



MILDENHALL CYCLING CLUB

What's On for July 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](#)*

Monday 1 st	8.00pm	Committee Meeting
Saturday 6 th	10.00am	Come & Try It Ride <i>Will be led by Mark Burchett</i>
Sunday 7 th	9.45am for 10.00am	Off-Road Championship - Round 7. Held at Fire Route 24, Emily's Wood, off A1065 Brandon to Mundford road. <i>For more details contact Garth Collier</i>
Saturday 13 th	11am – 4pm	Lark in the Park. We will again be having a stand at this community event to showcase the Club. If you can help at all, please contact Judith Robb or Mark Burchett
Sunday 14 th	9.30am	On & Off-Road Club Ride. It will start from John & Ann's in Bury St Edmunds covering about 27 miles finishing at Nowton Park for those that want coffee & cake. <i>For more details contact John Williamson</i>
Sunday 21 st	9.30am	Clubroom Preparation for the Official Re-Opening. If you can help at all contact Judith Robb or Mark Burchett
Friday 26 th	7pm for 7.30pm	Official Opening of the Refurbished Clubroom. <i>For more details contact Judith Robb or Mark Burchett</i>
Sunday 28 th	9.30am	On & Off-Road Club Ride. Start & finishing from the Clubroom, 32 miles to Fornham & back mostly on-road but rough sections through the forest & heathland. <i>For more details please contact Tom Sierra</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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Official Opening of the Refurbished Clubroom



Following the £30,000 Sport England funded refurbishment, all members and ex-members will receive an invitation to attend, which following the recent email to members', will take place on the evening of 26th July 2019.

It will be an informal evening with a barbecue and refreshments.

For Sale

ROLLING STONE XC ONE 29er MTB - £180 o.n.o

Built on a new frame a few years ago.

Small size: Approx 16in from centre of Bottom Bracket to top of Seat Tube
Approx 23.5in along (sloping) Top Tube between Head & Seat Tube centres
Rigid carboncycles exotic forks – carbon legs with alloy steerer.



TACX I-MAGIC VR TRAINER WITH SOFTWARE DVDs & ACCESSORIES - £80 o.n.o

Working when last used except for intermittent cadence sensor.
Originally cost over £300 plus £30 each for the DVD's !



Click the eBay link for more details and pictures.

Please contact [Matthew Mantle](#) direct as he says the prices are negotiable



Saturday 5th - Sunday 6th
October 2019

One Night in Thetford

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

And we have 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](#).



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