

Forty Plus Cycling Club

Ride Lists

October - December 2020

We are a sociable cycling club with sections in Bedfordshire, Essex, Hertfordshire, 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.



Riding recommendations
and a list of club officials
are on the last pages



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20th November 2020 is the cut-off date for the January to March 2021 Ride Lists

Essex A Section (Thursday)

Chris Mills 01245 442644 40plusessex@gmail.com

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

Date	Meet	Lunch	Leader 1	Leader 2
Oct 1	White Roding, Bretts Buttery	Saffron Walden, The Temeraire		
8	Felsted, Wood Cottage	Kedington, Barnardiston Arms		
15	Cooksmill Green, Bakehouse	Much Hadham, The Bull		
22	Bicknacre, White Elm Garden Centre	Earls Colne, The Lion		
29	Great Waltham, The Stores	Coopersale Street, Theydon Oak		
Nov 5	Rettendon, BHN Pot Plants	Layer Breton, Hare & Hounds		
12	Writtle, Lordship Tearoom	Broxted, Prince of Wales		
19	High Easter, The Snug	Great Yeldham, Waggon & Horses		
26	Margaretting, The Saddlery	Sheering, The Cock		
Dec 3	Blackmore Tea Rooms	Goldhanger, The Chequers		
10	Bunsay Down, Golf Club	Finchingfield, The Lion		
17	Ulting, Peartree Pantry	Matching Tye, The Fox		
24	Billericay, Wetherspoons	Woodham Mortimer, The Hurdlemakers		
31	Witham, Wetherspoons	Stow Maries, Prince of Wales		

Essex B Section (Thursday)

John Houghton 02035836024 40plusessexb@gmail.com **Meet**

10:30 at **H** - Harlow Garden Centre, A414 near Hastingwood
or **S** - Stapleford Aerodrome Café, A113 near Abridge

Date	Meet	Lunch	Leader
Oct 1	H	Writtle, The Crown.	John
8	S	Churchgate, Queen's Head	Gill
15	H	Gilston, Plume of Feathers	Brian
22	S	Sheering, The Cock	Mick
29	H	Brickend, Prince of Wales	Liz
Nov 5	S	Hatfield Heath, White Horse	Tony 12
	H	Stondon Massey, Bricklayer's Arms	Martin
19	S	Kelvedon, The Eagle	John 26
	H	Harlow Park, The Greyhound.	Keith
Dec 3	S	Matching Tye, The Fox	Tony
10	H	Foster Street, Horns and Horseshoes	Mick
17	S	Churchgate, Queen's Head	Keith
24	H	Hatfield Broadoak, The Cock	John
31	S	Thresher's Bush, John Barleycorn	John

Northeast Essex Section (Tuesday)

John Pritchard 01621853069 40plusneessex@gmail.com

Meet 10:00 for a prompt 10:30 start

Date	Meet	Lunch	Tea	Leaders
Oct 6	Tiptree, Perrywoods	Lamarsh, Lamarsh Lion	Earls Colne, Colne Valley Golf Club 13	
	Earls Colne, Blackhorse Café	Clare, Cock Inn	Great Bardfield, Blue Egg	
20	Cressing, Temple Barns	Monk Street, Farmhouse Inn	Felsted, Wood Cottage Tea Rooms	
27	Greenstead Green, PO	High Roding, Black Lion	To be decided by leader on the day	
Nov 3	Kelvedon, Sandwich Bar	Little Green, The Compasses	To be decided by leader on the day	
10	Aldham, Millrace Nursery	Groton, Fox & Hounds	To be decided by leader on the day	
17	Witham, Olivers Nursery	Maldon, Queen Victoria	To be decided by leader on the day	
24	Copford, Barn Plants	Pebmarsh, Kings Head	To be decided by leader on the day	
Dec 1	Marks Tey, Bungalow Diner	Danbury Common, The Cricketers	To be decided by leader on the day	
8	Tiptree, Perrywoods	Earls Colne, Colne Valley Golf Club *		
15	Ulting, Peartree Pantry	North Fambridge, Ferry Boat Inn	To be decided by leader on the day	
22	Cressing, Temple Barns	Peldon, The Rose	To be decided by leader on the day	
29	Braxted Bakery, Lt. Braxted	W/Mortimer, Hurdlemakers Arms	To be decided by leader on the day	

