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(www.ctcwest.org.uk/cheltenham)

Notes for Runs

If no leader is listed, runs will still take place if there is a volunteer on the day.

OS Landranger maps are available for ride planning and leading. See Tony Graff or Neil Cumming.

Suggested Rides for next quarter received so far...

Thu 21 June – Boat (Marie)

Sun 13 May – Moreton (Tony Beaman)

Sun 10 June – Tetbury (Tony Beaman)

Any other suggestions welcome – pass them on to Andrew.

B Rides

B rides are now normally 11's only. The listed 11s stop is close enough to lunch for anyone who wants to go on to do so.

B- Rides

Tony G and/or Tony B will aim to take a B- ride for the full day's ride to the lunch destination, if they are there and there's a quorum

C Rides

For the winter season, these are mostly starting at 10am, visiting a cafe for "brunch"
Start is at 9.00am from 1 April, with 11's and lunch stops.

Thursday 11s destinations

In case anyone doesn't read the front page, these are "meet at the cafe" social rides

Mudflap material available from Andrew Sweetman as normal. Please help to keep your companions' faces clean

SOCIAL EVENTS

Clubroom evenings take place at the Friend's Meeting House, Warwick Place (off Portland St opp car park, OS957222) at 1930 on the 1st and 3rd Thursdays from October to March (ring bell if late)

CYCLISTS TOURING CLUB CHELTENHAM SECTION

RUNS PROGRAMME – SPRING 2007

ALL RUNS START FROM CENTRAL CROSS DRIVE, PITTVILLE PARK
(Except Car Assisted Runs)

To get the most out of cycling, you will need:

- A cycle in full working order, with mudguards (and rear flap preferred)
- A pump, spare inner tube(s), tyre levers, punct repair kit (also a basic toolkit?)
- Lights, spare bulbs & batteries, for evening and winter rides
- Adequate clothing and rain wear
- Food and/or cash to buy it

Characteristics of Rides (speeds are averages, not including 11s/lunch/tea stops)

SUNDAYS:

Destination will be 25-45m from Cheltenham, depending on season.. There is normally a self-led group returning to Cheltenham from the 11's stop to arrive back at about 1300.

- B- Medium, steady pace, riding most hills. Stops for 11's, lunch (pub) & tea in summer.
Average speed: 10-13mph Distances: 50-80m
- B Faster than C, riding almost all hills. Stops as above
Average speed: 11-15mph Distance: 60-90m
- A Faster than B, riding all hills. Stops as above.
Average speed: 13-17mph Distance: 70-100+m

Car assisted runs:-- Please contact the leader beforehand

TUESDAYS:

Morning ride to café, returning to Cheltenham for lunch, generally 35-50 miles.

THURSDAYS:

Pub destination will be up to 18m from Cheltenham, depending on season.

- C Slower pace: 10-13mph Distance to pub: 15-20m
- B Moderate pace: 11-15mph Distance to pub: 18-25m
- A Faster pace: 14-18mph Distance to pub: 20-30m

Elevenes rides: Meet up at the indicated cafe at about 1100

Please remember : the stated speed is a guide only, and the terrain and weather are to be taken into consideration.

CLUBROOM: Friend's Meeting House, Warwick Place, Cheltenham (off Portland St, opposite car park)
1st and 3rd Thursdays, October to March. (normally 1930, ring bell if late)

ENQUIRIES about the CTC activities to:

- | | | |
|----------------------------|------------------------------------|--------------|
| Tony Graff (Secretary) | 15, Treelands Drive, Cheltenham | 01242 513694 |
| Rupert Harris (Chairman) | 1, Greatfield Cottages, Cheltenham | 01242 523900 |
| Andrew Sweetman (Runs Sec) | 17, Sydenham Terrace, Gloucester | 01452 419930 |

