

CTC SUFFOLK SUNDAY RIDES October / December 2017

Rides Co-ordinator: Michael Scott 01473 613311 or 07784 766838

Start Time - The Sunday Rides leave St. Margaret's Green, Ipswich at 9:30am sharp (unless otherwise shown). If you can't get to the start for 9:30am, please phone the rides leader of the day to find a point where you could meet, or join at the elevenses stop.

Food & Drink- It is advisable to carry a drink and a packed lunch as food is not always assured at lunch stops.

E (Easy) Leisurely rides suited to newcomers and those preferring a gentle non-exerting pace. Up to 50 miles for the full day. Typical speed, hills and head winds excepted = 10 - 12 mph.

MT (Medium Touring) Suited to club members with some experience preferring a longer ride but at a leisurely pace. 50 - 70 miles for the full day, depending on the time of year. 11 - 13 mph average.

MP (Medium Plus) Suited to regular club riders preferring a slightly brisker pace in order to cover longer than MT rides. 50 - 70 miles, for the full day. Typical speed, hills and head winds excepted = 12 - 15mph.

L (Long) Suited to regular club riders wishing to tour further from Ipswich and at a consistent pace. 70 - 100 miles for the full day. Typical speed, hills and head winds excepted = 15 - 18 mph.

Date	Type	Elevenses	Lunch	Tea	Leader	Phone
24 Sept	MT	Mistley Place Park	Frinton	Stratford St Mary (Hall Farm)		
	MP	Lawford (Hearts Delight)	Edwardstone	Kersey Mill	Ian Harland	07917 766658
01 Oct	E	Stowupland (Mrs Allards)	Felsham	Semer (Hollow Trees)	Peter Mulrooney	07482 740340
	MT	Stowupland (Mrs Allards)	Hessett	Semer Hollow Trees		
	MP	Monks Eleigh (Corncraft)	Belchamp St Paul	Semer (Hollow Trees)	Derek Worrall	07903 993120
08 Oct	E	Campsea Ashe (Station Café)	Leiston	Wickham Mkt (Valley Farm)		
	MP	Friday Street Farm Shop	Badingham	Wickham Mkt (Valley Farm)	Stephen Searby	07526 919577
15 Oct	MT	Ashfield (Village Hall)	Chippenhall Green	Hacheston (Garnetts GC)	Philip Hancock	07929 384311
	MP	Ashfield (Village Hall)	Wingfield	Hacheston (Garnetts GC)		
22 Oct	E	Dedham (Craft Centre)	Polstead	Semer (Hollowtrees)	Judy Scott	07505 478181
	MT	Dedham (Craft Centre)	Assington	Semer (Hollowtrees)		
	MP	Dedham (Craft Centre)	Eight Ash Green	Boxted (Fillpots)	Paul Fenton	07749 843673
29 Oct	E	Monks Eleigh (Corncraft)	Rattlesden	Hadleigh	Paula Roberts	07941 303913
	MP	Monks Eleigh (Corncraft)	Lawshall	Needham Mkt (Alder Carr)	Colin Clarke	07919 070185
05 Nov	MT	Stowupland (Mrs Allards)	Debenham		Bryan Griffiths	07804 953493
	MP	Stowupland (Mrs Allards)	Earl Soham		Anna Brennan	07530 070587

Date	Type	Eleveses	Lunch	Tea	Leader	Phone
12 Nov	E	Wickham Market (Valley Farm)	Butley		Stephen Read	07866 125660
	MT	Campsea Ashe (Station Café)	Butley		Glen Smith	
	MP	10.00am Start	Brunch Darsham		John Warren	07812 611779
19 Nov	E	Lawford (Hearts Delight)	Boxted			
	MP	Lawford (Hearts Delight)	Great Bentley			
26 Nov	MT	Stowmarket (Pickwicks or Greggs)	Naughton		Nicola Halton	07933 059911
	MP	Stowmarket (Pickwicks or Greggs)	Groton		Stephen Searby	07526 919577
03 Dec	E	Stonham Barns	Otley		Stephen Read	07866 125660
	MP	Brunch	Stoke Ash		Anna Brennan	07530 070587
10 Dec	E	Trimley Farm Shop	Woodbridge		Margaret Hancock	07807 356811
	MP	Felixstowe (Cliff Top Café)	Eyke		David Barton	07944 257776
17 Dec	10.00 am Start for Xmas Meal at Great Wenham Queens Head					
	9.30 am Start for Alternative Ride – Leader's Choice on the day					
24 Dec	Informal ride to Framlingham for eleveses or lunch					
31 Dec	New Year's Eve Rides					
	E	The Scott's 14 Cambridge Road Kesgrave	Waldringfield		Michael Scott	07784 766838
	MP					
07 Jan	E	Flatford	Harkstead		Judy Scott	07505 478181
	MP	Flatford	Shotley Shipwreck			
<u>NOTE FOR YOUR DIARY</u>						
21 Jan	Ken Nichols 80th Birthday Bash at Hadleigh Guildhall All rides to Hadleigh by lunchtime for light refreshments and jazz band from 1.30pm					

Next Rides Committee Meeting 1st November 2017