

# Forty Plus Cycling Club

# Runs List

## April to June 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*



**20th May 2018** is the cut-off date for the Jul - Sep 2018 Runs List

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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
Apr 5	Cooksmill Green - Bakehouse	Wadesmill - Anchor	Mark Beard
12	High Easter - Snug	Ridgewell - White Horse	Ron Self
19	Bicknacre - White Elm Garden Centre	Layer de la Haye - Donkey & Buskins	Philip Martin/Tony Cox
26	Blackmore - Tea Room	Standon - Star	John Hinds
May 3	White Roding - Bretts	Saffron Walden - Temeraire	Roger Moore
10	Great Waltham - Stores	West Mersea - Fox	Ed Spurgeon
17	Butts Green - Garden Centre	Wormingford - Crown	Chris Mills
24	High Easter - Snug	Great Hormead - Three Tuns	John Beaumont
31	Witham - Olivers Nursery	Stoke by Clare - Lion	Tony Cox/Philip Martin
Jun 7	Ongar - Budworth Hall	Woolmer Green - Chequers	Steve Cleaver
14	Margaretting - Saddlery	Burnham on Crouch - White Harte Hotel	Brian Taylor
21	Felsted - Wood Cottage	Great Wratting - Red Lion	Adrian Leeds
28	Suffolk Away Day	Woodbridge start	Smoky Joe
40plusessex@gmail.com			

<b>Essex B Section (Thursday)</b>			
Secretary John Houghton (020 3583 6024)			
<b>Meet 10:30 at: H</b> - Harlow Garden Centre, A414 near Hastingwood <b>S</b> – Stapleford Aerodrome Cafe, A113 near Abridge			
Date	Meet	Lunch	Leader
Apr 5	S	Ongar: The Stag	John
12	H	Hunsdon: The Crown	John
19	S	Stock: The Baker's Arms	Martin W.
26	H	Brick End: Prince of Wales	John
May 3	S	Kelvedon Hatch: The Eagle	Mick
10	H	Writtle: Rose and Crown	Tony
17	S	Hatfield Heath: White Horse	Clive
24	H	Ayethorpe Roding: Axe and Compass	John
31	S	Allen's Green: Queen's Head	Tony
Jun 7	H	Little Green: The Compasses	John
14	S	Mill Green: The Viper	Liz
21	H	Standon: The Star	Brian
28	S	Wareside: The Chequers	John
40plusessexb@gmail.com			

