

THURSDAY RIDES FROM AROUND IPSWICH

Thursday Rides Co-ordinator: Dave Wake 07539 565982

All rides start at 09:30 unless otherwise stated.

Date	Start	Elevenses		Lunch	Leader	Comments
30.04	Kesgrave CC	A	First Coffee, Debach	Cretingham Bell	Andy Macpherson	
		B	Cafe 46, Wickham Market		Judith Hedges	
07.05	Bourne bridge	A	Rio's Cafe, Manningtree	The Brook Inn, Washbrook	Dave Wake	
		B	Oranges & Lemons, East Bergholt		Adrian Fagg	
14.05	Melton car park	A	Marsh Barn, Hollesley	Golden Key, Snape	Bob Whitehouse	
		B	Camargue Cafe, Wickham Market		Nick Farrow	
21.05	Henley CC	A	Cedars Pantry, Wetheringsett	Station Hotel, Framlingham	Jill Roofe	
		B	River Green Cafe, Debenham		Malcolm Savage	
28.05	Bramford scout car park	A	Corncraft, Monks Eleigh	Kings Arms, Haughley	David Godbold	
		B	Cafe Como, Brent Eleigh		Kearton Rees	
04.06	Copdock VH	A	Pantry 61, Boxted	White Horse, Edwardstone	Colin Clarke	
		B	Hall Farm Cafe, Stratford St. Mary		Mandy Letts	
11.06	Westerfield VH	A	Duck & Teapot, Needham Market	Trowel & Hammer, Cotton	Simon Judge	
		B	Nourish Cafe, Helmingham Hall		Ian Harland	
18.06	Bourne bridge	A	Walled Garden Cafe, Manningtree	The Alma, Harwich	John Bryant	
		B	Hearts Delight, Lawford		Paula Roberts	
25.06	Kesgrave CC	A	Bentwaters Diner	The Dolphin, Thorpeness	Jan Brown	
		B	Station House, Campsea Ashe		Geoff Kingston	

Please would all ride leaders notify their venues of our visit and expected numbers. Leader A should notify the 11's stop and leader B the 11's stop **and** the lunch stop. Ride leaders are requested to pass the list of those participating to the rides coordinator. **Ride leaders are also requested to make sure inexperienced riders who need to return to the start point after the lunch stop have someone to guide them.**