

Ladies

The role of ladies rep has been vacant since the previous AGM, so I endeavoured to fill this gap on a temporary basis to ensure the interests of the women in the club are represented.

In February, we organised a race skills session to coincide with the start of the Spring crit series at the Bowl to encourage riders to race, by providing a safe environment (road-closed) to practise race skills. Coach Caroline Stewart who coached the ladies road race squad last year, came along to give guidance, all of which was positively received by everyone who took part.

We also resumed strength and conditioning sessions partially subsidised by the club. Here, members get to work on their core strength in a gym environment under the supervision of Pauline Sutton at her gym. Members pay £4/session with the club covering any difference in the total cost.

However, as numbers for the session dwindled as we headed to summer, it was decided to put the sessions on hold. At this moment in writing, we are currently negotiating when to re-start these.

All of this information is usually communicated via the ladies' section Facebook page (Team Milton Keynes Official Ladies). If you wish to keep up to date with plans for ladies' only sessions then please request access.

However, it is now time for the section to have a dedicated representative at committee level to pick up the reins and inject some new ideas. I look forward to supporting whoever takes on this role.