

# Chester & N. Wales Wednesday Riders

## 2018 Rides List - 35<sup>th</sup> Anniversary Year

Please note this list is subject to change, it will be regularly updated but you are advised to check the groups weekly emails for detail before setting out. If you do not already receive these you should email [cnwwednesdayriders@gmail.com](mailto:cnwwednesdayriders@gmail.com) for the latest issue. If you intend joining a ride part way round or at the venue please text the ride leader on the day to hell them using the number here before 10:00.

### **Ride Categories**

The rides committee have agreed the following ride category definitions. Leaders are requested to ensure that their rides meet the appropriate criteria.

#### **A RIDE:**

These are challenging rides varying in distance from 50 to 80 miles and occasionally more. Shorter rides are likely to be combined with challenging climbs with accumulated elevation of 3000 to 5000 ft. Longer rides will normally be flatter and might therefore be conducted at a faster pace. There will normally be an A ride on the first ride of each month occurring after clocks go forward and throughout the summer period but an easier ride will also be offered.

#### **B Rides:-**

These rides should be suited to the fitness levels and ride aspirations of the majority of regular riders, varying in distance from about 40 to 60 miles. Again shorter rides are likely to include accumulated elevations of some 3000ft or thereabouts but proportionately less for the longer rides.

#### **C Rides;-**

These are suitable for riders who prefer their rides to be sociable in style and moderate in pace and generally flat. Distance would be of the order of 30 to 40 miles . They would be suitable for beginners or perhaps more mature riders looking for less demanding rides. Leaders agreeing to lead these rides would be expected to provide rides which meet the aforesaid criteria.

#### **Winter Rides ( ie during GMT times)**

Winter rides are generally local and therefore category C. Irrespective of distance these rides can be beyond the capabilities of some mature riders and/or beginners, if the group speed is excessive. Leaders are requested therefore to conduct winter rides at a pace which can be comfortably maintained by all riders in the group.

#### **Lunch**

Leaders are asked to make efforts to arrive at the lunch venue between 12:00 and 12:30 in winter and between 12:30 and 1:00 during summer. This is to facilitate meeting with riders who make their own way there. If you are making your own way to lunch please advise the ride leader in advance so that the venue can be given accurate numbers.

#### **Ride Leader Training**

CUK offers several training course for ride leaders – the most suitable being the Club Ride Leader course. The Rides Committee encourages all ride leaders to complete this course and opportunities arise occasionally for a subsidised course. Whilst we would like to ensure all leaders have received training this is not currently possible. Riders should be aware that most leaders have not had formal training. Registered ride leaders are covered by CUK insurance whilst leading.

#### **Car Assist rides**

Riders are encouraged to car share when possible and riders who would like to offer or utilise a lift should email the rides secretary in advance to let him know. He will then attempt to match you with someone.

Wednesday Riders Issue 1 Rides list 2018 - Our 35 <sup>th</sup> Anniversary Year					
Date	Venue	Cat	Leader	Leader Mob	Comments
<b>Jan 1<sup>st</sup></b>	White Horse, Churton C&NW Annual News Years Day Meet	MYOW	Organiser D Matthews		Inc Prize presentations
Jan 3 <sup>rd</sup>	The Tap, Eastham Ferry	C	Richard	07493464233	
10	Cottage Loaf, Thurstaston	C	Jane	07778559977	
17	Wheatsheaf, Upton by Chester	C	Chris & Sue	07593063757	
24	Walk Mill	C	John W	07871113063	
31	White Horse Churton	C	Roy	07779658998	
<b>Feb 1<sup>st</sup></b>	Gran Canaria Trip		Chris S		
Feb 7 <sup>th</sup>	Grosvenor GC, Belgrave	C	Dave W	07432375471	
14 <sup>th</sup>	Railway Inn Meols	C	Chris L	07521575882	
21 <sup>st</sup>	Red Lion, Dodleston	C	Harry	07887623870	
28 <sup>th</sup>	The British Ironworks Centre, Oswestry	B	Chris S	07746826917	CA from Holt
		C	Ruth and Julian	07510333416 07905732357	CA from Bangor on Dee
<b>March 7<sup>th</sup></b>	35 <sup>th</sup> Anniversary Tea at TBC	C	John F	07799962064	Charles Allen Memorial Ride
14 <sup>th</sup>	The Refreshment Rooms, Rock Ferry	C	Richard	07493464233	
21 <sup>st</sup>	The Druid, Pontblyddyn	C	Liz	07710104017	
25 <sup>TH</sup>	CLOCKS CHANGE				
28 <sup>th</sup>	Caffi Florence, Loggerheads	B	Colin	07900217626	
<b>April 4<sup>th</sup></b>	Red Lion Ellesmere	A	Harry	07887623870	
		B	Ruth and Julian	07510333416 07905732357	CA from Chirk
11 <sup>th</sup>	Norton Priory, Runcorn	B	Tony S	07709241885	
		C			CA Frodsham
18 <sup>th</sup>	Abbey Arms, Delamere.	B	Brian L	07871113063	
25 <sup>th</sup>	The Bull, Shocklach	B	Chris L	07521575882	
<b>May 2<sup>nd</sup></b>	Bhurtpore, Aston	A	Liz	07710104017	
		B	Ruth and Julian	07510333416 07905732357	CA from ICF
9 <sup>th</sup>	Hollybush, Cefnybedd	B	Peter L	07784493446	
16 <sup>th</sup>	Llanrwst & the Great Orme (lunch at Surf Centre)	B+	Chris S	07746826917	CA from Pensarn
	Tattenhall Marina	C	Glennys	07771866097	
23 <sup>rd</sup>	Bellis's GC, or Cleopatras, Holt	B	Dave W	07432375471	
30 <sup>th</sup>	Leigh Arms, Acton Bridge	B	John W	07871113063	
<b>June 6<sup>th</sup></b>	The New Inn, Dyserth	A	Colin	07900217626	
		C	Brian L	07871113063	CA from Talacre
13 <sup>th</sup>	MBC Llandegla	B	Peter L	07784493446	
20 <sup>th</sup>	<b>35<sup>th</sup> Anniversary 100 Mile Challenge Ride to Audlem</b>	A	John F	07799962064	Steady paced group ride. 9:00 start