<b>Essex Sunday Section</b>	
Secretary Michael Cheesman (07514 094897)	
<b>Meet at lunch venue at about 1.00pm</b>	
Date	Lunch
Apr 1	Epping Green, Traveller's Friend
8	Chipping Ongar, Two Brewers
15	Roydon, Crusader
22	Moreton, Nag's Head
29	Hatfield Heath, White Horse
May 6	Marden Ash, The Stag
13	Churchgate Street, Queen's Head
20	Sawbridgeworth, George IV
27	Roydon, Crusader
Jun 3	Matching Tye, The Fox
10	High Ongar, Forresters
17	Hatfield Heath, White Horse
24	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
Apr 3	Marks Tey Diner	Tolleshunt Major, The Bell	Tiptree, Wilkin Jams	J Pritchard/B Taylor
10	Coggeshall, Clocktower	Stow Maries, Prince of Wales	Witham, Oliver's Nursery	J Fryer/tba
17	Tiptree, Perrywood	Great Yeldham, Wagon & Horses	Crassing, Temple Barns	D Russell/C Mills
24	Dedham Craft Centre	Shotley, The Rose	Misty Environment Centre	M Hutley/D Snowling
May 1	Ulting, Pear Tree Pantry	High Roding, Black Lion	Writtle, Wilkin Tea Room	J Deer/tba
8	Earls Colne, Colne Valley GC	Boxford, The Fleece	Copford, Barn Plants	P Finch/J Fryer
15	Earls Colne, Black Horse Cafe	Cornish Hall End, Horse & Groom	Rayne Station	A&W Baird/L King & G Adams
22	Bocking, Roundwood	Ashdon, Rose and Crown	Great Saling, Andrewsfield	P Rigden/tba
29	Aldham, Mill Race Nursery	Brockley Green, The Plough	Coggeshall Clocktower	C Mills/I Whiteside
Jun 5	Copford, Barn Plants	Chelsworth, The Peacock	Aldham, Mill Race Nursery	P Avison/C Avison
12	Earls Colne, Black Horse Cafe	Cavendish, Five Bells	Great Bardfield, Blue Egg	I. Whiteside/tba
19 *	Acton, Wally's Kitchen	Cockfield, The Horseshoes	TBA	K Rickwood/D Russell
26	Earls Colne, Colne Valley GC	Molehill Green, Three Horseshoes	Crassing, Temple Barns	M Swainsbury/tba
* A car assisted Ride; for those wishing to park in the Cochester area, Ken will lead from Colchester to Acton				
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
Apr 3	Cressing, The Willows
10	Earls Colne, Black Horse Cafe *
17	Notley Golf Club
24	Great Totham, The Prince of Wales
* or Hatfield Peverel, The Wellington	
May 1	Youngs End, The Green Dragon
8	Bocking, Roundwood
15	Maldon, Spital Road, The Queen Victoria
22	Cressing, The Willows
29	Hebridge Basin, The Old Ship **
** or Hatfield Peverel, The Wellington	
Jun 5	Notley Golf Club
12	Great Totham, The Prince of Wales
19	Youngs End, The Green Dragon
26	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
Apr 4	Polhill Garden Centre
11	Birchwood Golf Club
18	High Elms Beeche Cafe
25	Chelsfield Golf Club
May 2	Speedgate Cafe
9	High Elms Beeche Cafe
16	Lullingstone Golf Club
23	Birchwood Golf Club
30	Chelsfield Lakes Golf Club
Jun 6	High Elms Beeche Cafe
13	Polhill Garden Centre
20	Speedgate Cafe
27	Birchwood Golf Club
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
Apr 3	S	Tiptree, Perrywoods	Bures, Eight Bells	TBA
10	W	Hastingwood, Harlow Garden Centre	Much Hadham, The Bull	TBA
17	S	Heybridge Basin, Wilkins	Layer de la Haye, Donkey and Buskins	TBA
24	W	White Roding, Bretts	Monk Street, Farmhouse Inn	Roger Perry
May 1	S	Rayne Station	Clare, The Cock	Tony Phillips
8	W	High Easter, The Snug	Little Braxted, Green Man	TBA
15	S	Black Notley Golf Club	Colne Engaine, Five Bells	TBA
22	W	Blackmore	Churchgate Street, Queens Head (then Snug)	Steve Cleaver
29	S	Tiptree, Perrywoods	Nayland, The Anchor	TBA
Jun 5	W	Camass Hall, Fruit Farm	Saffron Walden, Temeraire	Ron Self
12	S	Black Notley Golf Club	Copford Green, The Alma	Roger Perry
19	W	Parkgate, Blue Egg	Belchamp St Paul, Half Moon	Robin Herron
26	W	Hatfield Heath PO	Anstey, Blind Fiiddler	Ernie Peaini
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
Apr 3	Margaretting, The Saddlery	Little Green, The Compasses	TL 699 173
10	Blackmore, Tea Rooms	Marden Ash, The Nags Head	TL 552 021
17	Bicnacre, White Elms Garden Centre	Little Braxted, The Green Man	TL 849 130
24	Hatfield Peverel, Pear Tree Pantry	Felsted, The Swan	TL 679 204
May 1	Maldon, Crystal Café	Cressing, The Willows	TL 793 208
8	Billericay, Blue boar	Stondon Massey, Bricklayers Arms	TQ 675 947
15	Hatfield Peverel, D's Diner	Kelevdon, Railway Tavern	TL 865 192
22	Writtle, Lordship Tea Rooms	Tawney Common, Moletrap	TL 500 013
29	Purleigh, The Roundbush	Althorne, Huntsman & Hounds	TL 906 004
Jun 5	Woodham Walter, Bunsay Down Golf Club	Witham, Battersford Court	TL 820 144
12	Ongar, Delimores	Sawbridgeworth, Gate	TL 482 150
19	Hatfield Peverel, Pear Tree Pantry	Great Totham South, Prince of Wales	TL 854 113
26	Sandon, Butts Green Garden Centre	Mill Green, The Viper	TL 664 019
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
Apr 5	Hatfield Peverel The Pear Tree Pantry	Tollsbury, Yacht Marina	TL 967 104
12	Hatfield Peverel, Ds Cafe	Rayne, The Swan	TL 732 227
19	Chelmsford, Hylands Park	Black Notley, The Vine	TL 767 208
26	Gravesend, Promenade Cafe <b>(1)</b>	Rochester, The Ship Inn	TQ 761 711
May 3	Little Baddow, Paper Mill Lock	Purleigh, New Hall Vineyard	TL 837 026
10	Woodham Walter, Bunsay Downs	Littley Green, The Compasses	TL 699 173
17	Margaretting, The Saddlery	Hatfield Broad Oak, The Cock Inn	TL 546 166
24	Maldon, Crystal Cafe	Copford, The Alma	TL 927 228
31	Blackmore, Tea Rooms	Chignal St James, Three Elms	TL 675 097
Jun 7	Margaretting, The Saddlery	Broads Green, The Walnut Tree <b>(2)</b>	TL 693 125
14	Car assisted ride <b>(3)</b>	Hadleigh, Suffolk, The George	TM 027 425
21	Writtle, Lordship Tea Rooms <b>(4)</b>	Stebbing (Andrewsfield) <b>(5)</b>	TL 688 247
28	Chipping Ongar, Delimores	Hatfield Heath, The Thatchers	TL 520 152
<b>(1)</b> Car assisted ride, meet at Coalhouse Fort 09:15, for 09:45 depart.		<b>(2)</b> Bring your own sandwiches.	
<b>(3)</b> Meet at Playgolf Colchester 9:15 for breakfast and 10am depart.		<b>(4)</b> Longest Day Ride.	
<b>(5)</b> Dinner at Rettendon Bell, 6pm			
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
<b>A</b>	20+	12+	Hatfield, or St Albans, or Harpenden	9
<b>Intermediate</b>	15 - 18	11 - 12	Hatfield, or St Albans, or Harpenden	10
<b>B</b>	~ 15	10 - 11	Hatfield, or St Albans, or Harpenden	10
<b>C</b>	~ 10	~ 9	Hatfield	11
<b>Potters</b>	5-10	Comfortable	Welwyn	11

