

Stan Thomas's Audax Rides in 2009

<p>Horseshoe Grimpour Llangollen 107km & 2600m Sunday, 26 April</p>	<p>A hilly ride to test your climbing legs with a loop through Clocaenog Forest and the Clywydian Hills. Serving up such treats as Pentre-llyn-cymmer, Bwlch Penbarras, Minera (Esclusham) Mountain and, of course, the Horseshoe Pass, both old and new, with a summit finish at the Ponderosa.</p> <p>Starts on the River Dee in Llangollen. [AAA* 2.5 (2.75)]</p> <p>Time limit : 8 hours 15 minutes.</p>
<p>Three Lakes Corwen 130km & 2100m Sunday, 9 August</p>	<p>Tour of lakes Celyn, Bala and Vyrnwy. Climbing two of the highest passes in Wales: Bwlch-y-groes (from the easy side) and Milltir Cerrig.</p> <p>Start and finish in Corwen with controls at Bala and Vyrnwy. [AAA* 2.25 (1.0)]</p> <p>Time limit : 10 hours.</p>
<p>Mills Hills Chirk 146km & 3000m Sunday, 20 September</p>	<p>A demanding ride through the back roads of North Wales, dedicated to the memory of Graham 'up the hills' Mills. Very much his terrain and style, but I promise – no gates. The route has been revised for 2009 to make it more direct between controls, a little harder and, I hope, even more interesting.</p> <p>A triangular route, starting and finishing in Chirk, visiting Ruthin and Vyrnwy. [AAA* 3 (2.5)]</p> <p>Time limit : 11 hours 30 minutes.</p>

Full details and online entry at www.events.norvil.net .

* AAA points to 2009 rules (*with 2008 in brackets*).

These are non-competitive cycling events run on public roads. They are not races or trials of speed. The events have been devised as challenges for experienced, self-sufficient cyclists. The objective is to complete the course within the time limit.