

Date	Departure Time	Meeting Place	11's cafe	ETA Home	Leader	Home tel.	Mobile tel.	Description
01 Oct 2017	9:30am	Stoke Mandeville Combined School HP22 5XA	The Wee Book Shop Chinnor OX39 4QH	1:30-2:00pm	David Winterburn	01494 463107		Easy Pace
01 Oct 2017	9:00am	Stoke Mandeville Combined School HP22 5XA	Open Day Lorec Honor End Lane Prestwood HP16 9HG	1:30-2:00pm	Yvonne Redmond	01296 614453	07948 808656	Step Up
01 Oct 2017	9:00am	Wendover Clock Tower HP22 6NW	Great Gaddesden GC, Hemel Hempstead, HP1 3BY	1:30-2:00pm	Peter Robinson	01296 425015	0791 330 8369	Moderate
08 Oct 2017	9:30am	Watermead Inn Watermead HP19 0FX	Thrift Farm Whaddon MK17 0EQ	1:30-2:00pm	Stephen Brand	01296 486512	07720 866203	Easy Pace Plus
08 Oct 2017	9:00am	Stoke Mandeville Combined School HP22 5XA	Waterperry Gardens SP 629 064	1:30-2:00pm	Gloria Stanbridge	01296 622005	07545 916398	Step Up
08 Oct 2017	9:30am	Aquavale, Aylesbury, HP20 1DX	Stockgrove Park Café SP 920 294	1:30-2:00pm	Peter Nelson	01296 432105	07734 099358	Moderate
TUESDAY 10 Oct 2017	7:30 pm	The Kings Head Market Square Aylesbury	Monthly Social					

Step up rides will be mid way between easy and moderate in terms of pace, hills and distance. They will support riders who want to develop their fitness levels and perhaps move up to moderate. Obviously several easy pace riders are very happy with their cycling and will continue to ride with that group.



New riders are welcome, but please try an Easy paced ride first.
Rides are led by experienced riders; just come along or contact
Peter Robinson on 01296 425015 peter.robinson144@gmail.com
or Jeremy Scothern jeremy.scothern@ntlworld.com

Date	Departure Time	Meeting Place	11's cafe	ETA Home	Leader	Home tel.	Mobile tel.	Description
15 Oct 2017	9:30am	Watermead Inn Watermead HP19 0FX	Stratton Audley Barn, Stratton Audley, OX27 9AS	1:30-2:00pm	Peter Nettle	01296 614122	07749 848563	Easy Pace
15 Oct 2017	9:30am	Butlers Cross HP17 0TS SP 842 070	Toad Hall GC Henley SU 764 844	1:30-2:00pm	Julie Willis		07762 941456	Step Up
15 Oct 2017	9:00am	Stone crossroads HP17 8RG	Toad Hall GC Henley SU 764 844	1:00-1:45pm	Neil Dury	01844 291809	07940 576088	Moderate
22 Oct 2017	9:30am	Stoke Mandeville Combined School HP22 5XA	The Wee Book Shop Chinnor OX39 4QH	1:30-2:00pm	Neil Morris			Easy Pace Plus
22 Oct 2017	9:30am	Watermead Inn Watermead HP19 0FX	Thrift Farm Whaddon MK17 0EQ	1:30-2:00pm	Mike Darlington	01296 331748		Step Up
22 Oct 2017	9:30am	Watermead Inn Watermead HP19 0FX	Chosen on the day		Self Led			Moderate
29 Oct 2017	9:30am	Watermead Inn Watermead HP19 0FX	Lakers Nursery Winslow MK18 3NB SP 762 283	1:30-2:00pm	Sue and David Sharpe		07709 289407	Easy Pace
29 Oct 2017	8:30am	Watermead Inn Watermead HP19 0FX	Boycott Farm Buckingham SP 664 360	1:30-2:00pm	Doug Webb		07789 097111	Step Up
29 Oct 2017	9:30am	Stone crossroads HP17 8RG	Café Nero Chesham HP5 1BX	1:30-2:00pm	Robin Aitchison	01844 291388		Moderate

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