



The Spindle

APRIL 2025

cycleclubsudbury.com

Welcome to the (thankfully) shorter than usual Spindle, which will be monthly whilst the riding season is ongoing.

How fabulous is it to see Spring has arrived at last and just fantastic that we are seeing more people out on bikes – let's hope this is the start of an upsurge in membership and general interest in local cycling!

We'd like to offer a warm welcome to new CCS members, Adam Speer, Amanda Riamo and Murray Baker, we hope that you enjoy your first season with the club...

As usual, if you have anything cycle related you'd like to include in the Spindle, please do get in touch by email for inclusion.

Happy cycling everyone!



The CCS Thursday evening TT series starts in a mere 9 days time on 17 April, and runs through to the end of August, 20 TTs in the series. Let's hope you're up to speed with your 'training programme'!

Re marshalling, just to clarify my earlier email, this is not limited to riders! Anyone else who would like to help out by marshalling is very welcome. See the list of available dates on an earlier page.

The first TT is on our user-friendly Brent Eleigh course, and to encourage new and returning riders, there will be no entry fee for riders. If you know anyone who'd like to try a TT, bring them along.

There are full details about the TT series on our website at <https://cycleclubsudbury.com/evening-tt-series>. We'll 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.

We welcome riders from other clubs, and visiting riders. If any riders from other clubs wish to be included on the e-mail list, could they let me know at pamandrobinnw@gmail.com.

CYCLE CLUB SUDBURY - MARSHALLING

2025 THURSDAY EVENING CLUB TIME TRIALS

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
17 APRIL	18:45	BRENT ELEIGH	DAVID FENN	GARY PAMMENT	
24 APRIL	18:45	ACTON CIRCUIT	TOM MOORE	JAMES RUSH	
1 MAY	19.00	COLCHESTER TRACK			
8 MAY	19:00	BRENT ELEIGH	KIRSTY FENNER	ADRIAN ABLITT	
15 MAY	19:00	ACTON CIRCUIT	LES DUNHAM	ADRIAN ABLITT	
22 MAY	19:00	LAVENHAM 10;	LES DUNHAM	ADRIAN RUSH	IAN LOVELOCK
29 MAY	19:00	LAVENHAM 10; INTERCLUB; COLCHESTER ROVERS	DOZ BREE	ANNA BROWN	SUE TRIPLOW
5 JUNE	19:30	BRENT ELEIGH	RICHIE EDWARDS		
12 JUNE	19:30	ACTON CIRCUIT	KIRSTY FENNER		
19 JUNE	19.00	LAVENHAM 10; INTERCLUB; WEST SUFFOLK WHEELERS			
26 JUNE	19.30	BRENT ELEIGH	SUE TRIPLOW		
3 JULY	19:30	LAVENHAM 10	CAROLINE WYKE		
10 JULY	19:30	ACTON CIRCUIT	IAN SHORT		
17 JULY	19:30	LAVENHAM 10 – CLUB CHAMPIONSHIP	ROBIN SIDGWICK	SANDRA MACKAY	
24 JULY	19:30	BRENT ELEIGH			
31 JULY	19:30	LAVENHAM 10	RICHIE EDWARDS	DOZ BREE	
7 AUGUST	19:00	ACTON CIRCUIT	IAN SHORT	NICK WEBBER	
14 AUGUST	19:00	JONATHAN WEATHERLEY MEMORIAL TT; LAVENHAM 10	NICK WEBBER	SANDRA MACKAY	
21 AUGUST	18:45	BRENT ELEIGH			
28 AUGUST	18:45	ACTON CIRCUIT			

48 marshals needed in total over the season

SpoCo Results Update March 2025

By David Fenn

February 9th Ely & District CC Hardriders 25, BS19

David Fenn, 1:20:49, 30th, 91 points.

Caroline Wyke, 1:49:11, 35th, 86 points.

March 8th, West Suffolk Wheelers Hilly 21, BS31.

Caroline Wyke, 1:27:57, 27th, 94 points.

March 23rd, Newmarket C & TC 10 (Shorted to 7.5 miles) B10/48.

Ian Short, 18:19, 1st, 120 points.

March 30th, Cycle Club Sudbury, Mad March Hilly 22, BS24R

Ian Short, 51:56, 2nd, 119 points.

Charlie Heeks, 55:25, 7th, 114 points.

