

Forty Plus Cycling Club

Runs List

July to September 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.



General guidance Page 18
List of club officials Page 19
Essex Fun Run - back cover



Page	Section
2	Essex A
3	Essex B & Essex Sunday
4	Northeast Essex
5	Essex Easy Riders & Southeast
6	Mid Essex
7 - 8	Southend
9 - 11	St Albans (Tues)
12	St Albans (Thurs) & Nth Herts
13	East Herts
14	Beds & East Northants
15 - 17	Surrey & Sussex

20th August 2018 is the cut-off date for the Oct - Dec 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 1	Leader 2
Jul 5	Stondon Massey, Bricklayers Arms	Essex Fun Ride - details on back cover		
12	High Easter, Snug	Nuthampstead, Woodman	John Hinds	Steve Cleaver
19	White Roding, Cammas Hall	Haverhill, Drabbet Smock	Philip Martin	John Hinds
26	Woodbridge start	Suffolk Away Day	Smoky Joe	
Aug 2	Ongar, Budworth Hall	Wildhill, Woodman	Chris Tomkins	Mark Beard
9	Ramsden Heath, Hall & Co.	Bradwell Waterside, Green Man	Tony Cox	Philip Martin
16	Witham, Olivers	Boxford, Fleece	Adrian Leeds	Philip Martin
23	TBE	Kent Away Day	Mel Martin	Brian Taylor
30	Cooksmill Green, Bakehouse	Clavering, Lakes	Mark Beard	Roger Moore
Sep 6	Margaretting, Saddlery	High Beach, Owl	Bob McDowell	Brian Taylor
13	Witham, Wetherspoons	Wivenhoe, Rose and Crown	Chris Mills	Philip Martin
20	Gt. Waltham, The Stores	Braughing, Axe and Compasses	Roger Moore	Chris Mills
27	Writtle, Lordship Tea Room	Dobbs Weir, Fish & Eels	Colin Woolfe	John Beaumont
An afternoon tea stop is decided by the ride leader on the day				
40plusessexa@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 5	H	Matching Tye: The Fox	David F
July 5th - Essex Fun Run (details on back cover)			Tony
12	S	Ongar: The Stag	John R.
19	H	Roxwell: The Hare	John
26	S	Ayethorpe Roding: Axe and Compass	John
Aug 2	H	Allen's Green: Queen's Head	Mick
9	S	Mill Green: The Viper	Brian
16	H	Writtle: Rose and Crown	Liz
23	S	Stock: The Baker's Arms	Martin
30	H	Pleshey: The Leather Bottle	John
Sep 6	S	Churchgate: Queen's Head	Tony
13	H	Wareside: The Chequers	John
20	S	Hatfield Heath: The White Horse	David S.
27	H	Brick End : The Prince of wales	Tony
40plusessexb@gmail.com			

Essex Sunday Section	
Secretary Michael Cheesman (07514 094897)	
Meet at lunch venue at about 1pm	
Date	Lunch
Jul 1	Chipping Ongar, Two Brewers
8	Green Tye, Prince of Wales
15	Sheering, The Crown
22	Sawbridgeworth, George IV
29	Roydon, Crusader
Aug 5	High Ongar, The Forresters
12	Hatfield Heath, White Horse
19	Moreton, White Hart
26	Epping Green, Traveller's Friend
Sep 2	Marden Ash, The Stag
9	Matching Tye, The Fox
16	Churchgate Street, Queen's Head
23	Hatfield Broad Oak, Duke's Head
30	Allens Green, Queen's Head
40plusessexsunday@gmail.com	

Northeast Essex Section (Tuesday)

Secretary John Pritchard (01621 853069)

