

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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Essex Tour—see back cover



Runs List April to June 2019

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20th May 2019 is the cut-off date for the Jul - Sep 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
Apr 4	Blackmore, Tearooms	Hazel End, Three Horseshoes	Bob McDowell	Chris Mills
11	Norton Heath, Café	Cold Norton, Norton	Brian Taylor	Edmund Spurgeon
18	Great Waltham, Stores	Layer Breton, Hare & Hounds	Richard Bayliss	Smoky Joe
25	Margaretting, Saddlery	Sheering, Cock	John Hinds	Steve Cleaver
May 2	Ulting, Peartree Pantry	Castle Hedingham, Bell	Roger Moore	Jane Moore
9	High Easter, The Snug	Great Hormead, Three Tuns	Mark Beard	Bob McDowell
16	Witham, Olivers	Assington, Shoulder of Mutton	Chris Mills	Philip Martin
23	Cooksmill Green, Bake House	Upshire (near), Woodbine	Chris the ex-Baker	Roger Hunt
30	Felsted, Wood Cottage	Belchamp St Paul, Half Moon	Adrian Leeds	Roger Moore
Jun 6	White Roding, Cammas Hall	Ashdon, Rose & Crown	Philip Martin	Mark Beard
13	Butts Green, Garden Centre	West Mersea, Fox	Brian Taylor	Richard Bayliss
20 #	Hatfield Heath, Post Office	Chrishall, Red Cow	Tony Cox	not required
27	Cressing, Temple Barns	Stratford St Mary, Anchor	Philip & Roger M	not required
A tea stop is decided by the Principal Leader on the day				

There will also be a 200km ride to Bury St Edmunds on June 20th led by Philip and Roger, details to be posted later on website.

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
Apr 4	S	Mill Green, The Viper	John
11	H	Gilston, Plume of Feathers	John
18	S	Sheering, The Cock	Clive
25	H	Stock, Baker's Arms	Brian
May 2	S	Hatfield Broad Oa,: The Cock	John
9	H	Mill Green, The Viper	Liz
16	S	Matching Tye, The Fox	Mick
23	H	Littley Green, The Compass	John
30	S	Hatfield Heath, White Horse	
Jun 6	H	Brick End, Prince of wales	John
13	S	Writtle, Rose and Crown	Mick
20	H	Standon, The Star	Martin
27	S	Churchgate, Queen's Head	John

Essex Easy Riders Section (Tuesday)	
Reg Horsnell 01621817916	
Meet for lunch	
Date	Lunch
Apr 2	Great Totham, Prince of Wales
9	Silver End, Western Arms
16	Heybridge Basin, Old Ship *
23	The Notleys, Golf Club
30	Maldon, Queen Victoria (Spital Road)
May 7	Bocking, The Roundwood
14	Great Totham, Prince of Wales
21	Silver End, Western Arms
28	Heybridge Basin, Old Ship *
Jun 4	The Notleys, Golf Club
11	Maldon, Queen Victoria (Spital Road)
18	Bocking, The Roundwood
25	Great Totham, Prince of Wales

* 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
Apr 2	Witham, Wetherspoons	Rowhedge, The Anchor	Tiptree, Millens	P Finch/
9	Earls Colne, Blackhorse Café	Groton, Fox & Hounds	Aldham, Millrace Garden Centre	C Behn/D McCarron
16	Cressing, Temple Barns	Cock Clarks, Fox & Hounds	Little Braxted, Braxted Bakery	E Wainwright/
23	Greenstead Green, PO	Ashdon, Rose & Crown	Great Bardfield, Blue Egg	C Mills/P Martin
30	Tiptree, Perrywoods	Stebbing, White Hart	Cressing, Temple Barns	
May 7	Kelvedon, Sandwich Bar	Castle Hedingham, The Bell	Earls Colne, Colne Valley GC	M Swainsbury/I Whiteside
14	Aldham, Millrace Nursery	Lindsey Tye, The Rose	Boxted, Philpots Nursery	E Spurgeon/
21	Witham, Olivers Nursery	Fordham, Three Horseshoes	Coggeshall, Clock House Café	M Hutley/J Austin
28	Copford, Barn Plants	Great Bromley, The Courthouse	Aldham, Millrace Garden Centre	K Rickwood/D Russell
Jun 4	Marks Tey, Bungalow Diner	Woodham Mortimer, Hurdlemakers Arms	Ulting, Pear Tree Pantry	J Pritchard/B Taylor
11	Ulting, Peartree Pantry	West Mersea, The Victory	Tiptree, Jam Factory	P Martin/C Mills
18	Abberton, Visitors Centre	Bures, Eight Bells	Greenstead Green, Post Office	P Avison/C Avison
25	Bocking, Roundwood GC	Molehill Green, Three Horseshoes	Felsted, Wood Cottage Tea Rooms	I Whiteside/M Swainsbury

