

Forty Plus Cycling Club

Runs List

January to March 2018

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*



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15th February 2018 is the cut-off date for the Apr-Jun 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
Jan 4	Blackmore - Tea Rooms	Woodham Mortimer - Hurdlemakers	John Hinds
11	Margaretting - Saddlery	Burton End - Ash	Ron Self
18	Rettendon - BHN Pot Plants	Coggeshall - Chapel Inn	Mel Martin
25	Writtle - Lordship Tea Rooms	Sawbridgeworth - Gate	Tony Cox
Feb 1	Great Waltham - The Stores	Tolleshunt d'Arcy - Queens Head	John Pritchard
8	Ramsden Heath - Hall & Co.	Matching Tye - Fox	Mark Beard
15	Ulting - Peartree Pantry	Earls Colne - Lion	Ed Spurgeon
22	Cooks Mill Green - Bakehouse	Purleigh - Bell	Brian Taylor
Mar 1	High Easter - Snug	Epping Green - Travellers Friend	Bob McDowell
8	Norton Heath - Café	Debden - Plough	John Beaumont
15	White Roding - Bretts	Cornish Hall End - Horse & Groom	Chris Mills
22	Butts Green - Garden Centre	Navestock Side - Alma	Chris Seymour
29	Olivers - Witham	Nayland - Anchor	Philip Martin
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
Jan 4	H	Stondon Massey: Bricklayer's Arms	John
11	S	Ongar: The Stag	John
18	H	Moreton: Nags Head	Tony
25	S	Hatfield Heath: White Horse	Tony
Feb 1	H	Gilston: Moorhen	Clive
8	S	Churchgate: Queen's Head	Liz
15	H	Hunsdon: The Crown	John
22	S	Sheering: The Cock	Brian
Mar 1	H	Ayethorpe Roding: Axe and Compass	Tony
8	S	Matching Tye: The Fox	John
15	H	Writtle: Rose and Crown	Brian
22	S	Theydon Bois: The Bull	John
29	H	Hazel End: Three Horseshoes	John
40plusessexb@gmail.com			

Essex Sunday Section	
Secretary Michael Cheesman (07514 094897)	
Meet at lunch venue at about 1.00pm	
Date	Lunch
Jan 7	Epping Green, Traveller's Friend
14	Chipping Ongar, Two Brewers
21	Roydon, Crusader
28	Moreton, Nag's Head
Feb 4	Marden Ash, The Stag
11	Churchgate Street, Queen's Head
18	Sawbridgeworth, George IV
25	Roydon, Crusader
Mar 4	Matching Tye, The Fox
11	High Ongar, Forresters
18	Hatfield Heath, White Horse
25	Sheering, The Crown
40plusessexsunday@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
Jan 2	Make your own way	Witham, Wetherspoons	tba	
9	Tiptree Heath, Woodlands	Littley Green, The Compasses	tba	M. Swainsbury/I. Whiteside
16	Ulting, Pear Tree Pantry	Kelvedon, The Railway Tavern	tba	I. Whiteside/M. Swainsbury
23	Earls Colne, Black Horse Tea Rm	Youngs End, The Green Dragon	tba	tba/tba
30	Kelvedon Sandwich Bar	Wormingford, The Crown	tba	K. Rickwood/D. Russell
Feb 6	Witham, Oliver's Nursery	Bures, The Eight Bells	tba	M. Hutley/D. Snowling
13	Heybridge Basin, Wilkins Tea Rm	Pebmarsh, The King's Head	tba	tba/tba
20	Copford, Barn Plants	Blake End, Timbers	tba	P. Avison/P. Avison
27	Aldham, Mill Race Nursery	Maldon, The Queen's Head	tba	C. Pougher/M. Hutley
Mar 6	Abberton Reservoir	Boreham, The Six Bells	tba	J. Pritchard/B. Taylor
13	Cressing Temple Barns	Castle Hedingham, The Bell	tba	P. Finch/tba
20	Tiptree, Perrywood	Stebbing, The White Hart	tba	R. Hunt/J. Pritchard
27	Earls Colne, Colne Valley GC	Messing, The Old Crown	Tiptree, Wilkin Jams	C. Mills/D. Russell

