

A woman wearing a red jacket, black cycling pants, and a white helmet is riding a road bike on a paved path. The path is covered with fallen brown leaves. The path is flanked by lush green trees and a mossy stone wall on the right. The scene is set in a forest with dappled sunlight.

AUDAX UK

Handbook 2013

Receipt of the hardcopy Handbook by post is confirmation of your membership renewal



AUK's website

<http://www.audax.uk.net>

Errata/updates: Arrivée magazine, Events pages

also: www.aukweb.net/official/handbook/

AUK Publications

February: Handbook and Arrivée (Winter)

May: Arrivée (Spring)

August: Arrivée (Summer)

November: Arrivée (Autumn)

Membership Renewal Notice

AGM Agenda and Officials' Reports

*Last date for contributions: 6 weeks before the publication date.
By prior arrangement, some material, for which the space required
is known, may be accepted up to 3 weeks before publication*

AUK does not issue a membership card

Receipt of this Handbook is confirmation of your membership renewal. A personal membership card can be downloaded from the Members' Gateway.

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PRIVACY STATEMENT in accordance with the Data Protection Act of 1998:

Audax UK keeps Membership records on computer. The information held is:

1. The names, addresses, telephone numbers and e-mail addresses of club members.
2. Details used, in conjunction with Events information, for the recording of event results and the calculation of individual and club awards.

Event results are published on Audax UK's website, www.audax.uk.net/results/ and this makes some of the above publicly available.

Further information on this, and password-protected access to view your personal information as held by AUK, at:

<http://www.aukweb.net/members/>

Origins and History of Audax UK

1897. The idea of Audax was first formulated in Italy. Participants had to swim, run, walk, or cycle a set distance in 14 hours which was approximately the time between sunrise and sunset. The distance to be covered by cycling was 200 kilometres.

1904. Henri Desgranges produced Audax regulations - these were the property of his magazine *Auto* and formed cyclists into groups, each with a captain, which stayed together for the entire 200 km ride. This method of riding is known today as *Euraudax*. Cyclists who had gained the *Brevet d'Audax* formed the *Audax Club Parisien (ACP)* and organised events for *Auto* throughout France.

1920. ACP upset Desgranges by assisting in an event sponsored by a rival newspaper and he withdrew the club's right to organise Audax events.

1921. ACP created the Brevets de Randonneurs (Certificates for long-distance-cyclists) to enable them to carry out their programme of events without infringing the *Brevets d'Audax*. These 200 km *Randonnées* differ from *Euraudax* events in that cyclists do not have to ride as a group. Each individual can go at his own pace - 'à allure libre' - and stop at will for refreshment. To prevent racing, time checks were established at controls with minimum and maximum time limits. ACP kept records of all *Brevets de Randonneurs Français* (now *Brevets de Randonneurs Mondiaux*) from this date. It is these regulations which were later adopted by Audax United Kingdom and the name Audax in the title comes from ACP not the style of the event.

1966. Barry Parslow, later to be one of AUK's founder members, completed ACP's *Paris-Brest-Paris* 1200 km (PBP) on his tricycle.

1971. J.B.Wadley rode PBP and his account in the book 'Old Roads and New' generated interest among British riders.

1975. ACP introduced the 600 km randonnée as qualification for PBP, the time limit being 40 hours. As a concession, members of the 24 Hour Fellowship were allowed to enter if they had completed more than 375 miles (600 km) in a 24 Hour Time Trial and 19 Britons subsequently completed the PBP - Barry Parslow's third.

1976. In order that British cyclists could qualify for future PBPs, the *Windsor-Chester-Windsor* 600 km was instituted and AUK was formed, the eagle logo of this event eventually becoming the AUK logo. John Nicholas, took responsibility as Secretary and Correspondant of ACP, charged with the task of ensuring that UK events complied with ACP regulations, and Steve Nicholas became the first Treasurer. The *Brevets de Randonneurs Français* became *Brevets de Randonneurs Européens*. In each country the club which initiated the *Brevets* became responsible for those events and a member of *les Randonneurs Européens*, an informal federation which met after each PBP.

1977. 200 km, 300 km, and 400 km randonnées, 15 in all, were added to AUK's Calendar by those who had ridden the PBP and WCW, as a full Super Randonneur (SR) series of 200, 300, 400, 600 km had become a PBP qualification requirement.

1979. 54 Britons entered for PBP, and were awarded the *George Navet Trophy* which, as the *Jock Wadley Cup*, was AUK's Individual Award Trophy until 1996.

1981. The AUK Reunion accepted a club Constitution and an AUK Committee was formed which included Chairman Mick Latimer, Secretary John Nicholas, Treasurer Steve Nicholas, Membership Secretary Ray Haswell and Foreign Events Secretaries Dave and Alan Wey.

1982. The Annual CTC National 400 was introduced by Keith Matthews.

1983. 77 Britons completed PBP and the *Brevets de Randonneur Européens* became *Brevets de Randonneurs Mondiaux (BRM)* - thus the *Randonneurs Mondiaux (RM)*, the *International Randonneurs*, was formed. Ray Craig founded *Arrivée* and joined the committee as the magazine Editor.



Origins and History of Audax UK

Mark Brooking and Ray Haswell shared the Individual Award, and Bridget Boon took the Ladies' Award, all riding over 10,000 km of randonnées.

1984. Seven AUK members made an international impact with a successful assault on the ultra-long Brindisi-Calais Diagonale. The 'Brindisi Seven' were - Mark Brooking, Ray Craig, Peter Crump, Simon Doughty, Simon Jones, Mick Latimer, Jane Ramsdale.

1986. The Audax UK Altitude Award was introduced by Francis Cooke, the first counting ride being the Exmoor 200. Dave Pountney was the first rider to complete an AAA card. Sheila Simpson became the first woman to gain the Individual Award and the Ladies' Award was re-allocated.

1987. 94 Britons completed PBP, Barry Parslow's fifth, and the Scandinavian countries joined the RM. AUK's Founding Honorary Secretary retired and the AUK Constitution was amended to give the AUK Committee responsibility for club administration.

1988. AUK introduced the Brevets AUK and offered organisers the choice of registering events with AUK or dually with AUK/ACP. AUK has records of all successful Brevets AUK and AUK/RM from this date. The York Arrow, AUK's 24 hour team ride was instituted by Bry Ferguson. Paddy Timson gained the Individual Award, riding 10,000 km, only the fourth person to do so, but since then it has never been awarded for less.

1989. The 1300km Edinburgh-London, the longest Brevet de Randonneur event, was organised by Bernard Mawson. This also became the first event to be validated by the RM, ACP being responsible for 200km - 1000km events and the PBP.

1990. The Mileater Diaries, Trophies and Awards were introduced by Mick Latimer. The AAA Championship was instituted by Andy Blance and won by Richard Hulls.

1991. The Centenary PBP year saw 264 SRs, 149 British PBP finishers, and the Brevet de Randonneurs Mondiaux Championship for AUK. Seven riders gained their Super Randonneur by riding four 600s, with Graham Moulton and Robert Fry riding six on consecutive weekends. The long-standing Individual Award record was broken by five riders - Ann Daws, Bernard Daws, Steve Underwood, Liz Creese and Robert Fry. The International Super Randonneur award was introduced by Sheila Simpson.

1993. The 2nd Edinburgh-London established a 4-year pattern for AUK's premier event.

1994. The Fixed Wheel Challenge was instituted by Gordon Allen and won by Mark Webb. The AAA Championship became a titanic battle between Gordon Allen and David Vinicombe. Derby Mercury set a formidable record for a York Arrow team of 610km in 24 hours.

1995. Once again in a PBP year statistical records were broken. 316 riders became Super Randonneurs, 26 of whom were female. 181 went on to success in the PBP. The Easter Arrows were introduced by Noel Simpson. The first AUK web pages were introduced by Francis Cooke.

