



The Spindle

AUGUST 2025

cycleclubsudbury.com

This Editor is looking forward to the get-together at the Henny Swan this Sunday without having to exert herself in any way whatsoever...it's like you people know me..!

We welcome new members Haydn Smith and Chris Campos – we hope you enjoy many hours of riding with Cycle Club Sudbury long into the future.

It's a short edition this month but thank you as always to our contributors and record keepers, without whom, you would basically get just this text box of nonsense each month...

Happy cycling!

Sharon



ROBIN'S BITS

COMMITTEE MEETINGS;

3 September, 7pm at the Stevenson Centre

CCS TIME TRIALS

The Thursday evening TT series is nearly over!

Only three more events, so why not have a go before it's too late! 14 August, Lavenham 10 course, 7pm start; the Jonathan Weatherley Memorial TT. For newer members, Jonathan was a committed CCS committee member and keen time-trialler, who tragically died after a cycling accident in 2015. At one stage he held most of the CCS course records. It would be good to see a high turnout for this event.

21 August; Brent Eleigh course, 6.45pm start.

28 August; Acton Circuit course, 6.45pm start.

SUNDAY 17 AUGUST; CCS SOCIAL EVENT

A ride, followed by a buffet at the Henny Swan. If you've not already said you're going, it's now probably too late!

TOUR OF BRITAIN, COMING TO A ROAD NEAR YOU; 2-7 SEPTEMBER

Tuesday 2 September; Woodbridge to Southwold

Wednesday 3 September; Stowmarket to Stowmarket, via Hadleigh and Sudbury

Full details at <https://www.britishcycling.org.uk/tourofbritain/men/route>

4 DAY EAST ANGLIAN RIDE – LAP OF ANGLIA; 20-23 AUGUST, 435 MILES

Full details; <https://www.lapofanglia.co.uk/>

SATURDAY 13 SEPTEMBER; SUFFOLK HISTORIC CHURCHES TRUST.

Ride to as many churches as you like, sponsor money goes towards historic church maintenance.

<https://shct.org.uk/ride-and-stride/>



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

C.C.S. Riders - Open T.T. Results - June 2025 (previously missing results)

14th June	Godric CC - Bungay	B10/43	D.Fenn	10	28.13	39th
15th June	Godric CC - Bungay	B10/43	C.Wyke	10	50th	31.5

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

5th July	VC Norwich - Bungay	B10/43	D.Fenn	10	27.45	36th 2nd Men Road Bk
5th July	VC Norwich - Bungay	B10/43	C.Wyke	10	32.09	42nd
5th July	Lea Valley RC - Newmarket	E2/10	J.Golder	10	25.58	8th
5th July	Lea Valley RC - Newmarket	E2/10	S.Triplow	10	26.13	11th
12th July	Wolsey RC - Tunstall	B10/9	C.Wyke	10	30.38	14th 3rd Lady Rd Bk
12th July	ECCA Championships - Newmarket	E2/10	J.Golder	10	23.47	36th
19th July	Kings Lynn CC - Mundford	B15/8	N.Webber	15	38.48	4th
26th July	ECCA 10 - Newmarket	E2/10	M.Shotbolt	10	20.57	15th

Thank you Roger for the updates!

SpoCo Results Update July 2025.

By David Fenn

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

David Fenn, 28:13, 39th, 82 points.

Caroline Wyke, 31:50, 50th, 71 points

July 5th, VC Norwich 10, B10/43.

David Fenn, 27:45, 36th, 85 points.

Caroline Wyke, 32:09, 42nd, 79 points.

July 12th, Wolsey CC 10 (shortened to 9m), B10/9.

Caroline Wyke, 30:38, 14th, 107 points.