40plusneessex@gmail.com

Essex Easy Riders Section (Tuesday)

Secretary Reg Horsnell (01621 817916)

Meet for lunch at 12:45

Persons take part entirely at their own risk

Date	Meet
Jan 2	Great Totham, The Prince of Wales
9	Hatfield Peverel, The Duke of Wellington
16	Maldon, Queen Victoria, Spital Road
23	Youngs End, The Green Dragon
30	Great Totham, The Prince of Wales
Feb 6	Bocking, Roundwood
13	Maldon, Queen Victoria, Spital Road
20	Hatfield Peverel, The Duke of Wellington
27	Notleys Golf Club
Mar 6	Great Totham, The Prince of Wales
13	Youngs End, The Green Dragon
20	Maldon, Queen Victoria, Spital Road
27	Bocking, Roundwood
40plussoutheast@gmail.com	

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
Jan 3	Birchwood Golf Club
10	Speedgate Cafe
17	Polhill Garden Centre
24	Birchwood Golf Club
31	High Elms Beech Cafe
Feb 7	Chelsfield Lakes Golf Club
14	Birchwood Golf Club
21	Lullingstone Golf Club
28	High Elms Beeche Cafe
Mar 7	Speedgate Cafe
14	Birchwood Golf Club
21	Polhill Garden Centre
28	High Elms Beeche Cafe
Occasional Sunday rides are arranged - contact Frank for details	
40plussoutheast@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
Jan 2	W	Wetherspoons, Witham	Purleigh. The Bell	Peter Sears
9	S	Tiptree, Perrywoods	Goldhanger, The Chequers	Tony Cox
16	W	Ongar Garden Centre	Stapleford Tawney, Mole Trap	
23	S	Felsted, Woods Tea Room	Cressing, The Willows	Robin Herron
30	W	Blackmore	Matching Tye, The fox	Ernie Peain
Feb 6	W	High Easter, The Snug	Churchgate Street, Queens Head	Tony Phillips
13	S	Heybridge Basin, Wilkins	Wickham Bishops, The Chequers via Tiptree	Pat Brown
20	W	Hastingwood, Harlow Garden Centre	High Roding, Black Lion	Dick Wall
27	S	Blackmore	Littley Green, The Compasses	Steve Cleaver
Mar 6	S	Coggeshall, Vineyard	Finchingfield, Red Lion	
13	W	Felsted, Wood Cottage Tearoom	Castle Hedingham, The Bell	Ron Self
20	S	Black Notley, Golf Club	Layer Breton, Hare and Hounds	Robin Herron
27	W	Sawbridgeworth, The Shed	Elsenham, Three Horseshoes	John Beaumont
40plusmidsex@gmail.com				

Southend Section (Tuesday)

Secretary Graham Kirby (07526 501629)

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

Date	Elevenses	Lunch	Grid Ref
Jan 2	Bicknacre, White Elm Garden Centre	Danbury, The Cricketers	TL 779 049
9	Mundon, The Roundbush	Althorne, Huntsman & Hounds	TL 996 008
16	Billericay, Blue Boar	Mill Green, The Viper	TL 779 049
23	Margaretting, The Saddlery	Stondon Massey, Bricklayers Arms	TL 585 005
30	Rettendon, Buckhatch Nursery, (aka BHN)	Cocks Clark, Fox & Hounds	TL 814 028
Feb 6	Hockley, Riverside Garden Centre *	Shoebury, Parsons Barn	TQ 929 861
13	Hatfield Peverel, Peartree Pantry	Witham, Battersford Court	TL 820 144
20	Woodham Walter, Bunsay Down Golf Club	Maldon, Rose & Crown	TQ 957 997
27	Sandon, Butts Green Garden Centre	Billericay, Blue Boar	TQ 675 947
* Meet at Turnpike at 10.30 am or at Riverside Garden Centre for 11 am			
Mar 6	Blackmore, Tea Rooms	Galleywood, Horse & Groom	TL 701 029
13	Writtle, Lordship Tea Rooms	Littley Green, The Compasses	TL 699 173
20	Bicknacre, White Elm Garden Centre	Billericay, Coach & Horses	TQ 680 950
27	Maldon, Crystal Cafe	Great Totham, Prince of Wales	TL 844 123
40plussouthend@gmail.com			

