



Southgate Cycling Club

Training Runs: Saturday 09:00 sharp. Meet at the Market Square, Enfield.
Brisk paced, up to 30 miles.

Sunday club runs leave from the **Market Square, Enfield** at the time shown (unless an alternative venue is shown) so get there 5 mins before. A brisk-paced run leaves at the earlier time, a more relaxed pace run leaves at the later time. Both runs meet at Morning Stop. Distances covered vary with the time of year. Winter rides are around 40-50 miles. Start times are earlier once the clocks change. Summer rides tend to be longer and can be up to 80 miles, taking advantage of the extra daylight.

We'll be pleased to see you. Don't worry about the distances or the pace. There is usually someone returning to Enfield after morning stop who will accompany you back. The club-run pace is geared to the slowest rider. No-one gets left behind.

Runs List 5th February 2012 – 29th April 2012

Date	Morning Stop	Lunch	Lead	Other Info/Events
05/02/12 09:15 & 09:30	Cafe Oro Ware	Prince of Wales Green Tye		
12/02/12 09:15 & 09:30	Aerodrome Cafe Panshanger	Jolly Waggoners Ardeley		
19/02/12 09:15 & 09:30	Burstons Garden Centre, St Albans	The Bell Studham		
26/02/12 TBC	Hardriders Race HQ Queenswood School	John Bunyan Coleman Green		Hell of Ashdown
04/03/12 09:15 & 09:30	Tortoise Cafe Hare Street	Vanstones Codicote		VCC @ Weston
11/03/12 09:15 & 09:30	Cross Keys Thornwood Common	Village Tearoom Hatfield Heath		
18/03/12 09:15 & 09:30	Aerodrome Cafe Panshanger	Bright Star Peters Green		
25/03/12 TBC	Start of Summertime Rides from Stevenage. Choice of 64K, 110K & 200K. Meet Fairlands Park, Stevenage			Further details from John
01/04/12 08:45 & 09:00	Tortoise Cafe Hare Street	Rose & Crown Ashwell		
08/04/12 08:45 & 09:00	Orchard Tearoom Shenley	The Garden Centre Chipperfield		Easter
15/04/12 08:45 & 09:00	Offroad Day to Panshanger	To be decided		No Carbon Road Bikes!!
22/04/12 08:45 & 09:00	Burstons Garden Centre, St Albans	The Bell Studham		
29/04/12 08:45 & 09:00	Village Tearoom Hatfield Heath	The Leather Bottle Pleshey		

Check the website for corrections and changes: www.southgatecc.org.uk