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www.ccashwell.co.uk



committee@ccashwell.com

Welcome to the first edition of the CCA newsletter – packed with useful information on club events, results and social activities.

It has been a fairly mild winter (if not slightly wet!) and fingers crossed it continues to stay this way so that we can all get some base miles in ahead of the new season which is just around the corner, I'm sure we are all looking forward to the lighter evenings again. Club rides take place every Saturday and Sunday throughout the year and we have the ladies Tootle rides running on regular Fridays so there is always an opportunity to get out and ride with fellow club mates. The season kicks off with both the Hard riders and 3 cafes ride in March – everyone is welcome. This year we also have the excitement of a new TT course – continue reading for more info and upcoming dates for your diary so that you can start planning.

In future editions we would also like to include 'meet the member' articles so that you can get to know various members of the club and how they began their cycling journeys so please do send any proposals to us along with any other photos/stories/events. The next issue will be end June 2020.

In the meantime, please do join us for our annual social & celebration for both Adults and Youth at The Three Horseshoes, Norton on **Sat 29th Feb from 6pm.**

Happy cycling!

CCA Committee

Meet your committee: (committee@ccashwell.com)

Chair:	Emma Koppe (chair@ccashwell.com)
Secretary:	Jess Lievesley (secretary@ccashwell.com)
Treasurer:	Peter Daniels (treasurer@ccashwell.com)
Membership:	David Jones (membership@ccashwell.com)
Website:	Mark Constable (web@ccashwell.com)
Kit & Grass Track:	Dan Hall (kit@ccashwell.com)
Racing:	Will Smith (roadracing@ccashwell.com)
Time Trials:	Andy Nunn & Stuart Field (tt@ccashwell.com)
Youth:	Mark Wyer (youth@ccashwell.com) & Sallie Bracewell
Cyclocross:	Peter Daniels (cx@ccashwell.com)
Tootle:	Sallie Bracewell & Jenny Andrews (see Facebook page)
Social:	Martin Lawless

Matt Scales, Vince Friedlander, David Hadsley

A big thank you to James Davis who has supported us as treasurer over the last few years and a welcome to Pete Daniels who has now taken over this role.

Date for your diary: The next AGM will be held on **Weds 20th May 2020**, after the weekly TT, at Guilden Morden Village Hall. All members welcome - come and have your say in how the club is run and what you would like to see. Refreshments will be provided.

Membership:

Your CCA membership is due for renewal **1st April 2020**. You'll be pleased to hear that there is no increase in the fees this year and costs are as follows:

- Adult £15
- Adult 2nd club claim or 2nd member of same family £10
- Youth £5

Please pay through British Cycling: <https://britishcycling.org.uk/club/profile/3780/cycle-club-ashwell-cca>

Current membership stands at a whopping 188 members ranging from age 7 to 80! Of these, we have 125 Adult's, 63 under 18's and 34 females.

So, what do I get for my membership:

- Access to weekly Saturday, Sunday and Weds club road rides
- Fortnightly off-road club rides starting Sun 1st March
- Discount at Trisports, Letchworth (10% parts & accessories, 5% bikes)
- Seasonal CX training
- Access to the Monday Night Grass track (small donation)
- Weekly coaching sessions for youth on Thursdays
- Tues night chain gangs throughout summer
- Weds night time trials (reduced entry fee for members)
- Club affiliation for open CX, TT, grass track and road racing entry
- Opportunity to purchase Kalas Club Kit
- Join the CCA Zwift team and weekly virtual riding
- CCA special event rides e.g. Three Cafes, Wells, Tour of the Cornfields, Muddy Monsters
- Opportunity to participate in various competitions throughout the year and possibly win some bling
- A great social scene and some cycling buddies!

Ladies Tootle Rides:

Back in the wintertime of 2018 CCA decided that they would like to see more ladies cycling, more importantly, ladies of any ability. After much discussion Tootle was born and CCA coaches Sallie and Jenny started leading rides out from The Three Tuns in Ashwell every other Friday morning starting May 2019.

As the rides grew in popularity, and the ladies requirements became more diverse, the rides were divided into a longer faster ride and a gentle Tootle. Both rides meeting up at the end at the very accommodating Rhubarb and Mustard, for much anticipated coffee and cake.

Over the summer months most of the ladies took part in some grass track training sessions held on Monday evenings. The majority of them had never ridden track bikes before but took to this new discipline with great gusto and enjoyed every minute.



