



Ride list

Exported on: 28/03/2025 Exported type: All future rides

Bedfordshire - Bedfordshire

Ride Date	Group	Lunch
Tue 01/04/2025	Bedfordshire	Pulloxhill - The Cross Keys
Tue 08/04/2025	Bedfordshire	Stondon - Mount Pleasant Golf Club
Tue 15/04/2025	Bedfordshire	Henlow - The Five Bells
Tue 22/04/2025	Bedfordshire	Shefford - Cainhoe Wood Golf Club
Tue 29/04/2025	Bedfordshire	Flitwick - The Rufus Centre

Bedfordshire

The following applies to each ride unless otherwise stated within the individual ride information:

Meet time: 12:00 pm **Contact name:** Paul Wareham **Contact email:** 40plusBeds@gmail.com

Ride Date	Meet	Note	Is Event	Event Link
Sat 16/08/2025	Cottonmill Community & Cycle Centre, St Albans	We have organised our very own Forty Plus Audax! With three distances to choose from - 50k, 100k and 160k (100 miles) - we very much hope that this represents something challenging but viable for all members whatever their ability and fitness level. The intention is that we 'stagger' the start times so that most riders will return to St. Albans between 3pm and 5pm, when there will be a BBQ, which will be free for Forty Plus members. We are inviting all Forty Plus sections to join us and also hope that this event will be a brilliant opportunity to get friends from outside Forty Plus involved. Perhaps we might even recruit some new members! Sign-up for the distance of your choice on the Audax UK website by clicking a link below: 50k 100k 160k If you are free on the day, but don't wish to cycle we'd love you to still be involved. There are a few things to do to ensure the event runs smoothly.	yes	https://drive.google.com/file/d/1hB4lZuaBFfMzsxG0v1iBSK3HUrq4Y0Zk/view?usp=sharing

