

## CTC SUFFOLK SUNDAY RIDES from Ipswich

**Coordinator**

**Start** Sunday Rides leave Crown Pools at 9.30 sharp unless otherwise shown.

It is advisable to carry **FOOD AND DRINK** as this is not always available at the lunch stop

**Michael Scott**

**07784 766838**

Date	Type	Eleveneses	Lunch	Tea	Leader
24 June	MT	Monks Eleigh Corncraft	Cavendish	Lavenham	Paula Roberts
	MP 8.30	Wickham St Paul	Clare		
01 July	E	Flatford Bridge Tea Rooms	Little Horkesley	Raydon Church	
	MT 8.00	Breakfast Mistley Place Park	Wivenhoe		Philip Hancock
	MP	Tendring	Ardleigh		
08 July	MT	Hacheston Garnetts Gdn Ctr	Brundish	Helmingham Hall	Stephen Read
	MP	Peasenhall Weavers Tea Room	Dunwich	Snapes	Anna Brennan
15 July	E	Dedham Craft Centre	Assington	Hadleigh Wheelers (M & K's)	
	MP	9.30 Start Brunch Ride	11.30 Long Melford Cherry Lane Nursery		Paul Fenton
22 July	MT	Campsea Ashe Station	Minsmere RSPB	Parham	Joy Griffiths/ Michael Scott
	MP	Orford	Framlingham	Helmingham Hall	Stephen Searby
29 July	<b>Ken Nicols 60<sup>th</sup> Anniversary Ride</b>				
	E 9.30	10.30 at Wheelers Hadleigh	Gipping Chapel	Bramford Water Park	Ken Nichols
MP 9.30	Bacton				
05 Aug	MT	Stowupland Mrs Allards	Little Waldingfield	Raydon Church	Nicola Halton
	MP	Assington	Wickham St Paul		
12 Aug	E	East Bergholt Oranges & Lemons	Great Bentley	Mistley Place Park	Judy Scott
	MP	Ardleigh Green Island Gdn	Pebmarsh	Stoke by Nayland	

Date	Type	Eleveneses	Lunch	Tea		
19 Aug	MT <b>7.30</b>	Breakfast <b>Stoke Ash</b>	New Buckenham	Stowmarket		
	MP <b>7.30</b>	Breakfast Tivetshall	Surlingham	<b>Train Home</b>	Colin Clarke	
	E	Debenham River Green	Thornham	Needham Mkt Alder Carr		
26 Aug	E	Hollesley Suffolk Punch Trust	Parham	Valley Farm Wickham Mkt	Stephen Read	
	MP		Sweffling	Hasketon		
27 Aug	<b>BH</b>	Hadleigh	Leader's Choice		Joy Griffiths	
02 Sept	MT	Buxhall Granary Crafts	Badwell Mill Threshing Day	Thornham	Joy Griffiths	
	MP	Stowupland Mrs Allards		Stonham Barns	<b>Anna Brennan</b>	
09 Sept	<b>CTC Suffolk 90<sup>th</sup> Anniversary Rides</b>					
	E	Wickham Market Valley Farm	Saxmundham	Campsea Ashe Station Cafe	Michael Scott	
MP <b>9.00</b>	Diss					
16 Sept	MT	Monks Eleigh Corncraft	Long Melford	Semer	<b>Philip Eardley</b>	
	MP	Assington	Long Melford	Needham Mkt	Colin Clarke	
23 Sept	E	Hacheston Garnetts Gardens	Laxfield	Debenham		
	MP	<b>Start 9.30 Eye 11's Bungay</b>	Wissett	Framlingham	Paul Fenton	
30 Sept	MT	Lawford	Ardleigh Green Island Gardens	East Bergholt Place for Plants	Mary O'Sullivan	
	MP	Mistley Place Park	Harwich	Leader's Choice		
07 Oct	E	Ashfield Village Hall	Framlingham	Woodbridge	Stephen Read	
	MP		Mellis	Needham Market		

*Ride Types:*

*E (Easy)*

*Leisurely rides suited to newcomers and those preferring a gentle non-exerting pace covering up to about 50miles for a full day*

*MT (Medium Touring)* *Suited to members with some experience wishing for a longer ride at a leisurely pace for average 50 – 70 miles for a full day*

*MP (Medium Plus)* *For regular riders preferring a brisker pace to cover longer distances typically 50 – 70+ miles depending on time of year.*