



## GLOUCESTER CITY CYCLING CLUB

Affiliated to BC, CTT, RRA, WCRRA, WTTA, C-UK, CCRL

Web-site: [www.gloscitycc.co.uk](http://www.gloscitycc.co.uk)

Sponsored by Rudy Project

President : Malcolm Taylor

### SUNDAY RIDES LISTING FOR MAY TO AUGUST 2022

MEET AT KINGS SQUARE TO DEPART AT 9.00AM UNLESS OTHERWISE STATED

In addition to the Club Rides listed (including a 'sport' pace group) there will be a Training Ride of around 3 hours with a coffee stop at the end

PLEASE FIT YOUR BIKE WITH MUDGUARDS WHEN WEATHER CONDITIONS DICTATE

Date	Coffee Shop (around 11am)	Cat.	Lunch - Optional	Leader	Comments
01-May-22	Colwall / Ledbury	AA	Farmer's Arms, Birtsmorton	Malcolm T	Early May Bank Holiday weekend
	Trumpet - Nest	B		Jon D	
08-May-22	Tetbury	B	King's Head, Kingscourt	Colin	
15-May-22	Ross-on-Wye	A	TBA	Neville	
		B		George B	
22-May-22	Northleach	B	Daneway	Ali G	8.30am start; 9am for Sports ride. Coln valley circuit
		B+		Ian W	
29-May-22	Slimbridge	AA	Red Lion, Arlingham	Maz B	
	Dursley	B		Malcolm G	
05-Jun-22	Newent	A	TBA	Theo	Platinum Jubilee Bank Holiday; Black Mountains ride, start 7am and 8am Sports ride
	Hay on Wye	C		Toby	
12-Jun-22	Stroud	AA	Black Horse, Amberley	TBA	Toro Lounge maybe
	Cirencester	B		Ali G	
19-Jun-22	Ross-on-Wye	B	TBA	Neville	Father's Day 8.30am
	Leigh Sinton	C	Bromyard	Ian W	
26-Jun-22	Tewkesbury	AA	TBA	TBA	8am start; 8.30am for Sports ride
	Ilmington	B		Toby	
03-Jul-22	Berkeley	AA	The Ship, Framilode	Neville	
	Falfield	B		Malcolm G	
10-Jul-22	Cinderford - Muso	A	Red Hart, Blaisdon	Theo	Motor assist to Monmouth for 10am start from Cattle Market
	Blaenavon	C	Crickhowell	Ian W	
17-Jul-22	Upton-on-Severn	AA	The Star, Aston-under-Hill	Maz B	Clive's Fruit Farm
	Crothorne	B		Toby	Clive's, near Pershore; Also Three Cities ride
24-Jul-22	Kerne Bridge	B	The Penny Farthing, Aston Crews	AliG	
31-Jul-22	Nailsworth	A	The Beacon, Haresfield	Neville	The Canteen
	Wickwar	B		Malcolm G	8.30am start; 9am for Sports ride
07-Aug-22	Tewkesbury	B	House in the Tree	Malcolm G	Commonwealth Games RR. 7am start
	Warwick	C	TBA	Ian W	
14-Aug-22	Slimbridge	AA	TBA	Theo	The Black Shed
	Yate	B		Colin	8am start; 9am for Sports ride
21-Aug-22	Stroud	A	The Crown, Frampton Mansel	George B	
	Tetbury	B		Malcolm G	
28-Aug-22	Hayles Abbey	A	Guiting Power	Theo	Bank Holiday 8am start; 9am for Sports ride
	Moreton-in-Marsh	C		Ian W	

All rides count to the Dancy Trophy, if you are noted as present at the coffee / lunch stop.

**Note: Tour of Britain Gloucestershire stage**, Friday 9th September. Details to follow on other communication channels.

**Spring Tour:** Friday 22nd to Sunday 24th April to Kidderminster. Liaise with Captain / Vice-Captain for details.

**Autumn Tour:** proposed dates Friday 23rd to Sunday 25th September, possibly to the Westbury area.

**Off Road Rides:** Weather dependent and occasional option that may also occur on Saturday. Check Facebook / Website.

#### RIDE CATEGORIES:

**AA** - Flat, easy pace, open invitation ride typically 18 to 22 miles to coffee. Average riding speed 10 to 12mph, depending on attendees.

**A** - Easy(ish) possibly a few gentle climbs; some experience necessary, typically 22 to 28 miles to coffee. Average riding speed 12 to 15mph.

**B** - Hills, experience and stamina necessary; maybe some light off-road stuff, typically 28 to 32 miles to coffee. Average riding speed 14 to 17mph.

**C** - Long ride requiring very good stamina and food supplies. Check with Captain for details. Average riding speed 14 to 17mph.

Club rides are generally split into at least two groups, with a 'club' and 'sport' route which may need to go to different destinations if numbers dictate.

There will also be a Training Ride of around 3 hours with a coffee stop at the end in or around Gloucester. These rides do not follow the listing above.

**NOTE:** Open events: Helpers required please!

**Captain:** Toby Wooldridge: E-mail: [Toby@Peppers-cafe.co.uk](mailto:Toby@Peppers-cafe.co.uk)

**Vice-Captain:** Ian Wareing. E-mail: [gloscitycc.vc@gmail.com](mailto:gloscitycc.vc@gmail.com)

See also Tuesday Evening Rides list.

<<<CHECK WEBSITE / FACEBOOK FOR LATEST UPDATES AND CHANGES>>>