

Club Run List: Oct to Dec 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
6 Oct 18	Sat	A		
		B	Waterperry	Dave Carrington
		C+	Salcey Forest	Alun Duncan-Jones
		C	Castle Ashby	
13 Oct 18	Sat	A		
		B	Dunstable Downs	David McDonald
		C+	Ashridge	Charles Philippe
		C	Quainton	Alun Duncan-Jones
20 Oct 18	Sat	A		
		B	Wendover Woods	Andy Vickers
		C+	Dunstable Downs	David Young
		C	Carlton	Ian Hickson
27 Oct 18	Sat	A		
		B	Upper Stowe	John Ritchie
		C+	Stowe	
		C	Canons Ashby	
03 Nov 18	Sat	A		
		B	Quainton	Andy Vickers
		C+	Canons Ashby	Alun Duncan-Jones
		C	Marston Moretaine	
10 Nov 18	Sat	A		
		B	Harrold CP	Neil Mitchell
		C+	Marston Moretaine	
		C	Stowe	Alun Duncan-Jones
17 Nov 18	Sat	A		
		B	Marston Moretaine	Neil Mitchell
		C+	Waterperry	David Young
		C	Quainton	Mike Kirby
		D	Salcey Forest	Sandra Kirby

Date	Day	Group	Destination	Leader
24 Nov 18	Sat	A		
		B	Woodford Halse	Mike Read
		C+	Wilstone	Jon Hunt
		C	Castle Ashby	Ritchie Dixon
01 Dec 18	Sat	A		
		B	Canons Ashby	John Ritchie
		C+	Upper Stowe	Alun Duncan-Jones
		C	Salcey Forest	
08 Dec 18	Sat	A		
		B	Castle Ashby	Dave Carrington
		C+	Stowe	
		C	Carlton	
15 Dec 18	Sat	A		
		B	Wilstone	David McDonald
		C+	Carlton	Ritchie Dixon
		C	Upper Stow	
22 Dec 18	Sat	A		
		B	Carlton/Harold CP	Mike Read
		C+	Castle Ashby	
		C	Wilstone	
29 Dec 18	Sat	A		
		B	Marston Moretaine	David McDonald
		C+	Marston Moretaine	
		C	Marston Moretaine	
		D	Marston Moretaine	Tammy Hunt