



MAD Musette



News and musings from Maldon & District Cycling Club



Welcome

Welcome to the spring edition of the newsletter. Winter has bitten a few times, but there have been some smashing days and stalking Strava it is clear to see that members have been getting out, making the most of the mild weather and putting in the winter miles. With spring comes hope and renewal and with the Paris Olympics to look forward to this year, perhaps we will see an uptick in cycling interest. If you are out riding, wear your club colours, chat to other cyclists you meet and encourage them along to one of our events to give us a try. As always any suggestions, ideas or feedback for the newsletter is most welcomed.

The annual awards evening has taken place, The winners have collected their trophies (see who below!) The cyclo-x riders have stored their thoroughly de-gunged bikes(?) which means that all things 2023 are now behind us and we can look forward to the new season with anticipation and excitement. The club time trials kick off with the usual hilly competition on 24th March and then a whole season of Tuesday 10's, the occasional 25 and our open races including a 50 to look forward to. In addition weekend club rides are organised and we hope to run reliability trials for some nice social riding as the days lengthen and get warmer. We would love to hear from you about what you would like to see. Track evening? Touring? Club entry to a sportive? Circuit racing? Maybe 2024 is the year to try something different! January 1st was a good omen. On this chilly new years day a big group joined up for a spin around the Dengie culminating in a stop for a hearty breakfast. It reminded me why I love being part of a club.

Yes, we can all ride solo but nothing beats the simple pleasure of riding your bike with a gang of like minded friends, enjoying companionship, breathing fresh air and exploring our lovely corner of Essex together. Let's all make a resolution to get stuck in, support our events so MADCC can thrive rather than just survive!



News bites

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

The **Club awards** winners for 2023 were presented with their trophies at the awards night on Fri 9th Feb at Maldon Rugby Club house in Heybridge. Accompanied by the house band and with a feast of curry and rice, it was an evening to celebrate accomplishments (including several new club records!), catch up with club mates and enjoy an evening reflecting on last season and looking forward to 2024. Details for the competitions and the Best All Rounder are on the club website.

Award	Winner	Award	Winner
25 Mile Cup	Adrian Tovey	Best All Rounder	George Wakefield
50 Mile Cup	Keke Orth	Best All Rounder Vet	Adrian Tovey
10 Mile Alex Dowsett Trophy	Keke Orth	Time Trial Championship Lady	Karen Aylen
Triers Trophy	Nathan Turner	Road Race Shield	Neil Chapman
Club Member of the year	George Wakefield	Juvenile Road Race	Theo Dodsworth
Road Bike Competition	Joe Clark	Len Barnes Track Championship	Theo Dodsworth
Retro Bike Competition	Matthew Berry	Hilly Time trial	Adrian Tovey
Tandem Bike Competition	Chris & Jo York	Bain Cup	George Wakefield
Hill Climb Cup	George Wakefield	Star Trophy	Marc Price
Cyclo Cross Trohy	Theo Dodsworth	Fairfax Cup	Adrian Tovey
Saturday Morning Trophy	Darren Wood	Evening Winner	Adrian Tovey
Marshalling trophy	David Dodsworth	Jim turner Memorial	Adrian Tovey
Time Trial Championship	George Wakefield	Touring Shield	Mike Smith

The annual **New Years Day ride** was well attended with about 20 club members enjoying a fresh morning spin around the Dengie (pic on right shows the bunch rolling in the hazy January sunshine!) followed by a hearty breakfast in Burnham. Always good to get out to bow out the fog from the previous evening's celebrations!

Some positive news with the up-coming 2024 time trial season is that **CTT have agreed to amend the marshalling requirement** for the 10 and 25 events. For Club events (not the open) we only need a single Marshall at Bradwell on Sea for the right turn into 'Woodyards'. This means more opportunities to ride but we still need volunteers to take that marshalling post as well as time keeper. Events are published so pick your date and lets get the roster filled!



A favourite ride

There are so many routes to explore and enjoy in our area. We have the club runs on Sunday mornings which allow us to ride some familiar and other less familiar routes but this new feature aims to highlight routes that members particularly enjoy and maybe inspire others to give them a try. In this first edition Mike Google talks us through one of his favourite routes..

Route: Shoeburyness to Tillingham.

Distance: 100km.

