

Chester & N. Wales Wednesday Riders

2019 Rides List

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 the ride starts.

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 mostly 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 courses 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 Rides list 2019					
Date	Venue	Cat	Leader		Comments
Jan 1st	Carden Arms - C&NW Chairman's New Years Day Meet	MYO W	Organiser D Matthews		
Jan 2 nd	Cottage Loaf, Thurstaston	C	Brian MacDonald		
9 th	Nags Head, Lavister	C	Harry Fowler		
16 th	Wheatsheaf, Upton by Chester	C	John Walker		
23 rd	Walk Mill	C	Liz Donaldson		
30 th	Susan's Café, Drury	C	Peter Leach		
Feb 6 th	Grosvenor GC, Belgrave	C	Bruce Farrall		
13 th	Railway Inn Meols	C	John Ferguson		
20 th	Red Lion, Dodleston	C	Chris Lamb		
27 th	Aldford Village Store	C	Dave Webb		
March 6th	Charles Allen Memorial Ride The Old Rathbone, Frankby (formerly The Farmers Arms!)	C	John Ferguson		
13 th	Shropshire Sculpture Park, Oswestry	B	Chris S		CA from Holt
		C	XXXXXXXX		CA from Overton.
20 th	Okells GC, Duddon	C	Alan Oldfield		
27 th	Caffi Florence (Or We Three), Loggerheads	B	Peter Leach		
31 st	Clocks Change (Ride starts normally 9:30 from here on)				
April 3rd	Bridge 80 Café, Audlem	A	Harry Fowler		
		B	Dave Webb		CA from ICF
10 th	Sugar Plum Cafe, Rhewl	A	Brian Lowe		
		B	Tony Small		CA Mold
	Carr Farm GC, Meols	C	XXXXXXXX		
17 th	Abbey Arms, Delamere.	B	Liz Donaldson		
24 th	The Bull, Shocklach	B	Paul Mills		
May 1st	The Three Pigeons, Graigfechan	A	Richard Barret		
		B	XXXXXXXX		CA from Llanferres
8 th	Hollybush, Cefnybedd	B	Peter Leach		
15 th	Pistyll Rhaeder (Picnic)	B	Richard Barret		CA from Chirk
	Hawarden Farm Shop	C	XXXXXX		
22 rd	Shire Horse Centre, Cotebrook	B	Jane Marshal		
29 th	Leigh Arms, Acton Bridge	B	Graham Hines		
June 5th	The Lakeside Café, Tanygrisiau	A	Chris S		CA Ty Nant
	Tilly's, Bunbury	B/C	Brian Joyce		
12 th	MBC or Fisheries @ Llandegla	B	Chris Lamb		
19 th	100 Mile Midsummer Challenge Ride	A	Graham Hines		Steady paced group ride. 9:00 start
	100Km Midsummer Challenge	B	John F		
26 th	Hare and Hounds, Crowton	B	Liz Donaldson		

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July 3rd	Old Town Vaults, Whitchurch	A	Brian Lowe		
		B/C	XXXXXXXXXX		CA ICF
July 7 th (Sun)	Vets 100 – (Wednesday Riders Group of 10 required)	A	No Leader Required		
10 th	Norton Priory (If Runcorn Bridge Open)	B	Jane Marshal		
17 th	Bwlch-y-groes and Lake Vyrnwy	B+	Chris S		CA from Bala
	Honey's Caergwrle	C	Alan Oldfield		
24 th	Pet Cemetery, Brynford	B	Brian Lowe		
31 st	The Royal Oak or The Buck, Bangor on Dee	B	John Walker		
Aug 7th	New Inn Dyserth	A	Peter Leach		
		C	XXXXXXXXXX		CA from Talacre
14	Nags Head, Bunbury	B	Andy Blomfield		
21	Llanrwst & the Great Orme (lunch at Surf Centre)	B+	Chris S		CA from Pensarn
	Old Ma's, Tattenhall	C	XXXXXXXXXX		
28	Pant-yr-Ochain, Gresford	B	Liz Donaldson		
Sept 4th	Cotton Arms Wrenbury	A	Graham Hines		
		B	Dave Webb		CA from ICF
Sept 7/8	C&NW 80 th anniversary celebrations		TBA		
11	Foresters, Tarporley	B	Harry Fowler		
18	Dragons Rest Caerws	B	Brian Lowe		
25	Anderton Boat Lift	B	Paul Mills		
Oct 2nd	AGM @ Red Lion, Penyfford	C	Paul Mills		
9 th	The Swan @ Marbury	A	Richard Barret		
		C	XXXXXXXXXX		CA from ICF
16 th	The Griffin, Trevalyn	B	Peter Leach		
23	The Pheasant, Burwardsley	B	Chris Lamb		
27 TH	Clocks Change (Ride starts back to 10am normally)				
30	Pen-y-Bont Farm, Mold	C	Dave Webb		
Nov 6	Alyn Rossett	B	Andy Blomfield		
13	Tattenhall Marina	C	Brian MacDonald		
20	Hawarden Library	C	Richard Barret		
27	The Ridger, West Kirby	C	Bruce Farrall		
Dec 4th	Bunbury Arms, Stoak	C	John Ferguson		
11 th	Christmas Lunch		M.Y.O.W.		
18 th	The Old Quay, Parkgate	C	Chris S		

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Th 26th	Impromptu Boxing Day			