

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.



Recommendations Page 19

List of club officials Page 20



Runs List January to March 2019

Page	Section
2	Essex A
3	Essex B and Essex Easy Riders
4	Northeast Essex
5	Mid Essex
6	Southend
8	St Albans (Tue)
11	St Albans (Thu) and North Herts
12	East Herts
14	Beds and East Northants
15	Surrey and Sussex
18	Southeast and Essex Sunday

20th February 2019 is the cut-off date for the Apr—Jun 2019 Runs List

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
Jan 3	Norton Heath, Cafe	Henham, The Cock	Bob McDowell	Tony Cox
10	Writtle, Lordship Tearooms	Little Totham, The Swan	Philip Martin	Adrian Leeds
17	Great Waltham, The Stores	Colne Engaine, Five Bells	Steve Bell	Smoky Joe
24	Cooksmill Green, The Bakehouse	Maldon, Queens Head	Chris Mills	Roger Moore
31	Margaretting, The Saddlery	Sheering, The Cock	John Hinds	Steve Cleaver
Feb 7	Butts Green, Garden Centre	Messing, Old Crown	Edmund Spurgeon	Chris Mills
14	Witham, Oliver's Nursery	Stisted, The Dolphin	Mark Beard	Bob McDowell
21	Ramsden Heath, Hall & Co.	Stapleford Tawney, The Moletrap	Roger Moore	Brian Taylor
28	Blackmore, Tea Room	Molehill Green, Three Horseshoes	Chris Tomkins	Graham Dallow
Mar 7	High Easter, The Snug	Great Yeldham, Waggon & Horses	Adrian Leeds	John Hinds
14	Great Waltham, The Stores	Stow Maries, Prince of Wales	Brian Taylor	Steve Cleaver
21	Cooksmill Green, The Bakehouse	Debden, The Plough	Chris Tomkins	Mark Beard
28	Ulting, Peartree Pantry	Great Horksley, Yew Tree	Philip Martin	Roger Hunt
Tea stops are decided by the leader on the day				

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 3	H	Green Tye, Prince of Wales	John
10	S	Hatfield Broadoak, The Cock Inn	Tony
17	H	Spellbrook, The Three Horseshoes	John
24	S	Foster Street, Horns and Horseshoes.	Mick
31	H	Gilston, Moor Hen	TBA
Feb 7	S	Sheering, The Cock	Tony
14	H	Ayethorpe Roding, Axe and Compass	John
21	S	Margaretting Tye, The White Hart	Tony
28	H	Writtle, The Rose and Crown	Liz
Mar 7	S	Hatfield Heath, The White Horse	Clive
14	H	Churchgate, Queen's Head	Martin
21	S	Kelvedon Hatch, The Eagle	Brian
28	H	Hadam Ford, The Nag's Head	John

Essex Easy Riders Section (Tuesday)

Reg Horsnell 01621817916

Meet for lunch

Date	Lunch
Jan 1	New Year's Day - no ride
8	Great Totham, Prince of Wales
15	Silver End, Western Arms
22	Heybridge Basin, Old Ship
29	Maldon, Queen Victoria (Spital Road)
Feb 5	Bocking, Roundwood Garden Centre
12	Great Totham, Prince of Wales
19	Notley, Golf Club
26	Young's End, Green Dragon
Mar 5	Great Totham, Prince of Wales
12	Silver End, Western Arms
19	Heybridge Basin, Old Ship
26	Notley, Golf Club

Northeast Essex Section (Tuesday)

