



Cycle Bristol CTC Programme

Jan-Mar 2010

See overleaf for key to start points, breaks, and pace.

January

Sat 23 Clevedon 1 (John Crinion 07780 654036)
0930 BB 40-50m Medium cc

Sat 23 Iron Acton – am ride (Sally Pearson 07885 388277)
0930 FF 20m Easy c

Sun 24 Magor (Hugh Marshall 950 9889)
0930 FC 45m Easy/Medium cpc

Sat 30 Clevedon 2 (John Crinion 07780 654036)
0930 BB 40-50m Medium cc

Sun 31 Kingston Seymour (Bob Jefferies 07795 414297)
0930 AC 30m Easy cp

Sun 31 Wrington (Peter McCartney 07966 527894)
0930 CSB 30m Medium c

February

Tue 2 Evening ride (Nick Horne 01454 880160)
1930 W 15-20m Medium p

Sun 7 Waterley Bottom (Mike Etheridge 979 0476)
0930 W 45m Medium cpc

Sat 13 Tickenham – am ride (Sally Pearson 07885 388277)
0930 AC 25m Easy c

Sun 14 Box (Hugh Marshall 950 9889)
0930 PP 45m Easy/Medium opo

Sat 20 Compton Dando (Bob Jefferies 07795 414297)
0930 TM 25m Easy cc

Sun 21 Hunter's Lodge – birthday ride (Jane Chapman 962 9766)
0930 CSB 45m Medium cpc

Sat 27 Clevedon and Portishead – am ride (Lucy Berthoud)
0900 CSB 30m Medium c

Sun 28 North Nibley (Hugh Marshall 950 9889)
0930 PP 45m Easy/Medium cpo

March

Tue 2 Evening ride (Nick Horne 01454 880160)
1930 W 15-20m Medium p

Sat 6 Woodhill Bay (Mike Howell)
0915 WT 25m Easy c

Sun 7 Hinton Blewitt (Hugh Marshall 950 9889)
0930 CSB 40m Easy/Medium opo

Sun 7 Tintern (Jerry Croome)
0930 FC 50m Easy/Medium cpc

Sat 13 Chipping Sodbury (morning ride (Sally Pearson 07885 388277)
0930 FF 25m Easy c

Sun 14 Malmesbury (Wendy Etheridge 979 0476)
0930 W 50m Medium cpc

Sun 14 Stanton Drew (John Maguire)
0930 or RP 35-40m Medium cp-
1030 BS

Sat 20 Dundry (Mike Howell)
0915 TM 25m Medium c

Sun 21 Marshfield (Bob Jefferies 07795 414297)
0930 MS 35-40m Easy (hilly) cpc

Sun 21 Colliers Way (Jane Chapman 962 9766)
0900 CSB 55m Medium (hilly) cpc

Sat 27 Wrington – am ride (Lucy Berthoud)
0900 AC 25m Easy/Medium c

Sun 28 Portishead (Kay Borman)
0930 CSB 35-40m Easy cc

Sun 28 Mendip (Peter McCartney 07966 527894)
0930 CSB 60m Hard -pc

April

Fri 2- Easter weekend in Stow-on-the-Wold
Mon 5 Contact Jane Chapman (962 9766 or jane.chapman@blueyonder.co.uk)

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
KC Keynsham Church	655689
MS Millennium Square, @Bristol,	583723
PP Page Park, Staple Hill, main gates	654759
RP Bristol end of railway path	601732
SB Severn Bridge, Aust end 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 other cyclists).
- 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**

Please follow your leader's instructions.



Cycle Bristol CTC

Rides programme Jan-Mar 2010

Welcome to Cycle Bristol CTC's rides programme.

New riders are welcome to join us for 5 rides before joining, just turn up at the start. If you would like to talk to someone before coming out on a ride, contact Sue or Jane.

If you would like to receive a weekly email with news and more details about rides (including additional rides not on this programme) email Sue.

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

Jane Chapman (Section Secretary)
962 9766; jane.chapman@blueyonder.co.uk

Details of all rides are also on our website.

www.ctcwest.org.uk/Bristol