



**April
May
2016**

Audax Events on Cornish Roads

Sunday 3rd April

Starting from Falmouth



103km
Start 09:00
£5 entry

A Cornish 100 A popular event organised by Falmouth Wheelers. The route starts from Falmouth Cricket Club and takes a turn around Pendennis Head, then on to Mount's Bay with a control at Longrock, returning via Porthleven and Porkellis to welcome refreshments.



50km
Start 10:00
£5 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

Saturday 23rd April

Starting from Newton Abbot



300km
Start 06:00
£12 entry

Turf n Surf 300
Organised by CTC Devon. Starting from Newton Abbot, but passing through North Cornwall and Launceston.



4 AAA



400km
Start 07:00
£15 entry

Turf n Surf 400
A longer version of the 300km ride, adding an extra loop from the Newton Abbot Scout Hut control.



5.5 AAA

Organiser: Rod Pash, c/o 53 Regent Street, Exeter EX2 9EG

Sunday 15th May

All new routes this year

Starting from Devoran, nr Truro



211km
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 Towans 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

Cove and Cliff
A tricorn of delights. Gunwalloe, Gwithian Towans and St Agnes Beacon provide the scenic coastal corners for this route.



59km
Start 10:00
£5 entry

Peter's Point takes a direct route from the old port of Devoran to the sand and surf at Gwithian Towans, 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

Saturday 28th May

Starting from Exeter



600km
Start 06:00
£17 entry

Kernow and Southwest 600
A trip around the Southwest peninsular for the serious long distance cyclist. Includes food at Penzance, food and sleep provision at Bude, refreshments and limited sleep facilities at the finish.



8.25 AAA

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

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/>





June
2016

Audax Events on Cornish Roads

Sunday 5th 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. 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 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 26th 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

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

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.

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