

CSH – RIDE LEADER (RL) MEETING – Mon 9 March 2026

WHITE LION 1900 hrs

Attendees: MG, SW, LV, Jim, Clive, Bob. Dave Gearing. RC

Apologies received from: Dr DT, DB, IW, RL, MB

Welcome and thank you for attending this evening.

Agenda:

1. Calendar Ride Placements

In order for CSH members to see future visibility of rides to happen, thinking was to give more notice on the Calendar. The complete route detail is not necessary, only the type of ride, MTB/Road Grading and type of bike route is suitable.

Action all RL's

2. Minimum RL rides discussion

It was felt rather than name RL they would be contacted to find out if there were specific reasons or if support was required in order to put more rides on the calendar.

Action MG

3. Multi Ride 2026

Looking at Sunday August 23rd.

Action: We need a volunteer to run this event from within the club. Can we put a request out to ALL members, it does not need to RL's. Action DB

4. More weekend rides required.

Action: all RL's to review.

Jim has said he will consider posting his Saturday Recci for Monday rides.

5. Radios

They are still being used by Sarah for WOW rides.

Action: If not being used, to be returned to Sarah W

Roger C will contact Paul Sandles as believed he may have a list of owners.

6. Booster Tetanus Jabs

NICE say a jab should be renewed no less than once every 10 years.

Action: All RL's

7. First Aid Kits

Action: Anyone requiring updates to contact Mike G

What should be in the kit to be circulated.

Action: Mike G

8. Horse Etiquette

Action: Clive to issue a document, *Cyclists and Horses*, to members of the CS Ride Leaders WhatsApp which he wrote for the newsletter in 2018. He hoped it would eventually be added to the Ride Leaders Area on the website.

Also, to issue the link to a Cycling UK video on this subject.

<https://www.cyclinguk.org/press-release/be-nice-say-hi-cycling-uk-and-bhs-guidance-cyclists-and-horses>

Action: Club to adopt the document on the CSH website issued by Cycle UK

9. Bridge over river Hamsey North Lewes, new bike route being planned. Currently with council for discussion.

Action: More information to be collated. D Geering

10. Gravel Bike Routes incl MTB. Laurence wants to encourage more rides on the calendar.

Action: All RL's

11. End of March for Newsletter Spring edition.

Action: All RL's

12. Exeat bridge update.

Nothing currently available.

Action: Iain Cairns to follow up.

13. Gill has accepted the position of Club admin.

14. Reminder that chipped E bike motors are not permitted on club rides.

Terrain and Capability grading table.

Footnote to be added.

It is essential that e-bikes meet all legal requirements, including motor assistance only up-to 15.5 mph.

For MTB rides the rider must consider if their capability aligns to demands of the advertised ride to ensure safety. The extra weight and pace of e-bikes places extra demands on rider skills in relation to agility and breaking, particularly on technical trails.

15. Club Jerseys

Gillets are now available. Roadies Yellow Red and MTB Green Black

Action: D Geering to exhibit at future AGM