

# Ridgeway Riders Cycling Club AGM Minutes 18-11-2023

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## 1. Members Present

Steve Acutt  
Gary Batchelor  
Victoria Beedham  
Simon Boyne-Manchee  
Delia Carr  
Jacqui Clarke  
Andy Davis  
Gareth Dunning  
Jeff Edwards  
Neil Farmer  
Nick Gerhardt  
Chris Kimpton  
Gary Long  
Matt Mildon  
Martin Mildon  
Graham Miles  
Adrian Parry  
Becky Pearce  
Alan Pearce  
Steve Putt  
Mark Rodgers  
Brian Stalker  
Craig Thomas  
Mike Trowbridge  
Karl Watson

There were more present but I lost the sign in sheet!

## 2. Apologies

Apologies were received from Alayne Harman and Steve Hedges for not being able to attend.

## 3. Introductions and Welcome

General Secretary: Karl Watson  
Chairperson: Alayne Harman (Voted in)  
Vice Chairperson: Mark Rodgers  
Treasurer: Steve Hedges  
Event and race Co-ordinator: Rebecca Pearce  
Cycling Development Officer: Alyson Curtis  
Social Secretary Shirley Millar

#### 4. Minutes form last AGM

The minutes of the previous AGM meeting were briefly outlined and are available on the RRCC website.

#### 5. Chairperson Report - Alaine Harman

Hi I'm incredibly proud to be part of RR and hope to support the committee and it's members with ideas for future rides and supporting and encouraging new members. Cycling is incredibly beneficial in maintaining a healthy lifestyle, is a great way to meet new people and see more of our beautiful county. Always a great excuse for coffee and cake. The club are here to support and encourage... very fortunately I have benefited personally from that support. I would never have thought Lands end to John o Croats was ever a possibility...an incredible achievement. It is great to see how cycling with RR has helped forge new friendships, has seen many grow massively in confidence and ability and achieve amazing things. Hope you all have a fabulous evening. I'm so sorry to miss it .., but as we are away on a cycling holiday I don't feel too bad.

#### 6. Vice Chairperson Report - Mark Rodgers

##### **Charity Announcement – RNLI**

Close one between RNLI and Weldmar Hospice but RNLI came out Top.

##### **Next point is a bit of a moan.**

I'd like to mention about help and support from all of our Members.

Basically we need more help.

Organising rides especially supporting the Novice Rides.

Our Novice rides which have been well organised and supported with help from;

Alyson Curtis, Alaine Harman, Steve Hedges, Shirley Millar, Steve Putt but we need more help.

Members like Adrian Parry, Gary Batchelor, Simon Boyne Manchee and Chris Kimpton are examples of experienced Members who have given up their time to help on the Novice Rides.

##### **Another point highlighting more help is with Ironman.**

Although Ironman was yet again another great success, we struggled with getting enough Members to support.

The Members that came along are the usual faces we see every year but basically it's just not good enough.

We had to have Family Members turn up and help which was a bit disappointing.

I'd like to take this opportunity to remind you all that Charity and support is what this club is all about and which was founded on.

I think if you all take the time to look back when you first joined the club I am sure you can all remember when there was a time when you struggled but there was someone in the ride who looked out for you.

### **Organised Trips**

This year a few events were organised like Ride London, Coast to Coast, Mallorca, North Devon, Lake Garda, Isle of White, Dieppe RAID.

The club will continue to build on these type of trips but it does take a great deal of organising and more help would be appreciated.

### **Thank you's**

My last point is I'd like to say a few thank you's

Sponsors:- Gareth Dunning, Peter Mckernan and Sandsfoot Café.

Camber Cycles:- Simon, Will and Jacob.

Committee Members: Alaine, Rebecca, Shirley, Alyson, Steve.

Special mention to my old mate Karl.

Without Karl, quite simply this club wouldn't exist.

The committee Members are just everyday normal people like all of you here tonight. We are not perfect but we give up lots of our time which is all done in the background.

I know many of you appreciate what the Committee does and we really appreciate the lovely comments.

We aren't going to be here forever so if anyone things they could help then please contact us as your help would be greatly appreciated.i

## **7. Treasurers Report -**

Just a quick summary of what's gone on in the club's finances this last 12 months.

