



HARLOW CC

NEWS | RIDES | EVENTS | ANNOUNCEMENTS

Chairmans Chatter

With the clocks going forward I think most of us were looking forward to some warmer, sunny rides but I think we may need to wait a bit longer. But with the daylight hours getting longer it is time to start getting the summer bikes ready for those glorious days in the saddle and building up those familiar cyclist tan lines.



Already there are plans afoot for Isle of Wight, Southend, and a 3 day tour so keep an eye out for them. Mountain bike plans for trips away (Bedgebury, Swinley, and Thetford), but also off road sportives.

We already have some member taking part in racing and for those that like the thrill of riding fast on Tuesday training rides it would be worth finding out a bit more and giving them a go. Crit racing is fast and furious, but also great fun and so is the Off Road events like the Travers MTB races, all are friendly and shouldn't be intimidating. 'Even old bugger like myself give them a go'.

We are seeing more riders wanting to join the slower Sunday Social rides, so if you can help or would like to help out with those it would be much appreciated.

I was fortunate enough to be invited along to see our President Vin Denson being recognised by the Pedal Club for his achievements, see the write-up later for details.

A great year ahead and I look forward to seeing you all out on the road, off road, racing and maybe at one of the clubs social evenings. (The last one was a great hit and good to get everyone together outside of the rides)

David Wales

Treasurers Report

As a club we are again pleased with our financial position which has allowed us to expand on our social calendar in 2022 with yet more to come again in 2023, it was also encouraging for us to see another positive membership renewal rate.

Membership

106 inc 19 life members

Funds In £5953.16

Membership £1645

Kit £2006.50

Events £1985

Fund Raising & High 5 £316.66

Funds Out £3464.23

Events £1460.91

Kit £1250.23

Other £753.09 First Aid kits, New year prizes, safeguarding training, affiliate memberships

Assets

Bank £5751.98

Cash £539.36

Kit £ 3176

Total Assets 20-21 £7008.41

Total Assets 21-22 £ 9467.34

Assets Are + £2458.93 however we have £995 paid towards the Christmas event and deposits of £477.50 for kit included in these amounts, so our assets have increased by £987.43 to **£7995.84** in real terms

Club Holidays

Change of dates for the I.O.W trip due to hotel availability, the new dates are 17th & 18th June 2023.



Join each ride on both days with overnight accommodation or join either ride as day trip on the Saturday or Sunday (Please note – Sunday is Fathers Day)

There are no planned stops but a coffee stop and or a lunch stop will be added en-route. There is a nice pub in Fishbourne by the ferry terminal for post ride “refreshments”

Ferry Crossing each way as a foot passenger with bike. Book via Wight link ferries £10.50 each way

Hotels: Holiday Inn Express Gun Wharf £166 per room, Holiday Inn Express Portsmouth North £106 per room, Ibis Budget £86 per triple room

Club kit event.

Still time to book you spot on the Mallorca 2023 Holiday. 2nd to 6th October 2023



There's plenty to choose from
25 miles to the lighthouse and back – ease in with 3000 ft

70 miles to Sa Colabra and back – a bit hilly at 7000ft but re-fuel at the Viaduct
70 miles to Soller – also a bit hilly at 7000ft but refreshments at the beach always helps

60 miles to Petra and back – flat all the way with great coffee stops all the way round

75 miles Andratx to Port Pollenca – early start and 6000ft of climbing.

Club kit event.

Ride Captain Report

As spring arrives and the clocks go forward we look forward to seeing a few more members back out on our club rides.

Through the cold winter months we still managed to squeeze in a few club rides with a few of our



hardy/foolhardy members that have continued riding outside.

For the season ahead we plan to stick to the same format that has

served us well over the last couple of years. Tuesdays will be the drop training ride, split into speed groups.

Thursdays will be social, but split into groups if the numbers dictate, groups will be decided on a speed factor to make a more comfortable experience.

Sundays will be social, again split into groups if necessary.

We hope to be able to put on 2 rides on a Sunday, one a longer distance and the other a shorter slower ride. This will be dependent on people stepping up and being willing to lead a ride. I'll do all the posting and sort a route, all that needs to happen is you keep an eye on the ride.

We have a couple of trips lined up, a week in Mallorca, which is a great week of riding for anyone who hasn't done it, and a weekend away in the Isle Of Wight, this is a surprisingly tough couple of days of riding but a great challenge for everyone.

Just a little reminder to all that when attending rides please make sure you are self sufficient, ie have inner tubes, tyre levers, pump/gas etc, even if you're not confident doing a puncture someone will always step in and do it for you.

As always if anyone has any areas they'd like a ride out to let me know and I'll build a route accordingly

Thanks
Richard

Easy Fundraising

You can help the club out by signing up for the EasyFundraising app. Like other cash back sites, when you make a purchase, the club receives a % of the sale price and you pay no more! What's more, you get that warm happy feeling inside that you've helped the club carry on while indulging your retail therapy!!

If you need further information, email us on secretary@harlowcc.club and a member of the committee will contact you to answer any questions you may have. <https://www.easyfundraising.org.uk/causes/harlowcci/>

Pre Season Social and Beyond

The Harlow Cycling Club pre season social was held on Friday 3rd March 2023 at the Moot House Social Club, a great turn out with over 20 members making an appearance.

Note from Kevin Coombes, After such a good turnout at the Moot House pre season get together we will look to get further dates in the calendar very soon. Currently we are considering other locations with the Green Man looking like the next location, But please feel free to let us know if you think your local might be a better option or let us know if you have somewhere else that would be a good place.



