



The Spindle

JULY 2025

cycleclubsudbury.com

I was spurred on to get this month's Spindle finished by spotting the brave Sunday riders congregating at Gainsborough's statue this morning despite the 'moderate thunderstorms' warnings from the Met! Looks like the weather held out for just long enough though...

As ever, thank you to the contributors but we could always use more contributions, including photos and/or thoughts on anything cycle-related...

Catch you next month!

Sharon



ROBIN'S BITS

COMMITTEE MEETINGS;

No August meeting, 3 September, 7pm at the Stevenson Centre

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.

There are several CCS riders planning to ride this year.

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

THE NORMAN GREGORY RIDE, COCKFIELD; SATURDAY 12 JULY

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



CCS TIME TRIALS

The Thursday evening TT series is now halfway through the season, with an average of 15/16 riders taking part. Caroline Wyke is currently leading in the Points table by a sizeable margin.

Dates to note;

17 July, **CCS TT Championship**, Lavenham 10 course, including categories for veterans, and an age related handicap.

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

CCS RIDE TO THE COAST; 17 AUGUST

A date to note; 17 August, the annual CCS Ride to the Coast and Harwich or Manningtree, depending on the distance you prefer, followed by a buffet at the Henny Swan. Further details to follow.

LAP OF ANGLIA, IN AID OF EAST ANGLIAN AIR AMBULANCE; 20 – 23 AUGUST

4 days,; 435 miles, supported ride. <https://www.lapofanglia.co.uk/>

RIDE ESSEX; SUNDAY 31 AUGUST; ACTION MEDICAL RESEARCH

3 distances from Chelmsford. <https://action.org.uk/events/cycling/essex-ride>

- **Robin Weaver**

TEL: 07932 199485

dbgcyclerepairs@gmail.com



Doz Bree

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

14th June	Godric CC - Bungay	B10/43	D.Fenn	10	Not Published Yet	
14th June	Godric CC - Bungay	B10/43	C.Wyke	10	Not Published Yet	
18th June	VTTA - Newmarket	E2/10	I.Short	10	20.16	17th
18th June	VTTA - Newmarket	E2/10	J.Golder	10	23.50	44th
25th June	VTTA - Newmarket	E2/10	I.Short	10	20.18	15th
25th June	VTTA - Newmarket	E2/10	J.Golder	10	24.13	38th

SpoCo Results Update June 2025.

By David Fenn

June 8th, Ely & District 10, B10/R

Caroline Wyke, 35:42, 22nd, 99 points..

June 14th, Godric CC 10, B10/43.

Awaiting official result sheet.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	9	803
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

Age related club records.

Earlier this season a couple of our senior members were on record breaking form with Ian Short and John Golder setting new age related club records.

Riding the Cambridge 15 mile event on the F2/15 on the 26th April Ian Short set a new 51 year record of 31:54, not to be out done John Golder also set a new 71 year record of 36:46 in the same event.

John Golder continued his record breaking streak setting a new 71 year record of 1:01:29 for 25 miles in the ECCA event on the F2/25b on the 24th May.

Following his birthday John Golder went on the set a new club age record of 23:50 for 72 in the East Anglian VTTA 10 mile event on 18th June on the E2/10.

Congratulations to you both, more age records to come ??

- **David Fenn**

Audax Update June 2025

By David Fenn

Date	Event	Riders
9 th June	Red Lodge Triangle 160k	Tony Grimes
14 th June	DIY 200	Andrew Hoppit
21 st June	Suffolk Lane Extravaganza 210k	Tony Grimes, Les Dunham, Ian Lovelock
21 st June	Suffolk Lanes 168k	Gareth Smith, Les Dunham, Nick Webber
21 st June	Bildeston Lanes 104k	Brian Mann, Robin Weaver, Mark Gentry, Mick Bates.

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	18	1,864	-	5	2	5	-	-	-	-	4,854
Andrew Hoppit - 4235	14	1,427	-	5	-	3	1	-	-	-	11,670
Les Dunham - 28601	10.5	1,102	-	7	1	1	-	-	-	-	7,016
Rory Coxhill - 31660	8	813	-	1	-	2	1	-	-	-	3,850
Steve Barnes - 8739	4	422	-	4	-	-	-	-	-	-	2,850
Brian Mann - 4689	4	417	-	4	-	-	-	-	-	-	2,722
Ian Lovelock - 5675	4	423	-	2	-	1	-	-	-	-	2,004
Gareth Smith - 15014	3.5	375	-	2	1	-	-	-	-	-	1,862
Robin Weaver - 7481	3	315	-	3	-	-	-	-	-	-	2,172
Nick Webber - 43004	2.5	276	-	1	1	-	-	-	-	-	1,762
Mark Gentry - 2884	1	104	-	1	-	-	-	-	-	-	672
Mick Bates - 3824	1	104	-	1	-	-	-	-	-	-	672
Kirsty Fenner	1	104	-	1	-	-	-	-	-	-	672
Nick Reed	1	104	-	1	-	-	-	-	-	-	672
Robin Sidgewick	1	104	-	1	-	-	-	-	-	-	672

Forthcoming local Audaxes

- 5th July,.Cambridge Randonee 200k, 150, 100k.
- 20th July, The Windmill Ride 200k, 110k, 55k.



