



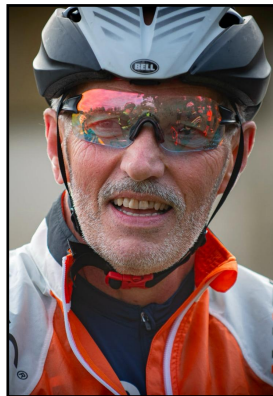
HARLOW CC

NEWS | RIDES | EVENTS | ANNOUNCEMENTS

Chairmans Chatter

“Holland might have Matthieu van der Poel but Harlow Cycling Club has got Sjaak van der Poel”

Firstly I would like to thank the club and members for giving me the opportunity to take the reins and lead the club into a new year and new start as chairman, I will be honest and say that this will be a personal challenge for me and look forward to developing in the role with the support of the committee around me.



Secondly, I would like to recognise and thank Dave Wales for steering the club on its journey for the past 10 years to get it where it is today as a friendly, inclusive and active club.

I am keen to encourage the growth of the club further initiating discussion of HCC putting on some events in the summer to encourage youngsters to maintain their bikes and build up their confidence to ride safely on the road. I'm putting this out there now as I will be asking for members to give a couple of hours to help make this a success. It is only by encouraging youngsters to ride with us that the club will grow in the future.

Dave has been working with a local CIC (Roots to Wellbeing) on their cycling projects for a while and I have recently joined him on the Cycle Recycle project. This is where we accept donated bikes and refurbish them to give back to families in the community. If you have any old bikes hanging around the shed please consider donating for this great cause.

Cambridge and Back

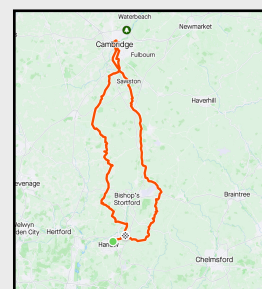
The club's first big mile ride is early this year taking place on April 14th starting out from Moot House and heading to Cambridge, turning round at Cambridge and return back to Harlow to complete the round trip and 85 miles / 136 km.

Planning for this route has been so that on the return there are plenty of opportunities to bale out and return by rail, this is to allow all those wanting to see where their fitness is at this early stage of the year have options if the legs and endurance give out.

There will be a number of ride leaders within the group but we will plan to ride as a collective unless the group is too large or safety is a concern on route, leaders will make these decisions on route so please be respectful of their decisions.

Potential coffee stops and lunch stop will be discussed and put forward on the day, any suggestions please post in event on Facebook.

Please make your attendance known by selecting the option on the facebook event.



Getting to know Sjaak

Q1) When did you start riding?

A1) I started Road cycling when I was 61 after I was widowed. It really helped with my mental health at that time and continues to give me my own space when I'm cycling.

Q2) What's your favourite things about riding?

A2) Being out with nature, enjoying the countryside and the camaraderie. Do I need to mention coffee and cake here or is that just a given?



Q3) Do you have a cycling goal you still what to achieve or have you already achieved it?

A3) Having done Ventoux and Alpe d'huez I would still like to do the Stelvio pass in Italy but with 2757km elevation, I'm going to have to get some training in.

Q4) What in your opinion is the best professional race of the year?

A4) Amstel Gold for a one day race and the Paris-Roubaix for the sheer brutality of the race and the skills needed by the riders just to complete and cross the line still in one piece.

Q5) What is the best piece of advice you have been given about cycling (Technical or Non Technical)?

A5) Don't forget to unclip



Ride Captains Catch Up



As the recent newly appointed rides captain some of you will know and seen me before or even heard me at some stage through the last few years at the club.

I will try and keep the flow of weekly rides posted up to

carry on the previous hard work and efforts of Richard Elven.

It appears our winters are remaining rain soaked so it has been difficult for rides to go ahead. I will still continue however to post rides up and hope we see drier and warmer conditions soon although it is certainly taking its time.

I will be changing my job role soon in may which will involve working more late shifts and weekends so although I will still post rides up I will need help with offers for some ride leaders to keep the rides flowing.