John Pritchard 01621853069 40plusneessex@gmail.com

Meet 10:00 for a prompt 10:30 start

Date	Meet	Lunch	Leader
Jan 1	Witham, Wetherspoons	To be decided by leader on the day	
8	Earls Colne, Blackhorse Café	Layer Breton, The Hare & Hounds	M Hutley/ D Snowling
15	Cressing, Temple Barns	Heybridge Basin,	B Taylor/ J Pritchard
22	Greenstead Green, PO	Messing, The Old Crown	J Deer/
29	Tiptree, Perrywoods	Little Green, The Compasses	P Avison/C Avison
Feb 5	Kelvedon, Sandwich Bar	Lamarsh, The Lamarsh Lion	I Whiteside/M Swainsbury
12	Aldham, Millrace Nursery	Little Totham, The Swan	K Rickwood
19	Witham, Olivers Nursery	Pebmarsh, The Kings Head	C Mills
26	Abberton, Visitors Centre	Fuller Street, The Square & Compasses	J Pritchard/B Taylor
Mar 5	Ulting, Peartree Pantry	Copford, The Alma	M Swainsbury/I Whiteside
12	Marks Tey, Bungalow Diner	Goldhanger, The Chequers	P Finch
19	Boxted, Philpots Nursery *	Hadleigh, The Kings Head	J Fryer/J Austin
26	Bocking, Roundwood GC	Little Baddow, The Rodney	D Russell/R Hunt
* Car Assisted option from Copford leaving at 09:00		Tea stops to be decided by the leader on the day	

Mid Essex Section (Tuesday)

Robin Herron 01245630864 40plusmidessex@gmail.com

Depart 09:30 from Writtle Pond (W) or Sandon Church (S)

Date	Meet	Eleveses	Lunch	Leader 1	Leader 2
Jan 1		New Years Day	No Ride		
8	S	Kelvedon, Sandwich Bar	Goldhanger, Chequers Pub	Philip Martin	
15	W	High Easter, The Snug	Churchgate Street, Queens Head	Roger Moore	
22	S	Hanningfield, Waterside Cafe	Stondon Massey, Bricklayers Arms	Tony Phillips	
29	W	Mountnessing, Francesca's Tea Room	Tawney Common, Moletrap	Ron Self	
Feb 5	S	Witham, Cannons Motorcycle Cafe	Copford Green, Alma	Steve Cleaver	Tony Phillips
12	W	Ongar, Budworth Hall	High Roding, Black Lion	Richard Bayliss	
19	S	Felsted, Wood Cottage Tearooms	Coggeshall, Chapel Inn	Robin Herron	
26	W	Hatfield Heath, Post Office	Monk Street, Farmhouse Inn	Baker Chris	
Mar 5	S	Heybridge, Wilkins	Layer Breton, Hare and Hounds	Mel Martin	Ron Self
12	W	Felsted, Wood Cottage Tearooms	Finchingfield, Lion	Ernie Peain	
19	S	Tiptree, Perrywoods	Colne Engaine, Five Bells	Tony Cox	Tony Phillips
26	W	Sawbridgeworth, The Shed	Molehill Green, Three Horseshoes	Bob McDowell	

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	Elevenes	Lunch	Grid Ref
Jan 1	Maldon, Rose & Crown,	Witham, Battesford Court,	TL 820 144
8	Woodham Walter, Bunsay Golf Club	Great Totham, Prince of Wales,	TL 844 123
15	Maldon, Crystal Café,	Althorne, Huntsman & Hounds,	TL 996 008
22	Bicknacre, White Elm Garden Centre	Hatfield Peverel, Duke of Wellington	TL 794 112
29	Billericay, Blue Boar,	Herongate, Green Man,	TQ 731 931
Feb 5	Woodham Walter, Bunsay Golf Club	Cold Norton, The Norton,	TL 849 004
12	Bicknacre, White Elm Garden Centre	Goldhanger, The Chequers,	TL 084 908
19	Chelmsford, Ivory Peg,	Galleywood, Horse & Groom,	TL 701 029
26	Hatfield Peverel, ThePeartree Pantry	Mundon, White Horse,	TL 869 027
Mar 5	Woodham Walter, Bunsay Golf Club.	Cocks Clark, Fox & Hounds	TL 814 028
12	Maldon, Crystal Café,	Tillingham, Fox & Hounds,	TL 994 037
19	Hatfield Peverel, D's Diner,	Youngs End, Green Dragon,	TL 740 196
26	Margaretting, The Saddlery,	Chignall St James, Three Elms,	TL 675 097

