

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.



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



Runs List January to March 2020

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20th February 2020 is the cut-off date for the April to June 2020 Runs List

Essex A Section (Thursday)

Chris Mills 01245 442644 40plusessexa@gmail.com

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

| Date | Meet | Lunch | Leader 1 | Leader 2 |
|-------------|---------------------------------------|--|-----------------|-----------------|
| Jan 2 | Writtle, Lordship Tea Rooms | Finchingfield, Red Lion | Smoky Joe | Philip Martin |
| 9 | Blackmore Tea Rooms | Cock Clarks, Fox & Hounds | Brian Taylor | Bob McDowell |
| 16 | Ulting, Peartree Pantry | Stondon Massey, Bricklayers | Adrian Leeds | Steve Cleaver |
| 23 | South Hanningfield, Café on the Water | Tolleshunt Major, The Bell | Chris Mills | Roger Moore |
| 30 | Felsted, Wood Cottage | Threshers Bush, John Barleycorn | Richard Bayliss | Mark Beard |
| Feb 6 | Norton Heath Café | Stansted, Rose & Crown (Bentfield Green) | Ron Self | Barry Magowan |
| 13 | Butts Green, Garden Centre | Coggeshall, Chapel Inn | Bob McDowell | Chris Mills |
| 20 | Margaretting, The Saddlery | Spellbrook, Three Horseshoes | Chris the baker | Brian Taylor |
| 27 | Great Waltham, The Stores | North Fambridge, Ferryboat Inn | Steve Cleaver | Roger Hunt |
| Mar 5 | High Easter, The Snug | Cornish Hall End, Horse & Groom | Roger Moore | Jane Moore |
| 12 | Ongar, Budworth Hall | Standon, The Star | Tony Cox | Richard Bayliss |
| 19 | Bicknacre, White Elm Garden Centre | Earls Colne, The Lion | Mark Beard | Ed Spurgeon |
| 26 | White Roding, Bretts Buttery | Saffron Walden, The Temeraire | Philip Martin | Tony Cox |

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 |
|-------------|-------------|-------------------------------------|---------------|
| Jan 2 | S | Hatfield Heath, The White Horse | Mick |
| 9 | H | Stondon Massey, Bricklayer's Arms | John |
| 16 | S | Sheering, The Cock | John |
| 23 | H | Foster Street, Horns and Horseshoes | Mick |
| 30 | S | Ongar, The Stag (shorter version) | John |
| Feb 6 | H | Thresher's Bush, John Barleycorn | John |
| 13 | S | Church Gate, The Queen's Head | Gill |
| 20 | H | High Roding, Axe and Compass | Liz |
| 27 | S | Matching Tye, The Fox | John |
| Mar 5 | H | Hatfield Broadoak, The Cock | Martin |
| 12 | S | Ingatstone, The Bell | Brian |
| 19 | H | Writtle, Rose and Crown | John |
| 26 | S | Mill Green, The Viper | 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 |
|-------|------------------------------------|-----------------------------------|------------------------------------|--------------------------------------|
| Jan 7 | Kelvedon, Sandwich Bar | Littley Green, The Compasses | To be decided by leader on the day | I Whiteside/P Rigden |
| 14 | Earls Colne, Blackhorse Café | Layer de la Haye, Donkey & Buskin | To be decided by leader on the day | M Hutley |
| 21 | Cressing, Temple Barns | Yeldham, Wagon & Horses | To be decided by leader on the day | M Swainsbury/J Davis |
| 28 | Greenstead Green, Post Office | Tolleshunt D'Arcy, Queens Head | To be decided by leader on the day | C Mills/D Russell |
| Feb 4 | Tiptree, Perrywoods | Stebbing, White Hart | To be decided by leader on the day | TBA |
| 11 | Aldham, Millrace Nursery | Maldon, Queen Vistoria | To be decided by leader on the day | P Finch |
| 18 | Witham, Olivers Nursery | Bures, Eight Bells | To be decided by leader on the day | TBA |
| 25 | Earls Colne, Colne Valley GC | Rowhedge, The Anchor | To be decided by leader on the day | J Austin |
| Mar 3 | Ulting, Peartree Pantry | Panfield, The Bell | To be decided by leader on the day | TBA |
| 10 | Marks Tey, Bungalow Diner | Sible Hedingham, White Lion | To be decided by leader on the day | I Whiteside/M Swainsbury |
| 17 | Osea Leisure Park, River View Café | Mersea, The Fox | To be decided by leader on the day | R Hunt |
| 24 | Boxted, Philpots Nursery * | Stratford St. Mary, The Anchor | To be decided by leader on the day | D McCarron |
| 31 | Abberton Reservoir, Visitor Centre | Stow Maries, Prince of Wales | Little Braxted, The Bakery | A and W Baird/ L King and G Adams |

