

# Forty Plus Cycling Club

We are a sociable cycle club with sections in Bedfordshire, Essex, Hertfordshire, Kent, East Northamptonshire, Surrey and Sussex. We welcome all those in London and the South-East seeking a friendly club to ride with, whether experienced cyclist, returnee or relative newcomer. You can come out and try our rides a few times, before joining. You are welcome to join us for all or part of the ride, or meet us at lunch. As a member you can take part in rides organised by any section of the club.



*Riding Recommendations and  
List of Club Officials pp 20/21*



**15th May 2017** is the cut-off date for the Jul-Sep 2017 Runs List

## Runs Lists

**April to June 2017**

Page	Section
2	Essex A (Thurs)
3	Essex B (Thurs) & Essex Sunday
4	Essex Easy Riders (Tues)
5	Northeast Essex (Tues)
6	Mid Essex (Tues)
7 - 8	Southend (Tues & Thurs)
9 - 11	St Albans (Tues)
12	St Albans (Thurs) & Nth Herts (Thurs)
13	East Herts (Tues & Fri)
14	Beds (Tues) & East Northants (Wed)
15 - 18	Surrey & Sussex
19	Southeast (Wed & Sun)

## Essex A Section (Thursday)

Secretary Chris Mills (01245 442644)

**Meet 10:00 for 10:30 start unless otherwise stated**

Date	Meet	Lunch	Leader
Apr 6	Butts Green, Garden Centre	Layer Breton, Hare & Hounds	Ron Self
13	Ramsden Heath, Hall & Company	Coopersale, Theydon Oak	Tony Cox
20	Norton Heath Café	Standon, Star	TBA
27	White Roding, Bretts	Little Walden, Crown	Mark Beard
May 4	Ulting, Peartree Tea Room	Great Horkesley, Yew Tree	Smoky Joe
11	Bunsay Downs, Golf Club	Fingringhoe, Whalebone	Philip Martin
18	Cooksmill Green, Bake House	Stanstead Abbots, Jolly Fisherman	John Hinds
25	High Easter, Snug Café	Steeple Bumpstead, Fox & Hounds	Chris Mills
Jun 1	Margaretting, Saddlery	Tillingham, Fox & Hounds	Brian Taylor
8	Hastingwood, Garden Centre	Aspenden, Fox	Steve Cleaver
15	Channels, Little Waltham	Nayland, Anchor	Adrian Leeds
22	Hatfield Heath, Post Office	Bartlow, Three Hills	John Beaumont
29	Ongar, Budworth Hall Café	Essendon, Candlestick	Bob McDowall
There will also be an afternoon tea stop chosen on the day by the leader			
40plusessex@gmail.com			

<b>Essex B Section (Thursday)</b>			
Secretary John Houghton (020 3583 6024)			
<b>Meet 10:30 at:</b>			
<b>H</b> - Harlow Garden Centre, A414 near Hastingwood			
<b>S</b> – Stapleford Aerodrome Cafe, A113 near Abridge			
<b>Date</b>	<b>Meet</b>	<b>Lunch</b>	<b>Leader</b>
Apr 6	S	Theydon Bois, The Bull	John R.
13	H	Writtle, Rose and Crown	Tony
20	S	Hatfield Heath, The White Horse	John H.
27	H	Green Tye, Prince of Wales	Tony
May 4	S	Kelvedon Hatch, The Eagle	Mick
11	H	Mathching Tye, The Fox	Liz Delap
18	S	Churchgate, The Queen's Head	Tony
25	H	Littley Green, The Compasses	John H.
Jun 1	S	Mill Green, The Viper	John H.
8	H	Standon, The Star	Tony
15	S	Cammas Hall Fruit Farm	John H
22	H	Mole Hill Green, Three Horseshoes	John H.
29	S	Stock, The Baker's Arms	Tony
40plusessexb@gmail.com			

<b>Essex Sunday Section</b>	
Secretary Michael Cheesman (07514 094897)	
<b>Meet at lunch venue at about 1.15pm</b>	
Afternoon Tea at Blackmore Church 1st Sunday of May & June	
<b>Date</b>	<b>Lunch</b>
Apr 2	Epping Green, Traveller's Friend
9	Churchgate Street, Queen's Head
16	Hatfield Heath, White Horse
23	Moreton, Nag's Head
30	Roydon, The Crusader
May 7	Marden Ash, The Stag
14	Matching Tye, The Fox
21	Sawbridgeworth, George IV
28	
Jun 4	Chipping Ongar, Two Brewers
11	Roydon, The Crusader
18	Churchgate Street, Queen's Head
25	Hatfield Heath, White Horse
40plusessexsunday@gmail.com	

