

NORTHAMPTON

Cyclists' Touring Club

Northampton Section



working for cycling

NEWSLETTER

Summer 2003

BikeWeek

Is an opportunity to show the general public that, as well as being fun, cycling is a practical form of transport and an excellent way of getting fit. This year Northampton CTC are active participants in the activities. We hope you will take part.

Northants County Council are organising & promoting several events around the county. Northampton Borough Council are also supporting Bike Week.



BikeWeek
14th-22nd June

In a town Northampton's size, cycling is a very practical form of transport for many journeys. Sadly, less than 2% of journeys here are made by bike. This compares badly with York (20%), Peterborough (10%+) and many continental cities.

Let's make Bike Week a success in Northampton.

BIKE WEEK EVENTS IN NORTHAMPTON

Big Day Out – Sunday 15th June

Family fun day including sponsored bike ride, 'I Spy' cycle around the reservoir and a cycle construction competition. Hire bikes, barbeque and refreshments available. Further information from Alan Clark, as below.

11.00am - 4.00pm Brixworth Country Park

Bike2Work Day – Tuesday 17th June

Free bike breakfast for all cycling NCC/NBC staff and CTC members. Book in advance via Alan Clark, Cycling & Walking Officer, aclark@northamptonshire.gov.uk or 01604 236693.

8.30 - 10.00 am All Saints Church, St Giles Square

Buying a Bike (CTC) – Wed 18th June

What bike do I need, and where can I buy it? Talk and Q&A session for beginners and old hands.

Regular CTC riders will be on hand to give advice on buying a bike for everyday use, fun, touring, or commuting. Entrance £2 (£1 CTC). Book as below.

7.30 - 9.30pm Park Avenue Methodist Church Rooms

Discover Northampton by Bike (CTC) – Sunday 22nd June

A tour of Northampton's cycle routes, open to all, especially beginners or those returning to cycling (ages 12 - 16 must be accompanied by an adult, younger children in child seat or trailer bike welcome). Approx 3 hours with refreshment stop. Book as below.

10.00 am Midsummer Meadow Car Park, Bedford Rd (near Avon)

For more information/bookings contact Philip Gray on 01604 720522 (secretary@ctc-northampton.org.uk)

www.ctc-northampton.org.uk

Northampton CTC's presence in cyber space is now much easier to find and remember. Our webmaster, Peter Crighton, has registered our new web address (left) and has up-dated the site to make it more user friendly and informative.

Our web site is now the first place to go for up to date information on rides and events, reports on events, maps of suggested rides etc.

Remember this address.

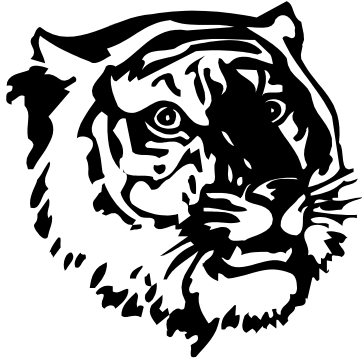
For more information on Bike Week nationally see www.bikeweek.org.uk



**Northamptonshire
County Council**



**NORTHAMPTON
BOROUGH COUNCIL**



CYCLING THROUGH INDIA

TIGERS, TEMPLES & TEA

Tony Woods, local CTC member and regular on our Sunday rides, gave an illustrated talk on 'Cycling through India – Tigers, Temples & Tea' on Wednesday, 2 April. This talk was the first of an irregular series of talks and events planned by the Northampton CTC this year.



Tony's journey covered about 850 miles by bike – and many more on bus and train – through central and southern India over Christmas and New Year 2001/02. He told his audience, packed into the Low Barn at the Hunsbury Hill Centre, that the highlights, despite the fantastic wildlife, temples and art, were always the people. He described being challenged to a bike race by a couple of teenagers outside the town of Paithan in Maharashtra. The lads didn't speak much English but were fascinated by Tony's geared bicycle – an 'ATB' (All terrain bike) purchased in Delhi for the princely sum of £35 complete with the magnificent total of 5 gears. They assumed, as did many in India, that gears meant faster rather than easier – hence the uneven contest between two fit teenagers

(admittedly on ancient bone-shakers) and a tubby, middle aged man at the end of a long day loaded with two panniers full of kit. Tony claimed to keep up with his challengers for at least the first few yards!!

