



Calendar of Cycling Events on Cornish Roads run under Audax UK rules and regulations

June and July 2014

**All cyclists welcome – Enjoy a sociable ride, take on
a personal challenge, or gain Audax UK badges and awards**

More ride and entry details from the Audax Kernow website audaxkernow.co.uk.

Sunday 8th June

Starting from Brentor



200km
Start 08:00
£5 entry

Moor and Coast is one of four rides organised by Jim Wilkinson on behalf of Tavistock Wheelers. The 200km ride ventures across the Tamar at Launceston and takes a sweep up the north coast to Bude. The three shorter rides all stay in Devon. For full details see <http://www.wilkinet.demon.co.uk/Cycling/Events/Audax.html>

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

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

Entry fee shown is for AUK or CTC members

Temporary AUK membership £2 to cover insurance on event

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August to December 2014

Sunday 10th August

Starting from Connor Downs



104km
Start 9:30

£4 entry



60km
Start 10:00

£4 entry

The Celtic Coastal is a pleasant bumble around the Penwith Peninsula featuring dramatic moorland and coastline views via the hamlets of Zennor and Morvah, the coastal villages of Newlyn and Mousehole, and the town of Penzance with its breathtaking views of St Michaels's Mount as you circumnavigate the Bay. Café control at Trevescan and receipt control at Long Rock store.

Celtic Canter is an abridged version of the Celtic Coastal, through Coombe, Gwithian, Hayle, Towednack, Nanceldra and Longrock, then returning to Connor Downs on quiet lanes via St Erth and Reawla.

Both rides include refreshments at the finish.

Organiser: Chris Rayne, 1 Reawla Lane, Reawla, Hayle TR27 5HQ

Sunday 7th December

Starting from Carharrack



60km
Start 10:00

£3.50 entry

Ed's Mince Pie and Mulled Wine

A popular pre-Christmas ride starting from Carharrack, with cakes at Penventon Farm control and mince pie and mulled wine at the finish. Book early – this ride is usually oversubscribed.

Organiser: Eddie Angell, 14 Belhay, Penryn TR10 8DF

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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