

# Forty Plus Cycling Club

We are a sociable cycling club with sections in Bedfordshire, Essex, Hertfordshire, Kent, East Northamptonshire, Surrey and Sussex. We welcome all those in London and the southeast 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.



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## Runs List July to September 2019

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**20th August 2019** is the cut-off date for the Oct - Dec 2019 Runs List

## Essex A Section (Thursday)

Chris Mills 01245 442644 40plusesesexa@gmail.com

**Meet 10:00 for 10:30 start unless otherwise stated**

Date	Meet	Lunch	Leader 1	Leader 2
Jul 4	Essex Tour details tbe		[Philip Martin]	
11	High Easter, Snug	Hundon, Plough	Chris the Baker	Chris Mills
18	Ramsden Heath, Hall & Co.	Tillingham, Fox & Hounds	Brian Taylor	Philip Martin
25	Suffolk Away Day		Smoky Joe	
Aug 1	Ongar, Budworth Hall Café	Essendon, Candlestick	Philip Martin	Adrian Leeds
8	Cressing, Temple Barns Tea Room	Linsey Tye, Linsey Rose	Roger Moore	Mark Beard
15	Great Waltham, Stores	Little Walden, Crown	Steve Cleaver	Brian Taylor
22	White Roding, Cammas Hall	Aspenden, Fox	Chris Mills	Edmund Spurgeon
29	Tiptree, Perrywood	East Bergholt, Hare & Hounds	Jane Moore	Roger Moore
Sep 5	Felsted, Wood Cottage	Long Melford, Hare	Roger Hunt	Barry Magowan
12	High Roding, Dores Kitchen	Barkway, Tallyho	Richard Bayliss	Tony Cox
19	White Roding, Bretts	Steeple Bumpstead, Fox & Hounds	Mark Beard	Chris the Baker
26	Margaretting, Saddlery	Stanstead Abbots, Jolly Fisherman	Bob McDowell	John Hinds
A tea stop is decided by the Principal Leader on the day				

<b>Essex B Section (Thursday)</b>			
John Houghton 02035836024 40plusessexb@gmail.com			
<b>Meet 10:30 at H</b> (Harlow Garden Centre, A414 near Hastingwood) or <b>S</b> (Stapleford Aerodrome Café, A113 near Abridge)			
<b>Date</b>	<b>Meet</b>	<b>Lunch</b>	<b>Leader</b>
Jul 4	H	Matching Tye, The Fox (or Essex Tour)	David
11	S	Mill Green, The Viper	Gill
18	H	Little Easton, The Stag (10:30 start)	John
25	S	Stondon Massey, Bricklayer's Arms	Liz
Aug 1	H	Littley Green, The Compass	John
8	S	Stock, Baker's Arms	Mick
15	H	Much Hadam, The Bull	John
22	S	Ingatstone, The Bell	Brian
29	H	Pleshey, Leather Bottle	Martin
Sep 5	S	Margaretting Tye, White Hart	John
12	H	Standon, The Star	Liz
19	S	Matching Tye, The Fox	Mick
26	H	Gilston, Plume of Feathers	Brian

<b>Essex Easy Riders Section (Tuesday)</b>	
Reg Horsnell 01621817916	
Meet for lunch	
<b>Date</b>	<b>Lunch</b>
Jul 2	Heybridge Basin, Old Ship *
9	Notley, Golf Club
16	Maldon (Spital Road), Queen Victoria
23	Bocking, The Roundwood
30	Great Totham, Prince of Wales
Aug 6	Silver End, Western Arms
13	Heybridge Basin, Old Ship *
20	Notley, Golf Club
27	Maldon (Spital Road), Queen Victoria
Sep 3	Bocking, The Roundwood
10	Great Totham, Prince of Wales
17	Heybridge Basin, Old Ship *
24	Silver End, Western Arms

