



THE KINGSTON WHEELERS HANDBOOK

CONTENTS

1. Welcome and new member information
2. Volunteering
3. Keeping in touch with the club
4. Club information
5. Ride
6. Trips and annual rides
7. Racing
8. Audax
9. Wheeler Women
10. Club kit and club shop
11. Useful resources



WELCOME

Welcome to Kingston Wheelers Cycling Club (KWCC). We've been supporting grassroots cycling since 1924. We've got a wealth of cycling knowledge - we're very keen to share it and help the sport continue to flourish.

The purpose of this handbook is to help facilitate a smooth integration into our club culture and give you the tools to help you start a successful journey within our community.

All club members should take some time to browse through this handbook and become familiar with its contents.

For new members, it offers guidelines and provides a structure for your first few weeks with the club, whilst you get to know other Wheelers. For longer-standing members, it provides a cheat-sheet to goings-on in the club, including things you might have missed. Give it a read!

It is aimed to be a simple, quick reference guide. You won't find all the answers here, but you will get a pretty in-depth overview of the club.

For the most up to date club activities, the best place is the [KWCC forum](#).

***Please Note - the KWCC Handbook is not replacing any official Club documents such as the [Club Rules](#) and [Club Welfare policy](#).**

CLUB ETHOS

1. We strive to be the most inclusive club in London.
2. We are committed to growing the sport and promote grassroots racing.
3. We support a calendar of events that appeal to cyclists of all levels and disciplines.
4. We foster an engaged community who make an outstanding contribution to their own club and the wider cycling community.
5. We give back to the sport through an active volunteering programme.

NEW MEMBER ONBOARDING CHECKLIST

Week 1-2

- Ensure you have access to KWCC Forum, set up browser notifications and get the Discourse Forum iOS/Android phone app to make browsing the forum on a phone super easy.
- Sign up to the KWCC Strava Club.
- Get access to the Club Routes Library on RideWithGPS.
- Remember to check and be familiar with group riding etiquette.
- Familiarise yourself with our abbreviations, K-ratings and familiarise yourself with our most common meeting points.
- Keep an eye on the forum for Sunday Club Run or Wednesday Night Richmond Park Laps and Pub – this is the best way to meet other Wheelers and ask those newbie questions.

Weeks 5-6

- We are completely volunteer led - many hands make light work, so continue to see how you can contribute to the Club and please look out for volunteering requests.
- Try our training rides, Zwift rides and races - join discussions and social events.

Weeks 3-4

- Look out for opportunities to volunteer – mark your diary!
- Spend some time browsing through the forum – see what tips you can find and what knowledge you can share with others.
- You should now have access to all resources: routes, have a good idea of K-rating speeds and meeting points to start posting your rides – don't be shy!
- Don't forget to order your kit via the KWCC Club Shop.
- Again, remember to visit the forum for rides and social opportunities to meet other Members.

You are all set! Please check the forum regularly and ask any questions there.

2.

VOLUNTEERING



VOLUNTEERING & NEW INITIATIVES

We rely on our Members to help out with all activities and duties the club needs to fulfil to serve its purpose.

Whether this is helping lead a club ride on a Sunday morning, baking a cake, marshalling at road race, organising Zwift events, serving beer at audaxes or being on the committee, everyone has to do their part or the club won't exist.

As with all amateur sports, the Members serve the club as much as the club serves them. Volunteering is great fun, a good way to meet lots of members and to get to know them socially off the bike. Each contribution is valuable and appreciated.

When you join Kingston Wheelers, you sign up and agree to the Members' Terms which require you to volunteer at least once a year to help the club. Kingston Wheelers has a duty to help maintain and develop cycling at a grassroots level. This requires us to put on events such as road races and time trials - not only for our members, but cyclists across the area and country. As one of the largest clubs in the South East, we have obligations to the cycling community in helping maintain and grow the sport for current and future cyclists.

As well as open races, we also put on private events for our membership. These include yearly events such as the race skills day, club TT series, velodrome track days, club championship race, awards night and much more. With such a wide range of events going on, everyone is required to pitch in and help where they can.

