

## Rides Programme November – December 2017

Date	Start Time	Miles	Type	Start point	Ride To >	Stops	Meeting Organizer
Sun 05 Nov	9.30am	45	Steady	EH	Little Linford	Salcey Forest	Tim Howell 07749 477231
Sat 11 Nov	9.30am	38	Brisk	MCP	Kelmarsh	Buddhist Centre.	James Holden 07841 933046
Sat 11 Nov	9.30am	32	Moderate	MCP	Kelmarsh	Buddhist Centre.	James Holden 07841 933046
Sun 19 Nov	9.30am	45	Steady	MCP	Woodford Mill	Woodford Mill	Milton Cadman 01604 416315
Sat 25 Nov	9.30am	43	Brisk	BVW	Nasby	Whilton Locks	Phil Letts 07867 388592
Sat 25 Nov	9.30am	33	Moderate	BVW	Nasby	Whilton Locks	Phil Letts 07867 388592
Sun 03 Dec	9.30am	30	Steady	BVW	Offroad	Outpost Bedford RD	Phil Letts 07867 388592
Sat 09 Dec	9.30am	38	Brisk	CC	Olney	Courtyard Brasserie	Milton Cadman 01604 416315
Sat 09 Dec	9.30am	31	Moderate	CC	Olney	Courtyard Brasserie	Milton Cadman 01604 416315
Sun 10 Dec	10.15 am	20	Moderate	CC	<b>Christmas lunch with MK CTC</b>	Stoke Bruerne Navigation	Philip Gray 07557 670831
Sun 17 Dec	9.30am	42	Steady	EH	Staverton	Skylark Cafe	Peter Bayles 07979 850096
Sat 23 Dec	9.30am		Brisk				Giles Barringham 07540 887198
Tue 26 Dec	9.30am		Moderate	CC	Boxing Day Ride	Salcey Forest	Milton Cadman 01604 416315
Sun 31 Dec	9.30am	54	Steady	EH	Sharnbrooke	Poddington Gdn Centre	Giles Barringham 07540 887198

**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

Maps are available for start locations on the web site [www.ctc-northampton.org.uk](http://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](mailto:rides-secretary@ctc-northampton.org.uk) with your ideas.