## Essex Easy Riders Section (Tuesday)

Secretary Reg Horsnell (01621 817916)

(Persons take part entirely at their own risk)

Date	Meet at 10.45	Lunch 12.45
Apr 4	Tiptree, MO's Cafe	Great Totham, The Prince of Wales
11	Tiptree Heath, Woodlands	Goldhanger, The Chequers
18	Kelvedon Sandwich Bar	Cressing, The Willows
25	Tiptree Heath, Woodlands	Maldon, The Queen Victoria, Spital Road
May 2	Kelvedon Sandwich Bar	Nr Earls Colne Airfield B1024, Black Horse Cafe
9	Kelvedon Sandwich Bar	Silver End, The Western Arms
16	Tiptree, MO's Cafe	Tollesbury, The King's Head
23	Cressing Temple Barns	The Notlys Golf Club
30	Tiptree Heath, Woodlands	Heybridge Basin, The Jolly Sailor
Jun 6	Tiptree Heath, Woodlands	Maldon, The Queen Victoria, Spital Road
13	Cressing Temple Barns	Bocking, Roundwood
20	Tiptree, MO's Cafe	Great Totham, The Prince of Wales
27	Kelvedon Sandwich Bar	Silver End, The Western Arms
40plusessexeasy@gmail.com		

## Northeast Essex Section (Tuesday)

Secretary Donald Cook (01621 852960)

**Meet at 10:00 for a prompt 10:30 start**

<b>Date</b>	<b>Meet</b>	<b>Lunch</b>	<b>Tea</b>	<b>Leaders</b>
Apr 4	Tiptree, Perrywood	North Fambridge, Ferryboat Inn	Bunsay Down Golf Club	B Taylor/J Pritchard
11	Copford, Barn Plants	Newton Green, Saracen's Heasd	Greenstead Green PO	tba/tba
18	Ulting, Peartree Pantry	Tillingham, Cap and Feathers	Heybridge Basin, Lock TR	tba/tba
25	Earls Colne, Black Horse Cafe	Wivernhoe, Black Buoy	Tiptree, Wilkin Jams	C Mills/P Finch
May 2	Cressing, Temple Barns	West Mersea, The Victory	Abberton Visitor Centre	J Pritchard/B Taylor
9	Witham, Oliver's Nursery	High Roding, Black Lion	Writtle, Wilkin Tea Room	B MacDowall/tba
16	Tiptree, Perrywood	Assington, Shoulder of Mutton	Earls Colne, Colne Valley GC	D Snowling/M Hutley
23	Aldham, Mill Race Nursery	Castle Hedingham, The Bell	Earls Colne, Black Horse Cafe	J Davis/D Russell
30	Elmstead Market, Beth Chatto	Lindsey, Rose Inn	Boxted, Fillpots	J Fryer/tba
Jun 6	Cressing Temple Barns	Stoke by Clare, The Lion	Earls Colne, Colne Valley GC	I Whiteside/tba
13	Earls Colne, Black Horse Cafe	East Bergholt, Hare and Hounds	Aldham, Mill Race Nursery	M Hutley/D Snowling
20	Copford, Barn Plants	Wickham St Paul, The Victory	Rayne Station	D Russell/tba
27	Kelvedon, Sandwich Bar	Cornish Hall End, Hare and Hounds	Greenstead Green PO	J Deer/I Whiteside

40plusneessex@gmail.com

## Mid Essex Section (Tuesday)

Secretary Roger Perry (01277 658030)

**Depart 09:30 prompt from Writtle Pond (W) or Sandon Church (S)**

Please check the website for changes to start locations and destinations

Date	Meet	Elevenses	Lunch	Leader
Apr 4	S	Tiptree, Perrywoods	Bures, Eight Bells	
11	W	Andrews Field or Stebbing	Copford Green, The Alma	
18	W	Hatfield Heath PO	Much Hadham, The Bull	
25	S	Heybridge Basin, Wilkins	Layer de la Haye, Donkey and Buskins	
May 2	W	HighEaster, Snug	Little Braxted, Green Man	
9	S	Greenstead Green	Clare, The Cock	Tony Phillips
16	W	Hatfield Heath PO	Puckeridge, Crown and Falcon	John Beaumont
23	S	Black Notley, Golf Course	Pebmarsh, King's Head	
30	W	High Easter, Snug	Henham, The Cock	
Jun 6	S	Tiptree, Perrywoods	Nayland, The Anchor	
13	W	Camass Hall, Fruit Farm	Saffron Walden, Temeraire	
20	W	Hastingwood Garden Centre	Green Tye, Prince of Wales	
27	S	Black Notley, Golf Club	Cornish Hall End, Horse and Groom	
40plusmidsex@gmail.com				

