

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 southeast 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.



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Runs List October to December 2018

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17	Southeast and Essex Sunday

20th November 2018 is the cut-off date for the Jan - Mar 2019 Runs List

Essex A Section (Thursday)

Chris Mills 01245442644 40plusessex@gmail.com

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

Date	Meet	Lunch	Leader 1	Leader 2
Oct 4	Bunsay Downs, Golf Club	Fingringhoe, Whalebone		
11	High Easter, Snug	Wendens Ambo, Bell		
18	Felsted, Wood Cottage	Cavendish, Five Bells	Mark Beard	Philip Martin
25	Margaretting, Saddlery	Epping Green, Travellers Friend		
Nov 1	Blackmore Tea Room	North Fambridge, Ferryboat Inn	Brian Taylor	Philip Martin
8	Great Waltham, Stores	Coopersale Street, Theydon Oak		
15	Cooksmill Green, Bakehouse	Finchingfield, Red Lion	Chris Mills	Chris Tomkins
22	Norton Heath Café	Hadham Ford, Nags Head	Chris Tomkins	Mark Beard
29	Writtle, Lordship Tea Room	Tolleshunt Major, Bell	Philip Martin	Chris Mills
Dec 6	Blackmore Tea Room	Broxted, Prince Of Wales	Tony Cox	Chris Tomkins
13	Bicknacre, White Elm Garden Centre	Stondon Massey, Bricklayers		
14	Ramsden Heath, Hall & Co	Little Channels - Christmas Lunch	Roger Hunt	
20	Great Waltham, Stores	Goldhanger, Chequers	Roger Moore	N/A
27	Cooksmill Green, Bakehouse	Hazel End - Three Horseshoes		
A tea stop is decided by the leader on the day				

Essex B Section (Thursday)			
John Houghton 02035836024 40plusessexb@gmail.com			
Meet 10:30 at H (Harlow Garden Centre, A414 near Hastingwood) or S (Stapleford Aerodrome Café, A113 near Abridge)			
Date	Meet	Lunch	Leader
Oct 4	S	Kelevdon Hatch, The Eagle	Mick
11	H	Northend, The Butcher's Arms	John
18	S	Stock, The Baker's Arms	Liz
25	H	Brick End, Prince of Wales	John
Nov 1	S	Matching Tye, The Fox	Tony
8	H	Gilston, The Moorhen	Clive
15	S	Hatfield Heath, The White Horse	Brian
22	H	Ayethorpe Roding, Axe and Compasses	John
29	S	Sheering, The Cock	Tony
Dec 6	H	Stondon Massey, The Bricklayer's Arms	John
13	S	Mill Green, The Viper	Tony
20	H	Matching Tye, The Fox	Tony
27	S	Churchgate, The Queen's Head	John

Essex Easy Riders Section (Tuesday)	
Reg Horsnell 01621817916	
Meet for lunch at 12:45	
Date	Lunch
Oct 2	Roundwood, Bocking
9	Young's End, The Green Dragon
16	The Notleys Golf Club
23	The Prince of Wales, Great Totham
30	The Queen Victoria, Spital Road, Maldon
Nov 6	The Western Arms, Silver End
13	The Old Ship, Heybridge Basin
20	The Prince of Wales, Great Totham
27	The Notleys Golf Club
Dec 4	The Queen Victoria, Spital Road, Maldon
11	Duke of Wellington, Hatfield Peverel
18	The Notleys Golf Club - Christmas Lunch
25	Christmas Day - no ride

Northeast Essex Section (Tuesday)

