

## Club rides/Club room

Some of our Wheelers rides start and finish at Canewdon Village Hall, Lambourne Hall Road, Canewdon Rochford SS4 3PG at 9:00hrs on a Sunday, splitting into groups depending on rider numbers. Each group will be colour coded according to speed and distance, please note that the **GREEN** group will start from Canewdon Village Hall at 10:00hrs. Groups also meet at the Hawk Pub, Hawk Hill Battlesbridge SS11 7RJ at 9:00hrs.

**GREEN (No drop)** - gentle rides for novices or those returning to cycling after a long time away, for around an hour and a half, at a pace of 10-12mph or at the speed of the slowest rider.

**BLUE (No drop)** an easy ride for recreational and leisure riders, but for whom riding in a group might be a new experience, for about 2 - 2½ hours, at a speed of around 12-14 mph. The ride leader(s) will ensure everyone sticks together and no-one gets dropped. It is recommended that non-members and other riders not used to group riding who wish to join us begin in the blue group even if they are capable of riding at a faster pace before moving up, if appropriate, to the groups below.

*A route ridden by the Blue Group Ride can be seen [here](#) (Google Maps). This is an example of the sort of route this group will be riding. There is the option to extend the ride by utilizing the lanes around Canewdon.*

**ORANGE (No drop)** - a ride of 2½ - 3 hours at an average speed of around 14-16 mph. The main difference to the blue group is not to have a defined leader / rider at the front of the group but for all riders to take equal turns and to learn the routes around Hanningfield and Danbury.

**RED (no drop)** – a traditional club-run for riders used to riding in a group, averaging around 15-18 mph over 2 or 3 hours, but the pace may vary with the terrain. However, the ride will re-group at the tops of hills etc. to allow stragglers to catch up and not get dropped. *A selection of red group (and other) routes can be seen [here](#)*

**BLACK** – a challenging ride for experienced riders used to riding at pace in a close group where many will be using the ride as part of their race-training. Averaging 18-20 mph over 3 hours or more, it is to be expected that some riders may get dropped. Whilst it is not the intention to leave anyone behind, participants must be prepared for such eventualities and be self-reliant enough to get themselves home unassisted.

***Please read our Ride Safety advice.***

Should you not wish to ride out, there is parking available at Canewdon Village Hall and our selection of tea/coffee and cakes will be available for post-ride refreshments. All we ask for is a donation to help cover the running costs of hall hire. Further information can be obtained by e-mailing Kevin Smith at [leisure@southendwheelers.org](mailto:leisure@southendwheelers.org)

[Click here](#) for a selection of popular routes from Canewdon / Battlesbridge

[Some Cycling UK advice](#)