Mid Essex Section (Tuesday)

Ron Self 01245472531 40plusmidessex@gmail.com

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

Date	Meet	Elevenes	Lunch	Leader 1	Leader 2
Apr 2	S	Rayne, Station cafe	Lamarsh, The Lion	Ron Self	
9	W	Bretts, White Roding	Green Tye, Prince of Wales	Adrian Leeds	
16	S	Great Totham, Forresters GC	West Mersea, The Victory	Robin Herron	
23	W	High Roding, Dores cafe	Monk Street, Farmhouse Inn	Tony Cox	Steve Claeaver
30	S	Great Dunmow, Rhubarb cafe	Finchingfield, The Lion	Ernie Peain	
May 7	W	Sawbridgeworth, The Shed	Clavering, The Cricketers	Richard Bayliss	
14	S	Greensted Green, Post Office	Clare, The Swan	Tony Phillips	
21	W	Mountnessing, Francesca's	Theydon Bois, The Bull	Bob McDowell	
28	S	Tiptree, Perrywoods	Rowhedge, The Anchor	Phillip Martin	
Jun 4	W	Hatfield Forest, Tea hut	Anstey, Blind Fiddler	Chris Tomkins	
11	#	Coggeshall, Marks Hall		Steve Cleaver	
18	S	Coggeshall, Clocktower cafe	Nayland, The Anchor	Roger Moore	Tony Phillips
25	W	Hatfield Heath, Post Office	Aspenden, The Fox	Chris Tomkins	

Meet at Great Waltham

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	Eleveses	Lunch	Grid Ref	Leader
Apr 2	Hockley, Riverside Garden Centre	Thorpe Bay, Yacht Club	TQ 921 845	Brian
9	Galleywood, Lathcoates Farm	Stondon Massey, Bricklayers Arms	TL 585 005	Peter
16	Maldon, Crystal Café	Tillingham, Fox & Hounds	TL 994 037	Brian
23	Bicknacre, White Elm Garden Centre	Great Waltham, Beehive	TL 695 135	Peter
30	Butts Green, Garden Centre	Witham, Battesford Court	TL 820 144	Brian
May 7	Little Baddow, Paper Mill Lock	Black Notley, The Vine	TL 767 208	Trevor
14	Writtle, Hylands House	Kelvedon, The Railway	TL 865 192	Peter
21	Hatfield Peverel, Peartree Pantry	Little Braxted, Green Man	TL 849 130	Brian
28	Blackmore, Tea Rooms	North Weald, Airfield	TL 487 047	Peter
Jun 4	Witham, Oliver's Garden Centre	Young's End, Green Dragon	TL 740 196	Brian
11	Heybridge, Osea View Cafe	West Mersea, Coast Inn	TQ 136 027	Keith
18	Blackmore, Tea Rooms	Epping, Theydon Oak	TL 474 018	Brian
25	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	Elevenses	Lunch	Grid Ref	Leader
Apr 4	Hatfield Peverel, Peartree Pantry	Little Totham, The Swan	TL 889 116	Trevor
11	Writtle, Lordship Tearooms	Felsted, The Swan	TL 677 204	Trevor
18	Billericay, Blue Boar	Orsett, The Foxhound	TQ 645 818	Peter
25	Blackmore, Tea Rooms	Littley Green, The Compasses	TL 699 173	Trevor
May 2	Maldon, Crystal Café	Copford, The Alma	TL 927 228	Keith
9	Margaretting, The Saddlery	Mill Green, The Viper	TL 640 019	Trevor
16	Ongar, Delimores	Matching Tye, The Fox	TL 514 112	Keith
23	Mundon, Roundbush	Bradwell, Green Man	TQ 998 078	Keith
30	Margaretting, The Saddlery	North End, Butchers Arms	TL 666 187	Keith
Jun 6	Writtle, The Secret Garden	Moreton, White Horse	TL 534 072	Trevor
13	Woodham Walter, Bunsay Down Golf Club	Cressing, The Willows	TL 793 208	Peter
20	Hatfield Peverel, Peartree Pantry	Stebbing, Andrewsfield Airbase	TL 688 247	Trevor
27	Ongar, Delimores	Sawbridgeworth, The Gate	TL 482 150	Trevor

