

## Rides Programme Sep - Oct 2018

Date	Start Time	Miles	Type	Start point	Ride To	Stops	Meeting Organizer
Sun 02 Sep	9.30am	50	Steady	EH	Banbury	Hillier Garden Centre	Phil Johnson 07927 377191
Sat 08 Sep	9.30am	34	Brisk	MCP	Thornby	Buddhist Centre.	Giles Barringham 07540 887198
Sat 08 Sep	9.30am	32	Moderate	MCP	Thornby	Buddhist Centre.	Giles Barringham 07540 887198
Sun 16 Sep	9.30am	60	Steady	MCP	Fleckney	Wistow Garden Centre	Milton Cadman 01604 416315
Sat 22 Sep	8.30am	76	Steady	NH Train Station	London Euston Station	Lilley Arms, Lilley	Peter Bayles 07979 850096
Sun 30 Sep	9.30am	35	Off Road Moderate	BVW	Mid Shires Way	Salcey Forest	Phil Letts 07867 388592
Sun 07 Oct	9.30am	50	Steady	EH	Badby	Whetherday Farm	Peter Bayles 07979 850096
Sat 13 Oct	9.30am	37	Brisk	EH	Castlethorpe	Salcey Forest	Tim Howell 07749 477231
Sat 13 Oct	9.30am	30	Moderate	EH	Castlethorpe	Salcey Forest	Elspeth Howell 07749 477231
Sun 21 Oct	9.30am	40	Steady, some off road	EH	Milton Keynes	One4Six Café, Willen Lake	Phil Letts 07867 388592
Sat 27 Oct	9.30am	34	Moderate	EH	Woodford Halse	Harley Equestrian	Elspeth Howell 07749 477231
Sat 27 Oct	9.30am	39	Brisk	EH	Woodford Halse	Harley Equestrian	Philip Gray 07557 670831

**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](http://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](mailto:rides-secretary@ctc-northampton.org.uk) with your ideas.