

Forty Plus Cycling Club

Runs List

October to December 2017

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 at the back*



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 - 17	Surrey & Sussex
18	Southeast (Wed & Sun)

15th November 2017 is the cut-off date for the Jan-Mar 2018 Runs List

Essex A Section (Thursday)

Secretary Chris Mills (01245 442644)

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

Date	Meet	Lunch	Leader
Oct 5	Little Waltham, Channels Golf Club	Colne Engaine, Five Bells	Ron Self
12	High Easter, Snug Café	Furneux Pelham, Brewery Tap	Steve Cleaver
19	Rettendon, BHN Pot Plants	Stapleford Tawney, Moletrap	John Beaumont
26	Cooksmill Green, Bakehouse	Monk Street, Farmhouse Inn	John Hinds
Nov 2	Bicknacre, White Elms Garden Centre	Copford, Alma	Phillip Martin
9	Margaretting, Saddlery	Althorne, Huntsman & Hounds	Brian Taylor
16	Bunsay Downs, Golf Club	High Roding, Black Lion	Tony Cox
23	Blackmore, Tea Rooms	Molehill Green, Three Horseshoes	Mark Beard
30	Writtle, Lordship Tea Room	Great Bardfield, Vine	Smoky Joe
Dec 7	Butts Green, Garden Centre	Cressing, Willows	Chris Mills
14	Norton Heath Café	Bentfield Green, Rose & Crown	Bob McDowell
15	Ramsden Heath, Hall & Co.	Little Channels Golf Club *	Roger Hunt
21	Cooksmill Green, Bakehouse	Heybridge Basin, Old Ship	Roger Moore
28	Billericay, Wetherspools	Sheering, Cock	tbe
* Christmas Lunch - contact John Hinds			
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
Oct 5	S	Stock, The Baker's Arms	Brian
12	H	Prince of Wales, Brick End	John
19	S	Mill Green, The Viper	Tony
26	H	Writtle, Rose and Crown	Liz
Nov 2	S	Churchgate, Queen's Head	John
9	H	Gilston, The Moorhen	Clive
16	S	Sheering, The Cock	Mick
23	H	Aythorpe Roding, Axe & Compasses	John
30	S	Hatfield Heath, White Horse	Tony
Dec 7	H	Matching Tye, The Fox	John
14	S	Theydon Bois, The Bull	John R.
21	H	Hatfield Broad Oak, Cock	Tony
28	S	Stondon Massey, Bricklayer's Arms	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
Oct 1	Marden Ash, The Stag
8	Roydon, The Crusader
15	Moreton, The Nag's Head
22	Hatfield Heath, The White Horse
29	Chipping Ongar, The Two Brewers
Nov 5	Churchgate Street, The Queen's Head
12	Matching Tye, The Fox
19	Epping Green, The Traveller's Friend
26	High Ongar, The King's Head
Dec 3	Moreton, The Nag's Head
10	Sawbridgeworth, The George IV
17	Roydon, The Crusader
24	No ride planned
31	Epping Green, The Traveller's Friend
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
Oct 3	Tiptree Heath, Woodlands	Maldon, Queen Victoria, Spital Road
10	Keledon Sandwich Bar	Silver End, The Western Arms
17	Cressing Temple Barns	The Notleys Golf Club
24	Tiptree, Mo's Cafe	Great Totham, The Prince of Wales
31	Keledon Sandwich Bar	Cressing, The Willows
Nov 7	Tiptree Heath, Woodlands	Maldon, Queen Victoria, Spital Road
14	Kelvedon Sandwich Bar	Silver End, The Western Arms
21	Cressing Temple Barns	The Notleys Golf Club
28	Tiptree, Mo's Cafe	Great Totham, The Prince of Wales
Dec 5	Keledon Sandwich Bar	Cressing, The Willows
12	Tiptree Heath, Woodlands	Maldon, Queen Victoria, Spital Road
19	Cressing Temple Barns	The Notleys Golf Club
26	Boxing Day - no ride	
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
Oct 3	Copford, Barn Plants	Bower House Tye, The Brewer's Arms	Aldham, Mill Race Nursery	C. Mills/tba
10	Cressing Temple Barns	Stoke by Clare, The Lion	Earls Colne, Colne Valley GC	I. Whiteside/tba
17	Tiptree Heath, Woodlands	Great Saling, Andrewsfield	Cressing, Wyvale	tba/tba
24	Ulting, Peartree Pantry	Colne Engaine, The Five Bells	Tiptree, Perrywood	R. Hunt/tba
31	Kelvedon Sandwich Bar	Gosfield, The King's Head	tba	tba/tba
Nov 7	Earls Colne, Black Horse Cafe	Goldhanger, The Chequers	tba	tba/tba
14	Witham, Oliver's Nursery	Layer Breton, The Fox and Hounds	tba	tba/tba
21	Cressing Temple Barns	Heybridge Basin, The Jolly Sailor	tba	J. Pritchard/tba
28	Tiptree Heath, Woodlands	Bures, The Eight Bells	tba	tba/tba
Dec 5	Tiptree, Perrywood	Earls Colne, Colne Valley GC *	tba	tba/tba
12	Aldham, Mill Race Nursery	Woodham Walter, The Bell	tba	tba/tba
19	Kelvedon Sandwich Bar	Terling, The Monkey	tba	tba/tba
26	Boxing Day - no ride			

