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](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 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 | MYOW | | Organiser D Matthews |  | |  | |
| Jan 8th | 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 12th | Grosvenor GC, Belgrave | C | | Dave |  | |  | |
| 19th | Railway Inn Meols | C | | Brian M |  | |  | |
| 26th | Nags Head Lavister | C | | Colin |  | |  | |
| **March 4th** | **Charles Allen Memorial Ride**  The Boat House, Chester | C | | John F |  | |  | |
| 11th | Hanmer Arms, Whitchurch | B+ | | Brian J |  | |  | |
| C | | Brian L |  | | CA from Holt | |
| 18th | Liverpool Parks  C Ride from the Pier Head  (21 Miles) | B | | Ian |  | | Start Thornton Hough | |
| C+ | | John F |  | | Start Asda Bromborough | |
| 25th | The Druid @ Llanferres | B | | John W |  | |  | |
| 29th | Clocks Change ( Ride starts normally 9:30 from here on) | | | | | | | |
| **April 1st** | Bridge 80 Café, Audlem | A | | Dave |  | |  | |
| B | | Brian J |  | | CA from ICF | |
| 8th | The Drovers, Rhewl | A | | Brian L |  | |  | |
| B | | Tony | CA from Mold | |
| Tattenhall Marina | C | | Brian M |  | |  | |
| 15th | Tigers Head, Norley | B | | Chris L |  | |  | |
| 22nd | The Bull, Shocklach | B | | ?????????? |  | |  | |
| 29th | Barbridge Inn, Nantwich | B | | Richard |  | |  | |
| **May 6th** | The Three Pigeons, **Graigfechan** | A | | Paul |  | |  | |
| B | | Peter L |  | | CA from Llanferres | |
| 13 | Hollybush, Cefnybedd | B | | Paul |  | |  | |
| 20th | Pystil Rhaeder | B | | Richard |  | | CA from Chirk | |
| Hawarden Farm Shop | C | | ?????????? |  | |  | |
| 27rd | Shire Horse Centre, Cotebrook | B | | Ian |  | |  | |
| **June 3rd** | The Lakeside Café, Tanygrisiau? | A | | Chris S |  | | CA Ty Nant | |
| Lock Gates Café, Beeston | B/C | | ?????????? |  | |  | |
| 10th | Jacksons GC, Rhyl | B | | Peter L |  | |  | |
| B | | Tony |  | | CA Mold | |
| Lancashire flatlands | C | | John F |  | | TA Town Green | |
| 17th | Hare and Hounds, Crowton | B | | Dave |  | |  | |
| 24th | 100 Mile Midsummer Ride  The Rising Sun Via mow Cop | A | | Richard |  | | Steady paced group ride. 9:00 | |
| 100Km Midsummer Challenge | B | | ????????? |  | | CA ???? | |
| **July 1st** | Old Town Vaults, Whitchurch | A | | Chris L |  | |  | |
| C | | Alan |  | | CA from Holt | |
| Sunday  July 5th | Vets 100 | A | | Leader Provided |  | |  | |
| 8th | Norton Priory | B | | Harry |  | |  | |
| 15th | The Royal Oak or The Buck  Bangor on Dee | B | | Dave W |  | |  | |
| 22nd | Pet Cemetery, Brynford | B | | Brian M |  | |  | |
| 29th | 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 | |
| 9th | 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 |  | |  | |
| 30th | The Pheasant, Burwardsley | B | | Brian M |  | |  | |
| **Oct 7nd** | AGM @ Red Lion, Penyfford | C | | ????????? |  | |  | |
| 14t**h** | The Swan @ Marbury | A | | Paul |  | |  | |
| C | | ?????????? |  | | CA from ICF | |
| 21st | The Griffin, Trevalyn | B | | Peter L |  | |  | |
| 25TH | Clocks Change ( Ride starts back to 10am normally) | | | | | | | |  | |  |
| 28th | 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 | ?????????? | | |  | |  | |
| 09th | Holt | C | Brian M | | |  | |  | |
| 16th | Christmas Lunch | C | MYOW | | |  | |  | |
| 23rd | The Old Quay, Parkgate | C | Chris S | | |  | |  | |
| 30th | The Centurian, Vicars Cross | C | Richard | | |  | |  | |