Eden Valley Group of Cycling UK
Committee meeting 28th May 2026 – Fox and Pheasant Inn Armathwaite 1:30pm

1. Present Nigel P, Mike B, Adella S, Bill O, Nigel L, Mike K, David F, Chris J
   + Claire B
   Apologies Tony S, Rachel W, Geoff A
2. Minutes of meeting 9th April 2026 were reviewed, no corrections required and approved by the committee.
3. Matters arising from last committee meeting
   - The new web site and Facebook pages seem to be working well, however there is a query on the operation of the links on the web page as we have had some issues with people trying to contact us. NP to check out links and speak to Tony S and Geoff A regarding issues?
   - Cycling UK financial audit completed, we have requested the £250 club benefit from Cycling UK, we should know if our request is approved in September.
   - Challenge ride
     1. Langwathby hall provisionally booked for 28th June, £192
     2. We will support Eden Valley Hospice
     3. Entry fee for the event will be £20, £10 from each entrant will go to the charity. A Just Giving page is available for anyone who wants to raise additional funds for the charity. We will not involve or ask for any support from the charity on the day but simply present them with a cheque at the end of the event. However, Jonathon and Kath who are long term supporters of the charity would like to offer their help. Note we do need their full names and addresses so we can register them as helpers on the day if they wish to do this - so they are covered under Cycling UK insurance policy – same goes for any other helpers who are not members of Cycling UK (Len Williams for example),
     4. Food. The riders will be offered a hot drink before the start, and a tray bake and/or banana to take with them. For lunch there will be soup and an unfilled roll, for those doing the shorter rides there will also be crumble and custard. For those doing the longer rides, the crumble and custard will be offered on completion of their event. In the past we have used Bewcastle bakery for the flapjacks and cakes, however this year we propose to just buy off the shelf products a couple of days before the event, that way we will know the numbers we need. Claire B proposes all catering be done in house, we have enough offers of soup supply, we may need some more crumble depending on the number of entries.
     5. Catering will need some helpers, Geoff has set up a web form from the web site which people can use to offer help, we have a possible 6 offers so far, we do need people to fill in the form and confirm they want to help out on the day. CJ and Len W are offering to register riders in and out on the day. Nigel L has offered to be the emergency broom wagon. Based at Langwathby, all riders will receive his mobile number to call in case of an emergency.
     6. Leaflets and posts on Facebook pages have been posted in various places. We need to keep reposting as these quickly get replaced by other posters or other posts on a Facebook page.
     7. Geoff A has set up a web address which will accept the entries, and has a spreadsheet to keep a tally of entrant's personal details, chosen event (50, 100, or 160km) any dietary requirements etc. It may be helpful if Geoff could make this available to more people so we can see how many entries we have and how many volunteers we have. (We think 17 riders and 6 volunteers so far?).

   The web sites are showing that we will provide signage on the 50km route, this will not be the case, and we should remove this.

8. Payment preferred by Bacs into the RBS account or a cheque handed to Tony S, David F or Nigel P made payable to Eden Valley Cycling UK. Any one of us can scan the cheque directly into the RBS account.
9. Previous risk assessment can be reused but will need to review the routes and check for road closures etc. nearer to the event date. Tony S, to provide a copy of the old risk assessment so we can review. A few club rides will be run in advance of the event to check the routes and review the risk assessments. Provisionally Wednesday 24th for the northern part of the 100m loop which includes some of the 100K route, Sunday 21st for the southern loops?
   There is a known bad junction near Langwathby where we had two volunteers last time checking on traffic and assisting riders to clear the main road, we should do the same again. We also borrowed some road signs from another cycle club (Cycle event in progress) and put them on the main road either side of the junction. Can we borrow these again?
   Any risk assessment changes following the rides need to be reviewed collated and sent out before the event. (Nigel L or Tony S, to recompile as required?)
   What do we do about ICE contacts? Not all entries are club riders. If we have a rider with an incident and we don't know who they are, how do we know which is their ICE contact? All riders should be informed to carry their own ICE details.
   Committee riders gather at Langwathby Hall after the test rides on Wed 24th to review everything and make sure we have everything in place.
10. We did originally suggest a closing date of the 14th June, however we will wait to see the take up numbers and review as we go along, many people leave it to the last minute to enter, and previous experience shows some drop out or don't turn up on the day.
11. We can provide finishing certificates to all riders who complete their chosen event; we will prepare something in advance and hand them out on the day.

4. Officer Reports
   - Chair
     The Facebook page is up and running; we need a link from the main web site to the new Facebook page.
     An email was sent to all who took part in the Tri-Vets event. There have been some responses back saying they would be interested in the challenge ride, but no confirmed entries yet. The interested riders to be recontacted.
     Flyers and Facebook posts to be reposted.
     Nigel L has a base for the new flag.
   - Treasurer
     As noted above.
   - Secretary
     I have emailed the EVCC members who I could not find on the Cycling UK 'Look Up' tool. I have had several responses back and have updated my copy of the club membership list. I am waiting for 7 to respond. When I have completed it, I will forward to Geoff A.
     (So far, 2 have renewed, 1 we had a wrong number for, the others have confirmed they are no longer members).
     Note it is important that all riders on club rides are members of Cycling UK.
     As members of Cycling UK, the club, registered ride leaders, and members carry 3rd party insurance. A ride leader knowingly allowing a nonmember on a ride compromises the ride leader insurance and possibly the club insurance cover.
     Just to be clear, people can still be members of EVCC and not members of Cycling UK, as such they could join us for social events and as helpers on ride events, but they cannot join us on led rides.