John Pritchard 01621853069 40plusneesex@gmail.com

Meet 10:00 for a prompt 10:30 start

Date	Meet	Lunch	Tea	Leader
Oct 2	Tiptree Heath, Woodlands	Belchamp St Paul, Half Moon	Rayne Station	C Mills/M Beard
9	Copford, Barn Plants	Bower House Tye, Brewers Arms	Aldham, Millrace Nursery	J Fryer/
16	Marks Tey, Diner	Stowe Maries, Prince of Wales	Ulting, Peartree Pantry	E Spurgeon/
23	Bocking, Roundwood GC	Castle Hedingham, the Bell	To be decided on the day	R Hunt/D Russell
30	Cressing Temple Barns	Fordham, Three Horse Shoes	To be decided on the day	D Snowling/M Hutley
Nov 6	Aldham, Millrace Nursery	Assington, Shoulder of Mutton	To be decided on the day	P Finch/
13	Kelvedon Sandwich Bar	Blake End, Craft Centre	To be decided on the day	D Russell/I Whiteside
20	Witham, Olivers Nursery	Gosfield, The Green Man	To be decided on the day	B Taylor/J Pritchard
27	Earls Colne, Blackhorse Cafe	Woodham Walter, Queen Victoria	To be decided on the day	J Pritchard/J Deer
Dec 4	Tiptree, Perrywoods	Earls Colne, Golf Club *	To be decided on the day	L King/C Behn
11	Ulting, Peartree Pantry	Rowhedge, The Anchor	To be decided on the day	D McCarron
18	Greenstead Green, PO	Tolleshunt d'Arcy, Queens Head	To be decided on the day	I Whiteside
25	No ride this week			
* Christmas Lunch				

Mid Essex Section (Tuesday)

John Beaumont 01245630864 40plusmidessex@gmail.com

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

Date	Meet	Eleveses	Lunch	Leader
Oct 2	S	Inworth, Red Dog Cafe	Layer de la Haye, Donkey and Buskins	
9	W	Rayne, Station Cafe	Cornish Hall End, Horse and Groom	Philip Martin
16	S	Tiptree, Perrywoods	Colne Engaine, Five Bells	Robin Herron
23	W	High Easter, Snug	Thaxted, Star	
30	S	Cressing, Temple	Copford, Alma	
Nov 6	W	Felsted Wood, Tearoom	Ugley, Chequers	Bob McDowell
13	S	Heybridge Basin, Tearoom	Great Tey, Chequers	Tony Phillips
20	W	White Roding, Bretts	Elsenham, Crown	Steve Cleaver
27	S	Little Braxted, Bakery	Goldhanger, Chequers	Philip Martin
Dec 4	W	Blackmore, Tearoom	Navestock, Alma	
11	S	Ramsden Heath, Hall & Co	Chelmsford, Imperial Buffet *	Dick Wall
18	W	Ongar, Budworth Hall	Hastingwood, Rainbow and Dove	Ernie Peain
25		Christmas Day	No Ride	
* Christmas Lunch				

Southend Section (Tuesday)

Graham Kirby 07526501629 40plussouthend@gmail.com

Start at the top of Crown Hill, Rayleigh at 09:30 or at Rettendon Turnpike at 10:00 (unless otherwise stated)

Date	Elevenses	Lunch	Grid Ref
Oct 2	Woodham Walter, Bunsay Downs Golf Club	Littley Green, The Compasses	TL 699 173
9	Chelmsford, Hylands Park Cafe	Stondon Massey, The Bricklayers Arms	TQ 675 947
16	Blackmore Tea Rooms	Galleywood, The Horse & Groom	TL 701 029
23	Maldon, Crystal Café	Althorne, The Huntsman & Hounds	TL 906 004
30	Hatfield Peverel, D's Diner	Great Totham, The Prince of Wales	TL 844 123
Nov 6	Hatfield Peverel, Peartree Pantry	Witham, Battesford Court	TL 820 144
13	Bicknacre, White Elms Garden Centre	Little Totham, The Swan	TL 889 117
20	Margaretting, The Saddlery	Billericay, The Coach & Horses	TQ 680 950
27	Woodham Walter, Bunsay Downs Golf Club	Purleigh, The Bell	TL 842 020
Dec 4	Hatfield Peverel, The Peartree Pantry	Bicknacre, The White Swan	TL 779 047
11	Writtle, Lordship Tea Rooms	West Hanningfield, The Ship	TL 704 004
18	Billericay, The Blue Boar	Cock Clarks, The Fox & Hounds	TQ 815 028
25	NO RIDE	IT IS XMAS	AFTER ALL!

