

## Keyworth & District U3A

### Cycling - Programme 2014

All rides start from Keyworth unless otherwise stated.

New riders should contact the Group Leader for the day's meeting point.

|   |  |        |             |
|---|--|--------|-------------|
| 3 <sup>rd</sup> Jan<br>10:00am          | Circular – Keyworth, Holme Pierrepont, Attenborough,<br>Beeston Lock, Trent Bridge, Wilford Bridge, Ruddington<br>33 miles   | Leader | Roy         |
| 21 <sup>st</sup> Jan<br>09.45am         | Circular – Keyworth, Widmerpool, Willoughby, Grimston<br>Saxelby, Long Clawson, Kinoulton, Cropwell Bishop, Cotgrave<br>33 miles   | Leader | John W      |
| 7 <sup>h</sup> Feb<br>09:45am           | Circular – Keyworth, Kinouton, Cropwell Bishop, Tithby,<br>Bingham, East Bridgford, Radcliffe on Trent.<br>Approx 30 miles   | Leader | Roy         |
| 18 <sup>th</sup> Feb<br>10:00am         | Circular Keyworth, Hickling, Long Clawson, Waltham on the<br>Wolds, Garthorpe, Stonesby Saltby, Croxton Kerrial, Branston,<br>Stathern, Harby, Colston Bassett, Cotgrave, Plumtree,<br>30/35 miles | Leader | Mike        |
| 7 <sup>th</sup> Mar<br>Start<br>10:00am | Circular Keyworth Wysall, Costock, E Leake, W Leake, Sutton<br>Bonnington, Cotes, Barrow on Soar, Six Hills, Wymeswold,<br>Willoughby, Widmerpool<br>33 miles                                      | Leader | Tony        |
| 18 <sup>th</sup> Mar<br>10:00am         | Keyworth, East Leake, Gotham, Kingston, Kegworth, Long<br>Lane, Sawley Marina, Beeston Lock, etc.<br>34 miles  | Leader | John<br>O'D |
| 4 <sup>th</sup> April<br>10:00am        | Circular Keyworth, Grimston, Thrusington, Seagrave, Burton<br>on the Wolds<br>28 miles   | Leader | Roy         |
| 15 <sup>th</sup> April<br>10:00am       | Circular Colston Bassett to Newark<br>35 miles<br><b>Note 10.00am Start at Colston Bassett</b>   | Leader | David       |
| 2 <sup>nd</sup> May<br>10:00am          | Circular Erewash Trail<br>27 Miles<br><b>Note 10.00am Start at Attenborough</b>  | Leader | Mike        |
| 20 <sup>th</sup> May<br>10.00am         | Circular Keyworth, Frisby on the Wreake, Brooksby,<br>Trussington<br>29 miles  | Leader | John W      |
| 6 <sup>th</sup> June<br>10:00am         | Circular - Newark to Fledborough<br>30 miles<br><b>Note: 10:00am Start at Newark</b>   | Leader | Adriana     |
| 17 <sup>th</sup> Jun<br>10.00am         | Worthington Cloud Trail with variations<br>30 Miles<br><b>Note 10.00am Start at Worthington</b>  | Leader | Olga        |

Note - The above Cycling Programme provides a framework only. Rides may be switched, changed, or cancelled for various reasons i.e. adverse weather or leaders other commitments.

All mileages are approximate.

## Keyworth & District U3A

### Cycling - Programme 2014 (continued)

|   |  |        |             |
|---|--|--------|-------------|
| 22 <sup>nd</sup> Jun                      | Cycle Live (Great Nottinghamshire Bike Ride) Details :-<br>www.cyclelivenottingham.co.uk<br>Options of 25, 50, or 100 miles                      |        |             |
| 4 <sup>th</sup> July<br>10:00am           | Circular – Keyworth, Tollerton, Canal (Holmes House), Radcliffe<br>Gunthorpe, Caythorpe, Lambley, Gedling Colwick, Trent Bridge<br>35-40miles    | Leader | Ian         |
| 15 <sup>th</sup> July<br>Start<br>10:00am | Circular Mountsorrel and Swithland<br>Approx 35 miles  | Leader | John W      |
| 1 <sup>st</sup> Aug<br>10:00am            | Tamworth, Twycross Circular<br>33 miles<br><b>Note: 10:00am Start at Measham</b>   | Leader | Tony        |
| 19 <sup>th</sup> Aug<br>Start<br>10:00am  | Circular – Attenborough, Hemlock Stone, Erewash GC, Dale<br>Abbey, Spondon & Long Eaton<br>40 miles<br><b>Note 10:00am Start at Attenborough</b> | Leader | Mike        |
| 5 <sup>th</sup> Sept<br>Start<br>10.00am  | Rutland Water Circular<br>26 Miles<br><b>Note 10.00am Start at Whitwell</b>  | Leader | John<br>O'D |
| 13 <sup>th</sup> Sep                      | Nottingham Historic Churches Ride  |        |             |
| 16 <sup>th</sup> Sep<br>Start<br>10:00am  | Tissington & High Peak Trails, Carsington Water, Ashbourne<br>32 miles<br><b>Note : 10:00am Start at Ashbourne</b>                               | Leader | Tony        |
| 3 <sup>th</sup> Oct<br>Start<br>10:00am   | Circular Holme Pierrepont, Southwell<br>26 miles<br><b>Note 10:00am Start at Holme Pierrepont</b>  | Leader | David       |
| 21 <sup>st</sup> Oct<br>Start<br>10:00am  | Circular Nottingham Villages using in part the old A46<br>30 miles   | Leader | Adriana     |
| 7 <sup>th</sup> Nov<br>Start<br>09.45am   | Circular Keyworth, ROT, E Bridgford Scarrington Orston<br>Granby, Colston Bassett, Cotgrave<br>40 miles  | Leader | Roy         |
| 18 <sup>th</sup> Nov<br>10:00am           | Circular Nottingham Urban Ride.<br>25 miles  | Leader | Ian         |
| 5 <sup>th</sup> Dec<br>10:00am            | Circular Keyworth, Normanton on Soar (Planning Ride)<br>28 miles   | Leader | Roy         |
| 16 <sup>th</sup> Dec<br>10.30am           | “Ride and Stagger” - Venue to be arranged<br>15 miles  | Leader | All         |

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