



## GLOUCESTER CITY CYCLING CLUB

Affiliated to BC, CTT, RRA, WCRRA, WTTA, C-UK, CCRL  
Web-site: [www.glosccitycc.co.uk](http://www.glosccitycc.co.uk)

President : Malcolm Taylor

### SUNDAY RIDES LISTING FOR JANUARY TO APRIL 2024

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

In addition to the rides listed, usually split into Moderate or slower and Tempo groups, there is a Fast Ride of around 3 hours with a coffee stop at the end

PLEASE FIT YOUR BIKE WITH MUDGUARDS WHEN WEATHER CONDITIONS DICTATE

All destinations subject to change depending on weather conditions and availability of proposed destination - check Website / Facebook for updates

Date	Coffee (around 11am)	Cat.	Lunch - Optional	Leader	Comments
07-Jan-24	Mystery Ride	A		Jon D	
14-Jan-24	Nailsworth	AA B	The Beacon, Haresfield	Jim Emma	
21-Jan-24	Upton-on-Severn Crothorne	A B	Select on the day	Malcolm T Tempo ride	Clives Fruit Farm or Rhydd
28-Jan-24	Ross-on-Wye	B	Penny Farthing, Aston Ingham	Ali G	The Engine Shed
04-Feb-24	Tewkesbury	AA A	House in the Tree	Jim Theo	
11-Feb-24	Tetbury	B	The Ale House, Stroud	Malcolm G	Cotswold Coffee Bar
18-Feb-24	Berkeley Eastwood Park	A B	The Ship, Framilode	Ali G Tempo ride	
25-Feb-24	Ledbury Trumpet	A B	Farmer's Arms, Birtsmorton	Toby Kevin	
03-Mar-24	Slimbridge Dursley	AA B	The Red Lion, Arlingham	Ali G Emma	
10-Mar-24	Cinderford Newnham on Severn	A B	Red Hart, Blaisdon	Colin Tempo ride	MOTHERS DAY
17-Mar-24	Cirencester	B	Prince William, Cranham	Theo	
24-Mar-24	Hayles Abbey, Winch.	A B	Hewlett Arms, Cheltenham	Ali G Malcolm T	
31-Mar-24	Hopewell Colliery Tintern	B	Select on the day	Malcolm G Tempo Ride	Clocks Spring forward. EASTER SUNDAY
07-Apr-24	Upton-on-Severn Rhydd	AA A	The Cross Keys, Bredon's Hardwick	Mazz Jon D	Pub just north of Tewkesbury
14-Apr-24	Broadway Tower	B	The Star, Ashton-under-Hill	Seb	8.30am start for Moderate ride
21-Apr-24	<b>TOUR</b> Dursley	C A	Select on the day	Various Daryl M	<b>SPRING TOUR 19th - 21st</b>
28-Apr-24	Maisemore	A	Haw Bridge Inn	Toby	TG Hall Open Event

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

**Spring Tour:** Friday 19th to Sunday 21st April to Stratford / Warwick. Liaise with Captain / Vice-Captain for details.

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

#### RIDE CATEGORIES (for more detail see Which Ride? On the website):

**Novice (AA)** - Flat, easy pace, open invitation ride typically 18 to 25 miles to coffee. Average riding speed 9 to 12mph, depending on attendees.

**Steady (A)** - Easy(ish) possibly a few gentle climbs; some experience necessary, typically 20 to 28 miles to coffee. Average riding speed 10 to 12mph.

**Moderate (B)** - Hills, experience and stamina necessary; typically 24 to 30 miles to coffee. Average riding speed 12 to 14mph.

**Endurance (C)** - Long ride requiring very good stamina and food supplies. Check with Captain for details. Average riding speed 12 to 15mph.

**Tempo** - Like Moderate, but faster. The route, though often to the same coffee stop, is generally longer and/or hillier. Average speed 14 to 17 mph.

Club rides are generally split into at least two groups, with a 'Moderate' (or slower) and 'Tempo' route which may need to go to different destinations if numbers dictate.

There will also be a Fast 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 event: TG Hall 25, Sunday 28th April, Maisemore HQ. Helpers required please!

**Captain:** Toby Wooldridge; E-mail: [aw005b5340@blueyonder.co.uk](mailto:aw005b5340@blueyonder.co.uk)

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

See also Tuesday Evening Rides list.

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