

# THE SPOKESMAN TEAM CAMBRIDGE



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## Editorial

As you can see this is more of a mailshot than a newsletter, but if things go to plan and it goes out every month then I will need things to put in it. I also intend to include some new sections from the WWW if I come across anything that is relevant to cyclists with regard to training etc. The old sections such as "For sale" will be retained, and so if you have anything to sell please email or phone me for inclusion.

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## Dates for your diary

AGM - The Team Cambridge AGM will be held as usual in the scout hut on Monday November 13th at 20.00.

Circuit Training - Tony's circuit training will commence on October 30<sup>th</sup> at 19.30 in the scout hut as usual.

Training Rides - For those who remember the Monday night town rides of the mid 90's I am restarting them at 19.30 from the club hut. They will be a steady ride with the odd fast bit thrown in, and will be one or two laps depending on the weather. Any emails on the restarting of the rides will be welcome.

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