

# SOUTHEND WHEELERS

## quickrelease

January 2024



### Welcome

Quickrelease is back. It's here to provide a quick round-up of club news and events in the months ahead. The aim is to publish monthly, or if the content is available bi-weekly. As its still only January this edition is brief - a quick summary of the Christmas TT, details on how to attend the Annual awards dinner, Couch to 10-miles and a few other items.

*Lets get started...*

### Club dinner and awards presentation - 27th January

The Club Dinner and awards presentation takes places on 27th January. If you wish to attend please let our social secretary know by 20th January.

email: [social@southendwheelers.org](mailto:social@southendwheelers.org)

Our guest speaker for the evening is Kate Allan who will be talking about her life in cycling combined with running a business.

### Places to ride

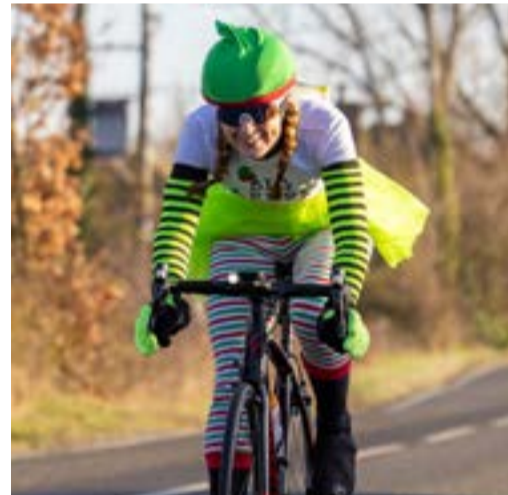
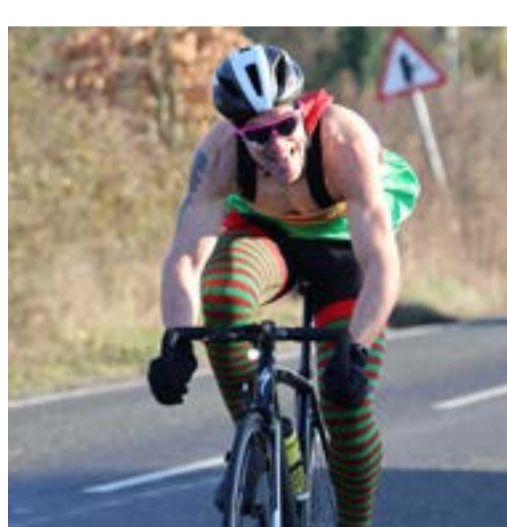


The club coaches will be back in action during the school half-term in February at Garon Park Sports Centre, coaching children between the ages of 10-16.

If you know of anyone who may have a child who would be interested then they can sign up here

<https://www.trybooking.com/uk/CZZT>

### Xmas TT results



The last event of the 2023 season and of our centenary year, was the Christmas TT where many riders took the opportunity to dress up in festive costume, fixing baubles and bells to their bikes and in some cases to their shoes.

First place went to David Pennington (19:42), with second place going to Matt Jones (23:02) and third to Jennie Pennington, who was also the fastest woman on the day (23:44). Youth rider, Charles Langford finished fifth overall (24:19), whilst woman veteran Carol Cartwright set a new age record (26:16).

### Couch to 10-miles



Embark on a 12-week training journey designed to take you from the comfort of your couch to conquering the Easter Egg 10-mile time trial.

Suitable for all levels of cyclist, you will gradually build strength, stamina and confidence on two wheels. This structured approach will help you conquer your first 10-mile Time Trial or help you towards a new Personal Best.