\* Alternative: Young's End, Green Dragon

## Northeast Essex Section (Tuesday)

John Pritchard 01621853069 40plusneessex@gmail.com

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

Date	Meet	Lunch	Tea	Leaders
Jul 2	Acton, Wallys Café **	Hadleigh, The Kings Head	Straford St Mary, Halls Farm	J Fryer
9	Earls Colne, Blackhorse Café	Lawshall, The Swan	Clare, Number One Café	P Avison/C Avison
16	Cressing, Temple Barns	Stow Maries, Prince of Wales	Maldon, The Barge	B Taylor/J Pritchard
23	Greenstead Green, PO	Brockley Green, Hundon Plough	Finchingfield, Winners	TBC
30	Tiptree, Perrywoods	Belchamps St. Paul, The Halfmoon	Earls Colne, Blackhorse Café	D McCarron
Aug 6	Kelvedon, Sandwich Bar	Wivenhoe, Rose & Crown	Abberton Reservoir, Visitor Centre	J Pritchard/J Austin
13	Aldham, Millrace Nursery	Steeple Bumpstead - Fox & Hounds	Wickham St. Paul, Spencers	M Swainsbury/I Whiteside
20	Witham, Olivers Nursery	High Roding - The Black Lion	Rayne, Station	I Whiteside
27	Copford, Barn Plants	Cornish Hall End, Horse & Groom	Greenstead Green, PO	C Mills
Sep 3	Ulting, Peartree Pantry	West Hanningfield, 3 Compasses	Bicknacre, White Elms GC	E Wainwright
10	Marks Tey, Bungalow Diner	Newton Green, Saracens Head	Earls Colne, Colne Valley GC	C Behn/R Strickland
17	Abberton, Visitors Centre	Little Bentley, Bricklayer's Arms	Dedham, Craft Centre	M Hutley
24	Bocking, Roundwood GC	Monk Street, Farmhouse Inn	Felsted, Wood Cottage Tea Rooms	R Hunt

\*\* Car-assisted

## Mid Essex Section (Tuesday)

Ron Self 01245472531 40plusmidessex@gmail.com

**Depart 09:30 from Writtle Pond (W) or Sandon Church (S) or Great Waltham (G)**

Date	Meet	Eleveses	Lunch	Leader 1	Leader 2
Jul 2	S	Rayne, Station	Pebmarsh, Kings Head	Robin Herron	
9	W	Hatfield Heath, Post Office	Furneux Pelham, Brewery Tap	Tony Cox	
16	G	Greenstead Green	Lavenham, Cock Horse	Steve Cleaver	
23	S	Copford, Barn Cafe	Dedham, The Marlborough	Richard Bayliss	
30	W	Budworth Hall	Braughing, Axe & Compasses	Baker Chris	
Aug 6	S	Perrywoods	Eest Mersea, Dog & Pheasant	Tony Cox	
13	G	Blue Egg	Gt Chishill, The Pheasant	Tony Phillips	
20	W	Andrewsfield	Belchamp St Paul, Half Moon	Ernie Peain	
27	S	Greenstead Green	Assington, Shoulder of Mutton	Ron Self	Tony Phillips
Sep 3	W	The Shed	Bennington, Lordship Arms	Adrian Leeds	
10	G	Finchingfield, Bosworth tea rooms	Keddington, Barnardiston Arms	Mark Beard	Ron Self
17	S	Perrywoods	Rowhedge, The Anchor	Tony Phillips	
24	W	Hatfield Forest, tea hut	Nuthampstead, The Woodman	Bob MacDowell	

## Southend Section (Tuesday)

Graham Kirby 07526501629 40plussouthend@gmail.com

**Start at the top of Crown Hill, Rayleigh at 09:30 or at Rettendon Turnpike at 10:00 (unless otherwise stated)**

<b>Date</b>	<b>Elevenses</b>	<b>Lunch</b>	<b>Grid Ref</b>	<b>Leader</b>
Jul 2	Hockley, Riverside Garden Centre	Thorpe Bay, Yacht Club	TQ 921 845	Brian
9	Galleywood, Lathcoats Farm	Stondon Massey, Bricklayers Arms	TL 585 005	Brian
16	Maldon, Crystal Café	Tillingham, Fox & Hounds	TL 994 037	Peter
23	Bicknacre, White Elm Garden Centre	Great Waltham, Rose & Crown	TL 695 135	Brian
30	Butts Green Garden Centre	Witham, Battesford Court	TL 820 144	Peter
Aug 6	Little Baddow, Paper Mill Lock	Young's End, Green Dragon	TL 739 195	Trevor
13	Writtle, Hylands House	Kelvedon, The Railway	TL 865 192	Brian
20	Hatfield Peverel, Peartree Pantry	Little Braxted, Green Man	TL 849 130	Peter
27	Blackmore, Tea Rooms	North Weald, Airfield	TL 487 047	Brian
Sep 3	Witham, Oliver's Garden Centre	Young's End, Green Dragon	TL 740 196	Brian
10	Heybridge, Osea Tea Rooms	West Mersea, Coast Inn	TQ 136 027	Keith
17	Blackmore, Tea Rooms	Epping, Theydon Oak	TL 474 018	Brian
24	Maldon, Crystal Café	Layer Breton, Hare & Hounds	TL 943 188	Peter