To further cement their new friendship and to demonstrate the advantages of gears, Tony swapped bikes for a few miles – leaving him riding "the absolute worst bike I have ever ridden". An unforgettable day for Tony – & two lads from Paithan.



Obviously seeing a tiger in the wild had to be a highlight. Entering the park at dawn with a driver and two guides, Tony was taken to a quiet part of the park where they all waited for over two hours



before, just as breakfast was being cleared away, the Park Ranger spotted their quarry. It took Tony a considerable time before he too located the magnificent tigress striding confidently across open grassland – seeing her first with powerful binoculars though her camouflage was so good she disappeared again when viewed with the naked eye.

Eventually the tigress stepped through the bushes onto the roadway perhaps 30 yards ahead of the jeep – totally assured and followed by two cubs. The cubs, about 5 months old, were very different. One, probably a female, stayed with her mother almost the whole time while the

other, almost certainly her brother, was up and down the banks checking out everything to see what mischief could be had.

They followed this delightful family group, never more than 50 yards, never less than about 20 yards distant, for at least 45 minutes before the tigress took her family away from the road and out of sight. Probably one of the longest, closest & best sightings of tigers in the park that year.

TIGERS, TEMPLES & TEA (CONTINUED)

Within minutes the jeep disturbed a leopard – which escaped up into the trees at lightning speed. While tiger sightings are relatively



common, seeing a leopard is rare. Tony feels he was amazingly privileged to see both in one morning.

Tony described many other highlights – cave temples in Maharashtra, massive temples in Tamil Nadu and wonderful countryside in Kerala. But, throughout the trip it was his interaction with people that stood out as the highlights – interaction made much easier by cycling alone. Cycling is the 'right speed' to see India.



For more details see www.aww.users.gxn.net

Philip's Thoughts

As I write, summer has descended upon us, and our bicycles are itching to get out of the cellar and onto those country lanes. I am glad to say that Northampton CTC is offering a full programme of events. They are listed on the back page.

These include club rides, where the emphasis is on riding in company, and tourist rides, which allow more time for visiting a destination or area of interest. Topics range from hunting cheese in Farthingworth, to visiting open gardens and (in October) historic churches.

We have also recently introduced a monthly evening pub ride, as well as off-road rides, both of which will no doubt become regular features.

But the highlight of the early summer is Bike Week (15-22 June), when we will be offering two events, in addition to those organised by the County and Borough Councils (see the front page). We will be helping to answer your questions about buying a bike (18 June), and introducing people to the delights and secrets of getting around Northampton safely by bicycle (22 June). Please consider supporting one or both of these events if you can. **Both are open to non-members, so please spread the word.**

Finally, you may have noticed some changes to our web-site, not least our new address (www.ctc-northampton.org.uk).

Read all about it in this issue, and thanks to Peter Crighton for working wonders in this department, and to the other Committee members and ride leaders for their hard work and enthusiasm.

Philip Gray
Northampton CTC Secretary

This bumper summer edition of the Newsletter has been made possible because lots of people have sent me articles and descriptions of their rides & tours. It makes an editor's job easy!! Thanks folks.

If you are going somewhere interesting this summer please send me a report. That way we can keep this Newsletter vital and encourage more people to get on their bikes.

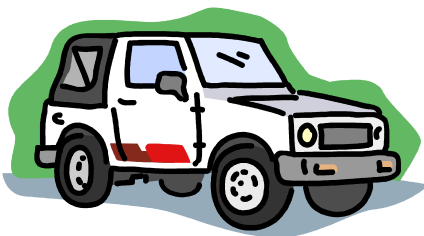
Don't worry about perfect prose. Just tell me what you saw & did. My blue pencil is always sharp.

Send it to me at 64 Junction Road, Northampton NN2 7HS or newsletter@ctc-northampton.org.uk

Tony Woods

Are you 4x4 a ban?

The papers this week contained the news that the Liberal Democrats' environment spokesman, Norman Baker MP, was campaigning for a ban on 4x4 vehicles, also known as "sports utility" or "off-road" vehicles, for urban use.