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
Apr 2	Poppins	Walkern, White Lion	Bob Carter
9	Inn on Park	Aldbury, Valiant Trooper	David Whiskerd
16	Poppins	Hoddesdon, Star	Peter Bullen
23	Inn on Park	Asheridge, Blue Ball	Gary McMahon
30	Rothamsted	Pegsdon, Live & Let Live	Bob Rall
May 7	Poppins	Tonwell, Robin Hood & Little John	Kevan Harrop
14	Inn on Park	Marsworth, Anglers Retreat	Chris Knox
21	Poppins	Bayford, Baker Arms	Bob Page
28	Inn on Park	Northall, Swan	Marc Savitsky
Jun 4	Poppins	Hitchin, Angel Vaults Inn	Steve Rickard
11	Inn on Park	Great Missenden, Black Horse	Roger Pask
18	Poppins	Hertford Heath, Goat Inn	Rudy Pedri
25	Inn on Park	Codicote, Globe	Tony o' Byrne

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
Apr 2	Poppins	Aldenham, The Roundbush	Volunteer req'd
9	Inn on Park	Whitwell, The Bull	Volunteer req'd
16	Poppins	Little Berkhamsted, Five Horseshoes	Peter Ridehalgh
23	Inn on Park	Potten End, Martins Pond	Richard Stubbs
30	Rothamsted	Tea Green, White Horse	Phil Gaskell
May 7	Poppins	Majorca week	n/a
14	Inn on Park	Whipsnade, Hunters Lodge	Martin Phillips
21	Poppins	Dobbs Weir, Fish & Eels	Tony o' Byrne
28	Inn on Park	Great Offley, Red Lion	Tony Green
Jun 4	Poppins	Great Amwell, George IV	Steve Rogers
11	Inn on Park	Aldbury, Valiant Trooper	Steve Webster
18	Poppins	Walkern, White Lion	Dan Dorrian
25	Inn on Park	Commonwood, Cart & Horses	Volunteer req'd

St Albans Section - B (Tuesday)

John Edwards 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
Apr 2	Poppins	Bulls Green, The Horns	
9	Inn on Park	Woodside, The Plough	Alan Punter
16	Poppins	Breachwood Green, Red Lion	
23	Inn on Park	Bricket Wood, Moor Mill	John Edwards
30	Rothamsted	Gosmore, The Bull	
May 7	Poppins	Wareside, Chequers	
14	Inn on Park	Sarratt Bottom, Cock Inn	David Gardener
21	Poppins	Wormley West End, Woodman & Olive	Roger Hodgson
28	Inn on Park	Whitwell, The Bull	Terry Kent
Jun 4	Poppins	Aston End, The Crown	Jan Maitland
11	Inn on Park	Stevenage, Roebuck Inn	Vernon Clough
18	Poppins	Woolmer Green, Red Lion	Don Wallace
25	Inn on Park	Flamstead, Three Blackbirds	David Batten

St Albans Section - C (Tuesday)

Ian Ollier 02084405943 40plusstalbands@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
Apr 2	Poppins	Hertford, Six Templars	Jo Klein
9	Poppins	Epping Green, The Beehive	Louise Hughes
16	Poppins	Wheathampstead, The Swan	Barrie Wood
23	Poppins	London Colney, Green Dragon	Ian Ollier
30	Rothamsted	Redbourn, The Hollybush	Jo Klein
May 7	Poppins	Kimpton, The Boot	Pat Kennedy
14	Poppins	Woolmer Green, Red Lion	Pete Turney
21	Poppins	Sandridge, Queens Head	Alan Wallace
28	Poppins	Coleman Green, John Bunyan	Anne Jarman
Jun 4	Poppins	Colney Heath, Crooked Billet	Alex Moss
11	Poppins	Lemsford, Long Arm & Short Arm	Ian Constable
18	Poppins	Bricket Wood, Moor Mill	Chris Rice
25	Poppins	Tewin, Plume of Feathers	Mavis Wallace

