WORTHING EXCELSIOR CYCLING CLUB
CLUB RUNS LIST OCTOBER 2009 – MARCH 2010

All club runs depart from Washington Village Green at 09.00 hours (09.10 latest) unless otherwise stated. (W = Washington. B = Club Room, Broadwater). (Watch out for occasional East Sussex starts – get there by car? – see end of list)

You should register your attendance with the Club Runs Secretary Tony Palmer (01273 558597) or Don Lock (01903 531877) to enable you to be included in the Annual Club Runs Attendance Points Trophy running from 1st October to 30th September.

Points are awarded as follows :-
2 points if you start with the run and complete the run with the Club group.
1 point if you proceed independently.
3 points if you are out all day on a Club activity i.e Audax or specially arranged full day runs.
For these see either Website, Magazine or Clubroom notice board.
Final decision with regard to points rests with the runs committee!!

This list is distributed to all members. You may not be a regular Club runs rider, but keep the list in your diary or attached to your calendar and join us whenever you can. If you feel that we may be too slow, or even 'too fast' then make your own way. It does help to keep in touch. We are usually home between 12.00 and 1.00 and distance including a ride out from Worthing will be between 40 and 50 miles. There is of course parking at Washington if that suits you.

Runs committee members are not always able to attend, so, on these occasions make your own route, to suit those present.

	2009			
OCT	4	Lewes 2-Up	The Barn, Dial Post	W
	10		Club Tourist Trial – See Don Lock for Details	
	11		Dolly's Pantry, Ditchling	W
	18		Littlehampton – Look & Sea, Harbourside	B
	25		Camelia Botnar Garden Centre, 1m north of Littleworth	W
NOV	1		Rushfields Garden Centre, Poynings	W
	8		Arundel Sandwich Bar, by River /Bridge	B
	15		Fishers Farm. 1m north of Wisborough Green	W
	22		Southwater Country Park	W
	29		Denman's Gardens, ½ m west of Fontwell	B
DEC	6		Petworth 3 cafes – (meet up in square)	W
	13		Hassocks Garden Centre A273 ½ m south of town	W
	20		Goodwood Motor Circuit café	B
	27		The Barn, Dial Post	W
	2010			
JAN	1		RSPB Centre, Wiggonholt Common. s/e of Pulborough	W
	3		Aldingbourne A27 north side, 1m west of Fontwell	W
	10		Chichester Marina, Birdham	B
	17		Stopham Bridge Garden Centre. A283 1m west of Pulborough	W
	24		Norton House, Henfield	W
	31		Hilliers Garden Centre, A281 2m s/w of Horsham	W
FEB	7		Dolly's Pantry, Ditchling	W
	13	Winter Warmer Audax – See Mike Irons for details		
	14		Sumner Ponds, Barns Green 3m north of Coolham	B
	21		Isfield Railway Station Café	Ringmer Start
	28	Long Furlong Circuit event		
			Southwater Country Park	W
MAR	7	Club 10	Camelia Botnar Garden Centre, 1m north of Littleworth	W
	14		Goodwood Motor Circuit Café	B
	21		Fishers Farm, 1m north of Wisborough Green	W
	28		Petworth 3 cafes (meet in the square)	W

For the East Sussex runs park behind the shops approx O.S Ref. 447.125. If you need a lift get in to the clubroom the Tuesday before to see who is going or make other earlier arrangements. We are still home by about 1.0'clock.