

Club Run List
January to March 2012

Date	Day	Group	Destination	Leader
07/01/2012	Saturday	Fast	Winslow	<u>Gavin Old</u>
		Medium	The Bluebell	<u>Andy Vickers</u>
		Steady	Salcey Forest	<u>Phil Murphy/Mick Atkinson</u>
		Intro	Carlton	<u>Ritchie Dixon</u>
14/01/2012	Saturday	Fast	Waddesden	<u>Stuart Chung</u>
		Medium	Winslow	<u>Trevor Crowter</u>
		Steady	Bluebell	<u>Mick Atkinson/Martin Pluthero</u>
		Intro	Boycott Farm	<u>Geoff Sharpe</u>
21/01/2012	Saturday	Fast	Upper Stowe	<u>Nigel Collinson</u>
		Medium	Salcey Forest	<u>Mike Read</u>
		Steady	Winslow	<u>Alun Duncan-Jones/ Ben Bartle</u>
		Intro	Winslow	<u>Neil McAndrew</u>
28/01/2012	Saturday	Fast	Carlton	<u>David Carrington</u>
		Medium	Marston Moretain	<u>Adrian Thornley</u>
		Steady	Carlton	<u>Burti Montagu-Leon</u>
		Intro	Olney	<u>Burti Montagu-Leon</u>
04/02/2012	Saturday	Fast	Hudhall Corner	<u>Jason Lazard</u>
		Medium	Winslow	<u>Ritchie Dixon</u>
		Steady	Turweston	<u>Steve Wakeland/Paul Gleen</u>
		Intro	Salcey Forest	<u>Brian Mead</u>
11/02/2012	Saturday	Fast	Wilstone	<u>Richard Golding</u>
		Medium	Turweston	<u>Steve Wakeland</u>
		Steady	Winslow	<u>Clive Faine/Phil Balding</u>
		Intro	Stockgrove	<u>Geoff Sharpe</u>
18/02/2012	Saturday	Fast	Winslow	<u>Gavin Old</u>
		Medium	Carlton	<u>Dave McDonald</u>
		Steady	Mystery Tour	<u>Tony Venner/ Stevel Mann</u>
		Intro	Turweston	<u>Clive Faine</u>

Date	Day	Group	Destination	Leader
25/02/2012	Saturday	Fast	Turweston	<u>Nigel Collinson</u>
		Medium	Long Crendon	<u>Andy Vickers</u>
		Steady	Winslow	<u>Martin Pluthero/John White</u>
		Intro	Winslow	<u>Steve Dicks</u>
03/03/2012	Saturday	Fast	Waterperry	<u>David Carrington</u>
		Medium	Winslow	<u>Leon Hargreaves</u>
		Steady	Turweston	<u>Phil Murphy/Tim Read</u>
		Intro	Boycott	<u>Ritchie Dixon</u>
10/03/2012	Saturday	Fast	Winslow	<u>Richard Golding</u>
		Medium	Haddenham	<u>Ritchie Dixon</u>
		Steady	Carlton	<u>Brian Goldsmith/Ruairi O'Connor</u>
		Intro	Salcey	<u>Zoe Payne</u>
17/03/2012	Saturday	Fast	Waddesden	<u>Stuart Chung</u>
		Medium	Carlton	<u>Trevor Thomas</u>
		Steady	Upper Stowe	<u>Ritchie Dixon/Tony McGuinness</u>
		Intro	Carlton	<u>Zoe Payne</u>
24/03/2012	Saturday	Fast	Turweston	<u>Jason Lazard</u>
		Medium	Harlestone	<u>Mike Read</u>
		Steady	Bluebell	<u>Alun Duncan-Jones/Phil Balding</u>
		Intro	Stockgrove	<u>Neil McAndrew</u>
31/03/2012	Saturday	Fast	Upper Stowe	<u>David Carrington</u>
		Medium	Marston Moretaine	<u>Paul Church</u>
		Steady	Marston Moretaine	<u>Colin Turner/Tim Read</u>
		Intro	Turweston	<u>Lucie Gallen</u>

Group Information

Group	Start Time	Description	Suitable for	Distance
Fast	9.30	Training ride for experienced stronger riders		55+
Medium	9.30	Next step up from Steady group, longer/faster		50+
Steady	9.30	Steady pace ride over a longer distance. Step up from Intro group		35 to 50 miles
Intro	9.30	Intro group for new riders		25 to 40 miles

Basic Ride Rules

Ride at a speed to suit the group, not the fastest rider
 Follow the leaders instructions
 Groups should not leave riders behind
 Try to ride 2 abreast
 Move up the groups as your fitness level improves

Start Information

All rides start from the Stony Stratford, outside "The Passage to India" restaurant.
 Note: Some form of identification should be carried by ALL riders