Southend Section (Thursday)

Secretary Graham Kirby (07526 501629)

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
Jan 4	Wickford, Alpha Garden Centre *	Purleigh, The Bell	TL 842 020
11	Ramsden Heath, Hall & Co	Galleywood, The Horse and Groom	TL 701 029
18	Woodham Walter, Bunsay Down	West Hanningfield, The Ship Inn	TL 704 004
25	Maldon, Morrisons	Cold Norton, The Norton	TL 849 004
Feb 1	Wickford, Alpha Garden Centre *	Herongate, Green Man	TQ 731 931
8	White Elm Garden Centre	South Woodham Ferrers, Shaw Farm	TL 798 979
15	Great Baddow, Glass House	Billericay, Coach and Horses	TQ 680 950
22	Hockley, The Riverside Garden Centre *	Thorpe Bay Yacht Club	TQ 921 845
Mar 1	Woodham Walter, Bunsay Down	Chignal St James, Three Elms	TL 676 097
8	Margaretting, The Saddlery	Marden Ash, The Stag	TL 551 021
15	Maldon, Crystal Cafe	Kelvedon, The Railway Tavern	TL 865 192
22	Butts Green Garden Centre	Witham, Wetherspoons	TL 820 144
29	Woodham Walter, Bunsay Down	Youngs End, The Green Dragon	TL 740 196
* Late Start 10am Rayleigh High Street or meet at Cafe. Route will not pass through Rettendon Turnpike.			
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	Poppins Hatfield (TL224085)	Inn on Park Verulamium (TL138073)
	Morrisons Fleetville (TL166072)	Rothamstead Harpenden (TL134135)

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

Date	Start	Destination	Leader
Jan 2	Poppins	Hatfield, Harpsfield Hall	Bob Carter
9	Morrisons	Hemel Hempstead, Full House	Kevan Harrop
16	Poppins	Potters Bar, Admiral Byng	David Whiskerd
23	Morrisons	Berkhamsted, Crown	Marc Savitsky
30	Rothamsted	St Albans, Waterend Barn	Diane Watson
Feb 6	Poppins	Hertford, Six Templars	Geoff Watts
13	Morrisons	Chipperfield, Windmill	John Shaw
20	Poppins	South Mimms, Black Horse	Tony Green
27	Morrisons	Aldenham, Roundbush	Roger Pask
Mar 6	Poppins	Bragbury End, Chequers	Tom Luther
13	Morrisons	Aldbury, Valiant Trooper	Phil Gaskell
20	Poppins	Hoddesdon, Star	Bob Page
27	Morrisons	Marsworth, Anglers Retreat	Peter Southworth

40plusstalbans@gmail.com

St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

Start Points	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) Morrison's Fleetville (TL166072) Rothamstead Harpenden (TL134135)
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Meet for coffee at 10:00 and leave at 10:30

Date	Start	Destination	Leader
Jan 2	Poppins	Welwyn Garden, Attimore Hall	
9	Morrison's	Studham, Red Lion	
16	Poppins	Epping Green, Beehive	
23	Morrison's	Redbourn, Cricketers	
30	Rothamsted	Tea Green, White Horse	
Feb 6	Poppins	Cuffley, Plough	
13	Morrison's	Sarratt Bottom, Cock Inn	
20	Poppins	Potters Bar, Admiral Byng	
27	Morrison's	Elstree, Battle Axes	
Mar 6	Poppins	Gosmore, Bird in Hand	
13	Morrison's	Commonwood, Cart & Horses	
20	Poppins	Watton-at-Stone, Bull	
27	Morrison's	St Paul's Walden, Strathmore Arms	
40plusstalbans@gmail.com			

St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

Start Points	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) Morrison's Fleetville (TL166072) Rothamstead Harpenden (TL134135)
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Meet for coffee at 10:00 and leave at 10:45