If you would like to join us on a Tootle ride ALL abilities welcome, please see the CCA forum for further information or join our Facebook page – Tootle – Ladies Only Bike Rides



21st Feb 2020 @ 10am

6th March 2020 @ 10am

20th March 2020 @ 10am



Cyclocross season 2019/20:



Another successful and engaged season for CCA. We are part of the Eastern League and 38 members signed up to this league, so that's 18% of the club.

Dave Hadsley led a group to set up a Summer CX mini-series in August with the objective of encouraging new riders and especially women. A very successful initiative with a notable new rider finding love for mud in Jenny Andrews.

Peter Daniels promoted round 4 of the main Eastern League at Princess Helena College with a record 402 riders. A brilliant event only possible with the committed and selfless support of all those who volunteered.

The club championships were decided for the second year at the race promoted at Hillingdon as part of the Central League. Thrilling racing reported by Adam on The Forum with Dave Hadsley and Lillie Swan emerging as champions.

The final race of the Eastern League was at Milton near Cambridge, a great race characterised by the climbs. Our final three best riders were, Sam Daniels (5th Junior), Anna Fraser (6th Woman Vet 50) and Ella Friedlander (5th U14 Girl). CCA finished as 4th Team. Full results are available on the Eastern Cyclocross League website. The joy of racing this series is described in various individual race reports posted on The Forum; read them and you will see people really care about these races and get a huge amount from them.

6 CCA riders rode the National Championships in Shrewsbury (report on The Forum). Our trusted coach Mark Wyer has challenged us to have 8 riders next year...

Our great fun and results would not have come without our coaching sessions on Wednesday evenings. Our great thanks to Mark, Sallie and Sam for running these vital sessions.

Grass Track: 2019/20 Season

Every Monday at 7:00PM during the spring and summer months (weather permitting) the club get together for a relaxed session on the track bikes. It's not a coached session and there's a small donation of £2 per rider to cover the upkeep of the grass track. We try and vary the session each week but it will generally consist of a warm up, perhaps some sprints or starting practice, a 5k group effort and a team pursuit. We have an inner track that can be used for anyone that wants to try it out first but you'll soon pick it up. It's great for getting stronger on the bike, no need to worry about traffic and a good social evening. We have loan bikes available so all you need to do is bring some pedals and one of the regulars will get you set up and give you some pointers. There are regular race meetings for those who wish to progress their riding, the first being promoted by Ashwell on *Saturday 16th May*. These tend to be in the eastern region but last year CCA was represented at races as far afield as Ambleside in Cumbria and Canterbury.



Time Trialling:



Wednesday evenings April – September offer the chance for riders to pitch themselves against the clock in the race of truth. More often than not the wind is in the ‘wrong’ direction but there is nothing more addictive than the weekly 10!

Last season we held 15 events after losing a few to roadworks and welcomed a few new faces. As well as competing against yourself there were 5 competitions going on throughout the evening 10 series (the Handicap, Fastest Lady, Fastest Gent, Fastest Junior and Fastest Veteran off Standard). Most of us are still trying to figure out the maths behind this, but as usual, the Handicap trophy didn’t disappoint and was fiercely contested right until the end, with [Graham Askew](#) being crowned champion.

Everyone is welcome to the club 10’s, a specialist bike is NOT required and they are a great way to improve your training. They are very friendly and sociable and there is always a cuppa in Guilden Morden village hall afterwards. A big thank you [Andy Nunn](#) and [Stuart Field](#) for co-ordinating the running of this.

Hot of the Press news – we now have a new (faster?) course for the 2020 season Evening 10’s. Keep watching the forum for updates but this year will see the series revamped with events taking place over 2 different 10 mile courses with some 25mile events thrown in for good measure. Our first event will be the 25mile hardriders on 29th March, with the Weds evening series running 29th April – 26th Aug 2020.

Alongside the evening 10’s, CCA participate in the Interclub series with other local clubs (Hitchin Nomads, Beds Road, Icknield Road and St. Neots) across a 10mile, 15mile, 25mile, 30mile TT and a hill climb. Encouraged by our new directeur sportif, [Andy Nunn](#), CCA had an amazing turnout at each of these events and won both the ladies and men’s competitions resulting in an overall win and the wonderful trophy above. The Interclub events are an excellent way to meet members from other local clubs and a great entry into time trialling, they are very friendly and sociable and the larger the turnout the better as it reduces the number of points that riders from other clubs get. There is now equal scoring for men and women which has injected new life into the event.

