

Hopwood Ladies Cycling – Newsletter 4 It's still Summer

➤ Step up....Ride leaders needed for the Wednesday rides ☺

The AGM will be held 8th Sept Tues 7.30pm This will be an important meeting as we will be taking votes on the direction of the club and planning great things for the next 12 months where we will need everyone's support to make them a success – so please try hard to attend and help out

News

Our very own Hopwood lady Elaine has triumphed again at the European Triathlon event – finishing 5th in her category



Events List 2015

- **Treat in the Peaks (camping) Helen**
- **50 miles in 4 hrs 15th Aug**
- **Weekend poofle around Ludlow 27th Sept (Pip)**
- **Next Club Meeting September 8th 7.30pm**
- **Beryl November 26th**
- **Christmas Party 5th Dec**
- **100 milers early Sept**

Maintenance Master Class

Anyone want to learn to do more than change A tyre...? Contact Vicky who has kindly offered To run some sessions with small groups

It appears that the Tuesday ladies have the record for the longest Lunch at the Stables... basking in the sun ☺



77 miles from Birmingham to Oxford was a successful but long day – well done ladies

Trek to Ludlow –after a shaky start



... summer in Ledbury



Deb leading us to the Fisheries



Hopwood August Birthday's

No-one.....

If there is anything you would like to share please email TracyMurrall@gmail.com



Health and Safety

....please take care when first using An electronic gadget for directions – always look ahead and glance down to gadget.... And the big metal things on 4 wheels called ...cars hurt If they are bumped into... hence the bruise