Secretary Roger Hodgson (07989 649526)

## St Albans Section - A (Tuesday)

Secretary Kevan Harrop (01727 855265)

<b>Start Points</b>	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) Morrisons Fleetville (TL166072) Rothamstead Harpenden (TL134135)
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Meet for coffee at 10:00 and leave at 10:30

Date	Start	Destination	Leader
Apr 3	Poppins	Epping Green, Beehive	David Whiskerd
10	Inn on Park	Chorleywood, Black Horse	Tony Green
17	Poppins	Great Offley, Red Lion	Bob Carter
24	Inn on Park	Asheridge, Blue Ball	Roger Bowman
May 1	Poppins	Tonwell, Robin Hood & Little John	Perham Harding
8	Inn on Park	Great Missenden, Black Horse	John Shaw
15	Poppins	Hitchin, Angel Vaults Inn	Geoff Watts
22	Inn on Park	Leighton Buzzard, Globe	Marc Savitsky
29	Rothamsted	Streatley, Old Chequers	Bob Page
Jun 5	Poppins	Cottered, Bull	Peter Bullen
12	Inn on Park	Tylers Green, Horse & Jockey	Roger Pask
19	Poppins	Spellbrook, Three Horseshoes	Tony O'Byrne
26	Inn on Park	Aston Abbots, Royal Oak	Diane Watson

40plusstalbans@gmail.com

## St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

<b>Start Points</b>	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) MorrisonsFleetville (TL166072) RothamsteadHarpenden (TL134135)
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Meet for coffee at 10:00 and leave at 10:30

Date	Start	Destination	Leader
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Apr 3	Poppins	Gosmore, Bird in Hand	Dan Dorrian
10	Inn on Park	Sarratt Bottom, Cock Inn	Dave Andrews
17	Poppins	Hoddesdon, Star	John Beckett
24	Inn on Park	Potten End, Martins Pond	Charlie Lynn

