

Rides Programme May – Jun 2018

| Date | Start Time | Miles | Type | Start point | Ride To > | Stops | Meeting Organizer |
|------------|------------|-------|----------|-------------|-------------------------|---|-------------------------------------|
| Sun 06 May | 9.30am | 61 | Steady | SIX | Southam | | James Holden 07841 933046 |
| Sat 12 May | 9.30am | 38 | Brisk | MCP | Market Harborough | Waterloo Farm | James Holden 07841 933046 |
| Sat 12 May | 9.30am | 32 | Moderate | MCP | Market Harborough | Waterloo Farm | James Holden 07841 933046 |
| Sun 20 May | 9.30am | 47 | Steady | EH | Wardington | Barn Farm Cafe | Peter Bayles 07979 850096 |
| Sat 26 May | 9.30am | 42 | Brisk | BVW | Welford | Minimeadow s | Philip Gray 07557 670831 |
| Sat 26 May | 9.30am | 35 | Moderate | BVW | Welford | Minimeadow s | Philip Gray 07557 670831 |
| Sun 03 Jun | 9.30am | 85 | Steady | EH | Pre Womens Tour Ride | Canons Ashby, Woodford Halse | Peter Bayles 07979 850096 |
| Sat 09 Jun | 9.30am | 52 | Steady | SIX | Draycote | Waterside Restaurant | Phil Johnson 07927 377191 |
| Sun 17 Jun | 9.30am | 60 | Steady | EH | Priors Marston | Sulgrave Manor or Equestrian Centre | James Holden 07841 933046 |
| Sat 23 Jun | 9.30am | 43 | Brisk | EH | Woodford Halse | Harley Equestrian | Giles Barringham 07540 887198 |
| Sat 23 Jun | 9.30am | 36 | Moderate | EH | Woodford Halse | Harley Equestrian | 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

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.