

## C&NW CTC/Audax Rides from Corwen – June 8th 2013

The first thing to say is we were very lucky with the weather - warm and sunny with light winds for a perfect day out.

Probably as a result of the weather, we had an almost 100% turn out for the rides from those who entered - mostly paying on-line using paypal.

**Barmouth Boulevard 200km, 3500m ascent** This was a small entry for the original, very difficult version climbing to **Cross Foxes Inn** after **Dinas Mawddwy**, with one rider from **C&NW CTC** successfully completing the course in 11h 30min.



Ten riders entered the mega difficult **Vyrnwy Variant** from **Dinas Mawddwy** taking in the hard side of the **Bwlch y Groes** after 150km of very hilly route and then the **Northern Hirnant** from **Lake Vyrnwy**. Times taken varied from 9 hours (beat that Bradley Wiggins!) to 13hrs 15min. All riders commented that this is a fantastic ride and deserves to be widely known.

### 200km riders at the start

The reasons for the small 200km entry was discussed at some length with **John Hamilton of Audax** who pointed out that riders capable of this difficult route were probably out doing the longer 300, 400 and 600k rides needed for their "Super Randonneur" achievement at this time of the year. Thus we are now looking at moving the event to the last Saturday in July before the school holidays which should allow for an increased entry. The original finish via **Cross Foxes** is to be abandoned due to new road works and increasing traffic so the route is to take the **Vyrnwy** variant in future - 204k and 3750 metres of ascent - one of the most scenic and challenging 200km routes in **Britain**.

**Brenig Bach 107km, 2000m ascent** - a large entry of over 40 riders for this **Graham Mills' classic**. The entry included one tandem which successfully navigated the steep and narrow, hilly route. Seven riders from **C&NW CTC** took part. Everyone had a great day out and I have had much feedback as to the quality and enjoyment of the route. (The fame of this route is spreading to the

extent that I have had a number of requests to ride this as a "permanent" Audax ride from people who were unavailable on June 8th).

I shall examine the final section of this ride down the A5 from **Cerrigydrudion**, prior to 2014, to find the safest route back to **Corwen** on a summer Saturday.

**Bala Parade, 60km** - a super day out for around 25 riders. Great service from the pub at Llanuwchllyn. Seven riders from **C&NW CTC** took part including two veterans whose combined age was well over 140 years. Congratulations also to **Geraldine Goldsmith of Peak Audax** who determinedly struggled round the course with the handicap of a partially healed broken leg.

Intend to re-route this ride next year to avoid the main road alongside **Bala Lake** and the town itself. There's too much traffic in summer.



**Looking Back at Barmouth on the Boulevard**



**Bird Rock near Abergynolwyn, Barmouth Boulevard**



**Tal-y-llyn and Cader Idris---Barmouth Boulevard**



**Ifor Jones and Diane Clarke riding the Bala Parade**

**David Matthews – Organiser**