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

Date	Meet	Lunch	Tea	Leaders
Jul 3	Earls Colne, Black Horse Tea Room	Sturmer, Red Lion	Rayne Station	I Whiteside/C Mills
10	Aldham, Mill Race Nursery	Woodham Mortimer, Hurdlemakers	Little Braxted, fishing lake	R.Hunt/D Russell
17	Tiptree Heath, Woodlands	Bradwell Waterside, Green Man	Maldon, Promenade Park	J Pritchard/B Taylor
24	Cressing, Temple Barns	Finchingfield, Red Lion	Greenstead Green, PO	C Mills/tba
31	Marks Tey, Diner	Long Melford, The Hare	Earls Colne, Colne Valley GC	P Finch/tba
Aug 7	Elmstead Market, Beth Chatto	Lindsey, Lindsey Rose	Boxted, Fillpots	J Fryer/tba
14	Bocking, Roundwood	Monk Street, Farmhouse Inn	Great Bardfield, Blue Egg	J Deer/tba
21	Kelvedon Sandwich Bar	West Mersea, The Victory	Tiptree, Wilkin Jams	B Taylor/J Pritchard
28	Ulting, Pear Tree Pantry	Marden Ash, The Stag	Great Waltham, The Stores	M Beard/tba
Sep 4	Boxted, Fillpots	Stutton, Gardener's Arms	Dedham, Craft Centre	M Swainsbury/I Whiteside
11	Witham, Oliver's Nursery	Colne Engaine, Five Bells	Tiptree, Perrywood	D Russell/tba
18	Earls Colne, Colne Valley GC	Wivenhoe, Black Buoy	Copford, Barn Plants	M Hutley/M Swainsbury
25	Greenstead Green, PO	Wickham St Paul, The Victory	Coggeshall, Clock Tower Cafe	P Avison/C Avison

40plusnessex@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
Jul 3	Heybridge Basin, The Old Ship *
10	Cressing, The Willows
17	Bocking, Roundwood
24	Great Tottham, The Prince of Wales
31	Heybridge Basin, The Old Ship *
Aug 7	Cressing, The Willows
14	Bocking, Roundwood
21	Great Tottham, The Prince of Wales
28	Notley Golf Club
Sep 4	Bocking, Roundwood
11	Heybridge Basin, The Old Ship *
18	Great Tottham, The Prince of Wales
25	Notley Golf Club
* Alternatively Hatfield Peverel, The Duke Of Wellington	
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
Jul 4	Lullingstone, Golf Club
11	High Elms, Beeche Cafe
18	Birchwood, Golf Club
25	Chelsfield, Golf Club
Aug 1	Speedgate, Cafe
8	Lullingstone, Golf Club
15	High Elms, Beeche Cafe
22	Birchwood, Golf Centre
29	Chelsfield, Golf Club
Sep 5	Speedgate, Cafe
12	High Elms, Beeche Cafe
19	Birchwood, Golf Centre
26	Lullingstone, 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	Elevesnes	Lunch	Leader
Jul 3	S	Andrews Field	Great Yeldham, Wagon and Horses	Ron Self
July 5th - Essex Fun Run (details on back cover)				
10	W	Sawbridgeworth, The Shed	Molehill Green, Three Horseshoes	
17	S	Tiptree, Perrywoods	Rowhedge, The Anchor	Steve Cleaver
24	W	Dunmow, Scrumptious	Gilston, Plume of Feathers	Richard Baylisd
31	S	Rayne Station	Pebmarsh, King's Head	Tony Phillips
Aug 7	W	Andrews Field	Henham, The Cock	
14	S	Coggeshall, Clock Tower	Bures, Eight Bells	Robin Herron
21	W	White Roding, Bretts	Standon, The Star	
28	W	High Easter, The Snug	Matching Tye, The Fox	John Beaumont
Sep 4	S	Black Notley Golf Club	Great Bardfield, The Bell	
11	W	Camass Hall	Tawney Common, Mole trap	Roger Moore
18	S	Felsted, Woods Cottage	Castle Hedingham, The Bell	
25	W	Ongar, Garden Centre	Stebbing, White Hart	Ernie Peain
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
Jul 3	Margaretting, The Saddlery	Moreton, The Nags Head	TL534 067
10	Little Baddow, Paper Mill Lock	Little Totham, The Swan	TL889 117
17	Chelmsford, Hylands House	Matching Green, The Fox	TL514 112
24	Blackmore Tea Rooms	Theydon Mount, Theydon Oak	TL474 018
31	Maldon, Crystal Café	Southminster, Wibblers Brewery	TQ964 996
Aug 7	Woodham Walter, Bunsay Golf.Club	Layer Breton, The Hare & Hounds	TL943 188
14	Writtle., Lordship Tea Rooms	Stebbing, Andrewsfield Airfield	TL688 247
21	Blackmore, Tea Rooms	Sawbridgeworth, The Gate	TL482 150
28	Margaretting, The Saddlery	North End, Butchers Arms	TL663 176
Sep 4	Hatfield Peverel, Peartree Pantry	Kelvedon, Railway Tavern	TL865 192
11	Bicknacre, White Elms Garden Centre	Goldhanger, The Chequers	TL084 908
18	Sandon, Butts Green Garden Centre	Mill Green, The Viper	TL640 019
25	Hatfield Peverel, D's Diner	Youngs End, Green Dragon	TL740 196
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
Jul 5	Maldon, Crystal Cafe	Kelvedon, Railway Tavern	TL 865 192
12	Wickford, The Alpha Garden Centre *	Tilbury, Worlds End	TQ 649 753
19	Blackmore, Tea Rooms	Galleywood, Horse and Groom	TL 701 029
26	Hatfield Peverel, D's Cafe **	Aythorpe Roding, Axe and Compasses	TL 602 171
Aug 2	Brentwood, King George's Park **	Moreton, Nags Head	TL 534 067
9	Cooksmill Green, The Bakehouse **	North Weald Airfield, The Squadron	TL 487 047
16	Langford, Museum of Power	Fuller Street, Square and Compasses	TL 747 160
23	Hatfield Peverel, D's Cafe	Felsted, The Swan	TL 679 204
30	High Easter, The Snug **	Old Harlow, Queens Head	TL 485 113
Sep 6	Great Baddow, The Glass House	Maldon, Queens Head	TL 857 068
13	Little Baddow, Paper Mill Lock Tearoom	Coggeshall, The Chapel	TL 850 226
20	Woodham Walter, Bunsay Downs Golf Club	Great Totham, Prince of Wales	TL 844 123
27	Writtle, Lordship Tea Rooms	Hatfield Peverel, Duke of Wellington	TL 794 112
* Late start, 10am in Rayleigh or meet at Cafe. The ride will not pass through Rettendon Turnpike.			
** Early start 9am at Rayleigh or 9.30am at 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
Jul 3	Poppins	Potters Bar, Admiral Byng	
10	Inn on Park	Marsworth, Red Lion	
17	Poppins	Hertford, Six Templars	
24	Inn on Park	Great Offley, Red Lion	
31	Rothamsted	Great Chishill, The Pheasant	
Aug 7	Poppins	Walkern, White Lion	
14	Tiptree	Tiptree to the water (Car assisted ride)	
21	Poppins	Mangrove Green, King William	
28	Inn on Park	Asheridge, Blue Ball	
Sep 4	Poppins	Hitchin, Angel Vaults Inn	
11 *	Rothamsted	Marston Morretaine, The Forest	
18	Poppins	Epping Green, The Beehive	
25	Inn on Park	Aldbury, Valiant Trooper	
* FOUNDERS DAY			
40plusstalbans@gmail.com			

