



Welcome to the North Bucks Road Club.

This brief note aims to introduce you to the activities we undertake as a cycling club.

The North Bucks Road Club is affiliated to [Cycling Time Trials](#) and to [British Cycling](#).

The club website is at <https://northbucksroadclub.org.uk> – here we announce and record club run and club time trial activities. There is a forum on the website which we are keen to see a bit more active! We are always keen to receive material (reports on cycle tours, bike rides, races and so forth) so don't hold back on submitting material. Any queries about the website should be addressed to Robert Saunders drrobertsaunders@gmail.com

The NBRC Facebook Group is at <https://www.facebook.com/northbucksroadclub> announcements of upcoming events, meetings, club runs etc will be announced here as well as on the club website.

The **WhatsApp NBRC Discussion Group** is an excellent forum for discussing club activities and proposing club run routes, making suggestions and so forth. New members will be sent an invitation to join the group. If you don't receive this, contact Robert Saunders.

For 2025, membership is set at £10.

Club Meetings

Since Covid struck in 2020, club meetings have been sporadic, and often held via Zoom. We hope to resume monthly club meetings at a venue that suits the majority of members.

Club Runs

Our regular club runs take place on Sunday mornings, starting at 9am (or by arrangement) and usually cover about 50 miles with a café stop. We are very open to member suggestions for routes, so don't hold back with suggestions.

The start point for these runs will vary and will depend on the location of the organiser! For example, those suggested by Robert are likely to start from Aspley Guise.

Because we circulate GPS files of each club run, we can meet riders en route (but be sure to tell us to look out for you!). **We do not leave riders behind!**

You should bring basic tools for roadside repair and money or card to pay for the café stop.

Other days for club runs are fine: for example mid-week for retired members, specific dates to suit members with family commitments at weekends. We have a proposal for evening runs during the summer. Members should feel free to propose a run!

Club Time Trial League



<https://northbucksroadclub.org.uk> <https://www.facebook.com/northbucksroadclub>

The NBRC club time trial league runs through the season, mostly on Wednesday evenings. See the website for the [2025 calendar of events](#). Full details of each event will go live on the website a week ahead, and will be announced on the NBRC Facebook Group. Results are generally posted on the website soon after the event is completed.

The overall league takes note of riders' best 7 placings in the series.

You don't need to be an NBRC member to ride our club events, and each has been designated a *Come And Try It* event, where cyclists who aren't a member of any club are invited to come and try riding a time trial.

You don't need a specialist bike to ride time trials, but you do need a helmet and front and rear lights.

Entries are made in advance via the ResultsBase website <https://resultsbase.net/event/6906> - entries stay open until shortly before the event takes place.

Our current course descriptions and risk assessments are on the NBRC website at <https://www.northbucksroadclub.org.uk/index.php/club-events/nbrc-time-trial-courses>

Our time trials are ridden on open roads, and riders are advised to take care, obey the Highway Code, and to ensure appropriate insurance is in place.

We are always open to offers of help in placing signs and time-keeping at our club events.

Road Racing

Road racing generally falls under the control of [British Cycling](#), though for veterans there is [British Masters Cycle Racing](#), which is for female and male racers who are at least 40 years of age, offering a year-round programme of road, circuit and track races – around 150 races per year.

Circuit road racing for several categories of racers takes place at the Milton Keynes Bowl several times each week during the season. Contact Dick Selley for more information.

Virtual Cycling

In recent years, a variety of virtual cycling platforms have sprung up. The most widely used of these is Zwift, and we have a North Bucks Road Club Zwift club. If you can't find it, drop Robert an email. Robert also uses Rouvy.

We're happy to organise club Zwift rides if members are interested.

Club Kit

The club holds a small stock of club kit -the current design can be seen at the [website](#). We place orders as and when demand is there. Contact John Reed for more details.

As of October 2024, the club kit we hold and reduced prices are [as shown at the website](#).



Club Contacts

President - [Dick Selley](#)

Chairman, general enquiries website, club time trials – [Robert Saunders](#)

Treasurer – [John Reed](#) –

Useful Links

[British Cycling](#) – membership is available at several levels and provides useful insurance cover. Racing licences can be annual or as day licences.

[Cycling Time Trials](#) – governing body for time trialling. Enter open events via the website, also has a load of useful information about the sport.

[British Masters Cycle Racing \(BMCR\)](#)

[Veterans Time Trial Association \(VTTA\)](#)

[ResultsBase](#) – [NBRC club time trial entries](#) and membership

[Cycling UK](#) – this used to be the Cycle Touring Club, and now covers campaigning, recreational and utility cycling as well as cycle touring.

NBRC has a Twitter feed – now little used since it became X.