

Rides Programme Jul - Aug 2018

Date	Start Time	Miles	Type	Start point	Ride To >	Stops	Meeting Organizer
Sun 01 Jul	9.30am	60	Steady	SIX	Leamington Spa	White Lion, Radford Semele	Phil Johnson 07927 377191
Sat 07 Jul	9.30am	32	Brisk	MCP	Cranford St. Andrew	The Old Forge	Milton Cadman 01604 416315
Sat 07 Jul	9.30am	30	Moderate	MCP	Cranford St. Andrew	The Old Forge	Milton Cadman 01604 416315
Sun 15 Jul	9.30am	52	Steady	MCP	Hallaton	Medbourne	Brian Tunbridge 01604 622073
Sun 22 Jul	8.30am	98	Steady	N'hampton EH	Guy Barber Charity Ride	CousCous Cafe Oxford	Peter Bayles 07979 850096
Sun 22 Jul	9.45am	58	Steady	Buckingham Mkt Square	Guy Barber Charity Ride	CousCous Cafe Oxford	Peter Bayles 07979 850096
Sun 22 Jul	9.45am	35	Moderate	Buckingham Mkt Square	Guy Barber Charity Ride	Green Dragon Farm Hogshaw	Peter Bayles 07979 850096
Sat 28 Jul	9.30am	38	Brisk	MCP	Thornby	World Peace Cafe	James Holden 07841 933046
Sun 05 Aug	9.45am	66	Steady	Drive to Wisbech	Hunstanton	TBC	Philip Gray 07557 670831
Sat 11 Aug	9.30am	32	Moderate	MCP	Market Harborough	Waterloo Farm	Iain Dawson 0790 999 2468
Sat 11 Aug	9.30am	45	Brisk	MCP	Mkt Harborough (Self Led)	Waterloo Farm	Iain Dawson 0790 999 2468
Sun 19 Aug	9.30am	42	Steady	EH	Stowe	Old Dairy Cafe, Stowe	Peter Bayles 07979 850096
Sat 25 Aug	9.30am	36	Brisk	EH	Earls Barton	White Mills Marina	Tim Howell 07749 477231
Sat 25 Aug	9.30am	31	Moderate	EH	Earls Barton	White Mills Marina	Elsbeth Howell 07749 477231

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.