

Rides Programme Jan - Feb 2019

Date	Start Time	Miles	Type	Start point	Ride To	Stops	Meeting Organizer
Sun 06 Jan	9.30am	45	Steady	SIX	Naseby	Old Vicarage cafe	Phil Johnson 07927 377191
Sat 12 Jan	9.30am	43	Brisk	CC	The Harold Round	Emmaus Centre Carlton	Brian Tunbridge 01604 622073
Sat 12 Jan	9.30am	37	Moderate	CC	The Harold Round	Emmaus Centre Carlton	Brian Tunbridge 01604 622073
Sun 20 Jan	9.30am	36 (or 25 for Stoke Bruerne Diners)	Steady	CC	Salcey (via Stoke Bruerne)	Café Stop Salcey for non-diners	Milton Cadman 01604 416315
Sat 26 Jan	9.30am	43	Brisk	EH	Woodford Halse	Harley Equestrian	Peter Bayles 07979 850096
Sat 26 Jan	9.30am	36	Moderate	EH	Woodford Halse	Harley Equestrian	Peter Bayles 07979 850096
Sun 03 Feb	9.30am	35	Steady	BVW	NH Town Parks Circuit	Billing Aquadrome	Phil Letts 07867 388592
Sat 09 Feb	9.30am	37	Brisk	EH	Upper Stowe	Old Dairy Cafe, Stowe	Tim Howell 07749 477231
Sat 09 Feb	9.30am	29	Moderate	EH	Upper Stowe	Old Dairy Cafe, Stowe	Tim Howell 07749 477231
Sun 17 Feb	9.30am		Steady	Rutland Water By Car	Off Road		Phil Letts 07867 388592
Sat 23 Feb	9.30am	39	Brisk	MCP	Mawsley		Milton Cadman 01604 416315
Sat 23 Feb	9.30am	34	Moderate	MCP	Mawsley		Milton Cadman 01604 416315

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.