May1	Poppins	Dobbs Weir, Fish & Eels	Tony O'Byrne
8	Inn on Park	Great Offley, Red Lion	Steve Rogers
15	Poppins	Little Berkhamsted, 5 Horseshoes	Peter Ridehalgh
22	Inn on Park	Whipsnade, Hunters Lodge	Jane Elsmore
29	Rothamsted	Pegsdon, Live & Let Live tbc	Sheila Porter

Jun 5	Poppins	Enfield, King & Tinker	Richard Stubbs
12	Inn on Park	Commonwood, Cart & Horses	Volunteer ?
19	Poppins	Wareside, Chequers	Trevor Arnold
26	Inn on Park	Aldbury, Valiant Trooper	Dave Andrews

40plusstalbans@gmail.com

## St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

<b>Start Points</b>	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) MorrisonsFleetville (TL166072) Rothamstead Harpenden (TL134135)
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Meet for coffee at 10:00 and leave at 10:45

Date	Start	Destination	Leader
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Apr 3	Poppins	Hertford, Six Templars	Geoff Mead
10	Inn on Park	South Mimms, Black Horse	John Edwards
17	Poppins	Little Berkhamsted, 5 Horseshoes	Chris Saunders
24	Inn on Park	Studham, Bell Inn	Vernon Clough

May1	Poppins	Ware, Waterside Inn	Jan Maitland
8	Inn on Park	Chipperfield, Windmill	Terry Kent
15	Poppins	Tewin, Plume of Feathers	David/Caroline
22	Inn on Park	Elstree, Battle Axes	Alan Punter
29	Rothamsted	Preston, Red Lion	Vernon Clough

Jun 5	Poppins	Potters Bar, Admiral Byng	Eric Cullen
12	Inn on Park	Tea Green, White Horse	Roger Hodgson
19	Poppins	Great Amwell, George IV	Ken Hoggett
26	Inn on Park	Aldenham, Roundbush	Bill Boldison

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
Apr 3	Poppins	Hertford, Six Templars	Jo Klein
10	Poppins	Harpenden, Skew Bridge	Chris Rice
17	Poppins	Codicote, Globe	Anne Jarman
24	Poppins	Epping Green, Beehive	Ian Ollier
May1	Poppins	St Albans, King William IV	Alan Wallace
8	Poppins	Amwell, Elephant & Castle	Pat Kennedy
15	Poppins	Harpenden, Amble Inn	Chris Rice
22	Poppins	Bell Bar, Cock O' North	Mavis Wallace
29	Rothamsted	London Colney, Green Dragon	Jo Klein
Jun 5	Poppins	Codicote, Goat	Mike Headland
12	Poppins	Tewin, Plume of Feathers	Ian Constable
19	Poppins	Kimpton, Boot	Pete Turney
26	Poppins	Well End, Mops & Brooms	Louise Hughes
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
Apr 3	Tony's	Tewin, Plume of Feathers	166 TL271153
10	Maggie's	Welwyn, Steamer	166 TL231158
17	Tony's	Bragbury End, Chequers	166 TL269210
24	Tony's	Bulls Green, Horns	166 TL270175
May1	Maggie's	Codicote, Wyvale Cafe	166 TL214187
8	Maggie's	St Paul's Walden, Strathmore Arms	166 TL194222
15	Maggie's	Codicote, Globe	166 TL219181
22	Maggie's	Kimpton, Boot	166 TL174183
29	Tony's	Woolmer Green, Chequers	166 TL254186
Jun 5	Maggie's	Gustard Wood, Cross Keys	166 TL174164
12	Tony's	Tewin, Country Bumpkin	166 TL274156
19	Tony's	Digswell, Cowper Arms	166 TL244154
26	Tony's	Woolmer Green, Red Lion	166 TL253187
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
Apr 5	Kimpton, Boot	166 TL174183
12	Lemsford, Long Arm & Short Arm	166 TL221125
19	Sleapshyde, Plough	166 TL202069
26	Peters Green, Bright Star	166 TL142190
May 3	Redbourn, Cricketers	166 TL104120
10	Gustard Wood, Cross Keys	166 TL174164
17	Colney Heath, Crooked Billet	166 TL202060
24	Harpenden, Engineer	166 TL141131
31	Water End, Woodman	166 TL229042
Jun 7	St Paul's Walden, Strathmore Arms	166 TL194222
14	Bell Bar, Cock O' North	166 TL254054
21	South Mimms, Black Horse	166 TL221015
28	Aldenham, Roundbush	166 TQ145984
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
Apr 5	Maulden, The Dog & Badger
12	Harpenden, The Engineer
19	St Paul's Walden, The Strathmore Arms *
26	Abington Pigotts, The Pig & Abbot
May 3	Gamlingay, Woodview Farmshop
10	Mangrove Green, The King William
17	Rabley Heath, Robin Hood & Little John *
24	The Lilley Arms
31	Cardington, The Kings Arms
Jun 7	Gustard Wood, The Cross Keys
14	Wardhedges, The Jolly Cooper
21	Shillington, The Musgrave Arms *
28	Wheathampstead, The Elephant & Castle
* in support of the Garden City Wheelers	
40plusnherts@gmail.com	