St Albans Section - Potterers (Tuesday)

Organiser Joe Harrison 40plusstalbands@gmail.com

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

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

Leaders Ian Davies (01438715163) Owen Leaver (01438811653)

Date	Start	Lunch Venue	Leader
Apr 2	Tony's	Tewin, Plume of Feathers	Ian (ID)
9	Sue's	Codicote, Globe	Owen
16	Tony's	Tewin, Country Bumpkin	Ian (ID)
23	Sue's	St Paul's Walden, Strathmore Arms	Owen
30	Tony's	Bragbury End, Chequers	Ian (ID)
May	Sue's	Gustard Wood, Cross Keys	Owen
14	Sue's	Codicote, Vanstone's	Owen
21	Sue's	Old Knebworth, Lytton Arms	Owen
28	Tony's	Bulls Green, Horns	Ian (ID)
Jun 4	Sue's	Stevenage, Fairlands	Owen
11	Tony's	Woolmer Green, Chequers	Ian (ID)
18	Sue's	St Paul's Walden, Strathmore Arms	Owen
25	Tony's	Tewin, Country Bumpkin	Ian (ID)

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
Apr 4	Harpenden, Engineer	<u>166 TL141131</u>
11	Gustard Wood, Cross Keys	<u>166 TL174164</u>
18	Hatfield, Harpsfield Hall	<u>166 TL215087</u>
25	Colney Heath, Crooked Billet	<u>166 TL202060</u>
May 2	Hatfield, Harpsfield Hall	<u>166 TL215087</u>
9	St Albans, Waterend Barn	<u>166 TL148070</u>
16	Kimpton, Boot	<u>166 TL174183</u>
23	Welham Green, Sibthorpe Arms	<u>166 TL234053</u>
30	South Mimms, Black Horse	<u>166 TL221015</u>
Jun 6	Bell Bar, Cock O' North	<u>166 TL254054</u>
13	Water End, Woodman	<u>166 TL229042</u>
20	Redbourn, Hollybush	<u>166 TL101116</u>
27	Aldenham, Roundbush	<u>166 TQ145984</u>

North Herts Section (Thursday)

Geoff Perry 07770 600370 40plusnherts@gmail.com

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

Date	Lunch from midday
Apr 4	Therfield, Fox & Duck
11	Maulden, Dog & Badger
18	Great Offley, Red Lion #
25	Abington Pigotts, Pig & Abbot
May 2	Gustard Wood, Cross Keys
9	Bassingbourn, The Hoops
16	Jordan's Mill #
23	Peters Green, The Bright Star
30	The Lilley Arms
Jun 6	Pulloxhill, Cross Keys
13	Kimpton, The Boot
20	Rabley Heath, Robin Hood & Little John #
27	Mangrove Green, King William
# 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
Apr 2	Great Hornead, Three Tuns	Breachwood Green, Red Lion	Ron B	tba	Anne R
9	Sandridge, Queens Head	Aston End , The Crown	Ron B	tba	Mary B
16	Aston End, The Crown	Aspenden, The Fox	Ron B	tba	Tim W
23	Braughing, Golden Fleece	Kimpton , The Boot	Ron B	tba	Steve N
30	Whitwell, Emily's Tea Room	Nuthampstead, The Woodman	Ron B	tba	Derek A
May 7	Coleman Grn, John Bunyan	Ardeley, Jolly Waggoners	Ron B	tba	Mary B
14	Lilley, Lilley Arms	Gustard Wood , Cross Keys	Ron B	tba	Anne R
21	Little Hadham , Nags Head	Whitwell , Emily's Tearoom	Ron B	tba	Jeff L
28	Breachwood Green, Red Lion	Rushden, Mill End Plants	Ron B	tba	Chris M
Jun 4	Peters Green, Bright Star	Halls Green , Rising Sun	Ron B	tba	Chris M
11	Weston, The Cricketers	Barkway , Tally Ho	Ron B	tba	Ray C
18	Ashwell Bash, Three Tuns	Ashwell , Three Tuns	Ron B	tba	tba
25	Tea Green, White Horse	Cottered , The Bull	Ron B	tba	tba