Southend Section (Thursday)

Graham Kirby 07526501629 40plussouthend@gmail.com

Runs Leader Peter Wotherspoon (07899 032753)

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

Date	Elevenes	Lunch	Grid Ref
Jan 3	Margaretting, The Saddlery	Stondon Masey, Bricklayers Arms	TL 585 005
10	Writtle, Lordship Tea rooms	Little Green, The Compasses	TL 699 173
17	Galleywood, Lathcoats Farm	Ramsden Heath, Nags Head	TQ 708 959
24	Rettendon Common, Buckhatch Garden Centre	Purleigh, The Bell	TL 842 020
31	Hatfield Peverel, Peartree Pantry	Little Totham, The Swan	TL 889 117
Feb 7	Maldon, Morrisons	Woodham Walter, Queen Victoria	TL 809 070
14	Maldon, Rose & Crown	Little Braxted, Green Man	TL 849 130
21	Balckmore, Tearooms	Ongar, Two Brewers	TQ 552 026
28	Margaretting, The Saddlery	Billericay, Coach & Horses	TQ 680 950
Mar 7	Billericay, Blue Boar	Mill Green, The Viper	TL 640 019
14	Galleywood, Lathcoats Farm	Bicknacre, White Swan	TL 779 047
21	Woodham Walter, Bunsay Golf Club	Hatfield Peverel, Duke of Wellington	TL 794 112
28	Bicknacre, White Elm Garden Centre	North Fambridge, Ferry Boat Inn	TQ 853 968

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	20 +	12 +	Hatfield St Albans Harpenden
Intermediate	15 to 18	11 to 12	Hatfield St Albans Harpenden
B	~ 15	10 to 11	Hatfield St Albans Harpenden
C	~ 10	~ 9	Hatfield
Potterers	5 to 10	Comfort -able	Welwyn

St Albans Section - A (Tuesday)

Kevan Harrop 01727 855265 40plusstalbens@gmail.com

Start Poppins Hatfield TL224085 Inn on Park Verulamium TL138073

Points Morrisons Fleetville TL166072 Rothamsted TL134135

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

Date	Start	Destination	Leader
Jan 1	Poppins	St Albans, Waterend Barn	Decide on the
8	Morrisons	Berkhamsted, Crown	Marc Savitsky
15	Poppins	Hertford, Six Templars	Rudy Pedri
22	Morrisons	Studham, Red Lion	Gary McMahon
29	Rothamsted	Great Offley, Red Lion	Steve Rickard
Feb 5	Poppins	Redbourn, Hollybush	Tony Green
12	Morrisons	Mangrove Green, King William	Bob Carter
19	Poppins	Aldenham, Roundbush	Tony O'Byrne
26	Morrisons	Chipperfield, Windmill	Perham Harding
Mar 5	Poppins	Potters Bar, Admiral Byng	Peter Bullen
12	Morrisons	Bridens Camp, Crown & Sceptre	Chris Knox
19	Poppins	Epping Green, Beehive	Bob Page
26	Morrisons	Chorleywood, Black Horse	Mike Joseph

St Albans Section - Intermediate (Tuesday)

Jane Sherry 07759916799 40plusstalbans@gmail.com

Start PoppinsHatfield TL224085 InnonParkVerulamium TL138073

Points MorrisonsFleetvilleTL166072 Rothamsted TL134135

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

Date	Start	Destination	Leader
Jan 1	Poppins	Hatfield, Harpsfield Hall	TBA
8	Morrisons	Redbourn, Cricketers	Derek Lambert
15	Poppins	Bell Bar, Cock o' the North	Dan Dorrian
22	Morrisons	Chipperfield, Two Brewers	Carol Brazier
29	Rothamsted	Studham, Red Lion	Charlie Lynn
Feb 5	Poppins	Tewin, Plume of Feathers	Peter Ridehalgh
12	Morrisons	Rabley Heath, Robin Hood	TBA
19	Poppins	Hertford, Six Templars	Steve Rogers
26	Morrisons	Sarratt Bottom, Cock Inn	Roger Blassb
Mar 5	Poppins	Watton-at-Stone, Bull	Steve Rickard
12	Morrisons	Potten End, Martins Pond	Jane Sherry
19	Poppins	Hoddesdon, White Swan	Richard Stubbs
26	Morrisons	White Hart, Whelpy Hill	Trevor Arnold

