing speeds..!

Check in next time to see how much of this turns out to be a work of fiction!!!

- Doz Bree

MORE EVENTS...

JOCK WADLEY MEMORIAL ROAD RACE (National B Men's Classic) Colchester on March 9th

The 41st Jock Wadley Memorial Road Race will take place on Sunday 9th March on 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).

This race is one of the country's classics that has survived over the decades where as many many others have been lost to our sport.

More entries required closing date 25th Feb 3 weeks today. Riders please support these events to make sure they continue. Enter here: <https://www.britishcycling.org.uk/events/details/313160/41st-Jock-Wadley-Memorial-Road-Race>



A talk by Mark Sinnett on his 'Journey to Frame Building' which I'm sure will be of interest to all cycling enthusiasts. FRI FEB 28 7pm Free Admission Cafe open for food and drink. Click link for info:

<https://www.facebook.com/share/p/1Ben7h9Mxi/>



Finally, some sad news from Tony which I neglected to add to the December 2024 Spindle – apologies for the late insertion...

Geoff Keeble

It is with much sadness that I heard that Geoff Keeble passed away on the 30th November.

Some will know of him as the long term timekeeper for the Colchester Rovers. Geoff first started time keeping for Time Trials in 1958 and was well known not only for local and regional events but also for national events; timing over 3,000 events, including 6 National Championships and he was the assistant time keeper in many others. Geoff was still timing or helping out until quite recently.

Most riders that knew him found him to be most encouraging, whatever your level and he took great pleasure in timing a personal best and would make quite a thing of it, sometimes a few words in the last few seconds before the countdown would stick in your head and I believe make you try harder.

Geoff became President of the Colchester Rovers in 1999 and remained so until this year, he made the presentations at the Annual Awards evening with a story to go with every award; he loved to see the younger rider's progress through.

He never rode a time trial, but travelled many thousands of miles giving him a deep knowledge of the lanes around the Essex and Suffolk countryside.

Geoff will be sadly missed by the TT Community but remembered with much affection. It was a privilege to call him my friend.

Tony Sheppard

Formerly of the Rovers



With thanks to all Spindle contributors