

Club Run List
April to June 2010



Date	Day	Group	Destination	Leader
03/04/2010	Saturday	A	Ivinghoe	Kevin Spires
		B	Cannons Ashby	Leon Hargreaves
		C	Turweston	Andy Higham
		D	Turweston	Mike Fittell
10/04/2010	Saturday	A	Turweston	Ed Catford
		B	Marston Moretaine	Steve Goodman
		C	Harrold	Graham Mackie
		D	Harrold	Dorothy Bean
17/04/2010	Saturday	A	Carlton	Nigel Collinson
		B	Salcey Forest	Adrian Thornley
		C	Winslow	Alan Duncan-Jones
		D	Winslow	Mike Fittell
24/04/2010	Saturday	A	Cannons Ashby	Kevin Spires
		B	The Bluebell	Andy Lee
		C	Salcey Forest	Ritchie Dixon
		D	Salcey Forest	John Coen
01/05/2010	Saturday	A	Winslow	Jason Lazard
		B	Carlton	Steve Wakeland
		C	Carlton	Russell Phillips
		D	Carlton	Eleanor Weller
08/05/2010	Saturday	A	Waterperry	David Carrington
		B	Winslow	Leon Hargreaves
		C	60 mile MK Sportive	Mike Fittell
		D	Stewkley	Clare Kleanthous
15/05/2010	Saturday	A	Salcey Forest	Nigel Collinson
		B	Upper Stow	Ritchie Dixon
		C	Waddesdon	Graham Mackie
		D	Turweston	Eleanor Weller

Date	Day	Group	Destination	Leader
22/05/2010	Saturday	A	Ashridge	Ed Catford
		B	Ivinghoe	Andy Vickers
		C	Harrold	Robin Dowswell
		D	Harrold	Andy Higham
29/05/2010	Saturday	A	Waddesden	Nigel Collinson
		B	Marston Moretaine	Steve Goodman
		C	Winslow	Alan Duncan-Jones
		D	Winslow	Ritchie Dixon
05/06/2010	Saturday	A	Castle Ashby	Jason Lazard
		B	Cannons Ashby	Miek Read
		C	Salcey Forest	Michael Atkinson
		D	Salcey Forest	Graham Mackie
12/06/2010	Saturday	A	Winslow	David Carrington
		B	Harrold	Steve Wakeland
		C	Carlton	Ritchie Dixon
		D	Carlton	Russell Phillips
19/06/2010	Saturday	A	Hudnall Corner	Ed Catford
		B	The Bluebell	Andy Lee
		C	Tour of Brickhills	Mike Fittell
		D	Stewkley	Clare Kleanthous
26/06/2010	Saturday	A	Salcey Forest	Kevin Spires
		B	Winslow	Adrian Thornley
		C	Turweston	Michael Atkinson
		D	Turweston	John Coen

Group Information

Group	Start Time	Description	Suitable for	Ave speed	Distance	Notes
A	9.30	Training Ride	Experienced/racing riders	18mph+	50+	Riders must have means/knowledge to get themselves home in the event of being dropped
B	9.30	Steady ride	Regular riders at a steady pace	17mph	40 to 50 miles	
C	9.30	Steady ride	Regular riders at a steady pace	14/15mph	40 to 50 miles	
D	9.30	Intro Group	New riders	11/12mph	35 to 45 miles	Novice and new riders

Start Informaton

All rides start from the Stony Stratford, outside "The Passage to India" restaurant.