

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
can be found at the back*



15th August 2017 is the cut-off date for the Oct-Dec 2017 Runs List

Runs Lists

July to September 2017

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Essex A Section (Thursday)

Secretary Chris Mills (01245 442644)

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

Date	Meet	Lunch	Leader
Jul 6	Stondon Massey, Bricklayers	Essex Fun Ride	Roger Perry / Peter Sears
13	Ulting, Peartree Pantry	Stratford St Mary, Anchor	Philip Martin
20	High Easter, Snug	Wendens Ambo, Bell	John Hinds
27	Woodbridge	Suffolk Away Day	Smoky Joe
Aug 3	Hatfield Heath, Post Office	Ardeley, Jolly Waggoners	Adrian Leeds
10	Butts Green, Garden Centre	West Mersea, Fox	Chris Mills
17	Ugley, Village Hall	The Ugley Ride	Pat Ryan
24	Bunsay Downs, Golf Club	Belchamp Otten, Red Lion	Roger Moore
31	Mountnessing, Francesca's	Gravesend, 3 Daws	Brian Taylor
Sep 7	Marks Tey, Diner (9:30 for 10.00) *	Tour of Britain, Clacton Time Trial	Derek Snowling
14	Little Waltham, Channels Golf Club	Hempstead - Bluebell Inn	John Beaumont
21	Bicknacre, White Elms Garden Centre	Fordham, Three Horseshoes	Ron Self
28	Felsted, Wood Cottage	Chrishall, Red Cow	Mark Beard
* Possible train assist to Marks Tey			
There will also be an afternoon tea stop chosen on the day by the leader			
40plusessex@gmail.com			

Essex B Section (Thursday)			
Secretary John Houghton (020 3583 6024)			
Meet 10:30 at:			
H - Harlow Garden Centre, A414 near Hastingwood			
S – Stapleford Aerodrome Cafe, A113 near Abridge			
Date	Meet	Lunch	Leader
Jul 6	H	Pleshey, The Leather Bottle	John H
13	S	Coxtie Green, The White Horse	John H
20	H	Mole Hill Green, The Three Horseshoes	Tony
27	S	Ongar, The Stag	John H
Aug 3	H	Gilston, The Moorhen	Brian
10	S	Matching Tye, The Fox	Tony
17	H	Standon, The Star	Liz
24	S	Mill Green, The Viper	Tony
31	H	Littley Green, The Compasses	John H
Sep 7	S	Allen's Green, The Queen's Head	John H
14	H	Writtle, Rose and Crown	Tony
21	S	Kelvedon Hatch, The Eagle	Mick
28	H	Wareside, The Chequers	Tony
40plusessexb@gmail.com			

Essex Sunday Section	
Secretary Michael Cheesman (07514 094897)	
Meet at lunch venue at about 1.15pm	
Afternoon Tea at Blackmore Church 1st Sunday of the month	
Date	Lunch
Jul 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
Aug 6	Marden Ash, The Stag
13	Matching Tye, The Fox
20	Sawbridgeworth, George IV
27	Moreton, Nag's Head
Sep 3	Chipping Ongar, Two Brewers
10	Roydon, The Crusader
17	Churchgate Street, Queen's Head
24	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
Jul 4	Cressing, Temple Barns	Black Notley, Golf Club
11	Tiptree Heath, Woodlands	Maldon (Spital Rd), Queen Victoria
18	Kelvedon, Sandwich Bar	Cressing, The Willows
25	Tiptree Heath, Woodlands	Heybridge Basin, The Jolly Sailor
Aug 1	Kelvedon, Sandwich Bar	Silver End, The Western Arms
8	Kelvedon, Sandwich Bar	Earls Colne (near), Black Horse Cafe
15	Tiptree, Mo's Cafe	Great Totham, The Prince of Wales
22	Cressing, Temple Barns	Black Notley, Golf Club
29	Tiptree Heath, Woodlands	Maldon (Spital Rd), Queen Victoria
Sep 5	Kelvedon, Sandwich Bar	Cressing, The Willows
12	Tiptree Heath, Woodlands	Heybridge Basin, The Jolly Sailor
19	Kelvedon, Sandwich Bar	Silver End, The Western Arms
26	Tiptree, Mo's Cafe	Great Totham, The Prince of Wales
40plusessexeasy@gmail.com		

