



GLOUCESTER CITY CYCLING CLUB

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

President : Malcolm Taylor

SUNDAY RIDES LISTING FOR MAY TO AUGUST 2024

UNLESS OTHERWISE STATED, MEET AT KINGS SQUARE TO DEPART AT 8.30AM; 9AM FOR TEMPO & FAST RIDES

In addition to the Club Rides listed, there will be a Fast 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
05-May-24	Newent - Roses	N	Farmer's Arms, Birtsmorton	Jim	BANK HOLIDAY WEEKEND; Club photo at the Cathedral - 8.45am; rides at 9am
	Trumpet - Nest	T		Tempo	
12-May-24	Malmesbury	M	TBA	Malcolm G	The Summer Café
		T		Tempo	
19-May-24	Ross-on-Wye	S	The Penny Farthing, Aston Crews	AliG	
	St Briavels - Pavilion	T		Tempo	
26-May-24	Hayles Abbey, Winchcombe	M	Jolly Brewmaster, Cheltenham	Emma	Spring Bank Holiday weekend; Ladies Ride starts at 9am
		T		Theo	
		T		Tempo	
02-Jun-24	Nailsworth	N	TBA	Maz	The Canteen
	Wickwar	M		Malcolm G	
	TBC	T		Tempo	
09-Jun-24	Ledbury	S	TBA	Jim	Black Mountains ride: Endurance ride 6.30am; Tempo 8am
	Hay on Wye	E		Emma	
		T		Tempo	
16-Jun-24	Cirencester	M	King's Head, Kingscourt	Theo	Father's Day
	Notgrove - Nuttery	T		Tempo	
23-Jun-24	Maisemore	S	TBA	Jon D	National Team Time Trial - helpers wanted!
		T		Tempo	
30-Jun-24	Dursley	S	Salutation Inn, Ham	Maz	Severn Bridge Ride; Endurance ride 8am
	Tintern	E		Malcolm T	
		T		Tempo	
07-Jul-24	Tewkesbury	N	The Shutters, Gotherington Avebury	Daryl	
	Malmesbury	T		Tempo	
14-Jul-24	Soudley	S	Red Hart, Blaisdon	Theo	Also 3 Cities Reliability Ride
	Lydney	T		Tempo	
21-Jul-24	Rhydd	M	The Monkey Tree, Defford	Malcolm G	Alpaca Meadows Clive's, near Pershore
	Crophorne	T		Tempo	
28-Jul-24	Kerne Bridge	M	TBA	Malcolm T	
		T		Tempo	
04-Aug-24	Slimbridge	N	Red Lion, Arlingham	Jim	The Black Shed
	Thornbury	M		Malcolm G	
		T		Tempo	
11-Aug-24	Northleach	M	TBA	AliG	
		T		Tempo	
18-Aug-24	Stroud	S	Salutation Inn, Ham	Malcolm T	Moderate ride 8am
	Chipping Sodbury / Yate	M		Colin	
	Hullavington	T		Tempo	
25-Aug-24	Mitchel Troy	M	Rising Sun, Moseley Green	Emma	Bank Holiday weekend; Moderate ride 8am
		T		Tempo	

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

Autumn Tour: Friday 13th OR 20th to Sunday 15th OR 22nd September. Proposed destination: Wells, Somerset. Liaise with Captain / Vice-Captain for details.

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

RIDE CATEGORIES (more information is on our web site's "Which Ride?" Page):

N: Novice - Flat, easy pace, open invitation ride, typically 18 to 22 miles to coffee.

S: Steady - Easy(ish) possibly a few climbs; some experience necessary, typically 22 to 26 miles to coffee.

M: Moderate - Expect some hills; experience and stamina necessary; typically 24 to 30 miles to coffee.

E: Endurance - Long ride requiring very good stamina and food supplies. Check with Captain for details.

T: TEMPO rides are fast and require good levels of fitness and endurance.

Rides are generally split into groups, which may go to different destinations if numbers dictate.

The FAST ride is 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 8th September, Maisemore with BBQ to follow. Helpers required please!

NATIONAL TEAM TIME TRIAL, Sunday 23rd June, Maisemore HQ.

Captain: Toby Wooldridge: E-mail: aw005b5340@blueyonder.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>>>