*** Christmas Lunch - must be booked with the secretary**

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
Oct 3	S	Black Notley, Golf Course	Copford Green, The Alma	Steve Cleaver
10	W	Ongar, Garden Centre	Sawbridgeworth, The Gate	Pat Brown
17	S	Kelvedon, Allshots	Colne Engaine, Five Bells	Ron Self
24	W	White Roding, Bretts	Theydon Bois, The Bull	Roger Perry
31	S	Tiptree, Perrywoods	Stow Maries, Prince of Wales	TBA
Nov 7	W	White Roding, Bretts	Little Green, Compasses	Dick Wall
14	S	Witham, Weatherspoons	Maldon, Queens Head	Robin Herron
21	W	Hatfield Heath, PO	Fiddlers Hamlet, Merry Fiddlers	Ernie Peani
28	S	Black Notley, Golf Course	Stebbing, White Hart	Steve Cleaver
Dec 5	W	High Easter, Snug	Moreton, Nags Heasd	Roger Perry
12	S	Blake End, Timbers	Stondon Massey, The Bricklayers	Tony Phillips
19	S	Rettendon, BHN Pot Plants	Imperial Buffet, Christmas Lunch	Roger Perry
26	No ride			
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
Oct 3	Sandon, Butts Green Garden Centre	North Fambridge, The Ferry Boat	TQ853 968
10	Billericay, Blue Boar	Mill Green, The Viper	TL779 049
17	Writtle, Lordship Tea Rooms	Littley Green, The Compasses	TL699 173
24	Mundon, Roundbush	Tillingham, Fox & Hounds	TL994 037
31	Heybridge, Cherry Tree Bakery	Hatfield Peverel, Duke of Wellington	TL794 112
Nov 7	Maldon, Crystal Café	Althorne, Huntsman & Hounds	TL996 008
14	Hatfield Peverel, Peartree Pantry	Purleigh, The Bell	TL842 020
21	Rettendon, BHN Garden Centre	Goldhanger, The Chequers	TL084 908
28	Blackmore, Tea Rooms	Marden Ash, The Stag	TL552 021
Dec 5	Sandon, Butts Green GC	Mundon, The White Horse	TL869 027
12	Margaretting, The Saddlery	Billericay, Coach & Horses	TQ680 950
19	Bicknacre, White Elms Garden Centre..	Galleywood, Horse & Groom,	TL702 031
26	No Ride	Happy Christmas	
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
Oct 5	Hatfield Peverel, D's Cafe	Felsted, Swan Inn	TL 677 204
12	Chelmsford, Ivory Peg	Stondon Massey, Bricklayers Arms	TL 585 005
19	Brentwood, King George's Playing Fields	North Ockendon, The Old White Horse	TQ 593 850
26	Woodham Walter, Bunsay Down Golf Club	Boreham, The Queens Head	TL 757 096
Nov 2	Margaretting, The Saddlery	West Hanningfield, The Ship	TL 704 003
9	Bicknacre, White Elms Garden Centre	Woodham Walter, Queen Victoria (2)	TL 809 070
16	Woodham Walter, Bunsay Down Golf Club	Ramsden Heath, The Nags Head	TQ 708 959
23	Margaretting, The Saddlery	Bicknacre, the White Swan	TL 779 047
30	Bicknacre, White Elms Garden Centre	North Fambridge, Ferry Boat Inn	TQ 853 968
Dec 7	Hockley, The Riverside Garden Centre (1)	Thorpe Bay Yacht Club	TQ 921 845
14	Bicknacre, White Elms Garden Centre	Battlesbridge, Lodge Country Inn (3)	TQ 787 961
21	Woodham Walter, Bunsay Down Golf	Bicknacre, The Brewers Arms	TL 788 021
28	Bicknacre, White Elms Garden Centre	Ramsden Heath, The Nags Head	TQ 708 959
(1) Late Start 10.00am Rayleigh High Street or meet at cafe. Route will not pass through Rettendon Turnpike.			
(2) November Hills Ride Certificates to be presented to successful riders (3) Christmas Lunch, pre-booking required			
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
Potterers	5-10	Comfortable	Welwyn	11