## Southend Section (Tuesday)

Secretary Graham Kirby (01375 385474)

**Start, unless otherwise stated, top of Crown Hill, Rayleigh at 9.30 am or 10.00am at Rettendon Turnpike.**

Date	Eleveneses	Lunch	Grid Ref
Apr 4	Margaretting, Saddlery	Marden Ash, The Stag	TL 552 021
11	Bunsay Downs Golf club	North Fambridge, Ferry Boat	TQ 853 968
18	Maldon, Crystal Cafe	Great Totham, Prince of Wales	TL 854 113
25	Writtle, Lordship Tea Rooms	Witham, Battersford Court	TL 820 144
May 2	Blackmore, Tea Rooms	Epping, Theydon Oak	TL 474 018
9	Sandon, Butts Green Garden Centre	Althorne, Huntsman & Hounds	TL 996 008
16	Purleigh, Roundbush	Danbury, Cricketers	TL 779 049
23	Bicknacre, White Elms Garden Centre	Little Braxted, Green Man	TL 849 130
30	Heybridge Basin, Cherry Tree	Kelevdon, Railway Tavern	TL 865 192
Jun 6	Hatfield Peverel, Peartree Pantry		TL 604 019
13	Maldon, Crystal Café	Tillingham, Fox & Hounds	TL 994 037
20	Hatfield Peverel, D's Diner	Little Totham, Swan	TL 889 117
27	Margaretting, Saddlery	Stondon Massey, Bricklayers Arms	TL 585 005
40plussouthend@gmail.com			

## Southend Section (Thursday)

Secretary Graham Kirby (01375 385474)

Runs Leader Peter Wotherspoon (07899 032753)

**Start top of Crown Hill, Rayleigh at 9.30 am. unless otherwise stated, 10.00am at Rettendon Turnpike**

Date	Eleveses	Lunch	Grid Ref
Apr 6	Hatfield Peverel, Peartree Pantry	Tollsbury, Yacht Marina	TL 967 104
13	Hatfield Peverel, D's Cafe	Rayne, The Welsh Princess	TL 732 227
20	Hylands Park	Black Notley, The Vine	TL 767 208
27	Little Baddow, Paper Mill Lock	Purleigh, New Hall Vineyard (1)	TL 837 026
May 4	Maldon, Crystal Café (2)	Copford, The Alma	TL 927 228
11	Woodham Walter, Bunsay Downs	Littley Green, The Compasses	TL 699 173
18	Alpha GC (3)	Tilbury, The Worlds End	TQ 649 753
25	Blackmore, Tea Rooms	Chignal St James, Three Elms	TL 675 097
Jun 1	Margaretting, The Saddlery	Hatfield Broad Oak, The Cock Inn	TL 546 166
8	Writtle, Lordship Tea Rooms	Hatfeld Peverel, The Duke of Wellington	TL 794 119
15	Chipping Ongar, Jubilee Park Pavilion	Hatfield Heath, The Thatchers	TL 520 152
22	Writtle, Lordship Tea Rooms (4)	Stebbing (Andrewsfield), Rettendon Bell	TL 688 247
29	Playgolf, Bakers Lane, Colchester CO3 4AU (5)	Long Melford, George and Dragon	TL 863 457
40plussouthend@gmail.com			

### Notes

1 See Bluebells £10 buffet with wine but no additional 'wine tasting'.

2 Dutch tour send-off.

3 Late Start 10:00 Rayleigh High Street or meet at cafe. Route will not pass through Rettendon Turnpike.

4 Longest day ride.

5 Car assisted, 09:15 breakfast, depart 10:00.



## St Albans Tuesday Rides Overview

Find a ride to suit you

	Typical Distance in Miles	Likely Speed in MPH	Starts from:	Page
<b>A</b>	20+	12+	Hatfield, or St Albans, or Harpenden	9
<b>Intermediate</b>	15 - 18	11 - 12	Hatfield, or St Albans, or Harpenden	10
<b>B</b>	~ 15	10 - 11	Hatfield, or St Albans, or Harpenden	10
<b>C</b>	~ 10	~ 9	Hatfield	11
<b>Potters</b>	5-10	Comfortable	Welwyn	11