St Albans Section - Intermediate (Tuesday)

Secretary Jane Sherry (07759 916799)

Start Points	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) MorrisonsFleetville (TL166072) RothamsteadHarpenden (TL134135)
---------------------	---

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

Date	Start	Destination	Leader
Jul 3	Poppins	Tonwell, RobinHood & LittleJohn	Volunteer needed
10	Inn on Park	Breachwood Green, Red Lion	Jane Sherry
17	TheGroveLock	Car Assisted Ride	Dave Andrews
24	Inn on Park	Lye Green, Black Cat	Steve Brazier
31	Rothamsted	Great Offley, Green Man	Steve Rogers
Aug 7	Poppins	Great Amwell, George IV	Peter Ridehalgh
14	Inn on Park	Ivinghoe, Rose & Crown	Jane Elsmore
21	Poppins	Halls Green, Rising Sun	Dan Dorrian
28	Inn on Park	Chorleywood, Black Horse	Steve Webster
Sep 4	Poppins	Epping Green, The Beehive	Steve Rickard
11 *	Inn on Park	Marston Morretaine, Forest	
18	Poppins	Well End, Mops & Brooms	Richard Stubbs
25	Inn on Park	Bovingdon, The Bell	Trevor Arnold
* FOUNDERS DAY			
40plusstalbans@gmail.com			

St Albans Section - B (Tuesday)

Secretary John Edwards (07944 406846)

Start Points	Poppins Hatfield (TL224085) Inn on Park Verulamium (TL138073) MorrisonsFleetville (TL166072) Rothamstead Harpenden (TL134135)
---------------------	--

