

March 2021

[OHG = Over The Hill Gang, see OHG = Over The Hill Gang, see http://www.clarencourt.com/the-club-runs/over-the-hill-gang for details. All rides are on road bikes except for those marked Off Road which are mountain bike rides.](http://www.clarencourt.com/the-club-runs/over-the-hill-gang)

Future Rides will be Blogged Weekly

Due to the COVID-19 restriction after 29 March social distancing must still be maintained. It is a Club requirement that you book a place on each ride by using the Clarencourt Blog Comment facility to enable the organisation of the rides. Also riders should wear a Club Jersey to indicate that they are taking part in a Club Group cycle ride. All coffee stops will be outside at the designated destination. Rides will be continuous if the weather is too inclement for a stop. Future rides will be added week by week.

Cycling UK Coronavirus Advice and Guidance for members and affiliate groups

In England on or after 29 March organised sports can restart, which will not be subject to the rule of six gathering limit, but should be compliant with guidance issued by national governing bodies. Sport England has published guidance confirming that organised sport and activity includes group cycle rides that are allowed from 29 March onwards under the organised sport and activity exemption.

Cycling UK's general advice to clubs pre-Covid was to restrict group rides to a maximum of 15 people, however currently we are advising that this should be treated as an absolute maximum for group rides, not a target number, and that people should exercise some discretion and common sense depending on where they are riding

Participants should adhere to social gathering limits when not actively riding, e.g. during breaks. Social interaction before and after riding should only take place in separate and distinct groups consisting of up to six people or two households.

Meeting points

Both groups meet at Betchworth every Tuesday and Thursday. The Social Group (15/16 mph average) departs at 09.45. The Fast Group (17mph+ average) departs at 10.00.

Meeting Point	Map reference	Postcode
Cheam BR Station, South Side	TQ24457 63387	SM2 7BN
Merstham BR Station	TQ29157 53307	RH1 3EE
Leatherhead BR Station	TQ16308 56897	KT22 7SQ
Cobham and Stoke d'Abernon Station	TQ12338 58857	KT11 3BW
Walton-on-the-Hill pond	TQ 22635 55303	KT20 7RT
Horton Country Club	TQ 19111 61864	KT19 8PL
Carshalton Ponds	TQ 27873 64553	SM5 3NX
Nonsuch Park Mansion	TQ 23385 63593	SM3 8AL
Betchworth	TQ 20978 50805	RH3 7DF
The Railway Pub Cheam	TQ 24297 63420	SM3 8SQ
Wheatsheaf Pub Ewell	TQ 21908 62914	KT17 2AA
Rifleman Pub Epsom	TQ 21014 60951	KT17 1BB
Fort Road Hythe	TR 15395 34428	CT21 6JL