

Team Milton Keynes Club Run List
October to December 2009



Date	Day	Group	Destination	Leader
03/10/2009	Saturday	A	Ashridge	<u>David Carrington</u>
		B	Winslow	<u>Alun Duncan-Jones</u>
		C	Salcey Froest	<u>Robin Dowswell</u>
10/10/2009	Saturday	A	Boycott Farm	<u>Kevin Spires</u>
		B	Marston Moretain	<u>Leon Hargreaves</u>
		C	Winslow	<u>Mike Fittell</u>
17/10/2009	Saturday	A	Harrold	<u>Jason Lazard</u>
		B	Cannons Ashby	<u>Adrian Thornley</u>
		C	Turweston	<u>James Vaughan</u>
24/10/2009	Saturday	A	Winslow	<u>Nigel Collinson</u>
		B	The Bluebell	<u>Paul Church</u>
		C	Winslow	
31/10/2009	Saturday	A	Wilstone	<u>Ed Catford</u>
		B	Salcey Forest	<u>Adrian Thornley</u>
		C	Stewkley	<u>David Carrington</u>
07/11/2009	Saturday	A	Waterperry	<u>David Carrington</u> 80m+
		B	Harrold/Carlton	<u>Steve Wakeland</u>
		C	Carlton	<u>James Vaughan</u>
14/11/2009	Saturday	A	Hudnall Corner	<u>Jason Lazard</u>
		B	Ivinghoe	<u>Andy Vickers</u>
		C	Winslow	<u>Mike Fittell</u>

Date	Day	Group	Destination	Leader
21/11/2009	Saturday	A	Waddesden	<u>Kevin Spires</u>
		B	Boycott Farm	<u>Alun Duncan-Jones</u>
		C	Salcey Forest	<u>Robin Dowswell</u>
28/11/2009	Saturday	A	Winslow	<u>Nigel Collinson</u>
		B	Upper Stowe	<u>Steve Wakeland</u>
		C	Carlton	<u>Claire Yearby</u>
05/12/2009	Saturday	A	Church Stowe	<u>Jason Lazard</u>
		B	Winslow	<u>Leon Hargreaves</u>
		C	Stewkley	<u>Mike Fittell</u>
12/12/2009	Saturday	A	Dunstabe Downs	<u>Ed Catford</u>
		B	Marston Moretain	<u>Andy Vickers</u>
		C	Turweston	<u>James Vaughan</u>
19/12/2009	Saturday	A	Cheddington	<u>Kevin Spires</u>
		B	The Bluebell	<u>Paul Church</u>
		C	Boycott Farm	
27/12/2009	Sunday	A	Salcey Forest	<u>David Carrington</u>
		B	Salcey Forest	<u>Adrian Thornley</u>
		C	Salcey Forest	

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	16mph	40 to 50 miles	
C	9.30	Steady ride	New riders	14mph	35 to 45 miles	Novice and new riders

Start Informaton

All rides start from the Stoney Stratford, outside "The Passage to India" Restaurant, 10-11 Cofferdge Close.
 Post Code Mk11 1BY
 Lat/Lon: 52.055975,-0.851991