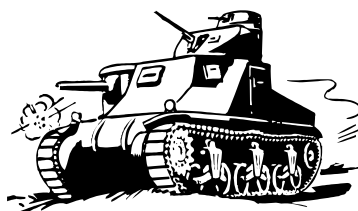


It does not help cyclists, to stir up controversy with car drivers and banning these vehicles seems at the very least unrealistic. Yet we have to consider where we stand on this issue, because there is no doubt that some

cyclists feel that the appearance of larger and larger vehicles only adds to the difficulties we experience on the road.

Essentially, Mr Baker is only recognising a truth: with an effectively finite amount of road space, particularly within towns, wider vehicles must create more conflicts with other road users. Their extra weight increases the risk in any accident, and they may find it harder to see cyclists. Result: cyclists often feel intimidated by these suburban Goliaths. And that is leaving aside the environmental arguments.

The bicycle-riding Tory politician Boris Johnson suggested one approach: on BBC Radio's Any Questions he defended people's right to spend large amounts of money on fuel tax and to drive around in ridiculously large vehicles looking foolish, if they wished to do so.



But perhaps there is an even better line of argument. A woman told the Guardian that driving her Jeep made her feel "raunchier and sexier". Well, from an admittedly male perspective, I can think of another, non-motorised mode of transport that does far more for women's attractiveness. *(Our (female) proof reader points out that men's attractiveness can be enhanced by regular cycling too!)*



There are undoubtedly cases where 4x4's are essential or very useful (and I write as someone who once drove a Land Rover in work). What we need is more sensible thought about how we share our road space for everyone's benefit, which includes choosing the appropriate vehicle. That may often be one without an engine at all.

Happy cycling.

From our Political Correspondent known only as



Dawes Galaxy

(real name & address supplied.)

Mildenhall Rally

The Mildenhall Cycling Rally takes place every year on August Bank Holiday and always has a contingent from Northampton going along. We have already booked some camping places (since it fills up quickly) and need to know soon if you want to go.

This year the Rally is on 23rd to 25th August. We will be there from Friday evening through to late Monday afternoon - though you do not have to go for the whole weekend, just come along as and when you want.



We camp as a big group on the school fields where the event is based. Usually we go for rides on the Saturday and Monday, spending Sunday looking for cycling bargains in the trade tents and watching the grass track racing. Some people also choose to ride the Audax event. It's up to you how you spend the weekend.

Here is a brief events list - full details on www.mildenhallrally.org.uk

- 100km & 300km Audax rides (Saturday)
- Cycle jumble (Saturday evening)
- Trade show (Sunday & Monday)
- Grass track racing (Saturday, Sunday & Monday)
- Off Road Challenge (Sunday)

Bob Hastings is coordinating bookings for the club's area - see him at one of the club nights or phone him on 01788 890657 if you want to go.

Keep in Touch

To stay in touch with Northampton CTC rides, events and news check our web-site regularly. www.ctc-northampton.org.uk

Also, join our e-mail group. We now have 15 members. It has been used recently to arrange impromptu rides, answer questions about club events and to tell people about occasional new events. To join the e-group send an e-mail to:

ctc-northampton-subscribe@yahoogroups.com

or go to :-

groups.yahoo.com/group/ctc-northampton

If you would like to receive future Newsletters by e-mail (so saving us money) send an e-mail with 'CTC Newsletter' in the Subject line & your name & address in the message body to:

newsletter@ctc-northampton.org.uk

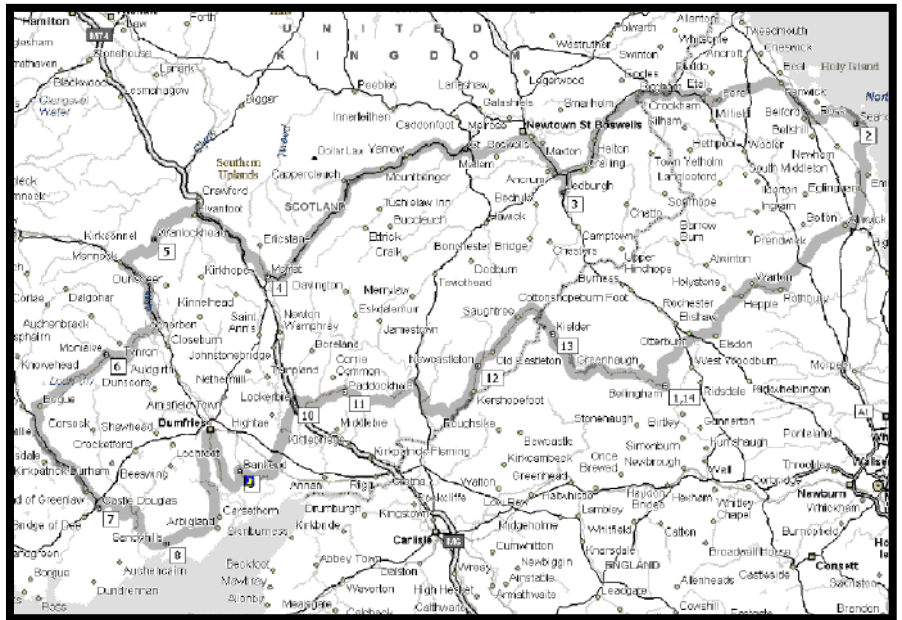
Cycling in the Scottish Borders.

Alison & I spent an enjoyable week, on a CTC tour, pedalling around the Scottish borders this May. The group met up one Saturday evening in the bar (where else!) of a hotel in Bellingham, England, a few miles north of Hadrian's wall.

Apart from the two of us there were the leaders, Mike & Liz, and two others along to enjoy the tour. The first hotel was very nice – the pool and sauna (which we had had maximum relaxation from before joining the group), a huge bedroom and 4-course meal to get the calories stoked up to begin the pedalling.

Sunday morning dawned gloomy after overnight rain, but at least we had a tail wind as we headed out to the east coast and the next hotel in Seahouses. We rode through the town, round the corner and the first uphill. Oh well at least there'd be the down-hills as well (48 mph on one!), and with the up-hills come excellent scenery. As with all the days, we cycled up hill and down dale, stopping at many a café to refill our tired bodies.

This first day we cycled over moorland and along coastal plains – every day we rode through varied scenery that never became boring. We stopped at a classic cyclists' café at Elsdon where the walls are covered with photos of cyclists' and cycling memorabilia and paraphernalia. The first day set the weather for the whole week – windy, cloudy with glimpses of sunshine and showers. This did not detract from the cycling. Most days were generally undulating, sometimes with longer climbs and descents. The combination of the wind and hills made the riding reasonably hard, especially so early in the season, but we now have nice strong leg muscles.



We crossed the border into Scotland on the second day and stayed north of the border until the last. Though we had had a tail wind on the first day, at 57 miles it was not easy. Once we turned round and headed west not only did we have the miles and hills but also the wind. Ironically, it blew hard into our faces all the way across the country via Jedburgh, Moffat, Moniaive and Castle Douglas - only to disappear on the last day when it should have been on our tails and pushing us along

We saw many castles in the region and stopped at some for refreshment – one even had a cycle museum to view. Just before Castle Douglas we took an hour or so off cycling and wandered around Threave Garden – a pleasant, landscaped garden – at least it gave the cycling muscles a rest!

Most evenings we went for a short stroll around the town where we were staying – Jedburgh has a nice abbey and a walk along the river; Moffat the narrowest hotel and the shortest street as well as a statue of a ram. The ram was appropriate – there were many sheep and lambs on the hills (and the roads!) throughout the whole tour.

Dinner and breakfast always offered a varied selection, with many local specialities such as kipper for breakfast (yes I did try that twice), haggis, stuffed beef, Scottish trout and salmon.

Peter Crighton

Our Champion in County Hall Alan Clark - Cycling Officer

On 6 January 2003, Northamptonshire County got a new Cycling Officer - Alan Clark. Alan is originally from Worcestershire and graduated from Leeds University in 2001 with a B.Sc.(Hons) in Environmental Science. Always a keen cyclist, this post seemed the most logical progression in his career after being made redundant from his job as Projects Development Assistant with a surveying company. He is a member of the CTC and Sustrans and secretary of the Wellingborough Cycling Forum.