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	<b>100Km Challenge</b>	B	Alan O	07989371463	
27 <sup>th</sup>	Hare and Hounds, Crowton	B	Chris and Sue	07593063757	
<b>July 4<sup>th</sup></b>	Wheatsheaf, No Mans Heath	A	Brian and Sylvia	07847520755	
		B	??		CA Beeston Castle
11 <sup>th</sup>	Nags Head, Bunbury	B	Chris L	07521575882	
18 <sup>th</sup>	Bwlch-y-groes and Lake Vyrnwy	B+	Chris S	07746826917	CA from Bala
25 <sup>th</sup>	Pet Cemetery, Brynford	B	David S	07904900014	
<b>Aug 1<sup>st</sup></b>	Cross Foxes @ Overton Bridge	A	Brian L	07871113063	
		C	Glennys	07771866097	CA from Holt
8 <sup>th</sup>	The Royal Oak, Bangor on Dee	B	Harry	07887623870	
15	Pistyll Rhaeadr	B	Richard	07493464233	CA from Chirk
22	Shire Horse Centre/Alvanley Arms, Cotebrook	B	Roy	07779658998	
29	Pant-yr-Ochain, Gresford	B	Liz	07710104017	
<b>Sept 5<sup>th</sup></b>	The Lakeside Café, Tanygrisiau	A	Chris S	07746826917	CA - Llyn Brenig Visitor Centre
	Café Fresh, Dunham on the Hill.	C	Glennys	07771866097	
12	Foresters, Tarporley	B	Chris and Sue	07593063757	
19	Dragons Rest Caerws	B	Peter L	07784493446	
26	Anderton Boat Lift	B	Andy	07872823280	
<b>Oct 3<sup>rd</sup></b>	AGM @ Red Lion, Penyfford	C	John F	07799962064	
10 <sup>th</sup>	Cotton Arms Wrenbury	A	Brian L	07871113063	
		B	Dave W	07432375471	CA from ICF
17 <sup>th</sup>	The Griffin, Trevalyn	B	David S	07904900014	
24	The Pheasant, Burwardsley	B	Colin	07900217626	
28 <sup>TH</sup>	CLOCKS CHANGE				
31	Carr Farm GC, Meols	C	?		
<b>Nov 7</b>	Alyn Rossett	B	Richard	07493464233	
14	Old Ma's	C	Andy	07872823280	
21	Okells GC Duddon	C	John W	07871113063	
28	The Ridger, West Kirby	C	Bruce	NA	
<b>Dec 5<sup>th</sup></b>	Bunbury Arms, Stoak	C	Jane	07778559977	
12 <sup>th</sup>	Christmas Lunch		MYOW		
19 <sup>th</sup>	The Old Quay, Parkgate	C	Chris S	07746826917	
26 <sup>th</sup>	Impromptu				

# 2018 Ride Leaders

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Alan Oldfield  
Andy Blomfeld  
Brian and Sylvia Joyce  
Brian Lowe  
Bruce Farrell  
Chris Byrne  
Chris and Sue  
Chris Lamb  
Chris Smith  
Colin Bell  
Dave Webb  
David Sumner  
Glennys Hammond  
Harry Fowler  
Helen Grant  
Jane Marshall  
John Fergusson  
John Walker  
Julian and Ruth  
Liz Donaldson  
Peter Leach  
Richard Barrett  
Roy Bunnell  
Tony Small