

Pembrokeshire Velo Winter Rides 2009/10				
Date	Route	Distance	Meet at	Start
08/11/2009	Route 1 (Pembroke, Freshwater West, Freshwater East, Lamphey, Jameston, Pembroke)	26 or 31 miles	Bierspool P. Dock	09:00
15/11/2009	Route 3 (Cleddau Bridge, Rosemarket, Johnston, Tiers Cross, Broadhaven, Nolton, Newgale, Roch, Camrose, H'west, Burton)	31 or 38 miles	Bierspool P. Dock	09:00
22/11/2009	Route 2 (Pembroke, Lamphey, Jameston, Penally, Ridgeway, Lamphey, Freshwater East, Castlemartin, Freshwater West, Pembroke)	33 or 40 miles	Bierspool P. Dock	09:00
29/11/2009	Route 5 (Cleddau Bridge, Steynton, Herbranston, Dale, Hasguard Cross, Broadhaven, Simpson Cross, H'west, Burton)	38 or 47 miles	Bierspool P. Dock	09:00
06/12/2009	Route 4 (Pembroke, Lamphey, Jameston, Tenby, Kilgetty, Narberth, Canaston, Blackpool Mill, Cresswell Quay, Carew, Pembroke)	35 or 40 miles	Bierspool P. Dock	09:00
13/12/2009	Route 6 (Coshaston, Milton, Carew, Cresswell Quay, Blackpool Mill, Llawhaden, Clarbeston Road, Camrose, Hayscastle Cross, Roch, Simpson Cross, Broad Haven, Tiers Cross, Johnston, Rosemarket)	46 or 52 miles	Bierspool P. Dock	09:00
20/12/2009	Route 8 (Burton, H'west, Crundale, New Inn, Pontfaen, Cilgwyn, New Inn, Maenclochog, Llanycefn, Gelli, Llawhaden, Canaston, Carew)	48 or 60 miles	Bierspool P. Dock	09:00
27/12/2009	Route 5 in reverse	38 or 47 miles	Bierspool P. Dock	09:00
03/01/2010	Route 6 in reverse	35 or 40 miles	Bierspool P. Dock	09:00
10/01/2010	Route 4 in reverse	35 or 40 miles	Bierspool P. Dock	09:00
17/01/2010	Route 7 (Pembroke, Freshwater West, Freshwater East, lamphey, Tenby, Kilgetty, Narberth, Clunderwen, Clarbeston Road, Camrose, Roch, Simpson Cross, Broadhaven, Johnston, Rosemarket)	70 or 80 miles	Bierspool P. Dock	09:00
24/01/2010	Route 5	38 or 47 miles	Bierspool P. Dock	09:00
31/01/2010	Route 8	48 or 60 miles	Bierspool P. Dock	09:00
07/02/2010	Route 6	35 or 40 miles	Bierspool P. Dock	09:00
14/02/2010	Route 3	31 or 38 miles	Bierspool P. Dock	09:00
21/02/2010	Reliability ride 40 or 55 miles (meet at Carew car park)	40 or 55 miles	Carew car park	09:00
28/02/2010	Daffodil sportive, Pendine (50 miles)	50 miles	Pendine	00:00
07/03/2010	Reliability ride 55 or 100 miles (meet at Carew carpark)	55 or 100 miles	Carew car park	08:00

NB Check Velo guest book (www.pembs-velo.co.uk) for any last minute changes
Contact Nick Brown on 07748 107149 with any queries