## Southend Section (Thursday)

Graham Kirby 07526501629 40plussouthend@gmail.com

**Start at the top of Crown Hill, Rayleigh at 09:30 or at Rettendon Turnpike at 10:00 (unless otherwise stated)**

Date	Elevenes	Lunch
Jul 4	Margaretting, The Saddlery	Aythorpe Roding, Axe & Compasses
11	Writtle, Lordship Tearooms	Little Hallingbury, The George
18	Blackmore, Tearooms	Old Harlow, The Crown
25	Billericay, Farm Shop	Orsett, The Foxhound
Aug 1	Hatfield Peverel, Peartree Pantry	Layer Breton, Hare & Hounds
8	Hatfield Peverel, D's Diner	Young's End, Green Dragon
15	Bicknacre, White Elm Garden Centre	Bradwell, The Cricketers
22	Maldon, Crystal Café	Little Braxted, Green Man
29	Tiptree, Red Dog Café	Copford, The Alma
Sep 5	Margaretting, The Saddlery	Chignal St James, Three Elms
12	Butts Green Garden Centre	Althorne, Hunstman & Hounds
19	Billericay, Blue Boar	Hatfield Peverel, Duke of Wellington
26	Rettendon, BHN Garden Centre	Tolleshunt Major, The Bell

## St Albans Tuesday Rides

Roger Hodgson 07989 649526

### Overview

### Choose a ride to suit you

	Typical distance in miles	Likely speed in mph	Starts from
<b>A</b>	~ 23	~ 12.5	Hatfield St Albans Harpenden
<b>Intermediate</b>	~ 18	~ 11.5	Hatfield St Albans Harpenden
<b>B</b>	~ 15	~ 10	Hatfield St Albans Harpenden
<b>C</b>	~ 10	~ 8.5	Hatfield
<b>Potterers</b>	< 10	Comfy	Welwyn

## St Albans Section - A (Tuesday)

Kevan Harrop 01727 855265 40plusstalbans@gmail.com

### Start Points:

Poppins Hatfield TL224085 Inn on Park Verulamium TL138073

Morrisons Fleetville TL166072 Harpenden, Rothamsted TL134135

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

Date	Start	Destination	Leader
Jul 2	Poppins	Wareside, Chequers	Tony Green
9	Inn on Park	Leighton Buzzard, Swan	Marc Savitsky
16	Poppins	Chipperfield, Two Brewers	David Whiskerd
23	Inn on Park	Walkern, White Lion	Geoff Watts
30	Rothamsted	Hitchin, Angel Vaults Inn	Bob Carter
Aug 6	Poppins	Cottered, Bull	Rudy Padri
13	Inn on Park	Mangrove Green, King William	Bob Page
20	Poppins	Spellbrook, Three Horseshoes	Tony O'Byrne
27	Inn on Park	Northall, Swan	Gary McMahon
Sep 3	Poppins	Braughing, Axe & Compass	Peter Bullen
10	Inn on Park	Leighton Buzzard, Globe	Roger Pask
17	Poppins	Founders Day	tba
24	Inn on Park	Berkhamsted, Crown	Chris Knox



### St Albans Section - Intermediate (Tuesday)

Jane Sherry 07759916799 40plusstalbans@gmail.com

#### Start Points:

Poppins Hatfield TL224085 Inn on Park Verulamium TL138073  
Morrison's Fleetville TL166072 Harpenden, Rothamsted TL134135

