



Spring and
Summer
2017

Audax Events on Cornish Roads

All cyclists welcome. Enjoy a sociable ride, take on a personal or charity challenge, or earn Audax UK badges and awards

Sunday 23rd April

New 100km route

Starting from Falmouth



103km
Start 09:00
£6.50 entry

A Cornish 100 A new route for this popular event organised by Falmouth Wheelers. Ride from Falmouth around the creeks and inlets of the Helford River with views of Falmouth Bay, on to The Lizard, followed by more Cornish villages before refreshments at the finish. A mix of terrain some flat some climbs.



50km
Start 10:00
£6.50 entry

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.

Organiser: Philip Conroy, 5 Fairfield Road, Falmouth TR11 2DN

Sunday 11th June

Starting from Penzance



307km
Start 06:30
£3 entry

Many Rivers to Cross X-rated event
A very substantial day out for the well-prepared and self-reliant randonneur. This is the original Many Rivers route, crossing the rivers Fal, Fowey and Camel by ferries and bridges, large and small.



5 AAA



308km
Start 07:30
£3 entry

Even More Rivers X-rated event
Based on the Many Rivers to Cross route but cutting out the trip to the Lizard and replacing it with a loop right around the high eastern flank of Bodmin Moor with long views across the Tamar Valley to Dartmoor (Weather permitting). An even fuller and tougher day out.



5 AAA



207km
Start 08:00
£3 entry

Four Hundreds 200 X-rated event
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

Sunday 25th June

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

Events run under Audax UK rules and regulations. Entry fee shown for AUK or CTC members. Non-members add £2 temporary AUK membership to cover insurance on event

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





Sunday 16th July

New 100km route

Starting from Devoran, nr Truro



210km
Start 8:00
£6 entry

Lizard and the Camel Ascent is modest for a 200 in Cornwall but the route is scenic in the literal sense. Controls at Lizard Village, Gwithian and Padstow. The Camel Trail is used for a 21km section but this can be avoided on supplied all-tarmac alternative.

This event offers a straightforward introduction to *randonneur* distance.



110km
Start 09:00
£5 entry

Red River Blue Sea A new event this year, taking a direct route to the mouth of the Red River at Gwithian, followed by a loop via Marazion and the high Atlantic cliff road past Zennor. The return from Gwithian sweeps south of Camborne back to Devoran.



56km
Start 10:00
£5 entry

Peter's Point takes a direct route from the old port of Devoran to Gwithian, sweeping south of Camborne on the way back.

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

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

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, from the website. Alternatively order from the organiser at the end of the event when you hand in your brevet card.

Audax Kernow jerseys

If you are member of Audax UK and complete one of the Audax Kernow events you are eligible to wear the Audax Kernow jersey. The jerseys have a strong Cornish theme and are designed to give excellent visibility – you will definitely stand out in the crowd. For details see the Audax Kernow website.



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