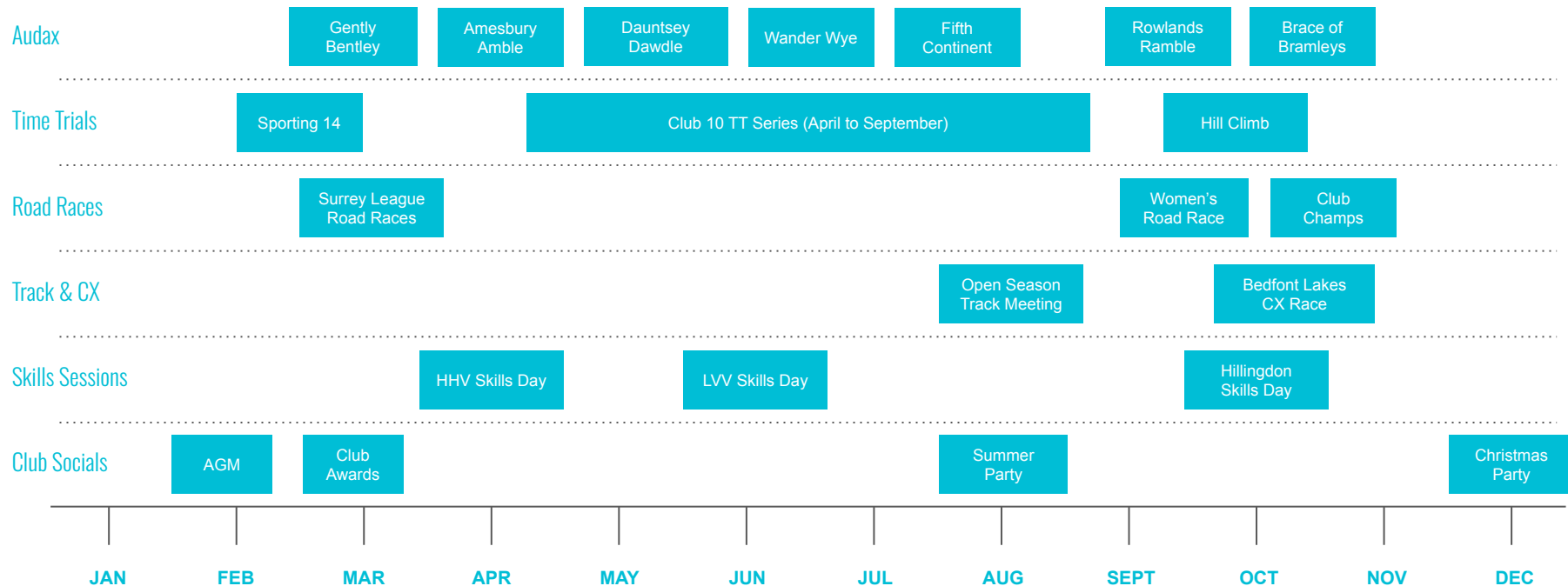
We have a volunteering thread on the Forum with useful information regarding many aspects of volunteering.

If you want the committee to consider something (a new proposal, an improvement to the club) then please write to the committee with a considered piece outlining the idea, the benefits, and how you would like to take it forward.

If you have a great idea then also be prepared to follow it through. After all, the activities listed in this handbook - rides, races, social events etc are run by volunteers/Members = YOU!

Email suggestions to committee@kingstonwheelers.com where the committee will discuss your suggestion and possibly invite you to attend a committee meeting on Zoom to explain it further.

EVENTS CALENDAR



3.

KEEPING IN TOUCH



OUR COMMUNITY

MEMBERS' FORUM

We use an online [Forum](#) as a virtual clubhouse to organise ourselves as this allows all Members to help shape our club. The forum is a well organised platform, it's easy to filter or search sections that you need. There's such a wealth of knowledge on the forum - use the 'search' function for years of knowledge on topics such as mechanical issues, route choice queries, questions about training, nutrition plans etc. The forum is a key instrument in sustaining this club's community.

Aside from logging in via a browser, you can get real-time notifications on your phone and use the forum via the free DiscourseHub app.

1. Search for the DiscourseHub on either the App Store or Google Play store.
2. Click the "+ Add your first site" button
3. Enter forum.kingstonwheelers.com
4. Click the 'Connect' button
5. Click the 'Authorize' button
6. Enter your login credentials

Posts are categorised in 13 categories – anyone can start new thread, you can message individual Members privately or create a group.

WHATSAPP GROUPS

While the forum is the main source of information for the club, we also have several WhatsApp groups for informal chat. Click the below links to join. We ask that rides are posted on the forum rather than arranged in private WhatsApp chats to ensure KWCC rides are open to all members.

