

Club Run List: Jan to Mar 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
5 Jan 19	Sat	A		
		B	Wilstone (The Barn)	David McDonald
		C+	Carlton (Emmaus)	Dave Young
		C	Stowe	Alun Duncan Jones
12 Jan 19	Sat	D	Carlton/Harrold	Geoff Sharpe
		A		
		B	Canons Ashby	Dave Carrington
		C+	Salcey Forest	Ken Savage
19 Jan 19	Sat	C	Carlton	
		D	Salcey	
		A		
		B	Carlton/Harold CP	Neil Mitchel
26 Jan 19	Sat	C+	Canons Ashby	Alun Duncan Jones
		C	Hogshaw	
		D	Cranfield	Geoff Sharpe
		A		
02 Feb 19	Sat	B	Marston Moretaine	David McDonald
		C+	Quainton (George and Dragon)	
		C	Salcey Forest	Mike Kirby
		D	Castle Ashby	
09 Feb 19	Sat	A		
		B	Upper Stowe	John Ritchie
		C+	Wilstone (The Barn)	
		C	Castle Ashby	
16 Feb 19	Sat	D	Stowe	David Young
		A		
		B	Woodford Halse	Mike Read
		C+	Upper Stowe	Phil Balding
09 Feb 19	Sat	C	Farthinghoe	Alun Duncan Jones
		D	Hogshaw/Quainton	Ritchie Dixon
		A		
		B	Wendover Woods	David McDonald
16 Feb 19	Sat	C+	Marston Moretaine	Ritchie Dixon
		D	Carlton/Harrold	Jonny Barboteau
		A		
		B	Dunstable Downs	David McDonald

Date	Day	Group	Destination	Leader
23 Feb 19	Sat	A		
		B	Wilstone (The Barn)	Dave Carrington
		C+	Salcey Forest	Alun Duncan Jones
		C	Quainton	Mike Kirby
02 Mar 19	Sat	D	Olney	Sandra Kirby
		A		
		B	Quainton	David McDonald
		C+	Stowe	Dave Young
09 Mar 19	Sat	C	Canons Ashby	
		D	Cranfield	
		A		
		B	Waterperry	Dave Carrington
16 Mar 19	Sat	C+	Carlton (Emmaus)	Phil Balding
		C	Wilstone	
		D	Castle Ashby	Jonny Barboteau
		A		
23 Mar 19	Sat	B	Castle Ashby	Bart Rientes
		C+	Marston Mortaine	
		C	Upper Stowe	Alun Duncan Jones
		D	Stowe	Anne Crowter
30 Mar 19	Sat	A		
		B	Carlton/Harold CP	Mike Read
		C+	Woodford Halse	Ritchie Dixon
		C	Stowe	
09 Feb 19	Sat	D	Hogshaw/Quainton	
		A		
		B	Wendover Woods	David McDonald
		C+	Adderbury	Alun Duncan Jones
16 Feb 19	Sat	C	Carlton	
		D	Olney	
		A		
		B	Wendover Woods	David McDonald