



The Spindle SEPTEMBER 2025 cycleclubsudbury.com

As the sun sets on another vibrant summer, Cycle Club Sudbury can look back on a season packed with pedal-powered achievements, camaraderie, and a healthy dose of competition. From the first warm evening time trials to the final sprint of the Thursday TT series, our riders showed grit, growth, and a whole lot of good humour.

Beyond the stopwatch, the club's social rides and reliability trials brought together cyclists of all stripes, proving once again that CCS is more than just a racing club—it's a community. The shared miles, roadside banter, and post-ride café stops remind us why people ride together!

Thank you for the extra contributions this month; the next Spindle will be in November with extra content already in the bag!

Sharon



ROBIN'S BITS

COMMITTEE MEETINGS;

3 September, 1 October, 7pm at the Stevenson Centre

CCS TIME TRIALS

The season is now over; 20 TTs later, we've averaged 18 riders a week (low 10, high 24), an improvement on last year. We've had a number of regular riders who are either members of other clubs or independent. We've had no cancellations, mostly reasonable weather and one course change. Riders enjoyed the TT at the Colchester Gateway track, and we'll repeat that next year.

Congratulations to Caroline on winning the points series,

1st; Caroline Wyke 679 points

2nd; Doz Bree 480 points

3rd; Les Dunham 420 points

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/>

TUESDAY 16 SEPTEMBER; closing date for CCS FALLING LEAVES HILL CLIMB, via CTT website.

SUNDAY 28 SEPTEMBER; CCS FALLING LEAVES HILL CLIMB, WATSONS HILL SEMER; 11AM

If you're not riding, you should be either helping out in some capacity or watching – or possibly both.

If you're able to help, please contact Adrian; rushadrian@hotmail.com, 07434 472905. He has also made an appeal to members for cakes.



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

9th Aug	Finsbury Park CC - Cambourne	F2/25B	J.Golder	25	01.03.58	65th
9th Aug	ECCA - Newmarket	E2/10	I.Short	10	21.07	4th
9th Aug	ECCA - Newmarket	E2/10	S.Triplow	10	25.31	28th 2nd Ladies TT Bk
16th Aug	Maldon &DCC - Steeple	E21/10	D.Fenn	10	29.14	23rd
16th Aug	Maldon &DCC - Steeple	E21/10	C.Wyke	10	34.57	24th 1st Ladies Rd Bk
23rd Aug	Verulam 25 - Cambourne	F2/25B	I.Short	25	53.19	12th
30th Aug	VTTA East Anglian - Newmarket	E2/10	I.Short	10	20.20	16th
30th Aug	VTTA East Anglian - Newmarket	E2/10	S.Triplow	10	24.47	85th

- Roger Rush

Audax Update August 2025

By David Fenn

Date	Event	Riders
2 nd August	Mustard and Cress 303k	Andrew Hoppit
14 th August	DIY 200k	Tony Grimes,
24 th August	DIY 200k	Raymond Cheung
24 th August	DIY 200k	Andrew Hoppit
30 th August	DIY 200k	Andrew Hoppit
30 th August	South Norfolk Loop 100k	Les Dunham, Ian Lovelock, Gareth Smith.
9 th September	DIY 200k	Robin Weaver.
13 th September	A little Essex R+R 106	Raymond Cheung + 100k, Steve Barnes, Ian Lovelock,



SpoCo Results Update August 2025.

August 16th, Maldon 10, E21/10

David Fenn, 29:14, 23rd, 98 points.

Caroline Wyke, 34:57, 24th, 97 points.

September 6th, Norwich ABC 10, B10/43

Nick Webber, 24:15, 17th, 104 points.

David Fenn, 28:06, 33rd, 88 points.

Caroline Wyke, 33:15, 85 points.

September 13th, DAP CC 10, B10/43

Ian Short, 21:12, 5th, 116 points.

David Fenn, 27:33, 26th, 95 points.