Date	Start	Destination	Leader
Jan 2	Poppins	Tewin, Plume of Feathers	A volunteer
9	Morrison's	Kings Langley, Unicorn	Alan Punter
16	Poppins	Bayford, Bakers Arms	Colin Burns
23	Morrison's	Elstree, Battle Axes	Jan Maitland
30	Rothamsted	Whipsnade, Hunters Lodge	Vernon Clough
Feb 6	Poppins	Chapelfoot, Rusty Gun	Terry Kent
13	Morrison's	Potten End, Martins Pond	David Gardner
20	Poppins	Hertford, Six Templars	Roger Hodgson
27	Morrison's	Chipperfield, Windmill	Bill Boldison
Mar 6	Poppins	Watton-at-Stone, Bull	Chris Saunders
13	Morrison's	Epping Green, Beehive	John Edwards
20	Poppins	Bragbury End, Chequers	Ken Hoggett
27	Morrison's	Aldenham, Roundbush	Eric Cullen
40plusstalbans@gmail.com			

St Albans Section - C (Tuesday)

Secretary Ian Ollier (020 8440 5943)

Start Points Poppins Cafe, Hatfield (TL224085), Rothamsted (TL124133)

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

Date	Start	Destination	Leader
Jan 2	Poppins	London Colney, Green Dragon	Alan Wallace
9	Poppins	Brickendon, Farmers Boy	Louise Hughes
16	Poppins	Amwell, Elephant & Castle	Jo Klein
23	Poppins	St Albans, Blackberry Jack	Mavis Wallace
30	Rothamsted	Tea Green, White Horse	Chris Rice
Feb 6	Poppins	Wheathampstead, Swan	Pat Kennedy
13	Poppins	Sleapshyde, Plough	Jo Klein
20	Poppins	Lemsford, Sun	Ian Constable
27	Poppins	Codicote, Goat	Mike Headland
Mar 6	Poppins	Wildhill, Woodman	Alex Moss
13	Poppins	Welwyn Mardley Hill, North Star	Ian Constable
20	Poppins	Ayot Green, Red Lion	Anne Leete
27	Poppins	Kimpton, Boot	Pat Kennedy
40plusstalbans@gmail.com			

St Albans Section - Potterers (Tuesday)

Secretary Joe Harrison (01438 715283)

Meet for 11:30 start from: Maggie's: "Whitegates" Potters Heath (TL238185)
Tony's: 17 Canonsfield, Welwyn (TL243176)

Date	Start	Lunch Venue	Map Ref
Jan 2	Maggie's	Codicote, Wyvale Cafe	TL214187
9	Tony's	Woolmer Green, Chequers	TL254186
16	Tony's	Tewin, Plume of Feathers	TL271153
23	Maggie's	St Paul's Walden, Strathmore Arms	TL194222
30	Tony's	Bulls Green, Horns	TL270175
Feb 6	Tony's	Digswell, Cowper Arms	TL244154
13	Tony's	Woolmer Green, Red Lion	TL253187
20	Maggie's	Codicote, Globe	TL219181
27	Tony's	Bragbury End, Chequers	TL269210
Mar 6	Maggie's	Codicote, Wyvale Cafe	TL214187
13	Maggie's	Kimpton, Boot	TL174183
20	Maggie's	Welwyn, Steamer	TL231158
27	Tony's	Tewin, Country Bumpkin	TL274156
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 pm) at a nominated local hostelry.