This leads me on to the club rides as I know quite a few older and newer members have messaged recently to say they will start to come out again. What I would like to ask is for those looking to ride to message on the rides chat to confirm attendance. This will give ride leaders an idea of numbers and who to expect as the last thing that a ride leader would want is to turn up and find out that no one is riding. Anyone that can help leading rides please get in touch with Dave Wales. Let's hope for warmer weather soon and to see more

members start attending for what I hope is a decent summer period to start getting those miles in at last!



Paul Harrison

AGM Report

The Meeting was opened by the Chair at 19:00 who gave a warm welcome to all attendees.

Remarks from the Chair

The Chair gave a brief outline of the club's activities over the year and reminded everyone of the passing of Adam Karsai

Webmasters Report

The Webmaster reported that we had good presence on Twitter, Facebook, the Clubs Website

Election of Officers

President Vin Denson (Life President)

Chairman Jacobus Van Der Poel

Treasurer D Harris

Secretary D Wales

Runs Captain P Harrison

Welfare Officer Y Gregory

The Following offices would need to be filled at a later date - Please contact committee if interested.

Vice Chair

Communications

Membership Secretary

Social Secretary

Touring Secretary

Kit Co-ordinator Development Officer

Sponsorship Co-ordinator

Racing Secretary

Harlow Council Liaison Officer

Propositions

It was agreed that the following fees for the Club would remain, and that Subscriptions would be due on 1st November.

Full Member	£20
Junior Member	£10
Family Member	£40
Non riders/2 nd Claim	£10
Life members	Free
Admin Fee for late renewal set at	£5.

Awards

10 Mile male	J Bishop
10 Mile female	R Stapleton
Best Male	J Winch
Best Female	TL Willey
Best New Rider	C Hill
Chair Award	P Harrison
Adam Karsai award	D Butler
Wooden Spoon	R Elven

AOB

A Goodman pointed out the Chair had been in the position for 10 years and ask for it to be acknowledged.

A Goodman also ask that it be acknowledged that R Elven had been in his position for 5 years and give thanks for this.

Meeting was closed at 19.57.

Easy Fundraising

Sign up new supporters

Hi there! We've registered Harlow Cycling Club with easyfundraising, which means over 7,000 brands will now donate to us for FREE every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely FREE and doesn't take long.



Velo Games

Each player takes the role of a Directeur Sportif of a professional cycling team. The aim of the contest is to select the best possible team of six riders to compete in each race, across a full season of one-day racing.

To take part scan the QR code and sign up, its completely free to join and create your team. once your in and have your team join the HCC mini league using passcode:



Harlow CC Web

Reminder to all member of our website for useful information and access to members only area, use below QR code to take you straight to the website.

<https://www.harlowcc.club/>



Request for Volunteers

Harlow Cycling Club have had a request from Harlow running and tri club who are now recruiting for volunteers for this years Ride London event.



Volunteers will be based at the Felsted Welfare Hub and responsible for giving out gels, snacks, water etc. plus directing riders to the bike racks and preventing them bringing their bikes onto the field. there will have free coach travel from Harlow, branded clothing and lunch is provided (plus the opportunity to bring home loads of leftovers)

Our shift will be from 7am - 3pm, so coach pick up will probably be around 6-6.30am.

If you would like to volunteer, please email clubkit@harlowrunningandtriclub.org.uk and you will be added to the shift. Friends and family are welcome (over 18s only).

If you haven't volunteered before, HRTC will need to send you a link to register on the portal.

Any questions, please ask! and Thank You
Lisa Brett
HRTC



Harlow Cycle Recycle

A note from the organisers.

Thank You to Harlow Cycling Club for your support and kindness, volunteering to help us sort cycles donated from Bourne End Centre yesterday at Harlow Pets Corner in readiness for some of our children from Essex activate HAF clubs learning to ride and doing their level 1 bike ability this week.