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

Date	Start	Destination	Leader
Jul 3	Poppins	Bragbury End, Chequers	Roger Thompson
10	Inn on Park	Studham, Red Lion	Alan Punter
17	Poppins	Elstree, Battle Axes	Bill Boldison
24	Inn on Park	South Mimms, Black Horse	John Edwards
31	Rothamsted	Whipsnade, Hunters Lodge	Vernon Clough
Aug 7	Poppins	Ware, Waterside Inn	Roger Hodgson
14	Inn on Park	Flaunden, Green Dragon	Jan Maitland
21	Poppins	Tonwell, RobinHood & LittleJohn	
28	Inn on Park	Tea Green, White Horse	Colin Burns
Sep 4	Poppins	Hertford, Six Templars	David/Caroline
11 *	Inn on Park	Marston Morretaine, Forest	
18	Poppins	Potters Bar, Admiral Byng	MarionRichardson
25	Inn on Park	Aldenham, The Roundbush	Bill Boldison
* FOUNDERS DAY			
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
Jul 3	Poppins	Gustard Wood, Cross Keys	Jo Klein
10	Poppins	Hertford, Old Barge	Alan Wallace
17	Poppins	Lemsford, The Sun	Ian Constable
24	Poppins	Kimpton, The Boot	Anne Jarman
31	Rothamsted	Woodside, The Plough	Chris Rice
Aug 7	Poppins	St Albans, Three Hammers	Pete Turney
14	Poppins	London Colney, Green Dragon	Louise Hughes
21	Poppins	Coleman Green, John Bunyan	Chris Rice
28	Poppins	Bragbury End, The Chequers	Alex Moss
Sep 4	Poppins	Welwyn Garden, Doctors Tonic	Ian Constable
11 *	Poppins	Marston Morretaine, Forest	
18	Poppins	Wildhill, The Woodman	Alex Moss
25	Poppins	Hertford, Six Templars	Jo Klein
* FOUNDERS DAY			
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
Jul 3	Maggie's	Stevenage, Fairlands
10	Tony's	Tewin, Plume of Feathers
17	Maggie's	Old Knebworth, Lytton Arms
24	Tony's	Bragbury End, The Chequers
31	Maggie's	St Paul's Walden, Strathmore Arms
Aug 7	Tony's	Bulls Green, The Horns
14	Maggie's	Codicote, Wyvale Cafe
21	Tony's	Tewin, Country Bumpkin
28	Maggie's	Kimpton, The Boot
Sep 4	Tony's	Woolmer Green, Red Lion
11	Maggie's	Whitwell, Emily's Tearoom
18	Tony's	Digswell, Cowper Arms
25	Maggie's	Gustard Wood, Cross Keys
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
Jul 5	Kimpton, The Boot	166 TL174183
12	Lemsford, Long Arm & Short Arm	166 TL221125
19	Gustard Wood, Cross Keys	166 TL174164
26	Peters Green, Bright Star	166 TL142190
Aug 2	Colney Heath, Crooked Billet	166 TL202060
9	Harpenden, The Engineer	166 TL141131
16	Water End, The Woodman	166 TL229042
23	St Paul's Walden, Strathmore Arms	166 TL194222
30	Bell Bar, Cock o' the North	166 TL254054
Sep 6	South Mimms, Black Horse	166 TL221015
13	Hatfield, Harpsfield Hall	166 TL215087
20	Kimpton, The Boot	166 TL174183
27	Welham Green, Sibthorpe Arms	166 TL234053
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
Jul 5	Tewin, Plume of Feathers
12	Peters Green, Bright Star
19	Great Offley, Red Lion (GCW)
26	Pulloxhill, Cross Keys
Aug 2	Gamlingay, Woodview Farmshop
9	Wheathampstead, Elephant & Castle
16	Shuttleworth, Aerodrome (GCW)
23	Mangrove Green, King William
30	Great Barford, The Anchor
Sep 6	Maulden, Dog and Badger
13	Harpenden, Red Cow
20	Shillington, Musgrave Arms (GCW)
27	Lilley, Lilley Arms
GCW - 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
Jul 3	Tea Green, White Horse
10	Whitwell, Emily's Tea Shop
17	Halls Green, Rising Sun
24	Lee Valley Park, Picnic
31	Wheathampstead, Elephant & Castle
Aug 7	Much Hadham, Bull Inn
14	Reed(A10), Silver Ball Cafe
21	Peters Green , Bright Star
28	Weston, The Cricketers
Sep 4	Lilley, Lilley Arms
11	Harlow, The Moorhen
18	Gustard Wood, Cross Keys
25	Kimpton, The Boot
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	
	These rides are led at our moderate pace	These rides may be led at a slightly higher pace
Jul 6	Mangrove Green, King William	Churchgate Street, Queens Head
13	Barkway, Tally Ho	Peters Green, Bright Star
20	Ashwell, Rose and Crown	Nuthampstead, Woodman Inn *
27	Bragbury End, The Chequers	Tea Green, White Horse
Aug 3	Lilley, Lilley Arms	Threshers Bush, John Barleycorn
10	White Roding, Bretts Country Club *	Sandridge, Queens Head
17	Whitwell, Emily's Tea Shop	Thaxted, The Swan **
24	Harpenden , Red Cow	Preston, Red Lion
31	Kimpton, The Boot	Hanningfield Reservoir, Beauvoir Arms *
Sep 7	Baldock, George IV	Colemans Green, John Bunyan
14	Great Offley, Green Man	Stansted Mountfichet, Dog & Duck *
21	Buntingford, The Beehive	Great Offley, Red Lion
28	Graveley, Wagon and Horses	Spellbrook, Three Horseshoes
* Approximately 40 - 50 miles, 10am prompt start ** 9.30am start		
40pluseherts@gmail.com		

