

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
01.10	Melton	A	Marsh Barn cafe, Hollesley	White Lion, Lower Ufford	Judith Hedges	
		B	Riverside Tearoom, Orford		Andy Macpherson	
08.10	Copdock	A	Cafe Como, Brent Eleigh	The Lion, Needham Market	Mandy Letts	
		B	The White Hart, Boxford		Jill Roofe	
15.10	Westerfield	A	Hog & Hen, Mill Green	The Greyhound, Framsden	John Bryant	
		B	River Green cafe, Debenham		Simon Judge	
22.10	Kesgrave	A	Cafe Flex, Nacton	The Ferry Boat Inn, Felixstowe	Dave Wake	
		B	Harbourside Kitchen, Levington Marina		Geoff Kingston	
29.10	Henley	A	The Neathouse, Dennington	The George, Wickham Market	Malcolm Savage	
		B	Revive Cafe, Redlingfield		Ian Harland	

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.**