



# Southgate Cycling Club

**Training Runs:** Saturday and Sunday at 9am from **Cafe Nero in Enfield Town** - usually go for a 40-50 mile looping ride at a fast-ish training pace, without any stops and ending back near Enfield.

**Sunday Touring Runs:** Touring runs also leave from **Cafe Nero in Enfield Town** at 09:00 (unless an alternative venue/time is shown) so get there 5 mins before. The pace is relaxed: steady but not too fast, and **no-one gets left behind**. Morning stop is between 20 to 30 miles after which some riders return to Enfield whilst the rest of the group go on to lunch before returning.

Touring Runs List 24 <sup>th</sup> September – 24 <sup>th</sup> December 2017				
Date	Morning Stop	Lunch	Lead	Other Info/Events
24/09/2017 09:00	Vanstones Codicote	Jolly Wagonners & Cafe Ardeley		
01/10/2017 09:00	Village Tearooms Hatfield Heath	Crown & Falcon Puckeridge		
08/10/2017 08:45	<b>Club Hill Climb</b> Meet at Enfield and ride to Essendon Hill for Club Hill Climb. Ride to tea stop afterwards			See overleaf for details
15/10/2017 09:00	Norton Heath Cafe	Leather Bottle Pleshey		
22/10/2017 09:00	Orchard Tearoom Shenley	John Bunyan Coleman Green		
29/10/2017	EMITREMMUS – 100k or 56k ride from Stevenage Meet 09:30 @ Fairland Park, Stevenage			See overleaf for details
05/11/2017 09:00	Emily's Tearoom Whitwell	Cricketers Weston		
12/11/2017 09:00	Log Cabin Abridge	Village Tearoom Hatfield Heath		
19/11/2017 09:00	Pearces Garden Centre Puckeridge	Jolly Waggoners & Cafe Ardeley		
26/11/2017 09:00	Village Cafe Blackmore	Leather Bottle Pleshey		
03/12/2017 09:00	Burstons Garden Centre St Albans	Bell Studham		
10/12/2017 09:00	Orchard Tearoom Shenley	Annual Lunch & Prize Giving , Old Owens		See overleaf for more details
17/12/2017 09:00	Log Cabin Abridge	Village Tearoom Hatfield Heath		
24/12/2017 09:00	Truly Scrumptious Ware	No planned stop		Christmas Eve

Check the website for updates: <http://www.southgatecyclingclub.org.uk/>

Further information overleaf



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## Further Info & Forthcoming Events

Sunday 08/10/2017	<p><b><u>Club Hill Climb:</u></b> This is a challenge ride for everyone in the club. Ride from Enfield @ 08:45 to meet at the bottom of Essendon Hill. Sign-on from 09:45, first rider off 10:00.</p> <p>And once we're all at the top of the hill we can go for tea!</p>
Sunday 29/10/2017	<p><b><u>Emitremmus:</u></b> (Summertime reversed!): Stevenage CTC end of season Audax. Full course 100k, Lite course 67k. Starting from Fairlands Park, Six Hills Way, Stevenage, SG2 0BL at 10:00am and 10:30 respectively.</p> <p>Meet at Stevenage by 09:30 for 10:00 start. Details, entry form &amp; online entry: <a href="http://www.stevenagectc.org.uk/emitremmus.php">http://www.stevenagectc.org.uk/emitremmus.php</a> or see John</p> <p>Online entries must be submitted by 22<sup>th</sup> October, postal entries by 23<sup>rd</sup> October. No guarantee of entry on the line.</p>
Thursday 02/11/2017	<p><b><u>Annual General Meeting.</u></b></p> <p>Club AGM at Jubilee Hall, Parsonage Lane, Enfield, EN2 0JH</p>
Sunday 10/12/2017	<p><b><u>Annual Luncheon &amp; Prize Presentations:</u></b></p> <p>12:30 for 13:00 (Sharp) at the Old Owens Sports &amp; Social Club, Coopers Lane, Potters Bar, Northaw, Herts, EN6 4NE.</p>