



The Continental Rides

Rider Information Update – March 2010

in aid of

CANCER RESEARCH UK



The Riders and Crew

	First Name	Surname	Rider Type	email id
1	Justin	Churcher	Wino	justin.churcher@uk.ibm.com
2	Liz	Flesher	Wino	cheriton@gotadsl.co.uk
3	Max	Flesher	Wino	cheriton@gotadsl.co.uk
4	Jim	Halliday	Wino	jimchalliday@hotmail.com
5	Paul	Howell	Wino	paulhowell@hsbc.com
6	Mike	McLachlan	Wino	m.mclachlan@loc-group.com
7	Guy	Poppy	Wino	g.m.poppy@soton.ac.uk
8	Mark	Richenbach	Wino + Glory Hunter	rick@chandlers.prestel.co.uk
9	Joe	Allnutt	Sorebum	joeallnutt@hotmail.com
10	Andy	Brown	Sorebum	andy.brown.amberwood@ukgateway.net
11	Scott	Dryburgh	Sorebum	scott.dryburgh@bt.com
12	Neil	Flesher	Sorebum	cheriton@gotadsl.co.uk
13	Tim	Frank	Sorebum	frankfamily@hotmail.co.uk
14	Andy	Hore	Sorebum	gandyhore@hotmail.co.uk
15	Pete	Horsnell	Sorebum	petehorsnell@o2.co.uk
16	Normand	Howison	Sorebum	normand_howison@uk.ibm.com
17	Lionel	Jones	Sorebum	lonicera.jones@gmail.com
18	Ian	Larner	Sorebum	ian_larner@uk.ibm.com
19	Pam	MacLoughlin	Sorebum	pam_mcloughlin@uk.ibm.com
20	Caroline	Maynard	Sorebum	caroline@jordan-maynard.org
21	Stephen	Pipes	Sorebum	spipes74@googlemail.com
22	David	Pope	Sorebum	david@dpbcl.com
23	Guy	Rafferty	Sorebum	guyr Rafferty@hotmail.com
24	Barnaby	Roseveer	Sorebum	rosevep@uk.ibm.com
25	Mike	Spencer	Sorebum	spencms@uk.ibm.com
26	Jamie	Wadley	Sorebum	james.wadley@bt.com
27	Roger	Brookes	Glory Hunter	rogerv_brooks@uk.ibm.com
28	Derek	Noble	Glory Hunter	nobled@uk.ibm.com
29	Paul	Halloran	Casual	paulohalloran@doctors.org.uk
crew 1	Driver	Knorr Bremse	Crew	tbc
crew 2	Hannah	Rafferty	Crew	guyr Rafferty@hotmail.com

Organised by the IL team

- a route “pack” for each rider. This will include gpx files and route instructions from Google maps. Note that the CTC recommend GPS for all ! We recommend maps for those moments when the right route seems a little hard to find.
- bookings for the outbound ferry from Portsmouth
- bookings for the return flights from Gibraltar
- bookings for low cost B&B accommodation
- monthly training rides and gatherings
- a support vehicle, which will bring bikes back from Gibraltar

Self organised by individuals

- “winos” – Organise own return arrangements.
- “the glory hunters” - Organise own arrangements to Madrid.
- “the casuals” – Organise own transport to & from the ride as well as own accommodation while participating in the ride.



Stage towns and key dates *

The ride starts from Winchester on Saturday 4th September 2010

* subject to revision, especially as we try to find suitable accommodation in the more remote areas.

