

MILDENHALL CYCLING CLUB

What's On

January

Sunday 17th	10.00am	On-Road Club Ride. Starting and finishing from the Clubroom, with the distance and destination depending on the riders that turn up. <i>For more details contact Dave Bowers on 01638 715986.</i>
Monday 18th	8.00pm	Rally Meeting.
Sunday 24 th	10.00am	On-Road Club Ride. Starting and finishing from Robin's in Burwell. Will be approx. 25-30 miles and include a tea stop. <i>For more details contact Robin Barnes</i>
Friday 29 th	7.15 for 7.30pm	Friday Night is a Social Night - Bingo, with Sturmey calling the numbers, each strip will cost you just £1.00. There will be a break for Soup & Crusty Bread. Under 16's: £1.50 Adults: £3.00 <i>To confirm your place by Monday 25th January, please contact Dave Bowers on 01638 715986 or Jean Poole</i>
Sunday 31 st	10.00am	On-Road Club Ride. Starting & finishing from the home of John Williamson in Bury St Edmunds. It will be approx. 25-35 miles, subject to the weather conditions. It will definitely include a tea-stop. <i>For more details contact John Williamson</i>

February

Monday 1 st	8.00pm	Mildenhall CC Committee Meeting
Sunday 7th	9.45am for 10.00am	Off-Road Championship – Round 1. Meet at Emily's Woods, off the A1065, Brandon to Mundford road. <i>For more details contact Sturmey Archer</i>
Sunday 14 th	10.00am	On-Road Club Ride. Starting and finishing from Southery. More details to be confirmed. <i>For more details contact Dave Bowers on 01638 71598</i>
Monday 15 th	8.00pm	Rally Committee Meeting
Sunday 21 st	12noon for 12.30pm	Annual Lunch and Prize Presentation. Will be held at West Row Village Hall and include a buffet lunch and there will be a bar. <i>(Don't forget if you had a trophy awarded to you last year please return to Marc Bowers)</i> Under 16 £3.00 16 & Over £6.00 <i>Please note these revised prices, as from those in the Yearly Newsletter.</i> <i>If you would like to attend please contact Dave Bowers on 01638 715986 or Jean Poole by 7th February 2016.</i> A 50% deposit will be required to confirm your place.



www.mildenhallcc.org.uk



www.mildenhallrally.org.uk



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Sunday 28 th	10.00am	On-Road Club Ride. Starting & finishing from the home of John Williamson in Bury St Edmunds. It will be approx. 25-35 miles, subject to the weather conditions. It will definitely include a tea-stop. <i>For more details contact John Williamson</i>
Sunday 28 th	3 – 6pm session	Club Trip to the Derby Velodrome. <i>For more details contact Marc Bowers</i>
Every Wednesday	8.00pm	Training Night. Will either be inside the clubroom or outside, depending on the weather and who turns up. <i>For more details contact Marc Bowers.</i>
Every Thursday	10.30am	Gentle Social Ride. <i>For more details contact Viv Bowers or email Jean Poole.</i>

Congratulations to Paul Flack

Paul completed the remarkable feat of cycling every single day of 2015. In doing so, “8,866 miles were covered and enough elevation climbed to ride up Mount Everest seven times!” he modestly says, adding “Although I am sure there must be plenty of people out there who have ridden 365 days!”

To put the forty-seven year old’s achievement in to context, it is just under an average of 25 miles every single day. He explains, “It started when we went down to one family car and I started riding to work every day from 8th December 2014.”

“I thought it would be good to ride Christmas Day 2014 and after that I heard about the overall mileage in a year record that Steve Abraham was attempting. I guess it was that which really sparked the idea to continue into the New Year 2015 as I just wanted to see if I could get a taste for what Steve was going through (even if I was only doing a tiny amount of mileage compared to him !).”

“So with Wednesday Saturday and Sunday training rides coupled with daily commutes the days kept passing and the mileage rising. I also completed a number of road races, Cyclo-Cross, Sportives, Off-Road Sportives, Time-Trials, Gran Fondo events along with our normal high paced Saturday and Wednesday runs with Flatlandria and MCC friends.”

“Holiday time in Cornwall was tricky - getting out for 20 or 30 miles while the family slept so that the day was not interrupted - proper hilly down there on the north shore!”

And what was the first day off like? Well I don’t know yet as am still at it and have just surpassed the 400-day mark since December 2014.

To read more about Paul’s achievement, see the full article in the News section on the club [website](#).

Did you know? Your Clubroom is available for you to use the rowing machine and rollers.

You can contact any of the key-holders who live in the Mildenhall area in advance to arrange collection of the keys:

Jean Poole	01638 713913
Harvey Wright	01638 717703
Dave Bowers	01638 715986



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