

Rides Programme April – May 2018

Date	Start Time	Miles	Type	Start point	Ride To >	Stops	Meeting Organizer
Mon 02 Apr	9.30am	Sun 26 Feb	Steady	EH	Farthinghoe	Limes Farm Tea Room	Giles Barringham 07540 887198
Sat 07 Apr	9.30am	Thu 09 Feb	Brisk	MCP	Staverton	Skylark Cafe	James Holden 07841 933046
Sat 07 Apr	9.30am	Sat 04 Feb	Moderate	MCP	Staverton	Skylark Cafe	James Holden 07841 933046
Sun 15 Apr	9.30am	Fri 17 Feb	Steady	CC	Earls Barton	White Mills Marina	Milton Cadman 01604 416315
Sat 21 Apr	9.30am	Sat 04 Feb	Brisk	EH	Preston Capes	Old Dairy Cafe, Stowe	Peter Bayles 07979 850096
Sat 21 Apr	9.30am	Wed 01 Feb	Moderate	EH	Preston Capes	Old Dairy Cafe, Stowe	Peter Bayles 07979 850096
Sun 29 Apr	9.30am		Off Road				Phil Letts 07867 388592
Sun 06 May	9.30am	Thu 01 Mar	Steady	SIX	Southam		James Holden 07841 933046
Sat 12 May	9.30am	Tue 07 Feb	Brisk	MCP	Market Harborough	Waterloo Farm	James Holden 07841 933046
Sat 12 May	9.30am	Wed 01 Feb	Moderate	MCP	Market Harborough	Waterloo Farm	James Holden 07841 933046
Sun 20 May	9.30am	Fri 24 Feb	Steady	EH	Wardington	Barn Farm Cafe	Peter Bayles 07979 850096
Sat 26 May	9.30am	Sat 11 Feb	Brisk	BVW	Welford	Minimeadows	Philip Gray 07557 670831
Sat 26 May	9.30am	Sat 04 Feb	Moderate	BVW	Welford	Minimeadows	Philip Gray 07557 670831

Please bring lights with you on Winter rides. Most rides are planned to be completed in daylight but sometimes, that's not possible.

More information see page 2

KEY

Type of ride

We are adopting a new grading for rides as in the column headed TYPE to better illustrate the pace of the ride. This is only a guide which the ride leader will try to meet. If in doubt please contact the ride leader who will be pleased to give you more information.

Steady = average speed 13mph (21kph), speed on the flat 16-18mph

Brisk = usually a shorter morning ride average speed 14mph(23kph)+, group may split with a slower self led group

Moderate = moderate pace ride average speed 11-12mph (18kph), a good introduction to riding in a small group

Tourist = includes historical or other visit Leisure = short distance, easy pace

NMK = ride run by CTC Milton Keynes

National = CTC or other national event

Evening = Evening ride to a social meet

Social = Social meet without a planned ride

CTC Northampton group aims to cater for a wide range of rider abilities.

In general we will wait for the slowest rider. On Brisk rides, riders are expected to meet the average speeds indicated or be able to make their own way home.

Start (see web site for links to maps of start points)

BVW- Brampton Valley Way, Welford Crossing NN6 8AA

EH - Hunsbury Hill library, Overslade Close, East Hunsbury NN4 0RZ

MCP- Moulton Co-op NN3 7TB

CC - Nene Whitewater Centre, Bedford Road NN4 7AA

SIX – TGI Fridays, Sixfields, Northampton, NN5 4EG

Maps are available for start locations on the web site www.ctc-northampton.org.uk

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For contact on the ride (e.g. if you miss a turn or have a problem at the back of the group), or need to contact the group at the start of the ride, please note the ride leaders mobile number before you set out.

Mobile phones must not be relied upon but are there as a secondary means of communication on the ride in the event of a problem.

Riders must be prepared for foreseeable problems such as punctures or providing for minor cuts and bring the appropriate tools and spares. Please bring a drink and a snack.

Please contact the rides secretary if you would like to attend the Rides Planning Meeting. You are also welcome to forward any suggestions prior to the meeting.

Please email rides-secretary@ctc-northampton.org.uk with your ideas.