### **Income**

We've received £1,200 in membership fees. We have also received £500 in sponsorship and received £1900 from the IronMan events for the last two years.

What do we spend our money on?

The club giveaway this year, the bottles at a cost £1,590. This includes this years bottles and next years buffs.

Other expenses this year include the British Cycling Affiliation Fee of £346 , racing fees £160, and various expenses supporting the Ironman and costs towards running the club eg. buying trophies.

We have put in one kit order in the last 12 months and will be doing a further one one in the new year if there's the demand.

We've also put on 3 x 12 spinning classes, a mtce class, a day at Calshott Velodrome and strength and conditioning sessions. All of these are self financing.

The bank balance currently stands at a respectable £2,900. Although after this AGM we will be contributing to our chosen charity.

## 8. RRCC Members Accomplishments 2023 with Rebecca Pearce.

When I was thinking about what I could share tonight, I wanted to really focus in on what stops us believing we can achieve things and maybe doubting what we can do...Having suffered from a lack of confidence in so many things, as I get older and trying to support my children well, I want to challenge myself to do things that I didn't think possible. As many of you know, I haven't taken to riding a TT bike particularly easily and the 'mind over matter' aspect has beaten me many a time, still. I often feel like I am getting on a new bike for the first time every time I ride the bike!! Crazy I know...

So this year my challenge was to ride a 10/25/50 and 100 mile TT as fast as I could. For my 100 my goal really was to just see if I could complete it. As riding at 21mph for 100 miles in that crazy position with winds battering you really did challenge me both mentally and physically. Would my back, neck, knee hold up etc, etc Would the wind batter me so much I would bottle it?

When you are on the start line, with the starter counting down, 5,4,3,2,1, a lot can go through your head... Some things not repeatable tonight! But the mind games can be just as challenging as the physical torture of pounding out in that position for so long! When my straw came out of my only drinks bottle at about 30miles, I really did think, \*\*\*\* is this going to happen now?.

But you do keep going and you pedal on, every little bit breaking down the challenge and the elation of completing it really does make it worth every second of pain 4 hours 50 minutes later!!

So for me, its so imp to take on these challenges however big or small and to attempt those things where we think...' Can I really do this?' and so me our amazing club, that is so supportive and welcoming really does make these journeys possible.

So...What did our lovely club members share with me as to what the club has done for them and what challenges they have been proud of this year.....

For me, when I read this, it bought a tear to my eye and this was a message that Mick sent me and sums up what the club is really all about....

Just when I thought there was nothing left after my wife died of MND, along came Ridgeway Riders... You guys kept me going through the dark times. I had always something to look forward to at the weekends, bearing in mind I hardly knew any of you, but now I have made many new friends.

This has helped me so much in my grief...

Give yourselves a round of applause...What a fantastic bunch of people and what an amazing club, Ridgeway Riders forever.

I asked two fiercely strong female riders in the club to share two really remarkable achievements that they have had this year.

### **Rowena – Charity Ride**

Participating in a 1,000 mile bike ride over 11 consecutive days from northern Spain to southern Portugal brings many highs and lows.

It wasn't so much the distance, more-so the weather we, as a team, had to endure. The direction the route took us meant the prevailing wind was constantly a headwind, and with driving rain most days, and heavy climbing days to contend with, it made for some very tough riding.

What the trip taught me was that I have **higher levels of endurance I didn't realise I had** and when **you have no choice but to clip in and ride day after day** your head for endurance toughens.

On one particular day it broke me, and most of the team, both mentally and physically, but what I can take away from that as a positive is that in any race I next compete in, be it on two wheels or on foot, I know I can endure the very hardest of **conditions**, which I doubt any race would ever reach. I also came away with an increased level of fitness and form which makes anyone who trains hard, very happy.

The fact I love riding my bike meant that day after day, despite the weather, there was a smile on my face under the buff and raincoat, and a bunch of fellow riders to ride with raising much needed funds for a great charity. On to the next one.

### **Victoria**

I was fortunate enough to compete in 3 Gran Fondo events this year. In order to qualify for the World Champs you have to finish in the top 25% for your age group.

