



Newcomer and Easy Pace Sunday Rides –June - July 2024

Changes due to Oxford Road to Bugle closures!

(Rides Start 9:30 a.m. from: **Watermead Inn** HP19 0FX - **Weston Turville Shops.** HP22 5RH - **Bugle Horn** HP17 8QP – All rides circular back to the start)

June 2nd	Easy Pace	Watermead to Mursley Farm	Graham & Tony
June 9th	Tour de Vale	Mandeville Stadium	(15/46/68 mile rides)
June 16th	Easy Pace	Weston T to Chinnor Centre	Jeremy & Pete
June 23rd	Newcomers	Weston Turville to College Lakes	David & Penny
June 30 th	Easy Pace	Watermead to Poppies	Pete & Yvonne
July 7th	Easy Pace	Watermead to Thame	Helen & Anne
July 14th	Newcomers	Watermead to Hogshaw Farm	Colin & Peter
July 21st	Easy Pace	Weston Turville to Ashridge Hill Farm	Peter & Penny
July 28th	Newcomers	Weston Turville to Mead Farm	David & Pete

(Newcomers 15 to 20 miles 8-11 mph, Easy Pace about 30 miles 10 – 11 mph)

Easy Plus

Easy Plus is for people who want to do a bit more when there's a Newcomers, same start of 9:30 a.m. and same place. They may be a bit faster or steeper and sometimes longer than Easy Pace. (30 - 35 miles 10 – 12 mph)

June 9th	Tour de Vale	Mandeville Stadium	(15/46/68 mile rides)
June 23rd	Easy Plus	Weston Turville to Lakers	Pete & Tony
July 14th	Easy Plus	Watermead to Twyford	Yvonne & Tony
July 28 th	Easy Plus	Weston T to Chesham	Jeremy

Please note these are 'leisure' rides with an arranged leader. If you are a fast rider please adjust your pace to suit the group. The club also has faster rides with the Step up and Moderate groups, details on the Aylesbury CUK website and our Facebook page. Thanks!

Print this off and stick it on your fridge!!

(For contact our email is: aylesburycuk@gmail.com)