Date	Proposed Lunch Venue	Map Ref
Jan 4	Kimpton, Boot	166 TL174183
11	Sandridge, Green Man	166 TL169 104
18	Sleapshyde, Plough	166 TL202069
25	St Albans, King William IV	166 TL158089
Feb 1	Colney Heath, Crooked Billet	166 TL202060
8	Gustard Wood, Cross Keys	166 TL174164
15	Colney Heath, Crooked Billet	166 TL202060
22	Harpenden, Engineer	166 TL141131
Mar 1	Hatfield, Harpsfield Hall	166 TL215087
8	Redbourn, Cricketers	166 TL104120
15	Water End, Woodman	166 TL229042
22	South Mimms, Black Horse	166 TL221015
29	Bell Bar, Cock o'the North	166 TL254054

40plusstalbans@gmail.com

North Herts Section (Thursday)

Secretary Stuart Collins (01462 621799)

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

Date	Lunch from midday
Jan 4	Abington Pigotts - The Pig & Abbot
11	Maulden - The Dog & Badger
18	Shuttleworth Aerodrome *
25	Pulloxhill - The Cross Keys
Feb 1	Harpenden - The Red Cow
8	Bassingbourn - The Hoops
15	Gt Offley - The Red Lion *
22	Gamlingay - Woodview Farmshop
Mar 1	Tewin - The Plume of Feathers
8	Clophill - The Stone Jug
15	Shillington - The Musgrave Arms *
22	Wrestlingworth - The Chequers
29	Peters Green - The Bright Star

* 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
Jan 2	Welwyn North, Cowper Arms
9	Hertford , Old Barge
16	Hailey, Galley Hall
23	Tewin, Plume of Feathers
30	Stanstead Abbots, Jolly Fisherman
Feb 6	Bayford, Bakers Arms
13	Woolmer Green, Red Lion
20	Broxbourne, Crown
27	Epping Green, Beehive
Mar 6	Hooks Cross, Three Horseshoes
13	Walkern, White Lion
20	Braughing, Golden Fleece
27	Much Hadham, Bull Inn
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	
	Venue A	Venue B
Jan 5	Braughing, Golden Fleece	Dobbs Weir, Fish & Eels
12	Dobbs Weir, Fish & Eels	Braughing, Golden Fleece
19	Gustard Wood, Cross Keys	Epping Green, Travellers Friend
26	Epping Green, Travellers Friend	Gustard Wood, Cross Keys
Feb 2	Colemans Green, John Bunyan	Stanstead Abbots, Jolly Fisherman
9	Stanstead Abbots, Jolly Fisherman	Colemans Green, John Bunyan
16	Hatfield Bell Bar, Cock o'the North	Great Hornmead, The Three Tuns
23	Great Hornmead, The Three Tuns	Hatfield Bell Bar, Cock o'the North
Mar 2	Broxbourne, The Crown	Kimpton, The Boot
9	Kimpton, The Boot	Broxbourne, The Crown
16	Threshers Bush, John Barleycorn	Weston, The Cricketers
23	Weston, The Cricketers	Threshers Bush, John Barleycorn
30	Good Friday , no ride	
40pluseherts@gmail.com		

Bedfordshire Section (Tuesday)

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

Meet for lunch

Date	Lunch
Jan 2	Marston Moretaine The Forest Centre
9	Clophill The Stone Jug
16	Wavenden The Golf Centre
23	Maulden The Dog and Badger
30	Pulloxhill The Cross Keys
Feb 6	Henlow The Five Bells
13	Wardhedges The Jolly Coopers
20	Marston Moretaine The Forest Centre
27	Clophill The Stone Jug
Mar 6	Wavenden The Golf Centre
13	Henlow The Five Bells
20	Wardhedges The Jolly Coopers
27	Pulloxhill The Cross Keys
40plusbeds@gmail.com	

East Northants Section (Wednesday)

Contact Roy Presland (01933 314831)

Meet for lunch at 12 noon

Date	Lunch
Jan 3	Podington, Garden Centre
10	Chelveston, Star and Garter
17	Carlton, Emmaus
24	Wollaston, Hill Cafe
31	Sharnbrook, Cake Shop
Feb 7	Grendon, Half Moon
14	Sywell, Overstone Manor
21	Podington, Garden Centre
28	Chelveston, Star and Garter
Mar 7	Carlton, Emmaus
14	Wollaston, Hill Cafe
21	Sharnbrook, Cake Shop
28	Grendon, Half Moon
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
Jan 11	Four Elms, Tea Room	Four Elms, Four Elms Inn
Jan 18	Edenbridge, The Minstrel *	Cowden, Fountain
Feb 7	Lingfield, Rosies Coffee Lounge	Chiddingstone Hoath, The Rock Inn
Feb 21	Oxted, Café Papillon	Dormansland, The Plough
Mar 7	Horne, Horne Golf Club	Hever, The Greyhound
Mar 21	Godstone, Flower Farm Shop	Staffhurst Wood, Royal Oak
* The Minstrel, 86 High St, Edenbridge TN8 5AR. Grid Ref: TQ 443 461		
40plussksb@gmail.com		

Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Jan 7	Copsale, Copsale Hall
14	Newdigate, Tanhouse Farm
21	Rudgwick, The Milk Churn
28	Littleworth, Camelia Botnar
Feb 4	Copsale, Copsale Hall
11	Hand Cross, High Beeches
18	Newdigate, Tanhouse Farm
25	Littleworth, Camelia Botnar
Mar 4	Copsale, Copsale Hall
11	Horsham, Warnham Reserve
18	Newdigate, Tanhouse Farm
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	Jan 2		Horne, Horne Golf Club	Ironsbottom, Three Horseshoes
Fri	5		Dial Post, Old Barn Nurseries	Maplehurst, White Horse
Tue	9		Rowfant, Centre Café	Staplefield, Jolly Tanners
Fri	12		Southwater, Country Park	Littleworth, The Windmill
Tue	16		Wimlands, Frog and Nightgown	Wineham, Royal Oak
Fri	19		Poynings, Rushfields	Plummers Plain, Wheatsheaf
Tue	23		Horsham, Conservatory Café	Stonebridge, Royal Oak
Fri	26		Horley, Le Manger	Warnham, Sussex Oak
Tue	30		Hurstpierpoint, Washbrooks Farm	Partridge Green, The Partridge
Fri	Feb 2		Beare Green, Blu-moon Café	Alfold Xways, Three Compasses
Tue	6		West Humble Station, Pilgrims Cycles	ParkGate, The Surrey Oaks
Fri	9		Littleworth, Camelia Botnar Gdn Ctre	Dragons Green, George & Dragon
Tue	13		Shere, The Dabbling Duck	Tismans Common, Mucky Duck
Fri	16		South Nutfield, Redhill Pilot's Hub	Newdigate, Six Bells
Tue	20	A	Partridge Green, Stan's Shack or ...	Coolham, Selsey Arms
Fri	23		Newdigate, Tanhouse Farm	The Haven, Blue Ship
Tue	27		Abinger Hammer, Post Office & Tea Rooms	Ockley, The Cricketers

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Fri	Mar 2		Ditchling, Tea Rooms	Ardingly, Ardingly Inn
Tue	6		Barns Green, Sumners Ponds	Thakeham, The White Lion Inn
Fri	9		Horsham, Warnham Mill Pond	Bolney, Eight Bells
Tue	13		Reigate, Reigate Gdn Centre	Faygate, Holmbush
Fri	16		Henfield, Truffles	Goddard Green, The Sportsman
Tue	20	B	Roffey, New House Farm Shop or ...	Henfield, Cat and Canary
Fri	23		Worth, Tulleys Farm	Outwood, The Castle
Tue	27		Cranleigh, Notcutts Gdn Ctre	Wimlands, Frog and Nightgown
Fri	30		Pulborough Brooks, RSPB	Kirdford, The Forresters

Cross references
Alternative meeting places: A - Handcross, Sabrina's Sweet Things B - Steyning, Truffles

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
Jan 11		Barnham, Willow Cafe	Lagham, Royal Oak	None planned
Jan 25		Hilliers, Garden Centre	West Marden, Victoria Inn	None Planned
Feb 8		Slindon, Forge	Charlton, Fox Goes Free	None Planned
Feb 22		Chichester, Canal Centre	Chidham, Old House at Home	None Planned
Mar 15	(I)	Tangmere, Aviation Museum	Selsey Bill, Lifeboat Inn	Runcton
Mar 29		Fishbourne, Roman Palace	Elsted, Three Horseshoes	Singleton

Xref (I)

New Lunch Venue
Selsey Bill,
Lifeboat Inn
SZ860927

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.