[Join the KWCC WhatsApp Community here](#)

Links to individual groups: [KWCC Racers](#) - [KWCC Zwift](#) - [KWCC Time Trialling](#) - [KWCC K4 Bumblers](#) - [KWCC Wednesday Night Park Laps](#)

STRAVA CLUB

Request to join [KWCC Strava Club](#). There is a [forum thread](#) where you can also flag that you requested to join for quicker approval.

NEWS & SOCIAL MEDIA

NEWSLETTER

The Club newsletter is published monthly on the Club's website and is distributed to Members via email. It provides more information on goings-on in the club, and forthcoming events both racing and social. We are always looking for interesting stories - please contact Caroline Hemmington (membership@kingstonwheelers.com) to submit information for inclusion in the Newsletter.

SOCIAL MEDIA

Like most other clubs we have found social media is a great way to connect with new and existing members and help support events in the cycling community. You can follow us on the channels below and do tag the club and use the hashtag #kingstonwheelers when posting your rides. When using social media in a personal capacity, please remember that you are a representative of the club and should act accordingly.

[Instagram](#)

[Facebook](#)

[Twitter/X](#)

[TikTok](#)

WEBSITE NEWS

You can find regular write-ups from races and events by our Members on the [news section](#) of the website. We love to hear your stories, so if you fancy writing a few words from a trip you've taken or epic ride you've done, please get in touch with Harry Bunnell (harrybunnell@gmail.com) who will help get it published.

4.

CLUB INFORMATION



KINGSTON

WHEELERS

CLUB INFORMATION

K-RATINGS

We aim to make it as easy as possible for Members to find rides at the pace they are looking for. We use K-rating system (K for Kingston) to indicate the approximate pace and level of effort required for a ride. All rides are 'no-drop' group rides - we look out for each other. If the group splits, let the ride leader know and the group will wait. The only exception to this are K1 training rides.

K-Rating	Description	Estimated Average Speed	Notes
K1	Training Ride/Race Pace Training	Over 21mph/34kph	Usually road racers/time trialists or those who want an intense workout. Unless otherwise specified by the ride organiser, K1 rides are the only 'drop rides'.
K2	Strong & Pacy But Sociable Ride	Flat: 18-21mph/30-34kph Hilly: 17-18mph/28-30kph	Fast club run pace, some hard efforts but also time to chat.
K3	Standard Club Run pace	Flat: 16-18mph/26-28kph Hilly: 14-16mph/24-27kph	Very social!
K4	A gentle sociable ride	Flat 12-16mph/20-25kph Hilly 11-14mph/18-23kph	Nice n' easy!

NOTES AND TOP TIPS

- As a general rule, the more you cycle with other Members, the more you get to know their style of riding. You'll get used to what to expect from a rating and how it transpires to the rides that are hilly / flat / short /long etc.
- Some rides may be additionally labelled "Fast" or "Easy" to indicate the upper or lower end of that rate or added decimal places – like K1.5, K2.5 etc
- The above is intended as a guide only, and will be affected by distance eg: a K2 of 50 miles will usually be faster than a K2 of 100 miles
- We do recommend that you join social Weds laps and take the opportunity to chat with other Members about their experience.

CLUB INFORMATION

MEETING POINTS

Our rides usually start from Laithwaite's (LW) but we often use other meeting points in and around Kingston.

Meeting Point	Acronym	Location
Laithwaite's Wine Surbiton	LW	78-80 Portsmouth Rd, Surbiton KT6 5PT - Pin
Market Square, Kingston	MS	Market Pl, Kingston upon Thames KT1 1JT - Pin
Old King's Head	OKH	1 Hampton Ct Rd, Hampton Wick, Molesey, Kingston upon Thames KT1 4AE - Pin
Angel Inn/War Memorial	War Memorial	Angel Inn, Angel Rd, Thames Ditton KT7 0AU - Pin
Esher/Old Costa Coffee		3 High St, Esher KT10 9RS - Pin
Kingston Gate, Richmond Park by fountain	Kingston Gate RP	Pin
Pen Ponds Car Park, Richmond Park	Pen Ponds	Pin

CLUB INFORMATION

Club Route Library

You can access Club Route Library via RideWithGPS. If you are a new user, you will need a RideWithGPS account and we will need to authorise you on RWGPS,

You can find most of our regular routes for club rides by [logging in to the KWCC portal](#). This will allow you to get related routes to some of our better club rides including routes to Kent, and the Chiltern hills.

