

# Eden Valley Group of Cycling UK - Minutes of E/AGM meeting 14 October Greystoke VH 1400

Agenda items:

Finance summary

Summary of Rides undertaken in the last months CJ

Planning report Nigel L

Festive Lunch

Club Kit

Ride Leader Instructions - modify

Away Weeks/Group Holidays

Weekends

Runs List

Cafe stop locations

Challenge/Reliability rides

5 AOB

Present: Geoff & Eileen A Claire & Mike B Ian Brewis Jen C Steve C John H CJ Michael K Nigel L Ian L Bill O Nigel P Ernest P James R John R Tony S Len W Rachel W

Apologies: Mike Graham Les Meer Jeff Smith David & Heidi Jackson Bill Holmes Keith Smith Anne Faulder

This is a summary of the main points discussed and they may be taken out of order for clarity!!

**Welcome - Alison** the chair welcomed everyone to the meeting and thanked particularly the ride leaders once more encouraging us to complete the rides list by adding as many rides as we can.

**Tony (Treasurer)** summarised the accounts - there is a balance of about £3000 in the BS - thought was given to spending this - Bike boxes, giving to cycling for the disabled were discussed also mentioned were advertising flyers for both organised events and to publicise the club itself. Problem with a charity giving to another unless specific event organised for that purpose.

**Nigel L (campaign and promotions)** Mentioned Slagstones lane development (Strawberry Hill) and the lack of success in demonstrating to the local Council Traffic/Planning board the danger to cyclists on this narrow lane which is also part of Sustrans Route 7. Thirlmere back road was also mentioned. Here at least CUK has mentioned the problem and many local groups are lobbying to have the road reopened. Various other local problems were sited including developments for the Southern bypass of Carlisle and its consequence on the Dalston/Carlisle cycle path. Richard Ingham as cycle mayor of Cumbria might be also be able to bring pressure to bear on these problems.

The number of coffee stops seems to becoming rather limited and **Mike (runs coordinator)** presented a list of cafe stops to put on the runs list and the list was adopted. The possibility of stops at Base Camp/Cocklakes (off A66 or Howtown (in the summer months) to be considered.

**Festive Lunch:** Once again a lunch after the main Christmas period was preferred and lacking any other suggestions it was agreed that Geoff would research '4 & 20' for a repeat of last years which was held on the January 14<sup>th</sup> This year's equivalent is 13<sup>th</sup> which I will research. Keep this free in your diary!

**Club Kit:** Some members have expressed interest - Geoff will enquire about pricing from Imp Sport with particular reference to gilets!

**Ride Leader Info (Mike)** Some apprehension has been fed back from some new leaders at the amount of detail that there is included what with CUK leaders handbook and the numerous documents on the website so Mike has reduced the basic instructions sent out to new leaders to a single page which covers everything that they should be aware of and encouraging them to seek further guidance from other leaders. It is our aim to encourage everyone to lead so that the enthusiasms of every member for particular routes and inclines is shared!! As a futher help it was suggested that past quarters of runs lists be made available via the website which would give more examples of what has been done in the past rather than just a blank sheet.

**Away Weeks (Alison)** The Sill Trip recently was deemed a great success and after some consideration about dates a post Easter trip to Berwick was proposed on the same sort of terms as the Sill Trip.

Runs

**Reliability/Challenge Rides** A consideration of publicity and lead time and that maybe Sunday better at the weekend or the more usual Wednesday midweek. Plan to run again something in May next year.

For **general publicity** - A6 fliers with 'your local Cycling UK Group' and contact information including an iconic picture of cycling in our area. Perhaps a competition for said picture?! Could be dropped at cafes and Bike shops. Two designs One with Blank area for overprinting with event info?

Meeting closed in time to watch the Rugby!

Geoff Anderson - Secretary

attached: Cafe list (MB); CJ Rides stats; MB's advice to Ride leaders; Sheet re Club Kit from ImpSports

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Eden Valley Cycling UK – 'coffee stop review' (updated October 2023)

