



The Spindle APRIL 2026 cycleclubsudbury.com

Hi folks!

The Spring / Summer cycling season has begun, with the Mad March Hilly and the first TT Race completed. Lots more to come with a busy season ahead!

Do get in touch if you have any info, writing or ideas for future Spindles, you can contact me direct via shazzab24@btinternet.com

Cheers & safe riding!

Sharon B

ROBIN'S BITS-

COMMITTEE MEETINGS; 7PM, 6 MAY, 3 JUNE, at the Stevenson Centre

UPCOMING EVENTS

CCS SUMMER TIME TRIAL SERIES

The renowned CCS Thursday Evening TT series started at 6.45pm on 16 April, on the Brent Eleigh course, and runs weekly through to the end of August; 20 TTs in the series. A very reasonable £4 to members, £5 non-members.

All our events this year are Come and Try It events, which means anyone can ride (over 12 years old).

We welcome riders from other clubs, and visiting riders. If you know of other riders who might be interested, bring them along. TT and road bike riders are all welcome.

Another date to note; the 10 mile TT on 30 April will be at the Colchester Northern Gateway track, a completely safe riding environment – why not give it a go? The timekeepers are looking forward to the challenge!

There are full details on our website at <https://cycleclubsudbury.com/evening-tt-series>

All riders need to marshal twice during the season; there are still vacancies on the marshalling list. If you're not riding, but would still like to help email pamandrobinw@gmail.com

DATE	TIME	COURSE	MARSHAL 1	MARSHAL 2	MARSHAL 3
16 APRIL	18:45	BRENT ELEIGH	DAVID FENN	ADRIAN ABLITT	
23 APRIL	18:45	ACTON CIRCUIT	SIMON DAW	NICK WEBBER	
30 APRIL	19.00	COLCHESTER TRACK			
7 MAY	19:00	BRENT ELEIGH	LES DUNHAM	CHRIS CAMPOS	
14 MAY	19:00	ACTON CIRCUIT	ADRIAN ABLITT	TOM MOORE	

21 MAY	19:00	LAVENHAM 10; INTERCLUB; COLCHESTER ROVERS	PETER WHITELEY		
28 MAY	19:00	LAVENHAM 10	RICHIE EDWARDS	CHRIS CAMPOS	TOM MOORE
4 JUNE	19:30	BRENT ELEIGH			
11 JUNE	19:30	ACTON CIRCUIT			
18 JUNE	19:00	LAVENHAM 10; INTERCLUB; WEST SUFFOLK WHEELERS	ADRIAN RUSH		
25 JUNE	19:30	BRENT ELEIGH			
2 JULY	19:30	LAVENHAM 10 ; INTERCLUB: SDCC	SANDRA MACKAY	PETER WHITELEY	
9 JULY	19:30	ACTON CIRCUIT			
16 JULY	19:30	LAVENHAM 10 – CLUB CHAMPIONSHIP	SANDRA MACAY	DOZ BREE	
23 JULY	19:30	BRENT ELEIGH			
30 JULY	19:30	LAVENHAM 10	RICHIE EDWARDS	ADRIAN RUSH	
6 AUGUST	19:00	ACTON CIRCUIT			
13 AUGUST	19:00	JONATHAN WEATHERLEY MEMORIAL TT; LAVENHAM 10	DOZ BREE		
20 AUGUST	18:45	BRENT ELEIGH	NICK WEBBER		
27 AUGUST	18:45	ACTON CIRCUIT			

We'll be using our usual pre-registration and payment on-line system. A reminder e-mail will be sent out on the Sunday, with a 'request to ride' reply needed by 6pm on Tuesday evening. A start sheet will be issued shortly after this, before the Thursday event.

Payment, (preferably before you ride!), can be by bank transfer, PayPal, or by card on the night, although pre-payment is preferred.

Riders can also turn up and pay on the night, if pre-registration isn't possible; they will be sent off after pre-registered riders.

CCS AUDAX RIDES FROM BILDESTON, SATURDAY 27 JUNE

Organised by Andy Rogers.

Three distances available; 104k Bildeston Lanes, 168k 100 Miles of Suffolk Lanes and the 208k Suffolk Lanes Extravaganza.

