



The Spindle

MAY 2025

cycleclubsudbury.com

Apologies for the slightly later edition this month!

The new season is up and running (cycling) and we are seeing good turnouts for all events. Let's hope the weather stays on side this season – it's looking good so far!

We'd like to extend our best wishes to Gary Johnson for a full and speedy recovery following his recent unfortunate accident. Get well soon Gary!

CCS has now reached the 100 member mark! Welcome to new members Matthew Shotbolt (returning), Anna Brown, Rosie Naylor, Jarrod Mower, Mads Mikkelsen and James Bird. Have a great season folks!

As ever, if you have any blogs / articles / pictures you'd like to include in an edition of The Spindle, please do email them over by the end of each month for the following edition. Thank you!

Sharon

CCS COMMITTEE MEETING Stevenson Centre, 5 June, 7pm

CCS AUDAX RIDES, 21 JUNE, FROM BILDESTON Flyer below from Ian Lovelock.

THURSDAY EVENING TT SERIES

Things are going well so far this season with 15-20 riders turning out for the four TTs we've held so far – we'd like to see more of you, though! A fair number of visiting riders are taking part, including some from TriSudbury.

A highlight was a 10 mile (10 lap) TT at the Colchester Northern Gateway track, enjoyed by all the participants.

CHANGE OF DATE: the Interclub TT with Colchester Rovers will now be held on 29 May, rather than 22 May as listed in the Handbook – due to timekeepers' holidays!

CCS SUMMER SOCIAL; Save this date – Sunday 17 August – a ride to the coast, followed by refreshments at the Henny Swan.

ANOTHER DATE TO NOTE: Dunwich Dynamo, Saturday 12 July/Sunday 13 July.

A 112 mile overnight ride from Hackney to Dunwich, passing through Sudbury, giving you the opportunity of joining halfway if you wish. No organising, other than logistics – just turn up!

SUFFOLK SUNRISE RIDE, 18 MAY Action Medical Research for Children; from Framlingham.

RIDES FROM NORWICH 1 JUNE; 30, 60, 100 miles

CYCLE CLUB SUDBURY AUDAX SERIES

Summer Solstice Audax Rides from Bildeston Saturday 21 June 2025



Enter Online at:

- 100k at www.audax.uk/event-details/13150
- 100mile at www.audax.uk/event-details/13151
- 200k at www.audax.uk/event-details/13149

All Rides start & Finish at:

Bildeston Sports Pavilion,
Consent Lane,
Bildeston,
IP7 7JP

Pavilion opens from :

07:30 for sign on & refreshments

It gives Cycle Club Sudbury immense pleasure — the sort of quiet, beaming pleasure usually reserved for unearthing a long-lost shilling behind the sofa — to invite one and all to partake in one of its illustrious Summer Solstice Audax Rides. Each jaunt starts and finishes at the renowned Bildeston Sports Pavilion, nestled fetchingly along Consent Lane, Bildeston, IP7 7JP — a location so charming it practically winks at you as you pedal away from it as you depart on your adventure.

The routes, crafted with all the loving care of a prize marrow at the Bildeston village fête, promise to whisk you through the dreamily picturesque quiet lanes of the Suffolk countryside, where time ambles along as lazily as a cat on a sunny windowsill and dreamy pubs tempt you in for a pint of their finest.

The 100k “Bildeston Lanes” Ride

First up, we have the gentle 100-kilometre Bildeston Lanes ride — a veritable promenade on wheels for the discerning cyclist. This circular route meanders graciously through hedgerowed lanes and chocolate-box villages, offering you the rare opportunity to see Suffolk at its bucolic best without once having to dodge a lorry larger than a small continent.

A particular jewel in the crown of this route is the control point at the Buxhall Granary Craft Museum. Here, you may rest your weary limbs and fortify the inner man (or woman) at a most welcoming tea room, serving a selection of beverages and homemade cakes so delectable that even the most hardened rouleur might weep openly into his Victoria sponge. The museum itself is a delightful Aladdin’s cave of local and agricultural curiosities — think antique ploughs, butter churns, and enough bygone bric-a-brac to satisfy even the most enthusiastic nostalgist.



