

# **BOGNOR REGIS** *Cycling Club*

## **B.R.C.C. Newsletter and Fanzine (issue 1- May 2016)**

Hi,

Welcome to the first, but hopefully not the last! newsletter to keep you up to date with the various “goings on” within the Club. If you want to contribute to the content, or if you want to tell us how wonderful, or woeful you find it please contact us (Mark Haplik or Michael Smith) by email.

### **RACING & TTs**

The Club “8s” are now well underway, in spite of the council trying their hardest to disrupt things with roadworks. The Club has also been well represented in the PTTL series. It is pleasing to see fast improving times from the regular time trialists and also quite a few first timers supporting the Club so well.

The first race of the SDV Hargrove’s Goodwood series took place last Tuesday (May 3rd) and although we did not have many members racing the ones that did shone like the stars that they are. Kelly WON the ladies race (Whoop Whoop !!!) in what was a strong field, Aaron set the pace for the 4th cats for most of the race with admirable help from Andy Langdown of Blazing Saddles, Aaron ended the race with a top ten finish from a large field. Let’s not forget Liam who was returning to racing following a long absence and held his own in a strong Cat 3 field. Great performances by all!

Sunday the 8th May saw the Club run a “Novices TT” over the 8 mile course at Halnaker - the event was a thoroughly enjoyable experience, especially for those not racing !!! and it would appear from the comments of the 1st timers (when they recovered their breath!) that they would be back for more.....madness !! Huge thanks to Richard and all the team for arranging this new event.

### **CLUB RUNS**

During the summer there are many Club events, sportives etc. going on so there are weeks when it will be impractical to provide the 08:00 club run, next W/E (Sun 15th) for example the Club are running the Denis Doughty 25-mile TT, the M.S. Challenge 50 is also taking place at Goodwood and for the runners, the Bognor 10K is also on the same day. Mark will post details of the Sunday Club ride every Friday on the FB group page.

## **BANK HOLIDAY CLUB RIDE**

Bank Holiday Sunday (May 29th) there is an all-day ride in the New Forest, Mark and Phillip are organising this and initial details are already on the Group Page, please register your interest ASAP if you intend to ride - It should be a great day out.

## **SHORTER – EASIER PACED RIDES**

Following the great success of our 'introduction' ride a couple of Sundays ago. Most Saturday afternoons will now see an easy paced ride of around 25 miles going up on to the Downs, these rides will be particularly suited to new or prospective members, wishing to improve their cycle fitness and get used to the format of a 'club ride'. Mark will post on Thursday if and when a ride is planned - if you know of someone wanting to join a club let them know - this ride is for them.

Please remember you can post on the FB group page at anytime and invite interest from other club members for a ride that you would like to do.

Don't despair if you've decided not to join the Facebook (many of those who have regret their choice) and we understand that it is not for everyone. We will try to keep members up to date through these emails and our contact details are on the web site and below if you want to ask any questions.

## **CLUB KIT**

The Club has limited stock of SS jerseys and bib shorts please contact Mark for details.

With many new members a new kit order will be required in the near future and we will send details of how to order etc. by email separately.

## **THINGS TO DO IN MAY & JUNE**

- 1 Enter a Club Time Trial (or at least come and watch)
- 2 Come to Goodwood on a Tuesday to support the racers (They so much appreciate it) and the deserve it.
- 3 Come on a Club Ride (Sat - Sun - New Forest)
- 4 Invite a friend along

Looking forward to riding with all of you SOON! Ride the Blue and Yellow train - you know it makes sense!

Regards

*Mark Haplik* and *Michael Smith*

Bognor Regis Cycling Club  
Membership

07891 513 929

Sunday Club Run for all abilities – Every Sunday, **8**am from The Pink Pub.