



## **Newcomer and Easy Pace Sunday Rides –April - May 2024**

( **Rides Starts 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 )**

<b>April 7th</b>	<b>Easy Pace</b>	<b>Watermead to Claydon House - Jan &amp; Andy</b>
<b>April 14th</b>	<b>Newcomers</b>	<b>Weston T to Mead Farm - David &amp; Penny</b>
<b>April 21st</b>	<b>Easy Pace</b>	<b>Weston T to Nannas Cakes - Pete &amp; Andy</b>
<b>April 28th</b>	<b>Newcomers</b>	<b>Watermead to Quainton Railway - Colin &amp; Mike</b>
<b>May 5th</b>	<b>Easy Pace</b>	<b>Watermead to Twyford - Jan &amp; Pete</b>
<b>May 12th</b>	<b>Newcomers</b>	<b>Weston T to College Lakes - Colin &amp; Pete</b>
<b>May 19th</b>	<b>Easy Pace</b>	<b>Weston T to Hill Farm Ashridge - Pete &amp; Graham</b>
<b>May 26th</b>	<b>Newcomers</b>	<b>Bugle Horn to Orchard View Farm - Yvonne &amp; Pete</b>

(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. They may be a bit faster and sometimes longer than Easy Pace. (30 - 35 miles 10 – 12 mph)**

<b>April 14th</b>	<b>Easy Plus</b>	<b>Weston Turville to Ashridge College - Jan</b>
<b>April 28th</b>	<b>Easy Plus</b>	<b>Watermead to Thame Monkey - Helen</b>
<b>May 12th</b>	<b>Easy Plus</b>	<b>Weston Turville to Dunstable Downs - Graham</b>
<b>May 26th</b>	<b>Easy Plus</b>	<b>Bugle Horn to Peterley Farm - Jeremy</b>

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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: [aylesburycuk@gmail.com](mailto:aylesburycuk@gmail.com))