



The Spindle

JUNE 2025

cycleclubsudbury.com

The slightly better weather season season is well underway and it's great to see new members joining each month and more engagement on social media.

Speaking of new members, we would like to offer a warm welcome back to Philip Barnes who has recently decided to pin a number back on!

As ever, please do send us any pics, pieces or info for The Spindle, to make it a little more interesting each month – it can be cycling pictures from your holiday, training efforts, thoughts on bike-related subjects or anything bike-related really! You can send any bits or bobs to me at shazzab24@btinternet.com, with 'Spindle' as the subject – I'd be happy to receive it 😊

Sharon

ROBIN'S BITS

COMMITTEE MEETINGS;

4 June and 2 July, 7pm at the Stevenson Centre

GRASS TRACK RACING; SUNDAY 8 JUNE

West Suffolk Wheelers Grasstrack Event races for the whole family.

Refreshments ice creams playground free parking toilets and always good weather. Fornham All Saints Bury st Edmunds Entries through British Cycling.

CCS AUDAX RIDES FROM BILDESTON, SATURDAY 21 JUNE

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?

100, 160, 200k Suffolk rides, run by Andy Rogers on behalf of Cycle Club Sudbury, from Bildeston Sportsfield. A choice of three routes, all on quiet roads through the best bits of Suffolk. **GPX routes available for all rides. Refreshments available at start and finish, café stops en route.**

The rides are open to all, entry via the AudaxUK website at <https://www.audax.uk/choose-a-ride/calendar-events/> (website requires registration to enter, but no payment other than for the ride). It would be good to see a number of CCS riders take part to support Andy's running of these rides.

Suffolk Lanes Extravaganza, 209k;

This route heads north from Bildeston to Walsham le Willows, then east through Eye to Halesworth, before turning south-east past Snape and on to the coast at Orford. The return route is via Wickham Market, Framlingham, Debenham and Needham Market. The route mainly uses country lanes with short stretches of minor A and B-road.

'100 Miles of Suffolk Lanes', 168k;

This route heads north from Bildeston to near Walsham le Willows, then east to Framlingham (castle), and on to the coast at Orford (castle), returning via Wickham Market, Debenham, and Needham Market. The route mainly uses country lanes with short stretches of minor A and B-road.

'Bildeston Lanes' 103k;

The route is broadly circular, starting south-east from Bildeston to Flowton, then north to Needham Market, Stowupland, continuing north to Cotton. The route then returns south to Buxhall, before zig-zagging back to

Bildeston. There are few hills (a short, sharp one to warm you up after 2k!) on the route, which mainly uses country lanes with short stretches of minor A and B-roads.

For further information on the routes, see also last month's Spindle.

DUNWICH DYNAMO; SATURDAY 12 JULY

The Dunwich Dynamo is a 112 mile ride from London to Dunwich in Suffolk .

Starting from Pub on the Park, Martello Street, London Fields, Hackney, London E8 the ride weaves its way through London to the quiet country lanes in Suffolk.

Starting at the Pub on the Park riders gather from 6pm and start when they feel like it!

Riders normally arrive at Dunwich Beach, on the Suffolk Coast at 7 am - 9 am the following morning.

For more information about the ride see a document prepared by Barry Mason back in 2003.

Keep an eye on the The Dunwich Dynamo facebook page for more information about the next ride Nigel

Bee has also produced more information about the ride which first timers will find useful.

An option used by some local riders is to join as riders pass through Sudbury, cycle to Dunwich, then cycle back.

DIEPPE TOUR DE TROIS VALLEES; 28 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."

ST ELIZABETH HOSPICE CYCLE EVENT; SUNDAY 29 JUNE

St Elizabeth Hospice has announced it will be hosting a fundraising bike ride – [Hop on it!](#) – as part of its summer art trail, Hop to it! Suffolk 2025.

Taking place on 29 June, the cycle challenge will begin at St Elizabeth Hospice, on Foxhall Road, with participants given the option of completing either a 50 or 75-mile cycle across Suffolk.

CCS TIME TRIALS

The Thursday evening TT series is now well under way, with an average of 15/16 riders taking part.

Dates to note;

19 June, Interclub TT with West Suffolk Wheelers

Wednesday 6 August, return Interclub TT with Colchester Rovers, on their Tendring course



Before we get underway with the current results section, how about an uplifting piece from a new member of CCS, Jim Bird...



'I am a new member not only to CCS but to Club cycling. As an avid cyclist it took me a long time to join a club. I'm so pleased I did and wish I'd done it sooner. Joining CCS has added to my overall enjoyment of cycling. I particularly like the Sunday Club rides which provide the opportunity to get to know fellow cyclists of all ages and backgrounds. It's great to come together as a group and share a collective passion for this great sport.

All members of the Club have been very welcoming and encouraging. Joining the Club has given me the confidence to step out of my comfort zone, pushing me further along my cycling journey.