or on the web at: www.ctcwest.org.uk/cheltenham

SUNDAY RUNS

Date	Destination (Elevenses)	OS	Depart	Type	Leader
4th February	PERSHORE (Brandy Cask) 11s Broadway Tower Huntley GC, via Haw Br 1100,	SO950455	0900	A	
			0900	B	Ron Carlton
			1000	C	
10 th February	Cotswold Corker 100k – 0900 B'Cleeve, see Sean Graff				
11th February	UPPER COLWALL (Chase) 11s Ledbury	SO766428	0900	A	Steve Cook
			0900	B	
			1000	C	
18th February	Evesham (Butlers), via Gotherington 1030				
	WATERLEY BOTTOM (New Inn) 11s Nailworth GC	ST758963	0900	A	Steve Topping
			0900	B	Ray Lumb
			1090	C	
25th February	Whitminster GC		0900	A	
	SHILTON (Rose & Crown) 11s Stow	SP268087	0900	A	
			0900	B	
			1000	C	
4th March	Broadway (Foxy Browns), via Gotherington 1030				
	OFFENHAM (Bridge) 11s Fladbury	SP050458	0900	A	
			0900	B	Alan Moss
			1000	C	
10 th March	Huntley GC via Haw br 1100				
11th March	Cheltenham Flyer 200k – 0800 B'Cleeve, see Ron Carlton				
	LEIGHTERTON (Royal Oak) 11s Cirencester Dobbies GC	ST823911	0900	A	
			0900	B	John Rowe
			1000	C	
18th March	Evesham (Butlers), via Gotherington 1030				
	LINTON (Alma) 11s Verzons GC	SO659254	0900	A	Steve Cook
			0900	B	Ron Carlton
			1000	C	
25th March	Upton on Severn via Tewkesbury br 1100				
	CRICKLADE (Red Lion) 11s Bibury	SU101938	0900*	A	
			0900*	B	Ray Lumb
			1000*	C	
1st April	Whitminster GC				
	MUCH MARCLE (Westons) 11s Malverns Kettle Sings	SO648330	0900	A	Arnaud Reiss
			0900	B	John Rowe
			0900	C	
8th April	Elmley Castle, 11s Broadway Foxy B, via Goth'ton	0930	0900	C	
	EBRINGTON (Eb. Arms) 11s Wyck Hill GC (A424 Wyck Rissington)	SP184399	0900	A	
			0900	B	Mike Shelton
			0900	C	
15th April	Newent, 11s Huntley GC via Haw br 1000				
	SOUNDLEY (Dean Heritage) 11s Newent GC	SO663106	0900	A	Steve Cook
			0900	B-	Tony Beaman (solo)
			0900	C	
21 st April	Bourton, 11s Northleach				
	50 in 4		0900		
22nd April	Castle Coombe (Church Service) 11s Tetbury	ST842771	0900	A	Steve Topping
			0900	B	
			0900	C	
29th April	Ledbury, 11sHazelfield GC, via Haw br 1000				
	CHARLBURY (Rose & Crown) 11s Stow	SP357194	0900	A	Arnaud Reiss
			0900	B	Chris Jeffery
			0900	C	
	Birts Street (Farmers), 11s Earls Croome, via Tewks 1000				

Missing runs will take place as normal if someone volunteers to lead on the day

(&) = No Pub meals GC = Garden Centre *<Leader> = leader will lead to/from 11s. Only

(*) Clocks change 24th/25th March

OTHER LOCAL & FORTHCOMING EVENTS

24 th February	Gospel Pass 150k audax, Chepstow	17 th March	White Horses 200k Audax, Down Ampney
10 th March	DA Photo Evening, Manor Hall, Coalpit Heath		
24 th /25 th March	Daffodil Weekend, Ross (Walford village hall) – Audrey Hall 01989 567736		
14 th April	Heart of England 300k audax, Cirencester		
5 th May	Brevet Cymru 400k audax, Chepstow		

THURSDAY RUNS

Date	Destination	Depart	Type	Leader
1st February	TEWKESBURY (Black Bear) clubroom – Porlock to Paris (Tony Graff)	1915	A	
			B	
			C	Graham Pickering
8th February	BISLEY (Stirrup Cup) 11s Earls Croome GC	1915	A	Leo White
			B	
			C	
15th February	KINETON (Halfway House) clubroom – Acupuncture (Julian Kingscote)	1915	A	Sean Graff
			B	
			C	David Mytton
22nd February	EDGE (Edgemoor) 11s Staunton GC	1915	A	Leo White
			B	
			C	
1st March	GRETTON (Royal Oak) (Dave Mytton 50) clubroom – SE Asia (Mike Shelton)	1915	A	Arnaud Reiss
			B	
			C	David Mytton
8th March	11s Twigworth Nature in Art	1915	A	Leo White
	CHEDWORTH (7 Tuns) 11s Beckford Silk Mill		B	
			C	Dick Hanson
15th March	CHACELEY (Old Ferry)	1915	A	
			B	
			C	Steve Holder
22nd March	11s Newent, Good News	1915	A	Leo White
	ALDERTON (Gardener's)		B	
			C	
29th March	11s Staunton GC	1915	A	Sean Graff
	HIGHWAYMAN		B	
			C	Graham Pickering
5th April	11s Earls Croome GC	1915	A	Arnaud Reiss
	ASHLEWORTH (Boat)		B	
			C	
12th April	11s Hazelfield GC (Newent)	1915	A	Sean Graff
	NAUNTON (Black Horse)		B	
			C	
19th April	11s Broadway Corners	1915	A	Julian Kingscote
	CONDERTON (Yew Tree)		B	
			C	
26th April	11s Tewkesbury GC	1915	A	Julian Kingscote
	SLAD (Woolpack)		B	
			C	
	11s Staunton GC (3 rd May Beckford)			

TUESDAY RUNS

6th February	BROADWAY	0900
13th February	NAILSWORTH	0900
20th February	NEWENT town centre	0900
27th February	UPTON on Severn	0900
6th March	CIRENCESTER Dobbies Garden Centre	0900
13th March	STROUD Tesco	0900
20th March	CHIPPING CAMPDEN	0900
27th March	STOW on the Wold	0900
3rd April	SLIMBRIDGE	0900
10th April	MALVERN HILLS – Kettle Sings	0900
17th April	NORTON Garden Centre	0900
24th April	CIRENCESTER Water Park	0900
1st May	HUNTLEY	0900