

CTC SUFFOLK SUNDAY RIDES from Ipswich
Coordinator: Michael Scott 07784766838
Start: Sunday Rides leave from Crown Pools at **9.30am** sharp unless otherwise shown.

It is advisable to carry **FOOD AND DRINK** as this is **not always available** at the lunch stop. **For the Leisurely Paced Rides** lunch is generally a **picnic**.

Date	Start	Type	Elevenses	Lunch	Tea	Leader	Email or Mobile
1 st February		LP	Alder Carr Needham Market	Mendlesham		Stephen Read	07866 125660
		MP	221b Bakery Framlingham	The Lion Little Glemham		John Warren	07812 811779
8 th February		LP	Hollowtrees Semer	Polstead		Andy Terry	07922 772001
		MP	Café Como Brent Eleigh	Stoke by Nayland Golf Club		Paul Fenton	07484 643356
15th February		LP	Heart's Delight Lawford	Higham		Stephen Read	07866 125660
		MP	Pantry 61 Boxted	The Old Strangers Home Bradfield		Derek Worrall	07903 993120
22nd February		LP	Bredfield Village Hall (Wolsey RC Reliability Ride)	Blaxhall			
		MP		Golden Key Snape		Ian Harland	07917 766658
1 st March		LP	Huffers Hadleigh	Brent Eleigh		Andy Terry	07922 772001
		MP	Hollowtrees Semer	The Punchbowl Battisford			
8 th March		LP	Felixstowe Spa	Waldringfield			
		MP	Marsh Farm Hollesley	Station House Campsea Ashe			
15 th March	09.15	LP	Boxted Village Hub	Boxford			
		MP		Groton			