

Calendar of Cycling Events on Cornish Roads

run under Audax UK rules and regulations – all cyclists welcome

April to June 2014

Sunday 13th April

Starting from Falmouth



103km
Start 09:00

A Cornish 100 is a popular event organised by Falmouth Wheelers. The route runs from Falmouth to Mount's Bay with a control at Longrock, returning via Porthleven and Porkellis. Renowned for the refreshments at the finish.

£5 entry



50km
Start 10:00

A Bunny Hop offers an excellent introduction to Audax riding, as well as appealing to those who prefer a gentler profile, a shorter route, or a chance of a longer tea.

£5 entry

Organiser: Adrian Hitchman, 39 Mongleath Rd, Falmouth TR11 4PN

Saturday 26th April

Starting from Newton Abbott



300km
Start 06:00

Chris Bennett 300
Organised by CTC Devon. Starting from Newton Abbot, but passing through North Cornwall and Launceston.

£9 entry

Organiser: Rod Pash, Little Green, 12 Dagmar Street, Shaldon TQ14 0DU



4 AAA

Sunday 18th May

New start and revised routes

Starting from Devoran, nr Truro



167km
Start 8:30
£6 entry
£7 on the day

The Granite and Serpentine Way is a 100 miler featuring long coastal stretches with views out to sea as well as sheltered lanes. This year's ride is just 4km longer than before but packs in more coastal variety and spares riders the old route's final ascent to Carnon Downs.



106km
Start 09:00
£5 entry
£6 on the day

A Lizard Loop begins with a ride through the lanes to Little Pengelly Tea Room, the commercial control used on all three events. The route then takes a run down the Lizard peninsular and back, making the most of its open, flatter roads and distinctive terrain.



54km
Start 09:30
£5 entry
£6 on the day

Carns and Killas uses quiet lanes and minor roads to ride out to the Little Pengelly control and then loop back to Devoran.

All rides include tea and coffee at the start and refreshments at the finish.

Organiser: Martyn Aldis, Sundown, Kersey Road, Flushing TR11 5TR

Saturday 31st May

Starting from Exeter



600km
Start 06:00
£15 entry

Kernow and Southwest 600 is a trip around the Southwest peninsular for the serious long distance cyclist. Food and sleeping provision at 365km. Refreshments and limited sleep facilities at the finish. This ride forms part of the South West Super Randonneur Series.

Organiser: Ian Hennessey, 10 High Street, Honiton EX14 1PU



8.25 AAA

Sunday 15th June

New this year

Starting from Hewas Water



101km
Start 09:00
£10 entry

Merlin's Coast to Coast is organised by Probus Pedallers to raise funds for the Merlin Centre (Cornwall's Multiple Sclerosis Centre). This scenic ride visits both North and South coasts, passing under the famous Treffry Viaduct at Luxulyan. Refreshments available at the Merlin Centre finish.

Organiser: Kathryn Mcfarlane, 3 Bos Noweth, Probus, Truro TR2 4HE

More ride and entry details at <http://audaxkernow.co.uk/>

Entry fee shown is for AUK or CTC members

Temporary AUK membership £2 to cover insurance on event

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July 2014

Sunday 6th July

Starting from Carharrack



67km
Start 10:00

£5 entry

Mines and Mineral Railways (On-road) explores Cornwall's mining heritage in the 'Copper Kingdom' between the Channel and the Atlantic, with the optional extra of a pasty lunch and clotted cream tea. (Order food for £3, payable with entry – choose veggie or meat pasty, and either rice pudding or scones and jam.)



66km
Start 10:00

£5 entry

Mines and Mineral Railways (Off-road) covers similar territory on a mainly off-road route using old tramroads and bridleways. Mountain bike recommended. Food options as for the on-road event.

Organiser: Simon Jones, The Cottage, Pulla Cross, Truro TR4 8SA

Saturday 19th July

Starting from Penzance



307km
Start 06:30

£3 entry

Many Rivers to Cross

A very substantial day out for the well-prepared and self-reliant randonneur. Crosses the rivers Fal, Fowey and Camel by ferries and bridges, large and small.



5 AAA



207km
Start 08:00

£3 entry

Four Hundreds 200

A varied route visiting the four ancient Cornish 'Hundreds' of Penwith, Kerrier, Pydarshire and Powdershire.



3.75 AAA

Organiser: Martyn Aldis, Sundown, Kersey Road, Flushing TR11 5TR

More rides planned – follow the Audax Kernow website to keep in touch

Awards, medals and badges

For full details of the Audax UK points system and awards see the Audax UK website (www.aukweb.net).

You can order cloth badges and metal medals for distances, and Grimpeur medals for AAA points, from the website. Alternatively order from the organiser at the end of the event when you hand in your brevet card.

Grimpeur Medals

Bronze, Silver and Gold Grimpeur Medals are available for completing an individual AAA event.

Event Distance	AAA Points		
	Bronze	Silver	Gold
50km	Less than 1	1 or more	n/a
100km	Less than 2	2 or more	2 ½ or more
200km	Less than 3	3 or more	3 ½ or more
300km or more	n/a	n/a	4 or more

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