

## Fancy a 100k / 60 Mile Challenge?

Last year the St Albans section organised a 100k event to celebrate the life of the late Sylvia Clifford, a regular Forty Plus rider. It was an open event – and in particular the various other cycling clubs of which Sylvia was also a member were also invited to participate.

In the context of the 60<sup>th</sup> Anniversary the St Albans sections will re-run this event as a Forty Plus regional event and extend the invitation to all sections too. This year it will take place on Sunday 26<sup>th</sup> June.

As before. the route will follow an enjoyable circular route and may be ridden in either direction with whomever you chose at whatever pace you prefer. There is no time limit. The route goes through lots of places and you are encouraged to start (and hence finish) from anywhere on the route that suits you best – namely any of:

Wheathampstead	Graveley	Chapmore End
Peters Green	Chessfield	Stoney Hills,
Wanden End	Warren's Green	Waterford
Darley Hall	Hall's Green, Ardeley	Bramfield
Kings Walden	Haultwick	Bulls Green
Preston	Great. Munden	Rabley Heath
Gosmore,	Cold Christmas	Nup End
St.Ippolletts	Thunderidge	Crouch Green
Gt Wymondley	Wadesmill	Ayot St Laurence

There is a nominal £5 per rider entry fee to raise money for the CTC's Cyclists Defence Fund - a charity nominated by Sylvia's husband. Application forms for the event are available on the Forty plus website, or may be obtained via section secretaries or from Roger Hodgson, ideally by email ([roger.hodgson@tesco.net](mailto:roger.hodgson@tesco.net)) or by post (72 The Hill, Wheathampstead, St Albans, AL4 8PS) with SAE please.