

Lampard Road Club

2008 Programme of Events

Date	Event
Sun 13 th January	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Sun 27 th January	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Sun 10 th February	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Sun 24 th February	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 5 th March	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 9 th March	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 12 th March	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 16 th March	Hilly 30 Reliability Ride – Details from Graham Cruse
Wed 19 th March	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 23 rd March	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 26 th March	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 2 nd April	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 9 th April	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 13 th April	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 16 th April	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 20 th April	50 mile Reliability Ride – Details Sonya Luther
Wed 23 rd April	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 27 th April	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 30 th April	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 7 th May	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 11 th May	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 14 th May	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sat 17 th May	Lampard Open 10's – Details from, and offers of help to Malcolm Edwards – F12/10
Wed 21 st May	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 25 th May	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 28 th May	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 4 th June	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 8 th June	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 11 th June	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 15 th June	MTB Ride – Details Sonya Luther
Wed 18 th June	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 22 nd June	Club Ride – St Albans WM to Wyevale GC Bulbourne - 45miles
Wed 25 th June	Evening Ride – Hatfield/Hatfield – Details Graham Cruse - 25miles
Thurs 26 th June	Lampard Challenge Cup - Hemel Hempstead Club '10' – 11z/10

Wed 2 nd July	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 6 th July	Cecil Cooke Memorial Trophy – Hemel Hempstead Open '25' – F13/25
Wed 9 th July	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 13 th July	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 16 th July	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 23 rd July	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 27 th July	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 30 th July	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 6 th August	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 10 th August	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 13 th August	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 20 th August	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 24 th August	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 27 th August	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 3 rd September	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 10 th September	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 14 th September	Club Ride – St Albans WM to Lassiters Harpenden – 45miles
Wed 17 th September	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 21 st September	100 km Reliability Ride – Details Graham Cruse
Wed 24 th September	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 28 th September	Club Ride – St Albans WM to Wyevale GC Bulbourne – 45miles
Wed 2 nd October	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 5 th October	MTB Ride – Details Sonya Luther
Wed 9 th October	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 16 th October	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 23 rd October	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Wed 30 th October	Evening Ride – Hatfield/Hatfield – Details Graham Cruse – 25miles
Sun 23 rd November	Prize Presentation and Lunch – Details Graham Cruse, venue TBA

- Sunday rides start from the War Memorial in St Albans at 09-30 hrs
- Evening rides start from Hatfield Station or the Rookery Café, Welham Green at 19-15/19-30 hrs depending on the availability of daylight.
- Mileages are approximate. Ave speeds are 15-20 mph.
- Points will be awarded in accordance with the guidance set out in 'Lampard Road Club Trophies and How to Win Them' – 2. Dave Harris Memorial Trophy. In addition 5 points will be awarded to everyone either helping with, or riding, the Open 10's on Saturday 17th May.

Contact details:-

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