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
Apr 5	Graveley, Waggon and Horses	Amwell, Elephant and Castle	Sheila G	Ray C
12	Harpenden, Engineer	Sawbridgeworth, Rising Sun	Anne R	Jeff L
19	Sheering, Cock Inn	Preston, Red Lion	Allan H	Tim W
26	Hatfield, Cock	Hastingwood, Harlow Garden Centre *	Dan D	Julian S
May 3	Rickling Green, Cricketers	Biggleswade, Jordans Mill *	Derek A	Jeff L
10	Sandridge, Green Man	Great Hormead, Three Tuns		Andrew G
17	White Roding, Bretts Country Restaurant *	Royston, Wyevale Garden	Joe G	Sheila G
24	Circuit of East London, M&S Cutty Sark	Matching Tye, The Fox *	Anne R/Gaye I	Tim W
31	Circuit of Bedford (details later)	Harpenden, Red Cow	Ray C	Andrew G
Jun 7	Hatfield Heath, Thatchers Pub *	Hatfield Broad Oak, Cammas Hall Fruit Farm	Tony o' B	
14	Baldock, George	Sawbridgeworth, Shed Café *	Chris M	Joe G
21	Bentfield Green, Rose and Crown *	Beachwood Green, Red Lion	Jeff L	Sheila G
28	Lemsford, Long Arm & Short Arm	Clavering, Fox and Hounds *	Derek A	Tony O

* Start at 10:00

Bedfordshire Section (Tuesday)

Paul Wareham 01582753587 Tony Sugars 01525874325
40plusbeds@gmail.com

Meet for lunch

Date	Lunch
Apr 2	Henlow, Five Bells
9	Clophill, Stone Jug
16	Shuttleworth, Old Warden
23	Maulden, Dog and Badger
30	Pulloxhill, Cross Keys
May 7	Marston Moretaine, Forest Centre
14	Wardhedges, Jolly Coopers
21	Clophill, Stone Jug
28	Maulden, Dog and Badger
Jun 4	Henlow, Five Bells
11	Shuttleworth, Old Warden Air Museum
18	Marston Moretaine, Forest Centre
25	Pulloxhill, Cross Keys

East Northants Section (Wednesday)

Roy Presland 01933 314831

Meet for lunch at 12 noon

Date	Lunch
Apr 3	Rushden, Nelly's Kitchen (Bedford Road)
10	Carlton, Emmaus
17	Wollaston, Hill Cafe
24	Harrold Country Park, Visitor Centre
May 1	Grendon, Half Moon
8	Sywell, Overstone Manor
15	Podington, Garden Centre
22	Rushden, Nelly's Kitchen (Bedford Road)
29	Carlton, Emmaus
Jun 5	Wollaston, Hill Cafe
12	Harrold Country Park, Visitor Centre
19	Grendon, Half Moon
26	Sywell, Overstone Manor

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: Eddie Palmer 01883 622320

Day	Date	Xref	Meet 10:45 to 11:15 (or as noted)	Lunch
Tue	Apr 2		Horsham, Warnham Mill Pond	Leigh, Seven Stars
Fri	5		West Humble Station, Pilgrims Cycles	ParkGate, The Surrey Oaks
Tue	9	A	Rusper, Rusper Golf Club	Rusper, Rusper Golf Club
Fri	12		Henfield, Truffles	Plummers Plain, Wheatsheaf
Tue	16		Newdigate, Tanhouse Farm	The Haven, Blue Ship
Fri	19		Pulborough Brooks, RSPB	Kirdford, The Forresters
Tue	23		Horley, Le Manger	Lambs Green, The Lamb
Fri	26		Rudgwick, Milk Churn	Holmbury St. Mary, Kings Head
Tue	30		South Nutfield, Redhill Aerodrome	Newdigate, Six Bells
Fri	May 3		Cuckfield, Corner House Café	Southwater, Bax Castle
Tue	7		Southwater, Country Park	Littleworth, The Windmill
Fri	10		Strood Green, Café (through shop)	Outwood, The Castle
Tue	14		Wimlands, Frog and Nightgown	Ockley, Cricketers Arms

A - Founders Day Ride (see inside back cover for details)