Alan has high hopes for cycling within Northamptonshire. A County Cycling Strategy is being drafted and there are many projects which could lift the profile of cycling locally and nationally. Cycling is healthy, safe and good for you and the environment - there has traditionally been a low level of cycling within Northamptonshire and it will be hard to increase. But, with vision and support, it is not impossible.

There are a number of forthcoming events, which will hopefully be well supported - for Bike Week 2003 (see front page). For further information on these or any other forthcoming events please contact Alan.

If you would like to discuss any cycling issues, ideas or for more information on cycling within the county, please contact Alan by phone on 01604 236693 or by e-mail at aclark@northamptonshire.gov.uk.

Editor's Note: Welcome, Alan. We look forward to working with you to encourage cycling locally.

News from the District Association and National CTC

We are part of the CTC's "Northants. and North Bucks. District Association" (DA) (try saying that without any abbreviations).

Here are some brief headlines:

- Forthcoming DA events are listed under Special Events and/ or in the Runs List. These are all open to any CTC member. They include camping and hostelling weekends as well as day rides.
- The DA has recently chosen a design for a club jersey, in our official blue and orange colours, which we hope to have ready this summer. Max Scott, DA Secretary, is currently obtaining quotes from manufacturers.
- The national CTC is working to offer more guidance and training for ride leadership. We are looking at what this means for us locally, and will keep you informed in future issues.
- If anyone has any matter to bring to the DA Committee, or wants to know when it meets, please contact Philip Gray.

Our Man on the Borough Council

Tony Woods, regular on our Sunday rides and editor of this newsletter went and got himself elected to Northampton Borough Councillor for St. David ward on 1st May this year. (*Blush! Ed.*)

Tony will be the Deputy Chair of the Planning, Regeneration & Transportation Overview & Scrutiny Committee. He is one of several regular cyclists who represent us on Borough & County Councils. Let's hope he can improve the facilities for cyclists in the town.



Route Management Study Consultation

W S Atkins are undertaking a Route Management Study for the County Council and have launched a consultation aimed at improving 3 main "corridors" into Northampton, Weedon Road, Kettering Road and through Kingsthorpe, including cycling and pedestrian issues.

This study aims to find 'quick fix' solutions to reduce congestion, improve safety and facilitate cycling & walking. It is NOT looking at major road building or improvement.



This is your chance to point out pinch points, road surface problems, cycle facility issues etc. on these roads. You should have received a questionnaire but comments can be made without the form by 9 June (anything a few days late is unlikely to be ignored) to 01604 - 237024 or by e-mail to transportation@atkinsglobal.com

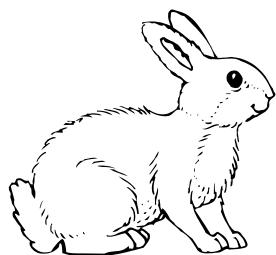
Easter Bunnies of Watership Down

With spring in the air I was feeling enthusiastic and, for the first time, booked onto a cycling weekend.

It was off-road, organised by National CTC, and took me to Hampshire for an event named the "Easter Bunnies" weekend because of both the time of year and it's location (Watership Down, near Freefolk) (*'Read the book, see the film, do the hills' - ed.*)

Friends said Hampshire wasn't particularly hilly - I would have an easy time. How wrong they were! The first inkling came while I was driving up to the guesthouse. Having not heard of the ride leader, Mick Ives, I started to get nervous when I saw the Peugeot Racing team van outside proclaiming him as twice Veteran World Cyclo-Cross Champion!

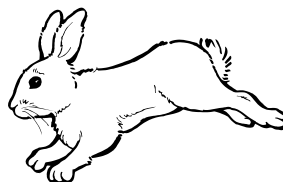
Actually Mick and his team mate Brian were wonderfully friendly and made me feel very welcome - inviting me to eat with them in the pub in the evening. As a solo traveller this was just what I needed and before I knew it I had met a medley of other people who were to be riding over the next two days. Also, I was delighted by the sight of a CTC sign at the pub declaring "Cyclists Welcome".



The first ride started on Saturday morning. Most were on mountain bikes, some old, some new, some high spec, others basic. It was a pleasant surprise to find two more members of Northampton CTC had driven down for the day and were also to be riding.

