



The Spindle

MAY 2026

cleclubsudbury.com

Hi folks

The heat has finally hit our Isles, so I hope you are all well hydrating when out and about!

The Sunday social rides continue to attract people and don't forget, you can get updates on times / routes / plans for these via Facebook, and you can invite non-members along as long as they have a roadworthy bike and good road sense...

Time trials have depleted in attendance somewhat so far this season and the Committee will be looking into why that might be, though it does seem to be a national downward trend. Do get involved if you can...

Not too much filler in this issue you may or may not be pleased to read...Happy cycling all!
Sharon B

ROBIN'S BITS

COMMITTEE MEETINGS; 7PM, 10 JUNE (REVISED DATE), 1 JULY, at the Stevenson Centre

UPCOMING EVENTS

CCS SUMMER TIME TRIAL SERIES

Our season is well under way, and runs weekly through to the end of August; 20 TTs in the series. Numbers are a bit down this year – why not give it a try? 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).

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

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

As rider numbers are lower this season, we're short of marshals, with 10 vacant dates. All riders need to marshal twice during the season; there are still vacancies on the marshalling list. If you're not a TT rider, but would still like to help email pamandrobinw@gmail.com. Non-riders particularly welcomed to help on the Club Championship evening, 16 July, and Jonathan Weatherley Memorial TT, 13 August.

28 MAY	19:00	LAVENHAM 10	RICHIE EDWARDS	CHRIS CAMPOS	TOM MOORE
4 JUNE	19:30	BRENT ELEIGH	JIM BIRD		
11 JUNE	19:30	ACTON CIRCUIT	JEFF WHARTON		
18 JUNE	19.00	LAVENHAM 10; INTERCLUB; WEST SUFFOLK WHEELERS	ADRIAN RUSH	JOHN GOLDER	ROBIN SIDGWICK
25 JUNE	19.30	BRENT ELEIGH	CHRIS STEWARD	DAVID FENN	
2 JULY	19:30	LAVENHAM 10 ; INTERCLUB: SDCC	SANDRA MACKAY	PETER WHITELEY	
9 JULY	19:30	ACTON CIRCUIT	JIM BIRD	JEFF WHARTON	
16 JULY	19:30	LAVENHAM 10 – CLUB CHAMPIONSHIP	SANDRA MACAY		
23 JULY	19:30	BRENT ELEIGH	CAROLINE WYKE	ROBIN SIDGWICK	
30 JULY	19:30	LAVENHAM 10	RICHIE EDWARDS	ADRIAN RUSH	DOZ BREE
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	CAROLINE WYKE	CHRIS STEWARD	

CCS AUDAX RIDES FROM BILDESTON, REVISED DATE - SATURDAY 18 JULY

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.

SATURDAY 25 JULY – THE DUNWICH DYNAMO

Each year a number of CCS riders do this overnight ride, from Hackney, through Sudbury, to Dunwich. The complete ride is 112 miles, but if you find that daunting there's the option of joining at Sudbury.

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

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

THE GREAT TT OFF V CC SUDBURY

TEST YOUR LIMITS
OWN THE ROAD

A RACE AGAINST TIME. A TEST OF STRENGTH.
Are you ready for the challenge?

DATE	VENUE	COURSE
THURSDAY 2ND JULY 2026	LAVENHAM SUFFOLK	OPEN TT COURSE

ORGANISED BY CC SUDBURY



CCS - CR INTERCLUB TT Lavenham 10 course

21 May 2026

CCS - CR INTERCLUB TT Lavenham 10 course 21 May 2026						
First rider home 50 points, second rider home 49 points, etc.						
Riders for each club count up to the number of riders from the club with the smallest field (11 today)						
No	Name	Club	Actual Time	Placing	CR	CCS Points
1	CAROLINE WYKE	CCS	36.23	22		29
2	DOMINIQUE DE CRUZ	CR	33.37	20	31	
3	LES DUNHAM	CCS	33.36	19		32
4	JOANNE SMITH	CR	28.37	14	37	
5	DAVID FENN	CCS	30	15		36
6	ELSPETH KNOTT	CR	30.14	16	35	
7	JIM BIRD	CCS	DNS			
8	HELEN ARNOLD	CR	30.49	17	34	
9	JAMES RUSH	CCS	25.39	10		41
10	PETER HALL	CR	26.24	11	40	
11	DAN UPTON	CCS	26.51	12		39
12	DANIEL HALL	CR	25.20	9	42	
13	CLAIRE HALL	CCS	24.43	5		46
14	NICK COPPERWAITE	CR	24.08	2	49	
15	CHARLIE UPTON	CCS	DNS			
16	MATT HAIGH	CR	25.14	8	43	
17	CHRIS STEWARD	CCS	27.52	13		38
18	DEAN DE'ATH	CR	24.22	3	48	
19	SIMON DAW	CCS	23.18	1		50
20	JAMIE WATSON	CR	24.31	4	47	
21	STEVE LITTLE	CR	24.46	6	45	
28	JEFF WHARTON	CCS	24.48	7		44
	TOM MOORE	CCS	36.15	21		30
	GARY CODLING	CCS	33.22	18		33
COLCHESTER ROVERS					451	
CYCLE CLUB SUDBURY						418