Surrey and Sussex Section (Midweek) <i>continued</i>				
Valerie Taylor 01737242720 40plussurreysussex@gmail.com				
Tue/Fri runs leaders John Coplestone 07507436015 Mike Stevens 01903740552				
Awaydays: Min Aldridge Website: Eddie Palmer 01883 622320				
Day	Date	Xref	Meet 10:45 to 11:15 (or as noted)	Lunch
Fri	17		Wiston-Ashington, Jungle Tea Rooms	Rudgewick, King's Head
Tue	21		Handcross, High Beeches Café	Bolney, Eight Bells
Fri	24		Billingshurst, Whispers	Wimlands, Frog and Nightgown
Tue	28		Bear Green, Rubys Café	Faygate, Holmbush Inn
Fri	31		Ditchling, Nutmeg Tree	Ardingly, Ardingly Inn
Tue	Jun 4		Dial Post, The Honeypot *	Coolham, Selsey Arms
Fri	7		Charlwood, 52 The Street	Walliswood, Scarlett Arms
Tue	11		Hurstpierpoint, Washbrooks Farm	Bramber, The Castle
Fri	14		Abinger Hammer, Tea Rooms	Betchworth, The Dolphin
Tue	18		Partridge Green, Stan's Shack	Southwater, Hen & Chicken
Fri	21		Cranleigh, Notcutts Garden Centre	Wisborough Green, The Cricketers
Tue	25		Bear Green, Blu-moon Café	Alfold Xways, Three Compasses
Fri	28		Poynings, Rushfields	Thakeham, White Lion

* In Honeybridge Caravan Park

Surrey and Sussex Section, Surrey Kent Sussex Borders (Wednesday)		
Richard Nainggolan 07761107905 01293786126 40plussksb@gmail.com		
Date	Meet 10:45 to 11:15	Lunch
Apr 3	Redhill Aerodrome, Pilot's Hub	Lingfield, Star Inn
17	Godstone, Flower Farmshop	Tatsfield, Old Ship
May 1	Lingfield, Rosie's Coffee Lounge	Limpsfield, Bull Inn
15	Whitemans Green, Cuckfield Golf Club	Danehill, Coach & Horses
Jun 5	Oxted, Café Papillon	Cowden, The Fountain
19	Horne, Horne Golf Club	Hever, The Greyhound

Surrey and Sussex Section, Southwest Sussex (Thursday)				
Derek Hanson 01293535569 40plusswsussex@gmail.com				
Date	Meet 10:45 to 11:15	Lunch	Tea	Leader
Apr 11	Barnham, Willow Cafe	Dell Quay, Crown & Anchor	Fishbourne	Colin W.
Apr 25	Westbourne, Libby's	Soberton Heath, Bold Forester	QE Country Park	Richard S.
May 9	West Dean, Gardens	Rogate, White Horse	Midhurst	Derek H.
May 23	Hilliers, Garden Centre	Walderton, Barley Mow	Flintstones	Tony L.
Jun 13	Amberley, Riverside	Lurgashall, Noah's Ark	Petworth Station	Phil G.
Jun 27	Bosham, Craft Centre	Hayling Island, Ferryboat Inn	Stansted	Mike S.

Surrey & Sussex Section (Sunday)	
Pam Goodall 07775 986322 40plussurreysussexsunday@gmail.com	
Date	Meet at 10:30
Apr 7	Copsale, Copsale Hall
14	Newdigate, Tanhouse Farm
21	Hand Cross, High Beeches
28	Littleworth, Camelia Botnar
May 5	Copsale, Copsale Hall
12	Redhill Aerodrome, Pilots Hub
19	Newdigate, Tanhouse Farm
26	Milk Church, Rudgwick
Jun 2	Copsale, Copsale Hall
9	Hand Cross, High Beeches
16	Newdigate, Tanhouse Farm
23	Littleworth, Camelia Botnar
30	Horsham, Warnham Reserve

Southeast Section (Wednesday)	
Frank Grue 01322 669419 40plussoutheast@gmail.com	
Date	Meet at 10:30
Apr 3	Birchwood, Beefeater
10	Lullingstone, Golf Club
17	Speedgate, Cafe
24	Chelsfield, Golf Club
May 1	Birchwood, Beefeater
8	High Elms, Beeche cafe
15	Lullingstone, Golf Club
22	Speedgate, Cafe
29	Chelsfield Lakes, Golf Club
Jun 5	Birchwood, Beefeater
12	High Elms, Beech Cafe
19	Speedgate, Caf'e
26	Lullingstone, Golf Club