Secretary Roger Hodgson (07989 649526)

## St Albans Section - A (Tuesday)

Secretary Kevan Harrop (01727 855265)

Start Points:		
	Jenny's Cafe, Hatfield	TL 224 085
	Morrisons, St. Albans	TL 166 072
Coffee meet from 10:00	Inn on Park, Verulamium	TL 138 073
A Ride leaves at 10:30	Rothamsted, Harpenden	TL 124 133

Date	Start	Destination	Leader
Apr 4	Jenny's	Cottered, Bull	Steve Rogers
11	Inn on Park	Northall, Swan	Ant Stephenson
18	Jenny's	Hoddesdon, Star	Bob Page
25	Inn on Park	Wigginton, Greyhound	Peter Southworth
May 2	Jenny's	Braughing, Axe & Compass	Geoff Watts
9	Inn on Park	Great Missenden, Black Horse	John Shaw
16	Jenny's	Old Warden, Shuttleworth	Founders Day *
23	Inn on Park	Aston Abbots, Royal Oak	Roger Pask
30	Rothamsted	Shillington, Crown	Adrian Winterbone
Jun 6	Jenny's	Much Hadham, Bull	Peter Ridehalgh
13	Inn on Park	Asheridge, Blue Ball	John Parkey
20	Jenny's	Stansted St Margarets, Jolly Fisherman	Tony O'Byrne
27	Inn on Park	Milton Bryan, Red Lion	Roger Bowman

\* Car assist to circular ride from/to Shuttleworth Collection

40plusstalbans@gmail.com

## St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

<b>Start Points:</b>	Jenny's Cafe, Hatfield	TL 224 085
	Morrisons, St. Albans	TL 166 072
Coffee meet from 10.00	Inn on Park, Verulamium	TL 138 073
Inter Ride leaves at 10.30	Rothamsted, Harpenden	TL 124 133

Date	Start	Destination	Leader
Apr 4	Jenny's	Hoddesdon, Star	Steve Brazier
11	Inn on Park	Potten End, Martins Pond	Charlie Lynn
18	Jenny's	Enfield, King & Tinker	Richard Stubbs
25	Inn on Park	Aldenham, Round Bush	Bill Boldison
May 2	Jenny's	Dobbs Weir, Fish & Eels	Tony O'Byrne
9	Inn on Park	Sarratt Bottom, Cock Inn	Dan Dorian
16	Jenny's	Old Warden, Shuttleworth	Founders Day *
23	Inn on Park	Commonwood, Cart & Horses	Roger Blassberg
30	Rothamsted	Streatley, Old Chequers	Bob Carter
Jun 6	Jenny's	Cottered, Bull	Steve Rogers
13	Inn on Park	Whipsnade, Hunter's Lodge	Jane Elsmore
20	Jenny's	Gosmore, Bull	Judith Hill
27	Inn on Park	Chorleywood, Black Horse	Dave Andrews
* Car assist to circular ride from/to Shuttleworth Collection			
40plusstalbans@gmail.com			

## St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

<b>Start Points:</b>	Jenny's Cafe, Hatfield	TL 224 085
	Morrisons, St. Albans	TL 166 072
Coffee meet from 10.00	Inn on Park, Verulamium	TL 138 073
B Ride leaves at 10.45	Rothamsted, Harpenden	TL 124 133

Date	Start	Destination	Leader
Apr 4	Jenny's	Aldenham, Roundbush	Alan Punter
11	Inn on Park	Potters Bar, Admiral Byng	A volunteer
18	Jenny's	Tonwell, Robin Hood & Little John	Ken Hoggett
25	Inn on Park	Hemel Hempstead, Red Lion	Jan Maitland
May 2	Jenny's	Watton-at-Stone, Bull	Craig Maxwell
9	Inn on Park	Sarratt, Boot	Eric Cullen
16	Jenny's	Old Warden, Shuttleworth	Founders Day *
23	Inn on Park	Studham, Red Lion	John Edwards
30	Rothamsted	Whipsnade, Hunters Lodge	Chris Rice
Jun 6	Jenny's	Hertford, Six Templars	Terry Kent
13	Inn on Park	Cambridge/ Lytton Arms	A volunteer
20	Rothamsted	Gosmore, Bull	Roger Hodgson
27	Inn on Park	Sarratt Bottom, Cock Inn	Don Wallace
* Car assist to circular ride from/to Shuttleworth Collection			
40plusstalbans@gmail.com			

