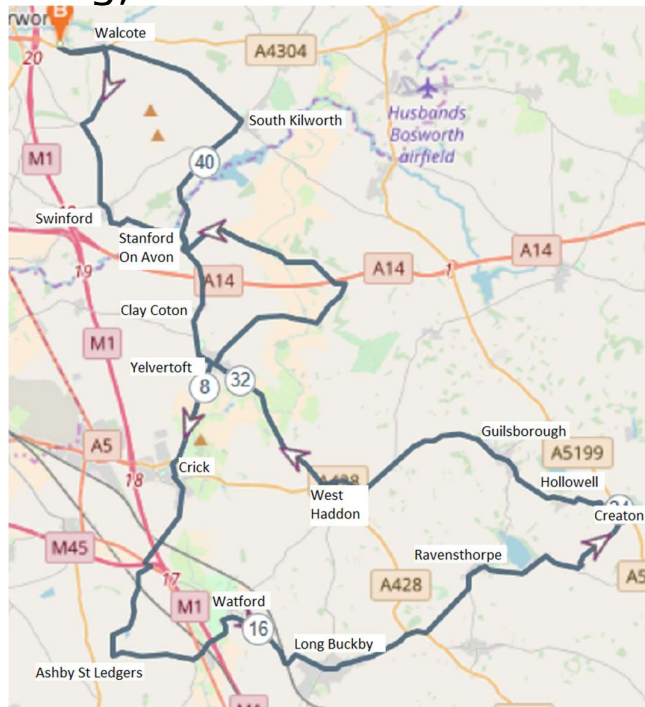


Long, Hard Fast



Long, Hard & Fast 45 Miles (This is not a Race) Ride Leader - Loz Cox

18-20mph Average speed leaving at 10am

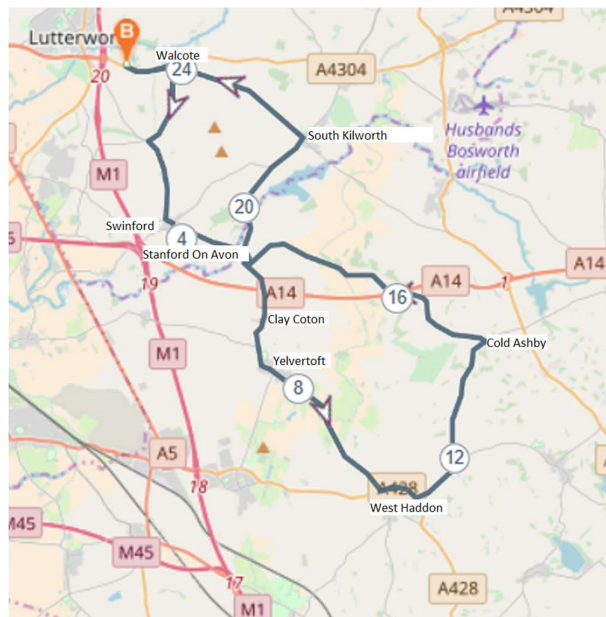
Long



Long 35 Miles. Ride Leader - Phil Rayner

15-17mph Average speed leaving at 10.05am

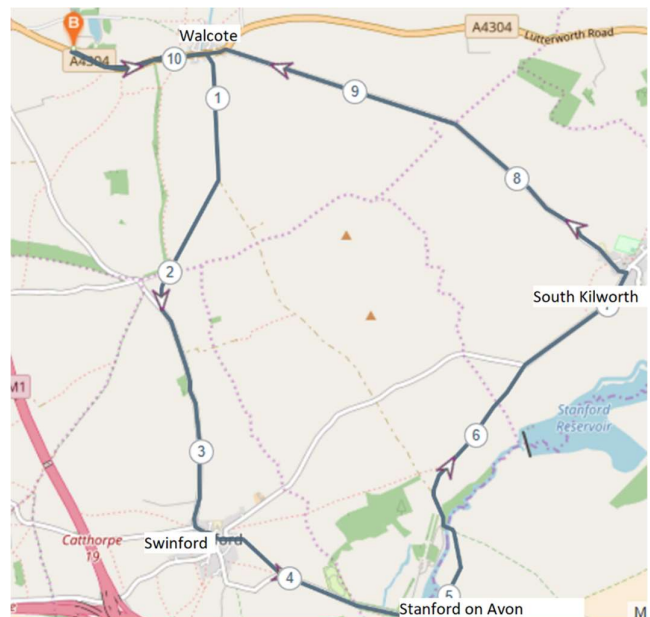
Medium



Medium 25 Miles. Ride Leader - Dave Birch

13-15mph Average speed. Leaving at 10:15

Short



Short 10 Miles. Ride Leader - Jon Durnin.

All junior riders must be supervised by a responsible adult. Leaving at 11am