Please 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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Chairman

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Membership Secretary

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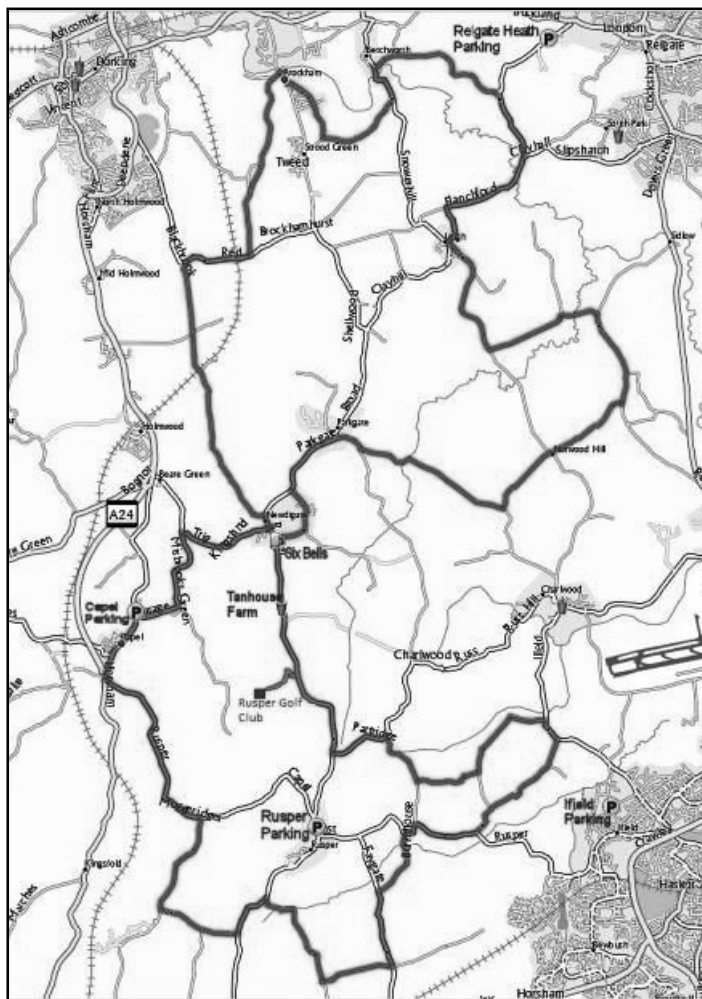
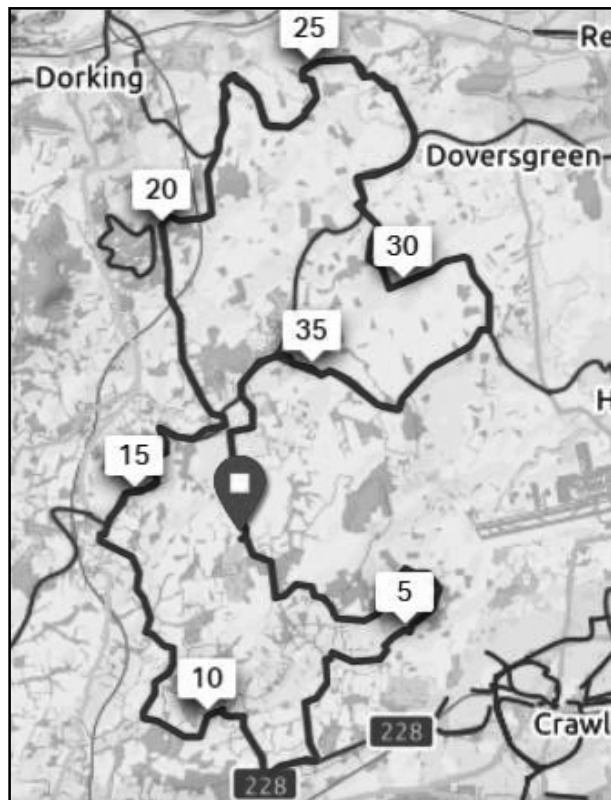
Runs List Secretary

