

Chester & N. Wales Wednesday Riders

2020 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 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 2020 / issue 2 / DEC					
Date	Venue	Cat	Leader		Comments
Jan 1st	The Bull @ Shocklach - C&NW Chairman's New Years Day Meet	MYO W	Organiser D Matthews		
Jan 8 th	Eureka Circular ride Late lunch in the Eureka	C	Richard		Coffee in Chester
15	Manor Wood Coddington	C	John W		
22	Walk Mill	C	Ian		
29	Wheatsheaf, Upton by Chester	C	Liz		
Feb 5	Susan's Café, Drury	C	Mari		
Feb 12 th	Grosvenor GC, Belgrave	C	Dave		
19 th	Railway Inn Meols	C	Brian M		
26 th	Nags Head Lavister	C	Colin		
March 4th	Charles Allen Memorial Ride The Boat House, Chester	C	John F		
11 th	Hanmer Arms, Whitchurch	B+	Brian J		
		C	Brian L		CA from Holt
18 th	Liverpool Parks C Ride from the Pier Head (21 Miles)	B	Ian		Start Thornton Hough
		C+	John F		Start Asda Bromborough
25 th	The Druid @ Llanferres	B	John W		
29 th	Clocks Change (Ride starts normally 9:30 from here on)				
April 1st	Bridge 80 Café, Audlem	A	Dave		
		B	Brian J		CA from ICF
8 th	The Drovers, Rhewl	A	Brian L		
		B	Tony		CA from Mold
	Tattenhall Marina	C	Brian M		
15 th	Tigers Head, Norley	B	Chris L		
22 nd	The Bull, Shocklach	B	??????????		
29 th	Barbridge Inn, Nantwich	B	Richard		
May 6th	The Three Pigeons, Graigfechan	A	Paul		
		B	Peter L		CA from Llanferres
13	Hollybush, Cefnybedd	B	Paul		
20 th	Pystil Rhaeder	B	Richard		CA from Chirk
	Hawarden Farm Shop	C	??????????		
27 rd	Shire Horse Centre, Cotebrook	B	Ian		
June 3rd	The Lakeside Café, Tanygrisiau?	A	Chris S		CA Ty Nant
	Lock Gates Café, Beeston	B/C	??????????		
10 th	Jacksons GC, Rhyl	B	Peter L		
		B	Tony		CA Mold
	Lancashire flatlands	C	John F		TA Town Green
17 th	Hare and Hounds, Crowton	B	Dave		
24 th	100 Mile Midsummer Ride The Rising Sun Via mow Cop	A	Richard		Steady paced group ride. 9:00

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	100Km Midsummer Challenge	B	?????????		CA ????
July 1st	Old Town Vaults, Whitchurch	A	Chris L		
		C	Alan		CA from Holt
Sunday July 5 th	Vets 100	A	Leader Provided		
8 th	Norton Priory	B	Harry		
15 th	The Royal Oak or The Buck Bangor on Dee	B	Dave W		
22 nd	Pet Cemetery, Brynford	B	Brian M		
29 th	Bwlch-y-Groes and Lake Vernwy	B +	Chris S		CA from Bala
	Honey's Caergwrie	B	Alan		
Aug 5th	New Inn Dyserth	A	Brian L		
		C	?????????		CA from Talacre(?)
12	Nags Head, Bunbury	B	Brian J		
19	Blend 92 @ The Black	B	Richard		
26	Pant-yr-Ochain, Gresford	B	Peter L		
Sept 2nd	Burtpore Inn, Nantwich	A	Chris L		
		B	?????????		CA from ICF
9 th	Foresters, Tarporley	B	Brian L		
16	Llanrwst & the Great Orme (lunch at Surf Centre)	B+	Chris S		CA from Pensarn
	Alison's Kitchen Tattenhall	C	Glennys		
23	Anderton Boat Lift - Stanley Arms	B	Ian		
30 th	The Pheasant, Burwardsley	B	Brian M		
Oct 7nd	AGM @ Red Lion, Penyfford	C	?????????		
14 th	The Swan @ Marbury	A	Paul		
		C	?????????		CA from ICF
21 st	The Griffin, Trevalyn	B	Peter L		
25TH	Clocks Change (Ride starts back to 10am normally)				
28 th	Woodworks GC, Mold	C	?????????		
Nov 4	Alyn Rossett	B	?????????		
11	Okells GC	C	Dave W		
18	Hawarden Library	C	Mari		
25	The Wheelwrights Elton	C	John F		
Dec 2nd	The Rake and Pikel, Chester	C	?????????		
09 th	Holt	C	Brian M		
16 th	Christmas Lunch	C	MYOW		
23 rd	The Old Quay, Parkgate	C	Chris S		
30 th	The Centurian, Vicars Cross	C	Richard		