Climbing: 2000ft

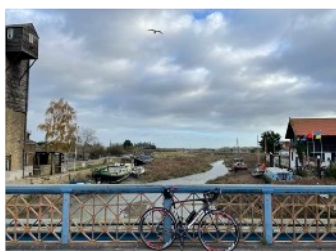
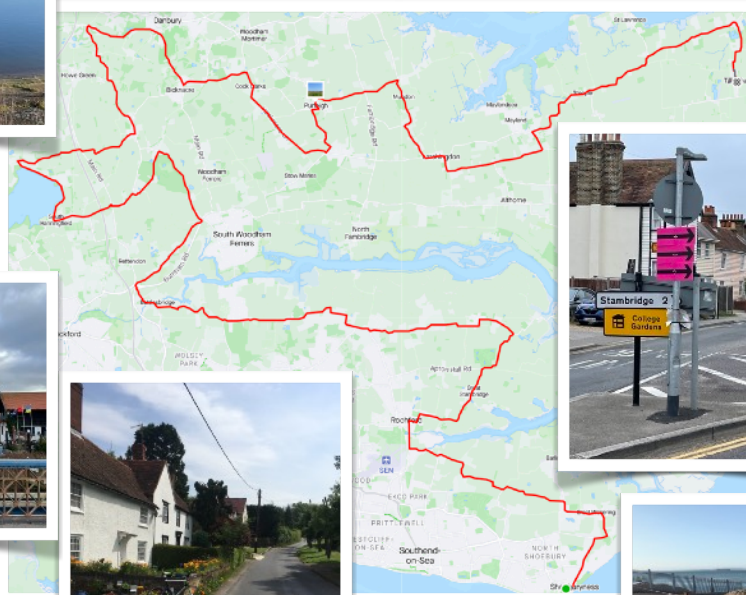
When I feel the urge to go long and bag the monthly Strava 'Grand Fondo' challenge badge, this is my go-to ride. It is point to point so no riding the same roads and there is a mix of scenery and challenge throughout. I usually set off from Shoebury. Whilst I can head along the seafront I prefer the quieter roads around the back of Southend. Turning through Rochford on to rural roads the first little test is about a one mile gentle climb up to Canewdon. After that a fantastic free wheel and then the lower road to the pretty crossing of the Crouch at Battlesbridge. (Stop at The Barge for refreshments!) After that the sharp climb of Hawk Hill then on the quieter Woodham Road before heading left up past Hyde Hall and a few lumps and bumps to warm up the legs. Turning towards East Hanningfield across the A130 and then a solid climb up to South Hanningfield. Turn North to follow the reservoir road to West Hanningfield then a nice freewheel to East Hanningfield (well after coming up Pan Lane!) and through this pretty village towards Butts Green. Nice quiet leafy lanes await before turning up Woodhill road for a quieter and more gentle ascent to Danbury than North Hill and under the canopy of trees before a fast descent to Bicknacre. Usually at this point I get the first hint of Dengie winds to come! Through Cock Clarks I like to get my head down and put in an effort on the straight of Hackmans Lane before turning at Cold Norton back towards Purleigh. Always a bit of fun heading up and over the hill there (briefly) taking in the views from the top and enjoying the vineyard views. After weaving Latchingdon I tend to take the lower road and again like to give things a nudge as you join the TT roads. At St Lawrence I'm always tempted to take on the steep hill up to the church for a final flourish but usually just follow on for the right turn for the down and up to Tillingham.



Hanningfield reservoir on a calm day!



Mission accomplished. Tillingham village green!



Crossing the mighty Crouch at Battlesbridge.

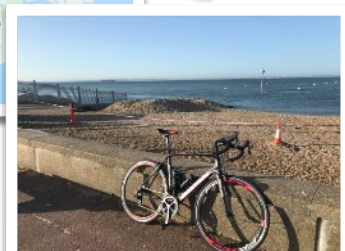


ToB signage in Rochford



'Attack!' Next stop the Bell Inn at Purleigh!

Start point. Beach on the ness at Shoebury



This ride has a bit of everything. Views of open water, quiet leafy lanes, pretty villages and rural roads, a pretty river crossing, a few climbs to test the legs as well as a few good stretches to try and get the power down. Good for fitness and good for the mind as well! Perhaps that is why many of these roads have featured in the recent stages of the mens and ladies Tours of Britain. If you want to close the loop you can head down to Burnham and use the ferry to Wallasea Island and pick up the route back to Shoebury from Canewdon or join the loop after riding down from Maldon. One

Coaching corner: Getting ready and leaving 'base'!

At this stage, riders should be transitioning out of the "base training" phase of their training and should be switching into their "pre-season" phase of their plan. This means that the training should start to look more like what kinds of cycling events or activities the rider plans on doing during the forthcoming season. For those planning on racing TTs, this means that they should now start working on developing their muscular endurance - working close to threshold HR for extended intervals (10-20 minutes.) For those that don't race, start riding some of the longer hills at an easy pace at first, then start increasing the effort-level over the following weeks. All riders should start to introduce some efforts above threshold (2-5 minutes) and some short sprints (10-15 seconds) at the end of their endurance rides.



I'm sure my skin suit has shrunk over the winter!

For more information please get in touch with Mark at coaching@madcc.org.uk This is a free service to all club members.

Diary Dates

Events are published on the Spond app. Please make sure to sign up and join in the discussion. Please accept to let organisers know when you are going to join in and let's make our events a success and a celebration of all we love about cycling. Some specific dates to think about:

- Club 50 mile reliability ride. 9:30am 17th March from Maldon. Some good steady social miles to get the spring underway.
- Hilly Open TT. 8am 24th March from Bicknacre. An early season challenge.
- Club Tuesday 10 mile TT start 18:30 16th April from Steeple.
- Club open 25 TT 12th May from Steeple.
- Club open 50 TT 2nd June from Steeple.
- Club open 10 TT 17th August from Steeple.

Contact Information

madcc.org.uk

WhatsApp | X | Facebook |
Spond

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

Club gallery

Club life in pictures...



MADCC on the rough stuff!



Different kind of rough!
Classics season is upon us...
cobble anyone?



Also it will be
time soon for
those warm
summer evenings
thrashing
ourselves on the
club TT events!



Sunday club
runs.. fab!



Ice bandit! Can I put my winter kit away yet?!