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 |
|-------------|-------------|-----------------------------------|---------------------------------|----------------|
| Jan 7 | S | Great Totham, Foresters Golf Club | Coggeshall, Chapel Inn | Robin Herron |
| 14 | W | Ongar, Budworth Hall | Burton End, The Ash | Ron Self |
| 21 | S | Tiptree, Perrywoods | Goldhanger, The Cricketers | Tony Phillips |
| 28 | W | High Easter, Snug | Churchgate Street, Queens Head | Dick Bayliss |
| Feb 4 | S | Heybridge, Wilkins | Eight Ash Green, The Cricketers | Steve Cleaver |
| 11 | W | Blackmore, Tea Rooms | Matching Tye, The Fox | Denis Falconer |
| 18 | S | Rayne, Station | Little Braxted, Green Man | Ernis Paein |
| 25 | W | White Roding, Bretts | Hastingwood, Rainbow & Dove | Adrian Leeds |
| Mar 3 | S | Witham, Cannons BMW cafe | Purleigh, The Bell | John Hand |
| 10 | W | Felsted, Wood Cottage | Monk Street, Farmhouse Inn | Tony Cox |
| 17 | S | Cressing, Temple Barns | Stebbing, White Hart | Reece Andrew |
| 24 | W | High Roding, Dores | Much Hadham, The Bull | Chris Tomkins |
| 31 | G | Greenstead Green, Post Office | Cornish Hall End, Horse & Groom | Mark Beard |

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 |
|-------|---------------------------------------|--------------------------------------|
| Jan 7 | Woodham Walter, Bunsay Down Golf Club | Althorne, Three Horseshoes |
| 14 | Galleywood, Lathcoats Farm Shop | Bicknacre, White Swan |
| 21 | Maldon, Crystal Café | Little Braxted, Green Man |
| 28 | Hatfield Peverel, Peartree Pantry | Mill Green, The Cricketers |
| Feb 4 | Billericay, Blue Boar | Herongate, Green Man |
| 11 | Blackmore Tea Rooms | Galleywood Common, Horse & Groom |
| 18 | Margaretting, The Saddlery | Billericay, Coach & Horses |
| 25 | Woodham Walter, Bunsay Down Golf Club | Hatfield Peverel, Duke of Wellington |
| Mar 3 | Writtle, Lordship Tea Rooms | Ramsden Heath, Nags Head |
| 10 | Hatfield Peverel, D's Diner | Youngs End, Green Dragon |
| 17 | Galleywood, Lathcoats Farm Shop | Maldon, Queen's Head |
| 24 | Woodham Walter, Bunsay Down Golf Club | Witham, Battersford Court |
| 31 | Maldon, Crystal Cafe | Terling, Rayleigh Arms |

