



GLOUCESTER CITY CYCLING CLUB

Affiliated to BC, CTT, RRA, WCRRA, WTTA, C-UK, CCRL
 Web-site: www.glosccitycc.co.uk

President : Malcolm Taylor

SUNDAY RIDES LISTING FOR MAY TO AUGUST 2023

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

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
07-May-23	Newent - Roses	AA	Farmer's Arms, Birtsmorton	Jim	CORONATION WEEKEND; Club Photo at the Cathedral, 8.45am!
	Trumpet - Nest	B		Kevin	
14-May-23	Tetbury	B	King's Head, Kingscourt	Colin	8.30am Club ride start
21-May-23	Ross-on-Wye	A	Woolhope	AliG	
	St Briavels - Pavilion	B+		Ian W	
28-May-23	Chedworth Roman Villa	B	Frampton Mansell	Malcolm T	Spring Bank Holiday weekend; 8.30am Club ride start; Colne valley; Also a Ladies Ride
	Northleach	B+		Ian W	
04-Jun-23	Nailsworth	AA	The Beacon, Haresfield	Jim	Garden centre
	Wickwar	B		Malcolm G	8.30am Club ride start
11-Jun-23	Ledbury	A	Cross Keys, Bredon's Hardwick	Nev L	Black Mountains ride: start 7am Club ride; 8am Sports ride
	Hay on Wye	C	TBA	TBA	
18-Jun-23	Cirencester	B	Black Horse, Amberley	AliG	Father's Day; 8.30am Club ride start
	Notgrove - Nuttery	B+		Ian W	
25-Jun-23	Hayle's Abbey	A	The Star, Aston-under-Hill	Jim	8.30am Club ride start
	Chipping Campden	C		Toby	
02-Jul-23	Tewkesbury	AA	The Hewett Arms, Cheltenham	Nev L	
		B		Malcolm T	
09-Jul-23	Berkeley	A	The Ship, Framilode Avebury	Tesh	9am start
	Malmesbury	C		Ian W	
16-Jul-23	Cinderford	A	Red Hart, Blaisdon	Malcolm T	Also 3 Cities Reliability Ride
	Coleford	B		Theo	8.30am Club ride start
23-Jul-23	Rhydd	A	The Monkey Tree, Defford	Toby	Alpaca Meadows; 8.30am Club ride start
	Crothorne	B		Malcolm G	Clive's, near Pershore
30-Jul-23	Kerne Bridge	B	The Penny Farthing, Aston Crews	Ali G	8.30am Club ride start
06-Aug-23	Slimbridge	AA	Red Lion, Arlingham	Nev L	The Black Shed
	Thornbury	B		Jim	Woolfridge Alpaca Barn; 8.30am Club ride start
13-Aug-23	Cirencester	B	The Crown, Frampton Mansell	Malcolm G	8.30am Club ride start
				Malcolm T	
20-Aug-23	Stroud	A	Salutation Inn, Ham	Maz	8am Club ride start
	Chipping Sodbury / Yate	C		Colin	
27-Aug-23	Mitchel Troy	B	Redbrook	AliG	Bank Holiday weekend; 8am Club ride start

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

Autumn Tour: Friday 1st OR 22nd to Sunday 3rd OR 24th September. Proposed destination: Wells, Somerset. 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; typically 25 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, Sunday 10th September, Maisemore with BBQ to follow. 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>>>