<b>East Herts Section (Tuesday)</b>	
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.	
<b>Date</b>	<b>Lunch</b>
Apr 3	Great Hornead, Three Tuns
10	Puckeridge, Crown & Falcon
17	Kimpton , Boot
24	Harlow , Moorhen
May 1	Sandridge, Queens Head
8	Lilley , Lilley Arms
15	Barkway , Tally Ho
22	Little Hadham, Nags Head
29	Peters Green, Bright Star
Jun 5	Weston, Cricketers
12	Ashwell Bash, Three Tuns
19	Coleman Green, John Bunyan
26	Tea Green , White Horse
40pluseherts@gmail.com	

<b>East Herts Section (Friday)</b>		
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.		
<b>Date</b>	<b>Lunch</b>	
	<b>These rides are led at our moderate pace</b>	<b>These rides may be led at a slightly higher pace</b>
Apr 6	Spellbrook, Three Horseshoes	Furneux Pelham, The Brewery Tap
13	Amwell End, Elephant & Castle	Graveley, The Waggon and Horses
20	Hastingwood, Garden Centre*	Harpenden, The Engineer
27	Halls Green, Rising Sun	Thaxted, The Swan Hotel*
May 4	Matching Tye , The Fox *	Aspenden, The Fox
11	Preston , Red Lion	Ashwell, The Rose and Crown
18	Great Hornead , Three Tuns	White Roding, Bretts Restaurant*
25	Dobbs Weir, Fish and Eels	Bragbury End, The Chequers
Jun 1	Birchanger, Three Willows*	Harpenden , The Skew Bridge
8	Great Offley, Red Lion	Rickling Green, The Cricketers Arms*
15	Threshers Bush, John Barleycorn*	Baldock, The George IV
22	Breachwood Green, Red Lion	Norton Heath, Norton Heath Cafe*
29	High Beech, The Royal Oak*	Sandridge , The Green Man
* Approx 40- 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
Apr 3	Maulden, The Dog and Badger
10	Shuttleworth, Old Warden
17	Marston Moretaine, The Forest Centre
24	Clophill, The Stone Jug
May 1	Henlow, The Five Bells
8	Wardhedges, The Jolly Coopers
15	Wavenden, The Golf Centre
22	Pulloxhill, The Cross Keys
29	Maulden, The Dog and Badger
Jun 5	Clophill, The Stone Jug
12	Henlow, The Five Bells
19	Marston Moretaine, The Forest Centre
26	Pulloxhill, The Cross Keys
40plusbeds@gmail.com	

### East Northants Section (Wednesday)

Contact Roy Presland (01933 314831)

#### Meet for lunch at 12 noon

Date	Lunch
Apr 4	Sywell, Overstone Manor
11	Podington, Garden Centre
18	Rushden, Nellie's Kitchen (Bedford Road)
25	Carlton, Emmaus
May 2	Wollaston, The Hill Cafe
9	Sharnbrook, The Cake Shop
16	Grendon, Half Moon
23	Sywell, Overstone Manor
30	Podington, Garden Centre
Jun 6	Rushden, Nellie's Kitchen (Bedford Road)
13	Carlton, Emmaus
20	Wollaston, The Hill Cafe
27	Sharnbrook, The Cake Shop
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
Apr 4	Redhill Aerodrome	Lingfield, Star Inn
Apr 18	Godstone, Flower Farmshop	Tatsfield, Ye Old Ship
May 2	Whitemans Green, Cuckfield GC	Danehill, Coach & Horses
May 16	Lingfield, Rosies Coffee Lounge	Hartfield, Anchor Inn
Jun 6	Penshurst, Porcupine Pantry	Penshurst, Leicester Arms
Jun 20	Horne, Horne Golf Club	Limpsfield Chart, Carpenters Arms

