Ride A	0915 for 0930. Novice/Easy paced 25 to 30 miles, back around 1.30pm. This ride is a good introduction to riding within a group for beginners and also those who prefer a more leisurely ride with a café stop.	The names of club ride leaders are lodged with the CTC. If you wish to lead a ride, please contact the Club Runs Sec. and discuss.
Ride B	0915 for 0930. Average speed 12 to 14mph, 30 to 40 miles, back around 1.30pm. This ride is a good introduction to riding within a group but at a brisker pace than that of the A ride, again with a café stop.	Riders wishing to step up to a faster ride and challenge themselves, are requested to talk to the ride leader prior to signing up for the ride, to allow the ride leader time to think about how best to run the ride.
Ride B+	0915 for 0930. Average speed 14 - 16mph, 40 to 50 miles, back by 1.30 to 2.00pm. Riders signing onto the B+	
AD-HOC	are expected to maintain a good pace as this option is intended as a transitional ride for those wanting to do the C-Ride, again with a café stop.	A selection of known cafes, to aid ride planning http://ridewithgps.com/routes/9171956
Ride C	0915 for 0930. Average speed 16+ mph, 50 to 60 miles, back around 1.30pm. This ride is suggested for the fitter and perhaps more experienced rider, again with a café stop.	
Ride D	0915 for 0930. Average speed 18+ mph, 50 to 60 miles, back around 1.30pm. This ride is suggested as the step-up from the C ride.	
Ride E	0915 for 0930. Speed 12 to 15mph, 50 to 60 miles, back c3.30pm. This ride is a good introduction to riding within a group but at a brisker pace and a longer distance than that of the A ride, again with a café stop for lunch.	
Ride F	0845 for 0900, 60 to 80 miles dependant on the weather, at the pace of the slowest, no fixed return time, with a café stop (or two).	
MTB	Mountain bikes - rides are every Saturday afternoon; 1pm from the rear of the clubrooms. The ride leader is Steve Cockell.	
ThursdayMorning	09.45 for 10.00 from Towcester Leisure Centre, leisure ride at the pace of the slowest rider.	