Southend Section (Thursday)

Graham Kirby 07526501629 40plussouthend@gmail.com

Runs Leader Peter Wotherspoon (07899 032753)

Start at the top of Crown Hill, Rayleigh at 09:30 or at Rettendon Turnpike at 10:00 (unless otherwise stated)

Date	Elevenses	Lunch	Grid Ref
Oct 4	Writtle, Garden Tea Rooms	Felsted, Swan Inn	TL 677 204
11	Margaretting, The Saddlery	Bicknacre, The White Swan	TL 779 047
18	Warley, King Georges Playing Field	North Ockendon, Old White Horse	TQ 593 850
25	Woodham Walter, Bunsay Down	Boreham, The Queens Head	TL 757 096
Nov 1	Bicknacre, White Elms Garden Centre	Woodham Walter, Queen Victoria (1)	TL 809 070
8	Chelmsford, The Ivory Peg	Stondon Massey, Bricklayers Arms	TL 585 005
15	Woodham Walter, Bunsay Downs Golf Club	Ramsden Heath, The Nags Head	TQ 708 959
22	Little Baddow, Paper Mill Lock	Purleigh, New Hall Vineyard (2)	TL 837 026
29	Bicknacre, White Elm Garden Club	North Fambridge, Ferry Boat Inn	TQ 853 968
Dec 6	Hockley, Riverside Garden Centre (4)	Thorpe Bay Yacht Club	TQ 921 845
13	Bicknacre, White Elms Garden Centre	Battlesbridge, Lodge Country Inn (3)	TQ 787 961
20	Woodham Walter, Bunsay Downs Golf Club	Bicknacre, The Brewers Arms	TL 788 021
27	Bicknacre, White Elms Garden Centre	Ramsden Heath, The Nags Head	TQ 708 959
(1) November Hills Ride - certificates presented to successful riders			
(2) ETA 12:35, buffet including wine £10 (3) Christmas Lunch, to be booked in advance with Alistair			
(4) Late start, 10am from Rayleigh or meet at café - the ride will not pass through Rettendon Turnpike			

St Albans Tuesday Rides

Roger Hodgson 07989 649526

Overview

Choose a ride to suit you

	Typical distance in miles	Likely speed in mph	Starts from
A	20 +	12 +	Hatfield St Albans Harpenden
Intermediate	15 to 18	11 to 12	Hatfield St Albans Harpenden
B	~ 15	10 to 11	Hatfield St Albans Harpenden
C	~ 10	~ 9	Hatfield
Potterers	5 to 10	Comfort -able	Welwyn

St Albans Section, A (Tuesday)

Kevan Harrop 01727 855265 40plusstalban@gmail.com

Start Poppins Hatfield TL224085 Inn on Park Verulamium TL138073

Points Morrisons Fleetville TL166072 Rothamsted TL134135

Meet for coffee at 10:00 and leave at 10:30

Date	Start	Destination	Leader
Oct 2	Poppins	Tonwell, Robin Hood & Little	Tony O'Byrne
9	Morrisons	Chorleywood, Black Horse	Rudy Pedri
16	Poppins	Cottered, Bull	Tony Green
23	Morrisons	Marsworth, Anglers Retreat	Roger Pask
30	Rothamsted	Pegsdon, Live & Let Live	Perham Harding
Nov 6	Poppins	Halls Green, Rising Sun	Bob Carter
13	Morrisons	Asheridge, Blue Ball	David Whiskerd
20	Poppins	Wadesmill, Anchor	Bob Page
27	Morrisons	Aston Clinton, Oak	Gary McMahan
Dec 4	Poppins	Potters Bar, Admiral Byng	Peter Bullen
11	Morrisons	Tring, Kings Arms	Chris Knox
18	Poppins	Aldwickbury Park Golf Club *	Kevan Harrop
25	Your home	Your dinner table	Rudolph
* Christmas Lunch - book with Roger in November (up to 20th)			