Secretary Roger Hodgson (07989 649526)

St Albans Section - A (Tuesday)

Secretary Kevan Harrop (01727 855265)

Start Points:		
	Poppins Cafe, Hatfield	TL 224 085
	Morrisons, Fleetville	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
Oct 3	Poppins	Well End, Mops and Brooms	Richard Stubbs
10	Morrisons	Chorleywood, Black Horse	Perham Harding
17	Poppins	Tonwell, Robin Hood & LittleJohn	Tony O'Byrne
24	Morrisons	Northall, Swan	Phil Gaskell
31	Rothamsted	Streatley, Old Chequers	Bob Carter
Nov 7	Poppins	Walkern, Robin Hood	Tony Green
14	Morrisons	Flaunden, Green Dragon	Roger Pask
21	Poppins	Hertford, Six Templars	Peter Bullen
28	Morrisons	Chipperfield, Windmill	John Shaw
Dec 5	Poppins	Potters Bar, Admiral Byng	Bob Page
12	Morrisons	Hemel Hempstead, Full House	Tracey Williams
19	Morrisons	Aldwickbury Park Golf Club *	Kevan Harrop
26	Morrisons	Berkhamsted, Crown	Decide on the day

* **Christmas Lunch**

40plusstalbans@gmail.com

St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

Start Points:	Poppins Cafe, Hatfield	TL 224 085
	Morrisons, Fleetville	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
Oct 3	Poppins	Borehamwood, Hart & Spool	
10	Morrisons	Sarratt Bottom, Cock Inn	Jane Elsmore
17	Poppins	Gosmore, Bird in Hand	Richard Stubbs
24	Morrisons	Bayford, Baker Arms	Dan Dorrian
31	Rothamsted	Whipsnade, Hunters Lodge	Dave Andrews
Nov 7	Poppins	Watton-at-Stone, Bull	John Beckett
14	Morrisons	Chorleywood, Black Horse	Steve Rogers
21	Poppins	Epping Green, Beehive	Peter Ridehalgh
28	Morrisons	Redbourn, Cricketers	Trevor Arnold
Dec 5	Poppins	Aldenham, Roundbush	Charlie Lynn
12	Morrisons	Flaunden, Green Dragon	
19		Aldwickbury Park Golf Club *	
26	Morrisons	Hatfield, Harpsfield Hall	
* Christmas Lunch			
40plusstalbans@gmail.com			