## St Albans Section - C (Tuesday)

Secretary Ian Ollier (020 8440 5943)

**Start Points:** Jenny's Cafe, Hatfield TL 224 085

Rothamsted TL 124 133

Coffee meet from 10.00

C Ride leaves at 10.45

## St Albans Section - Potterers (Tuesday)

Secretary Joe Harrison (01438 715283)

**Meet for 11:30 start from:**

**Maggie's:** "Whitegates", Potters Heath (TL 238 185)

**Tony's:** 17 Canonsfield, Welwyn (TL 243 176)

Date	Start	Destination	Leader
Apr 4	Jenny's	Potters Bar, Builder's Arms	Louise Hughes
11	Jenny's	Hooks Cross, Three Horseshoes	Alex Moss
18	Jenny's	Old Knebworth, Lytton Arms	Barrie Wood
25	Jenny's	Tewin, Plume of Feathers	Ian Constable
May 2	Jenny's	Harpenden, Skew Bridge	Chris Rice
9	Jenny's	Kimpton, Boot	Pat Kennedy
16	Jenny's	Old Warden, Shuttleworth	Founders Day *
23	Jenny's	Amwell, Elephant & Castle	Jo Klein
30	Rothamsted	Gaddesden Row, Old Chequers	Doug Nevell
Jun 6	Jenny's	Wheathampstead, Swan	Alex Moss
13	Jenny's	Codicote, Globe	Mike Headland
20	Jenny's	Newgate Street, Coach and Horses	Ian Constable
27	Jenny's	Water End, Woodman	Peter Turney
* Car assist to circular ride from/to Shuttleworth Collection			
40plusstalbans@gmail.com			

Date	Start	Lunch Venue	Map Ref
Apr 4	Maggie's	Wheathampstead, Swan	TL 177 139
11	Tony's	Tewin, Country Bumpkin	TL 274 156
18	Maggie's	Whitwell, Emily's Tearoom	TL 184 212
25	Maggie's	St Paul's Walden, Strathmore Arms	TL 194 222
May 2	Tony's	Hertford, Millstream	TL 320 130
9	Maggie's	Old Knebworth, Lytton Arms	TL 229 202
16	Tony's	Woolmer Green, Red Lion	TL 253 187
23	Tony's	Tewin, Plume of Feathers	TL 271 153
30	Maggie's	Welwyn, Steamer	TL 231 158
Jun 6	Maggie's	Gustard Wood, Cross Keys	TL 174 164
13	Tony's	Digswell, Cowper Arms	TL 244 154
20	Maggie's	Peters Green, Bright Star	TL 142 190
27	Maggie's	Codicote, Wyvale Cafe	TL 214 187
40plusstalbans@gmail.com			

### St Albans Section (Thursday)

Secretary Steve Rogers (07887 851309)

On Thursdays we meet informally at 11:00 for coffee at The Green Man in Sandridge (166 TL 169 104) and then, or for some members instead, go directly to lunch (12.30 for 1.00 p.m.) at a nominated local hostelry.

Date	Proposed Lunch Venue	Map Ref
Apr 6	South Mimms, Black Horse	TL 221 015
13	Redbourn, Cricketers	TL 104 120
20	Kimpton, Boot	TL 174 183
27	Lemsford, Long Arm and Short Arm	TL 221 125
May 4	Tyttenhanger Green, Plough	TL 182 059
11	Peters Green - Bright Star	TL 142 190
18	Welham Green, Sibthorpe Arms	TL 234 053
25	Gustard Wood, Cross Keys	TL 174 164
Jun 1	Bell Bar, Cock O' North	TL 254 054
8	Harpenden, Engineer	TL 141 131
15	Hatfield, Harpsfield Hall	TL 215 087
22	St Paul's Walden, Strathmore Arms	TL 194 222
29	Colney Heath, Crooked Billet	TL 202 060
40plusstalbans@gmail.com		

### North Herts Section (Thursday)

Secretary Stuart Collins (01462 621799)