We were blessed with a bit of sunshine and it was so lovely to see the children trying out and trading in old cycles. To date we have donated and upcycled 100 bikes to community members of all ages alongside new accessories from a small grant with support from Lee Valley Cycles.



“As cyclists, we know the benefits cycling can bring” said Sjaak, “Harlow has over 39 miles of cycle paths which families can all ride together. If a child can have confidence to ride a bike, it gives them a freedom and independence for life.”

Tara Whittle, founder and Director of Roots to Wellbeing said, “We see the Harlow Cycle Recycle project as a vehicle – pun completely intended – to provide bikes for families that are in need of transport. We had such a success rate from holding the event on just one day last year and have a waiting list of 70 people – adults and children – who have applied for a bike from us. We have managed to donate over 100 bikes, however, we need some sort of storage facility where people can drop off their donations and collect serviced bikes. We thought we had identified a site but delays have meant that we probably need to have a contingency plan in place.”

You can email harlowcyclerecycle@gmail.com for more information.



MALE FEMALE	ITEM	PRICE	XS	S	M	L	XL	XXL	XXXL
M	Club Jersey SS	£47	-	2	1	-	1	2	-
M	Pro Jersey SS (Race Cut)	£77	-	1	-	1	-	-	-
M	Club Jersey LS	£59	-	-	-	-	2	-	-
M	Fleece Jersey LS	£81	-	-	-	1	-	-	-
M	Windbreaker Gilet	£59	-	1	2	2	-	1	-
M	Club Shorts	£55	-	1	1	3	1	-	-
M	Club Bib Shorts	£59	-	2	2	1	2	1	-
M	Pro Bib Shorts	£77	-	-	-	1	1	-	-
M	Club Bib Long	£77	-	-	-	1	1	-	-
M	Fleece Bib Long	£90	-	1	1	-	-	1	-
M/F	MTB Jersey	£50	-	1	2	4	-	1	-
F	Club Jersey SS	£47	-	-	1	-	1	-	-
F	Club Jersey LS	£59	-	-	-	1	1	-	-
F	Fleece Jersey LS	£81	-	-	-	1	-	1	-
F	Windbreaker Gilet	£59	-	-	1	1	-	-	-
F	Club Shorts	£55	-	-	-	-	1	-	-
F	Club Bib Shorts	£59	-	-	1	1	1	-	-
F	Club Bib Long	£77	-	-	-	-	-	-	-
	Kids Club Jersey	£32	-	2	1	2	-	-	-
M/F	Arm Warmer	£17	-	1	-	-	1	-	-
M/F	Leg Warmer	£23	-	-	-	1	-	-	-
M/F	Fleece Knee Warmer	£21	-	-	-	1	-	-	-
M/F	Shoe Warmer	£25	-	-	1	-	1	1	-
M/F	Socks S/M 5-8 L/XL 9-12	£10	-	-	1	9	-	-	-
M/F	HCC Snood (One Size)	£5	-	-	10	-	-	-	-

10% applies to in stock items within this table only, not applicable to new pre-order items.



Lee Valley Cycles:

5% discount on Bikes, 10% discount on Parts and Servicing.

High 5:

40% discount off full price items using our club code H5#HARLOWCC (This code is strictly for use by club members, friends and family only, it must not be posted on any public social media).



Cycling UK:

£20 off full membership by using our code: 90139236. Affiliate member benefits excludes legal assistance, magazine and voting rights.

British Cycling:

A benefit of our club's affiliation is that club members can get up to £26 off membership when they join British Cycling for the first time, Please note Commute membership does not cover you for riding with our club or group rides, please choose either Ride or Race membership - Use code: newcmrd



Proviz:

20% off with the code hcc20 (This code is strictly for use by club members, friends and family only, it must not be posted on any public social media).Proviz is an International Multi-Award Winning Sports Brand, distributed in 40 countries, sold online globally and acknowledged as one of the most innovative sports brands in the world.

Muc-off:

20% off with the code CHATTERBOX20



Glaudax cycle tours:

£50 Discount, just mention Harlow Cycling Club When booking