

Good afternoon,

As we head towards the summer months the SWCC calendar is getting very busy with lots of events and activities to look forward to but first I would like to share with you a quote (with his permission) from our Club Ride Captain which was posted recently on the club Facebook page:

“Whatever your reasons for cycling, whether it’s to lose a few kilos, performance driven, spending time with friends or to help with your mental health, the benefits of cycling can never be underestimated. First and foremost, as a club we endeavour to encourage all abilities to take part in club activities and elevate everyone’s fitness”. Dan Simpson.

So, whatever your reason for cycling, please see below and hopefully we will see you very soon.....

SWCC Go-ride and a special message to our very youngest members.

Go-ride sessions have started up again after the Easter break and continue on Tuesday evenings from 6.30pm at Sleaford Rugby Club. Kath will be taking an extra group **from Tuesday May 7th** for any children who are just starting out. If you know of any children who might be interested, please let them know and ask their parents to get in touch for further details.

Sunday 21st April - SWCC 100mile club ride.

There will be two groups and two café stops. Group one leaving the marketplace at 8.45 am on the dot and group 2 following the same route, leaving the marketplace at 9.04 am. Please let Dan know if you are planning on riding.

There will also be a **70mile social plus ride** with at least one café stop, led by Helen Bullement. This ride will leave the marketplace at 9.15am.

Wednesday 24th April - TLI Road Race hosted by SWCC.

NB. The HQ is now at the Village Hall in Ashby de la Launde LN4 3JG.

If you have kindly offered to marshal for this event and have registered with TLI you can reclaim your £5 registration fee by sending an email with your bank details to our treasurer: Karen Sweeney
Marshals need to report to Dennis at Ashby Village Hall at 6.15pm for briefing.

****SWCC will be serving teas, coffees, squash and CAKES at this event with all proceeds going to Maggie’s Centres. If you would like to bake (or buy) a cake and donate it, please get in touch. All cakes gratefully accepted!!**

Thursday 25th April – SWCC Ladies 7 TT.

A seven-mile Time Trial for women only. You will need to book in using this [LINK](#) from Friday morning until 11:59 pm on the Tuesday before the event if you want to ride. NB. The link will not work outside of these times. The start sheet will be published on the Wednesday, then you will need to sign on, pay and collect your number at the Horseshoes between 6.00pm and 6.40pm on the Thursday. The first rider will be off at 7.01pm.

Payment by cash or card when signing on: Adult 1st and 2nd claim members: £4.00; Members under 18 years: £3.00 and non-members: £5.00.

Thursday 2nd May - SWCC 10 League #1.

For booking and signing on details please see above for the Ladies 7 TT.

Saturday 4th May – SWCC Ladies Social Rides.

Three groups to choose from. All starting at the Horseshoes, Silk Willoughby at 9.00am. Rides usually range from 20 miles to 40 miles, depending on who turns up. There is always a café stop!

Sunday 5th May – Focus Rides Round 3.

Mountain bike cross country racing for all ages at North Willingham. For more information and to enter go to [Rider HQ here](#). Entries close at 11.55pm on 1st May.

Tuesdays from 7th May - SWCC Chain-gang.

Every Tuesday evening with two groups to choose from this year. Meet on the Digby Circuit at the top of the Roxholm/Bloxholm Road for a prompt start at 6.15pm.

For further details please contact Dan Simpson.

Wednesday 8th May – SWCC Wednesday Evening Social Rides.

Various groups (including an off-road group) leaving the Horseshoes at 6pm and aiming to return to the pub for 7.30pm for an optional basket meal. The food will cost £6.50 and doesn't need to be pre ordered but we do need to have an idea of how many are coming. Please contact Kerri if you are planning to be there. Non riders welcome too, but please let Kerri know. These events will continue on the **1st Wednesday of every month** throughout the Summer.

Thursday 9th May – SWCC 10 League #2.

For booking and signing on details please see above for the Ladies 7 TT.

Saturday 11th May – The Lincoln Grand Prix Sportive

Three routes to choose from (46mile; 67 mile and 102 mile) through quiet, picturesque lanes including the challenging Lincolnshire Wolds before heading back to Lincoln with its infamous cobbled Michaelgate climb to finish in Castle Square. Fully supported rides with feed stations. Entries close 23:59 on 8th May. For details and to enter go to [ITP events here](#).

Sunday 12th May – The Lincoln Grand Prix.

This key event in the British Cycling Road Series is always a great day out for Sleaford Wheelers! Two races to watch during the day both starting and finishing in Castle Square. The women's event starts at 9 am and covers 8 laps of the 8mile circuit finishing around 12.00 midday. The men's race starts at 1.00pm and covers 13 laps of the circuit finishing at about 4.40pm.

Thursday 16th May - SWCC 10 League #3.

For booking and signing on details please see above for the Ladies 7 TT.

Sunday 19th May - SWCC Gravel Ride with Kerri

Kerri is planning regular gravel rides on Sundays every 6 weeks. Times and meeting places yet to be decided. Please keep an eye on the Facebook posts or contact Kerri for more information.

Thursday 23rd May - SWCC 10 League #4.

For booking and signing on details please see above for the Ladies 7 TT.

Sunday 26th May – Focus Rides Round 4

Mountain bike cross country racing for all ages at Well Vale. For more information and to enter please go to Rider HQ Events.

Thursday 30th May - SWCC 10 League #5.

For booking and signing on details please see above for the Ladies 7 TT.

Saturday 1st June - SWCC Ladies Social Rides

Three groups to choose from. All starting from the Horseshoes, Silk Willoughby at 9.00am. Rides usually range from 20 miles to 40 miles, depending on who turns up.

Coming Soon.....

SWCC Annual Club Photo - Sunday 14th July in the marketplace. All members very welcome. Usually around 9.00am but further details to follow.

The next SWCC Committee meeting will be on Monday 20th May. If you have any questions, comments or suggestions, please contact me or any member of the committee so that we can raise them at the meeting.

That's all for now,
Happy cycling and see you soon,
Julie