The ground was reasonably dry and hard, but with surface chunks of flint preventing us from gripping when going uphill. Mick had assured us that there were no real climbs in the route. He was right - as long as you didn't count the dragging ascents, or the short snappy hills that, by the end of the day, had me off my bike and struggling to walk let alone ride.

It was then that I started to really feel my admiration for some of the veteran cyclists. Their fitness and stamina were amazing when, at day's end, I was exhausted. The locals took the ups and downs in their stride. I started to understand why people say Northamptonshire is flat. It was worth it though, for the fantastic views and the wonderful fast descents with which we were rewarded in the afternoon.



All in all this was an inspiring trip. Amongst the group I felt like the novice that I am, but was encouraged to keep on growing my levels of fitness and cycling ability the way that people in the group have obviously done. It was a privilege to cycle with Mick and Brian who gave us hints and tips from their experience as we went along. It was also great to hear from people who work for National CTC about forthcoming events and plans for the future.

Claire Yearby

Details of CTC off-road weekends throughout the year can be obtained from Andy Hawes, Off-Road Information/Events Officer at CTC, Tel 01483 520731 or email: andy.hawes@ctc.org.uk

Contacts

	Name	Phone
Section Secretary	Philip Gray	01604 720522
Treasurer	Bill Simpson	07736 600858
Website Manager	Peter Crighton	01604 709784
Right to Ride	John Cutler	01604 845709
Newsletter Editor	Tony Woods	01604 714431
Publicity	Claire Yearby	01604 637172

Meeting the Neighbours Ride Report

Murphy has a Law - things go wrong. The ride on 1st June was to be a Tourist Ride to Cottesbrooke House & Gardens - but, last minute checks found the house & gardens were closed when we were to visit. No panic - a quick rethink and all was back on schedule.

So 14 riders set off at a leisurely pace along the Brampton Valley Way to Market Harborough where we are joined by Max Scott and a small group from Kettering for the first tea-stop of the day.

Once refreshed, the now enlarged group explores the lanes of the Northants / Leicestershire borders arriving in Maidwell on schedule for a cream tea at the wonderful Wisteria Cottage. Behind this neat, semi-detached cottage is a gem of a garden - in the National Gardens Scheme list on merit - a controlled riot of planting - and no mean cream tea either.

After tea we bid our neighbours good-bye and make our way back to Northampton. Its always good to meet others who share our interest in cycling.

Tourist & Leisure rides are generally shorter and less strenuous than normal Club rides - so are ideal for beginners and those returning to cycling.

e-mail

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publicity@ctc-northampton.org.uk

EVENTS - Rides & Social

This is the plan for the Summer and Autumn. Events to the end of August are confirmed - after that they are subject to change. Keep an eye on the web-site or join the e-mail group for frequent updates. Rides are friendly, sensibly paced and no-one gets left behind. Come & try.

RIDES All the Bike Week events are listed on the front page!

Date	Time	Miles	Rate	Type	Start	Route/Destination	Teastop	Leader
Sun 22 June	10:00 am	10-15	E	Leisure	MSM	Bike2 Work Week special – Discover Northampton by bike	tbc	Philip Gray
Sun 6 July	9:30 am	55-60	B	Tourist	BVW end HH	Rugby Radio Masts, Litchborough	Catthorpe	Tony Woods
Wed 9 July	7:00 pm	10-15	E	Eve Pub	HH	“Ye Olde Sun”, Nether Heyfo8rd	None	Peter Crighton
Sun 20 July	9:30 am	30	C	Tourist	HH	The Great Cheese Hunt	Farthingstone	Sarah Smith
Sun 27 July	10:00 am	30	B	Offroad	Moulton	Whiston – Salcey Forest	Castle Ashby	John Weller
Sun 3 Aug	9:30 am	40-45	C	Tourist	BVW	Wisteria Cottage. Bring own lunch.	Wisteria Cottage	Judy Morris
Wed 13 Aug	7:00 pm	10-15	E	Eve Pub	BVW	“The Bull”, Harpole	None	Tony Woods
Sun 31 Aug	9:30 am	45	C	Tourist	HH	Whiston-Bozeat-Salcey Forest	Harrold CP	John Codington
Sun 7 Sept	9:30 am					TBC		
Sat 20 Sept	10:00 am	15	E	Leisure		"Routes around Northampton" – for "In Town Without My Car" Day		Claire Yearby
Sun 21 Sept	9:30 am	35	C	Club	HH/CC	Paul Jones' Mystery Tour	Harrold CP	Paul Jones
Sun 28 Sept	TBD	10-30	C-E	Leisure	Kislingbury	Kislingbury Village Ride – Lunch booking required	Eastcote	Robin Corlett 01604 830956
Sun 5 Oct	9:30 am	45-50	B	Tourist	Moulton	Tour of parish churches	Busters Diner	Philip Gray
Sun 19 Oct	9:30 am	42	C	Club	HH	Lillingstone	Stowe Dairy Farm	John Codington
Sun 2 Nov	10:00 am	40	C	Tourist	BVW	Cottesbrooke - Naseby	Naseby Battlefield	John Cutler
Sun 8 Dec	10:00am			Club		Hangover Cure Ride		