1996. Steven Abraham, Junior Points Award in '94 and '95, rode a fixed wheel machine throughout the season to set a new record for the Individual Award. Francis Cooke introduced the Randonneur 500 and 1,000 awards. ACP awarded Liz Creese a Brevet 100,000.

1997. 107 riders completed Edinburgh-London 1400 km, aided by over 100 fellow Auks at controls from Dalkeith to Epping Forest. Sandra Shaw became the first female AAA Champion. The AGM voted to retain Individual Championships but place more emphasis on the awards system. Annual awards of Randonneur 5,000 and 10,000 were instituted.

1998. 7 AUKs gained the Randonneur 10,000 award, including 73 year old Jack Eason who became the first Briton to ride 3 consecutive Boston-Montreal-Boston 1200 km. Mary Holden became the first female to gain AUK's Junior Award. Francis Cooke introduced the Brevets 500, 1,000, 2,000, 3,000, 4,000.

Origins and History of Audax UK

1999. There was a scramble for places in PBP qualifying events which resulted in many organisers turning away entrants before their official closing dates. Fortunately the situation eased as multiple entrants qualified and withdrew some of their entries. Vicki Brown became the first Junior to gain the Individual (Opposite Sex) Award, and the first female Junior to gain over 100 points. In gaining the Individual Award, Chris Avery, and PB Bear, rode 11 Super Randonneur series in the year. 436 members became SRs. Francis Cooke's web pages were adopted as the AUK web site.

2000. A Super Randonneur 2000 award, a series of 200, 300, 400, 500 and 600 km randonneur rides, the brain child of Graham Mills, was instituted. 193 SR2000s were listed. AUK listed 14 'Senior' SRs (ie, aged 65 or over) - easily a record.

2001. The Fourth Edinburgh-London 1400 km attracted over 300 entrants, starting from Thorne and Harlow.

2002. The South Coast 1000 km was introduced by Dave Hudson. George Berwick completed the coastal circuit of 5100km at randonneur standard. Peter Hansen introduced the Randonneur Organisers' Award.

2003. John Hayes smashed the Veterans' record with 217 points for the year. The Bateman/Clarkson/Hedley/Johnson/Streets team achieved a new record of 530km for the Easter Arrow to York.

2004. Graham Mills introduced the National Super Randonneur Series.

2005. 276 riders started the fifth London-Edinburgh-London: 181 from Lee Valley Youth Hostel and 95 from Thorne. Four continents were represented with riders from the usual European countries, plus the USA, Canada, South Africa, Australia, and more unusually Japan, Hungary, Israel and Russia. 246 completed the event, a 14 per cent drop out. Not only has the field grown but over 180 AUK members and friends volunteered their time to make the event a great success. Plans for making the 2009 event bigger and even more cosmopolitan are under way! The distance record for the Easter Arrows to York was taken to 541 km by George Hanna, John-Paul Lambhorth, Dave Lewis, Judith Swallow and Ritchie Tout. Tiho Obrenovitch and Jutta Urenjak gained a record 104 points for the year on tandem.

2006 AUK incorporated.

2007 Steve Abraham smashed an unofficial Permanents ride record with 335 points from 78 events, including 14 permanent Super Randonneur series - plus the total points record (Calendar and Permanent rides) with 405.

2008 Judith Swallow became the first UK lady to complete the International Super Randonneur Award and Steve Abrahams was declared Hors Catégorie by the AGM.

2009 413 riders completed the sixth London-Edinburgh-London, organised by Melita Luxton, from a single start at Lee Valley YH. 25 countries were represented. Riders and volunteers coped exceptionally well with the severe weather, including high winds and flooding, in the north. Many riders managed to sleep every night and plans are in hand to increase control size and emergency sleeping facilities.

2010 54 riders completed the first Mille Cymru, organised by John Hamilton of Randonneurs Salop. The first rides using GPS for proof of passage were ridden and validated (DIY GPS Permanents).

2011 was a year of records: membership reached 4950 and because of this the number of SRs (by members riding domestic events) was (just) a record at 438, the overall kilometerages covered by the membership were all new records with 2,417,515 km in BR, 3,023,284 km in BR + BP, whilst including non-members we have 4,036,084 km. The number of AUK PBP finishers was easily a record at 322.

2012 Louise Rigby smashed Sandra Shaw's female AAA record.

AUK Rides range from the 50 km Brevet Populaire to the Penepiphery of over 5100 km.

AUK Membership has increased from the 16 founder members in 1976 to over 4950 in 2012.

History of Paris-Brest-Paris

1891. In the first long cycle race, the 600km Bordeaux-Paris, the British unexpectedly took the first three places by riding without rest, G P Mills being the winner in under 27 hours. The event made a great impression on the French public.

Later that year, Pierre Giffard promoted the 1200km Paris-Brest-Paris to demonstrate the practicality of the bicycle. Cycles were sealed at the start to ensure riders used the same machine throughout and entries from foreign riders and women were refused. 207 cyclists started on September 6th, including 10 tricycles, 2 tandems and an ordinary - believed to be the only one to complete the PBP so far, ridden by M. Duval. Both amateurs and professionals took part, the pros employing crews to carry their gear and 10 pacers each. Charles Terront won, riding without sleep for 71h22m, and 99 riders finished, some taking several days having stopped at inns overnight.

In the following years the Bordeaux-Paris was held annually. Inaugural Vienne-Berlin, Liege-Bastogne-Liege, Rennes-Brest, Spa-Bastogne-Spa, Geneve-Berne, Milan-Turin, Paris-Besancon, Lyon-Paris-Lyon and Paris-Roubaix took place.

1901. Henri Desgranges divided the entry into 'coureurs de vitesse', professional road racers, and 'touristes routiers', hard riding tourists, with prizes of 10,000F for the former and 2,000 for the latter. At 0453 on 16th August the 41 pros started, followed 17 minutes later by the touristes routiers. Garin won in 52h11m and Rosiere was the first tourist back in 62h26m. 72 tourists finished, including 65 year old Rousset who took 202 hours.

The PBP was held every 10 years since the distance was so great that the pros could not adequately train for PBP and conventional road races. In 1903 Henri Desgranges organised the first Tour de France using stages which allowed the riders to rest. This event was to supplant the PBP as the premier road race.

1911. The rules were changed to ban pacers and assistance to riders between controls. The pros changed their tactics and stayed together in a pack to Brest. 13 coureurs de vitesse and 120 touristes routiers took part, the winner being Georget in a time of 50h13m. The first tourist back was Heusghen, who was then disqualified for receiving help en route leaving Ringeval and Garin (the 1901 pro) with the best times in that category.

1921. On September 2nd 43 pros and 63 touristes routiers started the event. The number of secret controls had been increased. Mottiat won in 55h07m and the eighth place went to the tourist Ernest Paul, who had ridden as a pro in 1911, with a 62 hour time.

1931. Twenty-eight pros and over 100 touristes entered. The touristes routiers were, for the first time, given a 90 hour limit, called 'randonneurs', and divided into the 'allure libre' administered by Audax Club Parisien and 'audax' riders administered by the Union des Audax Cyclistes Parisiens. The Australian, Hubert Opperman won in 49h23m and the first randonneurs were Tranchant, Cottard and Ruard with a time of 68h30m. Four women finished on mixed tandems (Danis, Pitard, Gorgeon and Du Bois) and Mlle Vassard became the first solo woman to complete the PBP. The Pitards were also to ride in 1948 and 1951.