Alex Purcell, 56:00, 8th, 113 points.

Doz Bree, 1:00:00, 17th, 104 points

John Golder, 1:01:38, 20th, 101 points.

Angela Leslie, 1:09:06, 24th, 97 points.

Murray Baker, 1:11:58, 25th, 96 pints.

Rory Coxhill, 1:13:30, 28th, 93 points.

Caroline Wyke, 1:29:23, 31st, 90 points.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	3	260
2	Ian Short	2	239
3	Charlie Heeks	1	114
4	Alex Purcel	1	113
5	Doz Bree	1	104
6	John Golder	1	101
7	Dan Upton	1	100
8	Angela Leslie	1	97
9	Murray Baker	1	96
10	Rory Coxhill	1	93
11	David Fenn	1	91



Audax Update April 2025

By David Fenn

Date	Event	Riders
8 th February	Knights Templar Compasses 104k	Steve Barnes, Andrew Hoppit, Les Dunham, Gareth Smith
23 rd February	DIY 200k	Raymond Cheung
27 th February	Essex & Suffolk Borders 206k	Tony Grimes
8 th March	The Horsepower 201k	Tony Grimes, Andrew Hoppit, Rory Coxhill
8 th March	The Horsepower 102k	Les Dunham
8 th March	The Horsepower 50k	Raymond Cheung
16 th March	Essex & Suffolk Estuaries 102k	Raymond Cheung, Les Dunham, Andrew Hoppit, Steve Barnes Rory Coxhill, Brian Mann
26 th March	Red Lodge Triangle 150k	Tony Grimes
29 th March	Yr Epynt 308k	Andrew Hoppit
30 th March	Manningtree 100k	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	12	1,223	-	4	-	4	-	-	-	-	2,350
Tony Grimes - 7106	8.5	879	-	3	1	2	-	-	-	-	2850
Andrew Hoppit - 4235	8	823	-	3	-	1	1	-	-	-	7,560
Les Dunham - 28601	4	416	-	4	-	-	-	-	-	-	3,050
Steve Barnes - 8739	3	314	-	3	-	-	-	-	-	-	2,150
Rory Coxhill - 31660	3	303	-	1	-	1	-	-	-	-	2,050
Robin Weaver - 7481	1	108	-	1	-	-	-	-	-	-	750
Gareth Smith - 15014	1	104	-	1	-	-	-	-	-	-	800
Brian Mann - 4689	1	102	-	1	-	-	-	-	-	-	600

Forthcoming local Audaxes

12th April, Grand Tour de Stour 200k, 100k Dedham.

19th April, Nederslandse Dubbel, Hundingdon 200k.

3rd May, Green & Yellow Fields, Manningtree 300k

3rd May, Gently Bently, Ipswich 100k.

10th May, The Woodman, Dunmow 100k, 50k.



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			



OTHER RIDES COMING UP!

St Nicholas Hospice Charity

St Nic's Cycle Ride – Sunday 11th May - <https://stnicholashospice.org.uk/fundraising-events/st-nics-cycle-ride/>

Boxford Cycle Club

The Boxford Tornado Cycle Sportive – unfortunately ALSO on Sunday 11th May!

<https://www.facebook.com/share/p/18EdEVewBq/>

Ride Suffolk Sunrise – Sunday 18th May

[RIDE Suffolk Sunrise - Sun, 18th May 2025 | Sportive.com](#)

West Suffolk Wheelers

Ixworth Six Race Criterium – BH Monday 5th May

[Home - British Cycling](#)

TEL: 07932 199485
dbgcyclerepairs@gmail.com

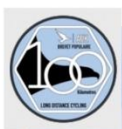


Doz Bree

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

DBG Cycle Repairs

**Unit 5, Stour Valley Business Centre,
Brundon Lane, Sudbury, Suffolk, CO10 7GB**



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/calendar/12948-grand_tour_de_stour)

[https://www.audax.uk/event-
details/calendar/12948-
grand_tour_de_stour](https://www.audax.uk/event-details/calendar/12948-grand_tour_de_stour)

[100km TdS](https://www.audax.uk/event-details/calendar/12949-tour_de_stour)

[https://www.audax.uk/event-
details/calendar/12949-
tour_de_stour](https://www.audax.uk/event-details/calendar/12949-tour_de_stour)

Challenge yourself to go that bit farther - 200km Grand Tour de Stour & 100km Tour De Stour AUDAX Rides **Saturday, 12 April 2025**

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.