		Current		Proposed	Comments
First	Wednesday	The Pot Place, Station Yard, Plumpton	01768 885500	The Pot Place, Station Yard, Plumpton	No change Too busy to use on a Sunday
	Sunday	Larch Cottage Melkinthorpe		Larch Cottage Melkinthorpe	Abbot Lodge the alternative?
Second	Wednesday	Lowther Castle cafe		Appleby Hub	Not open Sundays
	Sunday	Acorn Bank National Trust Property, Temple Sowerby		Granny Dowbekins Tearooms, Pooley Bridge	Acorn Bank closes end Oct
Third	Wednesday	Granny Dowbekins Tearooms, Pooley Bridge		UpFront	Granny D's copes well with pressure – could be a Sunday destination? Best avoided altogether in summer
	Sunday	Melmerby Village Bakery, Melmerby		Melmerby Village Bakery, Melmerby	No change
Fourth	Wednesday	Mill Yard cafe, The Square, Morland	01931 714155	Mill Yard cafe, The Square, Morland	Too busy to use on a Sunday
	Sunday	UpFront Gallery, Unthank	017684 84538	Lowther Castle cafe	UpFront to be closed on Sundays from October
Fifth	Wednesday	UpFront Gallery, Unthank		Granny Dowbekins Tearooms, Pooley Bridge	Means 2 visits to Granny D's on the months when there is a 5 <sup>th</sup> Wednesday
	Sunday	Brougham Hall cafe		Brougham Hall cafe	Closed Oct, opening as Fell and Bean early Nov.

### Additional stops

		Wetheral Animal Refuge	01228 560082	
		Bojangles, Appleby	017683 52662	
		Quaker Meeting House Mosedale		Open in July/Aug
		Dufton Post Office		
		Keswick YHA		

## ATTENDANCE FIGURES and STATISTICS : EV CUK EGM – 14 th Oct 2023

### Summary of performance From April 2023 to September 2023

The Active Membership, Attendance and Number of Rides Ridden over this period are listed below : -

Active Members = **63** ( Members who attended at least 1 ride)  
 Total Attendance = **774** ( Ride outings achieved by all members and all guests )  
 Rides Ridden = **122** ( Cat 1 = 52, Cat 2 = 29, Cat 3 = 40, Off Road = 1 )

### Active membership ( Number of EV members who rode at least one ride during the year )

<b>Table 1 – Active EV members over past 10 years</b>										
Year	13/14	14/15	15/16	16/17	17/18	18/19	19/20	20/21	21/22	# 2023
Active Membership	79	86	81	90	96	86	73	19	61	<b>63</b>

# From April to September 2023

### Overall Attendances and Rides ridden

Year	Attendances for all riders ( Inc Guests )	<b>Table 2 - Number of rides ridden</b>					Totals	<b>Comments &amp; Coverage Period</b>
		Cat 1 Self Led	Cat 2 Moderate	Cat 3 Hard	Off Road			
12 - 13	1303	64	35	85	1	185	(	
13 -14	1959	77	25	90	6	198	( 12 months )	
14 -15	1748	104	12	102	0	218	(	
15 - 16	1741	105	33	82	0	220	( October )	
16 - 17	1763	96	62	87	0	245	(	
17 - 18	1471	98	67	67	1	239	( to )	
18 - 19	1388	104	66	62	15	247	(	
19 - 20	682	46	32	32	4	110	( September )	
20 - 21	57	7	2	8	0	17	Covid restrictions & Cuk AGM changes	
21 - 22	937	56	51	56	12	175		
# 2023	<b>774</b>	52	29	40	1	<b>122</b>	6 months	

# From April to September 2023

### Comments

- Active membership was **63** - similar to last year
- Attendances were **774** - 70% of last years attendance achieved in 6 months
- Rides attended were **122** - 80% of last years attendance achieved in 6 months **\$**

**\$** The period between April and September would have been the most active part of the year where attendances would be greatest

- The accuracy of all figures relies on reporting by leaders and the competence of the statistics compiler
- Thanks are given to all leaders for their continuing support with out whom there would be no rides

C.Johnson.

EV Cuk Rides Attendances and Statistics Officer

Rev 5 Post EGM : 23/10/23

PTO / For Individual attendances

### Ride Attendances - Eden Valley Cuk Member Group April to September 2023

1. Figures shown are for the active 62 members who rode at least one ride in the recording period
2. Attendances cover the period 1 st April to 30 th September 2023
3. Figures for lapsed members who attended rides as guests are not shown
4. Figures for new members who started riding officially after 30th September are not shown