This Summer I have taken part in Time Trials for the first time. It can be daunting for a novice, yet the great team of CCS members who run the events make the experience friendly and enjoyable. The trials are extremely well organised and encourage and support all levels.

Moving forward the next challenge for me will be Audax! We shall see... '

Thanks for the fab feedback Jim!



C.C.S. Riders - Open T.T. Results - MAY 2025

4th May	VTTA - Tring	F11/10	I.Short	10	21.03	39th
4th May	VTTA - Tring	F11/10	J.Golder	10	24.39	94th
10th May	Leo 30 - Newmarket (Six Mile Bottom)	E33/30	R.Coxhill	30	01.38.25	47th
11th May	VC Norwich - Bungay	B25/50	C.Wyke	25	01.32.02	34th 1st Ladies Rd bk
17th May	Hitchin Nomads CC - Marston Mortaine	F15/10	J.Golder	10	24.39	37th
18th May	Shaftesbury CC - Blackmore, (Essex TT Champs)	E83/18	I.Short	18	43.16	14th
24th May	ECCA - Cambourne	F2/25B	I.Short	25	54.07	12th
24th May	ECCA - Cambourne	F2/25B	J.Golder	25	01.01.29	29th
24th May	ECCA - Cambourne	F2/25B	S.Hitchcock	25	01.08.19	35th 3rd Mens Rd bk
25th May	Maldon & DCC - Steeple	E21/25A	C.Wyke	25	01.33.03	35th 2nd ladies Rd Bk
31st May	East District CA - Downham Market	B10/37R	M.Shotbolt	10	23.16	14th
31st May	East District CA - Downham Market	B10/37R	C.Wyke	10	34.03	42nd 1st Ladies Rd Bk

It has come to The Spindle's attention that Ian Short & John Golder have been smashing some age-related Club records! Congrats to both chaps...

SpoCo Results Update May 2025.

SpoCo Results Update May 2025.

By David Fenn

May 10th, Leo RC 30, E33/30

Rory Coxhill, 1:38:25, 47th, 74 points.

May 11th, V C Norwich 25, B25/50

Caroline Wyke, 1:31:02, 34th, 87 points.

May 25th, Maldon & Dist 25, E21/25

Caroline Wyke, 1:33:03, 35th, 86 points.

May 31st, East District CA 10, B10/37R

Matt Shotbolt, 23:16, 14th, 107 points.

Caroline Wyke, 34:03, 42nd, 79 points.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	8	704
2	Ian Short	4	477
3	Rory Coxhill	2	167
4	Charlie Heeks	1	114
5	Alex Purcel	1	113
6	Matt Shotbolt	1	107
7	Doz Bree	1	104
8	John Golder	1	101
9	Dan Upton	1	100
10	Angela Leslie	1	97
11	Murray Baker	1	96
12	David Fenn	1	91



Audax Update May 2025

Audax Update May 2025. By David Fenn

Date	Event	Riders
28 th April	Start of Summertime 202k	Tony Grimes
2 nd May	Green & Yellow Fields 300k	Raymond Cheung, Rory Coxhill
3 rd May	Gently Bently 103k	Les Dunham, Brian Mann, Robin Weaver
10 th May	The Woodman 100k	Andrew Hoppit, Les Dunham
11 th May	Ixworth File 100k	Raymond Cheung,
18 th May	The Norfolk Special 205k	Tony Grimes
18 th May	The Broadman 105k	Les Dunham, Ian Lovelock
24 th May	The Flatlands 606k	Raymond Cheung,
25 th May	DIY 50k	Raymond Cheung,
31 st May	Essex & Suffolk Borders 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	27.5	2,790	1	6	-	6	1	-	1	-	5,282
Tony Grimes - 7106	14.5	1,494	-	5	1	4	-	-	-	-	3,550
Andrew Hoppit - 4235	12	1,227	-	5	-	2	1	-	-	-	11,670
Les Dunham - 28601	7	724	-	7	-	-	-	-	-	-	4,650
Steve Barnes - 8739	4	422	-	4	-	-	-	-	-	-	2,850
Rory Coxhill - 31660	8	813	-	1	-	2	1	-	-	-	3,850
Robin Weaver - 7481	2	211	-	2	-	-	-	-	-	-	1,500
Gareth Smith - 15014	2	207	-	2	-	-	-	-	-	-	800
Brian Mann - 4689	3	313	-	3	-	-	-	-	-	-	2,050
Nick Webber - 43004	1	108	-	1	-	-	-	-	-	-	700
Ian Lovelock - 5675	2	213	-	2	-	-	-	-	-	-	700

Forthcoming local Audaxes

21st June, Suffolk Lanes 200k, 160k, 100k

28th June, The National 400k, Dunmow.

5th July, Cambridge Randonee 200k, 100k.



