



Safety Points:

1. On a couple of rides recently riders have reported close passes by cars and caravans. If you want to make a complaint to the Polis about a road user you can call 101 (which often has a long wait time) or submit a complaint via: <https://www.scotland.police.uk/secureforms/contact/>
2. Another point regarding other road users could I remind members NOT TO wave drivers through when on a group ride as we cannot make safety decisions on behalf of others

Congratulations

Congratulations to Gavin Thomas for completing this year's Paris-Brest-Paris 1200km Audax in 74hrs 1 min and 48 seconds. Hopefully Gavin has inspired some more club members to enter in 4 years time when the event is next run.

Club Merch

We have sourced a supplier for Club T-Shirts and Hoodies you should all have seen Ailidh's announcement to [place orders here](#) by Sunday 3 September

2023 TT Series

The penultimate TT took place on 9 August with a packed field confusing the timekeepers! Video playback was used to finalise the results which are now on the website.

The last TT of the year will take place this Wednesday 30 August. Come along and give it a go or shout support from the sideline.

Thanks to all who have taken part this year either as riders, spectators or helpers it has again been a great series. Please join me in thanking Stuart Irvine for putting the series together again this year.

Club Events coming up

Insch CC Audax Saturday 2 September

We will have 50 riders departing Insch at 0730 on Saturday 2 September on the 1st editions of ICCs Audax. Thanks to everyone who has helped get this up and running.

Thanks to everyone who has signed up to ride and/or has volunteered to help man the HQ at St Drostan's and to provide cakes etc; Please join me in thanking this wonderful cast of people who have volunteered to help out either at the control or by provided refreshments for the finishing riders:

Harvey Burnish (aka Bus Stop Bakes)

Will Burnish

Ray and Diane Stirton

Ailidh Hay

Doug and Claire Connor

Brenda Wylie

Alex Johnson

Sue O'Brien

Ingrid Penny

The control at St Drostan's will be open from 0700-0800 and then from 1100-2200 please feel free to pop in and say hello

Autumn Away Weekend – 29th Sept - 1st Oct at Kinloch Rannoch. The cost will be around £185 per person based on 2 people sharing a twin room. Dinner provided at the house with everyone pitching in. There are still a few places available so if you want to go, or to take a non-cycling friend/family member please get in touch with Brenda.

Annual General Meeting – Provisional Date 2 November

Niall shall put out a calling Notice on WhatsApp for the club AGM which shall take place in early November. If you have any questions for the committee or motions for the AGM to consider, please submit these to inschcc@gmail.com ahead of the meeting – please put AGM in the subject heading to make the committee's lives easier.

Please make every effort to attend if you can as it's your chance to provide feedback and a steer for 2024 activities.

Christmas Party Now only 3 months away so please keep Friday 8 December free in your calendars as we will be going back to the Grant Arms for the club Christmas Dinner – further details to follow nearer the time.

OTHER NEWS/Non-Club Events

Looking around the area there are a few different rides that might be of interest to members:

9 September- [The Bealach Mor](#), at 144km, is the bigger brother of the Bealach Beag (78km) which takes place in May. The Bealach na Ba is the UK's biggest road climb with a 626m ascent from sea level in just 10km. It is set in a fabulous unspoilt landscape with outstanding views of the sea and the hills. The Applecross Peninsula is renowned as a gem in Scotland's crown of natural wonders.

16 September – [Tayside Challenge](#) 2 x scenic routes (40 and 80 miles) starting and ending in Pitcairngreen Perthshire

1 October - [Methlick Cycle Challenge](#) postponed from July; Enter via the British Cycling online entry system. Three routes will be available:

- [54 mile gravel challenge](#)
- also a [23 mile mini gravel challenge](#)
- and a [74 mile road route](#) taking in the best of Formartine and Buchan.

7 October – [Kayleigh's Wee Stars](#) now starting from Newmachar and offering a 54 mile route or Kayleigh's Big Star 90 mile route.

7 October – [Mulin Muirs 200km Audax](#) from Newport on Tay

11 November – Moray Poppy Ride

We try to maintain a listing of up-to-date events on the club calendar on the [website](#)

Routine Rides

Sunday – Main Sunday rides at 0745 (14-16mph) and 0800 (16+mph); these rides are typically 50-60 miles in length.

The Returners Sunday Ad hoc rides depart BLC at 0900 or 0930. Keep an eye on the WhatsApp for details.

Tuesday – the ride for the returners group; folks please be courteous to the slower riders on this ride it is a no drop/ no shoot off group (as is the Thursday Intro Ride).

Wednesday 1930 departure from BLC. Tend to be a tad quicker but no one gets left behind (for long).

Thursday - Intro rides for beginners departing BLC at 1900. This is for beginners so can I ask everyone to go at the pace of the slowest rider please. We are nearing the end of the Introductory Ride season as the nights shorten. Rides will probably end sometime before the end of the month and re-start in April 2024. Thanks to Mike for organising the rides once again and for all those who have turned out to support the rides.

Club Communications:

Some club email communication to members is posted via the British Cycling Club Manager App – so please don't delete these as SPAM!

Facebook (please **LIKE; FOLLOW AND SHARE** the page to make sure our posts to get a wider audience) - <https://www.facebook.com/InschCC>

WhatsApp Groups – to get the most up to date information and to sign up for rides please make sure you are signed up to the following Whats App Groups:

InschCC Rides and Announcements – This group will post the club ride sign-up sheets and other club announcements. Only Admins can post here though everyone will see postings. If you have not received an invite to join the group please let us know so we can make sure you are added to get ride notifications.

InschCC Chat – for Cycling related discussion and any questions – please stay on topic though – especially no politics!

InschCC Introductory Rides - Posting and sign up for the Thursday 1900 Intro rides

InschCC Virtual Rides – If you have Zwift and want to join us when the outdoors weather is unrideable then this is a chat group for co-ordinating Virtual MeetUps and our January to March Zwift training sessions – let us know if you want to join this group. For MeetUps you will need to follow Alan Callow in Zwift; this group is usually dormant during the summer months unless we have particularly unseasonable weather.

The Club Website has a lot of useful info - <https://inschcyclingclub.wordpress.com/>

If you have any questions or suggestions about anything in this month's newsletter, please feel free to contact a committee member directly or email Inschcc@gmail.com

Chapeau

Alan Callow

Club Chair