

Rides Programme Oct - Nov 2018

Date	Start Time	Miles	Type	Start point	Ride To	Stops	Meeting Organizer
Sun 07 Oct	9.30am	44	Steady	EH	Badby	Canons Ashby NT Cafe	Peter Bayles 07979 850096
Sat 13 Oct	9.30am	37	Brisk	EH	Castlethorpe	Salcey Forest	Tim Howell 07749 477231
Sat 13 Oct	9.30am	30	Moderate	EH	Castlethorpe	Salcey Forest	Elspeth Howell 07749 477231
Sun 21 Oct	9.30am	40	Steady, some off road	EH	Milton Keynes	One4Six Cafe, Willen Lake	Phil Letts 07867 388592
Sat 27 Oct	9.30am	34	Moderate	EH	Woodford Halse	Harley Equestrian	Elspeth Howell 07749 477231
Sat 27 Oct	9.30am	39	Brisk	EH	Woodford Halse	Harley Equestrian	James Holden 07841 933046
Sun 04 Nov	9.30am	55	Steady	MCP	Tur Langton	Mint & Ginger	James Holden 07841 933046
Sat 10 Nov	9.30am	39	Brisk	BVW	Crick	Timeless Tea Rooms	Philip Gray 07557 670831
Sat 10 Nov	9.30am	36	Moderate	BVW	Crick	Timeless Tea Rooms	Philip Gray 07557 670831
Sun 18 Nov	9.30am	45	Moderate	BVW	Daventry Country Park	Reservoir Cafe	Phil Letts 07867 388592
Sat 24 Nov	8.30am	36	Brisk	EH	Preston Capes	Old Dairy Cafe, Stowe	Peter Bayles 07979 850096
Sat 24 Nov	9.30am	32	Moderate	EH	Preston Capes	Old Dairy Cafe, Stowe	Peter Bayles 07979 850096

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

On summer rides, please remember to bring plenty of water and sunscreen.

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

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

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.