1948, 1951, 1956, 1961, 1966. In 1948 52 pros, all team members, started but only 11 finished. Hendrickx won in a time of 41h36m42s. In 1951 only 41 pros in 10 teams entered and Diot won in 38h55m, the all-time record. The first randonneurs were Coutelier and Chetiveau. The event was calendared as a professional race in 1956 and 1961 but cancelled due to lack of interest. The randonneurs, however, rode as usual with Baumann finishing first in 1956 with 52h19m and Fouace in 1961 with 49h15m. Briton, Barry Parslow, the first randonneur on trike, rode in 1966. The fastest time that year was 44h21m.

History of Paris-Brest-Paris

1971. The last year, until the centenary, shared by audax and allure libre randonneurs. 330 audax riders, split into 17 groups, started 4 days before the main PBP at 0400 and all finished inside 90 hours. The 328 randonneurs set off with a massed start at 1600 on Monday September 6th. The British riders were George Davis, Barry Parslow not on trike, the frame had broken - Colin Philips and Jock Wadley. (Seven cyclists finished the audax PBP and started again the next afternoon as randonneurs, Plaine doing this second trip in 55h42m.) There was a record to Brest, 20h26m, from Bonny, and first back was the Belgian Herman de Munck in 45h39m., the first woman being Simone Astie with 79h38.

1975. The randonneur event was now every 4 years, the audax riders retaining the 5 year interval. This was the first time that qualifications were required (a 600k ridden that year) and the last PBP to be run mainly on main roads as, tragically, two riders were killed. There were 714 starters, of whom 19 were British. First back were De Munck and 2 French riders, Cohen and Truchi, in 43h27m, and the first women were Chantal de la Cruz and Nicole Chabriand with a 57 hour time. Steve Nicholas gives a detailed account of the British riders in his article reproduced in *Arrivée* number 20, New Year 1988.

1979. The entry qualification became a full Super Randonneur series. 1766 riders started and the start time was split with the 90 hour riders off at 4.00am. 1573 finished, including 54 British. AUK was awarded the George Navet Trophy for the club with the largest number of brevets de randonneur registered with ACP and the Coupe de la Ville de Paris for the club with the most finishers. First back were Piguët and Baleydièr in under 45h.

1983. The 10th PBP randonnée. 2106 started and 1903, including 77 British, finished. AUK was awarded the Challenge ACP for the club with the greatest number of brevets de randonneurs and the Coupe de Madame le Ministre du Temps Libre, Jeunesse et Sports for the club with the greatest number of finishers under 25 years of age (12) and over 55 (3). AUK's Paul Castle had a successful ride but died shortly afterwards in a road accident while riding back to the coast. First in were the Belgian, De Munck, and France's Bernard Piguët with under 44 hours. The first woman was American Sue Notorangelo, setting the women's record at 54h40m. In all 15 countries took part.

1987. 2597 started and 2117 finished, including 94 British. AUK was awarded the Coupe de Monsieur le Secrétaire d'Etat à la Jeunesse et aux Sports for the greatest numbers of finishers under 25 and over 55 years of age (15), AUK South the Coupe de la Fédération Sportive et Culturelle de France for having a large number of finishers, AUK South West the Coupe Bulte-Detee for having the most tandem riders (2), Willesden CC the Coupe Diversey France for being the English club, outside AUK, with the greatest number of finishers, AUK's Debbie Llewellyn was presented with a watch for being the youngest rider, and AUK South East were given one of the Fanions de la Ville de Brest.

AUK's Barry Parslow and Mark Brooking became the first riders to complete the PBP on tandem trike, with an 83 hour time, and Fliss Beard the first woman to complete the PBP on solo trike, with a 70 hour time. First back was American Scott Dickson, just over 44 hours.

1991. The Centenary edition, once again audax and allure libre riders shared the road. 3281 randonneurs started and about 2500 finished, including 149 British. The new venue at St Quentin-en-Yvelines, SW of Paris, was popular but a high abandonment was blamed on later start times of 20.00, 22.00, and 05.00, compounded by a compulsory afternoon "Prologue" into Paris. Peter Gifford and Noel Simpson lowered the tandem trike record to 81h06 and Mick Potts



History of Paris-Brest-Paris

was the first rider back with a saddlebag, his 52h42 time and 25th overall placing being a British best. Nicole Chabriand of France was first woman back in 59h43 and Scott Dickson again first in 43h42.

1995. The 13th PBP randonnée, with a slightly reduced entry, though overseas interest increased and 181 British finished. Two significant changes in the regulations - tri-bars were banned, while the rule requiring mudguards was removed. Benign weather conditions saw a group of nine finish in 43h20, a randonneur record. The women's record was demolished when Brigitte Kerlouet came in shortly after the leaders in 44h14. Willesden CC took the ladies' team prize, Suzie Gray lowered the British best time by a female rider to 59h14, while Anne Learmonth became the first woman to complete the PBP on a fixed-wheel machine. Mark Brooking regained the tandem trike record, this time with Richard Hull in 75h51, while Peter Gifford and Noel Simpson set a standard of 88h10 on a tandem recumbent. Audax Ecosse was awarded one of five "Medailles de la Ville de Paris" as one of the clubs with no DNFs.

1999 Saw a record number of riders from 28 countries. 3573 started, of which 17% abandoned. Though British riders were amongst the slowest, with an average finish time of 82h37, 303 out of 335 riders finished, a 90.4% success rate, which reflects the AUK self-sufficiency ethos. The course was recognised as over distance and an extra two hours allowed. First back were two Frenchmen, Deplay and Bocquet in 44h22m. First woman, American, Melinda Lyon in 53h plus. Two French male tandems set a new record of 46h23m. Adrian Harris, British, and Jodi Groesbeck, American, set a new mixed tandem record of 49h3m. First solo Briton back was Richie Tout in 54hrs plus - riding without support. The youngest rider was AUK's Vicki Brown. Sheila Tinker received the award for the "least young" AUK lady finisher.

2003 Another record field, 4069 started and 14.8% abandoned. A group of 6 riders were awarded the time of 44h40, after time penalties, from a group of 18 who had arrived at Brest in 19h55. Alpo Kuusisto of Finland rode successfully on a kick scooter. Of British riders, 346 started and 303 finished. Gethin Butler was the first ever to go sub-50 hours, his time 49h16. Jim Hopper, Karl Hrouda and Sheila Simpson became the only British riders to have completed 6 PBPs, finally passing Barry Parslow who had become the most prolific British rider in 1971, although another AUK member, Richard Leon, completed his 7th PBP. AUK supplied the youngest female rider, Chloe Williams. Drew Buck, Nigel Winter and Steve Abraham rode a triplet to finish in 88h10m.

2007 5312 entered, 152 did not start, 1429 did not finish and 129 finished out of time, the percentage of those abandoning being 27.7%. There were 4958 male entrants and 354 female, the average male age being 49 and the average female 45. 275 AUK riders finished, the youngest rider being Philip Norman who celebrated his 19th birthday during the event. Great Britain received an award for coming third in the ACP Challenge, AUK as the club with the most finishers. Audax Ecosse and Cardiff Byways received "Coupes de la Commission P B P 2007" as the clubs with most finishers without DNFs (14 and 8 respectively), Sheila Simpson an award for being the first non-French woman to complete 7 PBPs and Drew Buck an award for "originality."

2011 5225 entered, 5002 started, 4068 finished including 322 AUK members, a record number. John Barkman was the first AUK finisher and Emma Dixon and Judith Swallow the first AUK female finishers. The youngest AUK to finish was Adam Kinsey aged 24.

Preparation for a Randonnée

Simon Doughty, author of the Long Distance Cyclists' Handbook..SD Sport sports coaching

Fitness, miles, cycling technique, choice of equipment, luggage, lighting

If you are a regular club rider you should find a 200 km randonnee a 'comfortable challenge' and you're probably looking forward (maybe with a little trepidation) to the longer rides, and perhaps the Super Randonneur series, which will take you through the night and to new personal limits and perhaps you're even intending to ride the 1400 km London-Edinburgh-London. If, however, you are new to cycling, or you have not ridden more than say, 80km in day, then a 200km event could be quite a hurdle. So here are some tips.