You don't need to be a member of AudaxUK to ride. Entry via the AudaxUK website Calendar Events page; there is a simple on-line registration, if you've not ridden an Audax before. A bit more information on audax rides generally can be found in the CCS Handbook, page 17.

These rides feature excellent routes, and excellent refreshment opportunities.

RIDER EMERGENCY DETAILS

Committee member James Bird had the excellent suggestion that CCS riders would benefit from having contact and/or medical details available on their phone for other riders to access in case of accident/emergencies. This can be accessed from the lock screen without the lock number.

To add medical information to an Android phone.

Navigate to **Settings > Safety & emergency > Medical info.**

Enter details like blood type, allergies, and medications.

Ensure **Show on lock screen** is enabled. This allows emergency responders to access vital data from the lock screen without a passcode.

To add medical information on an iPhone

Open the Health app

Tap your profile picture

Select Medical ID, and choose "Get Started" or "Edit" to input details like allergies, conditions, and emergency contacts.

Enable **"Show When Locked"** to ensure first responders can access this critical info without a passcode.

THREE DATES

SUNDAY 26 APRIL; BOXFORD TORNADO

Rides of 65, 32, or 10 miles; full details here; <https://www.boxfordbikeclub.co.uk/boxfordtornado>

MONDAY 4 MAY; WEST SUFFOLK WHEELERS IXWORTH CRIT RACES

A great day out for riders and spectators – some very tight corners!

<https://westsuffolkwheelers.org/events/ixworth-cycle-races/>

AND FINALLY, THE SDCC FLYER FOR OUR INTERCLUB TT ON 2 JULY

Not sure where they found that club logo, top right!



Gavin MacGillivray	31.34									
Mads Mikkelsen	0									
Tom Moore	35.28									
David Munro*										
Gary Pamment										
Ellie Parsons	37.54									
Jack Poole*										
Alec Purcell	24.36									
Simon Reed*										
James Rush	25.54									
Ian Short	22.50									
Mat Shotbolt	23.41									
Ann Shuttleworth	28.40									
John Steed*										
Tim Torrie*										
Sue Triplow	27.14									
Charlie Upton	25.56									
Dan Upton	26.41									
Nick Webber	26.33									
Jeff Wharton*										
Caroline Wyke	34.41									
Number of riders										

BRENT ELEIGH COURSE

NAME	Target time	Bike	16 April	7 May	4 June	25 June	23 July	20 August
Adrian Ablitt	27.04							
Phil Barnes	21.40							
Shan Bendall*								
Jim Bird	25.15	R	23.52					
Marek Blazycza		R	21.48					
Charlie Boldock*								
Doz Bree	21.17	TT	21.18					
Anna Brown	25.39	TT						
Ron Butcher	34.07	R						
Chris Campos	26.57	R	27.27					
Chris Coultas	24.28	R						
Julian Cunningham*		R						
Rob Davies	23.29	TT						
Simon Daw		TT	19.15					
Dean De,Ath*								

Marcel Du Toit*		TT						
Jason Everett*								
Les Dunham	25.35	TT	25.49					
Richie Edwards	22.48	R	22.58					
Ronnie Egan*		R						
David Fenn	24.53							
Kirsty Fenner								
John Golder	22.28	TT						
Claire Hall*		TT	20.52					
Rob Harman								
Will Hedley	23.27	R						
Charlie Heeks								
Stephen Hitchcock	0							
Millie Jenkins*								
Stuart Jenkins								
Isabella Johnson*								
Andy Kennedy*								
Austen King*		TT						
Mark Lloyd*								
Ian Lovelock								
Angela Lesslie	0							
Mads Mikkelsen	0	TT						
Tom Moore	29.29	TT	29.52					
Kelly Phillips*								
Jack Poole*		R						
Alec Purcell	20.02	R	19.22					
Simon Reed*		TT	18.34					
James Rush	21.28							
Archie Samways*		R	19.01					
David Schindler*		TT	21.20					
Tony Sheppard								
Ian Short	18.50							
Mat Shotbolt	19.41							
Ann Shuttleworth	24.03							
Sue Triplow	22.20	TT						
Charlie Upton	20.47	R	23.03					
Dan Upton	22.38							
Nick Webber	21.51							
Harley Wenman		TT	23.45					
Jeff Wharton*		TT	20.01					
Caroline Wyke	29.31	R	31.34					
Number of riders								

