

Chester and North Wales CTC Audax rides

Old Ma's Coffee Shop, Tattenhall, 16th September 2012

Three rides were offered, **Pistyll Packing Momma 209km**; **Momma's Mountain Views 137km** and **Momma's Leafy Lanes 50km**

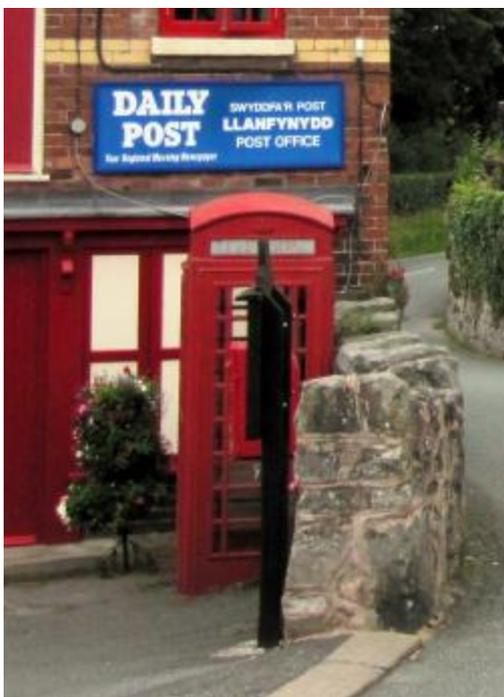
Pistyll Packing Momma; 209km, 3100m ascent.

This ride attracted an entry of 19 seasoned cyclists. 15 riders set off from **Old Ma's Coffee Shop** and all completed the ride in times ranging from 10h.35m to 12h.26m. The weather was mostly kind, with a few showers at **Bala** and for late on those who finished at **Tattenhall**.



Setting off from Old Ma's

There was a minor accident when one of the riders slid off on a bend while descending **Hope Mountain** in the dusk. He suffered a few arm grazes and a slightly swollen wrist - but no serious damage was apparent. Yet again the value of wearing a helmet was demonstrated as his helmet vents were full of mud from where he landed in a grass bank.





Much safer than having a skull full of mud!

All riders commented on what a great route this is - and a few suggested that the stated amount of climbing should be adjusted upwards (potentially to 3500m). This is to be investigated prior to registering next year's event.

Leaving Llanfynydd

Momma's Mountain Views; 137km 2000m of ascent

30 riders completed this route safely in times ranging from 7h 30m to 9h 14m. The weather remained dry all day and the riders enjoyed some fantastic mountain views - especially from the ridge between **Chirk** and **Llangollen**.

A couple of riders who entered were clearly out of their depth. Having struggled to **Chirk**, they turned round and rode the same route back to **Tattenhall**. I am pleased to record that they were very polite and positive about this experience, thanking your **Organiser** for advice given at the end of the ride. They may well be joining some less demanding CTC groups in future to get more cycling experience and fitness.

A special mention is due to the **Payne duo** who completed this difficult, hilly ride on a tandem.

Momma's Leafy Lanes; 50km

This ride is designed as an Audax introduction and an easy day out.

The ride attracted around 40 riders of which 33 finished with validated cards. We had the usual mix of hard riders with partners on an easy day out, families and CTC groups having a social ride out in the lanes.



Off down Momma's Leafy Lanes

A number of participants had ridden out from home, which added considerably to the distance covered.

All riders seemed to really enjoy their day out in the lanes - and very good to see Glennys back in the saddle again after her recent illness.

Thanks again to the **staff at Old Ma's Coffee Shop**, who were open from 7am to 10pm. Special mention also for the **cafe staff at Chirk**, who opened half an hour early to accommodate the 200km riders, and to the **Landlord, Paul at The Cross Keys, Llanfynydd** for his unfailing enthusiasm for refreshing tired cyclists.

All three events are on again for **Sunday, September 15th 2013**. Details as ever will be available at www.audax.uk.net from November this year.

David Matthews, Organiser,

12th September 2012

See you Next Year!