St Albans Section - B (Tuesday)

John Edwards 07944406846 40plusstalbans@gmail.com

Start PoppinsHatfield TL224085 InnonParkVerulamium TL138073

Points MorrisonsFleetville TL166072 Rothamsted TL134135

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

Date	Start	Destination	Leader
Jan 1	Poppins	St Albans, Waterend Barn	Jan Maitland
8	Morrisons	Kings Langley, Unicorn	TBA
15	Poppins	Epping Green, Beehive	David Gardner
22	Morrisons	Flamstead, Three Blackbirds	Colin Burns
29	Rothamsted	Harpenden, Rothamstead	Vernon Clough
Feb 5	Poppins	Aldenham, Roundbush	Ken Hogget
12	Morrisons	Preston, Red Lion	Terry Kent
19	Poppins	Watton-at-Stone, Bull	John Edwards
26	Morrisons	St Paul's Walden, Strathmore	Judith Hill
Mar	Poppins	Hoddesdon, White Swan	Roger Hodgson
12	Morrisons	Potten End, Martins Pond	Marion ?
19	Poppins	Dobbs Weir, Fish & Eels	David Batten
26	Morrisons	Elstree, Battle Axes	Eric Cullen

St Albans Section - C (Tuesday)

Ian Ollier 02084405943 40plusstalbens@gmail.com

Start Points: Poppins Hatfield TL224085 Rothamsted TL134135

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

Date	Start	Destination	Leader
Jan 1	Poppins	Potters Bar, Amiral Byng	Ian Constable
8	Poppins	St Albans, Waterend Barn	Pat Kennedy
15	Poppins	Potters Bar, Strafford Arms	Louise Hughes
22	Poppins	Sandridge, Queens Head	Ian Ollier
29	Rothamsted	Woodside, The Plough	Chris Rice
Feb 5	Poppins	Tythenhanger Gn, The Plough	Jo Klein
12	Poppins	Codicote, The Goat	Anne Jarman
19	Poppins	Harpenden, The Engineer	Mavis Wallace
26	Poppins	Hatfield, The Wrestlers	Alan Wallace
Mar 5	Poppins	Coleman Green, John Bunyan	Ian Constable
12	Poppins	Potters Bar, The Chequers	Pete Turney
19	Poppins	Harpenden, Skew Bridge	Chris Rice
26	Poppins	Wildhill, The Woodman	Alex Moss

St Albans Section - Potterers (Tuesday)

Organiser Joe Harrison 40plusstalbens@gmail.com

Meet 11:30 at: **Tony's**, 17 Canonsfield, Welwyn (TL243176)
or: **Sue's**, Annesgarth, Potters Heath Row (TL238185)

Leaders Ian Davies (01438715163) Owen Leaver (01438811653)

Date	Start	Lunch Venue	Leader
Jan 1	Tony's	Tewin, Plume of Feathers	Ian
8	Sue's	Codicote, Globe	Owen
15	Tony's	Tewin, Country Bumpkin	Ian
22	Sue's	St Paul's Walden, Strathmore Arms	Owen
29	Tony's	Bragbury End, Chequers	Ian
Feb 5	Sue's	Gustard Wood, Cross Keys	Owen
12	Tony's	Woolmer Green, Red Lion	Ian
19	Sue's	Old Knebworth, Lytton Arms	Owen
26	Tony's	Bulls Green, Horns	Ian
Mar 5	Sue's	Stevenage, Fairlands	Owen
12	Tony's	Woolmer Green, Chequers	Ian
19	Sue's	St Paul's Walden, Strathmore Arms	Owen
26	Sue's	Wheathampstead, Swan	Owen

