



Newsletter – March 2026

Ladies and Gentlemen

Spring may well have arrived but it certainly didn't feel like it last Sunday when the four of us who turned out for the club run encountered rain and 13-19mph headwinds for 50% of the ride. Mind you, that was an improvement on the week before when Matt and I rode back from Eastbourne into a 30+mph headwind for 81% of the route.

Membership renewals

The arrival of March (I was going to say 'the ides of March but that apparently specifically relates to the 15th March) also means it's now time to renew your club membership. Hopefully you will all have received at least one reminder from Membermojo about this and there'll be another (for those who haven't renewed) at the end of the month. If you don't renew then, your membership will expire and your details deleted, including from our WhatsApp groups.

If you can't find the email to renew just go to <https://membermojo.co.uk/wecc>

If you have previously set a password, you can log in to renew using that but if you've forgotten your password or never set one, use the 'sign in without password' option. You'll then receive an email with a link that will allow you to log in. Please note that you must use the email address that we have recorded for you on the database.

Annual General Meeting

If my math's is correct some 23 members gathered together for this year's AGM at the John Selden Pub. At the end of this newsletter will be a draft copy of the Minutes of the AGM. If you were present and think any amendments are required please get in touch. If you weren't able to attend, please do have a read about what took place.

At the AGM Ian Cheesman, Ken Newton and Mick Irons all stood down after giving many years of sterling service, and for which they all deserve a resounding pat on the back. Phil Frean has

now taken on Mick's role as Membership Secretary, whilst Paul Mendes Da Costa has assumed the role of Treasurer and Ben Cooper and John McGrath have volunteered to be 'general' Committee members. Subsequent to the meeting I am really pleased to report that Liz Billett has also been co-opted to the Committee; nominally as the Social Secretary. We do still have other vacancies, so if you would like to be involved in not only running the club, but also in shaping it's future, please do make contact with me or any other member of the Committee.

A small number of amendments to the club's Constitution were also agreed at the AGM, with the main one being a change to some of the membership categories. We now no longer have a '2nd Claim' category but have created an Associate membership. The latter is intended for current members who have either retired from riding or else have moved away but wish to still hear all the club news. The great news is that there is no charge for this category but if you were formerly a 2nd claim member who wishes to continue riding with the club, you will need to rejoin as a Senior member.

East Sussex Reliability Trial

This event was once a favourite with WECC members and indeed the club won the ESCA Rally Shield several times. This year's event is on Sunday 19th April and we are hoping that we can mount a challenge for this trophy once again. I've included full details of the event with this newsletter. If you are going to participate please also show so in the events section of our WhatsApp Community group.

I should also issue a reminder here, that if you are going to attend any of the other events shown or go on any of the Sunday club rides; it really does help if you indicate so on WhatsApp. Likewise if you have previously indicated you are attending but decide for whatever reason not to, please remove yourself. The beauty of WhatsApp is that it's real-time, so for instance, those waiting at the start of a ride know who they are waiting to turn up.

Cyclo-cross

On the back of the news that the Tour De France is again coming to the UK, there is now more great news that a round of the UCI Cyclo-cross World Cup is going to be held in Glasgow on Sunday 13th December 2026. Tickets will be available through Ticketmaster from 10am on Monday 9th March <https://bit.ly/4r6nAum> so get in quick for what promises to be a pretty unique opportunity to see world class competitors competing in a spectacular event.

CTT South – Assistant Time keepers sought

Last month I mentioned that the Cycling Time Trials London South District were seeking interest from those who would be willing to volunteer to act as Assistant Time Keepers at the events

they run. We have now been notified that they are running two short courses to provide you will all the training you need to carry out this role. The courses are being held on Monday 9th and Thursday 19th March at;

St Paul's Methodist Church
Woodfield Road,
Northgate,
Crawley
RH10 8ER

Springboard Room 2

Doors open at 6.30 for a 7pm prompt start. If interested please contact Su Balcombe via s.balcombe@outlook.com

Cadence Cycle Club

Probably the best chain of coffee stops for cyclists locally, you'll be pleased to hear that their Upwaltham Clubhouse is re-opening on the 30th March – expect to see a P3 Sunday ride to visit there in the near future. In addition, if you get a chance to visit their Partridge Green Clubhouse before 31st March, you can get 50% off your coffee with the attached document, which is a great incentive to head there soon.