The secret to tackling any challenge is to build up to it progressively. How far have you ridden in a day before? 60, 80, 100km? And how did you feel after that? Bright as a button, a bit sore, or totally wrecked? And now you're going to ride two or three times further than you've ever been...

Create stepping stones to make your goal achievable and realistic. Ideally, you should be on your bike three to four times per week, throughout the year. You might ride to work, or use a turbo trainer, two or three times per week, and then cycle once or twice over the weekend. For the long-distance cyclist or randonneur, there is no substitute for 'getting the miles in'. Every two weeks or so, increase the distance you cover at weekends by about 5-10%. Soon you'll be covering greater distances with ease and that 200km won't look quite so daunting.

By counting 'hours on a bike' rather than miles covered in training you can compare different types of cycling. If you go mountain-biking at weekends, you won't cover as many miles as if you were on your road bike, but you can compare the time and effort between the two activities. If you can get 10-14 hours 'training' during a week, then you should get you through most events quite comfortably.

There does come a point where you can do too much and become 'overtrained'. So, every four or five weeks, cut your riding back by about 20-25%. In the summer time, when you are spending more hours in the saddle at weekends, you don't need to spend so much time on your bike during the week. This is a good time to ride shorter distances faster. This will help you to recover and prepare you better for the weekend randonnée.

You can ride whatever bike, trike or recumbent you like, provided it is roadworthy – but do check as some organisers do demand mudguards for their events. What suits one rider may be wholly inappropriate for you and be cautious of magazines and advertisements touting 'the ultimate audax bike!' Here are some guidelines though:

Comfort and reliability are key elements of a bike for audax events, followed closely by light weight.

Adjust your bike to fit you. A coach, good bike shop or an experienced clubmate should be able to help you. Do not over-stretch to reach the handlebars or pedals.

Err towards more low gears than high gears. A triple chainset is a good idea. You do not need racing gears. These rides will take you anywhere and even 1:10 hills can be very difficult at the end of an arduous day.

Talk to experienced randonneurs. You'll get a spectrum of answers which you will have to filter, but at least they will be based on real knowledge.

For distance riding, comfort is much more important than absolute speed. If you use 700c tyres, 23mm really is the minimum depth you should consider. 28mm is a good compromise.

Choose a saddle which is reasonably firm, to give you support over longer distances. Modern padded saddles are popular but traditional leather saddles still have their loyal devotees - if you can tolerate the breaking-in period.

Preparation for a Randonnée

SPD style pedals and shoes are excellent. You get full power from them, your foot will not slip and unlike racing shoes, you can walk about without waddling like a duck or risking going AOT on smooth floors! Make sure your shoes aren't too tight (your feet will expand during a ride) and try different brands for the best fit.

Carry essential spares and tools. Recommended: 2 spare inner tubes, puncture repair kit, tyre levers, Allen keys to fit your bike. Small penknife - usually includes a screwdriver blade. Small adjustable spanner. Selection of cable ties. Good pump, capable of achieving 100 psi.

Clean your bike before any ride. Check for damage or wear and replace any item before it expires in the middle of nowhere on a Sunday afternoon.

Wheels need to be strong, but comfortable. Nothing fancy, 32 or 36 spokes front and rear, crossed 3 times will give reliable service for most riders. Avoid deep section 'aero' rims. These may be strong and sexy, but they're too unforgiving for long-distance riding.

The length of event and the time of year will dictate how much luggage you take. Carry a lightweight waterproof jacket with you on all rides in case the weather deteriorates. You may also need to take clothes off during a ride (gloves, track top, etc.) and you'll need somewhere to put them. A 'top bag' sitting neatly on top of a pannier rack or saddlebag is ideal. Use the pockets for tools, food or whatever you need to hand, and the main compartment for larger items like spare clothing. Of course, you can use panniers, or a handlebar bag but keep your luggage to a minimum. Some riders cram everything into overloaded jersey pockets or a seatpack the size of a pea but filled so much that it looks like a duvet stuffed into a pillow case. It's up to you but the golden rules are: Whatever method you use make sure it is secure.

Do not carry unnecessary items Do not forget essential items

Carry as little as possible on your person. Avoid any bag on your back, even if they're 'designed for cycling'. Use the bike instead.

Never carry tools in your pockets - they can make an additional mess of your body should you fall.

For any ride over 300km, or any ride before April or after mid-September, you'll probably need lights. Good lighting is required for your own safety (and the law), and for you to see where you are going! Although it's over 30 years since Man landed on the Moon, only now is technology getting us anywhere near a decent set of bicycle lamps. Like all things audax, there are a number of opinions on the best method to tackle this.

For rear usage, LEDs are almost universally adopted, being lightweight and reliable. For front lights, you have the choice of batteries - rechargeable or regular (and a choice of chemicals therein) - or generators (sidewall-, tyre tread- or hub-dynamos); LEDs or filament bulbs. There are advantages and compromises to all systems. The jury is still out about what's best but for the latest ideas, keep reading *Arrivée*. Ensure that your lighting system will be sufficient in terms of brightness and run-time. For reasons of back-up and safety, most riders adopt two independent lighting systems.

Some words on clothing. Buy cycling specific clothes, from a good bike shop. Road-style garments tend to be preferred over mountain-biking togs because they are be closer fitting and flap about less in the breeze. Most riders use good padded shorts or cycling-specific underwear. Knowledgeable riders smear the seat insert with an antiseptic cream such as Sudocrem to prevent chafing and saddle problems.

Carry gloves and a hat for cooler conditions and keep your legs, especially your knees, covered unless it really is quite warm. Wear bright colours for greater motorist awareness and use reflective materials when you're riding at night.

Now, put it all into practice and enjoy your ride!

On the Ride

Navigation techniques, dos & don'ts

Okay, so you entered the randonnéé, your machine is clean and in tip top condition, ready for the ride, all legal and everything, you're route sheet's been sent to you, you know where the start is, what now?

Trace out the route on a map at home. This will help you understand the route much better when actually riding. Your local library should have a set of OS 1:50,000 maps which can be very handy in the planning stage. However, these maps are too large a scale for most randonnéés and you'd need to carrying a library with you. Buy yourself a road atlas, 3 or 4 miles:1". Tear out the relevant sheets and cover them in clear plastic. Fold them into 3x3 sections and they'll fit neatly into a jersey pocket. You'll rarely ever have to carry more than 3 sheets. Road atlases are also cheap enough to replace them every year or two.

Many riders rewrite their route sheets into a more suitable format to follow on the move. If you do this, check and double check that you haven't made any mistakes! Others simply photocopy to a different size or colour code the instructions for better legibility; or create a GPS track or route, using digital mapping, and download this to a handlebar mounted GPS unit.

When riding, keep checking the route. A route sheet holder attached to the handlebars is very useful. Do not assume the person in front knows where he is going! Use your handlebar computer (set to kilometres) to help gauge your location.

Riding in a group, or with one or two others, and your ride will be much easier. You can chat and take turns at the front of the group, sheltering one another from the wind for a minute or two at a time. On your own, audax rides can be lonely and more difficult, but don't try to keep up with those who are too fast for you. You'll only pay the price later in the event. It's better to have a little in reserve than to do 40 kph at the start with the fast boys, get dropped and then get lost because you weren't paying attention when hanging onto their back wheels!

If your bike is well maintained you should encounter very few mechanical problems. However, accidents can happen and disaster can strike. You need to be self-sufficient enough to get yourself out of trouble. That may mean bodging a repair or a long walk to a telephone box and a call for a taxi to a railway station.

