

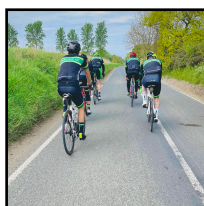


HARLOW CC

NEWS | RIDES | EVENTS | ANNOUNCEMENTS

Chairmans Chatter

Since the last newsletter there have been some exciting events happened, what with Ride London/Essex, which many of you took part in and 2 Women's UCI events one of which started and finished in Harlow. It has also been fantastic to see more people riding in club colours be it solo, with club or at events.



So, what is coming up? We have even more club social meet ups, so keep an eye on social media for those dates. We have a few trips lined up, more information on those are in the newsletter. We also have some slower/shorter rides lined up for Sundays, which we hope will bring more of the club out, and attract some more ride leaders. And we have even more racing and MTB trips out.

So as predicted, its looking like 2022 is going to be busy and I am looking forward to seeing you all out turning some wheels.

Velogames Tour de France

Are you ready to fight for the Yellow Jersey in this years Velogames fantasy Tour de France 2022.



Each player takes the role of a Directeur Sportif of a professional cycling team riding in the Tour of France race. The aim of the contest is to select the best possible team of nine riders, while operating within the conditions set on team selection.

<https://www.velogames.com>

Harlow CC Mini League code: 52959049

Special HCC Tour de France prizes up for grabs

Secretary 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





Membership

Full Member £20, Junior Member and 2nd Claim £10, Family Member £40, Non Ride/Social Membership £5.

Annual subscriptions for Harlow Cycling Club are due on the 1st of November each year. Prompt renewal is appreciated so that the necessary administration can be completed as soon as possible.

The membership can be paid by Bank Transfer, Standing Order or Paypal. Details of how to pay for your membership can be found on the Membership form, which is hosted on website and FaceBook page under documents.

Third party insurance is a requirement for membership. Members can be covered by the individual and/or independent membership of British Cycling or the CTC.

British Cycling (Ride or above membership), Liability insurance, legal support, weekly members emails, training and nutrition advice, discounts at select retailers. For full details see website. From £41 per year, £36.50 if paid by direct debit. 1st year members get discount bringing price to £20.50 using code newcmrd

Cycling UK, Liability insurance, legal support, 6 cycle magazines a year, discounts at select retailers. For full details see website. From £48 per year or £26 per year using club code; 90139236 (note this does not include legal or magazine).

Ride Captain Catch Up

As the weather keeps improving and evenings lighter we are still able to run 3 rides a week, which include 2 weekday evening rides and 1 weekend ride. The Tuesday night training ride is still our most popular ride but slowly seeing more uptake throughout the other organised rides is showing real success and is something we will continue stick at.

Since the change in Tuesdays training rides approach it has been great to see the progress made by so many of our members who have really pushed themselves on these rides. The Thursday social is going well too, with varied numbers, but gives a great chance to explore new local routes, I've even managed to not find every closed road in

the surrounding areas lately. Our longer Sunday ride is as popular as ever, we have recently made a slight tweak to this being if the ride is over 80km we



still start at 8am, if shorter than 80km we will make an 8.30am start for all the sleepy heads! I am currently looking into whether we have the numbers and volunteers to put on a shorter, slower Sunday morning ride, hopefully to still finish around the same time as the longer ride at Coffee Base, so keep an eye on socials and see how this goes.

In the future we have the Isle Of Wight trip coming up, a special thank you to Kevin Coombes for his help in organising this and we are looking at doing something different for our end of season "finale" so please keep an eye out for these on our socials.

As always if anyone had any suggestions for areas for new routes let me know and I'll do my best to build one to fulfil this.

Thanks
Richard

Mallorca 2022

On 25th-29th April, 6 members of the club undertook a trip out to Mallorca to sample the delight of a few hills!!

The trip, superbly organised by Kevin Coombes, was based around 3 days of climbing with a recovery ride after a couple of days. Arriving in Puerto Pollensa we set off to collect our hire bikes from Mallorca Bike Hire, we had sent our sizing and measurements out previously so there was minimal tweaking to be done before we went back to our hotel to get changed and hit the road.



As the first day was only a short day we headed off to ride too the famous lighthouse, Cap Formemtor, although this was only a short 40km ride we managed to do 800m of climbing and the views were certainly worth it. Time for the descent back in to town and a visit to Palms Bar where the club jersey had pride of place out the front of the bar.



