



NEWBURY VELO

Weekly
Update
Jan 10th 2024

Cover Picture: Four climb Coombesbury Lane in the cold - 7th January



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Newbury Velo Cycling Club



WOMEN'S PARTICIPATION

Hello! I'm Lizzie Lock, and I'm very excited to be the club's new Women's Participation Lead. Inclusivity is core to our club ethos, and while it's brilliant that over a quarter of our club members are female, we'd like to further grow female participation in club activities.

As well as finding out from women who aren't NV members (yet!) what would encourage them to get out on their bike with us, I would love to hear ideas from our current members. What could we put in place so empower more women to participate? Or what do we already do that we could do more of?

And you don't need to be female to let us know your ideas! If you have some ideas from chatting with the women and girls in your life, please do share them.

You can contact me by sending a message through comms@newburyvelo.cc or message me through Facebook Messenger. I look forward to hearing from you.



**MEMBERSHIP
RENEWAL 2024
Thank you
for
rejoining*
for 2024**

*if you haven't, do! www.newburyvelo.com

**Intro to Group Rides
If you know anyone
keen to have a go at
a group ride, watch
this space for planned
rides in the Spring**

**KIT SHOP OPEN:
15TH JANUARY**



RIDES

Mochaccino, Skinny Latte & Macchiato 7th January

Thanks to ride leads Huw, Steve & James and all the riders who braved 2 degrees to ride in 3 groups on Sunday. Steve's Macchiato headed out to South Stoke & Pangbourne and the swollen River Thames over 78km. Huw's big Skinny group headed to Bradfield and enjoyed a bit of a puncture-fest over 44km and James' Mocha ride discovered Little Hungerford and Oare over 33km. We ride every weekend unless conditions are icy, Beaufort 9 or both! Details on Spond.



**Awards
Night
Sat 3rd Feb**

PHOTO APPEAL
We're in need of some of your 2023 ride pictures for our awards night montage and to augment our 2023 library. Please send your finest cycling shots to James comms@newburyvelo.cc



CYCLOCROSS

Newbury Velo founding member Charlie Elsey can be found on most winter weekends flying around a muddy circuit somewhere in the South of England. This weekend, he took part in the British Masters Championship in Leicestershire, coming a solid 65th out of 85 starters. Ordinary folk would have rested the next day but Charlie was out as part of the commissaire team for the latest round of the Wessex CX league in Andover. Some plans are afoot to help increase participation in CX and Newbury Velo involvement. You can get involved too - opportunities to ride, to help or just to watch. Muddy fun for all the family! Thanks Charlie for all you do for CX and for cycling.



SWINLEY FOREST MTB RIDE

Lady Muck, AKA Beckie Hamilton Unwin will be leading a trail visit to Swinley Forest on 11th February. Full of brilliant tracks, trails, berms and even a few jumps, Swinley is a whole lot of fun. Becky knows the trails so she is the perfect host for a trip if it's your first time there. Contact her on our Facebook Members page for more details. #dirtychai