#### **New Lunch Venues:**

**Apr 18:** Ye Old Ship, Tatsfield TN16 2AG. Grid ref TQ413 568

**May 16:** Anchor Inn, Hartfield TN7 4AG. Grid ref TQ478 367

**Jun 20:** Carpenters Arms, Limpsfield Chart RH8 0TG. Grid ref TQ425 519

40plussksb@gmail.com

### Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Apr 1	Copsale, Copsale Hall
8	Newdigate, Tanhouse Farm
15	Hand Cross, High Beeches
22	Littleworth, Camelia Botnar
29	Horsham, Warnham Reserve
May 6	Copsale, Copsale Hall
13	Rudgwick, The Milk Churn
20	Newdigate, Tanhouse Farm
27	Littleworth, Camelia Botnar
Jun 3	Copsale, Copsale Hall
10	Horsham, Warnham Reserve
17	Newdigate, Tanhouse Farm
24	Hand Cross, High Beeches
40plussurreysussexsunday@gmail.com	

## Surrey & Sussex Section (Midweek)

Secretary Valerie Taylor (01737 242720)

Runs Leaders: Phil Griffin (020 8604 1498), John Copplestone (07507 436 015).

Awaydays: Min Aldridge. Website: Eddie Jenvey. Email: 40plussurreysussex@gmail.com

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Tue	Apr 3		Littleworth, Camelia Botnar Gdn Ctre	Dragons Green, George & Dragon
Fri	6	<b>A</b>	Wiston/Ashington, Jungle Tea Rooms	Rudgewick, King's Head
Tue	10	<b>B</b>	Newdigate, Tanhouse Farm	Newdigate, Rusper Golf Club
Fri	13		Balcombe, Tea Rooms	Sayers Common, Duke of York
Tue	17		Partridge Green, Stan's Shack	West Chiltington, Queens Head
Fri	20		Cranleigh, Notcutts Gdn Ctre	Wisborough Green, The Cricketers
Tue	24		West Humble Station, Pilgrims Cycles	Park Gate, The Surrey Oaks
Fri	27		Ditchling, Tea Rooms	Wineham, Royal Oak
Tue	May 1	<b>C 2</b>	Dorking, Peppe's Café/Billingshurst, Whispers	Ockley, Cricketers Arms
Fri	4		Beare Green, Blu-moon Café	The Haven, Blue Ship
Tue	8		Horne, Horne Golf Club	Smallfield, Plough & Harrow
Fri	11		Poynings, Rushfields	Plummers Plain, Wheatsheaf
Tue	15		Charlwood, 52 The Street	Walliswood, Scarletts Arms
Fri	18	<b>D</b>	Southwater, Country Park	Bramber, The Castle
Tue	22		Henfield, Truffles	Staplefield, Jolly Tanners
Fri	25		South Nutfield, Redhill Pilot's Hub	Rusper, The Star
Tue	29		Roffey, New House Farm Shop	Bolney, Eight Bells



Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Fri	Jun 1		Strood Green, Café (through shop)	Betchworth, The Dolphin
Tue	5		Whitemans Green, Cuckfield Golf Club	Southwater, Hen & Chicken
Fri	8		Horsham, Warnham Mill Pond	Lambs Green, The Lamb
Tue	12		Worth, Tulleys Farm	Outwood, The Castle
Fri	15		Abinger Hammer, Post Office & Tea Rooms	Okewoodhill, The Punchbowl
Tue	19		Rudgwick, Milk Churn	Byworth, Black Horse Inn
Fri	22		Wisborough Green, Old Mill Café	Ewhurst, Bulls Head
Tue	26	2	Handcross, High Beeches Café/Dial Post, Honeypot	Goddard Green, The Sportsman
Fri	29		West Humble Station, Pilgrims Cycles	Ironsbottom, Three Horseshoes

