



MILDENHALL CYCLING CLUB

What's On for April 2019

**1st Saturday
of the month
at 10.00am**

Come & Try It Social Road Rides from Mildenhall Cycling Clubs Clubroom over a distance and pace to suit those that attend with a tea stop. Do you need to lose weight, or have Asthma, Diabetes or Heart Disease? Cycling can help. *Please contact [Mark Burchett](#)*

April

Monday 1 st	8.00pm	Committee Meeting (<i>held in Clubroom</i>)
Saturday 6 th	10.00am	Come & Try It Social Ride – see above. <i>For more details contact Mark Burchett</i>
Sunday 7 th	9.30am at Clubroom 10.00am Mildenhall Woods	Annual Rough Ride. It will start from Mildenhall Woods & finish at the Clubroom, run as a time-trial. Copies of the route will be available from the Clubroom or on www.mildenhallcc.org.uk <i>For more details contact Mark Burchett</i>
Sunday 14 th	-	No ride planned
Sunday 21 st	9.30am	On-Road Club Ride. The route will be on quiet roads from the Clubroom to Ely, where there will be a coffee stop; before returning to Mildenhall. <i>For more details please contact Dave Bowers</i>
Sunday 28 th	9.30am at Max's 8am from Clubroom	Bluebell Club-Ride. Come and enjoy the bluebells in the gently rolling countryside around Max & Sandra's in Chicksands, Bedfordshire. <i>For more details please contact Max Pendleton</i>

**Most
Thursday
mornings**

Gentle Social Ride. On and/or Off Road starting from Brandon Country Park at 10.30am (Please check before just turning up)
More details contact Viv Bowers 01638 715986 or [Jean Poole](#)
There's also a group who ride a little faster & longer leaving at 10am
More details contact Harvey Wright on 07598 989633 or by [email](#)



www.mildenhallcc.org.uk



www.MildenhallFestival.Bike





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Discount for Cyclists

They give cyclists a 10% discount in their coffee shop. Having been there on a club ride their scones & cakes are worth trying!



One Night in Thetford



Saturday 5th - Sunday 6th
October 2019

Thetford MTB will once again be holding their 12-hour through the night Mountain Bike race.

We have once again been asked to marshal the event between 8pm Saturday until 8am Sunday in return for a donation to the Club.

If you can help for all or part of the 12 hours, please either contact Judith [Club Secretary](#) or myself [Mark](#).

MUD SWEAT AND GEARS EASTERN

We have a few members who compete in this competition, so why not go and give them your support?

Round	Date	Venue
3	7 th April 2019	Lee Valley Velopark, London
4	5 th May 2019	Carver Barracks, Essex
5	2 nd June 2019	Thickthorn , Norwich
6	7 th July 2019	Hintlesham, Suffolk
7	18 th August 2019	Radical Bikes, Nr Chelmsford, Essex
8	1 st September 2019	Phoenix Bike Park, Kentford, Suffolk



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