

Bcc to Members of SWCC 2024

Hello fellow Cycling enthusiasts.

AGM

The AGM was held on 11th November. Some key outcomes from the AGM are outlined below.

It was decided at the AGM that the official charity for 2025 will be Men's Minds Matter.

The Club will be setting up a Youth Development Scheme to assist young riders and their families in the transition from Go-ride to National events.

All riders are required to carry emergency contact information whilst out on Club rides. This can either be on a smart phone or a card/piece of paper so that the Ride Leader can contact someone if required.

Awards Night

The Award night was held on 30th November and enjoyed by all who were lucky to attend. The raffle raised £191 for Men's Minds Matter. The Awards night next year will be on 29th November, once again at the Solo Club in Sleaford.

Night Rides

The Wednesday evening night rides depart from the Horseshoes at 18:00 these rides will be approximately 30 miles at a speed of 16 – 17 mph. These are a great way to continue group riding throughout the winter months so the more the merrier. Good lights essential!

Cyql cycling app

Feedback on the use of the Cyql app has been mixed and there were a limited number of people using it. Although we had requested technical support from Cyql on the issues some of the members were experiencing no positive feedback was received from Cyql.

Based on the limited take-up, technical issues and expected cost, the Club has decided to end the trial and not subscribe for its use in 2025.

Monthly Club surveys

Some Christmas recommendations? As mentioned last month, members that use Facebook may well remember that there were a series of surveys over the first 6 months of the year which endeavoured to capture some of the expertise of the members. A list of the recommendations for good reading is included below:

Some recommendations from Faith Clements:

Coffee first and then the world by Jenny Graham

Jan Ullrich the best there never was by Daniel Friebe

Beryl by Jeremy Wilson

I really enjoyed A race for madmen by Chris Sidwells

Climbers by Peter Cossins

And I really hope that Anna Van Der Breggans book is released in English.

Personally, I really enjoyed these:
It's All about the BIKE by Robert Penn
One man and his bike by Mike Carter
The Breakaway by Nicole Cook
Anything by Tim Moore or Ned Boulting

Happy reading.

60th Anniversary

Next year marks the 60th anniversary since the Club was reformed so it is time to celebrate! Some of the things that are in the offing are:

- a. A cycling shirt or T-shirt in the original club kit design
- b. A 60th anniversary badge on next year's kit order
- c. An option of 2 rides, 60 miles or 60km, culminating in a function at the Rugby Club (or other suitable venue) to include food, drink and live music
- d. A funded ride
- e. Badges and patches
- f. Assorted memorabilia

Any other suggestions and ideas are most welcome.

Water Bottles (Bidons)

If you are searching for the perfect Christmas stocking filler, the club now has its own water bottles for sale at the cost price of £3.50 each.

They are manufactured by Elite bottles in Italy, they are 550ml and have the SWCC Logo and a QR Code (which takes you to the website route bank) printed on them (see pictures below). Please contact Nige Dean for further details nigedean525@live.co.uk



Events coming up in December.

Mince Pie Ride

The Mince Pie ride will take place on Saturday 7th December. There are 3 rides that will leave Money's Yard in Sleaford at 09:30 to cater for all abilities.

Christmas 2-up

Sunday 8th December.

If you have never tried the SWCC time trial course, then this fun ride is the perfect opportunity to give it a go. You turn up on the day, you get paired with another rider and you go for a 7.8-mile bike ~~race~~, I mean ride, together. There is even a prize for best decorated bike.

Sign on at the lay-by on the A1 at 09:30, first riders off at 10:00.

Looking Ahead

Ladies ride on the first Saturday in January.

The Club signing on night will be 27th January at the Horseshoes in Silk Willoughby. I will also be taking kit orders at that time.

Did you know?

Tadej Pogacar became only the third man to win the men's triple crown this year, can you name the other 2? The only woman to win the equivalent is Annemiek van Vleuten in 2022.

One from the archive

Dennis practicing his breathing techniques for spinning?



Picture courtesy of Malc Yates

Christmas cracker

I was tired last night after a hard day's riding, slept like a log – woke up in the fireplace 😊

Happy Cycling and see you soon,

Kind regards

Nige