The first one was held in June and was roughly 100 flat km around Cambridgeshire and was a qualifying event for the World Championships held in Perth in August. To be honest when I looked at the qualifying women's times from the year before I thought it would be a very tall order to qualify – I would need to average 22 + mph over 100km, so I didn't really think too much about this. I just wanted to experience a mass participation race on closed flat roads!

Some days everything just seems to come together and I managed to just about hang onto a reasonably fast moving pack, tucking in behind the men. There was no chatting, it was all very competitive and I had to concentrate very hard to not touch wheels and stay on my bike. Some people were obviously taking it all very seriously. At one point this woman came up behind me shouting "on your right" in a very aggressive manner, i.e. she wanted me to get out her way so she could speed past. I think this ignited the competitive edge in me because after that I had her 'marked'. I made it my goal to stay with her. The miles

absolutely flew by and surprisingly I felt stronger as I went along. Although there were no 'hills' by Dorset standards there was quite a drag towards the end and I decided to overtake the woman I had been marking. Although I wanted to say, "I'll give you on the right" I refrained and saved my energy for the last few miles sprint. I was glad I made the move to overtake her as I managed to get the last qualifying place for my age group to ride the World Championships representing Great Britain!! I literally could not believe it!!

Matt and I then went to the Isle of Man to compete in another qualifying Gran Fondo. The weather for this event was absolutely biblical and we were not even sure the event would go ahead. As it was the organisers halved the distance. I have never experienced rain and wind like it, we had to lean right into the wind just to stay upright. It was bleak and brutal with a 10km steep climb complete with cattle grids and a ford to navigate. Just before the ford was a marshal shouting at us to speed up because if you lost momentum you would be coming off that bike into fast moving water! Poor Matt had a catastrophic double puncture coming down the mountain just 6 miles from the finish and had to limp back. It was an achievement just to get round in one piece and the bonus was coming away with another qualifying place for the World Champs

The World Championships in Perth – well what can I say... it was an absolute privilege to even be there. I felt completely out of my depth, but so excited to wear the GB jersey. I could not even hope to compete with the experienced female racers but hoped that I would find a decent pack to ride with, and I did! I was riding with this group of women from around the world in beautiful wild Scotland and I almost had to pinch myself that I was really there. It was emotional! Then I punctured 25 miles into a 100 mile ride!!! A shard of glass literally slit my tyre. I thought it was game over. But as luck would have it I was close to a village and 3 marshals fixed the puncture for me. Then the real work began as I had to chase for miles to get back to a group, I thought my lungs were going to explode! My legs were on fire. Fortunately I managed to bridge a gap to 2 women and we worked together all the way to the finish – I think we are strava friends for life now!

Despite the disappointment of not finishing with my original group I was happy that I had the resilience not to give up and it was an experience I will never forget.

Our Saturday club rides were certainly good preparation for the Gran Fondos, (I'm frequently having to grit my teeth and hang on!) and I would recommend anyone to give one a go, you never know, you might even be selected to represent your country. Next year the world champs are in Denmark!

**As a lot of you will know Craig took part in another epic charity ride and this is his account.**

The challenge was to ride from Rock in Cornwall to the Rock of Gibraltar, over two weeks instead of a month.

The team consisted of 7 riders and a support van rider.

The ride lasted 13 days and had some interesting parts...Day one from Rock to Plymouth was north to south coast of Cornwall in pretty torrential rain all day long. After drying out overnight on the ferry to Santander we arrived at 4PM to set off upwards to our first stop which finished with 4000 ft of climbing in the last 20 miles, a little bit emotional with everybody finishing in the dark.

Things settled down after that and we had 11 more days of fantastic cycling averaging 70 miles a day. Over that period we enjoyed a bit more rain, some extreme headwinds and temperatures hitting 37 degrees. In total we covered 880 miles and 35000 feet of climbing.

**What kept us going was the increasing sponsorship pot and the fantastic camaraderie of some people who had never met before and others who hadn't seen each other for 20 years or more.** This was very much helped by the amount of lovely, supportive and helpful people we met on the way as we travelled through a beautiful variety of the Spanish countryside.

A lot of tasty Spanish cuisine, fantastic red wines and great value beers most definitely helped move us along as well.

Although we had a few niggling injuries the banter and laughs made the 13 days fly past until we arrived in Gibraltar for a rest day at last and a few extra beers.

