

Chester & N. Wales Wednesday Riders

2018 Rides List - 35th 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 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 tell 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 5 Rides list 2018 - Our 35 th Anniversary Year					
Date	Venue	Cat	Leader		Comments
Jan 1st	White Horse, Churton C&NW Annual News Years Day	MYO W	Organiser D Matthews		
Jan 3rd	The Tap, Eastham Ferry	C	Richard		ICE
10	Cottage Loaf, Thurstaston	C	Jane		Colin
17	Wheatsheaf, Upton by Chester	C	Chris & Sue		Wind
24	Walk Mill	C	John W	X	
31	White Horse Churton	C	Roy		
Feb 7 th	Grosvenor GC, Belgrave	C	Dave W		Peter L
14 th	Railway Inn Meols	C	Chris L	X	
21 st	Red Lion, Dodleston	C	Harry		Nags Head Lavister
28th	The British Ironworks Centre, Oswestry Moved to March 14 th due to ICE	B	Chris S		CA from Holt
		C	Ruth and Julian		CA from Bangor on Dee
March 7th	35 th Anniversary Tea at TBC	C	John F	X	Charles Allen Memorial Ride
14 th	The Refreshment Rooms, Rock Ferry-Oswestry	C	Richard Chris S		Bruce-Feb 28th rescheduled
21 st	The Druid, Pontblyddyn	C	Liz	X	
25TH					
28 th	Gaffi Florence, Loggerheads	B	Colin		We Three Loggerheads
April 4th	Red Lion Ellesmere	A	Harry	X	
		B	Ruth and Julian		CA from Chirk
11 th	Norton Priory, Runcorn Sugar Plum Cafe, Rhewl Eastham Tap	A	Tony S		Two Mills
		B			CA Mold
		C	Jane		Two Mills
18 th	Abbey Arms, Delamere.	B	Brian L		
25th	The Bull, Shocklach	B	Chris L		
May 2nd	Bhurtpore, Aston	A	Liz		
		B	Ruth and Julian		CA from ICF
9 th	Hollybush, Cefnybedd	B	Peter L		
16 th	Llanrwst & the Great Orme (lunch at Surf Centre)	B +	Chris S		CA from Pensarn
	Tattenhall Marina	C	Glennys		
23 rd	Shire Horse Centre, Cotebrook	B	John W		
30 th	Leigh Arms, Acton Bridge	B	Chris and Sue		
June 6th	The New Inn, Dyserth	A	Colin		
		C	Brian L		CA from Talacre
13 th	MBC Llandegla	B	Peter L		
20 th	35th Anniversary 100 Mile Challenge Ride to Audlem	A	John F		Steady paced group ride. 9:00 start
	100Km Challenge	B	Alan 0		
27 th	Hare and Hounds, Crowton	B	Chris and Sue		

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July 4th	Wheatsheaf, No Mans Heath	A	Brian and Sylvia	
		B		CA Beeston Castle
11 th	Nags Head, Bunbury	B	Chris L	
18 th	Bwlch-y-groes and Lake Vyrnwy	B +	Chris S	CA from Bala
25 th	Pet Cemetery, Brynford	B	Andy B	
Aug 1st	Cross Foxes @ Overton Bridge	A	Brian L	
		C	Glennys	CA from Holt
8 th	The Royal Oak, Bangor on Dee	B	Harry	
15	Holt	B	Peter L	
22	Pistyll Rhaeadr	B	Richard	CA from Chirk
29	Pant-yr-Ochain, Gresford	B	Liz	
Sept 5th	Cotton Arms Wrenbury	A	Brian L	
		B	Dave W	CA from ICF
12	Foresters, Tarporley	B	Chris and Sue	
19	Dragons Rest Caerws	B	Peter L	
26	Anderton Boat Lift	B	Andy	
Oct 3rd	AGM @ Red Lion, Penyfford	C	John F	
10 th	The Lakeside Café, Tanygrisiau	A	Chris S	CA - Llyn Brenig Visitor Centre
	Café Fresh, Dunham on the Hill.	C	Glennys	
17 th	The Griffin, Trevalyn	B	VACANT	
24	The Pheasant, Burwardsley	B	Colin	
28 TH	Clocks Change			
31	Carr Farm GC, Meols	C	Jane	
Nov 7	Alyn Rossett	B	Richard	
14	Old Ma's	C	Andy	
21	Okells GC Duddon	C	John W	
28	The Ridger, West Kirby	C	Bruce	
Dec 5th	Bunbury Arms, Stoak	C	Jane	
12 th	Christmas Lunch		MYOW	
19 th	The Old Quay, Parkgate	C	Chris S	
26 th	Impromptu			

2018 Ride Leaders and Mobile Numbers

Alan Oldfield 07989371463
Andy Blomfeld 07872823280
Brian and Sylvia Joyce 07847520755
Brian Lowe 07871113063
Bruce Farrell NA
Chris Byrne NA
Chris and Sue 07593063757
Chris Lamb 07521575882
Chris Smith 07746826917
Colin Bell 07900217626
Dave Webb 07432375471
David Sumner
Glennys Hammond 07771866097
Harry Fowler 07887623870
Helen Grant NA
Jane Marshall 07778559977
John Fergusson 07799962064
John Walker 07871113063
Julian and Ruth 07510333416, 07905732357 (Rides days only)
Liz Donaldson 07710104017
Peter Leach 07784493446
Richard Barrett 07493464233
Roy Bunnell 07779658998
Tony Small 07709241885