There are, it must be confessed, a few short hills dotted here and there along the route — little pimples upon the otherwise smooth cheek of the East Anglian landscape — but these are easily surmounted by anyone possessed of a modicum of puff and a well-placed gear change.

100 miles of Suffolk Lanes

For those of sterner sinew and heartier thigh, the 100-mile Suffolk Lanes ride offers a grander expedition. Setting forth from Bildeston, you will sweep along towards the comely village of Walsham le Willows, with its ancient thatched cottages and an air of sleepy contentment thick enough to spread on toast.

From there, the ride teases you tantalisingly towards the storied ramparts of Framlingham Castle — a splendid medieval fortress where one can almost hear the ghostly clanking of long-forgotten knights — and onwards to the coast at Orford. Here, you might tarry a moment to gaze upon the stout keep of Orford Castle, dip a toe into the briny deep, and avail yourself of coffee or ice cream, depending on whether the sun is blazing or merely sulking behind a cloud.



**“It made me puff a bit
but I did enjoy the
Suffolk Lanes Audax”**

- ANDY ROGERS

Returning inland, your route wends its merry way through Wickham Market, where the cafés stand ready with restorative sandwiches and possibly a slice of lemon drizzle cake of legendary repute. Debenham and Needham Market follow — towns whose very names conjure images of pleasant streets, contented market folk, and possibly an amiable cow or two dawdling at a respectful

distance.

Each town offers further opportunities for refreshment and reflection before you roll gently — and, dare we say, triumphantly — back into Bildeston, a little older, perhaps, but infinitely wiser and with calves of granite.

The 200k Suffolk Lanes Extravaganza Ride

And for those intrepid souls whose idea of a good time involves truly heroic distances and the knowledge that they will have thoroughly earned every crumb of cake at the finish, we present the 200-kilometre route — a majestic sweep through the very best Suffolk has to offer.

Heading northward, you will glide up to the historic market town of Halesworth — a delightful spot where old timber-framed buildings lean companionably against one another and where a hearty lunch can be procured with admirable ease. Be sure to feast well, for adventures yet await.

After luncheon, the route turns south towards Orford, offering a tantalising glimpse of the sea — that ancient grey presence murmuring secrets to the Suffolk shore. A quick stop for coffee, ice cream, or existential reflection is highly recommended.

“Hammer time

- ANDREW HOPPIT



From Orford, it's onwards through Wickham Market, an agreeable place where the opportunities for tea and moral refreshment abound. As you pedal on, you will pass through the whispering trees of Rendlesham Forest — a spot rich in legend, including certain murmurings about alien encounters. If a strange green light beckons from the woods, we recommend ignoring it and focusing instead on reaching Framlingham, where the castle stands proudly, surveying its domain like a particularly smug tabby cat.

After a tip of the helmet to this noble fortress, the road home winds delightfully through Debenham, Needham Market, and

the ever-faithful back lanes to Bildeston. There, with dust on your jersey and a song (or perhaps a slight whimper) in your heart, you shall return triumphant.

In Conclusion

Whichever noble quest you choose — the manageable 100k, the heroic 100 miles, or the epic 200k — you will find yourself immersed in the sort of rural bliss that would bring a tear to the eye of even the most battle-hardened city dweller. Quiet lanes, handsome scenery, the scent of honeysuckle on the breeze, and the unwavering promise of tea and cake at the end: what more could a weary soul desire?

“Was that only 200k?”

- LES DUNHAM

So oil your chains, polish your sense of adventure, and come join us — Suffolk awaits, looking utterly smashing in her summer best.



Open Time Trials Results Report.

Ian Short has picked up from last year's winning endeavours by posting some very impressive rides. From his 6 rides so far, he has ridden to 2 1st placings, a 2nd place and a 3rd place. Not bad for the start of the season which also included being part of the winning trio of CCS riders who claimed the Fastest Team Prize in our own Mad March Hilly event. A 9th place in the well subscribed ECCA 25 in the infamously 'clunky' course of the E6/25 near Chelmsford plus a 6th place in the Cambridge 15 mile event for good measure!! What a superb start to the Season!