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

Date	Start	Destination	Leader
Jul 2	Poppins	Hertford Heath, Goat Inn	Volunteer req'd
9	Inn on Park	Chorleywood, Black Horse	Mike Joseph
16	Poppins	Drive Asst: Chedington, Old	Jane Elsmore
23	Inn on Park	Breachwood Green, Red	Charlie Lynn
30	Rothamsted	Hitchin, Angel Vaults Inn	Tony Stennett
Aug 6	Poppins	Dane End, Boot	Martin Phillips
13	Inn on Park	Ivinghoe, Rose & Crown	Peter Ridehalgh
20	Poppins	Halls Green, Rising Sun	Dan Dorrian
27	Inn on Park	Lye Green, Black Cat	Gary Johnson
Sep 3	Poppins	Great Offley, Red Lion	Gareth Bonner
10	Inn on Park	Streatley, Old Chequers	Trevor Arnold
17	Poppins	Founders Day	TBA
24	Inn on Park	Woolmer Green, Red Lion	Volunteer req'd

### St Albans Section - B (Tuesday)

Jan Maitland 07944406846 40plusstalbans@gmail.com

#### Start Points:

Poppins Hatfield TL224085 Inn on Park Verulamium TL138073  
Morrison's Fleetville TL166072 Harpenden, Rothamsted TL134135

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

Date	Start	Destination	Leader
Jul 2	Poppins	Tewin, Plume of Feathers	Don Wallace
9	Inn on Park	St Albans, Waterend Barn	
16	Poppins	Breachwood Gn, Red Lion	David Gardner
23	Inn on Park	Potten End, Martins Pond	
30	Rothamsted	Chapelfoot, Rusty Gun	Roger Hodgson
Aug 6	Poppins	South Mimms, Black Horse	John Edwards
13	Inn on Park	Newgate St, Coach and Horses	Mike Griffiths
20	Poppins	Watton-at-Stone, Bull	Jan Maitland
27	Inn on Park	Chipperfield, Two Brewers	Vernon Clough
Sep 3	Poppins	Woolmer Green, Red Lion	
10	Inn on Park	Studham, Bell Inn	Marion Richardson
17	Poppins	Founders Day	Terry Kent
24	Inn on Park	Preston, Red Lion	David Batten

### St Albans Section - C (Tuesday)

Ian Ollier 02084405943 40plusstalbans@gmail.com

#### Start Points:

Poppins Hatfield TL224085 Harpenden, Rothamsted TL134135

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

Date	Start	Destination	Leader
Jul 2	Poppins	Epping Green, The Beehive	Louise Hughes
9	Poppins	Hertford, Six Templars	Pete Turney
16	Poppins	London Colney, Green Dragon	Jo Klein
23	Poppins	Welwyn Garden, Attimore	Ian Constable
30	Rothamsted	Bourne, White Horse	Chris Rice
Aug 6	Poppins	South Mimms, White Hart	Mavis Wallace
13	Poppins	St Albans, Three Hammers	Alan Wallace
20	Poppins	Codicote, The Goat	Anne Jarman
27	Poppins	Tyttenhanger Gn, The Plough	Ian Constable
Sep 3	Poppins	Water End, the Woodman	Jo Klein
10	Poppins	Bricket Wood, The Gate	Pat Kennedy
17	Poppins	Founders Day	
24	Poppins	Wildhill, The Woodman	Alex Moss

### St Albans Section - Potterers (Tuesday)

Sue Stephens 07732123704 40plusstalbans@gmail.com

Meet 11:30 at: **Tony's**, 17 Canonsfield, Welwyn (TL243176)

or at: **Sue's**, Annesgarth, Pottersheath Road (TL238185)

**Leaders** Ian Davies (01438715163) Owen Leaver (01438811653)

Date	Start	Lunch Venue	Leader
Jul 2	Tony's	Tewin, Plume of Feathers	Ian
9	Sue's	Codicote, Globe	Owen
16	Tony's	Tewin, Country Bumpkin	Ian
23	Sue's	St Paul's Walden, Strathmore Arms	Owen
30	Tony's	Bragbury End, Chequers	Ian
Aug 6	Sue's	Gustard Wood, Cross Keys	Owen
13	Tony's	Bulls Green, Horns	Ian
20	Sue's	Codicote, Vanstone's	Owen
27	Tony's	Woolmer Green, Red Lion	Ian
Sep 3	Sue's	Stevenage, Fairlands	Owen
10	Tony's	Tewin, Country Bumpkin	Ian
17	Sue's	St Paul's Walden, Strathmore Arms	
24	Tony's	Woolmer Green, Chequers	Ian
<b>Leaders:</b> Ian Davies 01438715163, Owen Leaver 01438811653			

### St Albans Section (Thursday)

Steve Rogers 07887851309 40plusstalbans@gmail.com

On Thursdays we meet informally at 11:00 for coffee at The Green Man in Sandridge (TL 169 104) and then, or for some members instead, go directly to lunch (12:30 for 1 pm) at a nominated local hostelry.