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 3	Hatfield, Harpsfield Hall	166 TL215087
10	Lemsford, Long Arm & Short Arm	166 TL221125
17	Bell Bar, Cock o' the North	166 TL254054
24	Harpندن, Engineer	166 TL141131
31	Water End, Woodman	166 TL229042
Feb 7	Gustard Wood, Cross Keys	166 TL174164
14	Colney Heath, Crooked Billet	166 TL202060
21	Kimpton, Boot	166 TL174183
28	Welham Green, Sibthorpe Arms	166 TL234053
Mar 7	Redbourn, Chequers	166 TL111118
14	Tytenhanger Green, Plough	166 TL182059
21	Codicote, Globe	166 TL219181
28	South Mimms, Black Horse	166 TL221015

North Herts Section (Thursday)

Stuart Collins 07770600370 40plusnherts@gmail.com

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

Date	Lunch from midday
Jan 3	Abington Pigotts, The Pig & Abbot
10	Mangrove Green, The King William
17	Gt Offley, The Red Lion (GCW)
24	Gustard Wood, The Cross Keys
31	Gamlingay, The Woodview Farmshop
Feb 7	Maulden, The Dog & Badger
14	Kimpton, The Boot
21	Shillington, The Musgrave Arms (GCW)
28	Lilley, The Lilley Arms
Mar 7	Bassingbourn, The Hoops
14	Peters Green, The Bright Star
21	St Paul's Walden, The Strathmore Arms (GCW)
28	Pulloxhill, The Cross Keys

East Herts Section (Tuesday)

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 Moderate Group 1 and Easy Riders	Destination B Moderate Group 2	A Leader	B Leader
Jan 1	No Ride	No Ride		
8	Tewin, Plume of feathers	Kimpton, The Boot	TBA	Ron
15	Bennington, Bell	Tewin, Plume of Feathers	TBA	Ron
22	Hailey , Galley Hall	Bennington,Bell	TBA	Ron
29	Bayford, Bakers Arms	Hailey , Galley Hall	TBA	Ron
Feb 5	Welwyn North, Cowper Arms	Bayford Bakers Arms	TBA	Ron
12	Knebworth, Lytton Arms	Welwyn North, Cowper Arms	TBA	Ron
19	Epping Green, Beehive	Gustard Wood, Cross keys	TBA	Ron
26	Woolmer Green, Red Lion	Epping Green, Beehive	TBA	Ron
Mar 5	Puckeridge, Crown & Falcon	Woolmer Green, Red Lion	TBA	Ron
12	Broxbourne, Crown	Puckeridge, Crown & Falcon	TBA	Ron
19	Walkern, White Lion	Broxbourne, Crown	TBA	Ron
26	Kimpton, The Boot	Walkern , White Lion	TBA	Ron

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 4	Harpenden , Skew Bridge	Mangrove Green , King William	Jeff L	TBA
11	Nuthampstead, Woodman Inn	Roydon, Crusader *	TBA	TBA
18	Sandridge, Green Man	Halls Green , Rising Sun	Allan H	Ray C
25	Rushden, Mill End Garden Centre	Moreton, White Hart Inn *	Chris M	Anne R
Feb 1	Colemans Green, John Bunyan	Royston, Fox and Duck	Tony G	Sheila G
8	Weston, The Cricketers	Bishops Stortford, Coffee Shop *	Andrew G	TBA
15	Great Offley, Red Lion	Barley , Chequers	Tim W	Derek A
22	Watton at Stone, George & Dragon	Matching Green, Chequers *	Dan D	Allan H
Mar 1	Royston, Wyevale Garden Centre	Hatfield Heath, White Horse *	Derek A	Jeff L
8	Little Wymondley, Plume of Feathers	Standon, The Bell	Chris M	Tony o'B
15	Harpenden , The Engineer	Threshers Bush, John Barleycorn *	Ray C	Anne R
22	Ashwell , Rose and Crown	Sandridge, Queens Head	Tony G	Ron B
29	Rabley Heath, Robin Hood & Little John	Rushden and Langley Lower Green **	Andrew G	Tim W
* Start 10:00 ** Start 09:30 (60 mile ride)				