Sunset on restored HMS
Ganges mast at Shotley

Continue your journey along the valley to Long Melford, savouring the tranquil Suffolk lanes leading to Wratting Common, straddling the Suffolk-Cambridgeshire border. En route, reflect on the historical significance of RAF Wratting, 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!

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 Melford Hall



Long Melford Hall - Beatrix Potter's Holiday home

once the home of Benedictine monks, it was later owned by different generations of the Hyde Parker family with Royal Connections and frequent visited by Beatrix Potter.

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.

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.



Willie the Conk at Wratting Common

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



A pretty little place to stop!

MAD MARCH HILLY 30th March 2025

CYCLE CLUB SUDBURY MAD MARCH HILLY OPEN TT

30 MARCH 2025 – RESULTS

Rider no.	Riders name	Riders Club	Cat.		Position	Actual time
33	WILL LOWDEN	CAMBRIDGE UNI CC	ESP	TT	1	43.59 CR
10	IAN SHORT	CCS	VET	TT	2	51.56
15	SIMON DAW	SCHILLS DOLTCINI	VET	TT	3	52.37
25	LAURA DAVIES	FTP RACE TEAM	F SEN	TT	4	53.27
31	JOSEPH SHAW	IPSWICH BC	SEN	TT	5	53.53
8	JIM HARDWICKE	PLOMESGATE CC	VET	TT	6	54.29
12	CHARLIE HEEKS	CCS	SEN	TT	7	55.25
20	ALEX PURCELL	CCS	SEN	R	8	56.00
29	JEFF WHARTON	SCHILLS DOLTCINI	VET	TT	9	56.28
14	RORY HANLEY	BOXFORD BIKE CLUB	SEN	TT	10	56.35
13	ANTONY BIRT	PLOMESGATE CC	VET	TT	11	58.17
26	ANDY KENNEDY	IPSWICH BC	VET	R	12	58.19
23	JAMES WOOD	W S WHEELERS	VET	TT	13	58.24
3	SHANE JARVIS	COL ROVERS	SEN	R	14	58.34
24	CLAIRE HALL	PARANESIS T V	F VET	TT	15	58.43
28	TREVOR CALEY	PLOMESGATE CC	VET	TT	16	58.43
17	DOZ BREE	CCS	VET	TT	17	60.00
9	PETER TIBBITS	FORD CC	VET	TT	18	60.02
22	DAVID GILL	DISS AND DIST. CC	VET	R	19	60.15
4	JOHN GOLDER	CCS	VET	TT	20	61.38
5	DANIEL UPTON	CCS	VET	R	21	62.50
7	ANN SHUTTLEWORTH	CAMBRIDGE CC	LV	TT	22	65.03
27	ABIGAIL BREMNER	HASHTAG COACHING	F SEN	TT	23	68.51
19	ANGELA LESSLIE	CCS	VET	R	24	69.06
21	MURRAY BAKER	CCS	VET	R	25	71.58
11	ANNA BROWN	TRI SUDBURY	F VET	R	26	72.00
2	ELSPETH KNOTT	COL ROVERS	FV	R	27	73.22
6	RORY COXHILL	CCS	VET	R	28	73.30
18	RONNIE EGAN	TRI SUDBURY	VET	R	29	76.51
16	JULIAN CUNNINGHAM	TRI SUDBURY	VET	R	30	87.27
1	CAROLINE WYKE	CCS	FV	R	31	89.23
30	TIMOTHY TORRIE	CHELMER CC	SEN	TT		DNS
32	RICH. CARRINGTON	W S WHEELERS	VET	TT		DNS

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		
1st Will Lowden	£70	Bottle of spirit	1st Laura Davies	£70	Bottle of spirit
2nd Ian Short	£30	Bottle of spirit	2nd Claire Hall	£30	Bottle of spirit
3rd Simon Daw	£15		3rd Ann Shuttleworth	£15	
1st Vet Jim Hardwicke	£15	Watt Shop T shirt	1st Vet Anna Brown	£15	
2nd Vet Jeff Wharton	£10		2nd Vet Elspeth Knott	£10	
Course Record Male	£60	Will Lowden	Course Record Female	£60	Not won
			Fastest Jun		
			£25 Not won		
			Team of 3		
			£30 £10 per rider		
			Ian Short, Charlie Heeks, Alex Purcell		
			Female Road		
Road Bike 1st Alex Purcell	£30	Bottle of spirit	Angie Lesslie 1st	£30	Bottle of spirit
Road Bike 2nd Andy Kennedy	£15		Caroline Wyke 2nd	£15	Watt Shop T shirt

I hear it was a very good turnout this year for the Mad March Hilly, if a little windy!