St Albans Section, Intermediate (Tuesday)			
Jane Sherry 07759916799 40plusstalbans@gmail.com			
Start PoppinsHatfield TL224085 InnonParkVerulamium TL138073			
Points MorrisonsFleetvilleTL166072 Rothamsted TL134135			
Meet for coffee at 10:00 and leave at 10:30			
Date	Start	Destination	Leader
Oct 2	Poppins	Cuffley, Plough	John Beckett
9	Morrisons	Gosmore, Bird in Hand	Roger Thompson
16	Poppins	Hoddesdon, Star	Ray Lainchbury
23	Morrisons	Welwyn, Steamer	Phil Gaskell
30	Rothamsted	Tea Green, White Horse	Bob Rall
Nov 6	Poppins	Watton-at-Stone, Bull	Dan Dorrian
13	Morrisons	Studham, Bell Inn	Charlie Lynn
20	Poppins	Bayford, Baker Arms	Peter Ridehalgh
27	Morrisons	Chipperfield, Two Brewers	Carol & Steve
Dec 4	Poppins	Hooks Cross, 3 Horseshoes	Richard Stubbs
11	Morrisons	Abbots Langley, Swan	Carol & Steve
18	Poppins	Aldwickbury Park Golf Club	*
25	Morrisons		Snowflake
* Christmas Lunch - book with Roger in November (up to 20th)			

St Albans Section, B (Tuesday)			
John Edwards 07944406846 40plusstalbans@gmail.com			
Start PoppinsHatfield TL224085 InnonParkVerulamium TL138073			
Points MorrisonsFleetville TL166072 Rothamsted TL134135			
Meet for coffee at 10:00 and leave at 10:45			
Date	Start	Destination	Leader
Oct 2	Poppins	Watton-at-Stone, Bull	Roger Hodgson
9	Morrisons	Tewin, Plume of Feathers	John Edwards
16	Poppins	Bragbury End, Chequers	Roger Thompson
23	Morrisons	Sarratt, Boot	Vernon Clough
30	Rothamsted	Studham, Bell Inn	David Batten
Nov 6	Poppins	Ware, Waterside Inn	Ken Hoggett
13	Morrisons	Commonwood, Cart & Horses	Jan Maitland
20	Poppins	Little Berkhamsted, 5 Horseshoes	Colin Burns
27	Morrisons	Aldenham, Roundbush	Eric Cullen
Dec 4	Poppins	Hertford, Six Templars	Alan Punter
11	Morrisons	Potters Bar, Admiral Byng	Terry Kent
18	Poppins	Aldwickbury Park Golf Club *	
25	Morrisons		Santa Claus
* Christmas Lunch - book with Roger in November (up to 20th)			

St Albans Section, C (Tuesday)

Ian Ollier 02084405943 40plusstalbans@gmail.com

Start Points: Poppins Hatfield TL224085 Rothamsted TL134135

Meet for coffee at 10:00 and leave at 10:45

Date	Start	Destination	Leader
Oct 2	Poppins	Tewin, Plume of Feathers	Pat Kennedy
9	Poppins	South Mimms, Black Horse	Louise Hughes
16	Poppins	St Albans, King William IV	Pete Turney
23	Poppins	Codicote, Goat	Anne Jarman
30	Rothamsted	London Colney, Green Dragon	Jo Klein
Nov 6	Poppins	Hatfield, Harpsfield Hall	Ian Constable
13	Poppins	Amwell, Elephant & Castle	Mavis Wallace
20	Poppins	Hertford, Six Templars	Alan Wallace
27	Poppins	Welham Green, Sibthorpe	Jo Klein
Dec 4	Poppins	Potters Bar, Oakmere House	Ian Ollier
11	Poppins	Coleman Green, John Bunyan	Chris Rice
18	Poppins	Aldwickbury Park Golf Club *	
25	Poppins	A Day Off	Rudolf

* Christmas Lunch - book with Roger in November (up to 20th)

St Albans Section, Potters (Tuesday)

Organiser Maggie Dolan 40plusstalbans@gmail.com

Meet 11:30 at: **Tony's**, 17 Canonsfield, Welwyn (TL243176)

or: **Sue's**, Annesgarth, Potters Heath Row (TL238185)