NORMAN GREGORY MEMORIAL BIKE RIDE



SATURDAY 12TH JULY

St Peter's Church

Church Lane, Cockfield, Suffolk, IP30 0LA

Three Routes:- 9 miles with Guide, 20 miles or 29 miles

All Rides Start at 10am

Register from 9.30 am

Entry £5.00 Adults, Under 16's Free

Under 16s must be accompanied by an Adult

Entry includes refreshments

All monies raised will go to The RAF Association

All types of Bikes & E-Bikes Welcome

Parking available in the Village Hall Car Park

For more information please contact:-

Tony Sheppard 07880 700501

Norman Kelly 07817 242295



E-bikes for hire

There is a new cycling initiative in town! Run by Eezybike in conjunction with Babergh District Council, there are now two E-bikes for hire residing in a solar-panelled pod in the lorry park by the Kingfisher Leisure Centre. This is being heralded under the sustainability and active travel banner, and Doz and I, as DBG Cycle Repairs, have been tasked with cleaning and maintaining the bikes. We were called on almost immediately after accepting the gig, to look at a tyre that had come away from its rim and Doz used the opportunity to transfer the gear cables on the 2nd bike to meet UK regs rather than European ones!

I was really impressed with the set-up – particularly the fact that the pod is run on solar power and that the hire is subsidised by BDC. The bikes themselves are sturdy and pretty funky too! Do spread the word – there is a little promotional video here:

<https://www.facebook.com/share/r/1EV7Rqyt8n/>



Cycling (VERY) Weakly aka A Racing Uncertainty ep 4



Hi everyone, here I am again!

When last we spoke (I say spoke, factually I type, and one or two of you are kind/bored enough to read, but you know what I mean) I was actually doing disturbingly and surprisingly well, both in terms of adherence to some kind of structured training “plan”, and results-wise.

Now, drumroll please.....you know what’s coming! The inevitable has happened and (figuratively speaking at least, it would be embarrassing if were physically descriptive, given my trade!) the wheels have come off rather!

Apart from treating myself to a solo Gran Fondo to Shotley Gate at the start of the month, which I enjoyed immensely, it’s not gone well.....!

To date, the Colchester Gateway 10 was my most recent competitive outing, as the demands of running, publicizing and actually doing the work for two rapidly developing businesses has been like a vampire of time, leaving precious little for training, and even less energy to make it worthwhile!

I fulfilled my duties and marshalled at the interclub 10 last week with Colchester Rovers, and judging by the facial expressions of competitors, it was a tough night that I was glad to have an official excuse to dodge competing in!

As I type (02/06/25), I have yesterday entered this week's Brent Eleigh TT, and within hours my glands have swollen up to 3 times normal size and I feel as though I have been run over, suggesting some kind of viral mischievousness is laying waste to those plans!

This month's slightly embarrassing "proper riding" stats: Distance 241.97 KMs (of which 101 was in one ride!) and 7.8 hours riding. Positives-wise, I can still maintain a reasonable average speed, and when pushing there is some power there. I did manage to bag a cheeky little 5km road KOM last Friday which helped to get the morale up a little!

Tune in next month for.....who knows? Gardener's questions? Cycle maintenance tips? Or, even more unlikely...some actual training details and race results...!

Keep it shiny side up

Doz.



I have to give my profuse apologies to Caroline for not seeing this submission last month! Caroline – please keep submitting pieces if you can - this was Caroline's May submission...

Caroline's Blog

Hi Folks,

After being out of action most of last year I have made slow progress back to some sort of fitness.

I was keen to enter Sudbury Triathlon this season but getting running fit with a bad knee is not compatible.

I have been out again starting the TTs and with careful riding have been able to complete them with only minimal pain. Surprisingly I have won prize money on nearly all of my starts, despite some slow times.

I plan to enter the Essex Time Trial Championship on 11th May.

Course E83/18 is called 'The Vipers' as it twists and turns through Blackmore and Mill Green. I have ridden the course twice and also marshalled there.

Not far from there is the quaint church of Buttsbury where my late parents now rest.

Raymond Alan Wyke was orphaned at 12 but won a scholarship to Cambridge university where he was part of the cross country team.

My dad read the lesson most Sundays at Buttsbury so when in the area I like to visit the church and walk into Ingatestone.

Training is proving difficult as my recovery period is slow and I don't want to come to a complete standstill again.

The benefit we all get from physical activities is so important with our advancing years.

I had really missed the time trials and it feels great to be back.

I now have 6 lovely grandchildren and I spend many hours helping out with child care and recently enjoyed a great weekend away in Derbyshire visiting Dove Dale and Monsal Head.

The following weekend was back again to Cromford for a family reunion weekend where I played throwing bean bags into buckets and hoop the pigs.

Keep riding keep safe.

- Caroline Wyke



With thanks to all contributors!

Sharon