

CTC SUFFOLK SUNDAY RIDES January to March 2018

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 2018	Type	Elevenses	Lunch	Tea	Leader	Phone
07 January	E	Flatford (Riverside Tearoom)	Harkstead		Judy Scott	
	MP	Flatford (Riverside Tearoom)	Shotley Shipwreck			
14 January		Freewheel Contest Whitton Hill				
	MT	Stonham Barns	Earl Soham		Philip Hancock	
	MP	Stonham Barns	Framlingham			
21 January	Ken Nichols 80th Birthday Bash with light refreshments and jazz band					
	E	Semer (Hollowtrees)	Hadleigh Guildhall From 1.30pm			
	MP	Lavenham	Hadleigh Guildhall From 1.30pm		Paul Fenton	
28 January	Annual Prize Presentation Lunch Fynn Valley Golf Club					
	MT	Felixstowe (Viewpoint Café)	Leader's Choice		Margaret Hancock	
	MP	Felixstowe Ferry	Woodbridge		Derek Worrall	
04 February	E	East Bergholt (Oranges & Lemons)	Langham		Paula Roberts	
	MP	Boxted (Fillpots)	Monks Eleigh (Corncraft)		Paul Fenton	
11 February	MT	Hadleigh Wheelers	Edwardstone		Des Connolly	
	MP	Toppesfield Mill House (Maureen & Ken's)	Assington			
18 February	E	Hacheston (Garnetts Gardens)	Charsfield		Stephen Read	
	MP	Framlingham (221B Bakery)	Thorndon		Malcolm Howlett	

Date	Type	Eleveses	Lunch	Tea	Leader	Phone
25 February	MT	Bromeswell (Wild Blackberry)	Orford		Judith Hedges	
	MP	Hacheston (Garnetts Gardens)	Butley		John Warren	07812 611779
04 March	E	Lawford (Hearts Delight)	Gt. Bentley		Stephen Read	
	MP 10.00 Start	Brunch Ride	Ardleigh Green Island Gardens		Paul Fenton	
11 March Mothers Day	MT	Kersey Mill	Preston St Mary		Mary O'Sullivan	
	MP	Monks Eleigh (Corncraft)	Long Melford			
Sat. 17 March	5th Copdock Circuit Audax "Spring in South Suffolk – 2018" Organiser: Dennis Kell 07856 763911					
18 March	E	Ashfield Village Hall	Debenham		Maurie Parish	
	MP	Ashfield Village Hall	Eye		Derek Worrall	
25 March	MT	Wickham Market (Valley Farm)	Kelsale	Parham Airfield Museum	Nicola Halton	
	MP	Hollesley (Suffolk Punch Trust)	Sizewell	Parham Airfield Museum	Stephen Searby	
01 April Easter Sunday	E	Hadleigh Wheelers (M&K's)	Little Horkesley	Dedham (Craft Centre)	Bob Whitehouse	
	MP 10.00 Start	Brunch Ride	Sudbury	Semer (Hollowtrees)		
02 April BH	10.00 Start	Circuit of Ipswich	Bramford Water Park			
08 April	MT	Buxhall (Granary Crafts)	Beyton	Needham Mkt (Alder Carr)	Phil Eardley	
	MP 9.00 Start	Acton (Wally's)	Clare	Monks Eleigh (Corncraft)	Anna Brennan	

Next Rides Committee Meeting 7th February 2018