Date	Proposed Lunch Venue	Map Ref
Jul 4	Aldenham, The Roundbush	<u>166 TQ145984</u>
11	South Mimms, Black Horse	<u>166 TL221015</u>
18	Colney Heath, Crooked Billet	<u>166 TL202060</u>
25	Kimpton, The Boot	<u>166 TL174183</u>
Aug 1	Welham Green, Sibthorpe Arms	<u>166 TL234053</u>
8	Harpenden, The Engineer	<u>166 TL141131</u>
15	Bell Bar, Cock o' North	<u>166 TL254054</u>
22	Water End, The Woodman	<u>166 TL229042</u>
29	Gustard Wood, Cross Keys	<u>166 TL174164</u>
Sep 5	Aldenham, The Roundbush	<u>166 TQ145984</u>
12	Hatfield, Harpsfield Hall	<u>166 TL215087</u>
19	Sandridge, Queens Head	<u>166 TL171105</u>
26	Kimpton, The Boot	<u>166 TL174183</u>

### North Herts Section (Thursday)

Stuart Collins 07710507069 40plusnherts@gmail.com

Meet at Wetherspoon's, Leys Avenue, Letchworth for a 10:30 start ride to lunch

Date	Lunch from midday
Jul 4	Wimpole Hall
11	Reed, Silver Ball
18	Shuttleworth Aerodrome #
25	Roxton, Spoke N'Wheel
Aug 1	Gustard Wood, Cross Keys
8	Marston Moretaine, Forest Centre
15	The Strathmore Arms #
22	Gamlingay, Woodview Farmshop
29	The Lilley Arms
Sep 5	Willington, Blossom Cafe
12	Breachwood Green, Red Lion
19	Jordan's Mill #
26	Maulden, Dog and Badger
# in support of the Garden City Wheelers	

## East Herts Section (Tuesday)

Kathy McNamee 01992 551799 40pluseherts@gmail.com

Meet 10:00 onwards for coffee at Wetherspoons in Hertford,  
ready for prompt departure at 10:30 unless otherwise indicated

Date	Destination A	Destination B	A Leader		B Leader
	Moderate Group 1 and Easy Riders	Moderate Group 2	Moderate Group 1	Easy Riders	Moderate Group 2
Jul 2	Wheathampstead, Elephant & Castle	Harlow, The Moorhen	tba	Ron B	Steve N
9	Halls Green, Rising Sun	Puckeridge, White Hart	tba	Ron B	Allan H
16	Lee Valley Park, Picnic	Ardeley, Church Farm	tba	Ron B	John G
23	Great Hornead, Three Tuns	Aspenden, The Fox	tba	Ron B	Jeff L
30	Preston, Red Lion	Darley Hall, The Fox	tba	Ron B	Anne R
Aug 6	Reed, Silver Ball Cafe	Hatfield Heath, Village Tea Rms	tba	Ron B	Ray C
13	Gustard Wood, Cross Keys	Coleman Green, John Bunyan	tba	Ron B	Tim.W
20	Peters Green, Bright Star	Great Hornead, Three Tuns	tba	Ron B	Chris M
27	Aspenden, The Fox	Great Offley, Red Lion	tba	Ron B	Allan H
Sep 3	Tea Green, White Horse	Rushden, Mill End Plants	tba	Ron B	Chris M
10	Lilley, Lilley Arms	Wheathampstead, Elephant & Castle	tba	Ron B	Mary B
17	Colemans Green, John Bunyan	Aston End, The Crown	tba	Ron B	John W
24	Weston, The Cricketers	Cottered, The Bull	tba	Ron B	