Northeast Essex Section (Tuesday)

Secretary Donald Cook (01621 852960)

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

Date	Meet	Lunch	Tea	Leaders
Jul 4	Bocking, Roundwood Nursery	Steeple Bumpstead, The Red Lion	Great Bardfield, Blue Egg	tba/tba
11	Copford, Barn Plants	Edwardstone, The White Horse	Earls Colne, Colne Valley GC	I Whiteside/tba
18	Abberton, Reservoir	Stratford St Mary, The Anchor	Aldham, Mill Race Nursery	P Finch/J Fryer
25	Aldham, Mill Race Nursery	Woodham Mortimer, Hurdlemakers	Little Braxted, Bakery	R Hunt/D Russell
Aug 1	Cressing, Temple Barns	Monk Street, The Farmhouse Inn	Rayne, Station	J Pritchard/tba
8	Greenstead Green, PO	Brockley Green, The Plough	Earls Colne, Black Horse Cafe	C Mills/tba
15	Copford, Barn Plants	Little Waldingfield, The Swan	Earls Colne, Colne Valley GC	tba/tba
22	Tiptree, Perrywood	Long Melford, The Hare	Greenstead Green, PO	J Davis/tba
29	Kelvedon, Sandwich Bar	Hadleigh, The George	Newton Green, GC	P Avison/C Avison
Sep 5	Dedham, Craft Centre	Shotley, The Shipwreck	Mistley, Environment Centre	tba/tba
12	Coggeshall, Clock Tower Cafe	Boxford, The Fleece	Copford, Barn Plants	D Russell/tba
19	Tiptree Heath, Woodlands	Great Bardfield, The Bell	Felsted, Tea Room	R McDowell/tba
26	Witham, Oliver's Nursery	Wickham St Paul, The Victory	Coggeshall, Clock Tower Cafe	R Shoobridge/ E Wainwright

