

Rides Programme September – October 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 **CTCNorthampton blog** or **Facebook** page for information and ride reports.

Date	Start Time	Miles	Type	Start point	Ride To >	Stops	Meeting Organizer
Sun 20 Aug	9:30	62	Steady	EH	Hogshaw	Green Dragon Farm	Tim Howell 07749 477231
Sat 26 Aug	9:30	31	Brisk	MCP	Kelmarsh	Buddist Centre.	Milton Cadman 01604 416315
Sat 26 Aug	9:30	26	Moderate	MCP	Kelmarsh	Buddist Centre.	Milton Cadman 01604 416315
Sun 03 Sep	9:30	40	Steady	BVW	Aachen visitor(1)	Nasby	Ian Macsporrán 07960 302095
Sat 09 Sep	9:30		Brisk				Milton Cadman 01604 416315
Sat 09 Sep	9:30		Moderate				Milton Cadman 01604 416315
Sun 17 Sep	9:30	50	Steady	BVW	Everdon	Stowe Dairy Farm	Phil Letts 07867 388592
Sat 23 Sep	9:30	42	Brisk	EH	Preston Capes	Canons Ashby	Peter Bayles 07979 850096
Sat 23 Sep	9:30	42	Moderate	EH	Preston Capes	Canons Ashby	Peter Bayles 07979 850096
Sun 24 Sep			Charity Sportive		<i>Cycle4Cynthia</i>	For information	
Sun 01 Oct	9:30		Steady	EH	Boddington	Woodford Halse	Tim Howell 07749 477231
Sat 07 Oct	9:30	40	Brisk	CC	Loddington	Pumphouse Wellingboro	Phil Letts 07867 388592
Sat 07 Oct	9:30	40	Moderate	CC	Loddington	Pumphouse Wellingboro	Phil Letts 07867 388592

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Sun 15 Oct	9:30		Steady				James Holden 07841 933046
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Sat 21 Oct	9:30		Brisk	CC			Philip Gray 07557 670831
Sat 21 Oct	9:30		Moderate	CC			Philip Gray 07557 670831
Sun 29 Oct	9:30	50	Steady	BVW	Daventry Loop	Barby & Badby	Ian Macsporrان 07960 302095

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.