Meet at Wetherspoons, Leys Ave, Letchworth for a 10:45 start for a ride to lunch

Date	Lunch from midday
Apr 6	Clophill, The Stone Jug
13	Mangrove Green, The King William
20	(Garden City Wheelers) TBA
27	Wheathampstead, The Elephant & Castle
May 4	Lilley, The Lilley Arms
11	Gamlingay, Wood View Farm Shop
18	(Garden City Wheelers) TBA
25	Harpenden, The Red Cow
Jun 1	Pulloxhill, The Cross Keys
8	Gustard Wood, The Cross Keys
15	(Garden City Wheelers) TBA
22	Wimpole Hall
29	Peters Green, The Bright Star
40plusnherts@gmail.com	

### East Herts Section (Tuesday)

Secretary Kathy McNamee (01992 551799)

Meet 10:00 onwards for coffee at Wetherspoons in Hertford, ready for prompt departure at 10.30 unless otherwise indicated.

Date	Lunch
Apr 4	Watton at Stone, George and Dragon
11	Aston End, Crown
18	Standon, Star
25	Kimpton, Boot
May 2	Little Hadham, Nags Head
9	Ardeley, Jolly Waggoners
16	Gustard Wood, Cross Keys
23	Whitwell, Emily's Tearoom
30	Lilley, Lilley Arms
Jun 6	Halls Green, Rising Sun
13	Barkway, Tally Ho
20	Ashwell Bash, Three Tuns
27	Peters Green, Bright Star
40pluseherts@gmail.com	

### East Herts Section (Friday)

Secretary Kathy McNamee (01992 551799)

Meet 10:00 onwards for coffee at Wetherspoons in Hertford, ready for prompt departure at 10.30 unless otherwise indicated.

Date	Lunch
Apr 7	Willian (Letchworth), Three Horseshoes
14	<i>No ride (Good Friday)</i>
21	Colemans Green, John Bunyan
28	Matching Tye, The Fox
May 5	Harpenden, The Engineer
12	Essex Triangle - Toot Hill, Green Man**
19	Breachwood Green, Red Lion
26	Weston, The Cricketers
Jun 2	White Roding, Bretts Restaurant *
9	Great Hornead, Three Tuns
16	Bentfield Green, Rose & Crown*
23	Gustard Wood, Cross Keys
30	Preston, Red Lion
* Approx 50 miles 10am start	
** Approx 60 miles 10am start "Triangular" ride with lunch and tea	

<b>Bedfordshire Section (Tuesday)</b>	
Joint Secretaries Paul Wareham (01582 753587) and Tony Sugars (01525 874325)	
<b>Meet for lunch</b>	
<b>Date</b>	<b>Lunch</b>
Apr 4	Pulloxhill. The Cross Keys
11	Marston Moretaine. The Forest Centre
18	Henlow. The Five Bells
25	Wavenden. The Golf Centre
May 2	Clophill. The Stone Jug
9	Maulden. The Dog and Badger
16	Stanford. The Green Man
23	Henlow. The Five Bells
30	Wardhedges. The Jolly Coopers
Jun 6	Marston Moretaine. The Forest Centre
13	Clophill. The Stone Jug
20	Pulloxhill. The Cross Keys
27	Maulden. The Dog and Badger
40plusbeds@gmail.com	

<b>East Northants Section (Wednesday)</b>	
<i>Contact Roy Presland (01933 314831)</i>	
<b>Meet for lunch at 12 noon</b>	
<b>Date</b>	<b>Lunch</b>
Apr 5	Wollaston, Hill Cafe
12	Sharnbrook, Cake Shop
19	Grendon, Half Moon
26	Sywell, Overstone Manor
May 3	Irchester, Carpenter's Arms
10	Tilbrook, White Horse
17	Carlton, Emmaus
24	Wollaston, Hill Cafe
31	Sharnbrook, Cake Shop
Jun 7	Grendon, Half Moon
14	Sywell, Overstone Manor
21	Irchester, Carpenter's Arms
28	Tilbrook, White Horse
40plusnorthants@gmail.com	

## Surrey and Sussex Rides Overview

Ride	Leader
Midweek	Phil Griffin / John Copplestone, every Tuesday & Friday
Sunday	Pam Goodall, every Sunday
Borders	Richard Nainggolan, every other Wednesday
SW Sussex	Derek Hanson, every other Thursday
See Page 18 for details of our Founders Day ride	
Secretary Valerie Taylor (01737 242720)	