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
Jul 4	W	Sawbridgeworth, The Shed	Braughing, Brown Bear	Steve Cleaver
6	*	Stondon Massey, Bricklayers Arms	See note	
11	S	Andrews Field	Great Yeldham, Wagon and Horses	John Beaumont
18	W	Dunmow, Scrumptious	Gilston, Plume of Feathers	
25	S	Greenstead Green PO	Layer Breton, Hare and Hounds	Robin Herron
Aug 1	W	Hatfield Heath PO	Clavering, The Lakes	Steve Cleaver
8	S	Rayne	Broxted, Prince of Wales	
15	W	Camass Hall Fruit Farm	Wareside, The Chequers	
22	S	Ongar Garden Centre	Stebbing, White Hart	Tony Phillips
29	W	Andrews Field (via Boyton Cross)	Belchamp St Paul, Half Moon	
Sep 5	S	Rayne Station	Ridgewell, The White Horse Inn	
12	W	White Roding, Bretts	Standon, The Star	John Beaumont
19	W	High Easter, The Snug	Little Braxted, Green Man	Ron Self
26	S	Black Notley Golf Club	Great Bardfield, The Bell	Robin Herron
* Thursday ride, meet at elevenses, lunch venue to be decided on the day				
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	Elevenses	Lunch	Grid Ref
Jul 4	Margaretting Tye, The Saddlery	Little Green, The Compasses	TL 699 173
11	Blackmore, Tearooms	Tawney Common, The Mole Trap	TL 500 013
18	Mundon, The Roundbush	Bradwell-Water-Front, The Green Man	TL 995 079
25	Writtle, Lordship Tea Rooms	Sawbridgeworth, The Gate	TL 482 150
Aug 1	Hatfield Peverel, Peartree Pantry	Tollsbury, The Marina	TL 967 104
8	Heybridge Basin, Cherry Tree Bakery	Copford, The Alma	TL 927 228
15	Papermill Lock, Little Baddow	Fuller Street, Square & Compasses	
22	Hatfield Peverel, D's Diner	Cressing, The Willows	TL 793 208
29	Bunsay Downs Golf Club	Little Totham, The Swan	TL 889 117
Sep 5	Maldon, Crystal Cafe	Tillingham, Fox & Hounds	TL 994 037
12	Chelmsford, Hylands House	Stebbing, Andrewsfield, Airfield	TL 688 247
19	Margaretting Tye, The Saddlery	Marden Ash, The Stag	TL 552 021
26	Sandon, Butts Green Garden Centre	Little Braxted, The Green Man	TL 849 130
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	Elevenses	Lunch	Grid Ref
Jul 6	Maldon, Crystal Cafe	Kelvedon, The Railway	TL 865 192
13	Butts Green Garden Centre	Stow Maries Aerodrome ***	TL 819 001
20	Waltham Abbey, Narrowboat Café *	Docklands, The Ledger Building (Wetherspoons)	TQ 371 806
27	Hatfield Peverel Ds Cafe **	Aythorpe Roding, The Axe and Compasses	TL 602 171
Aug 3	Woodham Walter, Bunsay Downs	Mill Green, The Viper	TL 640 019
10	Cookesmill Green, the Bakehouse **	North Weald Airfield, The Squadron	TL 487 047
17	Chelmsford, Recess Coffee Shop	Stondon Massey, Bricklayers Arms	TL 585 005
24	Writtle Lordship, Tea Rooms **	Felsted, The Swan	TL 679 204
31	Brentwood, King George **	Moreton, The Nags Head	TL 534 067
Sep 7	Great Baddow, The Glass House	Maldon, The Queens Head	TL 857 068
14	Paper Mill Lock-Cafe	Coggeshall, The Chapel	TL 850 226
21	Woodham Walter, Bunsay Downs	Great Totham, The Prince of Wales	TL 844 123
28	Writtle, Lordship Tea Rooms	Hatfield Peverel, The Duke of Wellington	TL 794 112
* Meet Waltham Abbey Gunpowder Car Park at 09:30 for 10:00 depart latest.			
** Early start meet 09:00 at Rayleigh High Street or 09:30 Rettendon Turnpike.			
*** Guided tour and buffet lunch £13.50			
40plussouthend@gmail.com			

St Albans Tuesday Rides Overview

Find a ride to suit you

	Typical Distance in Miles	Likely Speed in MPH	Starts from:	Page
A	20+	12+	Hatfield, or St Albans, or Harpenden	9
Intermediate	15 - 18	11 - 12	Hatfield, or St Albans, or Harpenden	10
B	~ 15	10 - 11	Hatfield, or St Albans, or Harpenden	10
C	~ 10	~ 9	Hatfield	11
Potters	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
Jul 4	Jenny's	Green Tye, Prince of Wales	Tony Green
11	Inn on Park	Leighton Buzzard, Globe	Peter Southworth
18	Jenny's	Epping Green, Travellers Friend	Tony O'Byrne
25	Inn on Park	Marsworth, Anglers Retreat	Roger Pask
Aug 1	Jenny's	Anstey, Blind Fiddler	Peter Bullen
8	Inn on Park	Chipperfield, Windmill	Steve Rogers
15	Jenny's	Hitchin, Angel Vaults Inn	Adrian Winterbone
22	Inn on Park	Northall, Swan	Roger Bowman
29	Rothamsted	Barton le Clay, Royal Oak	Kevan Harrop
Sep 5	Jenny's	Aldenham, Roundbush	David Rose
12	Inn on Park	Asheridge, Blue Ball	John Shaw
19	Jenny's	Cottered, Bull	Adrian Winterbone
26	Inn on Park	Berkhamsted, Crown	John Parkey

40plusstalbans@gmail.com

St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

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
Inter Ride leaves at 10.30	Rothamsted, Harpenden	TL 124 133