Bedfordshire Section (Tuesday)	
Paul Wareham 01582753587 Tony Sugars 01525 40plusbeds@gmail.com	
Meet for lunch	
Date	Lunch
Jan 1	Marston Moretaine, Forest Centre
8	Wardhedges, Jolly Coopers
15	Clophill, Stone Jug
22	Henlow,, Five Bells
29	Pulloxhill, Cross Keys
Feb 5	Maulden, Dog and Badger
12	Shuttleworth, Old Warden
19	Wardhedges, Jolly Coopers
26	Clophill, Stone Jug
Mar 5	Henlow, Five Bells
12	Marston Moretaine, Forest Centre
19	Maulden, Dog and Badger
26	Pulloxhill, Cross Keys

East Northants Section (Wednesday)	
Roy Presland 01933 314831	
Meet for lunch at 12 noon	
Date	Lunch
Jan 2	Carlton, Emmaus
9	Wollaston, Hill Cafe
16	Harrold Country Park, Visitor Centre
23	Grendon, Half Moon
30	Sywell, Overstone Manor
Feb 6	Podington, Garden Centre
13	Rushden, Nelly's Kitchen (Bedford Road)
20	Carlton, Emmaus
27	Wollaston, Hill Cafe
Mar 6	Harrold Country Park, Visitor Centre
13	Grendon, Half Moon
20	Sywell, Overstone Manor
27	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: Eddie Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Tue	Jan 1	Beare Green, Henfold Lakes	Ewhurst, Bulls Head
Fri	4	Steyning, Truffles	Maplehurst, White Horse
Tue	8	Dorking, Peppe's Café	Holmbury St. Mary, Royal Oak
Fri	11	Pulborough Brooks, RSPB	Billingshurst, The Limeburners
Tue	15	Worth, Tulleys Farm	Ardingly, Ardingly Inn
Fri	18	Henfield, Truffles	Staplefield, Jolly Tanners
Tue	22	Cuckfield, Pantry	Littleworth, The Windmill
Fri	25	Beare Green, Blu-moon Café	The Haven, Blue Ship
Tue	29	Wisborough Green, Old Mill Café	Alfold Crossways, Three Compasses
Fri	Feb 1	Horsham, Conservatory Café	Okewoodhill, The Punchbowl
Tue	5	Shere, The Dabbling Duck	Tismans Common, Mucky Duck
Fri	8	Ditchling, The Nutmeg Tree (See Note A)	Wineham, Royal Oak
Tue	12	Horne, Horne Golf Club	Ironsbottom, Three Horseshoes
Fri	15	Partridge Green, Stan's Shack	Barns Green, Queens Head
Tue	19	Abinger Hammer, Tea Rooms	Stonebridge, Royal Oak

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: Eddie Palmer 01883 622320

Day	Date	Meet 10:45 to 11:15 (or as noted)	Lunch
Fri	22	Hurstpierpoint, Washbrooks Farm	Plummers Plain, Wheatsheaf
Tue	26	Rowfant Business Centre, Centre Café	Wimlands, Frog and Nightgown
Fri	Mar 1	Turners Hill, Pots and Pithoi (See Note B)	Faygate, The Holmbush Inn
Tue	5	Littleworth, Camelia Botnar Gdn Ctre	Dragons Green, George & Dragon
Fri	8	Cranleigh, Notcutts Gdn Ctre	Warnham, Sussex Oak
Tue	12	Roffey, New House Farm Shop	Bolney, Eight Bells
Fri	15	Charlwood, 52 The Street	Betchworth, The Dolphin
Tue	19	Balcombe, Tea Rooms	Goddard Green, The Sportsman
Fri	22	Barns Green, Sumners Ponds	Kirdford, The Forresters
Tue	26	Poynings, Rushfields	Henfield, Cat and Canary
Fri	29	Cuckfield, Golf Centre	Rusper, The Star

