

CTC SUFFOLK SUNDAY RIDES from Ipswich April to June 2018

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
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Date	Type	Elevenses	Lunch	Tea	Leader
01 April Easter Day	E	Hadleigh (Wheelers (M&K's))	Lt 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	NeedhamMarket (Alder Carr)	Joy Griffiths
	MP 9.00 Start	Acton (Wally's)	Clare	Monks Eleigh (Corncraft)	Anna Brennan
15 April	E	Debenham (River Green Cafe)	Stradbroke	Wickham Mkt (Valley Farm)	Maurie Parish
	MP	Framlingham (221b Bakery)	Wingfield	Stonham Barns	John Warren
22 April	MT	East Bergholt (Oranges & Lemons)	Lt Horkesley	Dedham (Craft Centre)	Margaret Hancock
	MP	Lawford (Hearts Delight)	St Osyth		Derek Worrall
29 April	E	Campsea Ashe Station	Sizewell	Parham Airfield	Maurie Parish
	MP		Eastbridge		
06 May	MT	Semer (Hollow Trees)	Bures	Hadleigh (Wheelers)	Nicola Halton
	MP	Monks Eleigh (Corncraft)	Mount Bures		
07 May BH		Buxhall (Granary Crafts)	Leader's Choice		Joy Griffiths
13 May	E	Mistley Place Park	Great Bentley	East Bergholt Place for Plants	Stephen Read
	MP	Boxted (Fillpots)	Abberton Reservoir	Dedham (Craft Centre)	Colin Clarke

Date	Type	Elevenses	Lunch	Tea	Leader
20 May	E	Wickham Market Valley Farm	Orford	Woodbridge (Kingston Fld)	Bryan Griffiths
	MT 7.30	Dunwich (Dingle Hill Tea Rooms)	Halesworth	Parham Airfield	Philip Hancock
	MP 7.30		Rumburgh	Framlingham	
27 May	MT	Stonham Aspall Village Hall	Thornham	Stowupland (Mrs Allards)	Michael Scott
	MP		Wortham		Stephen Searby
28 May	BH	Stowmarket	Leader's Choice		
03 June	E	Hadleigh (Wheelers)	Assington	Raydon Church	Mary O'Sullivan
	MP	Assington	Ford Street (Mill Race)		Anna Brennan
10 June	E	Bromeswell (Wild Blackberry)	Great Glemham	Woodbridge (Kingston Field)	Stephen Read
	MT 9.00	Friday Street Farm Shop	Middleton	Campsea Ashe Station	Joy Griffiths
	MP		Walberswick	Snape	Stephen Searby
17 June	E	Ashfield Village Hall	Fressingfield	Debenham (River Grn Cafe)	Philip Eardley
	MP		Harleston	Framlingham	Ian Harland
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 Cntr	Brundish	Helmingham Hall	Stephen Read
	MP 7.30	Tivetshall	Surlingham	Train Home	Colin Clarke

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.*