TT THURSDAYS TARGETS & RESULTS 2026

SCROLL DOWN FOR BRENT ELEIGH, ACTON CIRCUIT RESULTS

THIS WEEK:

Fastest male; road bike; Archie Samways; 23.31

Fastest female; road bike; Joanne Smith; 28.37 (CR)

Fastest male; TT bike; Simon Reed; 22.23

Fastest female; TT bike; Claire Hall; 24.43

[illegible]

Martin Hosking*				28.32						
Izzie Johnson*										
Deirdra Keating*				30.52						
Andy Kennedy*										
Angela Lesslie	28.07									
Ian Lovelock										
Will Lowden*										
Ben Lowden										
Sandra MacKay	30.45									
Gavin MacGillivray	31.34									
Mads Mikkelsen	0									
Tom Moore	35.28	R	35.29	36.15						
David Munro*										
Gary Pamment										
Ellie Parsons	37.54									
Jack Poole*										
Alec Purcell	24.36									
Simon Reed*				22.23						
James Rush	25.54			25.39						
Archie Samways*				23.31						
David Schindler*				25.45						
Ian Short	22.50									
Mat Shotbolt	23.41									
Ann Shuttleworth	28.40									
John Steed*										
Chris Steward		R	27.30	27.52						
Tim Torrie*										
Sue Triplow	27.14									
Charlie Upton	25.56	TT	27.06							
Dan Upton	26.41			26.51						
Nick Webber	26.33									
Jeff Wharton		TT	23.38	24.48						
Caroline Wyke	34.41			36.23						
Number of riders			10	29						

No Levy Inc CR

BRENT ELEIGH COURSE

NAME	Target time	Bike	16 April	7 May	4 June	25 June	23 July	20 August
Adrian Ablitt	27.04		M	27.15				
Phil Barnes	21.40							
Shan Bendall*								

Jim Bird	25.15	R	23.52	24.16				
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	M				
Chris Coultas	24.28	R						
Julian Cunningham*		R		28.59				
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	M				
Richie Edwards	22.48	R	22.58	22.47				
Ronnie Egan*		R						
David Fenn	24.53	R	M	25.09				
Kirsty Fenner								
John Golder	22.28	TT						
Claire Hall*		TT	20.52	20.35				
Rob Harman								
Will Hedley	23.27	R						
Charlie Heeks								
Stephen Hitchcock	0							
Martin Hosking*		R		23.23				
Millie Jenkins*								
Stuart Jenkins								
Isabella Johnson*								
Deirdra Keating*		R		24.50				
Andy Kennedy*								
Austen King*		TT						
Mark Lloyd*								
Ian Lovelock								
Angela Lesslie	0							
Mads Mikkelsen	0	TT						
Tom Moore	29.29	TT	29.52	29.29				
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	18.53				

David Schindler*		TT	21.20	21.16				
Tony Sheppard								
Ian Short	18.50							
Mat Shotbolt	19.41							
Ann Shuttleworth	24.03							
Chris Steward		R		23.19				
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	23.25				
Jeff Wharton		TT	20.01	20.09				
Caroline Wyke	29.31	R	31.34					
Number of riders			17	14				

ACTION CIRCUIT COURSE

NAME	Target time	Bike	23 April	14 May	11 June	9 July	6 August	27 August
Adrian Ablitt	26.31	R	27.59	M				
Phil Barnes	22.11							
Shan Bendall*								
Jim Bird	25.33	R	24.56					
Charlie Boldock*								
Doz Bree	22.09							
Anna Brown	25.33	TT	24.51					
Chris Campos	27.37	R	26.17	26.54				
Chris Coultas	24.50							
Julian Cunningham*								
Simon Daw			M					
Rob Davies	23.08							
Les Dunham	26.21	TT	27.13	28.59				
Marcel Du Toit*								
Richie Edwards	23.37							
David Fenn	25.13	R	25.46	25.34				
Kirsty Fenner								
John Golder	23.10							
Claire Hall*		TT	21.23					
Rob Harman								
Will Hedley	24.13							
Will Lowden*								
Angela Lesslie	24.05							
Gavin MacGillivray	28.01							
Mads Mikkelsen	23.27	R	23.16	23.01				

