

**This is a NEW two page Document.**

**Chester & North Wales CTC Caer a Gogledd Cymru.**  
**The Bickerton Challenge.**

Supporting

**Help 4 Heroes.**

**Conditions.**

1). These circular rides will be held on Sunday 25<sup>th</sup> July 2010, based on Bickerton Village Hall. This is about 11 miles south of Chester, just off the A534 Wrexham to Nantwich road, on OS sheet 117, map ref: SJ 509 537.

2). Entrants must be aged 16 or over on 1<sup>st</sup> January 2010, and anyone below the age of 18 yrs on that date must have parental permission to enter. Whilst the event carries public liability insurance, all riders are strongly advised to have personal insurance cover. All paid up members of the Cyclists' Touring Club will have it, but if you are not a member and need insurance, contact [www.ctc.org.uk](http://www.ctc.org.uk)

3). Apart from a two-course meal at the finish, **no food or drink is provided or arranged.** Each rider must either carry enough food for the duration of the ride, or obtain refreshment en route. Even if you intend to visit a cafe, it is essential to carry some energy bars and plenty of drink, especially on the two longer rides. The A ride in particular is not well served with refreshment stops except for Llangollen, just over halfway round the route, and at the Ponderosa Café at the head of the Horseshoe Pass.

There are three rides, with a wide spread of mileage and degree of difficulty as follows:

**A Ride:** 104 miles and 10,300 ft of ascent going to Overton, Selattyn, Llansilin, the Ceiriog and Dee Valleys, and Llantysilio Mountain before returning via Holt and the Peckforton Hills. This route is very demanding physically and you will need to be a fit, strong rider to do the ride in the time limit of 12 hours.

**B Ride:** 51 miles and 2963 ft of ascent taking in the hills at the back of Frodsham, part of a trail through Delamere Forest and the Peckforton Hills. Whilst much easier than the A Ride, you must be reasonably fit to do the route in some comfort. The trail through the Forest is a firm, stoned road without any muddy bits, and is easily ridden. There are plenty of convenient refreshment establishments on this route..

**C Ride:** 32 miles and 1374 ft of ascent takes you past Cholmondeley Castle to Nantwich via quiet lanes. You return via Tilstone Bank, Bunbury, Beeston Castle and Harthill. This is a mostly flat ride through the lush countryside of South Cheshire, with the only serious hill being the climb to Harthill. You do not need to be super fit to do this ride, but you would be well advised to do some regular rides of 20-30 miles for a few weeks beforehand. There are two convenient cafes on this route.

4). Each entrant will pay a registration fee of £20 and will raise as much as possible in sponsorship. Entrants will get a route sheet, a certificate when you complete the ride, the services of a sagwagon should you need it (this does not include assistance for punctures!), and a two-course meal at the Village Hall when you return.

Sponsorship money should preferably be handed in on or before the day of the rides, but must be paid by 31<sup>st</sup> August 2010 at the latest. **Because unrepresented cheques older than 6 months will not be cashed by banks, Cheques dated before 28<sup>th</sup> February 2010 MUST be either UNDATED or BE SENT to the organiser immediately.** Send to: David Ackerley, Ardminish House, Tattenhall Rd, Tattenhall, Nr. Chester. CH3 9QQ.

If you don't want to ride, you could support Help4Heroes by collecting money towards the Bickerton Challenge target of £10,000. There is a prize of £50 to the non-riding collector who raises the most money.

Please make all cheques payable to: **THE BICKERTON CHALLENGE,** not to an individual.

5). There are two prizes, each of £50. The first is for the rider who, by 31<sup>st</sup> August 2010, has paid in the most sponsorship money, and the other is for the Club or CTC Group team, which has the greatest number of riders who complete the A ride.

In the event of a tie, the winner's name will be picked out of a hat containing the names of the tied riders, teams or collectors. The names of the winners will be published on [www.ctcchesterandnwales.org.uk](http://www.ctcchesterandnwales.org.uk) by 15<sup>th</sup> September 2010. More importantly, you will be contributing to the efforts of **Help 4 Heroes** to provide assistance to severely wounded, and often maimed-for-life warriors, injured in our country's service. Remember, you may struggle for a few hours doing the ride, but these injured troops face a long and hard rehabilitation, and some are facing a lifelong struggle as a result of their grievous injuries. They have done their duty and need our help, so please be generous.

6). The Village Hall will be open as follows:

A Rides-0630hrs-0730hrs.

B Rides-0930hrs-1030hrs.

C Rides-1130hrs-1230hrs.

It will reopen for tea at 1600hrs and will close at 1930hrs. Start times are as follows:

**A Ride:** 0700hrs to 0730hrs.

**B Ride:** 1000hrs to 1030hrs.

**C Ride:** 1200hrs to 1230hrs.

All riders **MUST** sign in before starting their ride and do so again at the end.

7). For **Emergency Assistance** on the day of the rides **from 0700hrs to 1800hrs** call: 07761 635 277.

8). **Entries will close** on Wednesday 14<sup>th</sup> July 2010. Because of the need for catering requirements to be finalised in advance, **Entries on the line will not be accepted.**  
**Route sheets and directions** to Bickerton Village Hall will be sent out on Saturday 17<sup>th</sup> July 2010.

## **Alteration to Event Conditions.**

Due to feedback from possible entrants, the condition about raising a minimum of £250 in sponsorship money has been changed. Entrants are now requested to raise as much money through sponsorship as they are able to do. Obviously, from the point of view of the final amount, the more you can raise the better, but every little helps, so just do the best you can; everything will be welcome.

Please note that paragraph 5 referring to the prizes available has been altered.

I'm sorry for any confusion this may cause; it is entirely down to me and my optimistic enthusiasm. I look forward to receiving your entries.

David Ackerley.11.12.09