Many riders carry a mobile phone, but don't rely on this. You may not get a signal, damage your phone in a fall, or run out of charge. Make sure you are equipped to cope.

Widespread acceptance of credit cards and cash machines in many places means that you don't have to carry wads of cash with you but once on the ride you are on your own.

Look in your brevet card or on your route sheet for an contact telephone number and let the organiser know if you are going to be very late or are abandoning the ride.

You must eat and drink. Have a good carbohydrate rich meal the night before and then snack on other high carbo foods during the ride. 'Energy bars' are good but can be expensive and you'll tire of them in longer events.

Two bottles on your bike are definitely recommended. Expect to drink about 500ml (1 regular bottle) per hour, more if it's hot, and carry enough spare food.

After a while you'll get fitter and faster and you'll meet up with some of the seasoned campaigners who don't dash about too fast. Note their habits. Don't waste time off the bike. Many slower riders just keep going like Aesop's tortoise, but they all get round. If you are faster, then you can afford to spend some time having teas and toast at a control or two.

Be polite, say thank you to the controllers, obey the rules of the road, smile and I guarantee you'll be making friends and coming back for more.

Rides in General

AUK Events are open to all cyclists. They are organised by cycling clubs, CTC local groups or individuals, to AUK regulations, which are based on those devised by Audax Club Parisien. For details of the conduct of events see the **Ride Regulations** pages.

The AUK Calendar is published in the quarterly AUK magazine, *Arrivée*, which is free to members, and on the AUK web site at:

<http://www.aukweb.net/events/>

AUK calendared events are touring rides and as such require no special training if you already cycle regularly. If you are new to cycling, check out the **Preparation for a Randonnée** and **On the Ride** pages and start with some of the shorter Brevets Populaires (BP). Likewise, if you are unused to hill climbing, avoid events with the higher Audax Altitude Award (AA) ratings at first.

Any type of cycle can be ridden provided that it is fitted with lights when the event encompasses the hours of darkness. Note that flashing lights are not suitable for group riding and some organisers require mudguards (denoted by M in the second line of their calendar entry). You should be able to carry safely sufficient equipment for an independent ride - tool kit, spares, cash, waterproof, bonk rations, drink, map. If you have, or can cheaply acquire, a roadworthy bike then the best policy is to ride events and start to dream of your ideal Audax machine. Experienced members, encountered on the road, are usually happy to discuss equipment. Cycling clothing varies, depending on the individual's cycling background. Look for lightweight comfortable garments which breathe, don't restrict movement, yet don't flap, and are conspicuous on the road. Again, riding events and discussing clothing is the best guide.

To enter an event send the organiser a completed entry form (photocopy of the form in this Handbook or from the web site), entry fee (non-AUK members add the non-member's fee and sign the temporary membership form), cheque (made out to organiser), and two C5 stamped self-addressed envelopes. Whenever possible these should be with the organiser at least a fortnight before the event, as it takes time to order the correct number of brevet cards and arrange any catering. You receive a route sheet and start details before the ride. Entry fees are non-refundable.

Permanents are events registered with AUK which can, in most cases, be ridden at any time. They are intended as events for the more experienced rider, riding alone or with family and friends, and not as replacements for calendared rides whose dates have been planned as part of a programme of events. Permanents should be entered early, a month or more in advance of your intended ride, as the organiser may be on holiday. Many organisers will not insist on knowing the date of your ride, which offers the opportunity to ride in good weather. You receive any route details and brevet card before the ride. The usual Permanent entry fee is £3 but check with the organiser before entering. For more details see the on-line list of Permanent Rides.

Arrow, Dart and DIY entrants should write a list of proposed controls on the back of their entry form.

On the day, arrive in good time for the event, in order to locate the start and collect your card. Facilities vary and you could face a draughty piece of waste ground, or a convenient café, or a hired sports hall with refreshments provided by the organiser.

On the ride, you may cycle in a group or on your own. You must visit control points: service stations, cafes, pubs or hired facilities, and obtain a signature, time and ink stamp on your card. If instead you collect till receipts, make sure that they are securely fastened to your card and numbered, with each control box numbered appropriately. Sometimes you may have to record information at an Info Control so you need to carry a pencil or pen.

At the finish ensure your card is fully filled in, sign it and leave it with the controller (for DIY and some X-rated Calendar events and all Permanents, post your card to the organiser). Your card will be returned, after it has been checked and recorded, with your brevet number appended.

Audax UK Brevet and Randonneur Awards

Events registered with AUK are designated:

Brevet Populaire (BP usually under 200 km) Brevet de Randonneur (BR 200(+) km)
 Brevet de Randonneurs Mondiaux (BRM 200-1000 km) Brevet de Randonneurs Mondiaux (RM 1200(+) km)
 BRM are also registered with Audax Club Parisien (ACP) RM are also registered with the Randonneurs Mondiaux (RM)

All these events can qualify riders for the AUK awards outlined in the following pages (see also February Arrivee and Regulations & Appendices).

BR, RM and BRM events may also qualify AUK members for individual awards (see Hall of Fame).

Overseas BRM or RM may be used, you must provide photocopies of brevet cards when claiming overseas rides.

Unless specified otherwise, a longer distance can be substituted for a shorter for AUK awards.

Some overseas countries (but not Audax Club Parisien) may allow you to use BR as qualifying rides for their 1200 km events. Only rides marked BRM are recognised by ACP.

The Randonneur award was established by Audax Club Parisien in 1921 and since that time ACP has kept records, at first hand-written, later on computer, of all who have successfully completed a randonnée event, of 200 km or above, registered with them. Originally these randonnées were designated Brevets de Randonneur Francais, later Européen and, since 1983, Mondiaux. AUK has registered events with ACP since 1976.

Additionally, since 1987, AUK has operated a dual scheme: Brevets de Randonneur are events registered solely with AUK and Brevets de Randonneurs Mondiaux events in the UK are registered with AUK and ACP.

Both types of randonnée are of similar standard and successful riders are designated Randonneurs.

The Super Randonneur award was established by ACP in 1977 and consists of the series: 200 km BR(M), 300 km BR(M), 400 km BR(M), 600 km BR(M), all completed in the same Randonneur year. A longer distance can be substituted for a shorter. Like the Randonneur award, the title Super Randonneur is a once and for always award, though many riders go on to complete their series in subsequent years.

NB your award for a series in any particular year is either R500 or R1,000 or SR.

2012 Super Randonneurs:

203 AUK members, 12 female (f), 13 Senior (s)

Steven ABRAHAM	Joel BROMLEY	Martin CROXFORD
Stephen AGNEW	Julian BROWN	Edward D'OYLE
Jamie ANDREWS	David BROWNING	Philip DANIELS
David ATKINSON	Steven BRYCE	Deniece DAVIDSON (f)
Rob BAIRD	Rob BULLYMENT	Tony DAVIS
John BARKMAN	Russell CARSON	Lara DAY (f)
Stephen BARNES	Daniele CASSISA	Thomas DEAKINS
Dave BARTLETT	Mark CHAMBERS	Tim DECKER
Les BAUCHOP (s)	Matthew CHAMBERS	Bruce DUNBAR
Mark BEAUCHAMP	Andy CLARKSON	Julian DYSON
Martin BERRY	Lindsay CLAYTON (f)	Paul DYTHAM
Richard BERRY	John CLEMENS (s)	Tim EDWARDS
George BERWICK (s)	Paul COLE	Jeff ELLINGHAM
Colin BEZANT	James COLLEY	Jonathan ELLIS
Robert BIALEK	Alberto CONTRERAS SANZ	Richard ELLIS
Roy BISHOP	Steven COOK	Lars ERICSSON
Don BLACK	Peter CORFE	Richard EVANS
Ian BLOOMFIELD	Andrew CORNWELL	Mike FARRINGTON
Peter BOND (s)	Roger CORTIS (s)	Peter FAULKS (s)
Shaun BONNEY	Colin CRAWFORD	David FAWCETT
Jonathan BOOTH	Sonya CRAWFORD (f)	Steven FERRY
Chris BOULTON (s)	Samuel CROSSLEY	Nicholas FIRTH

