

Club Run List: Jul to Sep 2018

v1

Group	Start Time	Description	Distance	Average speed
A	09:00	Training ride for experienced and stronger group riders	55 miles+	18 mph+
B	09:00	Longer group ride for experienced group riders	50 to 60 miles	17 to 18 mph
C+	09:00	Steady group ride for experienced group riders	45 to 55 miles	16 to 17 mph
C	09:30	Steady group ride for riders with group riding experience	40 to 50 miles	14 to 15 mph
D	09:30	Steady group ride, suitable for new riders	25 to 35 miles	12 to 13 mph

All rides start from Stony Stratford, outside "The Passage to India" restaurant. Membership ID should be carried by all riders.
Any Destinations or Leaders not shown will be decided on the day

Basic Ride Rules
Ride at a speed to suit the groups average speed, not the fastest rider.
Follow the leaders instructions, repeat shouts and signals for other riders.
Groups should not leave riders behind, it's a group ride!
Try to ride two abreast, side by side in pairs and have a chat.
Join a group suitable for your fitness and experience.
Please ride and act responsibly as your actions reflect on the club.
Be prepared to split larger groups, target group size is 12 riders.

Date	Day	Group	Destination	Leader
7 Jul 18	Sat	A		
		B	Canons Ashby	Bart Rientes
		C+	Ashridge	Chris Smith
		C	Wilstone	
14 Jul 18	Sat	D	Carlton/Harrold	Tammy Hunt
		A		
		B	Wendover Woods	Andy Vickers
		C+	Canons Ashby	Alun Duncan-Jones
21 Jul 18	Sat	C	Carlton	
		D	Salcey	Anne Crowter
		A		
		B	Wilsone	David McDonald
28 Jul 18	Sat	C+	Upper Stowe	Paul Haigh
		C	Woodford Halse	Chris Wilkes
		D	Cranfield	Geoff Sharpe
		A		
04 Aug 18	Sat	B	Stripes/Wyvale	Neil Mitchell
		C+	Cranfield	Charles Philippe
		C	Quainton	Alun Duncan-Jones
		D	Castle Ashby	Jean-Marie Barboteau
11 Aug 18	Sat	A		
		B	Claydon House	Andy Vickers
		C+	Carlton	
		C	Salcey	
18 Aug 18	Sat	D	Stowe	Tracey & Julie
		A		
		B	Dunstable Downs	David McDonald
		C+	Wilstone	Jon Hunt
		C	Stowe	
		D	Hogshaw/Quainton	Geoff Sharpe
		A		
		B	Castle Ashby	David McDonald
		C+	Upper Stowe	Alun Duncan-Jones
		C	Marston Moretain	
		D	Carlton/Harrold	Jean-Marie Barboteau

Date	Day	Group	Destination	Leader
25 Aug 18	Sat	A		
		B	Marston via 3 Brickhills	David McDonald
		C+	Brill	Phil Balding
		C	Cranfield	Alun Duncan-Jones
01 Sep 18	Sat	D	Olney	Anne Crowter
		A		
		B	Upper Stowe	Mike Read
		C+	Wendover Woods	Adrian Miflin
08 Sep 18	Sat	C	Wilstone	Mike Kirby
		D	Cranfield	Sandra Kirby
		A		
		B	Ashridge	David McDonald
15 Sep 18	Sat	C+	Stowe	
		C	Carlton	Paul Hammond
		D	Castle Ashby	Graeme Church
		A		
22 Sep 18	Sat	B	Quainton	Andy Vickers
		C+	Salcey	
		C	Hogshaw	
		D	Stowe	Silvia / Tony
29 Sep 18	Sat	A		
		B	Carlton/Harold CP	Bart Rientes
		C+	Castle Ashby	
		C	Claydon House	Alun Duncan-Jones
		D	Hogshaw/Quainton	
		A		
		B	Wilsone	David McDonald
		C+	Marston Moretain	
		C	Canons Ashby	
		D	Olney	Ritchie Dixon