Tom Moore	29.55	R	DNF	M				
Alex Purcell	20.31							
James Rush	21.31							
Archie Samways		R	19.20	19.25				
David Schindler*		TT	22.07					
Ian Short								
Mat Shotbolt	20.04							
Ann Shuttleworth	28.49							
Chris Steward		R	23.11	24.02				
Sue Triplow	22.42							
Charlie Upton	21.36	R	23.49	23.46				
Dan Upton	23.02							
Nick Webber	22.10		M					
Harley Wenman*				24.13				
Jeff Wharton				21.02				
Caroline Wyke	28.46							
Number of riders			13	9				



CCS AUDAX DATES

Taking place on **Saturday, 18 July 2026** (revised date), from the Sportsfield Pavilion, Bildeston, organised by Andy Rogers;

‘Suffolk Lanes Extravaganza, 209k ; that says it all, really!

There are few hills on the route, which mainly uses country lanes with short stretches of minor A and B-road, to Halesworth and then on to the coast at Orford.

‘100 Miles of Suffolk Lanes’, 168k; through central Suffolk to the coast and back, mainly on quiet lanes.

‘Bildeston Lanes’ 103k; The route is broadly circular through quiet and attractive Suffolk countryside. It uses many of the best country lanes in this part of Suffolk, with very short stretches of minor A-road.

Further details on these and all other audax events, including downloadable entry forms, are on the AudaxUK website under Calendar; <http://www.aukweb.net/index.htm>.

To find out about audax rides and how they work, click: [AudaxNotes1.docx](#)



CC Sudbury - Audax April 2026 Update

By David Fenn

Date	Event	Riders
8 th March	Ixworth File 100k	Raymond Cheung
14 th March	Horsepower 102k	Les Dunham, Brian Mann, Andrew Hoppit
22 nd March	Essex & Suffolk Estuaries 100k	Raymond Cheung
3 rd April	Easter Fleches to York 400k	Raymond Cheung
11 th April	Tour de Stour 108k	Les Dunham, Brian Mann, Andrew Hoppit, Robin Weaver Ian Lovelock, Nick Webber.
11 th April	Grand Tour de Stour 205k	Simon Daw
11 th April	DIY 107k	Les Dunham
11 th April	DIY 105k	Andrew Hoppit
17 th April	Essex Tourdax 1 100k	Raymond Cheung
18 th April	Essex Tourdax 2 109k	Raymond Cheung
18 th April	DIY 101k	Andrew Hoppit
19 th April	Essex Tourdax 3 105k	Raymond Cheung
23 rd April	DIY 112k	Tony Grimes
25 th April	Oasts & Coasts 300k	Raymond Cheung
29 th April	DIY 116k	Tony Grimes
2 nd May	Scenic South Suffolk 103k	Raymond Cheung, Tony Grimes, Les Dunham, Brian Mann Ian Lovelock
2 nd May	Green & Yellow Fields 303k	Simon Daw

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	23	2,343	-	6	-	5	1	1	-	-	7,316
Les Dunham - 28601	8	835	-	8	-	-	-	-	-	-	5,200
Tony Grimes - 7106	9	935	-	3	-	3	-	-	-	-	2,050
Brian Mann - 4689	7	728	-	7	-	-	-	-	-	-	5,200
Andrew Hoppit - 4235	6	623	-	6	-	-	-	-	-	-	3,000
Robin Weaver - 7481	5	523	-	5	-	-	-	-	-	-	2,850
Simon Daw - 9411	7	712	-	-	-	2	1	-	-	-	4,475
Steve Barnes - 8739	3	311	-	3	-	-	-	-	-	-	2,200
Sally St Ledger - 48558	3	311	-	3	-	-	-	-	-	-	2,200
Ian Lovelock - 5675	3	315	-	3	-	-	-	-	-	-	2,250
Byron Grimes - 12703	3	320	-	1	-	1	-	-	-	-	1,300
Nick Webber - 43004	1	108	-	1	-	-	-	-	-	-	700

Upcoming local events. (SOME HAVE PASSED!)*

Saturday 16th May, The Windmill 55k, 110k, 200k, Witham.