ACTION CIRCUIT COURSE

NAME	Target time	Bike	23 April	14 May	11 June	9 July	6 August	27 August
Adrian Ablitt	26.31							
Phil Barnes	22.11							
Shan Bendall*								
Jim Bird	25.33							
Charlie Boldock*								
Doz Bree	22.09							
Anna Brown	25.33							
Chris Campos	27.37							
Chris Coultas	24.50							
Julian Cunningham*								
Simon Daw								
Rob Davies	23.08							
Les Dunham	26.21							
Marcel Du Toit*								
Richie Edwards	23.37							
David Fenn	25.13							
Kirsty Fenner								
John Golder	23.10							
Rob Harman								
Will Hedley	24.13							
Will Lowden*								
Angela Lesslie	24.05							
Gavin MacGillivray	28.01							
Mads Mikkelsen	23.27							
Tom Moore	29.55							
Alex Purcell	20.31							
James Rush	21.31							
Ian Short								
Mat Shotbolt	20.04							
Ann Shuttleworth	28.49							
Sue Triplow	22.42							
Charlie Upton	21.36							
Dan Upton	23.02							
Nick Webber	22.10							
Jeff Wharton*								
Caroline Wyke	28.46							
Number of riders								

NOCTURNE WEEKEND 10th & 11th JUNE 2026

CCS Member David Hart has been in contact with James Pope, who is the organiser of Nocturne, the City of London evening race series, which is returning to the City this summer.

The previous Nocturne event was all centred around races, but there's a different vibe with its return - much more a weekend cycling festival. There'll be corporate event on the Friday, with a Great Ormond Street Hospital fund raiser and corporate teams being allocated a pro (or former pro) as part of their team. The Saturday will have a family vibe, with some children events in the morning and some crit races in the afternoon, plus a Brompton and a Penny Farthing event. The pro races will take place later on the Saturday evening.

Details can be found here <https://www.racenocturne.com/>

David wonders if CCS could get a few entries into the crit race? He could be interested, but feels very inexperienced racing. David will certainly be down there on the two days - the spectating of the pro races should be excellent - so if anyone is interested in heading down, please do let him know:

davidjrhart@gmail.com

MAD MARCH HILLY RESULTS 29th MARCH 2026

firstName	lastName	club	Result Time	Prize
James	Bird	CC Sudbury	01:09:05	
Richie	Edwards	CC Sudbury	01:08:22	
Steven	Rue	West Suffolk Wheelers	DNS	DNS
Rory	Coxhill	CC Sudbury	DNS	DNS
Simon	Daw	CC Sudbury	00:53:11	2nd Male
David	Fenn	CC Sudbury	01:09:59	
Brendan	O'Brien	Eagle Road Club	01:14:10	
Angela	Lesslie	CC Sudbury	01:11:48	2nd female road bike
Isabella	Johnson	Jadan Vive Le Velo	01:00:37	1st Female road bike
Laura	Davies	Team Bottrill Nopinz	00:52:24	1st Female
Ann	Shuttleworth	Cambridge CC	01:09:03	2nd Female
Daniel	Upton	CC Sudbury	01:04:27	2nd Male Vet
David	Gill	Diss & District CC	01:03:00	2nd Male Road Bike
Jeff	Wharton	Schils - Doltcini RT	00:57:04	3rd Male
Ian	Short	CC Sudbury	00:53:53	1st Male Vet
Rory	Hanley	Boxford Bike Club	DNS	DNS
Joseph	Shaw	Ipswich BC	00:52:40	1st Male
Andy	Kennedy	Ipswich BC	00:59:26	1st Male Road Bike

Team - Sudbury Simon Daw,
Ian Short, Dan Upton

FOR FULL SPEC RESULTS, FOLLOW LINK: [CCS Mad March Hilly Open TT, Sunday 29 March 2026 - results - Cycle Club Sudbury](#)



MAD MARCH HILLY PIC!