### Surrey & Sussex Section - Borders (Wednesday)

Secretary Richard Nainggolan (07761 107905 and 01293 786126)

Date	Xref	Meet 10.45 to 11.15	Lunch
Apr 5		Horne, Horne Golf Club	Markbeech, Kentish Horse
19	<b>A</b>	Four Elms, Elms Nursery GC	Four Elms, Four Elms Inn
May 3	<b>B</b>	Woldingham, Knights GC	Knockholt, Three Horseshoes
17		Godstone, Green Rooms	Chipstead, Bricklayers Arms
Jun 7		Lingfield High Street, Rosie's	Chiddingstone Hoath, Rock Inn
21		Forest Row, Riverside Cafe	Dane Hill, Coach & Horses
40plussksb@gmail.com			

**Xefs** A: Circular route B: TQ481595

### Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Apr 2	Copsale, Copsale Hall
9	Newdigate, Tanhouse Farm
16	Rudgwick, The Milk Churn
23	Littleworth, Camelia Botnar
30	Horsham, Warnham Reserve
May 7	Copsale, Copsale Hall
14	Billingshurst, Whispers
21	Newdigate, Tanhouse Farm
28	Littleworth, Camelia Botnar
Jun 4	Copsale, Copsale Hall
11	Horsham, Warnham Reserve
18	Billingshurst, Whispers
25	Rudgwick, The Milk Churn
40plussurreysussexsunday@gmail.com	

## Surrey & Sussex Section (Midweek)

Secretary Valerie Taylor (01737 242720)

Runs Leaders: Phil Griffin (020 8604 1498), John Copplestone (07507 436 015).  
 Awaydays: Min Aldridge. Website: Eddie Jenvey. Email: 40plussurreysussex@gmail.com

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Tue	Apr 4	A	Newdigate, Tanhouse Farm	Newdigate, Six Bells
Fri	7		Partridge Green, Stan's Shack	Coolham, Selsey Arms
Tue	11		Abinger Hammer, Tea Rooms	Tismans Common, Mucky Duck
Fri	14		Pulborough Brooks, RSPB	Kirdford, The Forresters
Tue	18		Balcombe, Tea Rooms	Wineham, Royal Oak
Fri	21		Southwater, Country Park	Bramber, The Castle
Tue	25		Rudgwick, Milk Churn	Holmbury St. Mary, Kings Head
Fri	28		Horley, Le Manger	Faygate, Holmbush
Tue	May 2		Henfield, Truffles	Staplefield, Jolly Tanners
Fri	5	B	Langhurst, Max's Diner	Ironsbottom, Three Horseshoes
Tue	9		Cuckfield, Reeves Pantry	Partridge Green, The Partridge
Fri	12	C	Rusper, Rusper Golf Club	The Haven, Blue Ship
Tue	16		Handcross, Garden Centre	Southwater, Hen & Chicken
Fri	19		Littleworth, Camelia Botnar Garden Centre	Rusper, The Star
Tue	23	D	Reigate, Reigate Gdn Centre	Lambs Green, The Lamb
Fri	26		Horsham, Warnham Mill Pond	Okewoodhill, Punchbowl
Tue	30		Beare Green, Blu-moon Café	Billingshurst, Limeburners



Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Fri	Jun 2		Ditchling, Tea Rooms	Ardingly, Ardingly Inn
Tue	6	E	Horsham, New House Farm	Bolney, Eight Bells
Fri	9		West Humble Station, Pilgrims Cycles	Faygate, The Frog and Nightgown
Tue	13	F	Ardingly, Cosy Café	Goddard Green, The Sportsman
Fri	16		Charlwood, 52 The Street	Betchworth, Dolphin
Tue	20		Steyning, Truffles	Coolham, Selsey Arms
Fri	23		Wisborough Green, Old Mill Café	Walliswood, Scarletts Arms
Tue	27		Worth, Tulleys Farm	Outwood, Castle
Fri	30		Dorking, Harleys Café	Ockley, Cricketers

Cross references
A: Founders Day Ride B: TQ176346 C: TQ198397 D: Pete Swetman's presentation E: TQ203332 F: TQ45295

Speed and Distance:
Tue/Fri rides are usually around 12.5 miles from 11'ses to the lunch venue, and take approx 1 hour. After lunch riders disperse in their various directions homewards. Awaydays are approx 45 miles from 11'ses/meet and back to the same location by late afternoon.