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 | Eleveses | Lunch |
|-------|-------------------------------------|----------------------------------|
| Jan 2 | Margaretting, The Saddlery | Stondon Massey, Bricklayers Arms |
| 9 | Bicknacre, White Elms Garden Centre | Goldhanger, The Chequers |
| 16 | Writtle, Lordship Tea Rooms | Stock, The Ship |
| 23 | Rettendon, BHN Garden Centre | Purleigh, The Bell |
| 30 | | |
| | Wickford, Alpha Garden Centre | Danbury, The Anchor |
| Feb 6 | Chelmsford, Ivory Peg | Great Waltham, Rose & Crown |
| 13 | Bicknacre, White Elms Garden Centre | Tolleshunt Major, The Bell |
| 20 | Maldon, Crystal Café | Tillingham, Fox & Hounds |
| 27 | Witham, Olivers Garden Centre | Great Totham, Prince of Wales |
| | | |
| Mar 5 | Maldon, Rose & Crown | Althorne, Huntsman & Hounds |
| 12 | Ramsden Heath, Hall & Co | Mill Green, The Viper |
| 19 | Margaretting, The Saddlery | Felsted, The Swan |
| 26 | Bicknacre, White Elms Garden Centre | Littley Green, The Compasses |

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:

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 |
|-------|------------|-----------------------------------|----------------|
| Jan 7 | Poppins | St Albans, Waterend Barn | Kevan Harrop |
| 14 | Morrisons | Hemel Hempstead, Full House | Roger Pask |
| 21 | Poppins | Potters Bar, Admiral Byng | Bob Page |
| 28 | Morrisons | Potten End, Martins Pond | Chris Selkirk |
| Feb 4 | Poppins | Wormley West End, Woodman & Olive | Rudy Pedri |
| 11 | Morrisons | Bricket Wood, Moor Mill | Tony o'Byrne |
| 18 | Poppins | Studham, Red Lion | Roger Bowman |
| 25 | Morrisons | Commonwood, Cart & Horses | Chris Knox |
| Mar 3 | Poppins | Mangrove Green, King William | David Whiskerd |
| 10 | Morrisons | Elstree, The Fishery | Peter Bullen |
| 17 | Poppins | Great Offley, Red Lion | Geoff Watts |
| 24 | Morrisons | Leighton Buzzard, The Swan | Gary McMahon |
| 31 | Rothamsted | Streatley, Old Chequers | Bob Carter |

St Albans Section - Intermediate (Tuesday)

Jane Sherry 07759916799 40plusstalbans@gmail.com

Start Points:

Poppins Hatfield TL224085 Inn on Park Verulamium TL138073
 Morrisons Fleetville TL166072 Harpenden, Rothamsted

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

| Date | Start | Destination | Leader |
|-------|------------|----------------------------------|-----------------|
| Jan 7 | Poppins | Bell Bar, Cock o'the North | Roger Thomson |
| 14 | Morrisons | Abbots Langley, The Swan | Martin Philipps |
| 21 | Poppins | Welham Green, Sibthorpe Arms | John Beckett |
| 28 | Morrisons | Lemsford, Long Arm & Short Arm | Charlie Lynn |
| Feb 4 | Poppins | Tewin, Plume of Feathers | Steve Brazier |
| 11 | Morrisons | Studham, Red Lion | Chris Selkirk |
| 18 | Poppins | Hertford, Six Templars | Peter Ridehalgh |
| 25 | Morrisons | Chipperfield, Two Brewers | Steve Rogers |
| Mar 3 | Poppins | Hertford Heath, Galley Hall | Carol Brazier |
| 10 | Morrisons | St Pauls Walden, Strathmore Arms | Trevor Arnold |
| 17 | Poppins | Watton-at-Stone, Bull | Dan Dorrian |
| 24 | Morrisons | Whelpley Hill, White Hart | Chris Horn |
| 31 | Rothamsted | Breachwood Green, Red Lion | Tony Stennett |

St Albans Section - B (Tuesday)

Jan Maitland 07944406846 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 10:45

| Date | Start | Destination | Leader |
|-------|------------|---------------------------|----------------|
| Jan 7 | Poppins | Hooks Cross, 3 Horseshoes | Terry Kent |
| 14 | Morrisons | Gustard Wood, Cross Keys | Jan Maitland |
| 21 | Poppins | Tewin, Plume of Feathers | volunteer ? |
| 28 | Morrisons | Studham, Red Lion | Daid Gardener |
| Feb 4 | Poppins | South Mimms, White Hart | John Edwards |
| 11 | Morrisons | Elstree, Battle Axes | Alan Punter |
| 18 | Poppins | Watton-at-Stone, The Bull | Mike Griffiths |
| 25 | Morrisons | Sarratt Bottom, Cock Inn | Ken Hoggett |
| Mar | Poppins | Codicote, Globe | volunteer ? |
| 10 | Morrisons | Great Offley, Red Lion | Don Wallace |
| 17 | Poppins | Preston, Red Lion | David Batten |
| 24 | Morrisons | Chorleywood, Black Horse | Roger Hodgson |
| 31 | Rothamsted | Whipsnade, Hunters Lodge | Vernon Clough |