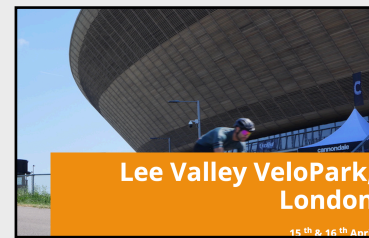
Dunwich Dynamo

Club Member Ben Rossendale has informed the club of his intension to ride the Dunwich Dynamo this year.

“Organised fairly organically from the Dynamo FB group. the route follows roughly the route of some 80's London bike messengers who got drunk and rode till dawn and the coast. Best ride i have ever done! approx. 4-5k riders of all ages and fitness, some London clubs organise coaches home(pre book only). I'm planning to also return to Harlow in prep for some later races, so aiming for 318km in 12hrs.”

Check out FB for more details or message Ben.

Cyclist Track Day Invitation



Cyclist Track Days are your chance to spend a day trialling, testing and thrashing the top road bikes from some of the biggest brands in the world – all on purpose-built tracks.

We will give you the chance to spend hours blasting round the track on top road bikes from BMC, Canyon, Factor, Orro and Ribble, as well as many more top brands, and we'll even throw in lunch and coffee.

We would be delighted to offer your members a discount to attend these events.

Any of your members can use the code PART10 at the checkout to obtain the discounted rate of £20 per ticket (the usual rate is £30) for a Track Day Ticket.

What Your Ticket Includes

For this amazing price you will get:

- Unlimited cycling for your chosen day
- A free coffee, lunch and dessert courtesy of Cyclist and provided by The Calzone Kitchen
- The chance to meet like-minded cycling enthusiasts **and** experts from the cycling industry
- Cyclist Goody Bag

Spectator tickets cost £10 and allow entry to the track side during your chosen session, a free coffee and the chance to meet the like-minded enthusiasts and experts from the cycling industry.

**Lee Valley Velopark London,
15th & 16th April, 10am – 4pm.**

Harlow Cycling Club President Vin Denson entered into cycling Hall of Fame

Its with great joy that Harlow Cycling Club chairman was present on Friday 24th March 2023 to see our president Vin Denson being honoured with signing the Golden Book of the Pedal Cycling Club, taking his place in the cycling Hall of Fame.

The pedal Club has been going since 1942 and was formed by significant riders of the day and still is. The Golden Book was initially started by Cycling Magazine and was taken over by the Pedal Club after it was, of all things, found in a bin.

The book contains a record of their achievements and is signed by the signee. The likes of Beryl Burton, Edith Atkins, Clarence Kingsbury (<https://thepedalclub.org/the-golden-books-of-cycling.php>) have all been recognised by the club for their achievements and dedication to cycling.



Geoff Wiles (Milk Race Stage winner 1968 and 1969, Chequers 4 day GC and Mountains winner 1969, National Road champion 1976, the list goes on) presented the book to Vin to sign before heading to the Green man for Lunch.

At the Green Man Vin and Geoff were met by Chris Lovibond, Press Secretary for the Pedal Club, Jeremy "Chalky" White, General Secretary of the Pedal Club and Steve Bullen, the Golden Book Keeper for the Pedal Club.



HCC were also in attendance represented by David Wales (Chair HCC), Craig Carter and Sjaak Van Der Poel to greet Vin and present him with a "Congratulations" Card from the club.

Before dinner arrived Vin in his usual way relayed stories from his past, regaling stories of his many achievements such as being the first British rider to win a stage at the Giro D'Italia, and being the guest of honour as the UK Women's Tour came to Harlow.



Racing Has Started and it was Wet!

Race report.

Myself and Tim went to the first race of the year, the black cycling network crit at the Redbridge cycling centre. The BMCR races are normally held on the lower circuit and go half way up the hill every lap. This race was supposed to be the full hill only on lap 3 and the finish. The weather was atrocious but we decided what's a bit of rain and we go anyway. At sign on we were shocked to find the bottom circuit was flooded and we'd be doing the short course with both hills every lap!!

The pace was full on from the start, I went with the front for a couple of laps and it was already strung out. The usual heavy hitters where in the front, I dropped to group 2 and held on for 30 minutes before losing contact. I rode on my own for a few laps until



I caught Tim and we rode together for a bit with another rider. The hills were not kind to Tim who excels on flatter courses. Riders started to be pulled out if they had been lapped twice. I made it to the end without being pulled and out sprinted the other guy the final time up the hill.

1:06 minutes of racing with 66 climbs. Was like an interval session from hell in the pouring rain. Roll on the next one.

Jamie

Velogames Giro D'Italia 2023

Get those team's in and join the Harlow CC mini league for this years Giro, will you walk away wearing the Maglia Rosa

HCC Secretary Still Required!

Harlow Cycling Club need you, are you the right person for the task of being Harlow Cycling Clubs new club secretary?

Club secretary is a very prestigious role within a club and as such is recognised by British Cycling via **free** British Cycling Bronze membership while in post.

Here are a few of the general tasks and responsibilities of the role:

- * Support of other committee roles when needed
- * Committee meeting organisation and minute taking
- * Club Social media monitoring and admin
- * Club Insurance admin yearly
- * Club Membership affiliations admin
- * Other affiliations admin
- * AGM note taking and distribution yearly
- * Supply newsletter team with club notes each quarter

If you would like to volunteer for this position or even can lend a hand in other ways please get in touch with one of the other Committee members or email secretary@harlowcc.club



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

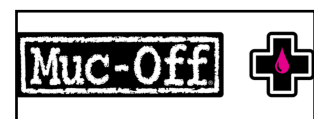


Proviz:

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

**Sunday
14th May
2023**

RIDE FOR HELEN

Five scenic cycle routes
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Choose the distance that's right for you...



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✓ Refreshment stops

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