Audax UK Brevet and Randonneur Awards

Martin FOLEY	Ian LLEWELYN	John ROWE
Jason FRASER	Peter LOAKES	Steven ROWLEY
Neil FRASER	Ron LOWE	Stephen RUMBLE
Peter GAWTHORNE	Martin LUCAS	Jeremy RUSS
Simon GENT	Heather MACKAY (f)	Ian RYALL
Colin GRAY(s)	Martin MALINS	Matthew SCHOLÉS
Mark GRAY	Andrew MARSHALL	Phil SCOTT
Tony GREENWOOD	Ann MARSHALL (f)	Adam SHARPE
Jim GRETTY (s)	Peter MASTENKO	Ian SHARPE
Gareth GRIFFITHS	Arabella MAUDE (f)	Rob SIMMONDS
Rimas GRIGENAS	Stephen MCBRIEN	Peter SIMON
Simon GROVE	Ryan MCBURNEY	Chris SMITH
Matthew HAIGH	Neil MCDADE	Dave SMITH
George HANNA	Robert MCMILLAN	Tim SOLLESSE
Steve HEANEY	Steve MCQUADE	John SPOONER
Aidan HEDLEY	James MEARNS	Simon SPOONER
Derek HEINE	David MELLODY	Ian STRAUGHAN
Ian HELLAWELL	Kevin MERRISON	John STRAUGHAN
Ian HENNESSEY	Alastair MIATT	Paul SUMMERS
Andy HEYTING	Dave MINTER	Judith SWALLOW (f)
Graeme HOLDSWORTH	Stuart MOORE	Ben TAYLOR
Jim HOPPER (s)	Chris NARBOROUGH	Andy TAYLOR-VEBEL
Toby HOPPER	Phil NELSON	Robyn THOMAS
Mark HUMMERSTONE	Denise NOHA (f)	Mike THOMPSON
Denise HURST (f)	Mike PAIN	Martin TILLIN
Pat HURT	Richard PAINTER	Robin TOMES
John JACKSON	David PARKES	Pete TREDGET
Nick JACKSON	Alan PARKINSON	Peter TURNBULL
Tom JACKSON	Richard PARROTTE	Peter TURNER
Marcus JACKSON-BAKER	Martyn PEGGIE	Neil VEITCH
Brian JAGO	John PERRIN (s)	Els VERMEULEN (f)
Richard JENNINGS	Mike PLUMSTEAD	Howard WALLER
Bob JOHNSON	Stephen POULTON (s)	Mark WALSH
Peter JOHNSON	Chris POWELL	Richard WARNER
David JOHNSTON	Andrew PRESTON	John WELLER
Duncan JOHNSTON	Richard PRIDDY	Nick WELLS
Ray JOINER	Frank PROUD	Paul WHITEHEAD
Justin JONES	Simon PROVEN	Simon WHITEHEAD
Luke JOY-SMITH	John RADFORD (s)	Mike WIGLEY
David KAHN	Kevin RAE	Julian WILLIAMS
Mike KELLY	Paul RAINBOW	Rob WOOD
Adam KINSEY	Peter RALPH	Graeme WYLLIE
Mel KIRKLAND	Steve RALPHS	Marcus YEO
Mike LANE	Ian REID	
Mark LE BRETON	Paul REVELL	
Maggie LEWIS (f)	Arnaud RIESS	
Peter LEWIS	Mark RIGBY	

Audax UK Brevet and Randonneur Awards

The Randonneur 10,000 award (originally the 100 points roll of honour) is obtained by riding BR or BRM totalling 10,000 km in a Randonneur year. You may count the same rides towards your Super Randonneur and your Randonneur 10,000 but your R10,000 supersedes your R5,000.

2012 Randonneurs 10,000:

3 AUK members

Mike LANE
Peter RALPH

Ben TAYLOR

The Randonneur 5,000 award (originally the 50 points roll of honour) is obtained by riding BR or BRM totalling 5,000 km in a Randonneur year. You may count the same rides towards your Super Randonneur and your Randonneur 5,000.

2012 Randonneurs 5,000:

56 AUK members

Rob BAIRD
John BARKMAN
Dave BAXANDALL
Richard BERRY
Robert BIALEK
Don BLACK
Peter BOND
Rob BULLYMENT
Andy CLARKSON
John CLEMENS
James COLLEY
Peter CORFE
Roger CORTIS
Mary DOYLE
Julian DYSON
Jeff ELLINGHAM
Richard ELLIS
Peter FAULKS
Neil FRASER
Peter GAWTHORNE
Steve GLOSTER
Tony GREENWOOD
Simon GROVE
Toby HOPPER
Tony HULL
Richard JENNINGS
Bob JOHNSON
Justin JONES

David KAHN
Adam KINSEY
Mel KIRKLAND
Terry LISTER
Martin LUCAS
Heather MACKAY
Martin MALINS
Andrew MARSHALL
David PARKES
John PERRIN
Mike PLUMSTEAD
Jackie POPLAND
Stephen POULTON
Andrew PRESTON
John RADFORD
Paul RAINBOW
Steve RALPHS
Stephen ROGERS
Chris SMITH
Tim SOLLESSE
Judith SWALLOW
Peter TURNBULL
Els VERMEULEN
Trevor WALE
Paul WHITEHEAD
Simon WHITEHEAD
Julian WILLIAMS
Marcus YEO

Audax UK Brevet and Randonneur Awards

The Ultra Randonneur was established in 1998, for those who complete 10 SR series in different years.

Ultra Randonneurs:

127

ABRAHAM Steven 21	GREENHOW Gavin 10	POULTON Stephen 16
ADAMS Allan 10	GRESTY Jim 11	RADFORD John 14
ANDERSON Anthony 10	HANLEY Tom 20	RALPHS Steve 17
ATKINSON David 12	HANNA George 18	RICHARDSON John 11
AVERY Chris 10	HANSEN Peter 13	RIGBY Louise 10
BARKMAN John 14	HARRIS David 13	RIGBY Mark 10
BARTLETT Dave 11	HASWELL Ray 18	ROBERSON James 16
BAUCHOP Les 13	HEDLEY Aidan 11	RUTTER Chris 10
BEAUCHAMP Mark 19	HEFFER Mark 10	SADLER Mike 13
BENTON Keith 14	HENNESSEY Ian 20	SAUNDERSON Brian 12
BERWICK George 20	HILL Ian 14	SEVIOUR Andy 20
BEYNON Chris 16	HOLDEN Peter 12	SHAW Shawn 20
BLACK Don 16	HOLGATE Neville 17	SIMPSON Noel 13
BOON Bridget 10	HOPPER Jim 32	SIMPSON Sheila 29
BOON Ian 10	HOWARD Derek 12	SOUTHWORTH Andrew 12
BRODIE Graham 10	HROUDA Karl 10	SPOONER John 20
BROOKING Mark 17	HURT Pat 11	STEVENS David 10
BUCK Drew 10	HUTCHISON Don 10	STOALING Mike 12
BULLYMENT Rob 17	JACKSON Ian 11	SUMMERS Peter 12
BUTTERWORTH John 11	JACKSON Nick 10	SWALLOW Judith 13
CALLOW Brian 12	JOHNSON Bob 16	THOMAS Richard 14
CHADWICK Phil 10	JOHNSTON David 14	THOMPSON Barbara 10
CHAMBERS Mark 11	KENNY Pat 11	THOMPSON Brian J. 10
CLARKSON Andy 14	KIRKLAND Mel 19	THOMPSON Mike 10
COOKE Francis 14	LEARMONTH Anne 13	TOPPING Steve 11
COULSON Peter 12	LEWIS David 21	TOUT Ritchie 12
CRAWFORD Colin 14	LUCAS Martin 11	TRACEY Christopher 13
CRAWFORD Sonya 10	MACDOWALL Bob 10	TURNBULL Peter 11
CREESE Liz 11	MARSHALL Peter 15	TURNER Simon 10
CROSSLAND Christopher 14	MENNICKE Peter 12	UNDERWOOD Stephen 12
DAVIS Tony 10	MILDWATER Colin 10	UTTLEY Andrew 10
DOWNIE Stuart 13	MILLINGTON Eric 16	WADSWORTH Patrick 12
DYSON Julian 10	MINTER Dave 13	WAINWRIGHT Tim 16
EASON Jack 11	MOLYNEUX Anthony 10	WALKER John 11
EVANS Dai 16	MONKHOUSE Derek 10	WANLESS Graham 20
EVANS John 12	MORRIS Brian 10	WATSON Robert 10
EVANS Richard 12	OXLEY Steve 17	WEATHERILL Ian 13
FISHER Daniel 10	PATTISON Alex 13	WELLS Nick 10
FRIDAY Michael 10	PEACOCK Damon 10	WHEATLEY Anthony 10
FRY Robert 14	PHILO Roger 17	WHITEHEAD Paul 17
GIFFORD Peter 14	PHIPPS Richard 14	WILLARD Tony 10
GOODE Ricki 13	PILBEAM David 10	WINDLE Nik 11
GRAY Robert 10	POTTS Mick 10	

