

SOFT



PEDAL

## News and musings from Maldon & District Cycling Club

### Welcome

Welcome to the first edition of the new (and improved?!) club newsletter. We aim to bring you a quarterly update of goings on around the club, races, social rides, epic adventures as well a spotlight on all things cycling in our corner of Essex. Please drop the club a note with your feedback and of course to share pictures, words and ideas for future events.

### Winter wrap

Hardy club members braved the elements and terrain to compete in the Eastern Cyclo-cross league. Over the course of a dozen or so events including the occasional 'off' saw Erica Dodsworth claims the cycle x trophy, Hayley Smith the U18 and indeed U14 win, David Dodsworth the over 50s and Neil Bradley the over 60s titles. Congrats all round!

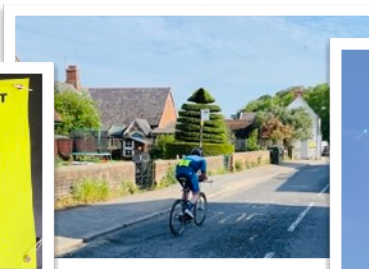
### Club social nights

These take place monthly at the club hut in promenade park. Enjoy mixing with club mates and catch up over a coffee/tea and baked goods! Next one is on Monday June 5th. Check website for details



### 'Time' to pin on a number? TT in focus!

As the days get longer and the temperatures rise, thoughts turn to the traditional start of the time trial season. There's nothing like that sense of anticipation as you set up and sign on in the pub car park to get ready to go ride your bike as fast as you can with likeminded club-mates. Tuesday 10's have started in earnest at Steeple and we've already seen some good racing. The big news however has been the announcement by CTT of a separate road bike category that will be scored separately from the TT machines. The aim of this is to make TT'ing more accessible and inclusive. The good news is the club was ahead of CTT with separate competitions for TT, road and retro bikes (and indeed tandem) so with this and options to pay the £4.50 entry online or on card it has never been easier to turn up and challenge yourself to improve your times (whatever they may be!) over the season. Come along, bring a mate and join us for a pint in the Star after!

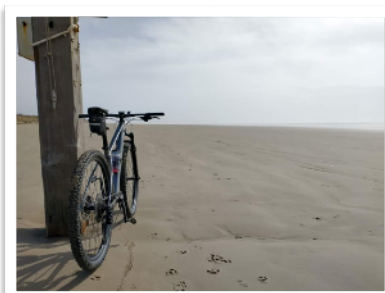


## Battle on the beach!

Not content with getting filthy during the X season **Doddy** and **Jason Gillard** travelled to the Welsh coast for this iconic and unique event. 5km riding on the beach before a scramble through dunes and then returning via some single and double track... twice for approx 27 miles total. Of 675 starters Doddy completed in 1hr 54 to get 275th place and Jason at 496th in 2hr 18.



It is a mass start event so positioning is key and the initial sprint up the beach from the start is something else! Flat out sprint, trying to catch wheels but then realising that 5k on sand is a long way!



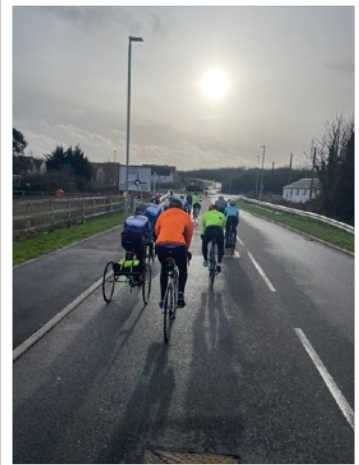
A bit of stardust in attendance with Manon Lloyd there working for GCN. There is a night race as part of the weekend fun but the onset of rain meant the temptation of a nice hot meal and pint in the hotel pub won!

## News bites

A round up of what's been going on....

The **Club Hilly Time trial** took place on 19th March on the challenging E21/12 course with a good field of riders starting. Adrian Tovey took the club win with Karen Aylen first lady.

The first **reliability ride** of 2023 took place on 5th March with 17 riders taking on the Lanes route. A group of 10 took on a more cafe ride approach with a stop offs at Earls Colne and Terling whilst a hardy few pushed the pace. No mechanicals or (significant!) navigation issues and good day had by all. Thanks To Alison Fuller of start/finish/refreshment duties.



