



**Witham Wheelers
Cycling Club**
Sponsored by
Echo Personnel

www.withamwheelers.co.uk



Affiliated to:
British Cycling
Cyclist Touring club
Lincs RRA
Cycling Time Trials

RELIABILITY RIDES 2014

A series of cycle rides open to members and non-members, as a healthy start to your year!
Start and Finish from Grantham Cricket Club on Gorse Lane NG32 1AP.

As well as the routes below, each week there will be a shorter route for less ambitious riders, which will aim to average 10+ mph.

| Date | Distance | Route No | Route Description - Direction | 1 st Group start time |
|--------------------------|----------|----------|------------------------------------|----------------------------------|
| Sun 5th Jan | 32 Miles | 9 | Undulating – Waltham / Harby | 9.30 |
| Sun 12th Jan | 40 Miles | 10 | Undulating – Whissendine | 9.30 |
| Sun 19 th Jan | 35 Miles | 14 | Hilly – Long Clawson | 9.30 |
| Sun 26th Jan | 50 Miles | 2 | Flat – Colston Basset | 9.00 |
| Sun 2nd Feb | 50 Miles | 3 | Undulating - Castle Bytham | 9.00 |
| Sun 9 th Feb | 50 Miles | 11 | Hilly - Cottesmore | 9.00 |
| Sun 16 th Feb | 60 Miles | 6 | Undulating – Heckington / Bourne | 9.00 |
| Sun 23rd Feb | 60 Miles | 7 | Hilly – Tilton on the Hill | 8.45 |
| Sun 2nd Mar | 70 Miles | 13 | Undulating – Colston Basset/Bytham | 8.30 |
| Sun 9 th Mar | 70 Miles | 4 | Hilly – Rutland Water | 8.30 |
| Sun 16 th Mar | 60 Miles | 17 | 13 Hills – Vale of Belvoir | 8.30 |

There will be 5 groups, which will be expected to ride together, keeping to an average speed in the range of

| | |
|---------|-----------------------|
| Group 1 | Shorter route 10+ mph |
| Group 2 | 14 to 15 mph |
| Group 3 | 16 to 17 mph |
| Group 4 | 18 to 19 mph |
| Group 5 | 20+ |

- Riders should be realistic about their capabilities and sign on for the group appropriate to their ability.
- Will each rider also sign back in after each ride, so that we know you are safe, in case you cannot get back to the HQ , contact Janet East (mob. 07906 343 318)
- Entry Fee £3 per ride.
- Please ensure your bike is in good working order and take food, waterproof clothing and spare inner tube etc.
- A map of each weeks (Route No) can be found on the club web site.
- A full report, times and photos, when available, will also be posted on the web site after each ride.
- Free Refreshments will be available at the HQ before and after the rides to all riders and officials.
- See club website '**Discussion Forum**' for updates in the event of bad weather.
- For further details and updates see the club website at www.withamwheelers.co.uk or tel Simon Cocker 01476 570992