A few example routes:

[2 Hills - Effingham/Box](#)

[Windsor Bun Run](#)

[3 Hills - Staple Lane, Crocknorth, Box](#)

[Tanhouse Farm Shop](#)

[Twyford](#)

[Chilterns](#)

Rider safety and etiquette

- KWCC has a long and established history. Be aware that when you or others in your group are riding in club kit you are an ambassador for the club.
- Please be courteous to other road users. We all encounter inconsiderate or dangerous driving, but try to avoid getting into confrontations with drivers, partly for your own safety.
- Please ensure you call out potholes and other hazards in the road. You'll avoid wasting time waiting for your fellow riders to repair punctures and you could prevent a serious injury.
- Please ensure you are in control of your bike at all times. Please do not deviate from your line, ride erratically or brake suddenly.
- Horse Riders are vulnerable road users too. The sound of a noisy freehub can startle a horse, so please give them plenty of room when passing and keeping pedalling as you approach.
- Half-wheeling is the practice of nudging ahead at the front of a group, forcing the rider next to you to speed up and increasing the pace of the entire group. Don't do it!
- Cyclists have a tradition of acknowledging each other when out riding. A simple nod or raise of a hand is considered good etiquette.
- If you see another cyclist in difficulty or dealing with a mechanical, please offer your help.



RIDES

CLUB RUN

Sunday Club Run

The highlight of the week is our Sunday Club Ride. We ask Members to advertise their intended ride on the Forum and give all Members opportunity to sign up through the Google sign-up Sheet. We have a range of rides available at a variety of speeds, and almost always have a midway coffee stop.

We want everyone to have a safe and enjoyable ride and this depends on having some organisation and a few simple rules in place:

- **Advertising the ride:** all our Club Rides are led by Members and anyone can post a ride on the forum.
- **Sign Up:** The Google Sheet for sign-up is made available on Forum mid-week - please check forum regularly for details. For reasons of safety, the maximum number of riders per ride is 12.
- Rides tend to be posted between **mid-week and Saturday**. Keep an eye on the 'Rides' section on the forum.
- **Speeds:** Our Members post a selection of rides that differ by speed and distance, details are included in the sheet.
- **Meeting Point:** Sunday club ride typically departure from LW (Laithwaite's) at around 8:00 /08:30, however there are some other meeting points that our Members use regularly.
- The last Sunday of the month, we organise a '**Shout Out**' where no sign up is required.
- **Gravel/CX/MTB:** Though the majority of our rides are road, we have a healthy and growing community of off-road riders leading rides on the rough stuff

LEADING RIDES

Leading a club ride is a key volunteer role in the club - organising a group ride should not feel like a daunting task. The role of ride leader involves:

- Design the route and decide if there will be a cafe stop
- Advertise ride on Forum for other Members to join
- Share the route details with other Members and provide K-rating average speed
- On the rare occasion where something goes wrong on a ride, communicate this back to the committee

CLUB RUN AND PARK LAPS

Members taking part in club rides should:

- Download the route, or if this is not possible make themselves familiar with it before the ride
- Always remember the Highway Code, rules, regulations and laws of the road apply.
- Look out for each other and call stops where required, e.g. punctures/ top of hills to regroup etc.
- Be responsible for your safety and those around you. You are expected to be self-sufficient, with suitable clothing, drinks and food, your bike in roadworthy condition and carry spares to get you home.
- Share the 'work' in the ride group - a ride leader is NOT expected to sit on the front of the group all ride
- Communicate well with each other e.g. single file, hole, car up, mechanical.
- Always try and ride with a group that goes at a rate you can sustain over the entire route. The Club has a number of ride types, so please choose the one that best suits your ability and fitness.
- Enjoy it!

Wednesday Night Richmond Park Laps & Pub

From April to October, we run weekly social laps of the park, ending at the Queens Head pub for a drink and a chat. These rides are a lot of fun, and very popular.

- **Sign Up:** no sign up required, just turn up.
- **When:** Wednesday evening /18:30 or 19:00 hrs depending on daylight. From April to Oct weekly and weather dependent during other months. Keep an eye on the forum for notification...
- **Speeds and Distance:** we split into groups with K-ratings in mind, but the idea is to keep the group together.
- **Meeting Point:** Pen Ponds Car Park in Richmond Park
- **Post-ride meet-up:** Queens Head from 20:00

SATURDAY RIDES

Saturday Rides, Watts for Breakfast/ Back for Breakfast (B4B) and Back for Breakfast 'Lite'

Our early morning Saturday rides have become hugely popular recently, and we now have various groups meeting at 6:30 for sunrise spin with a post ride coffee in Kingston – see detailed guidelines for speeds and abilities. Not an early bird? Don't worry - for those that prefer later starts, longer rides and midway coffee there are usually few other Saturday rides at different paces – keep an eye on the forum. As an incentive for dragging yourself out of bed, the B4B rides end at the Terrace Cafe in Kingston, which gives KWCC members 10% discount! Sign-up for all of these rides is via the forum - keep a look out for the relevant thread.