**Club awards night** recognising the competition winners for the 2022 season took place at Drapers Hall Heybridge on Feb 24th. A full house of 60 enjoyed a great evening catching up, celebrating and reflecting on the successes of 2022. Then time for the club band and some dancing!



**Nathan Turner** and friends from MADCC and Crest CC headed to the Amstel Gold event in Holland this spring. Riding a variety of distances in the sportive associated with this Classic the following day they stood back with Bratwurst and Beer to see the pro race .

Club rides happen every week leaving from the old Police station at the top of Maldon high street. Whether your looking for a social spin to explore some of the local lanes or to push yourself a bit with a training ride there is something for you. If you can lead an intermediate ride averaging 16mph for those wanting a bit more challenge than the social but not quite the eyeballs out of the training ride please contact Mark McGee

## Best All Rounder Competition 2023

Some people find their competition is found in simply getting out the door to do some pedalling. If you feel a little more adventurous why not throw your hat in the ring for the club BAR competition. Based on the best aggregate time using the best results from the three qualifying TT distances there are several events you can choose from to gain the necessary results. The winner will take the BAR Trophy with another for qualifying vets. If nothing else taking part and challenging yourself over the three distances will provide a little relief to those competitive urges!

Date	Course	Type	Organiser	10	25	50
7 May	E21/25a	Open	MADCC		X	
9 May	E21/10	Club	MADCC	X		
28 May	E21/50	Open	MADCC			X
17 June	E21/10	Open	MADCC	X		
25 June	E9/50	Open	Basildon CC			X
27 June	E21/25a	Club	MADCC		X	
2 July	E9/50	Open	Southend			X
3 Sept	E9/25	Open	ECCA		X	
16 Sept	E21/10	Club	MADCC	X		

## Coming up...

Heads' up on upcoming activities you can get involved in. Check the website for details...

Tuesday 10's continue right through to August with an option to take on the 25 from 23 May to 27 June. Meet at Steeple Star Inn car park in time to sign on and perhaps make a token effort to warm up ready for a 7pm start.

Local / regional crit races:

17th May - Colchester Youth Circuit Series - Race 1 now 26<sup>th</sup> July due to double booking.

23rd May - Lotus Cars Cycle Race League 2023 - Race 2

3rd Jun - Eastern Counties Festival

18th Jun - Colchester Centurion - Race

For those who has not had any road/crit racing experience, the best place to start is the weekly Saturday coaching sessions at Northern Gateway Sports Park where young riders can hone their race craft with the support of some of the best coaches. Wednesday night there are alternate weekly adult races.

For the next reliability ride, Thursday chain-gangs and Sunday club rides check the socials.

### Contact Information

madcc.org.uk

WhatsApp | Twitter | Facebook

membership@madcc.org.uk

### Member info

How much and what you get

£20 / year (£10 for second claim and under 18s)

Discounts, events, coaching, friendship and good times!

Check the website for details

### And finally...

Cafe review: **On the Latch** (CM3 6BL)

Just East of Latchingdon on the road to Althorne is 'On the Latch'. A spacious, bike friendly stop off that will help replenish waning energy after fighting those Dengie winds!

Food: 7/10 Service: 9/10

Value: 8/10 Bike safe: 8/10



Let's have your recommendations for cafe stops for future editions or mention of a good (or bad!) deed by a club-mate witnessed on a ride!

### Club gallery

Club life in pictures...

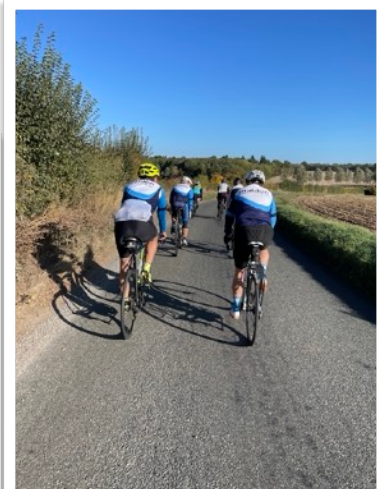
Feeling the chill. First Club 10 of the season - stomping those pedals!



Bike parked at marshalling position bottom of Crows Lane at the club hilly



Looking for divine inspiration during a feed stop on the Dengie



Riding tail-gunner on the club bunch near Rowhedge