Important info: Cycling Time Trials (CTT) New Rear light regulation from Jan 1st 2020.

The use of a rear red light in all CTT events is now compulsory. No light, No ride!

If you do not have an illuminated light at the start of a TT (can be flashing or static mode), then you will be DQ’d and not receive a time. This is applicable to ALL CTT events, club & opens.



Sun 22 nd March @ 9am:	CCA Hardriders 25mile TT
Weds 29 th April – Weds 26 th Aug @ 7pm:	CCA Evening 10 Series
Sun 19 th July @ 9am:	CCA hosted Interclub 25mile
Sun 4 th Oct @ 9:30:	CCA Hill Climb
Sun 31 st May:	Interclub 15mile
Sun 28 th June:	Interclub 30mile
Sat 1 st Aug:	Interclub 10mile
Sun 27 th Sept:	Interclub Hill Climb

CCA Primavera:

After last year’s immensely successful racing, the club will be hosting two races on **Sunday 5th of April, 2020.**

Men’s regional B (50 miles, cat 3/4) @ 9am & Women’s regional A (50 miles, cat 2/3/4) @ 12.30pm.

Both races are part of the Eastern Road Race League and will be on the Elmdon circuit.

A fantastic atmosphere and an enjoyable day for both riders and spectators. If you are not riding please consider volunteering and coming along to support the club – contact Will on roadracing@ccashwell.com.

Zwift:

If you have not jumped on the Zwift Virtual Cycling Bandwagon yet then what are you waiting for? There is an extensive guide on the Forum to getting set up but in essence its very simple:

- 1) Get yourself a bike sized space. For some this may be a luxurious space indoors in a conservatory or dedicated room but for many a patch of concrete in the garage will work just fine.
- 2) Decide if you are going Windows, Apple or Android, this will determine whether you connect via Bluetooth or ANT+. If you use a Windows laptop you will need an ANT+ dongle for communication to Zwift, easily available from Amazon.
- 3) Sign up to Zwift – you can get a free 7 day trial through British Cycling or Zwift and after that it is £12.99 per month. You can easily cancel/re-start on a monthly basis.
- 4) Attach bike to turbo trainer. Many people have the new-fangled, all singing, all dancing smart trainers – these will give a 2 way communication with Zwift i.e. resistance will change based on the gradients, terrain, drafting etc, in addition to recording your speed/power/distance. A basic dumb trainer and speed sensor will work fine to get you started though.
- 5) Arm yourself with full bidons, plenty of sweat towels and a fan and make sure your WIFI reaches you.
- 6) Equip yourself with a blue jersey and join the CCA meet up on Tues nights @ 8pm.
- 7) Instantly become addicted, race everyone and everything and start unlocking jerseys.
- 8) Choose the Everest challenge, climb 164,042 feet (50,000 metres) and get maximum kudos with the highly sought-after Tron bike.
- 9) Ride on!

Youth:

CCA's Youth Section ranges from 6 to 16 years old with specialist training available from British Cycling qualified coaches. When the younger riders first join CCA the emphasis is very much about having fun and becoming more confident on the bike while training in our traffic free areas. Racing is optional but with a broad scope of abilities and disciplines, from novice to national races available, the competition side is easily accessible. The coaches are always on hand to offer help and advice with all things bike too.

For a free taster session please contact Mark on youth@ccashwell.com

Have you checked out our new look Website yet?

The website has been revamped (thank you MC) and is a good source of information for all things club related, along with updated photos and a database of routes.

The all new **local coffee shop directory** which is currently being populated to help you find the best places for that well deserved caffeine and brownie hit mid ride! Send suggestions to web@ccashwell.com

Cycling fun facts:

- The longest tandem bike ever built had **35 seats** and was about **67 feet long!**
- Amazingly, a bicycle can **stay upright without a rider** as long as it's moving at **8mph or faster.**
- One cyclist accumulates enough sweat to flush a toilet **39** times!
- The slow cycling record was set by **Suguna Mitsubishi** of Japan in 1965 when he stayed stationary for 5 hours, 25 minutes.
- The average Roadie owns **8** bikes – what are you waiting for, go and get yourself a new one!



3 cafes classic ride (60 or 118 miles) – Fri 20th March @ 8:30am

Wells 123mile classic – Fri 4th Sept