



May's Newsletter.

Sportives.

- 1st May – Forest of Dean Spring Classic – Monmouth.
- 1st May – Preseli Angels Sportives.
- 1st May – National Trust Pembs challenge Ride (www.welshcycling.co.uk)
- 15th May – Elgar 100 Sportive – Worcester.
- 21st May – Cycle Ops Power Road Sportive – Llandovery.
- 22nd May – Black Rat challenge – Bristol.
- 28th May – The tour of Wessex – Somerset and Wiltshire.

Visit: www.cycloport.org.

Racing Events:

- 5th May – Castle Combe Series 1.
- 5th May – Maindy Flyers mini league – Fixed Wheel.
- 7th May – Hillingdon Slipstreamers National circuit.
- 7th May – North West Champs.
- 7th May – WWCC Shrewsbury circuits – No 1.
- 12th May – Castle Combe Series 2.
- 12th May – Maindy Flyers mini league – Fixed wheel.
- 14th May – National Omnium Series (Midland League) track No 1 – Newport.
- 15th May – Omega Circuit (national series). Thruxton motor centre.
- 15th May – WMTBS Round 4 to incorporate the MTB Welsh Champs at Forest Fields, Buith Wells. Also a selection race for the UK school games.
- 17th May – Celtic Road and Dirt Series. This series incorporates 4 road and 4 MTB rounds with an overall winner (best out of six events) at the end of the series. They are aimed for those wishing to start racing but are also challenging for those experienced racers. It is to introduce those road riders to MTB racing and MTB racers

to road. Full series entry fee at £25.00 or £5.00 / event with entry available on the day. All rounds held at the Celtic Manor.

- 19th May – Castle Combe Series 3.
- 19th May – Maindy Flyers fixed wheel mini league.
- 22May – Youth National Omnium (Midland League) Newcastle.
- 22nd May – Welsh Regional Road Champs – seniors and Youth.
- 24th May – Celtic Manor Road Round.
- 26th May - Castle Combe Series 4.
- 26th May – Maindy Flyers Fixed wheel mini league.
- 28th May – North West International Youth Tour.

Closing dates for May and early June Fixtures.

- 2nd May – Newcastle National Omnium – Midland League.
- 2nd May – Newport National Omnium – Midland League.
- 6th May – International North West Youth Tour (Blackpool) closing date.
- 14th May – closing date for the Road- L'Etape de la Defonce. This event is open to category 3-4 (band 4) riders 160kms / 100miles. Entry is by a team of 4 riders. Anyone who may be interested in becoming part of a team let us know.
- 28th May – Wolverhampton National Omnium League – closing date.
- 3rd June – CC Giro National Races closing date.
- 4th June – British Schools (BSCA) Circuit Champs closing date.
- 11th June – BSCA Hill climb closing date.
- 12th June – The tour of Pembs sportive – to secure a place enter online (www.touropembrokeshire.co.uk).
- 17th June – Aberystwyth Seafront Criterium closing date.

Message from Cliff:

Sunday afternoon road rides

Every two or three weeks I plan to ride out from the velodrome on a Sunday afternoon for 30 to 45 steady, but hilly miles, up towards Newcastle Emlyn, or down to Kidwelly. Not a coached ride, come along if you are over 13 (and can bring a parent if under 16). I'll put planned rides on facebook, or email (cliffgrout@hotmail.co.uk) or text (07517 794524) me if you don't use facebook and want to be kept up to date. I'm also hoping to do other rides over The Black Mountains etc. occasionally, so let me know if you'll be interested in those.

Mountain Biking

Also, is anyone interested in occasional mountain bike rides on the Brechfa trails ? The best time for Max, Joel and myself to ride would be Saturday afternoons. These rides would not be coach led, but

we could split into groups based on ability if we have enough riders. Open to all abilities, but riders will need to have suitable bikes and also need to be accompanied on the ride by an adult if under 16.

Again I'll put any planned rides on facebook, or please email (cliffgrout@hotmail.co.uk) or text (07517 794524) us if you are interested and let us know if you have dates that suit you best, and we'll try and get something organised.

Cliff

Message from Neil:

Hi everyone,

The club is starting to grow not only in numbers but also in different abilities and therefore a growing number of activities

(track bikes, free wheel sessions, improvers, go ride along with our usual road rides)

These sessions require the input from our coaches that has had its problems but now seems to be running smoothly, thanks to Carwyn.

However, everyone who signed up to join the committee agreed to be an active person within the club. I understand that people are busy and have heavy work commitments. Before each track session the following has to take place, issue of bikes, brushing the track, changing pedals, signing on, asking park users to move from the track area. This list takes time and effort that eats into their time. I don't think it is much to ask that if you are planning to be at the track then ALL committee members should get involved to help the coaches who already give a lot of their time.

It seems that a lot is being done by a few and more input is required at the track. I hope nobody is offended by my email, however, I am aware of the members who put a huge amount of work in and without them this club will fail. I would appreciate if anyone had a problem the please feel free to discuss this and any other issues directly with myself.

Thanks

Neil

Isle of Man Youth Tour:

For those riders getting ready for the Isle of Man Youth Tour – the event manual is currently alive and online. This manual provides all the important rules and regulations, race distances, start times and race locations. There are also three course maps available. Most importantly stage 1 – TT start times are published so please familiarise yourselves with the

necessary information and make a note of your TT start time in order that you don't miss your slot.

Manual available at : www.youthtour.co.uk. I'll also have a hard copy with me if anyone doesn't fancy printing the 21 pages!!

We have 6 Towy Riders entered and wish each and everyone a successful trip. Good Luck all.

I've tried to cover a multitude of cycling events for all and hope I haven't missed out any, however if I have, please feel free to let me know. Anyone wishing to add information to next month's newsletter – let me know by middle of May.

Lee