CC SUDBURY SpoCo LEAGUE TABLE 2025			
POSITION	RIDER	EVENTS	POINTS TOTAL
1	Caroline Wyke	14	1242
2	Ian Short	5	593
3	David Fenn	6	538
4	Nick Webber	2	221
5	Rory Coxhill	2	167
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

Something a bit different...

Adrian Rush gives us a run-down of how Mark Swift's ride unfurled on the CCS Sudbury – Harwich – Henny Swan route on 17th August...



By way of furthering the CCS cycling adventures complete with the odd misadventure, this article proves the latter.

The photo to the left was taken by the forever camera-shy Kirsty Fenner, yes, that one - as it was Kirsty, Jane Pearson, and some other bloke, who together ensured that Mark Swift could get back to Sudbury safely after sustaining a fall that had happened fairly near to the Wrabness railway station road junction whilst on route to Harwich before the annual CCS get together at the Henny Swan on the 17th August '25.

The always cheerful Mark, in this photo, had only just discovered that he had lost his phone, however Jane was able to contact Marks wife Lesley who, luckily, was at home making a family favourite of coleslaw.....

There was great relief that once a plan had been hatched the coleslaw was safely tucked away in the fridge!

Having met us at the Sudbury train station, Lesley was then able to ensure Mark could attend the Henny gathering after all.

Even after being bumped, bruised, and scraped, the great news is that Mark was medically checked out and is now thankfully back on his bike and making great progress, as for that coleslaw, apparently, it was yet again just like Mark, a family favourite - good on yer Mark- well done, Lesley.....and well done gang.

(Mark was also able to retrieve his missing phone from the roadside.....)

Take care everyone.

- Adrian.



Mark has been in to see Doz since the mishap 😊 ...



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Newsflash...

Important notice: For the attention all official's, marshals, riders, and spectators, at the 'Falling Leaves' hill climb, 'Watson's Hill', Semer.

The owners of 'Hollow Trees Farm' have requested that all those attending 'Watson's Hill' from Hollow Trees 'Barn' should only use the main car park entrance, as the gate by the main road/house is no longer to be used for access.

Lloyds Tour of Britain Men



Doz and I braved the wind and rain at the KFC roundabout to catch the few seconds of some pretty hairy turns on the wet roads – was worth it though, as it is just a great spectacle!

A fab photo (left) was sent in by Roger Rush, from an equally sodden Hadleigh!

There are lots and lots of photos around of the Suffolk leg of the tour on the internet if you fancy taking a look...!



Dunwich Dynamo – July 2025

by Sally St Ledger

(with apologies from the Editor for not getting this out in August!)



Having been encouraged by my friends on the CCS Wednesday Club ride to give the DunRun a go on the basis that “oh you’ll be fine” & “don’t over think it” and having wanted to experience it for a number of years, I felt it was time to commit.

Obviously, I completely over thought every aspect of it but... I’m pleased to say – I was indeed absolutely fine!

I’m not entirely sure of my total mileage, as all my electronic devices ran out of battery by the end, but it was over 117 and under 120 miles. My longest ride to date.

Saturday 12th July was a very hot day indeed and I kept in the cool for as long as possible. My best friend and cycling buddy Jane Pearson and I set off for a jolly train ride from Colchester to Liverpool Street where we met Ian Lovelock, Les Dunham and James Bird. We jumped on our bikes and cycled the short distance to St Pauls to meet Andrew Hoppit. We met here for food, photos and general larking about before cycling to The Pub on the Park in Hackney Fields.

It was warm and mildly chaotic there so we didn’t hang about. We set off around 7 p.m. and kept moving through the outskirts of

East London, mainly on a cycle path and a couple of scary-mary roundabouts to the leafy suburbs of Epping and it was absolutely fabulous. We pushed on to our first food stop at Fyfield – we got there around 9 p.m. and by now it was a glorious evening.

