

## CTC Swansea and West Wales Member Group

### PROGRAMME – June 2015

**Grade.** Rides are graded by terrain (**f, m, h**), distance (miles) and speed (**g, m, b**) with:  
 terrain: **f = flat**, **m = moderately hilly**, **h = hilly**; speed: **g = gentle**, **m = moderate pace**, **b = brisk**.  
 eg: **m35g** = moderately hilly 35 miles at a gentle pace. (?? = distance unknown; usually 30-40 miles.)

**Key to starts.** Most in Swansea area: GR = Grid Ref. on OS 1:50,000 sheets 159,170,171.

<p><b>AL</b> ASDA, Llansamlet. N side of A48, E, of cycle path underpass (GR 675979)</p> <p><b>BK</b> Burger King, Neath Abbey Rd, A474 (GR 751982)</p> <p><b>BP</b> Blackpill, Junction Café (GR 619906)</p>	<p><b>MD</b> MacDonald's, Briton Ferry roundabout A474/A48 (GR 741938)</p> <p><b>NC</b> Norwegian Church: E of Sail Bridge. (GR 664930)</p> <p><b>PX</b> Pontardawe Cross: A4067 lights (GR 721040)</p> <p><b>SB</b> Sail Bridge, Swansea (GR 663929)</p> <p><b>SR</b> Swansea Railway Station (GR 657936)</p>
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Day	Event	Level	Start	Time	Description
Wed 3rd	Ride	m40m	BK	10.00	<b>Ystradfellte.</b> Leader: Howard Davies
Sun 7 <sup>th</sup>	Ride	m??g	BP	10.00	<b>Upper Swansea Valley.</b> Leader: Don Ashman. Joint ride with Pembrokeshire CTC Free Wheelers.
8-12 <sup>th</sup>	<b>Yorkshire tour</b> (Based in Osmotherley YH.) Leader: Ian Gofton				
Wed 10 <sup>th</sup>	Ride	f50m	MD	10.00	<b>Llantwit Major.</b> Leader: Jan Garvey
Sun 14 <sup>th</sup>	Ride	f30g	NC	10.00	<b>Margam Park and Aberavon</b> Leader: Peter Lewis
	Ride	m60m	MD	10.00	<b>Talbot Green/Llantrisant.</b> Leader: John Ridd
Wed 17 <sup>th</sup>	Ride	m??g	SR	09.00	<b>London away day.</b> Leader: John Cardy
Sun 21 <sup>st</sup>	Ride	f30g	AL	10.00	<b>Ystalyfera</b> Leader: Tony Barratt
	Ride	h100m	SB	8.00	<b>100 miler</b> Leader: John Cardy
Wed 24 <sup>th</sup>	Ride	m45m	MD	10.00	<b>Porthcawl.</b> Leader: Jan Garvey
Sun 28 <sup>th</sup>	Ride + walk	m20g	BP	10.00	<b>Gower (The cliffs and coves).</b> Lunch: picnic? Leader: Dale Hall
	Ride	m50m	PX	10.00	<b>Trecastle.</b> Leader: Ian Davies

#### Phone Numbers

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