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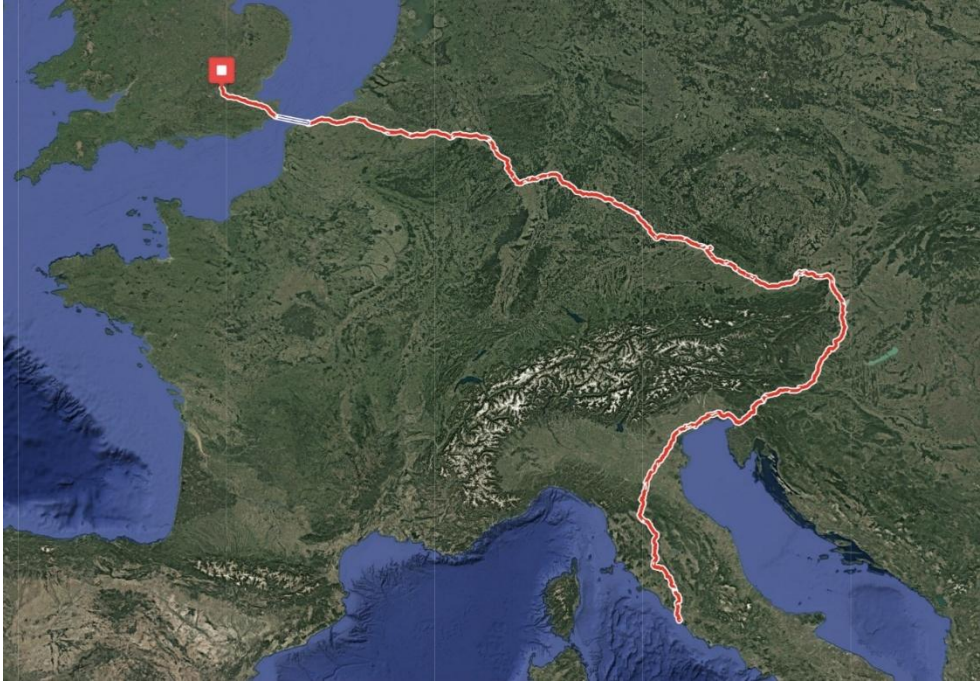
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**Unit 5c, Stour Valley Business Centre,
Brundon Lane, Sudbury, Suffolk, CO10 7GB**

Cycling the Silk Road pt 3

By Gavin McGillivray

Cycling the last Stretch of the Silk Roads, Rome to London, May – June 2025



Since leaving the FCDO in mid-2021 – I've spent a couple of months each Spring cycling stretches of the Silk Road, at a leisurely pace, starting in Almaty Kazakhstan and heading west. [In 2022 I rode](#) from Almaty to Bukhara in Uzbekistan. [The 2023 ride](#) took me from Baku in Azerbaijan through Georgia and along the Turkish Black Sea Coast to Istanbul. In [2024](#), I flew back to Istanbul, and rode through Turkey, Bulgaria, North Macedonia, Albania, ferry across the Adriatic to Brindisi, then up Italy to Pisa. I train as hard as I can in the months before the rides – so that I can relax when I do them, but each year I'm finding it more & more difficult to get out and cycle through the dismal cold wet English winter ...

In May this year, I started in Rome. I rode north-east across Italy, then up through Slovenia and Hungary to Vienna. In Austria and Germany my path took me along the Rivers Danube, Main and Rhine to Bonn, then across Holland and Belgium to Dunkirk – a ferry ride across the Channel and from Dover to London. Seven countries – and not a single border stop or check between Rome and Dunkirk.

A challenging start at Rome's Fiumicino airport. When WizzAir at last deliver my suspiciously crumpled bike box to the outsize luggage area, I find the front mud-guard, brake disk and rear gear-shifter all bent hopelessly out of shape. Unrideable. Two hours of amateur tinkering later, I've semi-freed up the front wheel by removing brake pads – and persuaded the derailleur to let the back wheel rotate . . .

The day before, I had located a well-reviewed bike store - Logic Bike - more-or-less on my route about 25km north. I decide to try to get there. The derailleur refuses to move out of the hardest gear - so I toil along (thankfully mostly flat roads) with the front wheel disc grating painfully. Logic Bike is wonderfully (a) still open, and (b) helpful and professional. In about an hour - they'd replaced the brake disc and fixed the gears. Hallelujah!

Italian roads are in disrepair in a different way to those in England. In England we specialise in deep pot-holes, often in otherwise good surfaces so that you are upon them (and in them) before you see them. In Italy, not so many pot-holes, but a pervasive web of deep cracks across all but the central third of the road - mostly angled crossways – a juddering rather than an abrupt drop experience.