At 11 p.m, having witnessed the stunning Buck Moon, it was now properly dark and time for lights and an extra layer. We stopped for a pint at The Finchingfield Lion and we received a very warm welcome and cheery send off from the landlady.

Passing through Sudbury was a bit surreal - it was great to see that the Fire Station and Torque bikes pop up stalls looked well supported and hopefully doing a roaring trade. We stopped for a pizza party at Sue and Les’ in Little Waldingfield and we were a bit giddy to say the least. Well-fed at 12.30 we headed off to Needham Market and the line of red lights from the other cyclists started to thin a little; it became quiet and almost meditative in the small hours.



Our final pitstop was at Gosbeck, going towards Framlingham with hundreds of people eating, chatting & laughing at 3.30 in the morning. I even managed to bump into a woman we’d met on the train from Colchester Rovers – what are the chances! By the time we got to Woodbridge at 4.40 it was daylight so we would not see the sunrise at Dunwich but no matter, the view of the fields and the sound of the birds waking was magical. It was around this time we saw Andy Rogers valiantly cycling up a

sharp hill and calling out his good wishes to us with a cheery wave. Well done Andy!

At 6 a.m. we arrived at Dunwich Beach for the obligatory whoop whoops from Jane, photos and hugs before heading our separate ways. Congratulations to Les and Ian who cycled a further 40 miles on to Dedham. Also to Andrew who cycled to meet us at St Pauls from Sudbury and back with us to Sudbury. A courageous effort in that heat.



I'd highly recommend this event, I prepared very well for it with as much fluids and electrolytes as I could manage, plenty of rest, quite a bit of cycling in the run up and a practise with my bright lights and kit for the bike. The experience was overwhelmingly positive. I was very tired on Sunday but fully recovered after a good night's sleep. In my opinion, a group of 6 was perfect, with 3 very experienced long-distance cyclists who were supportive, encouraging and kind and 3 newbies to the DD. We were also very lucky with the weather and had no mechanical issues. We managed a surprisingly good pace and to stay together for the duration.

The other riders were all good natured and the hospitality at all the food stops, people cheering on the road-side – the people turning out of pubs was brilliant.

A truly life-affirming experience!

Bring on DD2026!

Sally St Ledger



Cycling (occasionally) Weakly

aka A Racing Uncertainty

Greetings all!

Here it is, the piece literally none of you have been waiting for!

The final instalment of this torrid tale of idleness, meticulous planning and utterly absent implementation..!

To be fair August was probably my best cycling month of the year, certainly in terms of ride statistics.

In an aside from the fascinating and critically important world of TT racing, I participated in the CCSSSC ride to Harwich, which was my second longest ride of the year, and a fantastic event taking place on very warm day that crisped up my cyclist's tan lines a treat! I expect there is a report hereabouts already, so I will park that there.

I turned up ready to race the last Brent Eleigh course race of the year, only to find the Acton Circuit masquerading in its place, much to my disappointment. Despite this I managed a 19 second improvement, which I was pleased with. The following week was cold and wet, and was on the Brent Eleigh course, and didn't go so well!

In conclusion, despite a rather inconsistent approach to both preparation and racing, I did manage to improve on every ride except the last one and sampled two new courses courtesy of Colchester Rovers (so obviously they were PBs!). Compared to my minimal expectations at the start of the season I was pleased but know I could have done better with more time to train.

You will all, I am sure be "delighted" to know that I am as we speak, formulating a campaign plan for 2026....

See you down the road apiece.

Doz



Summer Annual Social 17th August

The usual route of Sudbury – Harwich – Henny Swan was well supported by lots of enthusiastic CCS riders both old and new, and was blessed with glorious conditions. The course seemed to be greatly enjoyed with a huge contingent arriving back at the Henny Swan for delicious and much needed refreshments!

There are lots of fabulous photos on the CCS Facebook page and a few here...





That's all folks!