July 19th, Kings Lynn CC 15.2, B15/8

Nick Webber, 38:48, 4th, 117 points.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	12	1060
2	Ian Short	4	477
3	David Fenn	3	258
4	Rory Coxhill	2	167
5	Nick Webber	1	117
6	Charlie Heeks	1	114
7	Alex Purcel	1	113
8	Matt Shotbolt	1	107
9	Doz Bree	1	104
10	John Golder	1	101
11	Dan Upton	1	100
12	Angela Leslie	1	97
13	Murray Baker	1	96



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Doz Bree

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Audax Update July 2025

By David Fenn

Date	Event	Riders
28 th June	National 400k	Raymond Cheung
5 th July	Cambridge 200k	Tony Grimes,
12 th July	DIY 200	Ian Lovelock
12 th July	DIY 200k	Les Dunham
20 th July	Windmill 110k _+ 100k	Raymond Cheung
26 th July	Kelvedon Oyster 100k	Tony Grimes
27 th July	Iceni Niceni	Gareth Smith

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	33.5	3400	1	6	-	7	1	1	1	-	7,480
Tony Grimes - 7106	21	2,175	-	6	2	6	-	-	-	-	4,854
Andrew Hoppit - 4235	14	1,427	-	5	-	3	1	-	-	-	11,670
Les Dunham - 28601	12.5	1,302	-	7	1	1	1	-	-	-	8,771
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	6	623	-	2	-	2	-	-	-	-	2,004
Gareth Smith - 15014	4.5	486	-	3	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

30th August, Suffolk Coast and Back 200k.

30th August, The Breckland Ton 150k

30th August, South Norfolk Mini Loop 100k. 50k.

6th September, Essex Lanes 200k, 150k, 100k

13th September, Essex R&R 200k, 100k, 50k.



Just had to pop this fantastic picture in here from **Benson Ho**, taken at the Club TT Championship in Lavenham last month! John Golder in pic! For more equally great shots of the day please visit [\(5\) Cycle Club Sudbury \(UK\) | A few images of the Club TT Championship | Facebook](#)



Below is from Lucy MacTaggart, CCS associate member based in the Scottish Borders, and keen audaxer.

Her husband Dick has vision problems, and they're asking if any experienced tandem rider would be able to help with piloting him on an Essex audax on 6 September.

If able to help, Lucy's email address is pedaller1@sky.com

We've just been helping at the curtailed London Edinburgh at the Hawick control and met a Sudbury member Andy Rogers. We got chatting about tandem rides for Dick and as we are coming down in September and were wondering if anyone who is planning to ride one of the Shaftsbury Huts/Essex Lanes event 6th September might be able to pilot Dick? It could be any of the three rides. Any thoughts welcome



Here is the scoring sheet from 6th August's Interclub with Colchester Rovers CC. Thank you for a great evening. We enjoyed having you all over to Tendring despite the traffic chaos. Well done to all riders for a great event. Role on 2026. We hope you all enjoyed the course. Feel free to join us any Wednesday for a private TT.

Nick Swainston

<i>Bib nr</i>	<i>Rank</i>	<i>Name</i>	<i>Club</i>	<i>Result</i>	CRCC	CCS
38	1	Andrew Whelan	Colchester Rovers CC	22:17	50	-
37	2	Ian Short	Cycle Club Sudbury	22:28	-	49
36	3	Dean De'Ath	Colchester Rovers CC	23:44	48	-
30	4	Steven Little	Colchester Rovers CC	23:59	47	-
32	5	Mark Ketterer	Colchester Rovers CC	24:05	46	-
34	6	Mark Lloyd	Colchester Rovers CC	24:06	45	-
28	7	Matt Haigh	Colchester Rovers CC	24:11	44	-
26	8	Ed Page	Colchester Rovers CC	24:42	43	-
35	9	Mat Shotbolt	Cycle Club Sudbury	24:48	-	42
29	10	Charlie Upton	Cycle Club Sudbury	25:13	-	41
31	11	Doz Bree	Cycle Club Sudbury	25:40	-	40
27	12	Nick Webber	Cycle Club Sudbury	25:47	-	39
25	13	Dan Upton	Cycle Club Sudbury	25:52	-	38
24	14	Trevor Child	Colchester Rovers CC	26:13	37	-
22	15	Greg Andrews	Colchester Rovers CC	26:34	36	-
21	16	John Golder	Cycle Club Sudbury	26:54	-	35
16	17	Siobhan Curtis	Colchester Rovers CC	26:56	34	-
20	18	David Scrimshaw	Colchester Rovers CC	27:12	33	-
18	19	Alan Johnson	Colchester Rovers CC	28:37	32	-
13	20	David Fenn	Cycle Club Sudbury	29:26	-	31
10	21	Elsbeth Knott	Colchester Rovers CC	30:23	30	-
11	22	Jim Bird	Cycle Club Sudbury	30:28	-	29
6	23	Les Dunham	Cycle Club Sudbury	31:11	-	28
7	24	Dominique de Cruz	Colchester Rovers CC	31:31	27	-
4	25	Chris Campos	Cycle Club Sudbury	31:37	-	26
5	26	Claire Higgins	Colchester Rovers CC	33:04	25	-
3	27	Tony Howard	Colchester Rovers CC	35:30	24	-
1	28	Colin White	Colchester Rovers CC	47:35	23	-
Number Of Riders to Count in the result			11	Total Points	463	398
					CRCC	CCS

