

Hello fellow Wheelers.

Significant achievements.

Hill Climbs

Noah Starbuck continued his hill climb season at the Yorkshire Road Club event tackling Cragg Vale (almost 5 miles of continuous ascent and was 1st junior and 6th overall. Good luck for Noah in the nationals.

Awards Night

It is time to cast your vote.

We need your help in nominating club members for the following:

Club personality,

Young club personality,

Ride of the year.

Please think of someone that has made a difference to you or the club in a positive way and maybe a stand-out ride that needs celebrating.

Write the reason you feel they are worthy and send it in to Rob

Night Rides

The Wednesday evening night rides have commenced. Departing 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!

Cyclo-Cross

You may have seen that the Cyclo-Cross season has started. The rides are over varying terrain, each race should last about 40 minutes. If you have never experienced riding in this format, there is a novice race that you can try. Our youngsters are always keen to enter and this year there is a new over 70 category that our very own Dennis Owen will be challenging for. Additionally, if you like to see riders suffer on their rides, this is the spectator sport for you.

Monthly Club surveys

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. The questions were in 3 broad categories: who could predict a race winner, a

technical question and a question on kit. It was fair to say the predictions were mixed unless it involved a certain Slovenian. A summary of the recommendations for good winter kit are listed below:

Thermal gloves such as Carnac lobster, Gripgrab polaris, Seal skin, Le Col categorie neoprene,
Seal skin overshoes such as Seal Skin
Mavic Cortex Winter boots
Endura winter jacket
Hupp thermals
Shimano MW7 boots
Apex Custom Clothing
Full mud guards

Mudguards

We promised to provide some clarification regarding mudguards for club rides. The purpose of the mudguard is to prevent water and dirt being thrown onto the rider immediately behind you. For the mudguard to do that, it needs to extend to or below the level of the wheel axle (as shown in picture). Lots of modern bikes don't have mudguard mounts and there are various types made for these bikes, some of which are too short. You can extend the mudguard more permanently, or there are various options online which you can stick to the mudguard. The key thing is to ensure that the mudguard is thoroughly cleaned and degreased for the adhesive to stick. So please ensure that your mudguards are of an appropriate length, ride leaders will be looking and will give a couple of polite reminders after which you may be asked not to join a club ride.



Trophy Manager

Jason Parr has kindly volunteered to take on the post of Trophy Manager and will take over from Rob as of October 2024.

Cyql cycling app

The Cyql app has been available for use by club members and we would now like your feedback on its use. Please let me have any feedback via email nigedean525@live.co.uk
Many thanks.

General Kit Information

Up to date information about club kit can now be found on the Club Website through links on the [Home Page](#). This has information from our two suppliers of kit: Impsport and Pactimo, plus information about our soft kit supplied by Iprint with links to size charts, prices and ordering details. Please contact, Nige Dean for any further information regarding kit.

SWCC has a small stock of Pactimo short-sleeve continental jerseys in the new design which can be bought at £20 if this is your first order or £50 if you have already had a sponsor subsidised jersey (please see website for current stock levels). Please contact, Nige Dean you would like to buy one.

SWCC also has a small stock of Imp Sport jerseys in the old design. These can be purchased at the sale price of £5, please see website for details.

Future Events

Events coming up in October.

Saturday 5th October Ladies ride. Route will be posted on the Cyql app.

Events coming up in November.

The Club AGM will be held on 11th November, if you wish to add an item to the agenda then please let me know.

The Club Awards night will be held on 30th November at the Solo Club in Sleaford. Details to follow.

Looking Ahead

Events coming up in December.

Look out for details regarding the Christmas 2-up and the Club mince pie ride.

Did you know?

The first Briton to win a stage of the Tour de France was Brian Robinson in 1958. He won the National Hill Championship in 1952.

Happy Cycling and see you soon,
Kind regards
Nige