



Inter Club Time Trial (Provisional)

We have applied to the district committee to run our first Inter Club Time Trial (in recent times) on the Bottisham out-and-back course on Sunday 28 April starting at 10am.

Participating clubs will be ourselves, the University, Histon & Impington and Team Cambridge. The entry fee for all riders will be £3.

The number of qualifying riders from each club is yet to be decided. We can accommodate 80 competitors so we should be able to

accommodate everyone that would like to ride.

Further details will appear on our website.



Congregation area

Kate Sanders
Club TT Secretary

Expenses for Helpers

With effect from the 2019 season we will be paying expenses at the rate of 40p per mile to Time Trial helpers and helpers at the Ike Saul Road Race.

Members will need to claim from the relevant Club official and the following will apply: -

- Ike Saul Road Race - members who drive their own car as either part of the Race Convoy or who erect and dismantle event signage.

- Club Time Trials/Club Open Time Trial Events - members who erect and dismantle event signage.

- "Reasonable" mileage will be paid from the member's home address. In this context "reasonable" implies the member resides in the Cambridge area.

Ken Miller
On behalf of the Committee

Cambridge Cycling Club Newsletter

Free Jersey for Ride Leaders

We are trialling for 2019 free club jerseys for clubrun leaders.

The entitlement to a free jersey will be made to the Club Runs Captain who will validate claims. The jersey will be a short-sleeved summer jersey from the Kalas Active Collection in standard Club colours.

Criteria for claiming a free jersey: -

- Current Club member
- Led 6 rides as advertised on the Calendar. That is to say members



must have agreed in advance to lead 6 rides, turned up on the day and led each of the 6 rides.

- Claims to be made by the end of 2019 when a bulk order will be placed with Kalas. Therefore we expect the jerseys to be available for Spring 2020.

Ken Miller - Clothier

Club Kit Subsidy

Starting from 1st January 2019, there will be a kit subsidy for new members and those members who have helped on two occasions in either the current or previous year.

The subsidy will be 10% per annum on kit up to a value of £100 including VAT.

Therefore a maximum per member per year of £10.

Contact the Clothier to place your order and claim your discount!

**Ken Miller
Clothier**

A Date for your Diary

The Club's Annual Social and Prize Giving will be held on Saturday 9 November 2019, **provisionally** at the Michaelhouse Centre in Trinity Street .

Our speaker will be Alec Seaman from the charity World Bicycle Relief



Cost per ticket will be £30 to include a three course meal with table service, a glass of wine and tea/coffee.

**Sue Taylor
Social Secretary**

Cambridge Cycling Club Newsletter

Nick Nicholson (1943 to 2018)

Nick died peacefully on the 16th November after what he described as being “very well looked after” at the Arthur Rank Hospice. He left behind his beloved wife Claire, two sons Tim and George, daughter-in-law Martha and the apple of his eye, his young granddaughter Daisy.

Nick was extremely stoical and matter of fact throughout his illness.

On one occasion he cheerfully informed me I'd interrupted him planning his funeral with his local vicar. He didn't want sympathy and turned the conversation instead to my recovery from my surgery and how others in the club were doing.

Nick was a lifelong cyclist and took pride in his vintage Holdsworth that he had built for him in the 50s. At his request this was prominently displayed at his Thanksgiving Service. Some of his cycling friends managed to squeeze themselves into the packed church for a very personal and touching service.

Nick joined our club more than ten years ago and he quickly became a regular rider and ride leader in the Touring group. He was always happy and smiling on club runs and often had amusing, self-deprecating stories to entertain the group with. He was also always a gentleman and would look after any fellow riders in need of a wheel to

shelter behind or a word (or joke) of encouragement.

Nick had an encyclopaedic knowledge of the Tour de France and other historical cycling events and was twice in the winning team at the club quiz. Before his illness he gave an

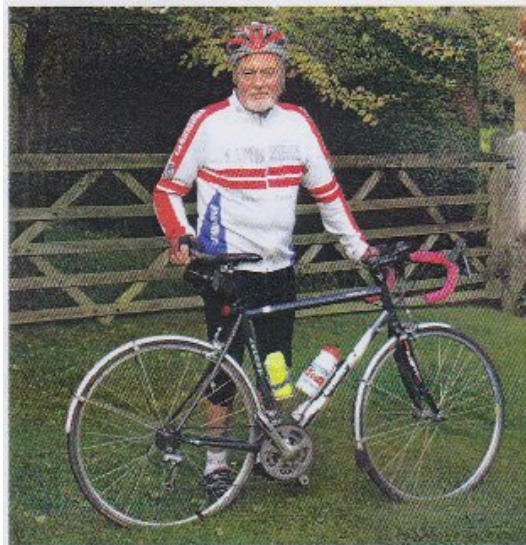
entertaining talk to the Club on the Tour de France.

He will be remembered for re-routing the Touring group annual century ride to have an additional final stop at the Toft Beer Festival, as the two coincided on the first Sunday in September and he didn't want to miss the Beer Festival. As I write this at Christmas, Nick will also be fondly remembered for his e-

Christmas cards which I've only now realised he drew himself.

Claire asked that I pass on a message from her which is “my sincere thanks to all the club members who have written to me, sent cards and attended the Thanksgiving Service for Nick's Life. I was deeply touched by everyone's kindness and enormously proud of the obvious respect and affection Nick had inspired. My best wishes to Cambridge Cycling Club for every success in 2019.”

Debbie Hooker



Fat Free Tea Bread



A delicious fat-free recipe for cyclists from award-winning Irish cafe Bow Bells. Bow Bells in Northern Ireland is one of Cycling UK's Cyclist Café of the Year award winners for 2018 and they've shared a special recipe with us. It's one of their most popular treats on the menu, so why not attempt it at home.

It's a fat-free carb loading recipe and the cyclists who visit the café consume it very quickly, which means it's being baked a lot. The dried fruit is plumped by being marinated overnight and promises to be really delicious. Once the marinating has finished, it's a really quick one to do and a great one to eat during or after a ride.

Ingredients

500ml of brewed tea
1 lb (454g) brown sugar
2 eggs
1.5 lb (680g) sultanas
1.25 lb (567g) self raising flour
1 tsp baking powder
1 tsp bicarbonate of soda
1 tsp mixed spice (optional)

Method

1. Steep the fruit, sugar and tea overnight in a bowl
 2. Heat oven to 160 °C or 320°F or Gas Mark 3
 3. Mix all ingredients together adding a little mixed spice if you'd like
 4. Divide mixture into 2 2lb loaf tins lined and greased and bake for approximately 1 hour
 5. Check with a skewer, then prick with a fork and add a little more cold tea over the loaf when removed from the oven
- Slice when cool and enjoy with a piping hot cup of tea after a decent ride!

Sue Taylor



With thanks to all contributors to this newsletter

Please send your contributions to newsletter@cambridgecc.co.uk