Back For Breakfast (B4B)

Every Saturday at 0630. Non-drop, fast K2, various meeting points.

[Guidelines](#)

Back For Breakfast Lite (B4B Lite)

Every Saturday at 0630

Non-drop – K2.5

Intended as a stepping stone for those that want to progress to B4B rides

Watts For Breakfast

Every other Saturday at 0628

K1 Training Ride, riders expected to people able to make their own way home if dropped

[Guidelines](#)

Not an early bird?

There are often Saturday rides leaving between 0800-0900. These tend to be longer rides (100km+) across a variety of paces but if you build it, they will come. Again - keep an eye on the forum.

TRAINING RIDES

All our training rides are organised by Members and take place throughout the week. Below is the list of those that became popular and take place weekly at various points in the year - sign up via the relevant forum thread. There are also ad-hoc rides that are posted on the forum by members - if you want some company on a Saturday, please post your ride on there too.

2 hills mid-week training ride

From April to Oct,

Tues & Thurs – 18:25 hrs for 18:30 roll out meeting at LW.

K1-K1.5 Race Pace, drop ride.

[Route](#)

Early Risers Training Laps

May-September

Weds – 6.10hrs for 6:15 roll out meeting at Kingston Gate, RP

3x anticlockwise laps at K1 pace, drop ride. If you are late, go clockwise until you find the group and try to jump on.

Early Risers Chaingang Practise

May-September

Tues - 6.00hrs for a 6.05hrs roll out meeting at Costa in Esher

K2, open to everyone including new and experienced riders

[Route](#)

Winter Loop

October-March

Tuesdays - 1940 OKH (though can also be Wednesday or Thursday)

K1 fast group training ride on well-lit, wide roads. Drop ride. Sign-up via the forum.

[Route](#) - [Ride etiquette](#)



TRIPS AND ANNUAL RIDES

TRIPS AND ANNUAL RIDES

Trips

Over the years Members have organised number of trips and tours - including London to Paris, training camps in Mallorca, Nice, Sicily and Andalucia, trips to the Isle of Wight, jaunts to the Alps, international sportives including Strade Bianche, LBL and Tour of Flanders plus many other adventures.

Got an idea – post on the forum, no doubt you will find some like-minded Members to plan the new adventure with. It can be as simple as posting “I’ve booked a trip, we’ll be staying at this location on these dates - anyone want to come?” - no need to organise a full itinerary (unless you want to, of course).

Annual events and rides

Annual President’s Ride

Once a year in September or October, the club convenes to run on the President’s Ride where the club stumps up the cost of a coffee, cake and even a bit of hot grub at the cafe stop. In recent years this has been Tanhouse Farm, but we’re looking to mix it up a bit in future. It’s a great chance to connect with club members new and old and say hello to as many as you can. Usually, we have several rides going out for different speeds and distances. Aim is to arrive around 11.00 and head on home by 12.00.

Watch out for notices on the forum for dates & updates.

Festive Club Run

Dig out the festive outfits, strap the Rudolf to the handlebars and wrap those fairy lights on the top tube - it’s Christmas! Mince pies, coffee, and mulled wine on the club – we usually book a place with plenty of seats and heaters. Look out for details on forum.

Summer Solstice Ride

A few of our Members head to Brighton on the summer solstice each year to take advantage of the longest day. Meeting at LW at 5.45pm with the aim to be at Devil’s Dyke by 9pm for sunset and home by midnight. This is more recent addition to our calendar, but we hope to grow it. Timings mean that it’s K2 pace, around 100 miles all in. Bring lights!

7.



RACING

RACING

Kingston Wheelers is not a race specific club - however, the club does and always has supported racing and we have many members ready to put a number on their back and race for the line in road races, time trials, CX, gravel, MTB and track. As we have over 500 members, you're never too far away from a current or former racer.

Guidance on racing itself can be found on the British Cycling website. The club runs ad hoc racing socials where racing matters can be discussed and questions asked. These events often include current members who race as well as those who have 'hung up their wheels' but are willing to share their advice'.