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 |
|-------|------------|--------------------------------|---------------|
| Jan 7 | Poppins | Wheathampstead, The Swan | Ian Constable |
| 14 | Poppins | Well End, Mops & Brooms | Louise Hughes |
| 21 | poppins | Ayot Green, The Waggoner | Chris Rice |
| 28 | Poppins | Amwell, Elephant & Castle | Jo Klein |
| Feb 4 | Poppins | Tewin, Plume of Feathers | Ian Constable |
| 11 | Poppins | Hatfield, Red Lion | Alan Wallace |
| 18 | Poppins | Coleman Green, John Bunyan | Pat Kennedy |
| 25 | Poppins | South Mimms, Black Horse | Pete Turney |
| Mar 3 | Poppins | South Mimms, White Hart | Mavis Wallace |
| 10 | Poppins | Wild Hill, The Woodman | Alex Moss |
| 17 | Poppins | Water End, The Woodman | Pat Kennedy |
| 24 | Poppins | Tyttenhanger Green, The Plough | Jo Klein |
| 31 | Rothamsted | Woodside, The Plough | Chris Rice |

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 |
|-------|--------|-----------------------------------|--------|
| Jan 7 | Tony's | Tewin, Rose & Crown | Ian |
| 14 | Sue's | Codicote, The Globe | Owen |
| 21 | Tony's | Bragbury End, Chequers | Ian |
| 28 | Sue's | St Paul's Walden, Strathmore Arms | Owen |
| Feb 4 | Tony's | Bulls Green, The Horns | Ian |
| 11 | Sue's | Codicote, Vanstone's | Owen |
| 18 | Tony's | Tewin, Plume of Feathers | Ian |
| 25 | Sue's | Old Knebworth, Lytton Arms | Owen |
| Mar 3 | Tony's | Tewin, Country Bumpkin | Ian |
| 10 | Sue's | Kimpton, The Boot | Owen |
| 17 | Tony's | Woolmer Green, The Chequers | Ian |
| 24 | Sue's | Gustard Wood, Cross Keys | Owen |
| 31 | Sue's | Stevenage, Fairlands | Ian |

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 |
|-------|-----------------------------------|--------------|
| Jan 2 | Welham Green, Sibthorpe Arms | 166 TL234053 |
| 9 | Sandridge, Queens Head | 166 TL171105 |
| 16 | Colney Heath, Crooked Billet | 166 TL202060 |
| 23 | Kimpton, The Boot | 166 TL174183 |
| 30 | Hatfield, Harpsfield Hall | 166 TL215087 |
| Feb 6 | Bell Bar, Cock o'the North | 166 TL254054 |
| 13 | Water End, The Woodman | 166 TL229042 |
| 20 | Gustard Wood, Cross Keys | 166 TL174164 |
| 27 | South Mimms, Black Horse | 166 TL221015 |
| Mar 5 | Lemsford, Long Arm & Short Arm | 166 TL221125 |
| 12 | Redbourn, The Hollybush | 166 TL101116 |
| 19 | Hatfield, Harpsfield Hall | 166 TL215087 |
| 26 | St Paul's Walden, Strathmore Arms | 166 TL194222 |

