

# WESTBURY WHEELERS

## WHAT WOMEN WANT NEWSLETTER

January 2019

### KINETIC ONE WINTER SERIES

A few Wheelers turned out and of course did the WW proud as usual. Sharon Gover and Kathryn Butt won the '2's up' with Kevin Gover winning his cat. Bradley Perkins, Darren Wrintmore, Anne Clark, Steve Clark and Grace Shephard also turned out in what were pretty unfriendly conditions with high winds and rain on at least two occasions. Unfortunately the series was cut short with the February and March races being cancelled after it was realised by DB Max that the course had been double booked!



### CHRISTMAS MEAL- HORSE & GROOM

A really good night had by all, with a Secret Santa and Quiz (results – 1<sup>st</sup> Anne Clarke, 2<sup>nd</sup> Sara Robert and 3<sup>rd</sup> Kathryn Butt) Dinner and service were beyond everyone's expectations.



### KINETIC ONE TT SERIES – ODD DOWN

**17th April, 8th May, 12th June, 10th July and 14th August.**

If anyone would like to take part please look online at [www.race-nation.com/kinetic-one-castle-combe-10-mile-tt-series-2019-standard-entry](http://www.race-nation.com/kinetic-one-castle-combe-10-mile-tt-series-2019-standard-entry)

Anyone wishing to put in for a WW grant must do so before any event as retrospective grants will not be considered. All remember if you have a grant for the whole season it is expected that you attend them all to qualify. If for some reason the whole series is not attended one would be expected to repay the grant for that date.

£72 for all dates or £16 per session. (£10 Juniors)

Ten ladies attended the recent WWWW Meeting.



### BACON BAP RIDE

This will take place when the weather becomes a little more clement. I'm suggesting ride leaders organised a figure of eight ride around Warminster with a stop at Beckford Close for bacon baps (or a veggie option) in the middle of the ride. This is a 'thank you' to all who led a 100 mile ride last year and all are welcome whether you took part or not. Date to be arranged.

### DISTANCE CHALLENGE

This is an ongoing event open to men and women. The challenge is to get as far as possible in either 6, 12 or 24 hours (from the Market Place as the crow flies). There will be prizes this year at the award ceremony for furthest travelled man and woman. Who will be the first to set the distance to beat?

### NEW KIT DESIGN

For those who don't yet know, the outright winner of the New Wheelers Kit was 'Keevil' and is now with Ian Bartlett and Dave Hodge to complete the design before going to manufacturers.



### INTERESTING ARTICLE OF THE MONTH INVOLVING YET ANOTHER TRULY INSPIRATIONAL FEMALE

Check out **Beryl Burton**  
[wikipedia.org/wiki/BerylBurton](http://wikipedia.org/wiki/BerylBurton)

and

[YouTube.com/watch?v=ZRDzj9duHG4](https://www.youtube.com/watch?v=ZRDzj9duHG4)

### CANNOCK CYCLE CENTRE

**Dawn and Pete Scott have suggested this mountain bike day which sounds fun!**

March 3rd. Meet at the cycle centre car park, Cannock cycle centre, Forest of Dean. GL167EH. Blue trail mountain bike runs, some reds if you fancy it. Chaps can join in and go off for separate loops, meet up for lunch and further fun in the afternoon. Facilities available, coffee shop, hot food, loos, bike wash and bike shop.

Pete will provide back up on the tail.

Check WW FB Page for Event details soon.

### ODD DOWN - WOMEN ONLY TRAINING SESSIONS

After the success of previous training sessions for women at Odd Down, three more of these have now been booked with a qualified instructor from PDQ to guide us through some riding techniques. These are designed for all riders whether you are starting in the competitive field or just wish to better your riding skills. This is a highly subsidised event which will be restricted to 20 entrants per session in order to enable the instruction to be fully maximised. Please book your space ASAP to ensure a place. The cost is only £3 per session (£5 for non members). Personally I'm looking forward to these very much and whether you've been before or new to cycling they are a 'must' in my opinion. Contact number for more info and payment details - [gshephard0608@mail.com](mailto:gshephard0608@mail.com)

Session 1 - 30th March Saturday - Full track 3-5pm

Session 2 - 27th April Saturday - Full track 3-5pm

Session 3 - 8th June Saturday - Half track 1-3pm

### WELCOME COURSE - INTRODUCTION TO CLUB CYCLING

This will comprise ten weeks of 'taster sessions' for women.

There will be a weekly ride on a Saturday afternoon aimed at those who wish to have a leisurely ride with a group of like-minded women. Designed to make you feel better and fitter by the end than you do at the beginning...best kind of therapy.

These rides will have a 'leader' and a 'tail' ensuring everyone is kept together and safe.

Basic instruction on group riding will be given before the first ride.

This will enable people to get a taste for group riding, which when organised well is a very enjoyable experience. The course will start with shorter rides increasing gradually to ultimately end with a Green Ride. This is a 20 mile regular Saturday afternoon ride, always consisting of the same route each week at the same time. Some may then progress to riding with one of our coloured rides e.g. Yellow, Blue or even Purple! Others might decide to continue riding with a group of short distance, slower paced riders.

These rides will be open to all women for free; the only necessity will be to register as a member. This is only £17 per year, which will enable you to have all rides led by experienced riders, with the added bonus of a Tea stop after half way or sometimes at the end.

We also have a large number of supportive male members, some of whom have offered their expertise in running general maintenance demonstrations with 'hands on' practice.

For more information contact Grace Shephard [gshephard0608@mail.com](mailto:gshephard0608@mail.com)

### AUDAX

A lovely time was had by all who rode the Watership Down Audax on 6<sup>th</sup> January. The weather was pretty good considering the time of year. Quite a hilly little beast too!

Check out other upcoming Audaxes on <http://www.aukweb.net>



*Alone we can do so little:  
Together we can do so much  
Helen Keller*

### SPIN AND CIRCUITS

Laura Rayner has done a great job for the Wheelers organising these events at Harridges Gym, Warminster. It gives everyone the opportunity to keep fit without having to be out in the elements at this time of year.

Tuesdays 8-9pm and Fridays 7-8pm

£5 Per session - First one FREE!

### MORE DATES FOR YOUR DIARY

IoW Randonnee. - May

5th (<http://www.cycleisland.co.uk/randonnee/event-details>)

New Forest weekend - 17-19th May (organiser Phil Miles. Event details WW fb page)

Open TT - 12th May (Details to follow)

Watercress TT Series starting in the Spring, date to be announced. This will run throughout the Summer on every other Monday evening.

Castle Coombe reopens on 9th April - Tuesdays for anyone to have a ride round a car free track. (<https://andycocycling.com/castle-combe-tuesdays/>)

Next WWWW meeting Tuesday 30th April - with Quiz results and chocolate, no doubt!