Road Racing Licence Categories Explained

https://www.britishcycling.org.uk/road/article/roadst_road-categories_classifications

Road Rankings Explained

https://www.britishcycling.org.uk/road/article/roadst_National_Regional_Rankings_Explained

We also have a [KWCC Racers WhatsApp group](#).

Race Preparation Skills

Each year the club hosts a wonderfully run and welcoming 'Skills Day'. This is not just aimed at racers, it provides invaluable training to prepare you with the necessary skills to ride and race in a group safely and confidently. For more info see [this post](#) on our website.

From time to time training sessions are run by third parties at convenient locations for Wheelers. These are normally posted on the forum but some to look out for include:

- Herne Hill Road Crit Sessions (includes women's only sessions)
- Cyclopark Training Sessions (Gravesend, Kent)
- Bovingdon Bomber Intro Sessions (Bovingdon, near Hemel Hempstead)

You can also pay to ride the Lea Valley Velodrome Road Circuit, which is used in several circuit races throughout the year.

As has been mentioned in the 'Rides' section, there are fast group training rides going out year-round: Watts for Breakfast, Early Risers park laps, the 2 hills training ride and the Winter Loop. These rides are the places to hone your skills.

RACING

Surrey League

We are affiliated members of the Surrey League Road Race Series, meaning that any racers for the club are eligible to partake in this series of Road Races. These are usually 3rd Category and above, so you will need to progress through 4th Category in races at Hillingdon, Cyclopark or Lea Valley to get enough points for promotion to 3rd Cat.

Road Races are run on a “partially closed” basis; lead out cars drive ahead of the racers with Accredited Marshalls on the course legally halting any passing traffic, allowing races to run smoothly (noting that you still have to stay on your side of the road!)

As part of our affiliation to the league, we usually organise/ host one or two races a year. If not racing, this is an excellent opportunity to volunteer and help give back to the local grassroots scene.

More information can be found here: <http://www.surreyleague.co.uk/>

Time Trials

We have a healthy time trial scene in the club, with members entering open events up and down the country on any given weekend. You don't need a license for Cycling Time Trial (CTT) events, just look for events and sign up via the [CTT website](#).

Between May and August, we run the bi-monthly Club 10 ten mile TT on the [G10/42](#) course near Dorking. This is a super-inclusive, welcoming atmosphere and is an ideal event to try TT for the first time. Look out for details on the forum. We also run the 13.2 mile Gil Jessop Sporting 14 TT in February, and the John Bornhoft Memorial Hill Climb in September.

Cyclocross

When the air gets colder and the ground gets muddier, some members dust off their CX bikes and get down and dirty in the popular and inclusive local CX racing scene. The season runs from September-February, check out <https://centralcxl.org.uk/> for details of local events.

RACING

Club racing events:

- **January - KWCC Tour De Zwift Stage Race:** Piggybacking off the annual Tour de Zwift, start the season with a bang by battling your clubmates across 5 stages with stage-by-stage result updates and virtual jerseys awarded
- **February - KWCC Gil Jessop Sporting 14 TT:** A historic season-opener, the ever popular Sporting 14 sees the brave racers take on the February chill on the [Hungry Hill circuit](#). Separate TT bike/road bike categories so you don't need to join the aero arms race.
- **March - KWCC Surrey League Road Race:** As part of our affiliation to the [Surrey League](#) racing series, we organise two local road races. The March race is the first, and has been held on the [Dunsfold](#) circuit for the last few years.
- **May - KWCC Surrey League Stage Race:** The second race we organise as part of our affiliation to Surrey League; usually as part of a three day series over the Bank Holiday weekend.
- **August - KWCC Open Season Track Day:** Our annual track meet at Herne Hill Velodrome with racers from all over the South East and beyond competing for glory (and prizes).
- **September - KWCC John Bornhoft Memorial Hill Climb:** The leaves are turning, the season is winding down but for some, it's only just getting started. It's hill climb season, so take those bottle cages off and try your luck on the (usually) sun-dappled slopes of [Leith Hill](#).
- **September - KWCC Maria Thompson Memorial Road Race:** Our annual women's road race takes place on one of the regional circuits south of London each year.
- **October - KWCC Club Championship:** As a season closer, we take over Hillingdon to duke it out amongst ourselves for the coveted Champion's Jersey. There's a Go Race for those new to racing, and both men's and women's races.
- **October - KWCC CX race:** We host a cyclocross race at Bedfont Lakes in Feltham as part of the Central CX League. It's a major operation to setup the course so it requires a lot of help, but it's very much worth the effort for the packed fields it always receives and opportunities for different categories to race. It's a great first race if you want to try CX!