Date	Start	Lunch Venue	Leader
Oct 2	Sue's	Stevenage, Fairlands	Owen (OL)
9	Tony's	Tewin, Country Bumpkin	Ian (ID)
16	Sue's	Codicote, Globe	Owen (OL)
23	Tony's	Tewin, Plume of Feathers	Ian (ID)
30	Sue's	St Paul's Walden, Strathmore Arms	Owen (OL)
Nov 6	Tony's	Bragbury End, Chequers	Ian (ID)
13	Sue's	Kimpton, Boot	Owen (OL)
20	Sue's	Wheathampstead, Swan	Ian (ID)
27	Sue's	Codicote, Wyvale Cafe	Owen (OL)
Dec 4	Tony's	Woolmer Green, Red Lion	Ian (ID)
11	Sue's	Gustard Wood, Cross Keys	Owen (OL)
18		Aldwickbury Park Golf Club *	
25		No ride	

* Christmas Lunch - book with Roger in November (up to 20th)

St Albans Section (Thursday)

Steve Rogers 07887851309 40plusstalbans@gmail.com

On Thursdays we meet informally at 11:00 for coffee at The Green Man in Sandridge (TL 169 104) and then, or for some members instead, go directly to lunch (12:30 for 1 pm) at a nominated local hostelry.

Date	Proposed Lunch Venue	Map Ref
Oct 4	Codicote, Globe	TL 219 181
11	Lemsford, Long Arm & Short Arm	TL 221 125
18	Gustard Wood, Cross Keys	TL 174 164
25	Tyttenhanger Green, Plough	TL 182 059
Nov 1	Colney Heath, Crooked Billet	TL 202 060
8	Harpenden, Engineer	TL 141 131
15	Water End, Woodman	TL 229 042
22	Sandridge, Green Man	TL 169 104
29	Bell Bar, Cock O' North	TL 254 054
Dec 6	St Albans, King William IV	TL 158 089
13	Codicote, Globe	TL 219 181
20	Kimpton, Boot	TL 174 183
27	Welham Green, Sibthorpe Arms	TL 234 053

North Herts Section (Thursday)

Geoff Perry 07770 600370 40plusnherts@gmail.com

Meet at Wetherspoon's, Leys Avenue, Letchworth
for a 10:30 start ride to lunch

Date	Lunch from midday
Oct 4	Gustard Wood, The Cross Keys
11	Peters Green, The Bright Star
18	Jordan's Mill *
25	Abington Pigotts, The Pig & Abbot
Nov 1	Lilley, The Lilley Arms
8	Mangrove Green, The King William
15	Rabley Heath, The Robin Hood & Little John *
22	Bassingbourn, The Hoops
29	Maulden, The Dog & Badger
Dec 6	Harpenden, The Engineer
13	Henlow, The Five Bells (Christmas Lunch)
20	Shuttleworth Aerodrome *
27	Pulloxhill, The Cross Keys
* in support of the Garden City Wheelers	

East Herts Section (Tuesday)

Anne Ramsden 01992 303375

Meet 10:00 onwards for coffee at Wetherspoons in Hertford, ready for prompt departure at 10:30 unless otherwise indicated.

Date	Lunch
Oct 2	Great Hornead, Three Tuns
9	Coleman Green, John Bunyan
16	Tea Green, White Horse
23	Little Hadham, Nags Head
30	Halls Green, Rising Sun
Nov 6	Braughing, Golden Fleece
13	Bragbury End, Chequers
20	Sandridge, Queens Head (Church End)
27	Walkern, White Lion
Dec 4	Watton-at-Stone, George & Dragon
11	Christmas Lunch tba
18	Rabley Heath, Robin Hood & Little John
25	No ride (awaiting F.Christmas)

East Herts Section (Friday)

Anne Ramsden 01992 303375 40pluseherts@gmail.com

Meet 10:00 onwards for coffee at Wetherspoons in Hertford, ready for prompt departure at 10:30 unless otherwise indicated

Date	Lunch	
Destination A	Destination B	
Oct 5	Aspenden, The Fox	Lemsford, The Long Arm & Short Arm
12	Harlow, The Greyhound	Gosmore, The Bull *
19	Cottered, The Bull	Hazel End, Three Horseshoes
26	Braughing, The Golden Fleece	Hitchin, The Angel Vaults *
Nov 2	Hailey, The GalleyHall	Walkern, The White Lion
9	Standon, The Star	Matching Tye, The Fox *
16	Tewin, The Rose and Crown	Kimpton, The Boot
23	Woolmer Green, The Red Lion	Great Hornmead, The Three Tuns *
30	Harpenden, The Skew Bridge	Essendon, The Candelsticks
Dec 7	Puckeridge, The White Lion	Great Offley, The Red Lion *
14	Bayford, The Bakers arms	Epping Green, The Traveller's Friend
21	Gilston,	Breachwood Green, The Red Lion *
28	Spellbrook, The 3 Horseshoes	Bragbury End, The Chequers