St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

Start Points:	Poppins Cafe, Hatfield	TL 224 085
	Morrisons, Fleetville	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
Oct 3	Poppins	Tonwell, Robin Hood & Little John	Ken Hoggett
10	Morrisons	Studham, Bell Inn	Jan Maitland
17	Poppins	Epping Green, Beehive	Bill Boldison
24	Morrisons	Hemel Hempstead, Red Lion	Colin Burns
31	Rothamsted	Chapelfoot, Rusty Gun	Vernon Clough
Nov 7	Poppins	Watton-at-Stone, Bull	Roger Hodgson
14	Morrisons	Chipperfield, Windmill	Don Wallace
21	Poppins	Hooks Cross, Three Horseshoes	Jan Maitland
28	Morrisons	Aldenham, Roundbush	Bill Boldison
Dec 5	Poppins	Hertford, Six Templars	David Gardner
12	Morrisons	Potters Bar, Admiral Byng	John Edwards
19		Aldwickbury Park Golf Club *	
26	Morrisons	Hatfield, Harpsfield Hall	John Edwards
* Christmas Lunch			
40plusstalbans@gmail.com			

St Albans Section - C (Tuesday)

Secretary Ian Ollier (020 8440 5943)

Start Points: Poppins Cafe, Hatfield TL 224 085

Rothamsted TL 124 133

Coffee meet from 10.00

C Ride leaves at 10.45

Date	Start	Destination	Leader
Oct 3	Poppins	London Colney, Green Dragon	Louise Hughes
10	Poppins	Codicote, Globe	Mike Headland
17	Poppins	Coleman Green, John Bunyan	Ian Constable
24	Poppins	Bragbury End, Chequers	Alex Moss
31	Rothamsted	Whitwell, Bull	Doug Nevell
Nov 7	Poppins	Tewin, Plume of Feathers	Jo Klein
14	Poppins	Amwell, Elephant & Castle	Pete Turney
21	Poppins	Tyttenhanger Green, Plough	Mavis Wallace
28	Poppins	Potters Bar, Admiral Byng	Alan Wallace
Dec 5	Poppins	St Albans, Waterend Barn	Ian Constable
12	Poppins	Hertford, Six Templars	Jo Klein
19		Aldwickbury Park Golf Club *	
26	Poppins	Harpenden, Skew Bridge	Chris Rice
* Christmas Lunch			
40plusstalbans@gmail.com			

St Albans Section - Potters (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
Oct 3	Maggie's	Kimpton, Boot	166TL174183
10	Tony's	Hooks Cross, Three Horseshoes	166TL276207
17	Maggie's	St Paul's Walden, Strathmore Arms	166TL194222
24	Tony's	Digswell, Cowper Arms	166TL244154
31	Tony's	Tewin, Country Bumpkin	166TL274156
Nov 7	Tony's	Bragbury End, Chequers	166TL269210
14	Maggie's	Codicote, Wyvale Cafe	166TL214187
21	Tony's	Tewin, Plume of Feathers	166TL271153
28	Maggie's	Welwyn, Steamer	166TL231158
Dec 5	Tony's	Watton-at-Stone, Bull	166TL303192
12	Tony's	Woolmer Green, Red Lion	166TL253187
19		Aldwickbury Park Golf Club *	166TL150139
26	Maggie's	Rabley Heath, Robin Hood & Little John	166TL235191
* Christmas Lunch			
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
Oct 5	Redbourn, Cricketers	166 TL104120
12	Kimpton, Boot	166 TL174183
19	Lemsford, Long Arm & Short Arm	166 TL221125
26	Tyttenhanger Green, Plough	166 TL182059
Nov 2	Peters Green - Bright Star	166 TL142190
9	Welham Green, Sibthorpe Arms	166 TL234053
16	Gustard Wood, Cross Keys	166 TL174164
23	Bell Bar, Cock O' North	166 TL254054
30	Harpenden, Engineer	166 TL141131
Dec 7	Hatfield, Harpsfield Hall	166 TL215087
14	St Paul's Walden, Strathmore Arms	166 TL194222
21	Colney Heath, Crooked Billet	166 TL202060
28	Redbourn, Cricketers	166 TL104120