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 |
|-------|---|
| Jan 2 | Abington Pigotts, Pig & Abbot |
| 9 | Mangrove Green, King William IV |
| 16 | Great Offley, Red Lion (GCW) |
| 23 | Gustard Wood, Cross Keys |
| 30 | Gamlingay, Woodview Farmshop |
| Feb 6 | Maulden, Dog & Badger |
| 13 | Kimpton, The Boot |
| 20 | Jordan's Mill (GCW) |
| 27 | Breachwood Green, Red Lion |
| Mar 5 | Bassingbourn, The Hoops |
| 12 | Peters Green, Bright Star |
| 19 | St Paul's Walden, Strathmore Arms (GCW) |
| 26 | Streatley, Old Chequers |

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 |
| Jan 7 | Bayford,Baker Arms | Lemsford | Ron B | tba | tba |
| 14 | Tewin, Plume of Feathers | Roydon, White Hart | Ron B | tba | John G |
| 21 | Stanstead Abbots, Jolly Fisherman | Aston End, The Crown | Ron B | tba | Allan H |
| 28 | Watton at Stone, George & Dragon | Puckeridge, Crown & Falcon | Ron B | tba | Anne R |
| Feb 4 | Knebworth, Lytton Arms | Ardley, Farm Cafe | Ron B | tba | Tim W |
| 11 | Hailey, Galley Hall | Tewin, Plume of Feathers | Ron B | tba | Chris M |
| 18 | Woolmer Green, Red Lion | Gustard Wood, Cross Keys | Ron B | tba | Tim W |
| 25 | Broxbourne, Crown | Aspenden, The Fox | Ron B | tba | Barry S |
| Mar 3 | Hooks Cross, Three Horseshoes | Spellbrook, Three Horseshoes | Ron B | tba | Steve N |
| 10 | Braughing, Golden Fleece | Wheathampstead, The Swan | Ron B | tba | Mary B |
| 17 | Walkern, WhiteLion | Harlow Park, The Greyhound | Ron B | tba | Derek A |
| 24 | Coleman Green, John Bunyan | Sawbridgeworth, Shed Cafe | Ron B | tba | Anne R |
| 31 | Spellbrook, Three Horseshoes | Hatfield Heath, White Horse | Ron B | tba | Ray C |

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 |
|-------------|--|------------------------------------|-----------------|-----------------|
| Jan 3 | Stanstead St. Margarets, Jolly Fisherman | Aspenden, The Fox | | Tim W |
| 10 | Gustard Wood, Cross Keys | Water End, Brookmans Park, Woodman | Ray C | Anne R |
| 17 | Newgate Street, Coach & Horses | Tewin, Plume of Feathers | Tony o'B | Derek A |
| 24 | Gosmore, The Bull | Great Offley, Red Lion | Sheila G | Andrew G |
| 31 | Roydon, The Crusader | Dunmow, Dore's Kitchen Café * | Chris M | Jeff L |
| Feb 7 | Lemsford, Long Arm & Short Arm | Threshers Bush, John Barleycorn | Julian S | Allan H |
| 14 | Rushden, Mill End Plants Café | Takeley, Three Horseshoes * | Chris M | Anne R |
| 21 | Sawbridgeworth, Shed Café | Hitchin, Green Man | Joe G | Jeff L |
| 28 | Essendon, The Candlesticks | Puckeridge, White Hart | Derek A | Steve N |
| Mar 6 | Reed, Royston, Silver Ball Café | Hooks Cross, Three Horseshoes | Jeff L | Chris M |
| 13 | Matching Tye, The Fox | Sandridge, Queens Head | Tim W | Allan H |
| 20 | Tewin, Rose and Crown | Halls Green, Rising Sun | Sheila G | Dan D |
| 27 | Harpenden, The Engineer | Moreton, Nags Head | Ray C | Julian S |

