

Club Run List: July to Sept 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 Jul 19	Sat	A	Chawsoton Chili Farm	Tony Jones
		B	Carlton/Harrold Country Park	David McDonald
		C+	Ashridge Park	Chris Smith
		C	Quainton	Mike Kirby
13 Jul 19	Sat	D	Salcey	Geoff Sharpe/Graeme Church
		A	Straw Kitchen Whichford (100 miles)	Richard Wiggins
		B	Wendover Woods	David McDonald
		C+	Carlton	Ken Savage
20 Jul 19	Sat	C	Claydon	Mike Kirby
		D	Carlton	Jonny Barboteau
		A	Wendover Woods	Bart Rienties
		B	The Barn	
27 Jul 19	Sat	C+	Dunstable Downs	Paul Haigh
		C	Stratton Audley	Mike Kirby
		D	Cranfield	Sandra Kirby
		A	Wilstone (The Barn)	Bart Rienties
03 Aug 19	Sat	B	Ashridge	
		C+	Woodford Halse	Allan Clark
		C	Carlton	Ritchie Dixon
		D	Quainton	Geoff Sharpe
10 Aug 19	Sat	B	Marston (via the Brickhills)	Trevor Thomas
		C+	Salcey Forest	
		C	Wilstone	
		D	Stowe	Tammy Hunt
17 Aug 19	Sat	A	Marston	Bart Rienties
		B	Woodford Halse	Mike Reid
		C+	Canons Ashby	
		C	Stowe	Alun Duncan-Jones
24 Aug 19	Sat	D	Castle Ashby	Jonny Barboteau
		A	Marston Moretaine	Charles Philippe
		B	Marston Moretaine	
		C	Canons Ashby	
31 Aug 19	Sat	D	Salcey	
		A	Dunstable Downs	
		B	Upper Stowe	
		C+	Wendover Woods	
07 Sep 19	Sat	C	Farthinghoe	Alun Duncan-Jones
		D	Winslow	Ritchie Dixon
		A	Wilstone (The Barn)	
		B	Quainton (via Brill)	David McDonald
14 Sep 19	Sat	C+	Waterperry (via Brill)	Dave Young
		C	Castle Ashby	
		D	Stowe	
		A	Upper Stowe	
21 Sep 19	Sat	B	Wilstone (the Barn)	David McDonald
		C+	Canons Ashby	
		C	Quainton	
		D	Salcey	
28 Sep 19	Sat	A	Quainton	
		B	Waterperry	Mike Reid
		C+	Claydon House	Ritchie Dixon
		C	Stratton Audley	
17 Aug 19	Sat	D	Olney	
		A	Waterperry	
		B	Carlton/Harrold CP	Neil Mitchell
		C+	Wilstone	
		C	Salcey Forest	
		D	Cranfield	Graeme Church
		A	Woodford Halse	
		B	Grafham	Neil Mitchell
		C+	Upper Stowe	Adrian Miflin
		C	Marston Moretaine	Neil McAndrew
		D	Yardley Hastings	Anne Crowter