### Event information

#### BBrr - Reliability ride - 11 February

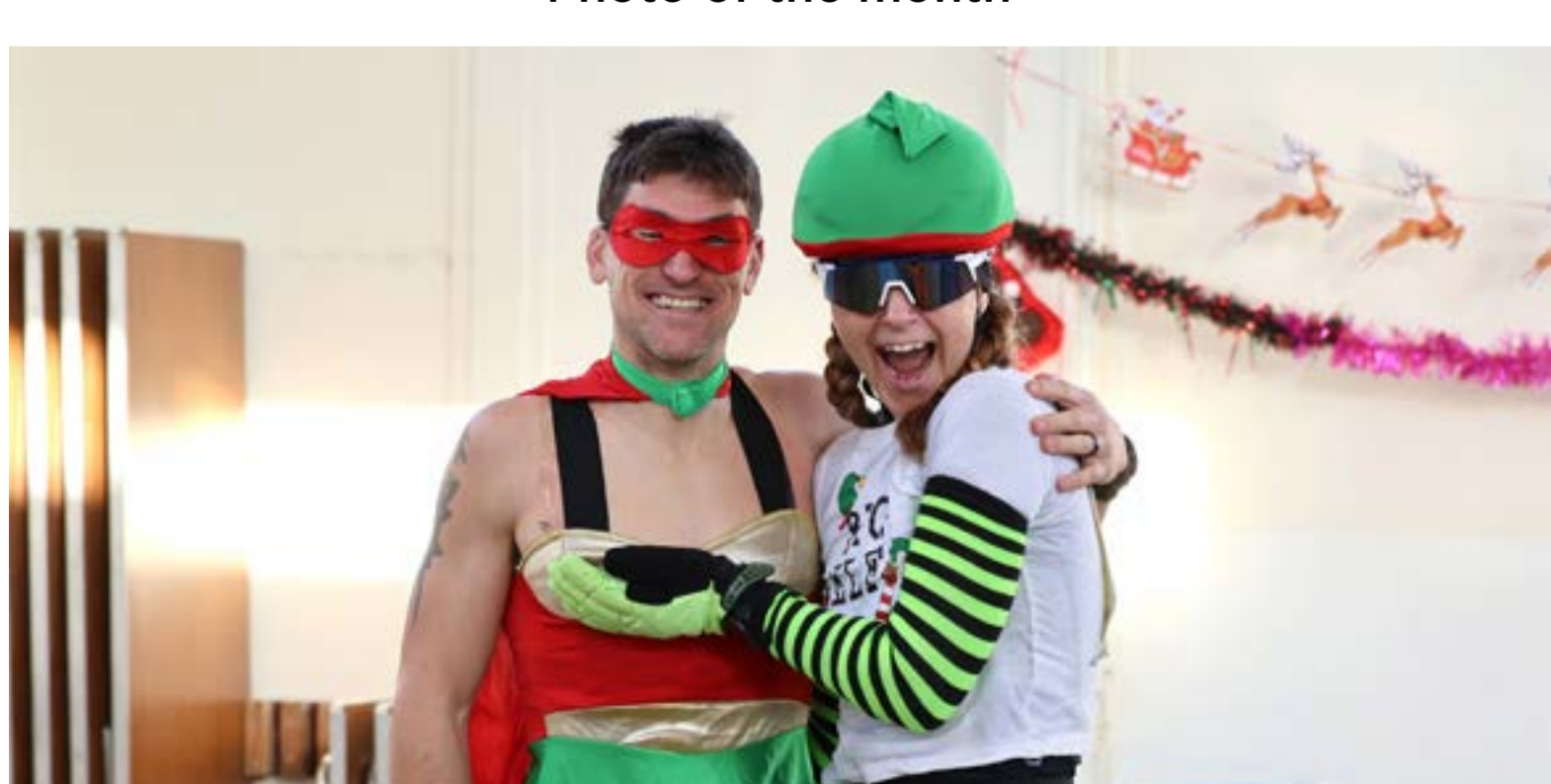
The Burnham & Baddow reliability ride (BBrr) ride takes place on 11 February, starting from its usual headquarters, East Hanningfield village hall. Details to be published soon.

### Club calendar

Looking to plan your year and want to know what's on then head to the club website where you will find the club calendar which is continually being updated with club events, local sportives and other events that may be of interest.

<https://www.southendwheelers.org/club-calendar>

### Photo of the month



If you have a story or news report, send your articles and images to [smith\\_c48@sky.com](mailto:smith_c48@sky.com)