I also note that Cycling UK shows 30 ride leaders for our club, and our list shows 39, I think? However there seems to be an issue with the Cycling UK website and I would need to ask about each individual ride leader to know whether they are registered as ride leader or not! Seems there was a failure of their system some time ago and although they know exactly who is registered, their web site does not always display it correctly!!! Doh!!!

Cycling UK has updated its guidance for groups. There is a large amount of new documentation available on their website. I have not read this at length!
The main topics of change it covers are;
Ride guidance, insurance, safeguarding, and inclusivity. Two of these topics are covered elsewhere. For inclusivity, all our rides should be described as inclusive rides. I have grabbed the headline info from the guidance and attached it below. Personally, I see we normally say something like ALL WELCOME or something like that on the Blog, which seems to be good enough?

New ride guidance
Cycling UK believes cycling should be joyful, inclusive and accessible to everyone. We know groups play an important role in creating supportive spaces for people who may be underrepresented or unsure about taking part in cycling. Inclusive rides can continue to be a valuable way to help more people feel welcome and build confidence.
Following the 2025 Supreme Court ruling and the legal advice Cycling UK has since received; we've updated our guidance on how rides should be described and promoted.
Because Cycling UK is legally responsible for how Member Group rides are run, Member Groups are required to follow this guidance when describing and promoting their rides.
It's important to note that you can continue to run the rides you want to run - but ride descriptions must reflect the legal advice clearly and accurately.
In summary:
- Rides that welcome biological women, trans women and non-binary participants should be described as **inclusive rides**
- Rides that are open to biological women only may be described as **women-only rides** or **women's rides**

Ride Guidance. The latest guidance states that we should have a risk assessment for every event or led ride. Once again, I have copied and pasted the headline info from the new guidance.

Written risk assessments are now required for all group rides and events. They help groups plan ahead, identify potential risks and support everyone involved if something goes wrong. We've produced practical guidance to help groups take a proportionate approach, including for regular rides where a single assessment can often be used unless circumstances change.

Anecdotally these statements have proved very unpopular with some cycling clubs, and they have decided to leave Cycling UK. For a club like ours which provides such a wide variety of routes having to provide a risk assessment for every ride would be an impossibly onerous task.

Having tried to dig deeper into this new guidance, I found the following in the new Groups Handbook.

Route plan and risk assessment

When planning a route, it is important to identify any potential hazards so that appropriate control measures can be put in place to reduce risks and help prevent incidents from occurring. Key hazards, such as fast roads and busy junctions, should be identified in advance using local knowledge and/or maps during the route planning process. To support this, we use three types of risk assessments:

1. Formal written risk assessments Used for specific rides or events that are one off, larger in scale, open to non-members, or where the route or conditions present heightened or unusual risks. A template example is provided on page 21.

2. Generic risk assessments A standard assessment that covers the typical hazards and control measures for a group's regular rides. This can be reused and updated at least once a year.

3. Dynamic (informal) risk assessments Ongoing assessments made during the ride. For example, spotting a large pothole, parked car, or unexpected roadworks and signalling the group to safely move around it.

What is required?

• Each group must produce and save a generic risk assessment to be used as the baseline for their regular rides and reviewed periodically.

• All risk assessments should be reviewed at least once a year to ensure accuracy.

• Risk assessments must be updated immediately if:

• Routes change

• Incidents, injuries, or near misses occur

• Riders or ride leader provide safety related feedback

• Formal written risk assessments are mandatory for:

• Beginner-focused rides

• One-off or special events open to the public

• Rides with significantly higher numbers than usual

• Routes with unfamiliar terrain or increased hazards

• Any ride not deemed a "regular ride"

• You do not need to produce a formal written risk assessment or pre-ride the route for regular group rides.

> It does further state that any ride which differs significantly from a previously risk assessed route should have its own risk assessment.
>
> When a written assessment is required
>
> • For all Cycling UK events
>
> • New or significantly changed routes
>
> • When riders' needs or conditions introduce new risks

So, depending on which guide you read, you may come to a different conclusion on whether a full written risk assessment is required for each ride!

In summary, my personal view on it is that we continue with our generic risk assessment for normal weekly club rides. At the start of a ride the ride leader tells everyone about known 'danger points' on the ride, for example busy roads or junctions. We do the normal shout outs for gravel and potholes etc. All as per Tony S pre ride form.

I can provide the link again to all the guidance if anyone else would like to plow through it?

- Safeguarding
  After reviewing some other cycle clubs' websites, we can see they just have links to Cycling UKs information, which appears to be slightly more relaxed than previous versions and less rigorous than our existing guidance so maybe we need to relook at this.
  David F has enquired about the need for a training course in safeguarding and are there any available, awaiting a response.
- Other officers
  Run Coordinator Mike B. The cafe stop planned at Dufton Post Office Pantry will coincide with the Horse Fair, and the Mosedale Quaker Meeting House will be open from mid-July to mid-September, so the cafe list needs amended with alternatives, possibly Watchtree, and there is a new cafe at Hesket Newmarket, but unsure when this one is open yet.
  We still need more ride leaders posting on our rides list.

5. Any other business
   - Holiday Cote Ghyll Mill, Osmotherley, 4th to 7th September 2026
   - The Settle to Carlisle Railway will celebrate its 150th Anniversary on the 1st of May. Suggestion of a club ride at some point this year from Settle to Carlisle which would be almost exactly 100miles. Details dates and logistics of getting people and bikes to Settle to be confirmed. Possible bike trailer to get all bikes to the start and riders on the train?
   - Club picnic proposed at Long Meg on Wednesday 10th June
   - Confirmation of the next AGM date of 17th October 2026. Note, Langwathby Hall will not be available; we will need an alternative venue.
6. Date of next meeting
   Thursday 20th August 1:30pm Fox and Pheasant Inn Armathwaite.