

CTC Swansea and West Wales Member Group

PROGRAMME – March 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>AL ASDA, Llansamlet. N side of A48, E, of cycle path underpass (GR 675979)</p> <p>CC Civic Centre, sea side (GR 652922)</p> <p>GS Doctor's surgery, Gowerton (GR 589966)</p> <p>MD MacDonald's, Briton Ferry roundabout A474/A48 (GR 741938)</p>	<p>NC Norwegian Church: E of Sail Bridge (GR 664930)</p> <p>PL Pyle Leisure Centre. (GR 830823)</p> <p>PX Pontardawe Cross: A4067 lights (GR 721040)</p> <p>RI Railway Inn, Clyne Valley (GR: 598924)</p>
---	---

Day	Event	Level	Start	Time	Description
Sun 1 st	Ride	f40g	NC	10.00	Glyncorrwg. Leader: Jim Connolly
	Ride	h30m	PX	10.00	Mynydd-y-Gwair. Leader: John White
Wed 4 th	Ride	f40m	GS	10.00	Kidwelly. Leader: Mike Brewer
Sun 8 th	Ride	f30g	AL*	10.00	Ystradgynlais. Leader: Peter Lewis
	Ride	m55m	MD	10.00	Cowbridge. Leader: Ian Gofton
Wed 11 th	Ride	m30m	PX	10.00	Crynant. Lunch: Pit Stop café. Leader: John White
Sun 15 th	Ride	m25g	RI	10.00	Gower. Lunch: Greyhound, Oldwalls. Leader: Jim Connolly
	Ride	h40m	AL	10.00	Defiance Ride recce. Leader: John Cardy
Wed 18 th	Ride	m25m	GS**	10.00	Swansea Adventure. Lunch: Red Lion, Morriston. Leader: Ed Connors
Sun 22 nd	Ride	f30g	NC	10.00	Margam Park. Leader: Peter Lewis
	Ride	h40m	MD	10.00	Top of Glamorgan. Lunch: New Inn, Rhigos. Leader: John Cardy
Wed 25 th	Ride	h35m	MD	10.00	Llangynwyd. Leader: Jan Garvey
Sun 29 th	Ride	m20g	PL***	10.00	North Ogmores Vale. Leader: Peter Don Ashman
	Ride	h45m	GS	10.00	Carreg Cennen Castle . Leader: Ian Davies Cancelled due to weather forecast.

* Or **CC** 9.15.

** Or Duvant (NCR 4) 10.20.

*** Or Sainsbury's (by Sail br.) 9.15 to drive to **PL**.

Phone Numbers

Don Ashman: 07816 472571	Jim Connolly: 07791 742808	Ian Gofton: 07411 395714
Mike Brewer: 07879 123859	Ed Connors: 07952 483641	Peter Lewis: 07830 346648
John Cardy: 07711 175337	Ian Davies: 07813 856969	John White: 07729 839247
	Jan Garvey: 07861 684722	