Caroline was the only other rider who rode multiple events with 5 starts in which she accrued winning the Ladies Road Bike category on 3 occasions.

Regular Open TT'er David Fenn opened his account at The Ely Hardrider event in early Feb and recorded a time just shy of last year's effort Now that is a 'clunky' course with a lot of it seemingly below the surrounding water table along parts of it.

The only other rider who has ridden 2 TT's is John Golder (Note: I usually forsake noting those who have ridden just one event, so if you want to read about yourselves, get out there on the Open TT courses!!) John, along with Ian, rode the Cambridge 15 mile event and returned a very respectable time for his efforts.

Looking back at last year's riders/results, there were 8 more than the 4 above, of you riding events for Feb & Mar (riding 2 or more events) which I hope isn't setting a trend for this season???
Hmmm!

Rog

<i>C.C.S. Riders - Open T.T. Results - Feb/Mar/Apr 2025</i>						
9th Feb	Ely & DCC Hardriders 25 - Lt.Downham	BS19	D.Fenn	25	01.20.49	30th
9th Feb	Ely & DCC Hardriders 25 - Lt.Downham	BS19	C.Wyke	25	01.49.11	35th - 1st Lady Rd Bk
8th Mar	West Suffolk Wheelers - Risby	BS31R	C.Wyke	21	01.27.57	27th 3rd Lady Rd Bk
23rd Mar	Newmarket C&TC - Cheverley	B10/48A	I.Short	7.4	18.19	1st
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	I.Short	21.9	43.59	2nd + (1st
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	C.Heeks	21.9	55.25	7th + (Team
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	A.Purcell	21.9	56.00	8th + (Prize 1st Road Bike
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	D.Bree	21.9	01.00.00	17th
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	J.Golder	21.9	01.01.38	20th
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	D.Upton	21.9	01.02.50	21st
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	A.Lesslie	21.9	01.09.06	24th 1st Lady Rd Bk
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	M.Baker	21.9	01.11.58	25th
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	R.Coxhill	21.9	01.13.30	28th
30th Mar	CC Sudbury - Mad March Hilly - Lavenham	BS25R	C.Wyke	21.9	01.29.23	31st
5th Apr	Kings Lynn CC - Mundford	B25/33	C.Wyke	25	01.37.21	29th 1st Lady Rd Bk
6th Apr	Colchester Rovers CC - Wix	E7/10E	I.Short	10	23.34	1st
12th Apr	Stowmarket &CC - Debenham	BS33	I.Short	15	35.41	3rd
12th Apr	Stowmarket &CC - Debenham	BS33	C.Wyke	15	01.00.32	21st 1st Lady Rd Bk
18th Apr	ECCA 25 - Chelmsford	E6/25	I.Short	25	58.07	9th
26th Apr	Cambridge CC - Cambourne	F2/15B	I.Short	15	31.54	6th
26th Apr	Cambridge CC - Cambourne	F2/15B	J.Golder	15	36.46	35th

By David Fenn

SpoCo Results Update April 2025.

April 5th, Kings Lynn 25, B25/33

Caroline Wyke, 1:37:21, 29th, 02 points.

April 6th, Colchester Rovers 10, E7/10E.

Ian Short, .23:34, 1st, 120 points.

April 12th, Stowmarket 16.5, BS33..

Ian Short, 35:41, 3rd, 118 points.

Caroline Wyke, 1:00:32, 21st, 100 points.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Ian Short	4	477
2	Caroline Wyke	5	452
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

By David Fenn

Audax Update April 2025

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.



Cycling Weekly aka A Racing Uncertainty ep 3

By Doz Bree

Hi everyone, here I am again!

Well, an element of the enthusiasm generated by not-doing-an-absolutely-terrible-ride in the MMH did indeed carry over!