Audax UK Brevet and Randonneur Awards

The Brevet 500 award was created by AUK in 1998 and consists of 5 x 100 km events ridden in one Randonneur year. You can count 150s as well - but not 200s.

2012 Brevets 500:

278

Martyn ALDIS	Paul CONYERS	Paul HICKEY	Maurice MCDERMOTT	Rob SHAW
Graham ALLEN	Stewart COTTLE	Martin HICKMAN	Steven MEDLOCK	Nicola SIBBALD
Dave ANNESS	Alison COX	Simon HILL	Graham MERRINGTON	David SILL
Clive ANSELL	Caroline CRIPPS	Steve HODGES	Tim MINCHER	Gill SIMMONDS
Rhisiart AP GWILYM	John CRIPPS	Jillian HOLFORD	Tim MITCHELL	Ian SIMMONDS
Adrian ARKESDEN	Andrew CRITCHER	Simon HOLFORD	Jeff MOGG	Rob SIMMONDS
Daniel AUGER	Nick CROOK	Pete HOLLEY	Anne MOGRABY	Spencer SKELTON
John BAKER	Chris CROOKES	David HORNE	Brian MOON	Chris SMITH
Richard BARNES	Chris CULLEN	Gloria HORNE	Derek MORGAN	Graeme SMITH
Miles BARRINGTON	Brendan DALY	Ian HORNE	Andrew MORRIS	Roger SMITH
John BEER	David DARRICOTT	Chris HOUGH	Ray MOULES	Stephen SMITH
Ann BENTON	Tom DAULBY	Adrian HUGHES	Chris MURFITT	Mark SMITHIES
Keith BENTON	Christopher DAVEY	Denise HUGHES	Anthony MYCOCK	Adrian SNELGROVE
Colin BEZANT	Alan DAVIES	Steven HUGHES	Jeremy NASON	Derek SNOWLING
Peter BEZANT	Declan DAVIS	Tim HUGHES	Denise NOHA	Michael STAINER
Robert BIALEK	Nicholas DAVISON	Tony HUNTINGTON	Darryl NOLAN	Michael STEER
Francis BIFFEN	Roger DAY	Mark JACKLIN	Alan ONIONS	Trevor STEPHENS
Annie BIRCH	Katherine DENTON	Ralph JAMES	John ONIONS	Mike STOALING
Ian BIRCH	Keith DENTON	Mark JARVIS	Graham OWEN	Martin STOCKS
Robert BIRD	Graham DOE	Chris JEFFRIES	Gordon PANICCA	Michael STOWE
Tony BLAIKLOCK	Bruce DUNBAR	Robert JENNINGS	John PARKER	Paul SUMMERS
Roger BOLTON	Nick DUNTON	Theresa JENNINGS	Richard PARKER	Peter SUMMERS
Peter BOND	Mike EADES	Craig JOHNSON	David PARKE	Lesley SUNG
Chris BOULTON	Tom ELKINS	Alan JONES	Geoffrey PARKINSON	John TALBOT
Derek BOULTLE	Stephen ELLIS	Justin JONES	Richard PENNY	Neil TALBOT
Henry BRACEWELL	Tom ELLIS	Andrew KEAST	Gareth PHILLIPS	Mike TATTERSALL
Christopher BREED	Tim ERASMUS	Chris ROBERTS	Richard PHIPPS	Paul TAYLOR
Martin BRICE	Peter. M. EVANS	Anne KELL	David PICKERING	Tim TAYLOR
David BRIGGS	Wyn EVANS	Dennis KELL	Russell PINDAR	Andy TAYLOR-VEBEL
Sarah BRITTON	David FENN	Paul KELLY	Robert PITT	Ceri THOMAS
Rebecca BROADBENT	Kevin FIRTH	Richard KENT	Stephen POTTS	John THOMPSON
Peter BROCK	Nicholas FIRTH	Steve KINSELLA	Stephen POULTON	Sean TOWNLEY
Christopher BUGG	Derrick FISHER	Toshihiko KITAGAWA	Peter PRICE	Chris TURNER
Elaine BURGESS	Peter FORSTER	Richard KITSON	Steve PRICE	Peter TURNER
Roger BURGESS	Tom FOX	Chris PRZEZWANSKI	John RADFORD	Dave VINE
Christopher BURTON	David FRANCIS	Ian LANDLESS	John RAMSDEN	Ivan WADDINGTON
Mark BURTON	Peter FREEMAN	Stephen LAUNCHBURY	Herman RAMSEY	Jonathan WALTERS
Robbie CALDER	Andrew FRENCH	Carl LAWTON	Andrew REGISTER	Graham WANLESS
Barry CALDWELL	Clifford FRENCH	David LE MAITRE	Louise Sheran RIGBY	Jonathan WARNER
David CARPENTER	Rob FRENCH	Martyn LEIGHTON	Mark RIGBY	Jane WATSON
Daniele CASSISA	Tony GALE	Vernon LEVY	Christopher RILEY	Mary-Jane WATSON
David CATLOW	Mark GENTRY	Rhys LEWIS	Mike ROBERTS	Colin WEAVER
Mordechai CHACHAMU	Mike GRADWELL	Mark LILLY	Phil ROBSON	William WEIR
Mark CHAMBERS	Colin GRAY	Toby LINTERN	Steve ROFFE	Steve WHIPP
Ruth CHAMBERS	Andrew GREWCOCK	Mark LISON	Stephen ROGERS	Richard WHITING
Patrick CHERRY	Anthony GRIMES	Steve LONG	David ROSSALL	Werner WIETHEGE
John CHILVERS	Jim HAFFEY	John LOWE	Paul RULE	Mike WIGLEY
Rose CHURTON	Anna HALLAM	Paul LUSTY	Don SAUNDERS	Ian WILLIAMS
Gavin CLARK	Matthew HALLAM	Martin MALINS	Jonathan SAVILLE	Johnatan WILLIAMS
Matthew CLARK	Clive HANDY	Chris MARCH	Keith SCHOLEY	Brian WILSHERE
Nick CLARK	Linda HANDY	Viv MARSH	Robert SCOBLE	Ken WILSON
Roy CLARKE	Louis HANSLOW	Ann MARSHALL	Peter SCOLAR	Mark WILSON
Lindsay CLAYTON	Tim HARRISON	Gary MASON	Adam SHARPE	Nick WOOD
John CLEMENS	Graham HAYSOM	Brian MATKINS	Geoff SHARPE	Alan WRIGHT
James COLLEY	Derek HEINE	David MATTHEWS	Geoffrey SHARPE	Armored YOUNG
	Gary HIBBARD	Michael MCATEER	Janet SHAW	

Audax UK Brevet and Randonneur Awards

The Brevet 1,000 award was created by AUK in 1998. It is 5 x 200 km events ridden in one Randonneur year (longer events cannot be included) or 10 x 100 km events ridden over any period of time. You can count 150s with the 100s - but not mix BR and BP. NB AUK calculates the eligibility of members for annual awards, but not for longer-term awards, which must be claimed from the AUK Recorder.