## East Herts Section (Friday)

Anne Ramsden 01992 303375 40pluseherts@gmail.com

Meet 10:00 onwards for coffee at Wetherspoons in Hertford,  
ready for prompt departure at 10:30 unless otherwise indicated

<b>Date</b>	<b>Destination A</b>	<b>Destination B</b>	<b>A Leader</b>	<b>B Leader</b>
Jul 5	Threshers Bush, John Barleycorn	Baldock, Orange Tree	tba	tba
12	Gosmore, Bird in Hand	Colney Heath, Crooked Billet	Anne R	tba
19	Aston, Rose and Crown	High Roding, Roding Hall Tea Rooms	Dan D	Joe G
26	Baldock, George IV	Peters Green, Bright Star	Sheila G	Allan H
Aug 2	Weston, The Cricketers	Bishops Stortford, Thremhall Park Cafe	Andrew G	Anne R
9	Little Canfield, Lion & Lamb	Moreton, White Hart Inn *	Tony O	tba
16	Harpenden, Red Cow	Ashwell, Rose & Crown	tba	Tim W
23	Lilley, Lilley Arms	Birchanger, Three Willows *	Tim W	Jeff L
30	Therfield, Fox & Duck **	Sawbridgeworth, George IV	Jeff L	tba
Sep 6	Hatfield, Harpsfield Hall	Puckeridge, White Hart	tba	Chris M
13	Halls Green, Rising Sun	Tea Green, White Horse	Sheila G	Ray C
20	Cambridge, Orchard Tea Rooms *	Aston End, Pig & Whistle	tba	tba
27	Kimpton, Boot	Tyttenhanger Green, The Plough	Chris M	tba

\* Depart at 10:00    \*\* Depart at 09:30

### **Bedfordshire Section (Tuesday)**

Paul Wareham 01582753587 40plusbeds@gmail.com

#### **Meet for lunch**

<b>Date</b>	<b>Lunch</b>
Jul 2	Maulden, Dog and Badger
9	Bletchley, Dobbies Garden Centre
16	Clophill, Stone Jug
23	Marston Moretaine, Forest Centre
30	Pulloxhill, Cross Keys
Aug 6	Henlow, Five Bells
13	Wardhedges, Jolly Coopers
20	Shuttleworth, Old Warden Air Museum
27	Marston Moretaine, Forest Centre
Sep 3	Maulden, Dog and Badger
10	Henlow, Five Bells
17	Clophill, Stone Jug
24	Pulloxhill, Cross Keys

### **East Northants Section (Wednesday)**

Roy Presland 01933 314831

#### **Meet for lunch at 12 noon**

<b>Date</b>	<b>Lunch</b>
Jul 3	Podington, Garden Centre
10	Rushden (Bedford Road), Nelly's Kitchen
17	Carlton, Emmaus
24	Wollaston, Hill Cafe
31	Harrold Country Park, Visitor Centre
Aug 7	Grendon, Half Moon
14	Sywell, Overstone Manor
21	Podington, Garden Centre
28	Rushden (Bedford Road), Nelly's Kitchen
Sep 4	Carlton, Emmaus
11	Wollaston, Hill Cafe
18	Harrold Country Park, Visitor Centre
25	Grendon, Half Moon

## Surrey and Sussex Section (Midweek)

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

Tue/Fri runs leaders John Coplestone 07507 436015 Mike Stevens 01903740552

Awaydays: Min Aldridge Website: Ted Palmer 01883 622320

Day	Date	Xref	Meet 10:45 to 11:15 (or as noted)	Lunch
Tue	Jul 2		Balcombe, Tea Rooms	Wineham, Royal Oak
Fri	5		Barns Green, Sumners Ponds	Okewoodhill, The Punchbowl
Tue	9	A	Wisborough Green, Old Mill Café	Byworth, Black Horse Inn
Fri	12		Turners Hill, Pots and Pithoi	Staplefield, Jolly Tanners
Tue	16		Ashington, Jungle Tea Rooms	Barns Green, Queens Head
Fri	19		Rudgwick, Milk Churn	Holmbury St. Mary, Royal Oak
Tue	23		Cuckfield, Pantry	Maplehurst, White Horse
Fri	26		Handcross, High Beeches Café	Henfield, Cat and Canary
Tue	30		Littleworth, Camelia Botnar Gdn Ctre	Dragons Green, George & Dragon
<b>A Sussex Weald 100 km, 100 mile</b>				
Fri	Aug 2		Charlwood, 52 The Street	Betchworth, The Red Lion
Tue	6		Abinger Hammer, Tea Rooms	Tismans Common, Mucky Duck
Fri	9		Strood Green, Café (thru shop)	Rusper, The Star
Tue	13		Hurstpierpoint, Washbrooks Farm	Partridge Green, The Partridge