Notes	Speed and distance
<p>A Formerly Tea Rooms</p> <p>B Map ref: TQ 356 360</p>	<p>Tue/Fri rides are usually around 12.5 miles from 11'ses to the lunch venue and take approx 1 hour. After lunch riders disperse in their various directions homewards. Awaydays are approx 45 miles from 11'ses/meet and back to the same location by late afternoon.</p>

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 2	Horne, Horne Golf club	Godstone, Fox & Hounds (A)
Jan 16	Four Elms, Tea Room	Tandridge, Barley Mow
Feb 6	Lingfield, Rosies Coffee Lounge	Charcott, The Greyhound
Feb 20	Redhill, Aerodrome	Dormansland, Plough
Mar 6	Horne, Golf Club	Oxted, The Diamond (B)
Mar 20	Oxted, Café Papillon	Ide Hill, Cock Inn

A: Tilburstow Hill Road, Godstone RH9 8LE (TQ354493) **B:** Holland Road, Oxted RH8 9BQ (TQ404502)

Surrey and Sussex Section, Southwest Sussex (Thursday)				
Derek Hanson 01293535569 40plusswsussex@gmail.com				
Date	Meet 10:45 to 11:15	Lunch	Tea	Leader
Jan 10	Barnham, Willow Café	Lagness, Royal Oak	None	Derek H
Jan 24	Hilliers, Garden Centre	Woodmancote, Woody's	None	Richard S
Feb 14	Tangmere, Aviation Museum	Sidlesham, Anchor	None	Colin W
Feb 28	Fishbourne, Roman Palace	West Marden, Victoria Inn	None	Tony L
Mar 14	Slindon, Forge	Charlton, Fox Goes Free	Amberley	Phil G
Mar 28	Westbourne, Libby's	Buriton, Five Bells	Compton	Mike S

Surrey & Sussex Section (Sunday)	
Pam Goodall 07775986322 40plussurreysussexsunday@gmail.com	
Date	Meet from 10:30 : noon
Jan 6	Copsale, Copsale Hall
13	Newdigate, Tanhouse Farm
20	Hand Cross, High Beeches
27	Littleworth, Camelia Botnar
Feb 3	Copsale, Copsale Hall
10	Redhill Aerodrome, Pilots Hub
17	Newdigate, Tanhouse Farm
24	Milk Church, Rudgwick
Mar 3	Copsale, Copsale Hall
10	Hand Cross, High Beeches
17	Newdigate, Tanhouse Farm
24	Littleworth, Camelia Botnar
31	Horsham, Warnham Reserve

Southeast Section (Wednesday)	
Frank Grue 01322669419 40plussoutheast@gmail.com	
Destination decided on the day	
Date	Meet at 10:30
Jan 2	Birchwood, The Bull
9	Speedgate, Coffee Shop
16	Lullingstone, Golf Club
23	High Elms, Beeche Cafe
30	Birchwood, The Bull
Feb 6	Chelsfield, Golf Club
13	Speedgate, Coffee Shop
20	Lullingstone, Golf Club
27	High Elms, Beeche Cafe
Mar 6	Birchwood, The Bull
13	Chelsfield, Golf Club
20	Speedgate, Coffee Shop
27	High Elms, Beeche Cafe
Please call Frank if you want to come along Occasional Sunday rides are arranged Contact Frank for details	

Essex Sunday Section	
Michael Cheesman 07514094897	
Date	Meet at lunch venue about 1pm
Jan 6	Roydon, The Crusader
13	Chipping Ongar, Two Brewers
20	Epping Green, Traveller's Friend
27	Moreton, White Hart
Feb 3	Sheering, The Crown
10	Matching Tye, The Fox
17	Hatfield heath, White hart
24	High Ongar, The Foresters
Mar 3	Churchgate Street, Queens Head
10	Marden Ash, The Stag
17	Hatfield Broad Oak, Dukes Head
24	Epping Green, The Crusader
31	Sheering, Queens Head
Afternoon tea at Blackmore Church on the first Sunday of each month	

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

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