Date	Start	Destination	Leader
Jul 4	Jenny's	Tonwell, Robin Hood & Little John	Trevor Arnold
11	Inn on Park	Breachwood Green, Red Lion	A volunteer
18	Jenny's	Great Amwell, George IV	Steve Rogers
25	Inn on Park	Peters Green - Bright Star	Melanie Parker
Aug 1	Jenny's	Potters Bar, Admiral Byng	Dan Dorrian
8	Inn on Park	Lye Green, Black Cat	Richard Stubbs
15	Jenny's	Epping Green, Beehive	Julian Olver
22	Inn on Park	Aldbury, Valiant Trooper	Jane Elsmore
29	Rothamsted	Pegsdon, Live & Let Live	C/S Brazier
Sep 5	Jenny's	Tea Green, White Horse	John Beckett
12	Inn on Park	Commonwood, Cart & Horses	Peter Ridehalgh
19	Jenny's	Wareside, Chequers	Chris Saunders
26	Inn on Park	Watton-at-Stone, George & Dragon	Marion Richardson
40plusstalbans@gmail.com			

St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

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
B Ride leaves at 10.45	Rothamsted, Harpenden	TL 124 133

Date	Start	Destination	Leader
Jul 4	Jenny's	Epping Green, Beehive	Chris Saunders
11	Inn on Park	Woodside, Plough	A volunteer
18	Jenny's	Tewin, Plume of Feathers	Roger Hodgson
25	Inn on Park	Hemel Hempstead, Red Lion	A volunteer
Aug 1	Jenny's	Bragbury End, Chequers	Terry Kent
8	Inn on Park	Flauden, Green Dragon	David-Caroline
15	Jenny's	Watton-at-Stone, George&Dragon	Jan Maitland
22	Inn on Park	Studham, Red Lion	KentonHoggett
29	Rothamsted	Whipsnade, Hunters Lodge	Eric Cullen
Sep 5	Jenny's	Hertford, Six Templars	John Edwards
12	Inn on Park	Commonwood, Cart & Horses	Craig Maxwell
19	Jenny's	Aldenham, Roundbush	Don't Wallace
26	Inn on Park	Potters Bar, Admiral Byng	Alan Punter
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

Date	Start	Destination	Leader
Jul 4	Jenny's	Kimpton, Boot	David Batten
11	Jenny's	Brickendon, Farmers Boy	Louise Hughes
18	Jenny's	Hertford, Six Templars	Alan Wallace
25	Jenny's	Tewin, Plume of Feathers	Ian Constable
Aug 1	Jenny's	Well End, Mops & Brooms	Julian Olver
8	Jenny's	South Mimms, Black Horse	Pat Kennedy
15	Jenny's	Wildhill, Woodman	Alex Moss
22	Jenny's	Gustard Wood, Cross Keys	Barrie Wood
29	Rothamsted	Tea Green, White Horse	Chris Rice
Sep 5	Jenny's	Epping Green, Beehive	Mike Headland
12	Jenny's	Bayford, Baker Arms	Anne Leete
19	Jenny's	Welwyn Garden, Attimore Hall	Mavis Wallace
26	Jenny's	Potters Bar, Admiral Byng	Pete Turney

40plusstalbans@gmail.com

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	Lunch Venue	Map Ref
Jul 4	Tony's	Watton-at-Stone, Bull	TL 303192
11	Maggie's	Kimpton, Boot	TL 174183
18	Tony's	Tewin, Country Bumpkin	TL 274156
25	Maggie's	St Paul's Walden, Strathmore Arms	TL 194222
Aug 1	Tony's	Woolmer Green, Red Lion	TL 253187
8	Maggie's	Wheathampstead, Swan	TL 177139
15	Tony's	Bragbury End, Chequers	TL 269210
22	Maggie's	Codicote, Wyvale Cafe	TL 214187
29	Tony's	Tewin, Plume of Feathers	TL 271153
Sep 5	Maggie's	Whitwell, Emily's Tearoom	TL 184212
12	Tony's	Bulls Green, Horns	TL 270175
19	Maggie's	Gustard Wood, Cross Keys	TL 174164
26	Tony's	Woolmer Green, Chequers	TL 254186

