



Cycle Bristol CTC Programme

working for cycling

July – August 2011

See overleaf for key to start points, breaks, and pace. To sign up to the weekly e-newsletter, which has more details about rides, go to www.cyclebristolctc.org.uk or email suehawkins@care4free.net

July

Wed 20 1900	Richard Shopland (07929 765375)	PP	25-30m	Med/hard	p
Wed 20 1900	Severn Beach (Jane Chapman 962 9766)	WT	15-20m	Easy	p
Sat 23 0900*	Avon Riviera (John Crinion 07780 654036)	BB	45m	Medium	cc
*Meet 8.30 am for coffee.					
Sat 23 0930	Iron Acton and Horton (Bob Jefferies 07795 414297)	FF	30-35m	Easy	cpc
Sun 24 0900	Arlingham (Jane Chapman 962 9766)	W	70m	Medium	ccp
Sun 24 0930	Bath via Compton Dando (Peter McCartney 07966 527894)	CSB	40m	Med/Hard	c
Wed 27 1900	Mike McGlynn (07870 844906)	CSB	25-30m	Med/Hard	p
Wed 27 1900	Wraxall (Sue Hawkins 07890 926143)	CSB	15-20m	Easy (hilly)	p

Sat 30 0915	Brookend (Stuart & Jackie Hibberd 07906 867947)	FC	50m	Medium	cpc
Sat 30 0930	Kings Weston House (Kay Borman 07803 926507)	MS	16m	Easy	c
Sun 31 0700	Vale of Pewsey breakfast ride (Mike and Wendy Etheridge 979 0476)	PP	100m	Medium	cpc
Sun 31 0930	Clevedon (Doug Reed (964 9958)	AC	30	Easy	c

August

Wed 3 1900	Nick Horne (07769 158356 / 01454 880160)	W	25-30m	Med/hard	p
Wed 3 1900	Failand (Chris Haworth 07990 891007)	CSB	15-20m	Easy	p
Sat 6 0930	Tintern (Mike Howell 942 2041)	WT	48m	Medium	cp
Sat 6 0930	Banwell Castle (Adrian Hill 929 4618)	AC	30m	Easy/Medium	c
Sun 7 0900	Devizes (Richard Shopland 07929 765375)	PP	85m	Med/Hard	cpc
Sun 7 0930	Sherston (Berry Parker 07785 746273)	W	45m	Medium	cpc
Wed 10 1900	Dave Redmill (950 8258)	FF	25-30m	Med/hard	p
Wed 10 1900	Easter Compton (Bob Jefferies 07795 414297)	CSB	15-20m	Easy	p
Sat 13 0900	Tickenham (Sue Hawkins 966 3261 / 07890 926143)	AC**	25m	Easy	c
**Balloon Fiesta – meet at the Clifton entrance to Ashton Court NOT in the stables courtyard.					
Sun 14 0930	Sapperton (Mike & Wendy Etheridge 979 0476)	W	70m	Medium	cpc

Sun 14 0930	Exmoor (Hugh Marshall 950 9889)	Car-assisted ride. Very hilly. Contact Hugh.			
Sun 14 0930	Wrington (Doug Reed (964 9958 or 07854 428496 on the day only)	AC**	25	Easy	c
** Balloon Fiesta – meet at the Long Ashton entrance to Ashton Court NOT in the stables courtyard.					
Wed 17 1900	Martyn Mullin (07977 913530)	PP	25-30m	Med/hard	p
Wed 17 1900	Old Down (Stuart/ & Jackie Hibberd 07906 867947)	FC	18m	Easy	p
Sat 20 0930	Wrington (Kay Borman 07803 926507)	AC	35m	Easy	cp-
Sun 21 0845	Joint ride with Bath – Dumb Post (Jane Chapman 962 9766)	PP	75m	Medium	cpc
Sun 21 0930	Tormarton (Bob Jefferies 07795 414297)	MS	30-35m	Easy	cpc
Wed 24 1900	Yvonne Rippeth (07767 324002)	HW	25-30m	Med/hard	p
Wed 24 1900	Iron Acton (Sally Pearson 07885 388277)	FF	15-20m	Easy	p
Fri 26	Last date for booking camping weekend on 3rd September (See below)				
Sat 27- Mon 29	August BH – check weekly e-newsletter for details of rides.				
Wed 31 1900	Richard Shopland (07929 765375)	PP	25-30m	Med/hard	p
Wed 31 1900	Barrow Gurney (Sally Pearson 07885 388277)	MS	12m	Easy	p