* Christmas Lunch

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	Elevenses	Lunch	Leader 1	Leader 2
Oct 6	W	Rayne Station	Cornish Hall End, Horse & Groom	Steve Cleaver	
13	S	Inworth, Red Dog Cafe	Laver-de-la-Haye, Donkey & Buskins		
20	W	White Roding, Bretts Buttery	Theydon Bois, The Bull		
27	S	Cressing, Temple Barns	Eight Ash Green, The Cricketers	Robin Herron	
Nov 3	W	Great Bardfield, Blue Egg	Bellchamp St Paul, Half Moon	Ernie Peain	
10	S	Heybridge, Wilkins	Great Tey, The Chequers		
17	W	Hatfield Heath, Post Office	Coopersale Street, Theydon Oak		
24	S	Rettendon, BHN Pot Plants	Goldhanger, The Cricketers	Tony Phillips	
Dec 1	W	Blackmore, Tea rooms	Matching Tye, The Fox	Ron Self 8	
	S	Ramsden Heath, Hall & Co	Maldon, Queens Head		
15	W	Ongar, Budworth Hall	Hastingwood, Rainbow & Dove		
22	S	Great Totham, Foresters GC	W/Mortimer, Hurdlemakers Arms *	Ron Self	
29	W	Blackmore, Tea rooms	Littley Green, The Compasses	Tony Phillips	

* Christmas Lunch

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)

Date	Elevenses	Lunch
Oct 6	Margaretting, The Saddlery	Great Waltham, Rose and Crown
13	Witham, Oliver's Garden Centre	Felsted, The Swan
20	Galleywood, Lathcoats Farm	Stondon Massey, Bricklayers Arms
27	Woodham Walter, Bunsay Downs	Mill Green, The Cricketers
Nov 3	Billericay, Blue Boar	Danbury, The Anchor
10	Chelmsford, Ivory Peg	West Hanningfield, The Ship
17	Maldon, Crystal Cafe	Althorne, Three Horseshoes
24	Hockley, Riverside Garden Centre	Thorpe Bay, Yacht Club
Dec 1	Rettendon, BHN	Mundon, White Horse
8	Hatfield Peverel, Peartree Pantry	Young's End, Green Dragon
15	Maldon, Crystal Cafe	Ramsden Heath, Nag's Head 22
	Margaretting, The Saddlery	Bicknacre, White Swan
29	Hatfield Peverel, D's Diner	Galleywood, Horse and Groom

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	Elevenses	Lunch
Oct 1	Maldon, Crystal Cafe	Althorne, Huntsman and Hounds 8
	Heybridge, Osea Tea Rooms	Witham, Battesford Court
15	Little Baddow, Paper Mill Lock	Goldhanger, The Chequers
22	Hatfield Peverel, Peartree Pantry	Little Totham, The Swan
29	Writtle, Lordship Tearooms	Littley Green, The Compasses
Nov 5	Hatfield Peverel, D's Diner	Kelvedon, The Railway
12	Margaretting, The Saddlery	Woodham Walter, The Queen Victoria
19	Bicknacre, White Elm Garden Centre	Maldon, Queens Head
26	Writtle, Hylands Park Tearooms	Terling, Rayleigh Arms
Dec 3	Woodham Walter, Bunsay Downs	Great Totham, Prince of Wales
10	Chelmsford, Ivory Peg	Hatfield Peverel, Duke of Wellington
17	Bicknacre, White Elm Garden Centre	Battlesbridge Lodge (Christmas Lunch)
24	Galleywood, Lathcoats Farm	Billericay, Coach & Horses
31	Maldon, Morrisons	Witham, Battesford Court

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
A	~ 23	~ 12.5	Hatfield St Albans Harpenden
Intermediate	~ 18	~ 11.5	Hatfield St Albans Harpenden
B	~ 15	~ 10	Hatfield St Albans Harpenden
C	~ 10	~ 8.5	Hatfield
Potterers	< 10	Comfy	Welwyn

St Albans Section - A (Tuesday)

Kevan Harrop 01727 855265 40plusstalbans@gmail.com

Start Points:

Maz's Cafe 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
Oct 6	Morrisons	Great Offley, Red Lion	Kevan Harrop 13
	Maz's Cafe	Hoddesdon, The Star	Peter Bullen
20	Morrisons	Epping Green, The Beehive	Perham Harding
27	Inn on Park	Pegsdon, Live and let live	Bob Carter
Nov 3	Morrisons	Tonwell, Robin hood & Little John	Bob Page
10	Maz's Cafe	Walkern, White Lion	Chris Knox
17	Rothamsted	Tea Green, White Horse	Chris Horn
24	Inn on Park	Well End, Mops and Brooms	Tony O'Byrne
Dec 1	Morrisons	South Mimms, Black Horse	Perham Harding
8	Maz's Cafe	Tring, Kings Arms	Rudy Pedri
15	Morrisons	Chipperfield, Two Brewers	Roger Pask
22	Inn on Park	Berkhamsted, The Crown	Roger Bowman
29	Morrisons	Potters Bar, Admiral Byng	Tony O'Byrne

St Albans Section - Inter (Tuesday)

Jane Sherry 07759916799 40plusstalbans@gmail.com

Start Points:

Maz's Cafe Hatfield TL224085 Inn on Park Verulamium TL138073
Morrison's Fleetville TL166072 Harpenden, Rothamsted

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

Date	Start	Destination	Leader
Oct 6	W'spoons St	Preston	Judith Hill
13	Rothamsted	Bovingdon	Chris Horn
20	Maz's Cafe	Brickenden	Peter Ridehalgh
27	W'spoons St	Potten End	TBA
Nov 3	Maz's Cafe	Aston	Phil Gaskell
10	Rothamsted	Mangrove/Tea Green	Tony Stennett
17	Maz's Cafe	Tonwell	Steve Rogers 24
	W'spoons St	Chipperfield	TBA
Dec 1	Maz's Cafe	Bayford	TBA
8	Rothamsted	Watton-at-Stone	Gary Johnson
15	Inn on Park	Xmas Lunch	N/A
22	Beales	Whitwell	TBA
29	W'spoons St	Sarratt	Carol/SteveBrazier

St Albans Section - B (Tuesday)

Jan Maitland 07944406846 40plusstalbans@gmail.com

Start Points:

Smallford, Waffle House, Harpenden, Rothamsted TL134135

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

Date	Start	Destination	Leader
Oct 6	Rothamsted	Preston area	David B
13	Smallford	Epping Green	Terry 20
	Rothamsted	Potten End	Alan
27	Waffle House	Studham	David B
Nov 3	Rothamsted	Hooks Cross area	Vernon
10	Smallford	Tewin	David G
17	Waffle House	Codicote, Woolmer G	Geoff
24	Rothamsted	Boxmoor	Chris
Dec 1	Rothamsted	Great Offley	Vernon 8
	Smallford	Hertford	David G
15	Rothamsted	Tea Green	Chris
22	Waffle House	Welwyn	Jan
29	Waffle House	Potters Bar	Terry

St Albans Section - C (Tuesday)

Ian Ollier 02084405943 40plusstalbans@gmail.com

Start Points:

Maz's Cafe Hatfield TL224085 Simmons Hatfield TL225087

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

Date	Start	Destination	Leader
Oct 6	Maz's Cafe	Digswell, Cowper Arms	Louise Hughes
13	Simmons	Amwell, Elephant & Castle	Jo Klein
20	Simmons	Well End, Mops & Brooms	Pete Turney 27
	Maz's Cafe	Kimpton, The Boot	Pat Kennedy
Nov 3	Maz's Cafe	St Albans, White Lion	Jenny Humphries
10	Simmons	Welham Green, Sibthorpe Arms	Ian Constable
17	Simmons	Tewin, Plume of Feathers	Pat Kennedy
24	Maz's Cafe	Wheathampstead, The Swan	Louise Hughes
Dec 1	Simmons	Colney Heath, Crooked Billet	Alan Wallace 8
	Simmons	Hertford, Six Templars	Ian Ollier
15	Maz's Cafe	Wildhill, The Woodman	Alex Moss 22
	Maz's Cafe	Hatfield, The Wrestlers	Mavis Wallace
29	Maz's Cafe	Bell Bar, Cock o'the North	Ian Constable

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
Oct 6	Sue's	Codicote, Globe	
13	Tony's	Tewin, Plume of Feathers	
20	Sue's	St Paul's Walden, Strathmore Arms	
27	Tony's	Bragbury End, Chequers	
Nov 3	Sue's	Gustard Wood, Cross Keys	
10	Tony's	Bulls Green, Horns	
17	Sue's	Codicote, Vanstone's	
24	Tony's	Tewin, Rose & Crown	
Dec 1	Sue's	Stevenage, Fairlands	
8	Tony's	Tewin, Country Bumpkin	
15	Tony's	Woolmer Green	
22	Sue's	St Paul's Walden, Strathmore Arms	
29	Sue's	Rabley Heath, Robin Hood & Little John	

St Albans Section (Thursday)

As you doubtless know Coronavirus has seriously impacted our normal ride programme. This is particularly so in the context of Thursday outings as these were essentially social meets based in pub environments. Before the pandemic it was not unusual for 15 or more members to meet and have a good natter before riding locally to another venue for lunch.