8.

AUDAX



Audax - for those who want to ride a little bit further...

Kingston Wheelers have a legendary Audax community (KWAC - Kingston Wheelers Audax Chapter) who organise a full calendar of well attended and regarded events throughout the year

What is Audax?

Audax UK is the national long distance cyclists' association. Generally these 200 km+ rides are organised under specific international rules. You don't have to be a fast rider to complete an Audax event because the aim is to finish the event within a certain time rather than get round as fast as possible. For example, maximum and minimum speeds are usually 15-30 km/h (approx. 9-18 mph), so for a 200 KM ride you are allowed up to about 13.5 hours.

Ride lengths are set at 200km, 300km, 400km, 600km and beyond (the most famous UK event is the London Edinburgh London event which requires riders to complete 1500 Km in about 96 hours. You can find out more general information on the comprehensive Audax UK website together with a calendar of upcoming events all around the country.

Kingston Wheelers Audax Events

Our rides all start locally within the Kingston area and each ride is planned and checked by the KWAC team every year. Riders get to see some fantastic scenery and experience some of the best roads in the South East (and beyond). All rides are catered so participants are treated to decent food as well as a warm welcome when they finish. Here is our calendar to give you an idea of the kind of rides we put on:

Sun 17 March – Gently Bentley 200km - an early season ride out toward the Chilterns, returning via Hampshire

Sat 27 April – Amesbury Amble 300km - possibly our most iconic ride out to Amesbury via Porton Down and Salisbury Plain (watch out for tanks!)

Sat 18 May – Dauntsey Dawdle 400km - Westward ride out via the South Downs to Cirencester and back via Oxford and Henley

Sat 8 June – Wander Wye 600km - a 2 day jaunt into Wales which includes an overnight sleep control in Chepstow

Sat 13 July – Fifth Continent 300km - a hilly excursion down to the Kentish coast

Sun 1 Sept – Rowlands Ramble 200km - another hilly ride down to the south coast taking in the Surrey Hills (twice) and the South Downs

Sun 20 Oct – Brace of Bramleys 200km - the season finale - a flat (ish) ride out west and back

Get Involved

You can sign up to events via the Audax UK website but there is always a lot of activity on the club forum if you have any questions or are in any way 'audax curious'. In addition if you are interested in volunteering at or with organising events the KWAC team are always happy to have more helpers - again the best way to get involved is via the forum

9.



WHEELER WOMEN

WHEELER WOMEN

KWCC is a club that is committed to championing diversity, equity, and inclusion within our community, and the sport of cycling. We are proud to be a club that offers people with diverse lived experiences the opportunity to cycle together. We also recognise the need to support certain groups so that they get the most out of their club membership. As a member of our Wheeler Women community, there are a few quick things you can do to accelerate your sense of belonging:

- Join the Wheeler Women WhatsApp group. While the club encourages us all to communicate via the forum, we've found this isn't always practical for time-poor women. Our WhatsApp group allows us to communicate ride opportunities quickly and effectively, ensuring maximum participation. Scan the code to join now!
- Connect with a buddy! Once you've done your new joiners ride, if you'd like further support, we can pair you up with a buddy – a Wheeler Woman who has been cycling with KWCC long enough to know the ropes. Your buddy will help you get out on rides in the early days of your membership, navigate the forum and answer any questions you have about life as a Wheeler Woman. We have several women ultra-endurance riders and racers in our ranks too, so if you are training for a particular event or have specific cycling ambitions, let us know when you sign up, and we can find the right buddy for you! To be connected to a buddy, email Jo Reynolds (jodyhatter@gmail.com) or Kat Alty (kalty5282@gmail.com).
- Join us at an 'Ask Anything' event! We host regular evenings aimed at bringing the Wheeler Women together to socialise and gain important cycling knowledge and skills. We cover bike maintenance, racing, nutrition, and self-care, so keep an eye out for posts about events in the 'Wheeler Women' area of the forum.
- Join us on our regular 'Women-Only' rides. While we all enjoy cycling with other members, sometimes it's nice to spend a bit of time on our bikes with each other. We try and offer a 'Women-Only' ride option at all our established rides on a rotational basis, meaning we have a 'Women's Only' ride going out most weeks.
- Visit the forum regularly! There is no substitute for being up to date with forum chat and to support the Wheeler Women, we have a dedicated section which is visible only to those who identify as women. We post all our rides and all our events in this section of the forum and it's the place to go for all the things that makes the KWCC community so unique.
- The Wheeler Women are here to ensure you find new friends, make great memories and fulfil all your cycling ambitions and we are really happy you've joined KWCC!