September

Sat 3 0930	Rodney Stoke Camping weekend (Sally Pearson 07885 398877)	Buckle Grove Holiday Park. £10 pppn. www.bucklegrrove.co.uk Contact Sally by Friday 26 August at the latest.			
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Further information

Where we meet (Grid references)

AC Ashton Court (Stables courtyard)	558718
BB Brunel's Buttery (harbour side)	583722
BS Bitton Station (Avon Valley Railway)	670704
CSB Clifton Suspension Br., Clifton side	566731
FC Opposite Filton Church on A38	602792
FF Fishponds Fish	633756
HW Horfield (by Wellington Inn)	595768
MS Millennium Square, @Bristol,	583723
PP Page Park, Staple Hill, main gates	654759
SB Severn Bridge Aust end of cycle track	573895
TM Temple Meads (Station Approach)	595727
W Winterbourne, Swan Inn, Swan Lane	652813
WT Water Tower, Durdham Down	571750

What you need on a ride

- A cycle in good working order inc. mudguards.
- Tool kit, puncture repair kit, spare inner tube.
- Lights, spare bulbs, batteries (**don't use flashing mode - these can distract cyclists behind**).
- Adequate clothing to keep warm and dry.
- Food and drink, or about £10.00 in cash.

Breaks

- b** Bring your own food / drink
- c** Café / tea shop / garden centre
- p** Pub
- g** Private garden (NGS) serving teas
- o** Other (e.g. village shop)

Safe cycling in a group

- Follow the Highway Code and read the road.
- Signal clearly.
- Wear bright clothing, especially at night.
- Do not ride more than two abreast.
- Do not break formation down hill.
- On narrow roads or in heavy traffic single out when the leader calls and pass the message to those behind so that everyone follows suit.

- When approaching obstructions, especially in the dark, call '**On the left**' (or right) as required.
- To warn of approaching traffic, especially on quiet roads, call '**Car up**' (cars from behind) or '**Car down**' (oncoming vehicles).
- If you pass the leader on a hill, wait at the top or first junction.
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A guide to our rides

Very easy

- Slow pace, walking on hills if necessary
- Average speed below 8 mph
- Plenty of stops for 11's, lunch and 3's.
- Mainly on minor and B roads.
- Suitable for people who have done some cycling but who have not cycled in a group or covered long distances.

Easy

- Gentle pace, walking on some hills
- Average speed below 10 mph
- Stopping for 11's, lunch and 3's (if out all day).
- Mainly on minor and B roads.
- Suitable for people who are reasonably fit, have done some cycling in a group, and as a step to Medium rides.

Medium

- Consistent pace riding most hills.
- Speeds 10-14 mph
- Stops for 11's, lunch and 3's.
- Some A roads but mainly B and minor roads
- Should be suitable for most regular riders but not for beginners unless very fit.

Hard

- Faster and more consistent pace, riding all hills.
- Speeds over 14 mph
- Stops for lunch and usually for 11's and 3's.
- More use of A roads
- **Not suitable for beginners**



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Cycle Bristol CTC

Rides programme July-August 2011

Welcome to Cycle Bristol CTC's rides programme. Non-members may come out on 5 rides before joining the CTC; just turn up at the start. If you would like to talk to someone before coming out on a ride, contact Sue or Melanie.

We can give only brief details of our rides here. If you would like to receive a weekly email with more details about rides and other events (including some not on this programme) email Sue.

Sue Hawkins (Rides Programme Secretary)
966 3261; suehawkins@care4free.net

Melanie Weber (Group Secretary)
932 8727; groupsec@cyclebristolctc.org.uk

Details of all rides are on our website.

www.ctcwest.org.uk/Bristol

**Please follow your leader's
instructions.**