



Hello and welcome to the new BCC newsletter!

A monthly communication to let you know about the latest happenings, events, and what some of our BCC riders are achieving.

With 260+ members strong, we hope even more of you will come out for races, club rides, and social events in 2023.

Winter Sun Week in Spain

Members have just arrived back from another incredible week in Mojacar. This is the fourth year, David Stoye has arranged location, epic rides, and activities. A record 42 members were there. The highlight of the week was the Alto de Velefique climb (13 km with an average gradient of 7%). Next year's Winter Sun week is already in the works.





Pre-season Social and Awards Event - Friday, March 31st

Mark your calendars. Our BCC awards night and pre-season social event is happening this month on Friday, March 31st, starting at 7:00 pm. It will be held again at **The Moorfields Pub, 73 Third Avenue, Bath, BA2 3NZ**.

To get the social going...come and have a drink on the club! Dinner will also be available from the pub menu.

Most importantly, Hilary Oliver, Peter Brookes, and other committee members will present award trophies to the outstanding BCC riders of 2022.

The winners are still a secret, but just to say the cycling achievements are impressive.

Look forward to seeing you there. Please sign up on the BCC ride app. Space is limited.

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Each month in our newsletter, we hope to regularly highlight one of BCC's outstanding members, their cycling wins, and a bit of their story. First up....

Tempest Trophy winner of 2021 (& 2018) and National Women's Time Trial 12 hr Champion

Kim Barfoot-Brace



Kim has always been a keen runner, but her biking start was in 2015 when Pete Brown (of BCC) persuaded her to enter an event, she borrowed a bike and was instantly hooked.

In 2017 on her Cycle2Work scheme bike, she entered the Edinburgh Castle to Ben Nevis Scottish Duathlon (155-mile ride and climb of Ben Nevis up and down). She amazingly placed no. 2 in the female category - finishing in 19 hours and 47 mins.

In 2018, Kim decided to move on to Ironman competitions, learning to swim competitively, training with a coach, and investing in her bike "Steve".

She had a number of Ironwoman first-place wins and excellent Time Trial results, and because of this, the club awarded her the Tempest Trophy that year.

Kim says 2020 was the year she really got into Time Trials. She decided to enter a 12 hr event. As Kim fondly recalls going into it, "I had this feeling it was going to be 'my thing'. I'm laughing now as I think of going round in circles on a live dual carriageway being my thing ". She ended up winning the event, and her distance of 273 miles broke the BCC All-Time record.

Kim's riding went to another level in 2021. She decided to invest in aerodynamic marginal gains and more TT-focused training. The investments paid off, she won the 2021 National 12 hr title, got the National Vets record, and turned out to be the 2nd fastest woman of all time for 12 hrs with 278 miles. Kim is now only one of two women to have beat Beryl Burton's 50 yr record. The Tempest Trophy went to Kim in 2021. Along with her 12 hr TT National Title, she also received 4 more BCC awards for her outstanding TT achievements including the All-Best All-Rounder Cup. Her other major win in 2021 was getting a Gold representing GB at the ITU Long Distance World Champions in Almere (Ironman distance).

So what are Kim's future plans? 2022, was difficult as she fractured her femur, but she still managed to scrape some decent results. This year though, as a solo, she wants to get close to the All-Time National 12 hr record. She is also excited to have been asked to race for Matt Bottrill's 4 women team in national race competitions. If this is not enough, Kim is going for the Hamburg Ironman and will try again to qualify for the Ironman Kona.

On a personal note, Kim says a major part of her motivation to win in 2021 was to honor 2 sad losses, one a friend, Natasha Lewis (who got her into TT in the

first place), was tragically killed while training to qualify for the UK Marathon team and the other, her dear Auntie, who was an excellent horserider.

Kim has since become very involved in a charity set up in Natasha's name and wanted to mention <https://natashalewisfoundation.org> which supports local athletes to fulfil their dreams of racing.

Kim is immensely thankful for the support and inspiration BCC has given to her. She especially wants to give a huge thank you to Alison, Nigel, Steven Cottington, Rob Pears, and David Stoye.

Go, Kimmy!!!!

Bath CC Time Trials and Racing

Another big year of racing is starting up. Last Sunday, March 6th was the first BCC-sponsored Time Trial event with the ride route and HQ based in Maiden Bradley and its surroundings. The organizing team pulled off a great event coordinated by Sam Smith and David Stoye.

See the BCC app for all racing events. The next **Odd Down coaching session** is on Thursday, March 30th.

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Finally, I want to bring to your attention some other club happenings in 2023

All Club Ride to Lyme Regis- Saturday, June 17th

Still, in the planning stages -BCC is organizing a 130 km ride to the lovely Dorset resort town of Lyme Regis. The finish line will be near the beach with a celebratory pint or 2 and nibbles at the Pub before heading back to Bath. Sign

up now on the BCC app and stay tuned for more information on this event.

Boys on Tour...Men's weekends and away trips

The men are getting organized and putting together some interesting overnight social rides. The first one planned is to ride the Randonee Isle of Wight event on Sunday, April 30th with dinner in Portsmouth the night before. Other trips are in the works including one the weekend of July 7-9 in Wales. Contact Dag Martensson or David Oliver if you are interested in going or want to join the WhatsApp group.

Essential Bike Repair Sessions - Peter Brookes is planning more.

Concerned you might not be able to get home when you puncture? We never want this and other problems to happen again. Peter recently held a very successful session for 12 members in Priston Village Hall. He went over how to get your front and back wheels on and off easily, how to change the inner tube when there is a puncture, check your brakes, replace brake pads, how to adjust the gears on your cassette, and how to deal with that awful moment when your chain snaps on the road. A must attend.

Well, that is it for now. More to talk about in the April Newsletter.

Check the BCC app to view upcoming events and please sign up.

As always ride safe,

Tracy Chapman - Communications (BCC committee)



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