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
Oct 5	Mangrove Green, The King William
12	Wardhedges, The Jolly Cooper
19	Ley Green, The Plough *
26	Amwell, The Elephant & Castle **
** near Wheathampstead	
Nov 2	Breachwood Green, The Red Lion
9	Clophill, The Stone Jug
16	Rabley Heath, Robin Hood & Little John *
23	Harpenden, The Red Cow
30	Lilley, The Lilley Arms
Dec 7	Gustard Wood, The Cross Keys
14	Henlow, The Five Bells (Christmas Lunch)
21	St Paul's Walden, The Strathmore Arms *
28	Pulloxhill, The Cross Keys

* in support of the Garden City Wheelers

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
Oct 3	Weston, Cricketers
10	Great Hornead, Three Tuns
17	Aston End, Crown
24	Little Hadham, Nags Head
31	Walkern, White Lion
Nov 7	Knebworth, Lytton Arms
14	Hooks Cross, Three Horseshoes
21	Puckeridge, Crown & Falcon
28	Epping Green, Beehive
Dec 5	Watton-at-Stone, George & Dragon
12	Christmas Lunch tba
19	Wadesmill, Anchor Inn
26	No ride (Boxing Day)
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
Oct 6	Spellbrook, Three Horseshoes
13	Halls Green, Rising Sun
20	Wheathampstead, Elephant & Castle
27	Matching Tye, Fox Inn *
Nov 3	Wareside, Chequers Inn
10	Essendon, Candlestick
17	Threshers Bush, John Barleycorn *
24	Ware, Kings Mead
Dec 1	Hastingwood, Harlow Garden Centre
8	Hatfield, Wetherspoons
15	Halls Green, Rising Sun
22	Tewin, Rose and Crown
29	Hailey, Galley Hall
* Approx 50 miles - 10am prompt start	
40pluseherts@gmail.com	

Bedfordshire Section (Tuesday)

Joint Secretaries
Paul Wareham (01582 753587) and Tony Sugars (01525 874325)

Meet for lunch

Date	Lunch
Oct 3	Clophill, The Stone Jug
10	Henlow, The Five Bells
17	Maulden, The Dog and Badger
24	Wavenden, The Golf Centre
31	Pulloxhill, The Cross Keys
Nov 7	Wardhedges, The Jolly Coopers
14	Marston Moretaine, The Forest Centre
21	Wavenden, The Golf Centre
28	Clophill, The Stone Jug
Dec 5	Wardhedges, The Jolly Coopers
12	Henlow, The Five Bells
19	Maulden, The Dog and Badger
26	No run / meeting
40plusbeds@gmail.com	

East Northants Section (Wednesday)

Contact Roy Presland (01933 314831)

Meet for lunch at 12 noon

Date	Lunch
Oct 4	Chelveston, Star and Garter
11	Carlton, Emmaus
18	Wollaston, Hill Cafe
25	Sharnbrook, Cake Shop
Nov 1	Grendon, Half Moon
8	Sywell, Overstone Manor
15	Podington, Garden Centre
22	Chelveston, Sar and Garter
29	Carlton, Emmaus
Dec 6	Wollaston, Hill Cafe
13	Sharnbrook, Cake Shop
20	Grendon, Half Moon
27	Sywell, Overstone Manor
40plusenorthants@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
Oct 4	Woldingham Garden Centre	Four Elms, Four Elms Inn
Oct 18	Oxted, Café Papillon	Cowden, Fountain
Nov 1	Redhill, Aerodrome	Hever, Greyhound
Nov 15	Horne, Golf Club	Markbeech, Kentish Horse
Dec 6	Lingfield, Loulou Jane	Lingfield, Star Inn *
Dec 20	Godstone, Flower Farm Shop	Staffhurst Wood, Grumpy Mole
* Star Inn TQ390437 (Church Rd, Lingfield, RH7 6AH)		
40plussksb@gmail.com		

Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Oct 1	Copsale, Copsale Hall
8	Newdigate, Tanhouse Farm
15	Rudgwick, The Milk Churn
22	Littleworth, Camelia Botnar
29	Horsham, Warnham Reserve
Nov 5	Copsale, Copsale Hall
12	Billingshurst, Whispers
19	Newdigate, Tanhouse Farm
26	Littleworth, Camelia Botnar
Dec 3	Copsale, Copsale Hall
10	Horsham, Warnham Reserve
17	Billingshurst, Whispers
24	Rudgwick, The Milk Churn
31	T B A
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	Oct 3	A	Handcross, High Beeches	Bolney, Eight Bells
Fri	6		Rudgwick, Milk Churn	Holmbury St. Mary, Royal Oak
Tue	10		Partridge Green, Stan's Shack	Coolham, Selsey Arms
Fri	13		Dorking, Peppe's Café	Walliswood, Scarletts Arms
Tue	17		Cuckfield, Reeves Pantry	Partridge Green, The Partridge
Fri	20		Rusper, Rusper Golf Club	Outwood, Dog and Duck
Tue	24		Beare Green, Blu-moon Café	Lambs Green, The Lamb
Fri	27		Barns Green, Sumners Ponds	Tismans Common, Mucky Duck
Tue	31		Abinger Hammer, Post Office & Tea Rooms	Ewhurst, Bulls Head
Fri	Nov 3		Horne, Horne Golf Club	Smallfield, Plough & Harrow
Tue	7		Horsham, Warnham Mill Pond	Billingshurst, The Limeburners
Fri	10		Charlwood, 52 The Street	Betchworth, The Dolphin
Tue	14		Henfield, Truffles	Goddard Green, The Sportsman
Fri	17		West Humble Station, Pilgrims Cycles	Ironsbottom, Three Horseshoes
Tue	21		Newdigate, Tanhouse Farm	Outwood, The Castle
Fri	24		Abinger Hammer, Post Office & Tea Rooms	Ockley, The Cricketers
Tue	28		South Nutfield, Redhill Aerodrome Brasserie	Rusper, The Star

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Fri	Dec 1		Reigate, Reigate Gdn Centre	Faygate, Holmbush
Tue	5		Balcombe, Tea Rooms	Sayers Common, Duke of York
Fri	8		Strood Green, Café (thru shop)	Okewoodhill, The Punchbowl
Tue	12	B	Newdigate, Tanhouse Farm	Lambs Green, The Lamb
Fri	15		Whitemans Green, Cuckfield Golf Club	Southwater, Hen & Chicken
Tue	19		Handcross, Sabrina's Sweet Things	Henfield, Cat and Canary
Fri	22		Cranleigh, Notcutts Gdn Ctre	The Haven, Blue Ship
Tue	26		Horsham, Warnham Mill Pond	Walliswood, Scarletts Arms
Fri	29		Beare Green, Blu-moon Café	Alfold Xways, Three Compasses

Cross references

- A TQ 278 309**
B Christmas Lunch

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
Oct 12		Slindon, Forge	Charlton, Fox Goes Free	Amberley
Oct 26		Tangmere, Aviation Museum	Walderton, Barley Mow	West Dean
Nov 09	(i)	Chichester, Canal Centre	E Wittering, Thatched Tavern	None Planned
Nov 23		Fishbourne, Roman Palace	Woodmancote, Woodies	None Planned
Dec 14		Barnham, Willow Café	Hunston, Spotted Cow	None Planned
Dec 28		Christmas Week – No ride		

Xref (i)

New lunch venue:

East Wittering,
Thatched Tavern

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
Oct 4	Birchwood Golf Centre
11	High Elms Beeche Café
18	Lullingstone Golf Club
25	Polhill Garden Centre
Nov 1	Chelsfield Lakes Golf Club
8	Birchwood Golf Club
15	Speedgate Cafe
22	High Elms Beeche Cafe
29	Birchwood Golf club
Dec 6	Lullingstone Golf Club
13	Chelsfield Golf Club
20	Speedgate Cafe
27	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.



Waterfront in Bruges (picture by Peter Woods)

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.