Sunday 7th May, The Norfolk Special 100k, 200k, Lowestoft.

Saturday 23rd May, The Flatlands 600k, Dunmow.

Saturday 6th June, Asparagus and Strawberries 400k, Manningtree.

***PLEASE NOTE THAT RESULTS FOR THE ABOVE WILL BE IN NEXT ISSUE!**

SpoCo Results Update April 2026.

SpoCo Results Update April 2026.

By David Fenn

March 8th, Lea Valley 25, E1/25.

John Golder, 1:12:47, 24th, 97 points.

Rory Coxhill, 1:22:51, 28th, 93 points

March 14th, West Suffolk Wheelers Hilly 21, BS31R.

David Fenn, 1:06:08, 31st, 90 points

March 29th, Cycle Club Sudbury, Mad March Hilly 22, BS24R

Simon Dawt, 53:11, 3rd, 118 points.

Ian Short, 53:53, 4th, 114 points.

Dan Upton, 1:04:27, 9th, 112 points.

Richie Edwards, 1:08:22, 10th, 111 points

James Bird, 1:09:05, 20th, 109 points.

David Fenn, 1:09:59, 13th, 108 points.

Angela Lesslie, 1:11:48, 14th, 107 pints.

April 3rd, Great Yarmouth 10, B10/43

David Fenn, 29:20, 58th, 62 points

April 11th, Stowmarket &D CC 15.3, BS33/R15.3

David Fenn, 50:44, 23rd, 98 points.

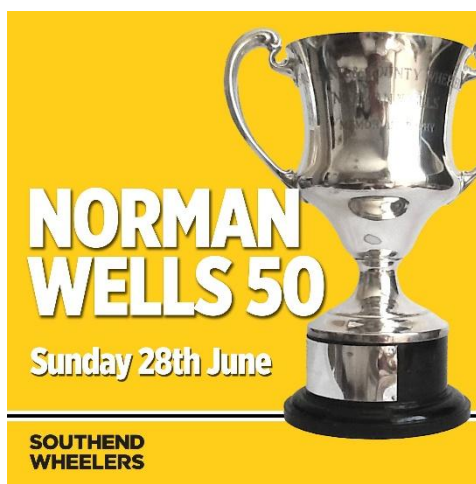
May 2nd, Plomesgate 22, B25/39

David Fenn, 1:09:53, 6th, 115 points.

CC SUDBURY SpoCo LEAGUE TABLE 2026

POSITION	RIDER	EVENTS	POINTS TOTAL
1	David Fenn	6	567
2	Simon Daw	1	118
3	Ian Short	1	117
4	Dan Upton	1	112
5	Richie Edwards	1	111
6	James Bird	1	109
7	Angela Leslie	1	107
8	John Golder	1	97
9	Rory Coxhill	1	93





Will your name be added to the trophy this year?

NORMAN WELLS 50

Sunday 28th June

For information and to enter click here: [CTT | Southend Wheelers Norman Wells Memorial 50 2026](#)

NEW!!! BIKE BAG RENTAL FOR CCS MEMBERS...

Cycle Club Sudbury has purchased a EVOC Bike Bag Pro - Multi Discipline Travel Case for rental by our membership. Pictures of which are attached below. The lightweight and robust travel bag is the secure high-end solution for easy bike transport. No matter what kind of bike you travel with: its sophisticated geometry and the adjustable BIKE STAND PRO keep the bike perfectly protected throughout its journey.

The case requires you to detach the handle bars from the stem and remove the wheels. Then the bike can be attached to a removable frame via the axles, see images. Inside the bag are the full instructions and plastic inserts for all Spindle diameters. The wheels have separate cases on the outside of the bag. The bag itself has stiff nylon inserts to protect the bike and wheels.

This is a link to the bag itself. <https://evocsports.com/products/bike-bag-pro?variant=50951666368776>

The bag is light and highly manoeuvrable through airports.

The cost of hire is £40 per week and £10 per day for extra days on top. It is booked from DBG Cycle repairs, Doz Bree, at Warehouse 2A, Unit 5, Stour Valley Business, Centre, Brundon Lane, Sudbury, CO10 7BG, **phone Doz or Sharon Buckler, on 07932 199485 or dbgcyclerepairs@gmail.com**

I have used a comparable bag several times in the past and it has protected my racing bike and gravel bike.

Best
Rob Davies
(see pics below!)



That's all for this Spindle – do get in touch with any pictures / news / reminiscences /cycling tales! You can email me direct at shazzab24@btinternet.com but please pop the word 'Spindle' in the subject box!