The second days riding was a route up to Puig Major, for this ride we joined Wenvoe Wheelers who had around 30 members out on the island!! Another day of climbing resulting in 1600m of

climbing in the 105km ride, again with breathtaking views. Again it was a descent into town to arrive back at Palms Bar for refreshments.

The third day was decided to be our day for a recovery ride, this was a 92km ride to Petra, but only 482m of climbing, this felt like one of our club rides but through stunning countryside, as we arrived back into town we headed to Palms Bar, there may be a pattern forming here.

Our last day of riding was the big one!! Sa Calobra, 97km of riding with 2000m of

climbing, it's a bit of a mind game doing this climb as you descend first and once at the bottom the only way out is the way you came down!! For me this



Another Junction for Harlow

Originally reported in the HCC newsletter back in 1965, "According to a statement recently made by the M.O.T. construction of the M.11 motorway will start in 1968 and be finished in 1972, apparently there is to be a spur road at Harlow"

fast forward 50 years, The £76 million M11 Junction 7A scheme has opened and created a much-needed new access into Harlow and included widening and improvement of Gilden Way, plus a new link road

connecting Gilden Way and the junction via new roundabouts on either side of the motorway.



Fathers Day Fun

On Sunday 19th Jack and I took on London to Brighton an iconic ride made even better as it was Father's Day,

The Day was fantastic from the start and well organised by British Heart Foundation, we were made to feel really welcome by all the folks at the stops on the way and also the villages we passed through on the way down.

Ditchling Beacon took its toll on heavy legs but getting to the top was a great feeling. The finish line was a welcome sight and the "village in the beach" was a great place to relax and have a well deserved beer after.

If you get the chance to do it then it's a great day. Not the longest or most challenging for some but a really good ride.

Andy H

HIGH 5

Did you know that Harlow Cycling Club are in the HIGH5 club rewards programme and that they are launching a brand new Isotonic Hydration Drink so are giving all club members the chance to claim a free bundle



which includes; a 300g Isotonic Hydration Tub and a 500ml HIGH5 Sports Bottle for just £3.99 shipping, when you join the clubs mailing list.

All you need to do is share use this [link](#) to sign up to the mailing list and you will receive a coupon code to claim your free bundle on the HIGH5 website.

If a club member has already joined the mailing list they won't be able to claim this offer but they will get the chance to purchase the product at 40% off using the club discount code.

Find out all you need to know about the product bundle [here](#)

Club members also get 40% off all HIGH5 products not already on offer, using club code **H5#HARLOWCC**

meant an hour of going uphill, not my favourite bit of riding but got it done. Obviously headed to Palms Bar to celebrate our achievement of the day.

Next morning it was time to leave and head for home and look forward to doing it all again next year

HCC Social Calendar 2022

Awards 2022 was a huge success with a fantastic turn out, we would again like to congratulate the winners.



After the great turnout at the event at the Moot House, there's a few more dates in the diary for the rest of this year. At the time of writing and first up, is this coming Saturday 25th June. The club are meeting at the Green Man in Old Harlow for drinks and chat. All members and their partners are

welcome and they'll be a free raffle for anybody that turns up with one "boozy" prize for the winner, so see you all there from 7.00pm. If this is published after the time of writing - I hope you all had a good night.!

Secondly, the club are planning an "all in one" General Meeting, Award presentation and Christmas event later this year in November. With details still to be confirmed, it's looking like the Moot House for the parts one and two, followed by part three in Belash Indian restaurant at the Stow.

Isle of Wight 2022

Join the IOW club ride in The Isle of Wight on the 16th and 17th July 2022. Organised as either a one or two-day event, each day will cover a 70-mile round trip. There's plenty of hills with just over 7000 feet of climbing so they'll be plenty of coffee and lunch stops along the way. If You would like to join the 10 members already signed up please ask Richard Elven or Kevin Coombes for more details.

July

Consideration for a night at the dogs - Are you feeling lucky?

September

Club Curry Night - How hot will you go?

November

Festive food, drink and Awards - Combining our HCC awards and HCC Christmas Party.