<b>Surrey and Sussex Section (Midweek) <i>continued</i></b>				
Valerie Taylor 01737242720 40plussurreysussex@gmail.com				
Tue/Fri runs leaders John Coplestone 07507436015 Mike Stevens 01903740552				
Awaydays: Min Aldridge Website: Ted Palmer 01883 622320				
<b>Day</b>	<b>Date</b>	<b>Xref</b>	<b>Meet 10:45 to 11:15 (or as noted)</b>	<b>Lunch</b>
Fri	16		Dorking, Peppe's Café	Ockley, Cricketers Arms
Tue	20	B	Southwater, Country Park	Bramber, The Castle
Fri	23		Horsham, Warnham Mill Pond	Ewhurst, Bulls Head
Tue	27		Newdigate, Tanhouse Farm	Stonebridge, Royal Oak
Fri	30		Steyning, Truffles	Coolham, Selsey Arms
<b>B 80th Presentation</b>				
Tue	Sep 3		Roffey, New House Farm Shop	West Chiltington, Queens Head
Fri	6		Horne, Horne Golf Club	Warnham, Sussex Oak
Tue	10		Cranleigh, Notcutts Gdn Ctre	Wisborough Green, The Cricketers
Fri	13			
Tue	17		South Nutfield, Redhill Aerodrome	Rusper, Rusper Golf Club
Fri	20		West Humble Station, Pilgrims Cycles	Walliswood, Scarlett Arms
Tue	24		Wimlands, Frog and Nightgown	Rudgewick, King's Head
Fri	27	C	Copsale, Copsale Village Hall	Billingshurst, The Limeburners
<b>C Macmillan coffee morning</b>				



<b>Surrey and Sussex Section, Surrey Kent Sussex Borders (Wednesday)</b>		
Richard Nainggolan 07761107905 01293786126 40plussksb@gmail.com		
<b>Date</b>	<b>Meet 10:45 to 11:15</b>	<b>Lunch</b>
Jul 3	Four Elms, Tea Room	Four Elms, Four Elms Inn
17	Horne, Horne Golf club	Nutfield, Inn on the Pond *
Aug 1	Wych Cross, Llama Park	Blackboys, Blackboys Inn
15	Whitemans Green, Cuckfield Golf Club	Danehill, Coach & Horses
Sep 4	Lingfield, Red Rum Café	Charcott, The Greyhound
18	Horne, Horne Golf club	Limpsfield Chart, Carpenters Arms
<b>* Inn on the Pond, Marsh Road, Nutfield, Surrey RH1 4EU (Grid Ref: TQ302515)</b>		

<b>Surrey and Sussex Section, Southwest Sussex (Thursday)</b>				
Derek Hanson 01293535569 40plusswsussex@gmail.com				
<b>Date</b>	<b>Meet 10:45 to 11:15</b>	<b>Lunch</b>	<b>Tea</b>	<b>Leader</b>
Jul 11	Bosham, Craft Centre	Hooksway, Royal Oak	Rowlands Castle	Phil G.
Jul 25	Tangmere, Aviation Museum	East Wittering, Shore Inn,	Wellies Café	Tony L.
Aug 8	Amberley, Riverside	Balls Cross, Stag	Petworth Stn	Colin W.
Aug 29	Westbourne, Libby's	East Meon, Izaak Walton	Lotts, Hambledon	Mike S.
Sep 12	Barnham, Willow Cafe	Bosham, Berkeley Arms	Goodwood Aero	Richard S.
Sep 26	Fishbourne, Roman Palace	Elsted, Three Horseshoes	Singleton, Museum	Derek H.

