

## Rides Programme Nov-Dec 2020

Date	Start Time	Miles	Type	Start point	Ride To	Stops	Meeting Organizer
Sun 01 Nov	9.30 am	49	Steady	EH	Fathinghoe	Limes Farm Tea Room	Giles Barringham 07540887198
Sat 07 Nov							Ride Cancelled
Sun 15 Nov							Ride Cancelled
Sat 21 Nov							Ride Cancelled
Sun 29 Nov							Ride Cancelled
Sun 06 Dec	9.30 am		Steady			TBA	Chris Duff 07770976291
Sat 12 Dec	9.30 am		Brisk / Moderate			TBA	Philip Gray 07557670831
Sun 20 Dec	9.30 am		Steady			TBA	Phil Johnson 07927377191
Sat 26 Dec	9.30 am	28	Moderate	CC	Boxing Day Ride	Forest Cafe, Salcey	Peter Bayles 07979850096

**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)

**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. If you wish to join the ride part way through, please ensure that the Ride Leader is aware prior to the start of the ride.

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.