

Rides Programme January – February 2018

Date	Start Time	Miles	Type	Start point	Ride To >	Stops	Meeting Organizer
Sun 07 Jan	9.30am	50	Steady	EH	Banbury	Hillier Garden Centre	Phil Johnson 07927 377191
Sat 13 Jan	9.30am	45	Brisk	EH	Stowe	The Nevillery Cafe	Peter Bayles 07979 850096
Sat 13 Jan	9.30am	35	Moderate	EH	Stowe	The Nevillery Cafe	Peter Bayles 07979 850096
Sun 21 Jan	9.30am	49	Steady	CC	Bourne End	The Bikebus	Milton Cadman 01604 416315
Sat 27 Jan	9.30am	54	Brisk	BVW	Sibbertoft	Buddhist Centre.	Peter Bayles 07979 850096
Sat 27 Jan	9.30am	49	Moderate	BVW	Sibbertoft	Buddhist Centre.	Peter Bayles 07979 850096
Sun 04 Feb	9.30am	60	Steady	MCP	Tugby	Café Ventoux	Giles Barringham 07540 887198
Sat 10 Feb	9.30am	38	Brisk	CC	Yardley Hastings	Pastures Farm	Milton Cadman 01604 416315
Sat 10 Feb	9.30am	32	Moderate	CC	Yardley Hastings	Pastures Farm	Milton Cadman 01604 416315
Sun 18 Feb	9.30am	25	Steady	BVW	Salcey Forest	Salcey Forest	Phil Letts 07867 388592
Sat 24 Feb	9.30am	39	Brisk	EH	Towcester	Ten Hands Café	Giles Barringham 07540 887198
Sat 24 Feb	9.30am	32	Moderate	EH	Towcester	Ten Hands Café	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

Maps are available for start locations on the web site www.ctc-northampton.org.uk

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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.