* Start at 10:00

| Bedfordshire Section (Tuesday) | |
|---|-------------------------------------|
| Paul Wareham 01582753587 40plusbeds@gmail.com | |
| Meet for lunch | |
| Date | Lunch |
| Jan 7 | Marston Moretaine, Forest Centre |
| 14 | Henlow, Five Bells |
| 21 | Maulden, Dog and Badger |
| 28 | Pulloxhill, Cross Keys |
| Feb 4 | Flitwick, The Crown (new venue) |
| 11 | Old Warden, Shuttleworth Air Museum |
| 18 | Bletchley, Dobbies Garden Centre |
| 25 | Clophill, Stone Jug |
| Mar 3 | Marston Moretaine, Forest Centre |
| 10 | Maulden, Dog and Badger |
| 17 | Henlow, Five Bells |
| 24 | Old Warden, Shuttleworth Air Museum |
| 31 | Clophill, Stone Jug |

| East Northants Section (Wednesday) | |
|---|---|
| Roy Presland 01933 314831 | |
| Meet for lunch at 12 noon | |
| Date | Lunch |
| Jan 1 | Harrold Country Park, Visitor Centre |
| 8 | Earls Barton, Boathouse Café (Grendon Road) |
| 15 | Sywell, Overstone Manor |
| 22 | Podington, Garden Centre |
| 29 | Rushden, Nelly's Kitchen (Bedford Road) |
| Feb 5 | Carlton, Emmaus |
| 12 | Wollaston, Courtyard Tea Rooms |
| 19 | Harrold Country Park, Visitor Centre |
| 26 | Earls Barton, Boathouse Café (Grendon Road) |
| Mar 4 | Sywell, Overstone Manor |
| 11 | Podington, Garden Centre |
| 18 | Rushden, Nelly's Kitchen (Bedford Road) |
| 25 | Carlton, Emmaus |

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 | Meet 10:45 to 11:15 (or as noted) | Lunch |
|-----|-------|------------------------------------|--------------------------------|
| Fri | Jan 3 | Roffey, New House Farm Shop | Betchworth, The Dolphin |
| Tue | 7 | Southwater, Country Park | Dragons Green, George & Dragon |
| Fri | 10 | Wimlands, Frog and Nightgown | Holmbury St. Mary, Royal Oak |
| Tue | 14 | Abinger Hammer, Tea Rooms | Ockley, Cricketers Arms |
| Fri | 17 | Balcombe, Tea Rooms | Goddard Green, The Sportsman |
| Tue | 21 | Barns Green, Sumners Ponds | Kirdford, The Forresters |
| Fri | 24 | Wiston-Ashington, Jungle Tea Rooms | Rudgewick, King's Head |
| Tue | 28 | Hurstpierpoint, Washbrooks Farm | Wineham, Royal Oak |
| Fri | 31 | Shere, The Dabbling Duck | Tismans Common, Mucky Duck |
| Tue | Feb 4 | Strood Green, Café (thru shop) | Rusper, The Star |
| Fri | 7 | Wisborough Green, Old Mill Café | Walliswood, Scarlett Arms |
| Tue | 11 | Cuckfield, Corner House Café | Littleworth, The Windmill |
| Fri | 14 | Turners Hill, Pots and Pithoi | Wimlands, Frog and Nightgown |

Surrey and Sussex Section (Midweek) *continued*

Valerie Taylor 01737242720 40plussurreysussex@gmail.com

Tue/Fri runs leaders John Copplestone 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 | Feb 18 | Rowfant Business Centre, Centre Café | Staplefield, Jolly Tanners |
| Fri | 21 | Partridge Green, Stan's Shack | Coolham, Selsey Arms |
| Tue | 25 | Cranleigh, Notcutts Gdn Ctre | Warnham, Sussex Oak |
| Fri | 28 | Beare Green, Blu-moon Café | The Haven, Blue Ship |
| Tue | Mar 3 | Horsham, Warnham Mill | Leigh, Seven Stars |
| Fri | 6 | Ditchling, The Nutmeg Tree | Ardingly, Ardingly Inn |
| Tue | 10 | Rudgwick, Milk Churn | Ewhurst, Bulls Head |
| Fri | 13 | Dorking, Peppe's Café | Ockley, Cricketers Arms |
| Tue | 17 | Littleworth, Camelia Botnar Gdn Ctre | Lambs Green, The Lamb |
| Fri | 20 | Newdigate, Tanhouse Farm | Outwood, Dog and Duck |
| Tue | 24 | Whitemans Green, Cuckfield Golf Club | Plummers Plain, Wheatsheaf |
| Fri | 27 | Henfield, Truffles | Bolney, Eight Bells |
| Tue | 31 | Charlwood, 52 The Street | Stonebridge, Royal Oak |