Prepping for the challenge I did manage to get 2 good rides in a week for about 6 weeks before but **still had the apprehensive feeling of riding with other riders for the first time of would I be fit enough to be useful team member.** As always with these worries it all turned out fine and we settled into 2 groups that worked really well together, covering the ground really well on a lot of super quiet good quality A roads weaving backwards and forwards over the new speedy motorway. Often coming together at Café stops and lunch stops.

Having known the challenge was coming up your mind prepares for it but the unknowns and worries still niggle at you; but once out on the road and cracking on there wasn't anything that we couldn't overcome as a team and the excitement of new routes, interesting stops and some amazing views took your mind off any worries. Anybody's little dips were soaked up by the banter and p\*sstaking of the rest of the team and the laughs easily obliterated the aches and pains.

If you get the chance throw yourself into a challenge however big or small.

Other amazing achievements that members have shared with me, include many incredible feats. Gareth Manning's name seems to crop up quite a few times this year, both for his achievements and notifying us that there has been another disaster either on his bike or on foot and bearing that all in mind he really hasn't been taking it easy!!

In his own words, his most proud moments were...

Escorting Mark Rodgers around a 312km lap of Mallorca and then rounding it up to 321.869 km (200 miles!) because 312km didn't seem like enough of a challenge!

Riding up the Col de Joux Plane with Simon Boyne-Manchee to watch the Tour de France. Or maybe the Col de Grand Colombier or Col de Colombiere on our 'days off

Epic trip to Bormio with Dorin Boeriu, Andy Davis and Nick Gerhardt where we rode up the Mortirolo, Gavia and Stelvio. Plus eat quite a lot of pizza and the odd bottle of beer

And he nearly forgot his romantic mountain bike ride with Matt Pye along the Puccini trail between Lucca and Pisa.

Riding with Gareth Simon BM highlighted riding up the Col de Joux, in the French Alps because riding up through the huge crowds of fans with Allez Allez ringing in our ears was bonkers and something I will never forget.

For Mark the Chase the Sun ride in June of this year with Simon, Gareth, Carl, Neil and Craig was an epic day out. \_\_\_\_ miles and \_\_\_\_\_ ft of climbing, an incredible achievement by all members.

Without the help and support of Peter Mckernan being our support driver we simply could have completed the ride

Jacqui described cycling her and Roy's 1st 100 ride at the Tour of Cambridge with Helen and Mike as one of her greatest achievements. She reckons she would never have given it a thought, that is until we became members of the RRCC, who have encouraged and developed both Roy and myself and somehow made it seem like so much fun, we turn up for a ride every week to ride

Brian, also completed his first 100 this year on the New Forest sportive. I would never have managed it without support and encouragement from Ridgeway Riders to improve his cycling

And all of this begins with the Novice rides on a Sunday with Mags, Steve, Alaine, and Alyson putting on these rides and supporting and nurturing new riders to have the confidence to go and achieve these amazing things...

So, summing up, whether you are tackling clipping in for the first time or climbing the highest mountains, **whatever the mind believes the body can achieve.**

**Think about what challenge you will set yourself for next year.**

## 9. General Secretary's Report - Karl Watson

We are associated again with British Cycling for another year. Although I might look at CyclingUK next year. Still not happy about Shell being the sponsor.

We have over 150 members!

Thanks to our sponsors Camber Cycles thank Simon and Will and Jacob. 10% off parts and 20% off servicing. Great new premises in town

Thanks to Pete and Gareth for continuing their sponsorship for another year.

Free gift next year is... Buffs. Available from 1st Jan at Camber.

Socks available from Monday. Camber Cycles £10 a pair (cash only). Every penny going to RNLI

Thanks to Rebecca for organising Ironman feed stations and Shirley for organising the riders. Amazing Day. £900 for the club/ charities.

Winter months approach : clothing, lights, brakes, tyres. And..... **Mudguards**

Facebook posts. Please post all RRCC group rides on FB.



Next years charity will be RNLI which won by one vote in the online poll. Any money the club raises next yer will go to the RNLI.

Well done to Craig Thomas and Rowena Taylor remarkable rides and charity work.