Sadly, social distancing and group size restrictions have since driven a coach and horses through this previously popular arrangement, and it seems unlikely that any imminent "new normal" will be sufficiently relaxed to return to our previous arrangements in the foreseeable future.

Consequently Thursday outings are now discontinued until the future opportunities become more amenable. Be assured that your section management will keep the situation under review and will try to restart something similar or, if necessary, create an alternative option in addition to the Tuesday rides when feasible.

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
Oct 1	Mangrove Green, King William IV 8
	Reed, Silver Ball
15	Shuttleworth Aerodrome *
22	Gustard Wood, Cross Keys
29	Breachwood Green, Red Lion
Nov 5	Bassingbourn, The Hoops
12	Northill, The Crown
19	Rabley Heath, Robin Hood & Little John *
26	Willington, Blossom Cafe
Dec 3	Streatly, The Chequers
10	Roxton, Garden Centre
17	St Paul's Walden, Strathmore Arms *
24	Lilley, Lilley Arms
31	Gamlingay, Woodview Farmshop

* with 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
Oct 6	Colman Green, John Bunyan	Spellbrook, Three Horseshoes			
13	Gilston Park, Moorhen	Whitwell, Emily's Tea Rooms, 20			
	Sawbridgeworth, The Shed	Aspenden, The Fox			
27	Spellbrook, Three Horseshoes	Harpenden, Skew Bridge			
Nov 3	Aspenden, The Fox	Coleman Green, John Bunyan			
10	Codicote, Spokes Cafe	Kimpton, The Boot			
17	Gustard Wood , Cross Keys	Sawbridgeworth, The Shed			
24	Whitwell, Emily's Tea Rooms	Codicote, Spokes Cafe			
Dec 1	Whitehills ,Whitehills Golf Club	Gustard Wood, Cross Keys			
8	Rabley Heath, Robin Hood & Little John	Whitehills, Whitehills Golf Club			
15	Epping Green, The Beehive	Welwyn North, Cowper Arms			
22	Watton at Stone, The Bull	Stanstead Abbots, Jolly Fisherman			
29	Hailey, Galley Hall	Epping Green, The Beehive			

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.

Date	Destination A	Destination B	A Leader	B Leader
Oct 1	Harpenden, The Engineer	Aspenden, The Fox		
8	Essendon, The Candlestick	Rushden, Millend Plants		
15	Gustard Wood, Cross Keys	Tewin, Plume of Feathers		
22	Reed, Royston, Silver Ball Café	Great Offley, Red Lion		
29	Gosmore, The Bull	Dunmow, Dore's Kitchen Cafe		
Nov 6	Roydon, Crusader	Threshers Bush, John Barleycorn 13		
	Hitchin, Green Man	Takeley, Three Horseshoes		
20	Rushden, Moon & Stars	Lemsford, Long Arm & Short Arm		
27	Sawbridgeworth, Shed Café	Puckeridge, White Hart		
Dec 4	Essendon, Essendon Country Club	Sandridge, Queens Head		
11	Epping Green, The Beehive	Sawbridgeworth, Orange Tree		
18	Matching Tye, The Fox	Halls Green, Rising Sun		
25	Christmas Day	Christmas Day		

Bedfordshire Section (Tuesday)	
Paul Wareham 01582753587 40plusbeds@gmail.com	
Meet for lunch	
Date	Lunch
Oct 6	Lower Stondon, Golf Club
13	Clophill, Stone Jug
20	Henlow, Five Bells
27	Pulloxhill, Cross Keys
Nov 3	Flitwick, The Crown
10	Bletchley Dobbies, Garden Centre
17	Jordan's Mill
24	Henlow, Five Bells
Dec 1	Lower Stondon, Golf Club
8	Clophill, Stone Jug
15	Flitwick, The Crown
22	Henlow, Five Bells
29	Pulloxhill, Cross Keys