Bedfordshire Section (Tuesday)

Joint Secretaries

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

Meet for lunch

Date	Lunch
Jul 3	Wavenden, Golf Centre
10	Old Walden, Shuttleworth
17	Wardhedges, Jolly Coopers
24	Clophill, Stone Jug
31	Pulloxhill, Cross Keys
Aug 7	Henlow, Five Bells
14	Maulden, Dog and Badger
21	Wavenden, Golf Centre
28	Wardhedges, Jolly Coopers
Sep 4	Marston Moretaine, Forest Centre
11	Old Warden, The Shuttleworth
18	Maulden, Dog and Badger
25	Pulloxhill, Cross Keys

40plusbeds@gmail.com

East Northants Section (Wednesday)

Contact Roy Presland (01933 314831)

Meet for lunch at 12 noon

Date	Lunch
Jul 4	Grendon, Half Moon
11	Sywell, Overstone Manor
18	Podington, Garden Centre
25	Rushden, Nelly's Kitchen (Bedford Road)
Aug 1	Carlton, Emmaus
8	Wollaston, Hill Cafe
15	Sharnbrook, Cake Shop
22	Grendon, Half Moon
29	Sywell, Overstone Manor
Sep 5	Podington, Garden Centre
12	Rushden, Nelly's Kitchen (Bedford Road)
19	Carlton, Emmaus
26	Wollaston, Hill Cafe

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
Jul-18	Wych Cross, Llama Park	Blackboys, Blackboys Inn
Jul-18	Oxted, Cafe Papillon	Ide Hill, The Woodman *
Aug 1	Whitemans Gn, Cuckfield GC	Danehill, Coach & Horses
Aug 15	Four Elms, Tea Room	Four Elms, Four Elms Inn
Sep 5	Lingfield, Rosies Coffee Lounge	Charcott, The Greyhound **
Sep 19	Edenbridge, The Minstrel	Chiddingstone Hoath, Rock Inn

* The Woodman, Goathurst Common, Ide Hill Grid ref TQ499 528

** The Greyhound, Camp Hill, Charcott, Leigh Grid ref TQ522 471

40plussksb@gmail.com

Surrey & Sussex Section (Sunday)

Secretary Pam Goodall (07775 986322)

Date	Meet from 10.30 : noon
Jul 1	Copsale, Copsale Hall
8	Newdigate, Tanhouse Farm
15	Hand Cross, High Beeches
22	Littleworth, Camelia Botnar
29	Horsham, Warnham Reserve
Aug 5	Copsale, Copsale Hall
12	Rudgwick, The Milk Churn
19	Newdigate, Tanhouse Farm
26	Ashington, Jungle Cafe *
Sep 2	Copsale, Copsale Hall
9	Hand Cross, High Beeches
16	Newdigate, Tanhouse Farm
23	Littleworth, Camelia Botnar
30	Redhill Aerodrome, Pilots Hub
* New venue : Ashington, Jungle Cafe, part of nurseries on left-hand side about ½ mile south of A24 towards Wiston (134152).	
40plussurreysussexsunday@gmail.com	