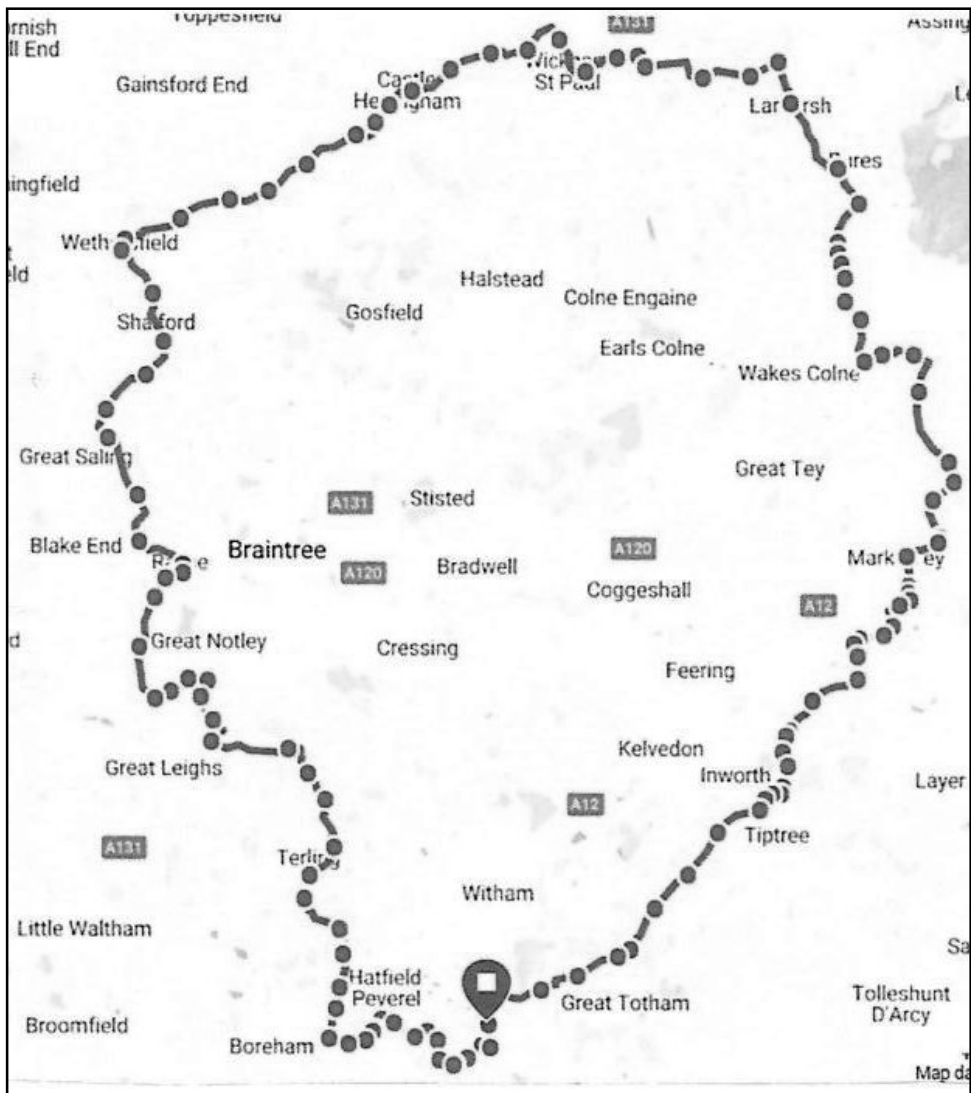
Sidney Schuman
25 Wellmeadow Road
London SE13 6SY
07743 399692
runs@fortypluscc.co.uk

Founders Day Ride - 9th April 2019

Route by Edward Palmer, 38.6 miles

Start and finish at Rusper Golf Club





The Essex Tour

4th July 2019

This year's Essex Tour has moved to the Northeast of the county.

The route will start at Peartree Pantry Tearooms, where participants will be able to get food and drink before starting out on the day's ride.

Limited free parking is available.

There will be a choice of two routes, the distances being 100km and 100 miles.

The course travels along quiet Essex lanes, dipping into the county of Suffolk in a few places.

Route sheets and GPS files will be made available and all details of how to enter will be posted on the Essex A website nearer the time.