

# Group Cycle Rides in Hereford



These are the group rides currently taking place in and around Hereford.

We recommend checking the club facebook pages for the most up to date information on planned rides.

## Hereford Clubs

### Gannets Cycling Club

[gannetcycling.wixsite.com](http://gannetcycling.wixsite.com)

**e:** [gannetcycling@hotmail.co.uk](mailto:gannetcycling@hotmail.co.uk)

Facebook: [GannetCyclingClub](https://www.facebook.com/GannetCyclingClub)

### Hereford Cycle Hub Cycling Club

[www.herefordcyclehub.org](http://www.herefordcyclehub.org)

**e:** [herefordcyclehub@gmail.com](mailto:herefordcyclehub@gmail.com)

### Hereford Triathlon Club

Group Rides (for club members only)

[www.herefordtriathlonclub.co.uk/training](http://www.herefordtriathlonclub.co.uk/training)

**e:** [herefordtriathlonclub@hotmail.com](mailto:herefordtriathlonclub@hotmail.com)

Facebook.com/Hereford-Triathlon-Club-

209566085721312

### Spot on coaching

[spot-on-coaching.co.uk](http://spot-on-coaching.co.uk)

**e:** [jonty@spot-on-coaching.co.uk](mailto:jonty@spot-on-coaching.co.uk)

## Tuesday

### Hereford Cycle Hub Cycling Club

**Meet:** 6pm at Hereford Cycle Hub.

20-25 miles, one group at 16mph average and one group at 14mph average.

All rides are non led but nobody gets left behind.

### Gannets Cycling Club

**Meet:** 6.30pm by Sainsburys traffic lights

*(15-16 mph average speed)*

## Thursday

### Gannets Cycling Club

**Meet:** 6.30pm in Sutton street for a 30-40 mile ride.

## Saturday

### Gannet Cycling Club

**Meet:** Club ride 9.30am from the Three Elms Pub

Usual distance of 35 miles averaging 16mph.

### Spot on coaching

**Meet:** 12noon from Elite Performance Gym, Millbrook Street.

25 mile ride at around 14 mph.

## Sunday

**Hereford Triathlon Club** - Group Rides (for club members only)

**Meet:** 8.30am at Hereford Leisure Pool. Distance of 30 -70 miles.

All abilities welcome with three different groups: fast, intermediate and slower pace.

### Gannet Cycling Club

**Meet:** 9:00am at Steels Garage. Approx. 60-75miles at 18mph

### Hereford Cycle Hub Cycling Club

**Meet:** 9.30am at Hereford Cycle Hub.

One group at 12mph. 30 - 40 miles, One group at 15mph. 35 - 45 miles. Two group 16+mph. 35 - 45 miles.

All rides are non led but nobody gets left behind.

**Please note for all rides you must be covered by your own insurance.**

**You can get insurance as part of a membership package with British Cycling.**