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
Jul 6	South Mimms, Black Horse	166 TL221015
13	Redbourn, Cricketers	166 TL104120
20	Kimpton, Boot	166 TL174183
27	Lemsford, Long Arm & Short Arm	166 TL221125
Aug 3	Tyttenhanger Green, Plough	166 TL182059
10	Peters Green - Bright Star	166 TL142190
17	Welham Green, Sibthorpe Arms	166 TL234053
24	Gustard Wood, Cross Keys	166 TL174164
31	Bell Bar, Cock O' North	166 TL254054
Sep 7	Harpenden, Engineer	166 TL141131
14	Hatfield, Harpsfield Hall	166 TL215087
21	St Paul's Walden, Strathmore Arms	166 TL194222
28	Colney Heath, Crooked Billet	166 TL202060

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
Jul 6	Wardhedges, The Jolly Cooper
13	Harpenden, The Red Cow
20	Jordans Mill *
27	Lilley, The Lilley Arms
Aug 3	Bassingbourn, The Hoops
10	Gustard Wood, The Cross Keys
17	Walkern, The White Lion *
24	Pulloxhill, The Cross Keys
31	Old Knebworth, The Lytton Arms
Sep 7	Abington Pigotts, The Pig & Abbot
14	Wheathampstead, The Elephant & Castle
21	Shillington, The Musgrave Arms *
28	Maulden, The Dog & Badger

* In support of the Garden City Wheelers

40plusnherts@gmail.com

Bedfordshire Section (Tuesday)	
Joint Secretaries Paul Wareham (01582 753587) and Tony Sugars (01525 874325)	
Meet for lunch	
Date	Lunch
Jul 4	Marston Moretaine, The Forest Centre
11	Clophill, The Stone Jug
18	Henlow, The Five Bells
25	Pulloxhill, The Cross Keys
Aug 1	Wavenden, The Golf Centre
8	Wardhedges, The Jolly Coopers
15	Maulden, The Dog and Badger
22	Henlow, The Five Bells
29	Pulloxhill, The Cross Keys
Sep 5	Wavenden, The Golf Centre
12	Maulden, The Dog and Badger
19	Wardhedges, The Jolly Coopers
26	Marston Mortaine, The Forest Centre
40plusbeds@gmail.com	

East Northants Section (Wednesday)	
<i>Contact Roy Presland (01933 314831)</i>	
Meet for lunch at 12 noon	
Date	Lunch
Jul 6	Carlton, Emmaus
13	Wollaston, Hill Cafe
20	Sharnbrook, Cake Shop
27	Grendon, Half Moon
Aug 2	Sywell, Overstone Manor
9	Podington, Garden Centre
16	Cheveston, Star and Garter
23	Carlton, Emmaus
30	Wollaston, Hill Cafe
Sep 6	Sharnbrook, Cake Shop
13	Grendon, Half Moon
20	Sywell, Overstone Manor
27	Podington, Garden Centre
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
Secretary Valerie Taylor (01737 242720)	

Surrey & Sussex Section - Borders (Wednesday)

Secretary Richard Nainggolan (07761 107905 and 01293 786126)

Date	Meet 10.45 to 11.15	Lunch
Jul 5	Wych Cross, Llama Park	Blackboys, Blackboys Inn
19	Horne, Horne Golf Club	Horsted Keynes, The Crown
Aug 2	Penshurst Place, Porcupine Pantry *	Penshurst, Leicester Arms
16	Lingfield, Rosie's Coffee Lounge	Cowden, The Fountain
Sep 6	Godstone, Flower Farm Shop	Staffhurst Wood, Royal Oak
20	Redhill, Aerodrome	Dormansland, The Plough

* Circular route, parking at Porcupine Pantry.