Ref	1 st Name	Surname	Rides		Ref	1 st Name	Surname	Rides
1	Eileen	Anderson	29		33	Nigel	Longworth	25
2	Geoff	Anderson	31		34	Ian	Ludlam	17
3	David	Bardsley	2		35	Les	Meer	5
4	Claire	Barron C	19		36	Bill	Openshaw	31
5	Mike	Barron M	24		37	John	Patrick	3
6	Phil	Blanshard	20		38	Chris	Patrickson	5
7	Rosie	Blanshard	16		39	Nigel	Pattickson	22
8	Dallas	Brewis D	11		40	Ernest	Phillips E	6
9	Ian	Brewis I	13		41	Pam	Radcliffe	5
10	Debbie	Butcher D	1		42	Liz	Radford	1
11	Simon	Butcher S	7		43	James	Rawes	22
12	Jennifer	Callis	17		44	John	Roelich	5
13	Steve	Calvert	6		45	Pam	Roelich	3
14	Paul	Cumella P	3		46	Bob	Sharpe	1
15	Steve	Donson	1		47	Gill	Sharpe	14
16	Andrea	Edwards	9		48	Tony	Sharples	14
17	Jane	Fanan	2		49	Adella	Smart	19
18	Ann	Faulder	2		50	Gary	Smart	6
19	Jane	Fenna	1		51	Allison	Smith A	15
20	Colin	Fisher	19		52	Jeff	Smith Je	7
21	Keith	Garnett	1		53	Caroline	Steven	14
22	Kathy	Gibbs	1		54	Ian	Stewart	5
23	David	Harrison D	10		55	David	Thomas	3
24	Bill	Holmes	45		56	Harvey	Thompson	3
25	John	Howell	41		57	Sue	Watson	15
26	David	Jackson	1		58	John	Welch	1
27	Heidi	Jackson	2		59	Ivan	Welsh	21
28	Chris	Johnson (1)	39		60	David	Williamson	1
29	Sarah	Kekus	2		61	Rachel	Wilson R	18
30	Mike	Korner	35		62	Dianne	Young	4
31	Tony	Lake	1		63	Martin	Young	7
32	Christopher	Longrigg	1					



ImpSports:

To current design – costs £82 . 80 min 5 required



## CTC EDEN VALLEY T1 RAIN GILET

THIS PRODUCT IS AVAILABLE DURING AN ORDERING WINDOW.  
PLEASE CONTACT YOUR KIT MANAGER FOR DETAILS OF HOW  
TO ORDER, AND TO OPEN AN ORDER WINDOW.

PRICE BANDING	AT A GLANCE	FEATURES	SIZE GUIDE
BULK ORDER (10-99)	SUPER BULK ORDER (100+)	SMALL ORDER (5-9)	
£82.80	£70.80	£105.00	

PRICE (INCLUDING VAT) PER UNIT. A MINIMUM OF 5 OF THIS ITEM MUST BE ORDERED BEFORE PRODUCTION CAN COMMENCE.

You can see the particulars of the materials etc here

<http://www.impsport.com/custom/products/cycling-garments/rain-gilet-full-back-pockets/>

## **Basic guidance for leading a ride with Eden Valley Group of CyclingUK**

1. You will have completed the entry on the Runs List for publication including likely lunch and coffee stops distance and likely grade (see Web Site, Documents - "Runs List notes on grades"). It is sometimes good to not only check that a venue is open but also to warn them ahead of when and how many are likely to arrive.
2. A few days ahead of the ride date publish further details on the Blog which may include amendments to the ride, route details, wet weather alternatives etc. It may be appropriate to publish further details/changes on the morning of the ride (early 0800) but these should be exceptional.
3. Be at the start ahead of the published start time so that you can get to know who is on the ride and register guest riders (those for whom you do not have ICE details, and those who are not CUK members). Non CUK members are allowed 3 rides before joining.
4. Outline the ride and pace to the group and remind them if necessary of riding etiquette including signals calls and group riding tactics. Choose stopping points carefully and remind riders to avoid blocking roads and junctions.
5. Appoint a back marker so that you can easily see if everyone is present. When ascending and descending it is not expected that everyone will stay absolutely together but on the flats discourage break-aways.
6. When the group is large, special thought should be given to splitting into several units to allow traffic to overtake. When the road is wide enough and the traffic is not too heavy ride in pairs (up to 4) it's safer, more sociable and it saves energy! But if we are in a big group riding in single file because of the conditions then please leave at least a car sized break every 4 so that following vehicles can get past safely. *It should be the responsibility of the fifth rider to draw back from the group to make the space.*
7. At some stage add the names of all who are on the ride to the link "For recording attendees on club rides". Some may join the ride at an intermediate stop and some may leave - all are deemed to have been on the ride! There is a guest rider form available to download on the documents page of the website. If completed this should be returned to the Secretary after the ride.

Mike Barron

(Runs Co-ordinator)