A message from ...

Sally Withey

Sport Developer Eastern

I'm sure you are aware by now that the **Tour of Britain Men** is hosting two stages in East Suffolk this year. As with all races, there is a need for volunteers, and I was wondering if any of your members would like to be involved. There are a few different roles to choose from, as explained on the attached pdf. There is also a link on the pdf for people to sign up if they are interested.

Below is a list of where yellow flag marshals will be needed along the route.

Stage 1:

Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Aldeburgh	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Aldeburgh	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Aldringham	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Leiston	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Leiston	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Leiston	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Leiston	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Saxmundham	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Saxmundham	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Framlingham	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Halesworth	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Halesworth	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Bungay	Yellow Flag Marshal

Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Bungay	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Beccles	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Henstead Village	Yellow Flag Marshal
Tuesday 2 September	Stage 1 - Woodbridge to Southwold	On-Route	Southwold	Yellow Flag Marshal

Stage 2:

Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Chilton	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Sudbury	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Sudbury	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Sudbury	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Sudbury	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Hadleigh	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Hadleigh	Yellow Flag Marshal
Wednesday 3 September	Stage 2 - Stowmarket to Stowmarket	On-Route	Hadleigh	Yellow Flag Marshal

Thank you in advance for any help that can be offered, and do feel free to ask if you have any questions.

Kind regards

Sally

0161 274 2000

07920407754

sallywithey@britishcycling.org.uk

britishcycling.org.uk

Salutations!!!

Hopefully you are all continuing to enjoy this summer that keeps on giving.

Certainly, whatever excuses are proffered for not riding (and believe me, in my case the list is as long as it is inventive!!) the weather this summer has not been one of them...

As you might glean from the above, training and racing have very much taken a back seat in my world this month, as both my businesses continue to grow, and obviously that has to take priority.

I did manage a little block of training for the club championships on the “10” course but wasted this small amount of effort with a textbook schoolboy error. Having manned our market stall all day in the heat, I had neglected hydration and having taken the start line feeling pretty good, I was in a world of cramp-induced pain within half a mile, so had to pull out. I think it’s the only physiological DNF I have ever suffered, and hopefully the last, I won’t be making such a basic mistake again!

The next race I entered was the return inter-club “away match” with Colchester Rovers on their Tendring 10-mile course. I managed to find some motivation (and that much rarer commodity-time!) to train sensibly in the two weeks prior to this, with the bulk of rides being on the TT bike, Z2 focussed, with at least two hard efforts a week being chucked into the mix. This had me feeling pretty good and in the event everything worked well, and I was pleased with a time of 25:40 on a course I have never seen or ridden before. I do admit to having a severe case of “course envy” whilst riding this course and will be back for another go next year when I know where the corners are, etc, as caution and uncertainty definitely cost me time on this occasion.

You will undoubtedly be glad to hear that next month will see the final edition of these rambling scribbles, with their lengthy depictions of not much happening! Prior to signing off on this, I will be entering the last two TTs of the year and competing in them unless the unthinkable happens and it rains.

For stats fans and mockery enthusiasts, these are the non-commuting distances/times for July (yes, I know, I was impressed too, didn’t know numbers went that small!):

252.16KM covered in 8.5 hours.

See you next time for an emotion laden (the key emotion being relief on your part, I imagine!) final edition.

Peace and love

Doz.

And that’s all for August folks – see you for the Summer roundup edition next month!