Surrey & Sussex Section (Midweek)

Secretary Valerie Taylor (01737 242720)

Runs Leaders: (Tue/Fri) John Copplestone (07507 436 015), Mike Stevens (01903 740552)

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 3	A	Beare Green, Rubys Café	The Haven, Blue Ship
Fri	6		Ditchling, Tea Rooms *	Ardingly, Ardingly Inn
Tue	10		Barns Green, Sumners Ponds	Walliswood, Scarlett Arms
Fri	13		Cuckfield, Pantry	Littleworth, The Windmill
Tue	17		Rusper, Golf Club	Outwood, Dog and Duck
Fri	20		Hurstpierpoint, Washbrooks Farm	Staplefield, Jolly Tanners
Tue	24		Horsham, Conservatory Café	Stonebridge, Royal Oak
Fri	27		Horley, Le Manger	Warnham, Sussex Oak
Tue	31		Copsale, Village Hall	Rusper, The Star
* Not sure if Tea Rooms are closed or not. If closed use The Green Wellie recently opened nearby.				
Fri	Aug 3		Pulborough Brooks, RSPB	Kirdford, The Forresters
Tue	7		Reigate, Garden Centre	Faygate, Holmbush Inn
Fri	10		Steyning, Truffles	Coolham, Selsey Arms
Tue	14		Wimlands, Frog and Nightgown	Rudgewick, King's Head
Fri	17		Henfield, Truffles	Plummers Plain, The Wheatsheaf
Tue	21	B	Southwater, Country Park	Bramber, The Castle
Fri	24		Rowfant Business Centre, Centre Café	Wimlands, Frog and Nightgown
Tue	28		Poynings, Rushfields	Littleworth, The Windmill
Fri	31		Abinger Hammer, Tea Rooms	Tismans Common, Mucky Duck

Day	Date	Xrefs	Meet 10.45 to 11.15 (or as noted)	Lunch
Tue	Sep 4		Strood Green, Café (through shop)	Outwood, The Castle
Fri	7		Balcombe, Tea Rooms	Bolney, Eight Bells
Tue	11		Beare Green, Blu-moon Café	Lambs Green, The Lamb
Fri	14		Dial Post, Old Barn Nurseries	Maplehurst, White Horse
Tue	18		Dorking, Peppe's Café	Holmbury St. Mary, Royal Oak
Fri	21		Littleworth, Camelia Botnar Garden Centre	Dragons Green, George & Dragon
Tue	25		Horne, Golf Club	Smallfield, Plough and Furrow
Fri	28	C	Copsale, Village Hall	Rusper, The Star

Cross references and Notes	
A: TQ 176 420	B: Sussex Weald 100km/100m
C: MacMillan Coffee Morning	
Away Days:	
Wed Westerham	Offham Lullingstone
Jul 25 Tudor Rose	Kings Arms Country Park
Wed Sep 12 New Forest - details later	

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 12		Fishbourne, Roman Palace	Hermitage, Sussex Brewery	Compton
Jul 26		West Dean, Gardens	Lodsworth. Hollist Arms	Midhurst
Aug 9		Westbourne, Libby's	Hayling Island, Ferryboat Inn	Stansted
Aug 30		Forge, Slindon	Duncton, Cricketers	Singleton
Sep 13		Amberley, Riverside	Kirdford, Foresters	Petworth
Sep 27		Hilliers, Garden Centre	West Marden, Victoria Inn	Flintstones

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.



**Start and finish at the
Bricklayer's Arms,**

Stondon Massey, CM15 0EQ



Start between

9.30 am and 10.30 am

Event finishes at 6 pm

**Limited off-street parking
available at the start.**

**THURSDAY JULY
5TH 2018**

THE ESSEX FUN RIDE

**The 100k* self-led ride is hosted by Essex A and
Mid-Essex sections.**

**You are cordially invited to participate in this free to enter
ride for Forty Plus members and their guests. The route is a
shortened version of the 2016 event.**

*63.5 miles as measured using a RidewithGPS.

REGISTER YOUR INTEREST

Email cyclistrip@gmail.com
to register your interest. You will receive
an email containing a route sheet, a gps
file and a form for handing in at the start
on which we ask you to complete your

ICE details.

Alternatively, you can send an S.A.E to

Roger Perry

14 Second Avenue

Billicray, Essex

CM12 9PR

TEL: 07848 847672