| Surrey and Sussex Section - Surrey Kent Sussex Borders (Wednesday) | | |
|---|--|------------------------------|
| Richard Nainggolan 07761107905 01293786126 40plussksb@gmail.com | | |
| Date | Meet 10:45 to 11:15 | Lunch |
| Jan 1 | Lingfield, Red Rum Café | Charcott, The Greyhound |
| Jan 15 | Godstone, Flower Farmshop | South Godstone, Fox & Hounds |
| Feb 5 | Horne, Horne Golf Club | Holland, The Diamond |
| Feb 19 | Redhill, Aerodrome | Dormansland, The Plough |
| Mar 4 | Edenbridge, Eden Centre | Cowden, The Fountain |
| Mar 18 | Four Elms, Four Elms Nursery Tea Rooms | Four Elms, Four Elms Inn |

| Surrey and Sussex Section - Southwest Sussex (Thursday) | | | | |
|--|----------------------------|---------------------------|------------|---------------|
| Derek Hanson 01293535569 40plusswsussex@gmail.com | | | | |
| Date | Meet 10:45 to 11:15 | Lunch | Tea | Leader |
| Jan 9 | Barnham, Willow Café | Lagness, Royal Oak | None | Derek H |
| Jan 23 | Hilliers, Garden Centre | Woodmancote, Woody's | None | Colin W |
| Feb 13 | Tangmere, Aviation Museum | Sidlesham, The Anchor | None | To be decided |
| Feb 27 | Fishbourne, Roman Palace | West Marden, Victoria Inn | None | To be decided |
| Mar 13 | Slindon, The Forge | Charlton, Fox Goes Free | Amberley | Phil G |
| Mar 27 | Westbourne, Libby's | Buriton, Five Bells | Compton | To be decided |

| Surrey & Sussex Section (Sunday) | |
|--|---------------------------------|
| Pam Goodall 07775 986322 40plussurreysussexsunday@gmail.com | |
| Date | Meet at 10:30 |
| Jan 5 | Copsale, Copsale Hall |
| 12 | Newdigate, Tanhouse Farm |
| 19 | Littleworth, Camelia Botnar |
| 26 | Handcross, High Beeches |
| Feb 2 | Copsale, Copsale Hall |
| 9 | Rudgwick, Milk Churn |
| 16 | Newdigate, Tanhouse Farm |
| 23 | Horsham, Warnham Nature Reserve |
| Mar 1 | Copsale, Copsale Hall |
| 8 | Handcross, High Beeches |
| 15 | Newdigate, Tanhouse Farm |
| 22 | Littleworth, Camelia Botnar |
| 29 | Rudgwick, Milk Churn |

| Southeast Section (Wednesday) | |
|--|-------------------------|
| Frank Grue 01322 669419 40plussoutheast@gmail.com | |
| Date | Meet at 10:30 |
| Jan 1 | Birchwood, Beefeater |
| 8 | Chelsfield, Golf Club |
| 15 | Speedgate, Cafe |
| 22 | High Elms, Beeche Cafe |
| 29 | Lullingstone, Golf Club |
| Feb 5 | Birchwood, Beefeater |
| 12 | Chelsfield, Golf Club |
| 19 | Speedgate, Cafe |
| 26 | High Elms, Beeche Cafe |
| Mar 4 | Birchwood, Beefeater |
| 11 | Chelsfield, Golf Club |
| 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

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

Chairman

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

General Secretary

Philip Martin
Oak Cottage, Maldon Road
Hatfield Peverel CM3 2JP
07891 326193
secretary@fortypluscc.co.uk

Membership Secretary

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

Treasurer

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

Website Secretary

Edward Palmer
27 Court Farm Road
Warlingham CR6 9BL
01883 622320
webmaster@fortypluscc.co.uk

Signpost Editor

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

Runs List Secretary

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