

WESTBURY WHEELERS

WHAT WOMEN WANT

NEWSLETTER

Oct 2018

KINETIC-ONE TT WINTER SERIES CASTLE COMBE

Whether you use this to keep up a general fitness or compete this is a great opportunity to ride on a car-free track. This is over 5 consecutive months starting on the 4th November (all other dates available on the webpage).

£16 pp per race with a discount using the code posted on the WW members only fb page of £2 pp per race. There is also a 'two-up' option for these events @ £22, again with a £2 discount per entry. This discount is available to ALL WW's.

There may also be a grant available from the WW which would have to be discussed at the next committee meeting at the end of November.

ODD DOWN – WINTER SERIES

This event is for the more serious rider! The 8th Dec will be the first of 8 rounds (all other dates available on their webpage).

Cost for this is £12 pp per round or £15 on the day.

NEW KIT DESIGN VOTING

The voting for the final four designs will take place at the AGM on 25th Oct. If you want your vote to count you will either have to be at the meeting in person, Skype, facetime or contact by any other technological communication on the night.

OPEN TT AND WATERCRESS TT

It would be great to have some lady riders (and more men of course) for the Open TT on the 12th May 2019. This is the Wheelers flagship Hardriders event and is over 25 miles. Check out – www.cyclingtimetrials.org.uk/race-details/464 for details of the course.

Also keep your eyes open for dates for the Watercress TT which runs every fortnight during the summer months with a Championship challenge at the end of August/beginning of



DISTANCE CHALLENGE

This competition is open for anyone who wishes to take part anytime. Unfortunately the days are much shorter now so not as good for doing the longer hours, however there is plenty of light to give the six hour category a go. Please submit your time and distance on or before the 20th November. Any times submitted after this date will be considered for next year's awards.

The challenge will start again on the 26th November.

The awards available are for 6, 12 and 36 hours with both male and female categories.

TEN WEEK BEGINNERS SESSIONS

It has been suggested that there might be room for another group of riders on a temporary basis i.e. we run a 10 week session for newcomers who might not like to ride 35+ miles immediately. These would be more leisurely rides which Vicky Ody and Barbara White have both shown a keen interest in leading and organizing. There are other wheelers women who would also make themselves available to help.

The idea that newcomers could be introduced to the Castle Combe open evenings during the summer months to gain some confidence on their bikes has also been proposed. There might also be the opportunity to offer these newcomers a short maintenance course (how to change a tyre etc). This would be for anyone starting up with an aim to be able to ride the Green Ride at the end of the 10 weeks (maybe two per year). All newcomers would need to join the Westbury Wheelers to take part.

AUDAXES

Once again these are great for motivating us to keep fit for over the winter months and are very enjoyable events. They are usually pretty cold (so dress well). Also, very well catered, providing food at several stops on the way which may be free (donations greatly received) or the stops are at cafes on the way where of course one purchases one's own food. These differ from Sportives in that a) They are affordable to all at a cost of £6-7 per entry and b) They are not signposted, meaning you will have to have your own directions downloaded onto a device, written down or follow someone who knows where they are going (the latter being my preferred option.) Helmets are of course compulsory as are mudguards. The list below is for the early ones in the year, however they run throughout the year from various parts of the country and 'Open Audaxes' can be completed any time of year with proof that the course has been followed by having a Strava reading or the likes and maybe receipts from various suggested stops on the way.

There are already several Wheelers signed up for this first ride. Great fun!!

January 6th - Watership Down - Starting - Kings Worthy, Winchester 105Km

February 3rd - Windrush Winter Warm Down – Starting Cirencester 108Km

There are hundreds of these a year... checkout the website for more on aukweb.net

YOU DON'T HAVE TO BE ANTI-MAN TO BE PRO-WOMAN
Jane Galvin Lewis



ODD DOWN

As Liz Kemp did such a fantastic job organising training sessions last year and there huge success, I will be looking into ways we could make this happen again. There are certain complications in that there has to be someone fully trained as a cycling coach to take these for insurance purposes. There is the possibility of maybe finding a suitable coach however there could be a significant cost ...watch this space!

On the same subject there is a Rider Development Sessions at Odd Down which is run through British cycling. This is on the 25th November – limited spaces left. Check this out on www.britishcycling.org.uk - women and girls rider development sessions Bath.

Check this website www.theadventuresyndicate.com – this is full of inspirational stories from women including Jenny Graham who is due to end her unsupported solo circumnavigation of the world on a bike in an attempt to beat the world record which is currently standing at 144 days!! Jenny is due to complete this and smash the record today 19th October.

SPINNING AND TONING CLASSES

Come along on a Tuesday evening 8-9 to the classes Laura has arranged at Harridges Warminster. It's a way to come for some but well worth it!

DATES FOR YOUR DIARIES

Next WWWW meeting will be on 30.1.2019. This will be posted as an event nearer the time.

AGM 25th October – Westbury Football Club
7pm