Tuscan villages and countryside as beautiful and as unforgivingly steep as ever.



Paincastagnaio



Seggiano

Florence is claustrophobically crowded. Venice less so. My first visit – one of the most astonishing and beautiful places I've ever been.



Venice Grand Canal

East to Trieste, then up up into the rolling green countryside of Slovenia. Rich pasture, wild-flower meadows, hop gardens, well-tended crops, often planted in small strips; maybe 50m wide.



Near Globoce, Slovenia



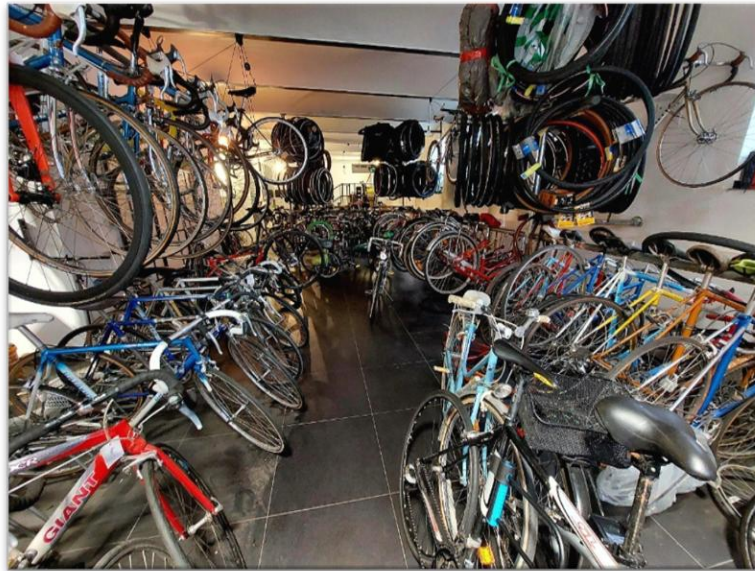
Near Prevoje, Slovenia

A sharp climb into Hungary. Quickly the agriculture changes - less pasture, instead huge fields in plough or planted to wheat, barley or maize. But - standing alone and magnificent - a field sown to brilliant mauve-purple poppies.



"Hungarian Blue" variety of Papaver somniferum - grown for its edible seeds

Into Austria. A regrettably-familiar sharp crack from the back wheel tells me that a spoke has broken. I wobble on to the outskirts of Vienna, where a fine second-hand bike / repair shop replaces the broken spoke with one of spares I carry.



Out of Vienna and along the Danube cycle path. The river surprisingly unbusy. No sailing boats, canoes, kayaks or merchant vessels. Just the occasional improbably long tourist boat.



River Danube, near Tulln an der Donau

The first day of cycling into a strong headwind which is to blow against me, unkindly, all day every day, as I make my way west across Europe.

I decide to shorten my route across Austria and Germany. I'm not really enjoying the manicured cycle lanes laid on for us spoiled cyclists, nor the countryside of extensive fields of grain & plough, nor the remorseless headwind, and am losing enthusiasm for visiting yet more churches . . .



Near Würzburg

Germans have taken to electric bikes in a big way. I am regularly passed by portly upright middle-age men & women enjoying their e-bikes.

The weather and countryside are not always clement



Kelsterbach

Half a day cycling through the edge of Holland then on to Brussels, battling headwinds all the while. I collapse onto my hotel bed with a large bag of chocolates and lie happily prostrate watching the breath-taking Alcaraz vs Sinner French Open tennis final.



The Atomium, built as the centrepiece of the 1958 Brussels World's Fair

On to Dunkirk and across the Channel.



After the high-quality well-maintained roads and bike lanes of Slovenia, Austria, Germany & Belgium - the patched, pot-holed, rutted English roads a challenge all over again. But the sunsets . . .



Denton, near Canterbury

Joining together the four cycle rides, in 2022, 23, 24 and 25, looks like this.



I'm bothered by having missed out Turkmenistan, for which in 2022 a visa looked impossible. The authorities have apparently eased entry regulations fractionally – so in 2026 – if I can prise a visa out of them, I plan to ride from Turkmenbashi to Turkmenabat.

Gavin McGillivray, December 2025

That's All Folks...!

