

CTC Rugby, Wednesday Runs List for April – Sept. 2017.

<i>Date</i>	<i>Start</i>	<i>Leader/Phone</i>	<i>Eleveneses</i>	<i>Lunch</i>
April 5	Birdingbury	Bob C. 01327 704694	Fenny Compton	Chacombe
12	Barby	Allan 822966	Church Brampton	Abthorpe
19	Sawbridge	Mark 575949	Southam	Hellidon
26	Newbold	Andy 07964 798758	Caffe Crema	Shearsby
May 3	Yelvertoft	Peter 01455 557213	Countesthorpe	Clipston
10	Birdingbury	Mark 575949	Kineton	Fenny Compt.
17	Barby	Gra/San 814597	Harlestone	Clipston
24	Sawbridge	Ed. 567682	Southam	Warmington
31	Newbold	Allan 822966	Countesthorpe	Clipston
June 7	Yelvertoft	Bob C.01327 704694 (Women's Tour, Daventry, TBC)		
14	Birdingbury	Peter 01455 557213	Kenilworth	Wellesbourne
21	Barby	Andy 07964 798758	Harlestone	Walgrave
28	Newbold	Bob C.01327 704694	Cosby	Welford
July 5	Sawbridge	Allan 822966	Fenny Compton	Edge Hill
12	Yelvertoft	Ross 07773 658869	Farndon Flds.	Welham
19	Birdingbury	Gra/San 814597	Wellesbourne	Oxhill
26	Barby	Andy 07964 798758	Kilworth G.C.	Kilby
Aug. 2	Newbold	Gra/San 814597	Hinckley (Morrison)	St. Golding
9	Sawbridge	Mark 575949	<i>Hill-training:</i> Warmington-Oxhill-Napton (60 m)	
16	Rugby 8am	Mark 575949	100 m Hilly Event: Sawbridge (8.35) Warmington – Todenham – Wellesborne - Rugby	
23	Birdingbury	Ross 07773 658869	Hunningham	Kineton
30	Barby	Ed.567682	Flore	Canons Ashby
Sept. 6	Newbold	Peter 01455 557213	Burbage	Sibson
13	Sawbridge	Ross 07773 658869	Fenny Compton	Edge Hill
20	Yelvertoft	Bob C. 01327 704694	Mkt Harborough	Clipston
27	Birdingbury	Ed. 567682	Fenny Compton	Edge Hill

Phone numbers: all code 01788 (Rugby) unless otherwise stated.

Afternoon Tea Stops:

There is normally an afternoon tea stop on our summer rides. Although some leaders have already specified a tea stop venue, these are not quoted, as they are often subject to discussion on the day.

Safety, courtesy and personal responsibility

Rides normally begin at 9.30. Besides the planned ride, there may be an informal ride which some may choose, but please inform the leader of your intention. Riders opting for the planned ride do so on the assumption that they fully accept the route and destinations chosen by the leader. If the route is changed during the ride as a result of adverse weather, illness or mechanical problems, riders should fully support the leader. Anyone electing to leave the leader's route (*see 6. below*) must inform the leader to avoid his/her absence causing concern. .

A few practices we have found useful over the years:

1. Ride together as a group, having consideration for slower riders
2. Single out if instructed from behind, to allow safe passing of vehicles
3. Alert following riders to potholes or other road hazards
4. Negotiate right turns, roundabouts & roadworks, as a single group
5. Wait for group to reassemble after separation occurs.
6. Tell Leader if you leave the ride.
7. Do not overtake the leader. If unavoidable, resume position behind leader ASAP.
8. Riders to be Cycling UK members.
9. Bikes to have rear mudflaps extending 8 inches from ground.
10. Beware of waving vehicles on – it's not your responsibility.

CTC Rugby - Sunday Rides

April - September 2017

Date	Start 9.30 am	Elevenes (Destination for 11's to be decided at each 'Start')
April	2	Newbold Barnacle ... Brandon Marsh ... Morrisons ... Sapcote ... Time for Tea - Lutterworth ... Ullesthorpe
	9	Sawbridge Brandon Marsh ... Hunningham Hill ... Napton Stores ... Ryton Pools
	16	Clifton Church Cosby ... Countesthorpe ... Kilworth Springs ... Sapcote ... Sibbertoft
	23	Birdingbury Brandon Marsh ... Charlecote... Kenilworth ... Kineton ... Lighthorne ... Stoneleigh ... Wellesbourne
	30	Yelvertoft Kelmarsh ... Kilworth Springs ... Sibbertoft ... Waterloo Farm
May	7	Barby Church Brampton ... Dairy Farm ... Daventry ... Flore ... Napton Stores ... Whilton Locks
	14	Newbold Barnacle ... Brandon Marsh ... Morrisons ... Sapcote ... Time for Tea - Lutterworth ... Ullesthorpe
	21	Sawbridge Brandon Marsh ... Hunningham Hill ... Napton Stores ... Ryton Pools
	28	Clifton Church Cosby ... Countesthorpe ... Kilworth Springs ... Sapcote ... Sibbertoft
June	4	Birdingbury Brandon Marsh ... Charlecote... Kenilworth ... Kineton ... Lighthorne ... Stoneleigh ... Wellesbourne
	11	Yelvertoft Kelmarsh ... Kilworth Springs ... Sibbertoft ... Waterloo Farm
	18	Barby Church Brampton ... Dairy Farm ... Daventry ... Flore ... Napton Stores ... Whilton Locks
	25	Newbold Barnacle ... Brandon Marsh ... Morrisons ... Sapcote ... Time for Tea - Lutterworth ... Ullesthorpe
July	2	Sawbridge Brandon Marsh ... Hunningham Hill ... Napton Stores ... Ryton Pools
	9	Clifton Church Cosby ... Countesthorpe ... Kilworth Springs ... Sapcote ... Sibbertoft
	16	Birdingbury Brandon Marsh ... Charlecote... Kenilworth ... Kineton ... Lighthorne ... Stoneleigh ... Wellesbourne
	23	Yelvertoft Kelmarsh ... Kilworth Springs ... Sibbertoft ... Waterloo Farm
	30	Barby Church Brampton ... Dairy Farm ... Daventry ... Flore ... Napton Stores ... Whilton Locks
August	6	Newbold Barnacle ... Brandon Marsh ... Morrisons ... Sapcote ... Time for Tea - Lutterworth ... Ullesthorpe
	13	Sawbridge Brandon Marsh ... Hunningham Hill ... Napton Stores ... Ryton Pools
	20	Clifton Church Cosby ... Countesthorpe ... Kilworth Springs ... Sapcote ... Sibbertoft
	27	Birdingbury Brandon Marsh ... Charlecote... Kenilworth ... Kineton ... Lighthorne ... Stoneleigh ... Wellesbourne
September	3	Yelvertoft Kelmarsh ... Kilworth Springs ... Sibbertoft ... Waterloo Farm
	10	Barby Church Brampton ... Dairy Farm ... Daventry ... Flore ... Napton Stores ... Whilton Locks
	17	Newbold Barnacle ... Brandon Marsh ... Morrisons ... Sapcote ... Time for Tea - Lutterworth ... Ullesthorpe
	24	Sawbridge Brandon Marsh ... Hunningham Hill ... Napton Stores ... Ryton Pools

Meeting Points

Name	Details
Barby	Barby Nurseries car park
Birdingbury	War Memorial
Clifton Church	Clifton Church
Newbold	On Main St, outside St. Botolphs Church
Sawbridge	near phone box on corner
Willoughby	junction of Longdown Lane with A45
Yelvertoft	Village Hall