10.



CLUB KIT AND CLUB SHOP

CLUB KIT AND CLUB SHOP

Our Club kit is designed in-house by committee member Neil Grunshaw. It's made exclusively for us by Le Col Custom.

We offer wide range of kit and sizes for all weathers and seasons. We have jerseys in both white and dark blue. The main KWCC kit is white - this must be worn for road racing as we can only have one kit registered with British Cycling. The blue 'reverse' or 'away' kit was designed for use in winter, out on those wet rides and to give members more choice.

Please speak to our Kitmaster Sam Sneyd for any queries you might have via the forum. For any women's specific queries please reach out to Abby Dickens. Some items will be in stock, others might be subject to a pre-order window. Please remember custom kit is not the same as buying directly from Le Col - it's made to order. The club keeps prices as as low as possible for members. We believe it's high-quality kit for a fair price. Delivery of in-stock items is usually very fast.

We occasionally offer special-edition kit as a one-off pre-order. Details will appear on the forum if we're going to do a run of a special jersey.

[Click here to access the club shop.](#)

Password: Wheelers1924

11.

USEFUL RESOURCES



ABBREVIATION AND SLANG

We've been around for 100 years, during which time we've developed our own vernacular. This can be confusing to new members, so here's a list of commonly used slang and abbreviations that you may here on rides or read on the forum:

2 Hills - A club classic. Usually taking in Effingham and Box Hill (or Juniper).

3 Hills - Another club classic. Usually taking in Staple Lane, Crocknorth and Box.

3/4/5 Witches - Routes out via the short hills of Egham

B4B - Back for Breakfast. Ride for early risers on a Saturday morning.

BBNBO - Brisk but not balls outs (eyeballs rather than other kinds of balls).

Bun run - usually a fast ride to Windsor for a cinnamon bun

DV - Dittons Velo. Club in Thames Ditton

East Surrey bastard - 3000 ft of climbing in about 25 miles from LW

Eghamberg - hill in Egham which used to be a rite of passage for all new members.

K1-4 - The K ratings which determine the speed of the ride. 1 is fastest, 4 is slowest.

KW - Kingston Wheelers

KWAC - Kingston Wheelers Audax Chapter.

MS - Market Square. The term incorrectly used to refer to "Kingston Ancient Market Place". Usual meeting point is outside the Druid's Head.

LBL - Laithwaites-Brighton-Laithwaites

Little Flanders - Tumber Street/Slough Lane in Headley.

LD - London Dynamo. Various other monikers available.

ABBREVIATION AND SLANG

LW - Laithwaites wine in Surbiton. Meeting point for most club rides.

NKR - New King's Road

OKH - The (now closed) Old Kings Head pub in Hampton Wick. Meeting point for rides out west.

PBP - Paris Brest Paris, the blue riband event of Audax

POP - Plateau of Pain. Evening hill-rep session in Richmond Park.

Recovery Ride - Used by ride leader in advance of a ride to denote a slower pace.

RP - Richmond Park.

Short Lap - Heard on Weds nights. "I'm dressed for cycling, but I'll be in the pub in 15 minutes."

Squirrelgate - infamous incident involving a squirrel.

Training Ride - Usually a fast K1 ride ridden in a paceline.

URR - Upper Richmond Road

Wimblebergs - 10 mile hill-climbing route in Wimbledon.

Work Dodgers - various, idlers, shirkers, work shy layabouts who meet at 10.00 for a weekday ride.

KWCC COMMITTEE

The club is managed by the KWCC committee, a group of volunteer members who keep the wheels turning behind the scenes.

Contact the committee either via the forum ([search for KWCC Committee](#)) or via email at committee@kingstonwheelers.com

Club President - Derek Griffiths

Club Chairman - Tim Lawn

Membership Secretary - Caroline Hemmington

Treasurer - Hans Svendsen

Road Race Secretary - Phil Feather

Time Trial Secretary - Adam Bidwell

Audax Secretary - Chris Campbell

Welfare Officer - Matt Craig

Kitmaster - Sam Sneyd

Design & Creative - Neil Grunshaw

Alice Lethbridge

Aidan Culhane



SEE YOU UP THE ROAD!