

Keyworth & District U3A Freewheelers Cycling Programme 2024

K = Keyworth start 10 a.m. at KVH unless otherwise stated

Date	Route	Leader/Dist
Wed Jan 10 Advise Lights	K- Normanton-Laming Gap-Owthorpe-Cropwell Bishop-Langar (coffee stop)-C Basset-Kinoulton (lunch) Owthorpe-K'worth	Simon/Tony 26m ****
Wed Jan 24 Advise Lights	Southwell Circular 10 a.m. Southwell Leisure Centre	Roy/ 26m ****
Wed Feb 14 Advise Lights	K- Kinoulton-Hickling-Nether B-Saxelbye-Asfordby-Hoby-Ragdale-Wymes-Widmerpool or similar.	Tony/ 33m ****
Wed Feb 28	Terry??	Terry
Wed Mar 13	10 a.m. Kegworth Village Hall. Kegworth West details TBA	Fred 34m ****
Wed Mar 27	Val??	? Val ?
Wed Apr 10	Southwell Leisure Centre 10.a.m/	Adriana 33m
Wed Apr 24	10.a.m. Eastwell-Roadside parking Branston, Eaton- G Ponton- Gunby-N&S Witham, Wymondham (Lunch) Garthorpe-Waltham- Eastwell	David 25m, 33m or 38m *****
Wed May 8	K 10 a.m. – Wid-Old Dalby-Saxelbye-Asfordby-Hoby-Ragdale-6 Hills-Greyhnd (lunch)-Hoton- Wymeswold-	Pam/ 33m
Wed May 22	K- Gotham-Kingston-Sawley-Trent Lock (Coffee)-Beeston-Ferry (Lunch)	John'O 30m ****
Wed Jun 12	Southwell Leisure Centre 10 a,m. "Golden Hand" Route TBA	Mike-36m ****
Wed Jun 26	10 a.m. Bakewell Monsall Trail, Millers dale-Wormhill-Smalldale-Tideswell	Roy/32 *****

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July 2/3		DG-TF-JW- MW-J'O-RT- FT
Wed July 10	K -9.45 Vale & Ale, with Stilton, Coffee and some cycling. Lunch at Nags Head	David 38m ****
Wed July 24	10 a.m. Staunton Staunton figure of Eight	John W ****
Tues/Wed Aug 6 th /7 th	K- 9.30. RAID with o'night stay Long Clawson-Waltham-Wymondham Oakham-Barnsdale	John W 100m total *****
Wed Aug 14	10.a.m. TBA	Paul
Wed Aug 28	K 10 a.m – Mountsorrel Swithland Circular Lunch at Griffin Swithland	John' 35m *****
Wed Sept 11	10 a.m. Measham Car Park National Forest Figure of 8	Tony/34m *****?
Wed Sept 25	10 a.m. East Bridgford – Velo Verde – Thoroton – Shelton –Newark – Hawton – Eden Hall-E Bridgford	Mike W 32m *****
Wed Oct 9	TBA	Roger ?m
Wed Oct 23	Attenboro 10a.m. NG96DY Stanton by Dale-Ockbrook (Royal Oak lunch)	Roy/30m *****
Wed Nov 13	K – 10 a.m. Barrow on Soar Circular Lunch Soar bridge Inn	John'O 32m ****
Wed Nov 27	K = New Ride	Ian/?m
Wed Dec 11 Lights	K – Xmas Lunch TBA	??
Wed Dec 18 Lights	K - Artist's Amble TBA ???	John W