



GLOUCESTER CITY CYCLING CLUB

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

Web-site: www.glosccitycc.co.uk

Sponsored by Rudy Project

President : Malcolm Taylor

SUNDAY RIDES LISTING FOR SEPTEMBER TO DECEMBER 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
04-Sep-22	Berkeley	AA	The Ship, Framilode	Maz B	
	Dursley	B		Colin	
09-Sep-22	SPECIAL RIDE	A		Ian W	Friday: Tour of Britain, starts Tewkesbury, finishes Gloucester 3pm
11-Sep-22	Maisemore	A	House in the Tree, Staverton	Toby	Autumn 25 Open Time Trial; coffee at race HQ
18-Sep-22	Tewkesbury	AA	The Star, Aston-Under-Hill	Jon D	8.30am start; 9am for Sports ride
	Crothorne	B		Colin	
23-Sep-22	Weekend Tour	C		Toby etc	Friday to Sunday tour to Banbury
25-Sep-22	Broadway Tower	B		Theo / Ian W	
02-Oct-22	Soudley	AA	The George, Newent	AliG	
	Coleford	B		George B	
09-Oct-22	Chedworth	B	The Woolpack, Slad	Malcolm G	8.30am start
	Northleach			Mike B	
16-Oct-22	Ledbury	A	Farmer's Arms, Birtsmorton	Nev L	
	Trumpet - Nest	B		Jon D / Ed	
23-Oct-22	Ross-on-Wye	B	The Red Lion, Huntley	Toby	8.30am start for Club ride
				Ian W	9am start for Sports ride
30-Oct-22	Nailsworth	AA	Ale House, Stroud	Maz B	Clocks go back 1 hour!
	Tetbury	B		Malcolm G	
06-Nov-22	Newent - Roses	AA	The Royal Exchange, Hartpur	Toby	
		B		Theo	
13-Nov-22	Hailes Abbey, Winchcombe	A	House in the Tree, Staverton	Nev L	
		B		Malcolm T	
20-Nov-22	Cirencester	B	Carpenter's Arms, Miserden	AliG	
27-Nov-22	Stroud	AA	The Beacon, Haresfield	Nev L	Post dinner ride
	Dursley	B		Theo	
04-Dec-22	Soudley	AA	The Red Hart, Blaisdon	Toby	
	Lydney	B		Malcolm T	
11-Dec-22	Berkeley	A	The Three Horseshoes, Frampton	AliG	
	Falfield	B		Colin	
18-Dec-22	Tewkesbury	AA	The Shutters, Gotherington	Theo	
		B		Jon D	
26-Dec-22	10am Mystery Ride	A	The Pelican, Gloucester	TBC	MONDAY 10am - Boxing Day, Bank Holiday

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

Autumn Tour: Friday 23rd to Sunday 25th September to Bibury, Oxfordshire. Liaise with Captain / Vice-Captain for details.

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: Autumn 25 mile TT on 11th September. Contact Daryl Stroud for details. Helpers required please!

Captain: Toby Wooldridge: E-mail: Toby@Peppers-cafe.co.uk

Vice-Captain: Ian Wareing. E-mail: glosccitycc.vc@gmail.com

See also Tuesday Evening Rides list.

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