

MTB Ride Leaders Coordinator Report AGM 2021

Covid has had a great impact on our rides this year.

MTB rides were on the calendar as usual until March 2020. This included weekday & weekend Rides. The Tuesday Knights and Thursday evening Pub rides.

After lockdown in June, rides resumed. Monday rides organised by Tony Roswell and Thursday evening Pub Social Rides organised by Kate Carver.

Saturday October 31st a Multiple Group MTB Ride was organised by Dave Sutton and Sarah Winser. With the help of 7 Ride Leaders, 6 groups of mixed ability riders cycled a "loop" locally.

This was a great success and enjoyed by all who participated, despite the atrocious weather on the day.

During restrictions some members and ride leaders formed their own socially distant partners or groups to cycle with. This was supported by the committee.

Members were encouraged to share their lockdown rides on Cycle Seahaven's social media, Facebook, website and of course our quarterly Newsletter.

Some MTB off road rides posted were of our family group members, in their 'bubbles,' enjoying the health benefits of cycling.

All The TtB Ride Leaders are looking forward to the time when rides can resume once again.

Sarah Winser
Ride Leader Co-Ordinator (MTB)

Ladies Rides Report AGM 2021

Ladies Rides are Organised by Ride Leaders Kate Carver and Sarah Winser.

Despite the restrictions during 2020, Ladies Rides have had another positive year.

Due to the popularity of our rides Kate and I decided to advertise them early. In February, we had our Rides organised and advertised on the calendar and website.

These included:

- *Off Road Rides.
- *Road Rides with the help of Carol Bryant.
- *The Davina Ride.
- *Ladies Maintenance Ride, to The Hub, organised with Dave Sutton.
- *Women's Festival of cycling

When restrictions were introduced these were postponed until further notice. Instead, we planned new routes, split into groups and kept rides local. We managed to ride for 6 months during 2020. Visiting local Tea rooms and always adhering to guidelines.

The physical, social wellbeing and camaraderie of riding together, cycling in open spaces, being able to explore our local countryside have all contributed to Ladies Rides being so popular.

I would like to thank you all for your support and look forward to resuming rides when circumstances permit.

Sarah Winser
Ladies Rides