The couple of weeks between the event and the start of the evening 10 series saw quite a disciplined (for me!) regime of 4-5 rides a week on the TT bike alternating Z2/3 days, and days featuring a TT effort of at least 5 miles. Again, there were some promising signs of improved pace, both on the effort days, and with increased efficiency on the Z2/3 days.

Well, after all the waffle and excuses the (first) day of reckoning came. As the hackneyed racing expression goes “when the flag drops-in this case more accurate to say when Brian Mann gives you an almighty shove-the

bullshit stops”, and so we arrived (semi-enthusiastic drum roll please) at the start of the prestigious (!) CCS evening 10 TT series.

The evening of the 17th April saw a selection of enthusiastic, prepared TT riders (and the rest of us) gathering at the Lavenham HQ ready to contest the lovely Brent Eleigh 8-ish mile course. Weather wise it wasn't that warm, but the wind was favourable.

20 of us faced the starter, and due to what I can only imagine was some kind of timing error I was given an official time of 20:49 for an average speed of 38kmh, average power of 240W and an incongruous placing of 2nd.

This run of unlikely events continued a week later when 18 riders took the start on our Acton Circuit course. Conditions were warmer, but to compensate the wind was in a less helpful mood, being against from the Waldingfield turning.

For me, despite a car/junction/5 seconds stationery/starting in top gear misjudgement fiasco much more in keeping with my accustomed luck and abilities, I was once again given a placing at the sharp end with an elapsed time of 21:43, and an average power of 241W.

Next up was a brave new dawn for CCS TT racing/ill-advised attempt to reinvent the (disc) wheel: Our first circuit TT at Colchester Gateway. Having not ridden here for several years I was sorely tempted to evade this one, but as it was my idea, I thought I had better at least turn up..!

The meteorological conditions on the evening of Wednesday 30th April had benefited from a significant upgrade over previous weeks and on the night 16 stoic souls entered this brave new world of traffic free TT'ing....and it was brilliant! Everyone said they enjoyed the facility, and certainly the 10 miles of suffering seemed to pass quicker with laps of the circuit than on the open road. My stats showed 25.05/38.3kmh/244W.

Tune back in next month for more tales of the unexpected/utterly predictable....!!

Safe pedalling.

Doz





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Colchester Gateway Wednesday 30th April

This trial traffic-free TT session was a great success – it's not often that all participants are smiling at the end of a 10-mile TT! Although it was hard work for the timekeepers, they got their heads round the different logistics involved in a track / lap environment. Many thanks to them!

Trevor took some great photos, as below...



Thanks for the pics Trev!



Training Camp '25

By Dan Upton

Annual training camp came round again, and so for the third year in a row (such is our commitment to improving our cycling form) Deano, Paul and I gritted our teeth and made for Mallorca. With four days of sweat and tears and gels ahead of us, we were a tad nervous, but ready for the fight. This time we booked through 'LoveVelo' so at least the flights, bikes and hotel went smoothly, impressively so to be fair.



Over the course of our four days we rode 241 miles ("you didn't ride far!" said my sister...) and accomplished 19231 ft of climbing ("Ah..." followed.) We took in 10 awe inspiring verified climbs; in particular we marvelled at the snaking Sa Calobra and the magical Cap de Formentor; the one they call 'The Lighthouse'. We love an itinerary and hope you do too:

Day 1: A little ride around to explore, a few wrong turns (sorry boys), some beers and bed. Very much tourists 'en velo'.

Day 2: The beast. Big day in the saddle. 107 miles and 7000ft of elevation including Col de Femenia and Puig Major amongst others. 7 hours of amazing climbs and smooth descents.

Day 3: Sa Calobra. Enough said really... yet... so much to say. I had really been looking forward to this one and it didn't disappoint. This really is a must for every cyclist's bucket list.

Day 4: We climbed 2769ft over our shortest ride up to Cap de Formentor to see the lighthouse. It was the beast and then the beauty and it was well worth the sweat and the grind. It took my breath away.

What a wonderful time we had on our cycling holiday (er... training camp). If you get the opportunity to visit Mallorca 'en velo' then my advice: do it. You won't regret it!

