



MILDENHALL CYCLING CLUB

What's On for December 2019

Sunday 8 th	10.00am	Off & On-Road Club Ride. Starting & finishing from the Clubroom it will be over an approx. 20-mile route of bridleways, tracks, as well as some tarmac too! It will include a coffee stop at Wilde & Greene in Tuddenham. <i>For more details contact Ken Lucas</i>
Sunday 15 th	10.00am	On-Road Club Ride. The route and distance will be to suit those that turn up at Mildenhall CC clubroom. Will also include a coffee stop. <i>For more details contact Dave Bowers</i>
Sunday 22 nd	10.00am	No Club Ride planned. However, if anyone would like to lead a ride, please let Mark know so the details can be circulated to all members. <i>Please contact Mark Burchett</i>
Saturday 28 th	10.00am	Mostly Off-Road Club Ride. The route and distance will be to suit the weather and those that turn up at Santon Downham Forestry Commission car park. Will include a coffee stop. <i>For more details contact Matthew Mantle</i>

Please note this is a Saturday

As well as the Tuddenham Garden Centre, the village now has another café that welcomes cyclists!!

Wilde & Greene (Longwood Farm)

The Green, Tuddenham, IP28 6TB.

01638 712782

www.wildeandgreene.uk

The next time you cycle to Bury you can call into **Moreton Hall Health Club** (on the edge of town, just off **National Cycle Route 51**) for a coffee/flap jack and to refill your water bottles.

They have a patio area where your bikes can stand while you have a hot drink, at members' prices.

Find them on social media **Moreton Hall Health Club**. IP32 7BL for your Garmin.

**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





Tacx trainer FREE to a good home

Having not managed to sell our Tacx trainer on eBay, I am now offering it FREE to a club member.

It is a VR trainer but I believe the VR software will only work with an old 16-bit PC running Windows XP or older.

We no longer have a suitable PC so can't test it. Not sure if it will work 'standalone' ?

It includes the trainer, head unit to connect to PC, leads, software & compatible heart rate strap.

If anyone wants it, I can bring it out to my Club Ride, later this month If there's no interest it will go to a charity shop, if they will take it!



matthew.mantle@btinternet.com

Club Secretary

With Judith unfortunately standing down as Secretary at the AGM, we are still looking for a Club member to take on the role. If this is something you think you might be able to help with or would like to know more about, please do let me or any committee member know.

Mark