I can't reproduce the report here but for a whole batch of fabulous photos and the official report on the event please click on the following link...

<https://www.facebook.com/share/p/16Jrpve16g/>

HERE'S A LOVELY PICTURE THOUGH OF THE RIDERS OF THE MEDIUM PACED SUNDAY 6th APRIL RIDE



CYCLING WEAKLY: A Racing Uncertainty



By Doz Bree

Hi everyone, and welcome to episode two (the fact that this has actually made it into existence is as much a surprise to me as you!).

When we left off last time, there was much talk of disciplined adherence to a structured training plan, revisiting a control activity, and similar, serious-sounding intentions. It will probably not be the largest surprise to you to find out that almost none of this happened...!

I could wheel out an entire smorgasbord of “racing driver” excuses, citing such trivialities as the time-consuming nature of running two businesses, respiratory illness, pulling a muscle in my rib cage (and, in fact, just have!), but the abridged version is that most of that didn’t happen, but at least some riding did!

The cold, hard figures:

February saw me complete 349km in 10 and a half hours (not including daily commuting), most of which was indoors on the turbo, too much of which was ill-disciplined interval sessions etc and not enough was steady state Zone 2 stuff, because it is soooooo tedious.

In March I clocked up 308.19km in 6 and a quarter hours, almost all of which I put my big boy pants on for and rode outside in the real world. With reference to the excuse-laden waffle above, much of the month saw little riding, and with the Mad March Hilly at the end of the month looming uncomfortably large in my mind, drastic action was needed! In the week prior to the event, I solely rode my new (to me) TT bike. This revealed a perplexing gearshift issue (eventually traced to the Ali-Express cassette’s random cog spacing..!) requiring substitution with the only other 10 speed cassette available to me in time, a touring 12-32. Hardly TT-perfect, but at least the gearshifts were now on point! In the seven days prior to the event, I rode 135.35kms, with some promising signs of speed including a couple of Strava “cups”!

Given my performance in the days prior, and after rummaging through the crumbling remnants of my memories of seasons gone by, I expected to complete the MMH course in around an hour. No one was more surprised than me to find that on the day, this proved to be an exceptionally accurate prediction, stopping the clock as I did, in exactly 60 minutes. It was a windy day, and pretty cold at the start, and the last third of the course from the Hadleigh bypass to the finish was super-generous serving of “type 2” fun, so I was actually rather pleased with this.

The bad news is that far from putting me off, it has somewhat enthused me to keep training for the upcoming evening 10 series. This, in turn, means that unfortunately, dear reader, there might be more of this drivel for you to wade your way through in future Spindle editions. Please note the complete lack of stated training plan intentions included here in the sign-off. Even I can’t fail to adhere to plan that doesn’t exist!

Happy pedalling.



In case you missed this message from Robin Weaver via email...

For the past few years, the CCS Handbook has been put together by Viv and myself.

I've done the content updating, and Viv has assembled that into a form we can send to the printers using Adobe Design.

Viv has retired, and no longer has access to the programme, so this is an appeal to see if anyone else has access to Adobe Design (or similar) and would be able to help late November/early December.

The process we used; Viv sent me Rich Text Format (similar to Word) versions of last year's pages, I updated them where necessary and returned them, he worked his magic and sent a PDF version of the final thing to me for proof reading, before he forwarded it to the printers.

Email to the Club...

Hi Cycle Club Sudbury,

I appreciate this email may seem slightly out of the blue, however I have recently started a company that I thought may be of interest.

Currently the sports nutrition market is dominated by ultra-processed gels in plastic packaging - which make your stomach feel uneasy and pollute our environment. However, Velitos provide an all-natural bar in bio-degradable packaging overcoming these issues.

Please help spread the message with your cycling group, and feel free to browse further info on my website:
www.velitos.co.uk

Join the Velitos family and help make a change!

Kind regards,

That's all folks...