And finally

Having recently acquired access to TNT Sports, I have been enjoying watching the early Spring Classics, including today's Strade Bianche race over the 'white roads' of Tuscany; the women's race being particularly exciting with half a dozen riders competing in the final ascent up the Santa Caterina climb to the finish in the Piazza del Campo. I can't help also being amused by the rather clever advert for sponsors, My Whoosh, featuring the great Peter Sagan. For those without TNT, Sagan is cycling on a turbo trainer and says, 'some people pay to ride indoors, but I'm not some people' – referencing the fact that (for now at least) My Whoosh is free for users unlike the other popular indoor cycling apps. Sagan's punch line is 'save your cash for the good stuff', and who can dispute that logic!

Ian



Minutes of the Annual General Meeting held on 24th February 2026 at the John Selden Public House

Attendees – See list at end of Minutes

Apologies for absence received from –John & Shelia Lucas, Jeremy Wootton, John Mansell, Ben Cooper, Rick Hughes

1. Agree the Minutes of the 2025 AGM Minutes. No objections. Agreed.
Adrian Palmer said that the sale of clothing he brought to last year's AGM raised £30 for the hospital his late son-in-law was treated in.
2. Adopt the General Secretary's and Treasurer's Reports. No objections. Agreed.
Tony Palmer asked if the subsidy for the annual dinner extends to guests. Answer, yes it had in past years but no guarantee it will in the future.
3. Agree proposed changes to Constitution. No objections. Agreed.
4. Election of Officers.

i) The following officers are prepared to stand for a further year;

Nathan Gale (Safeguarding)

Dave Wilbor (Runs & Touring)

Ali Weinberg (Web & Media Secretary)

Ian Thomas (General Secretary)

Stephen Summers (Currently Co-opted Chair, is standing as Chairperson)

Phil Frean (Currently General Committee member, is standing as Membership Secretary)

Proposed by Graeme Gill and seconded by Adrian Palmer.

ii) The following members were prepared to stand for vacant positions on the Committee

Paul Mendes Da Costa - Treasurer

Ben Cooper & John McGrath - General Committee Members

Proposed by Graeme Gill, Seconded by Steve Summers

5. The Committee recommended there was no change in membership fees for this coming year. No objections. Agreed.
6. Any other business
 - i) Ian Cheesman said someone would be needed to collate points from TT's & racing events. Steve Summers said in the absence of anyone standing for the Competition Secretary's role Dave Wilbor was prepared to keep them but it did require those competing to notify him of their results.
 - ii) Tony Palmer raised a question about details for the club runs only being on WhatsApp which generated a short discussion but the Committee felt this was the most efficient way forward as it allowed last minute changes and updates. Tony Palmer also asked about a list of coffee stops and Ali Weinberg undertook to circulate a spreadsheet showing those visited.
 - iii) Rob Downham asked if there was any intention to revert back to Washington starts. The answer was no because some members thought it was dangerous to ride up the A24 and there was also the question that being a Worthing based club, we should really start from there.
 - iv) Steve Summers gave a brief update regarding the changes being implemented to hopefully improve the membership experience. He was intending to circulate a report tomorrow with fuller details. The different pace groups were progressing and would hopefully grow as the weather improves. Kelvin Newman said it was useful seeing on WhatsApp who was attending. In response to a question from Rob Downham, Steve said gravel rides would again be scheduled in addition to the group rides. Out of area rides and sportives were being promoted; there was a ride planned in the New Forest this Saturday and the New Forest Sportive in April had generated a lot of entries. Steve also spoke about the proposed Charity fund raising event at Goodwood in June but it did need more people to indicate that they were interested in being involved. Finally Steve announced that our nominated Charity for 2026 would be the Brain Tumour Trust, which had been proposed by Sophie Downham.
 - v) Karl Robertson asked about this year's awards. Steve Summers said a new awards structure was being developed and there was the intention to repurpose some of the old trophies to use for some of the proposed new awards. Karl volunteered to provide a list of all the trophies currently held.