Surrey and Sussex Section - SW Sussex (Thursday)				
Secretary Derek Hanson (01293 535569) Email: 40plusswsussex@gmail.com				
Date	Xrefs	Meet 10:45 to 11:15	Lunch	Tea
Apr 13		Fishbourne, Roman Palace	Hermitage, Sussex Brewery	Rowlands Castle
27		Slindon, Forge	Duncton, Cricketers	Singleton
May 25		Bosham, Craft Centre	Hooksway, Royal Oak	Stansted
Jun 15	(i)	Tangmere, Aviation Museum	Shipton Green, Lamb	Runcton
29		West Dean, Gardens	Rogate, White Horse	Midhurst

**Xref (i)**

New Lunch Venue:  
Shipton Green, Lamb  
SZ803993

## Forty Plus Cycling Club - Surrey & Sussex Section

### Founders Day Ride – Tuesday 4 April 2017

Enjoy Founders Day with a 62 km ride in splendid Surrey/Sussex countryside, following a 'figure of eight' route centred on Newdigate. The ride is free of charge and open to non-members.

Self-start anywhere on either loop of the 'figure of eight'. Follow route directions to Tanhouse Farm for coffee **09.30 to 10.15**. Here you can join one of the groups leaving at **10.30**. The group rides finish at the Six Bells, Newdigate.

After lunch, and a toast to our Founders, complete the 62 km by riding the remaining portion of the route back to your start point.

Those who wish to ride independently, and/or prefer to ride one loop only, are welcome to do so.

There are free car parks at: Capel (TQ176408), Ifield (TQ251378), Reigate Heath (TQ239503), Rusper (TQ204375). Parking at the Six Bells is also available.

To enter: Simply email [valerietaylor321@aol.com](mailto:valerietaylor321@aol.com) by 24 March 2017 to notify intent to ride, and request route map & directions. Please give name, address, and telephone number. If joining a group ride, please state preferred pace (11 or 12.5 mph)

If no email: Please write to Valerie Taylor, 43 Wray Common Road, Reigate, Surrey, RH2 0ND with data as above.

**Riders take part at their own risk.**

**The Club cannot be held responsible for any legal proceedings which arise concerning participants in the event.  
Riders are advised to have third party insurance such as that provided by the CTC.**

### **Southeast Section (Wednesday)**

Secretary Frank Grue (01322 669419)

Meet at 10:30 for an 11:00 ride  
to a destination to be decided on the day.

**Please telephone if you want to come**

<b>Date</b>	<b>Meet</b>
Apr 5	Polhill Garden Centre
12	Birchwood Golf Club
19	High Elms Beeche Cafe
26	Chelsfield Golf Club
May 3	Speedgate Cafe
10	High Elms Beeche Cafe
17	Lullingstone Golf Club
24	Birchwood Golf Club
31	Chelsfield Golf Club
Jun 7	High Elms Beeche Cafe
14	Polhill Garden Centre
21	Speedgate Cafe
28	Birchwood Golf Club
40plussoutheast@gmail.com	

### **Southeast Section (Sunday)**

Secretary Frank Grue (01322 669419)

Occasional Sunday rides are arranged.

Please contact Frank for more details  
on dates and locations for these rides.



Ready for anything (picture by Vic Ashlee)

# **Please abide by the following recommendations**

## **Club Runs**

All members should: (a) obey the Highway Code, (b) ensure that their cycle is roadworthy, (c) behave with consideration for other road users, (d) ride in single file when requested to do so, or when appropriate, (e) only pass the leader under exceptional circumstances and on his/her authority and then stop and wait at a safe point.

The pace of the club run should suit the slowest rider. Where possible large groups should be divided into smaller groups, each with its own appointed leader and back marker.

## **Non-Members**

Invitees may accompany members on club runs but must first be identified to the Secretary/Leader. After attending for three occasions any invitee who wishes to continue will be requested to apply for Club Membership.

## **Runs Leaders**

Section Secretaries must nominate Runs Leaders, to be named on the Runs list, who they regard as competent to lead the Club Run on those occasions when the Section Secretary is not available. Section Secretaries, or nominated Leaders, should keep a record of all Members attending Club Runs. This to be made available in the event of a claim.

## **Club Events**

Organisers and helpers must be aware of insurance position and names and address of members who participate must be taken to validate insurance. Anything organised and not on the Runs List is not covered by insurance. Members and non-members take part in club-organised activities entirely at their own risk and are strongly advised to have their own insurance.