<b>Surrey &amp; Sussex Section (Sunday)</b>	
Pam Goodall 07775 986322 40plussurreysussexsunday@gmail.com	
<b>Date</b>	<b>Meet at 10:30</b>
Jul 7	Copsale, Copsale Hall
14	Newdigate, Tanhouse Farm
21	Littleworth, Camelia Botnar
28	Hand Cross, High Beeches
Aug 4	Copsale, Copsale Hall
11	Redhill Aerodrome, Pilots Hub
18	Rudgwick, Milk Churn
25	Horsham, Warnham Nature Reserve
Sep 1	Copsale, Copsale Hall
8	Newdigate, Tanhouse Farm
15	Littleworth, Camelia Botnar
22	Hand Cross, High Beeches
29	Rudgwick, Milk Churn

<b>Southeast Section (Wednesday)</b>	
Frank Grue 01322 669419 40plussoutheast@gmail.com	
<b>Date</b>	<b>Meet at 10:30</b>
Jul 3	Birchwood Beefeater
10	Lullingston Golf Club
17	Speedgate Cafe
24	Chelsfield Golf Club
31	Speedgate Café
Aug 7	Birchwood Beefeater
14	High Elms Beeche Cafe
21	Speedgate Cafe
28	Chelsfield Golf Club
Sep 4	Birchwood Beefeater
11	High Elms Beeche Café
18	Speedgate Cafe
25	Lullingstone Golf Club

Call Frank if you want to come along. Destination decided on the day.  
Occasional Sunday rides are arranged. Contact Frank for details.

## **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.

## **Forty Plus CC Club Officials**

### **President**

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Don Wallace  
58 Kimberly Road  
St Alabans AL3 5PX  
01727 855138  
*president@fortypluscc.co.uk*

### **Chairman**

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John Long  
14a Coppetts Road  
London N10 1JY  
020 8883 8623  
*chairman@fortypluscc.co.uk*

### **General Secretary**

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Tony o' Byrne  
36 Seafield Road  
London N11 1AS  
020 8361 1300  
*secretary@fortypluscc.co.uk*

### **Membership Secretary**

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Roger Hodgson  
91 Cavan Drive  
St Albans AL3 6HP  
07989 649526  
*join@fortypluscc.co.uk*

### **Treasurer**

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Bernard Curtis  
6 Blanchard Mews  
Harold Wood RM3 0GN  
01708 347226  
*treasurer@fortypluscc.co.uk*

### **Website Secretary**

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Edward Palmer  
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01883 622320  
*webmaster@fortypluscc.co.uk*

### **Signpost Editor**

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Tony Green  
79 Brookmans Avenue  
Hatfield AL9 7QG  
01707 657222  
*signpost@fortypluscc.co.uk*

### **Runs List Secretary**

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Sidney Schuman  
25 Wellmeadow Road  
London SE13 6SY  
07743 399692  
*runs@fortypluscc.co.uk*

## **2019 Essex Cycling UK 100 mile Tri Vets—July 21st**

The event starts at St John's Hall, Mountnessing at 08:30. The route heads towards Aythorpe Roding for elevenses at the Village Hall, then follows two circuits around Aythorpe Roding returning to the Village Hall for lunch and afternoon tea. From tea, the route returns to finish at Mountnessing. The route and catering will follow the same format organized so successfully by Chris Mills and John Davis in 2013 and 2016.

As usual entrants need to be at least 50 years of age. There will be 6 groups that will be led by an experienced rider who will follow a set route and maintain a steady speed of around 12 mph. A tail-end Charlie will ensure the group stays together.

Entry forms from Brian Penny (b.penny522@gmail.com). Entry fee is £25.

## **2019 Sussex Weald 100km / 100 mile – August 20th**

The start is at 09:00 to 09:45 at the café in Southwater Country Park. This is the seventh year of our annual 100Km/100 mile Sussex Weald ride. Nothing is changed. Nothing has been found that needs changing! Same route, same start and finish venue, same refreshment stops, same dedicated organisation.

So, choose your group according to desired pace, in advance if possible (on your Entry Form). and turn up at Southwater Country Park. The cafe will be open, by special arrangement for our ride. It is anticipated that the main refreshment stops will be North Chailey, morning tea; Bramber, pub lunch; Wisborough Green, afternoon tea. Advantage can also be taken, if necessary, of the refreshment stops used by the 100km riders at Cuckfield, and Sumners Pond.

Entry forms can be downloaded from the website.