

Rides Programme February – April 2017

A programme of CTC Rides and Events, organised by CTC Northampton- the local group of the UK's national organisation for cyclists. Our aim is to run each ride as advertised below. Any changes or (exceptionally) cancellations will be advertised through our Yahoo e-mail group and, if possible, the club website and other electronic media.

Please visit www.ctc-northampton.org.uk before a ride for the latest information or to follow links to ride leaders, start points or events.

Follow the **CTC Northampton blog** or **Facebook** page for information and ride reports.

Date	Start	Miles	Ride Pace	Start point	Ride To >	Stops	Meeting Organizer
Sun 19 Feb	9:30	50	Steady	EH	Nasby, Brixworth	Nasby Old Vicarage	Phil Johnson 07927 377191
Sat 25 Feb	9:30	43	Brisk	MCP	Nasby, Desborough	West Lodge Rural Centre	James Holden 07841 933046
Sat 25 Feb	9:30	37	Moderate	MCP	Loddington, Desborough	West Lodge Rural Centre	Brian Tunbridge 01604 622073
Sun 05 Mar	9:30	47	Steady	MCP	Ringstead	Woodford Mill	Milton Cadman 01604 416315
Sat 11 Mar	9:30	40	Brisk	BVW	Boundary ride	Salcey Forest	Phil Letts 07867 388592
Sat 11 Mar	9:30	35	Moderate	BVW	Boundary ride	Salcey Forest	Brian Tunbridge 01604 622073
Sun 19 Mar	9:30	40	Steady	EH	Semi-off road MK	Willen Lake MK	Phil Letts 07867 388592
Sat 25 Mar	9:30	41	Brisk	EH	Stoke Goldington	Salcey Forest	Tim Howell 07749 477231
Sat 25 Mar	9:30	33	Steady	EH	Stoke Goldington	Salcey Forest	Milton Cadman 01604 416315
Sun 02 Apr	9:30	58	Steady	EH	Hogshaw	Green Dragon Farm	Tim Howell 07749 477231
Sat 08 Apr	9:30	40	Brisk	BVW			Philip Gray 07557 670831
Sat 08 Apr	9:30	35	Moderate	BVW			Philip Gray 07557 670832
Mon 17 Apr	9:30	53	Steady	MCP	Easter Monday	Medbourne	Brian Tunbridge 01604 622073

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Sat 22 Apr	9:30		Brisk				
Sat 22 Apr	9:30		Moderate				
Sun 30 Apr	9:30	56	Steady	CC	Keysoe	Thurleigh. Scald End Farm	Tim Howell 07749 477231

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

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.