

This year, we have continued to enjoy several social events, providing an opportunity for members to come together off the bike. In our monthly socials, we have hosted Lenny Pack from For You Now and learnt about the benefits of alternative and complimentary therapies such as flotation tanks and the cryo chamber, as well as Nigel and Clive from Combat 2 Coffee who shared their charity's story. Our very own Dave Alley delivered a session around running coaching and preparing for such an event and Steve Grimwood hosted another informative evening on wheel building. Thanks must go to Laura Reed for helping to coordinate October's social at ISC and the introduction to Paddel which was great fun and attracted some different members along.

In March, we hosted a successful Awards Evening with 3 course meal and dancing at Hintlesham Golf Club – this venue has been re-booked for next year's annual dinner dance in March, so keep your eyes peeled on the Facebook page for ticket information.

To try and cater for the needs of our members, we experimented with some Summer socials this year – taking our Thursday social evening on tour to venues such as The Bucklesham Shannon and The Golf, where members took part in the weekly quiz. This gave riders the option of riding a Chippy Ride loop before joining us at the social.

Sadly, poor weather cancelled our first planned Picnic Ride to Alton Water – we hope to re-run this in the new year when the weather is looking brighter. We hope to coordinate another trip to the Velodrome in the new year and will promote this as soon as a suitable session becomes available.

As we move forwards, we will be consulting members about their views on the club and the social opportunities provided to ensure we adapt to meet the changing needs of our cycle family.