* Approx 40 - 50 miles, 10am prompt start

Bedfordshire Section (Tuesday)	
Paul Wareham 01582753587 Tony Sugars 01525 874325 40plusbeds@gmail.com	
Meet for lunch	
Date	Lunch
Oct 2	Henlow, The Five Bells
9	Wavenden, The Golf Centre
16	Clophill, The Stone Jug
23	Marston Moretaine, The Forest Centre
30	Wardhedges, The Jolly Coopers
Nov 6	Shuttleworth, Old Warden
13	Henlow, The Five Bells
20	Wavenden, The Golf Centre
27	Pulloxhill, The Cross Keys
Dec 4	Clophill, The Stone Jug
11	Marston Moretaine, The Forest Centre
18	Maulden, The Dog and Badger *
25	No meeting
* Christmas lunch hopefully	

East Northants Section (Wednesday)	
Roy Presland 01933 314831	
Meet for lunch at 12 noon	
Date	Lunch
Oct 3	Sharnbrook, The Cake Shop
10	Grendon, Half Moon
17	Sywell, Overstone Manor
24	Podington, Garden Centre
31	Rushden, Nelly's Kitchen (Bedford Rd)
Nov 7	Carlton, Emmaus
14	Wollaston, Hill Cafe
21	Sharnbrook, The Cake Shop
28	Grendon, Half Moon
Dec 5	Sywell, Overstone Manor
12	Podington, Garden Centre
19	Rushden, Nelly's Kitchen (Bedford Rd)
26	No ride

Surrey and Sussex Section (Midweek)

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

Tue/Fri runs leaders John Copplestone 07507 436015 Mike Stevens 01903740552

Awaydays: Min Aldridge Website: Eddie Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Tue	Oct 2	Cranleigh, Notcutts Garden Centre	Wisborough Green, The Cricketers
Fri	5	Cuckfield, Golf Centre	Partridge Green, The Partridge
Tue	9	Charlwood, 52 The Street	Betchworth, The Dolphin
Fri	12	Horsham, Warnham Mill Pond	Newdigate, Six Bells
Tue	16	Wiston-Ashington, Jungle Tea Rooms	Rudgewick, King's Head
Fri	19	Beare Green, Ruby's Cafe	Faygate, The Holmbush Inn
Tue	23	Littleworth, Camelia Botnar Garden Centre	Bramber, The Castle
Fri	26	Rudgwick, Milk Churn	Kirdford, The Forresters
Tue	30	Rusper, Rusper Golf Club	Outwood, The Castle
Fri	Nov 2	Partridge Green, Stan's Shack	Coolham, Selsey Arms
Tue	6	Roffey, New House Farm Shop	Henfield, Cat and Canary
Fri	9	Billingshurst, Whispers	Ockley, Cricketers Arms
Tue	13	Poynings, Rushfield	Littleworth, The Windmill
Fri	16	Rowfant Business Centre, Centre Cafe	Wimlands, Frog and Nightgown
Tue	20	Dial Post, Old Barn Nurseries	The Haven, Blue Ship

Surrey and Sussex Section (Midweek) *continued*

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

Tue/Fri runs leaders John Coppleson 07507436015 Mike Stevens 01903740552

Awaydays: Min Aldridge Website: Eddie Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Fri	23	Handcross, High Beeches Cafe	Goddard Green, The Sportsman
Tue	27	South Nutfield, Redhill Aerodrome	Rusper, The Star
Fri	30	Henfield, Truffles	Plummers Plain, Wheatsheaf
Tue	Dec 4	Barns Green, Sumners Ponds	Okewoodhill, The Punchbowl
Fri	7	Abinger Hammer, Tea Rooms	Tismans Common, Mucky Duck
Tue	11	Newdigate, Tanhouse Farm	Rusper, Rusper Golf Club (A)
Fri	14	Hurstpierpoint, Washbrooks Farm	Staplefield, Jolly Tanners
Tue	18	Balcombe, Tea Rooms	Wineham, Royal Oak
Fri	21	Wimlands, Frog and Nightgown	Ironsbottom, Three Horseshoes
Tue	25	No Ride	
Fri	28	Strood Green, Café (through shop)	Warnham, Sussex Oak