East Northants Section (Wednesday)	
Roy Presland 01933 314831	
Meet for lunch at 12 noon	
Date	Lunch
Oct 7	Carlton, Emmaus
14	Wollaston, Courtyard Tea Rooms
21	Harrold Country Park, Visitor Centre
28	Earls Barton, Marina Boathouse Cafe
Nov 4	Sywell, Overstone Manor
11	Podington, Garden Centre
18	Harrold Country Park, Visitor Centre
25	Carlton, Emmaus
Dec 2	Wollaston, Courtyard Tea Rooms
9	Harrold Country Park, Visitor Centre
16	Earls Barton, Marina Boathouse Cafe
23	Sywell, Overstone Manor
30	Podington, Garden Centre

Surrey and Sussex Section (Midweek)

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

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

Awaydays: Min Aldridge Website: Ted Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Fri	Oct 2	Newdigate, Tanhouse Farm	Betchworth, The Dolphin
Tue	6	Southwater, Country Park	Barns Green, Queens Head
Fri	9	Horne, Horne Golf Club	Faygate, Holmbush Inn
Tue	13	Rudgwick, Milk Churn	Walliswood, Scarlett Arms
Fri	16	Beare Green, Rubys Café	Warnham, Sussex Oak
Tue	20	Horsham, Warnham Mill	Southwater, Bax Castle
Fri	23	Newdigate, Tanhouse Farm	Stonebridge, Royal Oak
Tue	27	Whitemans Green, Cuckfield Golf Club	Plummers Plain, The Wheatsheaf
Fri	30	Southwater, Country Park	Coolham, Selsey Arms
Tue	Nov 3	Handcross, High Beeches Café	Goddard Green, The Sportsman
Fri	6	Newdigate, Tanhouse Farm	Outwood, Dog and Duck
Tue	10	Littleworth, Camelia Botnar Garden Centre	Southwater, Bax Castle
Fri	13	Beare Green, Rubys Café	Warnham, Sussex Oak

Continued on next page

Surrey and Sussex Section (Midweek) *continued*

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

Tue/Fri runs leaders John Coppleson 07507436015 Mike Stevens 01903740552

Awaydays: Min Aldridge Website: Ted Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Tue	Nov 17	Worth, Tulleys Farm	Faygate, Holmbush Inn
Fri	20	Newdigate, Tanhouse Farm	Stonebridge, Royal Oak
Tue	24	Southwater, Country Park	
Fri	27	Rudgwick, Milk Churn	
Tue	Dec 1	Handcross, High Beeches Café	Goddard Green, The Sportsman
Fri	4	Newdigate, Tanhouse Farm	Betchworth, Red Lion
Tue	8	Southwater, Country Park	Barns Green, Queens Head
Fri	11	Horne, Horne Golf Club	
Tue	15	Rudgwick, Milk Churn	Okewoodhill, The Punchbowl
Fri	18	Beare Green, Rubys Café	Warnham, Sussex Oak
Tue	22	Littleworth, Camelia Botnar Garden Centre	Southwater, Bax Castle
Fri	25	Christmas Week	No Ride
Tue	29		

Surrey and Sussex Section - Surrey, Kent, Sussex Borders (Wednesday)		
Richard Nainggolan 07761107905 01293786126 40plussksb@gmail.com		
Date	Meet 10:45 to 11:15	Lunch
Oct 7	Woldingham, Garden Centre	Four Elms, Four Elms Inn
Oct 21	Lingfield, Red Rum Cafe	Lingfield, Star Inn
Nov 4	Godstone, Flower Farmshop	Tatsfield, Ye Olde Inn
Nov 18	Horne, Golf Club	Mark Beech, Kentish Horse
Dec 2	Four Elms, Nursery Tea Rooms	Tandridge, Barley Mow Dec
16	Redhill, Aerodrome	Holland, The Diamond

Surrey and Sussex Section - Southwest Sussex (Thursday)				
Derek Hanson 01293535569 40plusswsussex@gmail.com				
Date	Meet 10:45 to 11:15	Lunch	Tea	Leader
	<i>No information received</i>			

Surrey & Sussex Section (Sunday)

Pam Goodall 07775 986322
40plussurreysussexsunday@gmail.com

Meet at 10:30

Contact Pam Goodall for up-to-date information

Please abide by the following riding recommendations

Club Rides

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 ride 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 rides 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.

Ride Leaders

Section Secretaries must nominate Ride Leaders, to be named on the Ride List, who they regard as competent to lead the club ride on those occasions when the Section Secretary is not available. Section Secretaries, or nominated Leaders, should keep a record of all Members attending club rides. 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 Ride 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

Don Wallace
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