

Club Run List: Apr to Jun 2019

version 1

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
6 Apr 19	Sat	A		
		B	Wilstone (The Barn)	Bart Rienties
		C+	Canons Ashby - Ronde 1	Alun Duncan Jones
		C	Quainton	Chris Wilkes
13 Apr 19	Sat	D	Salcey	Sandra Kirby
		A		
		B	Canons Ashby	
		C+	Claydon House - Ronde 2	
20 Apr 19	Sat	C	Salcey Forest	Ritchie Dixon
		D	Carlton	
		A		
		B	Carlton Harold CP	Bart Rienties
27 Apr 19	Sat	C+	Canons Ashby	Adrian Mifflin
		C	Wilstone (The Barn)	Alun D-J
		D	Cranfield	
		A		
04 May 19	Sat	B	Marstone Moretaine	
		C+	Upper Stowe	Phil Balding
		C	Castle Ashby	
		D	Carlton	Tammy Hunt
11 May 19	Sat	A		
		B	Quainton	Dave Carrington
		C+	Stowe	
		C	Carlton	Mike
18 May 19	Sat	D	Stowe	
		A		
		B	Dunstable Downs	David McDonald
		C+	Woodford Halse	Alun Duncan Jones
		C	Marston Moretaine	
		D	Cranfield	

Date	Day	Group	Destination	Leader
25 May 19	Sat	A		
		B	Wilstone (The Barn)	Dave Carrington
		C+	Castle Ashby	
		C	Canons Ashby	Alun D-J
01 Jun 19	Sat	D	Olney	
		A		
		B	Quainton	
		C+	Carlton Emmaus	
08 Jun 19	Sat	C	Wilstone (The Barn)	
		D	Cranfield	Ritchie Dixon
		A		
		B	Henley (100 Miles)	Dave Carrington
15 Jun 19	Sat	C+	Ashridge	Chris Smith
		C	Quainton	
		D	Castle Ashby	
		A		
22 Jun 19	Sat	B	Castle Ashby	
		C+	Canons Ashby	Alun Duncan Jones
		C	Carlton	
		D	Stowe	Anne Crowter
30 Mar 19	Sat	A		
		B	Carlton/Harold CP	David McDonald
		C+	Wendover Woods	
		C	Farthinghoe	Alun D-J
		D	Hogshaw	
		A		
		B	Wendover Woods	Dave Carrington (birthday ride)
		C+	Upper Stowe	Phil Balding
		C	Stowe	
		D	Olney	