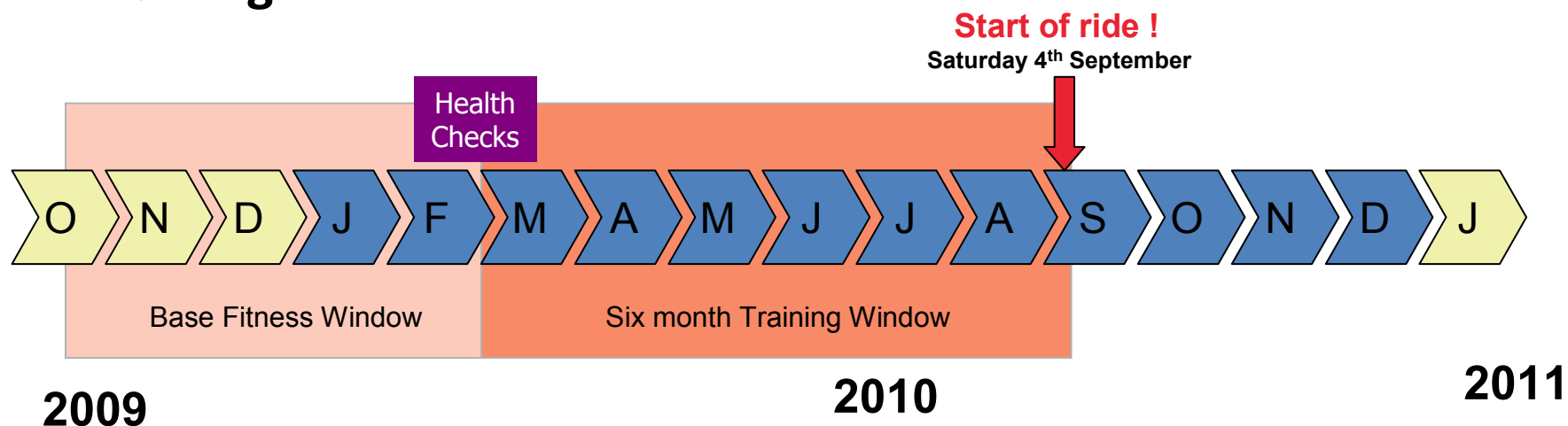
Day	Weekday	Date	Start Town	End Town	Daily Mileage	Daily Kilometres	Accumulative Mileage	Accumulative Kilometres	Nearby major town (station / airport)
1	Sunday	05-Sep-10	St Malo	Redon / Saint-Nicolas-de-Redon	84	134	84	134	Nantes
2	Monday	06-Sep-10	Redon / Saint-Nicolas-de-Redon	La-Roche-sur Yon	90	144	174	268	La-Roche-sur Yon
3	Tuesday	07-Sep-10	La-Roche-sur Yon	Royan	94	150	268	412	Saintes
4	Wednesday	08-Sep-10	Royan	Biscarrosse	101	162	369	562	Bordeaux
5	Thursday	09-Sep-10	Biscarrosse	Biarritz	82	131	451	724	Biarritz
6	Friday	10-Sep-10	Biarritz	Pamplona (Spain)	63	101	514	855	Pamplona
7	Saturday	11-Sep-10	Pamplona	Soria	105	168	619	956	Soria
8	Sunday	12-Sep-10	Soria	Jadraque	72	115	691	1124	Guadalajara / Madrid
9	Monday	13-Sep-10	Jadraque	Aranjuez	85	136	776	1239	Madrid
10	Tuesday	14-Sep-10	Aranjuez	Ciudad Real	87	139	863	1375	Ciudad Real
11	Wednesday	15-Sep-10	Ciudad Real	Santa Eufemia	79	126	942	1514	Cordoba
12	Thursday	16-Sep-10	Santa Eufemia	Fuente Palmera	87	139	1029	1640	Cordoba
13	Friday	17-Sep-10	Fuente Palmera	Ronda	82	131	1111	1779	Marbella
14	Saturday	18-Sep-10	Ronda	Gibraltar	64	102	1175	1910	Gibraltar

Key dates:

- **Saturday 4th** September join the mass ride from Winchester to Portsmouth, overnight Ferry.
- **Sunday 5th** ride out of St Malo early in the day, the epic really gets underway
- **Wednesday 8th** last night with the 'Winos' before they make their own way home (perhaps cycling ?!!)
- **Monday 13th** meet the 'glory hunters' at the hotel. They join the ride at Aranjuez (Madrid)
- **Saturday 18th** arrive in Gibraltar towards the end of the day and celebrate !!
- **Sunday 19th** fly back to Blighty



Training



- The suggested cycling specifics for St Malo to Gibraltar riders are:

During the **Base Fitness window**

- ✓ Get "time-in-saddle" for base fitness – form/join informal teams for regular rides
- ✓ Join us for the monthly Inspired Living rides

During the **Six Month Training Window**

- ✓ Build up your weekly mileage to include a weekly ride of 70 to 100 miles
- ✓ Continue the monthly Inspired Living rides (we will be setting up longer rides for all you 'continentals' during the spring)
- ✓ Complete one three day event (90 Miles per day)
- ✓ Complete at least one 200km (125 Mile ride).

We suggest joining Audax UK who run several 200km (and longer) rides in our area during the spring and summer. They also provide route notes for 'permanent' rides which can be ridden on a day of your choice. <http://www.aukweb.net/>

Sponsorship

We are in the final stages of setting up arrangements with 'Just Giving' and will provide details via the Inspired Living website in the next few days.

Useful Websites

The Inspired Living website

<http://www.inspiredliving.org.uk/>

The Cyclists Touring Club

<http://www.ctc.org.uk/>

Audax UK

<http://www.aukweb.net/>