Hertfordshire Bikepacking Adventure

I'm not a road cyclist nor am I much of a risk taker off-road but I have discovered how much fun trundling across the countryside is. Especially when carrying some extra bits to camp out! I'm also a rugby referee (cycling is my fitness regime) in Hertfordshire and whilst lots of you were zooming around Essex on the Rider100 I was moving a little slower but a little further, paying a visit to every rugby club in Hertfordshire and camping along the way. So on the morning of May 28th our team of 3 made up of myself, a rugby loving friend and outdoor expert Chris

Billington and cycling wunderkid Greg Miners set off from Hertford Rugby Club to make the attempt. After a ride of almost 200 miles, 2 nights under canvas

(including one hidden away in the middle of some bushes on a golf course near Hemel Hempstead), 2 punctures, a few pints and who knows how many thousands of calories we arrived safely back at the end of our Grand Tour. And it only rained in the last hour (but what rain!)



With an estimated 32 hours on the bikes we didn't set a record for speed but we did raise at the time of writing just over £550 for the RNLI.

Thank you to all who supported the ride and who knows, we might do it again some day (once the legs have recovered)!

I'm planning a gravelly ride out to Maldon on a weekend in July for fish and chips by the seaside and then either an overnight camp out or a night ride back via bridleways, byways and quiet country lanes. Drop me a line if you're interested. Cheers all. Dan Ricketts

Club Bits

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, please email us on secretary@harlowcc.club and a member of the committee will contact you to answer any questions you may have.

We currently have 24 members are currently signed up to the cause and have managed to net a whopping £524.48 for the club.

<https://www.easyfundraising.org.uk/causes/harlowcc1/>

It's Your Newsletter

Have a story to tell, an upcoming event you are taking part in or just some club chit chat? .lo

Why not share this with the newsletter team for the next club newsletter.

Simply email the club or leave a message on the Harlow CC Chat WhatsApp and someone will get back to you.

Are you waving at us?

Have you seen our new feather flags recently traveling around various events or even noticed club business cards on the counters of many local businesses and outlets within Harlow and surrounding areas.



Wherever and Whenever possible please would all members remember to wear Club Kit while on club organised rides.

History in the Making

The UCI Women's WorldTour, the UK's leading international women's cycling event, visited Harlow on Tuesday 7 June 2022 forming part of Harlow Towns 75th birthday celebrations.

Measuring 96.4 kilometres, stage two both started and finished in the town. Harlow Innovation Park, a new destination for business focusing on all areas of science, technology, research and innovation, hosted the stage start.

The route took riders north east through Hatfield Heath to Great Dunmow for the opening intermediate sprint of the stage, and on through Felsted, High Easter (location of the second intermediate sprint), and Roxwell.



Over 100 of the world's best riders then returned to Harlow via Chipping Ongar and a pair of ŠKODA Queen of the Mountains climbs at Toot Hill and Epping.

The stage finished along Third Avenue, a short distance away from Harlow town centre where the riders a visitors where welcomed in by Harlow Cycling Club at the finish line.

Same But Different

RideLondon returned on Sunday 29 May 2022 with a new route and a new partnership with Essex County Council.

Participants set off from Victoria Embankment in central London and into Essex via the historic Epping Forest. Once in Essex, riders glided past some of the county's most picturesque towns and villages, including Ongar, Fyfield, the Rodings and Great Dunmow, before joining a section of the 2014 Stage Three Tour de France route. Now on through Felsted and around the county town of Chelmsford before heading through Writtle and back towards Ongar and central London.

Once in central London, participants then completed their ride to rapturous applause at Tower Bridge – a stunning Finish Line for the 100-mile challenge.

Harlow Cycling Club members took part in this challenge setting great times and personal bests.



Club Kit

All club kit that we currently have in stock is listed on the website.

Please remember that all kit must be ordered by submitting the online order form and a 50% deposit must be paid. Please ref with your name & kit so I can match it up with the order form.

I will be placing an order for club kit around the 1st week of August with delivery expected around October. **THIS WILL BE THE LAST ORDER FOR THIS YEAR.** So if you require any winter kit, including arm warmers & gilet's. Please include with this order. You can let me know your requirements by either dropping me a message or by submitting the online order form.

Can I please ask everyone to be patient whilst waiting for delivery of your kit. Once an order is placed with the supplier it can take around 10-12 weeks for delivery. Once it's has been delivered and I have it ready for you to collect I will let you know.

Thank you
Carla - Club Kit Coordinator