40plussksb@gmail.com

Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Jul 2	Copsale, Copsale Hall
9	Newdigate, Tanhouse Farm
16	Rudgwick, The Milk Churn
23	Littleworth, Camelia Botnar
30	Horsham, Warnham Reserve
Aug 6	Copsale, Copsale Hall
13	Billingshurst, Whispers
20	Newdigate, Tanhouse Farm
27	Littleworth, Camelia Botnar
Sep 3	Copsale, Copsale Hall
10	Horsham, Warnham Reserve
17	Billingshurst, Whispers
24	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	Jul 4		Cranleigh, Notcutts Garden Centre	Ewhurst, Bulls Head
Fri	7	A	Handcross, Sabrina's Sweet Things	Henfield, Cat and Canary
Tue	11		Newdigate, Tanhouse Farm	Alfold Xways, Three Compasses
Fri	14	Away Day *	Westerham, Tudor Rose Tea Room	Offham, King's Head
Tue	18	B	Steyning, Truffles	Dragons Green, George & Dragon
Fri	21		Southwater, Country Park	Littleworth, The Windmill
Tue	25		Balcombe, Tea Rooms	Maplehurst, White Horse
Fri	28		Hurstpierpoint, Washbrooks Farm	Plummers Plain, Wheatsheaf
* Meet 10:15 to leave at 10:45, tea at Lullingstone Country Park Visitors' Centre.				
Tue	Aug 1	C	Wimlands, Frog and Nightgown	Rudgewick, King's Head
Fri	4		Abinger Hammer, Tea Rooms	Stonebridge, Royal Oak
Tue	8	D	Partridge Green, Stan's Shack	Thakeham, The White Lion Inn
Fri	11		Strood Green, Café (thru shop)	Warnham, Sussex Oak
Tue	15	E	Southwater, Country Park	Bramber, The Castle
Fri	18	F	Rowfant, Centre Café	Wimlands, Frog and Nightgown
Tue	22		Ditchling, Tea Rooms	Ardingly, Ardingly Inn
Fri	25	G	Dial Post, Honeypot	The Haven, Blue Ship
Tue	29		Horsham, Warnham Mill Pond	Okewoodhill, Punchbowl

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Fri	Sep 1		Reigate, Reigate Gdn Centre	Faygate, Holmbush
Tue	5		South Nutfield, Redhill Aerodrome Brasserie	Newdigate, Six Bells
Fri	8		Poynings, Rushfields	Littleworth, The Windmill
Tue	12		Cranleigh, Notcutts Gdn Ctre	Kirdford, The Forresters
Fri	15		Whitemans Green, Cuckfield Golf Club	Plummers Plain, Wheatsheaf
Tue	19		Charlwood, 52 The Street	Stonebridge, Royal Oak
Fri	22	I	Horley, Le Manger	Faygate, Holmbush
Tue	26		Barns Green, Sumners Ponds	Smock Alley, Five Bells
Fri	29	J	Copsale, Copsale Village Hall	Wineham, Royal Oak

Cross references	
A: TQ 206 162	F: TQ 330 366
B: TQ 139 234	G: TQ 153 183
C: TQ 90 344	H: Tony Lewis's presentation
D: TQ 105 173	I: Phil Griffin is 80
E: Sussex Weald 100km/100m	J: TQ 170 249

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 11ses/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
Jul 13		Bosham, Hilliers Garden Centre	Hayling Island, Ferryboat	Stansted
27		Amberley, Riverside Café	Lurgashall, Noahs Ark	Petworth
Aug 10		Fishbourne, Roman Palace	West Marden, Victoria Inn	To be decided
24		Rowlands Castle, Village Café	East Meon, Izaak Walton	Hambledon
Sep 14		Barnham, Willow Café	Dell Quay, Crown & Anchor	Goodwood
28	(i)	West Dean, Gardens	Lodsworth, Hollist Arms	Midhurst

Xref (i)
 New Lunch Venue:
 Lodsworth
 Hollist Arms
 SU928230

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

Date	Meet
Jul 6	Lullingstone Golf Club
13	High Elms Beeche Café
20	Birchwood Golf Centre
27	Chelsfield Golf Club
Aug 2	Speedgate Café
9	Lullingstone Golf Club
16	High Elms Beeche Café
23	Birchwood Golf Club
30	Chelsfield Golf Club
Sep 6	Birchwood Golf Club
13	High Elms Beeche Café
20	Speedgate Café
27	Lullingstone 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.



Will he make it? (Picture by Roland Ripplingale)

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.