Attendees

Dave Wilbor, Ken Newton, Ian Thomas, Mick Irons, Nathan Gale, Ian Cheesman, Phil Freaan, Mel and Karl Robertson, Rob and Sophie Downham, Tony and Adrian Palmer, Steve Summers, Paul Mendes da Costa,

Emilio Polcaro, Graeme Gill, John McGrath, Nick Adams, Graeme Gill, Ali Weinberg, Paul Fielder, Kelvin Newham.



East Sussex Cycling Association

Reliability Trial

Sunday 19th April 2026

Promoted by VC Merlin

VC MERLIN

The 2026 Reliability Trial for the ESCA Rally Shield will be held over a 48-mile course, with the start and finish at the **Hapstead Hall 13 High St, Ardingly, Haywards Heath RH17 6TB**

Riders can choose one of the three times for the event:

4 hours with the first group off at 8:30am

3½ hours with the first group off at about 9:00am

3 hours with the first group off at about 9:30am

Groups of no more than 15 riders go off at 5-minute intervals to complete the course in the time declared. Start times are approximate and may change depending on entry numbers.

A points system will be run to determine the winning club.

Each rider to validate their ride will score points:

3 hours – 3 points

3.5 hours – 2 points

4 hours – 1 point

The club with the greatest number of points will be declared the winner.

In the event of a tie, the club with the largest number of successful finishers in the shortest combined time will be declared the winner. If still tied, then largest number of successful riders will be taken into account. A final GPX route file will be supplied with the start sheet. The proposed route can be downloaded here: <https://connect.garmin.com/modern/course/428005138>

Please note the organiser is unable to supply technical help with your GPS device

Entry Fee £10.00

Closing Date Friday 10th April 2026

Enter Online Rider HQ: <https://www.riderhq.com/events/p/ykzhywuv/f/esca-reliability-trial-2026>

NB once the order of start has been published riders cannot change the group they have entered, or their ride time, please liaise with your club mates before submitting your entry!

You will be required to sign on no later than 10 minutes before your start time.

At the signing on point you will be given a control card to carry with you during the trial. Your control card **must** be completed with correct answers from the two secret control points and the control card must be handed in **by each individual rider** to the timekeeper/checker at the finish for your official finishing time to be recorded.

Your completed control card will be used to validate your ride and determine points awarded

By signing on you confirm that

- Your name and club have been correctly recorded
- You agree to ride in a safe manner in accordance with the law
- You agree to place no liability on the organiser, ESCA or VC Merlin

The usual rules for reliability trials will be applied

- You must complete the course
- Have your control card completed with answers from secret controls
- Hand your control card in to the timekeeper/checker at the finish to enter your finish time
- Your completed control card will be used to validate your ride
- You may not pass the finish earlier than 10 minutes before your allotted finishing time
- There is to be no racing between riders or teams

Please note only ESCA affiliated clubs are eligible to win the Rally Shield

Organisers: Paul Winkley/Jools Scutter | Email: veloclubmerlin@gmail.com | Tel 07776 137307

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HELLO PARTRIDGE GREEN.

Great coffee, great food, great people and the great outdoors - this is Cadence. We are avid cyclists, walkers and runners building a unique community.

Want to refuel on your bike, walk, hike or trail run?
You'll find your people here.

Come and find us on Bines Road.
Bring this leaflet for recycling and get 50% off
a hot drink (before 31 March).
Open 9am - 3pm daily and until 4pm from April.

cadencecycle.club | [@cadencecycleclub](https://www.instagram.com/cadencecycleclub)

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