Seacroft Wheelers
Est. 1975

NEWSLETTER #4
NOV 26

* LATEST NEWS *

NIGHT TIME & WINTER RIDING



Biking in the winter requires the right layers, proper bike setup for wet or icy roads, and careful riding tactics to stay safe and warm.

1. Dress in Layers

• Base Layer: Wear a moisture-wicking thermal top and bottom (merino wool or synthetic) to keep sweat away from your skin. Avoid cotton.

• Mid and Outer Layers: Add a thermal jersey or fleece mid-layer, followed by a windproof and water-resistant outer jacket.

• Extremities: Protect your hands, feet, and head. Use insulated, windproof gloves, thermal overshoes or winter boots with wool socks, and a skull cap or buff under your helmet. Do not squeeze too many tight layers on your hands, as restricted blood flow makes your fingers colder.

2. Prepare Your Bike

• Mudguards: Install full-coverage mudguards to block road spray from your ride buddies and keep your back, legs, and drivetrain clean.

• Tires and Pressure: Use wider, puncture-resistant tires (Slightly lower your tire pressure to increase grip and contact with the road.

• Lights: Equip bright front and rear LED lights (500 to 800+ lumens for dark roads) and reflective gear, since winter daylight is shorter and visibility is lower.

• Chain Care: Wipe down your bike and clean/lubricate your chain frequently to protect against road salt and moisture.

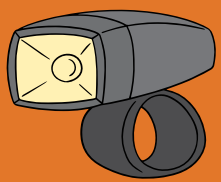
3. Adjust Your Riding

• Slow Down: Reduce your speed, especially around corners, downhills, and junctions where black ice or slush may hide.

• Brake Gradually: Avoid hard or sudden braking that can cause your wheels to skid. Brake well in advance of stops.

• Line of Travel: Ride smoothly and stay slightly further from the curb to avoid hidden debris, puddles masking deep potholes.

• Fuel and Hydrate: You still burn plenty of calories and lose fluids in the cold, so keep hydrated and energy food accessible.





Welcome to the fourth edition of the Newsletter, where we say goodbye to sitting outside and ordering icream and yes to hot chocolate and roarinng fires at the cafe stop, have a read of our Summer of Cycling, Winter Tips, Award Nominations and Racing Update...

SUMMER ROUND UP



August saw 3 club events...
19 club members rode the 2up 10 mile Time Trial 20th V910A Fairburn Joe & Jack fastest in 23m05s.
7 at the 4up 10m T.T. 27th V212 Rabbit Hill *NEW CLUB RECORD*
Jack, Joe, Laurie and Toby (1st club ride) 20m44s well done!
7 at the Hill Climb 29th Stainburn Bank Turbo Beasley fastest Open Wheeler 4m32s Angie fastest female 6m25s (4s faster than her husband Mick 🙂)
Big thank you to all the marshals, helpers, time keepers, organisers.

Sunday Social rides continued throughout the Summer with a fantastic number of riders both existing and new, personally I love the variance in routes, distances and socks. What I lovel most is knowing i'm going to do a ride with like minded people, sharing a love of riding whilst laughing and enjoying a coffee at one of the great cafes we venture to - long may this continue, overshoes at the ready!





Welcome new social ride captain, Daniel Storr



Dan has been a valued member of Seacroft Wheelers for 2 yrs he rides road, off-road, time trials and races cyclo cross, please join me in welcoming him as our New Social Ride Captain. reach out to Dan with any questions here for social ride, routes, leading etc.



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Members Survey

Please spare a few minutes to fill in the members survey for 2026 here. Tell us what you liked/didn't like this year, make any suggestions for activities/rides you would like to see. This helps us to plan for '27





SPOND Tips

See HERE for some helpful tutorial videos on Subgroups, Events and Polls.

How to get FREE membership for 2027

There are several ways to get free annual membership:

*Help at Club Events.
*Introduce someone that joins the club.
*Attend Committee Meetings
*Organise a Club Event.

Without members help the events/races/activities the club organises could not happen. Thanks to everyone that has, it's really appreciated :)
See here for details

Racing Update...



Evening League 25 Wheelers took part, Elaine Kelly wining overall Female, Christine Clubbs 2nd with Dave Meakin and Craig Beasley 2nd and 3rd.. In the road bike category Mel Makin was 2nd pipping Helen Fenton into 3rd by 1 point! Full club results will follow here.

Time Trials Helen Fenton finished 3rd 2026 Yorkshire Cycling Federation (YCF) Points Competition. The series ran over 14 time trial events, with each rider's best seven performances counting towards the final standings.

RTTC National Hill Climb Porlock Toll Road Somerset 25th October, 4.1 miles 5% avg. Craig Beasley (18m52s) and Steve Freshney (27m07s) represented the club in some challenging wind from the storm on the exposed latter section of the course, well done fellas.

Cyclo Cross Yorkshire Championship is underway, unfortunately the clubs round at Temple Newsam had to be cancelled for Storm Boelo. 7 Wheelers rocked up to round 5 at Barnsley 1st November, including Brad in his first race for the club, christened with a bloody nose from an unintentional elbow but that didn't slow him down, welcome 🙂

Annual Award Nominations

It's time to start thinking about your nominations for...
*Most improved male and female rider
*Dave Jakeman award for a singularly fantastic cycling achievment/result
*Club Person of the Year
Click HERE to make your nominations that we will vote on in the new year and will be announced at the Awards Evening 20th Feb. Garforth Golf Club, *Save The Date*.

Coming Soon...

Xmas Party 3rd Dec
Spond Event is live

Festive 50 20th Dec

Annual General Meeting 11th Jan

If you would like anything adding on the next edition of the Newsletter please contact, Louise Fort

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