BOB BUSH is on the move!



Bob has been a club member for longer than most of us can remember, including several years on the CCS Committee, and also a spell as Club Chairman.

He's now in the process of moving back to his roots in Lancashire to be nearer family, with a move imminent, house sale chain permitting.

Bob has always been actively involved in club activities, and must warrant the award for most willing volunteer, be it catering, marshalling, signing on or whatever. He was a regular rider at the Thursday evening TTs until Covid days, and also Open TT events, memorably once being Alex Dowsett's minute man.

We wish him all the best, and he's promised to get in touch if back in Suffolk.

All the very best Bob!



Yes, that is Alex Dowsett...



BIKES FOR AFRICA

Recycle your old bikes/tools at The Henny Swan on 17th July!

<https://www.facebook.com/groups/137443709137/permalink/10163237441904138/>



BICYCLE
COLLECTION

**The Henny Swan
Sudbury**

Thursday 17th July | 12pm – 3pm



Some fabulous photos from the Lavenham 10 on 3rd July; credit: Benson Ho





INSURANCE INFO THAT MAY BE OF INTEREST...

As Chair of Cycling Time Trials, I'm delighted to announce a new partnership with Yellow Jersey, a leading UK bicycle insurance specialist, designed to enhance your time trial experience. This collaboration brings exclusive benefits to our community, and it's all accessible through the Cycling Time Trials website—making it easier than ever to get involved and stay protected.

What's on Offer?

FREE Personal Accident Cover: When you enter any CTT event online—Open, Club, or "Come & Try It"—and opt in during the entry process, you'll receive free Personal Accident Cover from Yellow Jersey for that event. This complements the cover we already provide.

Exclusive Discounts: As a registered website user, you can access up to 20% off Yellow Jersey's insurance products (like bicycle and travel insurance) through the "Partner Benefits" section of your Rider Profile.

A Growing Platform: Our website is the hub for finding and entering events. By signing up and entering events online, you're helping us make it easier for everyone to discover and join in time trials across the country.

How to Make the Most of It:

Enter an event online and opt in for the free Personal Accident Cover during registration.

Already entered an event and it's still Open for Entry? Simply edit your entry from your Rider Profile to opt in. Note: This option is not available for events already closed but yet to take place.

Explore your Rider Profile to unlock Yellow Jersey's discounted insurance offers via the Partner Benefits tab.

New to time trialling? Our "Come & Try It" events are perfect for everyone. For Open and standard Club Events, joining a CTT-affiliated club connects you to more opportunities and our welcoming community.

If your club's events aren't yet listed on our website, share the news about this free cover and the convenience of online entry with them. Together, we can grow our platform to make time trialling more accessible and rewarding for all riders. This partnership reflects our commitment to supporting you, whether you're chasing a PB or trying your first event. Let's embrace these new

benefits and keep our time trial community thriving!

Visit our website to sign up, enter events, or learn more.

Thank you for being part of our Cycling Time Trials community! Best regards,

Cycling (VERY) Weakly aka A Racing Uncertainty ep 5

By **Doz Bree**

Greetings all!

What a fortunate weather month we have had, if you like lots of sticky humid heat, which apparently hardly anyone seems to!

Back to business: For the courageous and loyal souls who have waded through my written ramblings thus far and kept the faith despite last month's smorgasbord of waffle that did little to hide a complete lack of racing, there is good news this month, some actual racing happened!!

I recall reading somewhere fairly recently, that as we age, the rest element becomes almost as important as the training, so this month I have pursued this to its logical conclusion, and tipped this balance a little (100%) in the favour of resting at the expense of meaningful training...

I entered two TTs this month, the inter club with West Suffolk Wheelers (was this the closest inter club result in our history...?) and the following week's Brent Eleigh race.

It was my first race on the "10" course this year, and on the night, I was pretty pleased with a short 25, and a good contribution to the club score. The Brent Eleigh ride was a catalogue of errors (poor breathing discipline, unwise pacing strategy and not having set Garmin to the correct screen so I didn't have HR and time data...) and it was obvious that the effects of my wildly skewed rest/training balance was making its presence felt. However, despite all this I still recorded a mid-20-minute time, which wasn't terrible, considering.

My next intended race will be the club champs on the "10" course, and as I type this now (Sunday 6th July) I am planning a couple of weeks training block commencing tomorrow that is almost military in its precision and detail. I even heard myself use the phrase "whatever the weather", which seems highly unlikely...! In reality, some effort will obviously need to be put in as I am wanting my finish time to start with a 24...! I will also attempt another ride on the other two courses before seasons end.

This month's non-commuting riding numbers... 300.7KMs in 10 hours 23 minutes.

In all seriousness, chapeau to everyone who pins on a number. Whatever your ability or goals, it's a pretty big thing to put yourself out there, competing. Keep it up! Also a super big thanks to the timekeepers, marshals and volunteers who make it all possible.

See you down the road apiece.

- Doz

That's all for this month folks! – Sharon

