

Club Run List
January to March 2010



Date	Day	Group	Destination	Leader
02/01/2010	Saturday	A	Waddesden	<u>David Carrington</u>
		B	Salcey Forest	<u>Adrian Thornley</u>
		C	Carlton	<u>Mike Fittell</u>
09/01/2010	Saturday	A	Marston Moretaine	<u>Ed Catford</u>
		B	Carlton	<u>Stephen Goodman</u>
		C	Butlers Wharf	<u>Mike Fittell</u>
16/01/2010	Saturday	A	Salcey Forest	<u>Kevin Spires</u>
		B	Winslow	<u>Mike Kidear</u>
		C	Winslow	<u>tba</u>
23/01/2010	Saturday	A	Ivinghoe	<u>Jason Lazard</u>
		B	Cannons Ashby	<u>Steve Wakeland</u>
		C	Salcey Forest	<u>tba</u>
30/01/2010	Saturday	A	Waterperry	<u>David Carrington</u>
		B	Marston Moretaine	<u>Andy Lee</u>
		C	Turweston	<u>tba</u>
06/02/2010	Saturday	A	Winslow	<u>Ed Catford</u>
		B	Harrold	<u>Adrian Thornley</u>
		C	Waddesden	<u>Mike Fittell</u>
13/02/2010	Saturday	A	Carlton	<u>Nigel Collinson</u>
		B	The Bluebell	<u>Andy Vickers</u>
		C	Carlton	<u>Mike Fittell</u>

Date	Day	Group	Destination	Leader
20/02/2010	Saturday	A	Waddesden	<u>Jason Lazard</u>
		B	Upper Stowe	<u>Tom Reddall</u>
		C	Winslow	<u>Mike Fittell</u>
27/02/2010	Saturday	A	Winslow	<u>Stuart Chung</u>
		B	Winslow	<u>Leon Hargreaves</u>
		C	Salcey Forest	<u>Martin Pluthero</u>
06/03/2010	Saturday	A	Carlton	<u>Kevin Spires</u>
		B	Marston Moretain	<u>Stephen Goodman</u>
		C	CodeBreaker (60m)	<u>Mike Fittell</u>
13/03/2010	Saturday	A	Marsworth	<u>Nigel Collinson</u>
		B	Cannons Ashby	<u>Steve Wakeland</u>
		C	Waddesden	<u>Mike Fittell</u>
20/03/2010	Saturday	A	Winslow	<u>Ed Catford</u>
		B	Ivinghoe	<u>Andy Lee</u>
		C	Butlers Wharf	<u>Mike Fittell</u>
27/03/2010	Saturday	A	Butlers Wharf	<u>David Carrington</u>
		B	Winslow	<u>Andy Vickers</u>
		C	Winslow	<u>To Be Confirmed</u>
28/03/2010	Sunday		Colussus - Milton Keynes Sportive (100m)	
			CodeBreaker - Milton Keynes Sportive (60m)	

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	New riders	14mph	35 to 45 miles	Novice, new riders and those interested in the cake stops

Start Informaton

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

Update 27 Feb 2010 GRP