SOCIAL

Date	Venue	Ride
11th June	“The Windhover”, Boughton Crossing	Start BVW 7pm
18th June	“Buying A Bike” Park Ave. Methodist Church Rooms	7:30 pm
18th June	“The Bull”, Harpole	
25th June	“The Dusty Fox”, Harlestone	
2nd July	“The Sun”, Kislingbury.	
9th July	“Ye Olde Sun”, Nether Heyford	Start HH 7pm,
16th July	“The Whyte Melville Arms”, Boughton	
23rd July	“The Windmill”, Welford Road	
30th July	“The Red Lion”, East Haddon	
6th August	“The Windhover”, Boughton Crossing	
13th August	“The Bull”, Harpole	Start BVW 7pm
27th August	“The Squirrel”, Duston	

RIDES KEY

Rating A	= demanding ride (over 60 miles)
C	= moderate (35-45 miles)
E	= introductory level ride (10-20 miles)
Type Club	= steady ride
Tourist	= includes historical or other visit
Leisure	= short distance, easy pace
DA	= ride run by District Association
National	= CTC or other national event
Start BVW	= Brampton Valley Way, Welford Crossing
HH	= Hunsbury Hill library, Overslade Close
Moulton	= Moulton Co-op
CC	= Canoe Centre, Bedford Road
BCP	= Brixworth Country Park car park
MSM	= Midsummer Meadow, car park, Bedford Rd, N'pton.

SPECIAL & DA EVENTS

Day(s)	Date	Event/Venue	Leader/Organiser
Sunday	15th June	London to Brighton Charity Ride	
Saturday	5th July (8/9 am)	100/ 200 km Audax – Oundle	
Sat & Sun	19th & 20th July	DA Camping weekend	
All week	2nd to 9th August	CTC Birthday Rides, Dorset	
Sunday	17th August	Hilly 100km Audax – East Carlton	
Sunday	17th August	CTC Phil & Friends ride, Peak District	
Fri to Mon	22nd to 25th August	Mildenhall Rally	
Sunday	21st September (9:45am)	DA Audax – Islip	
Sunday	28th September	Kislingbury village ride	
Sunday	12th October	Tourist Trial	
Sunday	23rd November	DA AGM	
Fri to Sun	28th to 30th November	Badby weekend	
Sunday	7th December	DA Christmas Dinner	

Bookings closed	
Robert Holmes	01832 732306
Max Scott	01536 712507
John Dunkley	01604 831318
Max Scott	01536 712507
Philip Gray	01604 720522
Bob Hastings	01788 890657
Nick Cook	01832 732306
Robin Corlett	01604 830956
Lorna Webb	01234 261767
Max Scott	01536 712507
Max Scott	01536 712507

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If you have any comments on this Newsletter or if you have a Ride Report or other items you would like to offer for inclusion in a future edition please send them to CTC Northampton, 64 Junction Road, Northampton NN2 7HS or e-mail them to newsletter@ctc-northampton.org.uk. If you do not wish to receive future Newsletters and wish to be removed from our mailing list write/e-mail to the same address.

Apologies for the print size on this page. Full details are available and regularly updated on our web site www.ctc-northampton.org.uk or via our e-mail group.