Membership Cards with offers:

Camber Cycle Works: 10% off parts (if available) and 20% off servicing.  
Dunnings Automatics: 10% off servicing and repairs  
Sandsfoot cafe: Discount on Hot drinks  
3D Health and Fitness £18.99 Gym per month or £23.99 including classes.  
E Bike cafe: 10% discount when you show your membership card

Mental health. (This was omitted from the AGM as we were short on time)

As a club we are all here for each other and to encourage talking to people about worries, concerns or things that have happened in peoples lives that have caused upset and distress (cost of living for example). Engaging in cycling can have significant positive effects on mental health. Regular cycling has been linked to the release of endorphins, the body's natural mood enhancers which can contribute to an overall sense of well-being. Additionally, the exposure to natural surroundings and fresh air while cycling can improve mood and alleviate symptoms of depression. As a form of exercise, cycling also supports better sleep patterns, boosts self-esteem, and provides a healthy outlet for managing stress. (I can vouch for that one). Seeking support from mental health professionals, friends, club members or support groups is crucial for those facing more severe mental health challenges. Remember, (as I said at the start) we are here for each other and it's important to listen to your body, set realistic goals, and enjoy the process rather than solely focusing on outcomes.

Finally. Thanks to everyone involved with the club. Ride leaders, Committee, volunteers, sponsors and of course our amazing members. You've all helped the club and you have all helped me. Thank you :-)

## 10. Election of committee members

|                             |                          |
|-----------------------------|--------------------------|
| General Secretary           | Karl Watson              |
| Chairperson                 | Alaine Harman (voted in) |
| Vice Chairperson            | Mark Rodgers             |
| Treasurer                   | Steve Hedges             |
| Cycling Development Officer | Alyson Curtis            |
| Social Secretary            | Shirley Miller           |
| Events Co-ordinator         | Rebecca Pearce           |

Big Thanks to Victoria Beedham and Mags Almond who sadly stepped down earlier in the year. Both greatly missed on the committee.

Welcome back to Alyson Curtis who stepped away for a few months.

## 11. AOB

Calendar for rides

More ride leaders needed for Novice rides.

Delia Carr has kindly volunteered to lead some women only rides next year.

Alyson Curtis stated the novice rides must stay as novice rides and not evolve into faster rides.

## 12. Questions from the floor

Roy Griffiths asked about where all the club information is. This information is all on the club website. We agreed to post some permanent links on our FB page to direct members to the website. Roy was also concerned about where to post club rides. We explained how to post rides and which FB page to post to.

Adrian brought up the confusion of two Facebook groups. We will be looking into this.

Roy also asked about which group to step up to after being in the Novice group. I told him that the next step is the slower Saturday rides. Unfortunately the club does not always have enough volunteers to assist with the slower group on a Saturday. Roy asked if we could make the level of rides more clear.

Mark Rodgers and Myself asked for more volunteers to help with the rides.

Chris Jones mentioned that a few years ago that there was only one rule when out on a ride and that was 'no-one gets dropped'. He suggested that we should push this rule more as it has seemed to have been forgotten by some riders. He said it's the ride helpers at the back, helping the slower riders that are vitally important. He said the ethos of the original Ridgeway Riders has got lost. We agreed with him and gave him a round of applause.

### **Plans for action**

1. Make information clearer for members.
2. Encourage more members to volunteer to lead rides.
3. Encourage more members to volunteer for Ironman.
4. Have a more structured approach to 'Novice - Step up - faster' rides.
5. Have clear instructions on how to create a ride on FB/Strava

## 13. Presentations

100 and 200 badges awarded

Kajsa Tylen trophy for most 100 miles Neil Farmer (12)

Spirit of the Club award voted by the committee is Craig Thomas

Most improved Female is Jacque Clark/Lizz

Most improved Male is Steve Putt

RRCC rider of the year is Rowena Taylor

Congratulations to everyone

Adrian Parry thanked the committee after the presentations.

**The end :-)**

**General Secretary: Karl Watson**

**Chairperson: Alaine Harman**

**Vice chairperson: Mark Rodgers**

**Treasurer: Steve Hedges**

**Cycling Development Officer: Alyson Curtis**

**Social Secretary: Shirley Millar**

**Events Co-ordinator: Rebecca Pearce.**