Cross references
<b>A: TQ 134 152 C: TQ 086 260</b>
<b>B: Founders Day ride meet from 9:30</b>
<b>D: Sussex Wield 100m/100km</b>
Meet and Start times see details on website
<b>2: Two meet venues</b>

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
Apr 12		Barnham, Willow Cafe	Dell Quay, Crown & Anchor	Goodwood
Apr 26		Rowlands Castle, Village Cafe	Buriton, Five Bells	Compton
May 10		Amberley, Riverside	Lurgashall. Noah's Ark	Petworth
May 24		Tangmere, Aviation Museum	East Wittering, Shore Inn	Runcton
Jun 14	<b>(i)</b>	Westbourne, Libby's	Soberton Heath, Bold Forester	Q Eliz Park
Jun 28		Bosham, Craft Centre	Hooksway, Royal Oak	Stansted

**Xref (i)**  
**New lunch venue**

**Bold Forester**  
**Soberton Heath**  
**SU603143**



## SURREY & SUSSEX SECTION "FOUNDERS DAY RIDE"

TUESDAY 10<sup>TH</sup> APRIL 2018

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

**Park:** There are free car parks at Capel (TQ176408), Ifield (TQ251378), Reigate Heath (TQ239503) and Rusper (TQ204375). Parking at Rusper Golf Club is also available.

**Meet:** Self-start anywhere on either loop of the 'figure of eight'. Follow route directions to Tanhouse Farm for coffee 09.30 to 10.15. Here you can join one of the groups leaving at 10.30

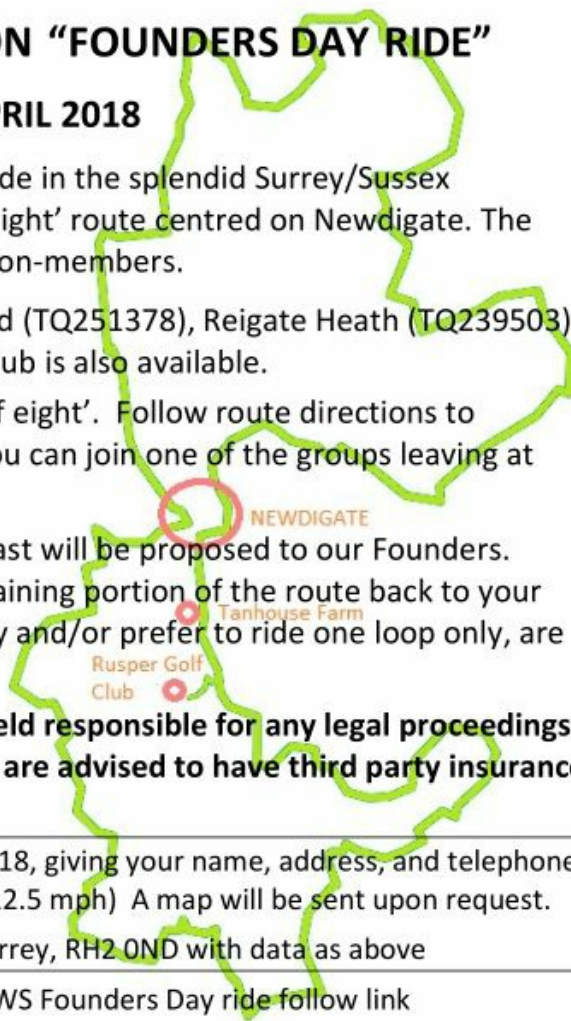
**Lunch:** At Rusper Golf Club, Newdigate during which a toast will be proposed to our Founders. After lunch complete the 62 km by riding the remaining portion of the route back to your start point. (Those who wish to ride independently and/or prefer to ride one loop only, are welcome to do so.)

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

**To enter:** please email [valerietaylor321@aol.com](mailto:valerietaylor321@aol.com) by 3 April 2018, giving your name, address, and telephone number. If joining a group please state preferred pace (11 or 12.5 mph) A map will be sent upon request.

Or write to Valerie Taylor, 43 Wray Common Road, Reigate, Surrey, RH2 0ND with data as above

For additional details go to [Forty Plus CC Surrey Sussex](#) see NEWS Founders Day ride follow link



## **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.