Notes	Speed and distance
A Christmas Lunch	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, Surrey Kent Sussex Borders (Wednesday)		
Richard Nainggolan 07761107905 01293786126 40plusksb@gmail.com		
Date	Meet 10:45 to 11:15	Lunch
Oct 3	Horne, Horne Golf Club	Hever, The Greyhound
Oct 17	Godstone, Flower Farm Shop	Tatsfield, Ye Old Ship
7 Nov	Oxted, Café Papillon	Cowden, The Fountain
21 Nov	Edenbridge, The Minstrel	Chiddingstone Hoath, The Rock Inn
5 Dec	Redhill, Aerodrome	Dormansland, Plough
19 Dec	Lingfield, Rosies Coffee Lounge	Lingfield, Star Inn

Surrey and Sussex Section, Southwest Sussex (Thursday)				
Derek Hanson 01293535569 40pluswsussex@gmail.com				
Date	Meet 10:45 to 11:15	Lunch	Tea	Leader
Oct 11	Westbourne, Libby's	East Meon, Izaak Walton	Rowlands Castle	Richard S
Oct 25	Tangmere, Aviation Museum	Walderton, Barley Mow	West Dean	Mike S
Nov 15	Chichester, Canal Centre	East Wittering, Shore Inn	None	Derek H
Nov 29	Slindon, Forge	Charlton, Fox Goes Free	None	Phil G
Dec 13	Barnham, Willow Cafe	Hunston, Spotted Cow	None	Tony
	Christmas Week	No Ride	-	-

Surrey & Sussex Section (Sunday)

Pam Goodall 07775 986322

40plussurreysussexsunday@gmail.com

Date	Meet from 10:30 : noon
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Oct 7	Copsale, Copsale Hall
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14	Newdigate, Tanhouse Farm
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21	Handcross, High Beeches
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28	Littleworth, Camelia Botnar
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Nov 4	Copsale, Copsale Hall
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11	Redhill Aerodrome, Pilots Hub
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18	Newdigate, Tanhouse Farm
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25	Ashington, Jungle Cafe
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Dec 2	Copsale, Copsale Hall
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9	Handcross, High Beeches
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16	Newdigate, Tanhouse Farm
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23	Littleworth, Camelia Botnar
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30	Horsham, Warnham Reserve
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Southeast Section (Wednesday)

Frank Grue 01322 669419

40plussoutheast@gmail.com

Meet at 10:30

Date	Meet
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Oct 3	Birchwood, Beefeater
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10	High Elms, Beeche Cafe
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17	Lullingstone, Golf Club
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24	Chelsfield, Golf Club
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31	Speedgate, Cafe
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Nov 7	Chelsfield, Golf Club
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14	Birchwood, Beefeater
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21	Speedgate, Cafe
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28	High Elms, Beeche Cafe
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Dec 5	Lullingstone, Golf Club
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12	Chelsfield, Golf Club
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19	Christmas drinks / lunch
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26	See Frank
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Destination decided on the day

Please call Frank if you want to come along

Essex Sunday Section

Michael Cheesman 07514 094897

Date	Meet at lunch venue about 1pm
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Oct 7	Chipping Ongar, Two Brewers
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14	Allens Green, Queens Head
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21	Roydon, The Crusader
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28	Moreton, White Hart
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Nov 4	Epping Green, Travellers Friend
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11	Marden Ash, The Stag
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18	Sheering, The Crown
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25	Roydon, The Crusader
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Dec 2	High Ongar, The Forresters
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9	Epping Green, Travellers Friend
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16	Churchgate Street, Queens Head
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23	Snow predicted—no ride
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30	Snow predicted—no ride
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< Occasional Sunday rides are arranged
Contact Frank for details

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.