2012 Brevets 1,000:

341

B1000 (5x200)	Andy CLARKSON	Tom FOX	Francois HUGO	Ian LLEWELYN
Stephen AGNEW	Lindsay CLAYTON	Jason FRASER	Tony HULL	Peter LOAKES
Martyn ALDIS	Geoffrey CLEAVER	Neil FRASER	Denise HURST	Steve LONG
Graham ALLEN	John CLEMENS	Clifford FRENCH	Pat HURT	John LOWE
Clive ANSELL	James COLLEY	Tony GALE	Tony HYNES	Martin LUCAS
Rhisiart AP GWILYM	Michael CONWAY	Peter GAWTHORNE	Peter IBBOTSON	Heather MACKAY
David ATKINSON	Steven COOK	Paul GIBBONS	David JACKSON	Graeme MAIR
Daniel AUGER	Peter CORFE	Peter GIBSON	Tom JACKSON	Martin MALINS
Rob BAIRD	Roger CORTIS	Roger GIBSON	Marcus JACKSON-BAKER	Andrew MARSHALL
John BARKMAN	Nigel COX	Steve GINTY	Mark JARVIS	Ann MARSHALL
Stephen BARNES	Caroline CRIPPS	Steve GLOSTER	Richard JENNINGS	Chris MARTEN
Dave BARTLETT	John CRIPPS	Simon GOODWIN	Theresa JENNINGS	Geoff MASON
John BASTIANI	Chris CROOKES	Mike GORDON	David KAHN	Brian MATKINS
Mike BATCHELOR	Samuel CROSSLEY	Mike GRADWELL	Bob HYNES	Stephen MCBRIEN
Michael BATES	Martin CROXFORD	Colin GRAY	Peter JOHNSON	Ryan MCBURNEY
Les BAUCHOP	David DARRICOTT	Mark GRAY	David JOHNSTON	Edward T
Dave BAXANDALL	Deniece DAVIDSON	William GREEN	Ray JOINER	MCCORMICK
Mark BEAUCHAMP	Tony DAVIS	Tony GREENWOOD	Alan JONES	Neil MCADEDE
Martin BERRY	Thomas DEAKINS	Jim GRESTY	Justin JONES	David MCHALE
Richard BERRY	Colin DOUGLAS	Gareth GRIFFITHS	Joe JORD	Steve MCQUADE
George BERWICK	Thomas DOWN	Simon GROVE	Phillip JURCZYK	Richard MCTAGGART
Richard BETTS	Mark DOWTHWAITE	Phil GROVES	Chris KEELING-ROBERTS	James MEARNS
Chris BEYNON	Mary DOYLE	Peter HAMMOND	Chris KEELING-ROBERTS	Ivo MIESEN
Robert BIALEK	Nick DUNTON	Graham HANLEY	Mike KELLY	Neil MILTON
Roy BISHOP	Julian DYSON	George HANNA	Paul KELLY	Dave MINTER
Don BLACK	Phil DYSON	Richard HARDING	Richard KENT	Derek MORGAN
Tony BLAIKLOCK	Mike EADES	Robin HARPER	Nic KETLEY	Chris NARBOROUGH
Peter BOND	Tom ELKINS	Ben HARRIS	Garry KING	Jeremy NASON
Jonathan BOOTH	Jeff ELLINGHAM	David HARRIS	Adam KINSEY	Jack NEAL
Chris BOULTON	John ELLIS	Aidan HEDLEY	Mel KIRKLAND	Justin NEALES
Dave BRADSHAW	Jonathan ELLIS	Derek HEINE	Richard KITSON	Phil NELSON
Christopher BREED	Richard ELLIS	Mike HENDERSON	Chris KULA-PRZEWANSKI	Darryl NOLAN
Jason BROOKES	Malcolm EMSLEY	Neil HENDERSON	Adrian LAGAN	John OAKSHOTT
Anton BROWN	Tim ERASMUS	Gary HIBBARD	Louise LANCASTER	Mike PAIN
Julian BROWN	Lars ERICSSON	Martin HICKMAN	Ian LANDLESS	Richard PARKER
David BROWNING	Guto EVANS	Rob HIDERLEY	Mike LANE	David PARKES
Rob BULLYMENT	Peter. M. EVANS	Mark HIGGINS	Carl LAVER	Alan PARKINSON
Brian CALLOW	Richard EVANS	Martin HILBERS	Richard LAW	Richard PARROTTE
Paul CAMPBELL	Richard EVANS	Simon HILL	Mark LE BRETON	Diane PEART
Russell CARSON	Wyn EVANS	Graham HODGES	David LE MAITRE	Richard PEART
Daniele CASSISA	Tricia FARNHAM	Richard HODGSON	Martyn LEIGHTON	Martyn PEGGIE
Mordechai	Peter FAULKS	Pete HOLLEY	Vernon LEVY	Tony PEMBER
CHACHAMU	David FAWCETT	Jim HOPPER	David LEWIS	Richard PENNY
Mark CHAMBERS	David FENN	Toby HOPPER	Maggie LEWIS	John PERRIN
Matthew CHAMBERS	Kevin FIRTH	Gloria HORNE	Peter LEWIS	Brian PERRY
AIF CHAMINGS	Nicholas FIRTH	Ian HORNE	Mark LILLY	Margaret PHILLPOTTS
Jim CHURTON	Martin FOLEY	Peter HORNE	Terry LISTER	Richard PHIPPS
Roy CLARKE	Peter FORSTER	Adrian HUGHES		

Audax UK Brevet and Randonneur Awards

Robert PITT	Gary ROBERTSON	Tim SOLLESSE	Robin TOMES	Paul WHITEHEAD
Winston PLOWES	Steve ROFFE	David STARK	John TOMLINSON	Simon WHITEHEAD
Mike PLUMSTEAD	Stephen ROGERS	Robin STEVENS	David TOMPSETT	Philip WHITEMAN
Jackie POPLAND	Paul RULE	Daryl STICKINGS	Sean TOWNLEY	Richard WHITING
Stephen POULTON	Mark RUSBY	Mike STOALING	Peter TURNBULL	Mike WIGLEY
Andrew PRESTON	Jeremy RUSS	Ian STRAUGHAN	Stephen	Julian WILLIAMS
Peter PRICE	Chris RUTTER	John STRAUGHAN	UNDERWOOD	Scott WILLIAMS
Steve PRICE	Ian RYALL	Paul SUMMERS	Graham VARNEY	Alistair WILLIS
John RADFORD	Jonathan SAVILLE	Peter SUMMERS	Els VERMEULEN	Brian WILSHERE
Kevin RAE	Graeme SCOTT	Ian SUTCLIFFE	Trevor WALE	Mark WILSON
Phil SCOTT	Phil SCOTT	Jane SWAIN	Howard WALLER	David WINSLADE
Brian RAINBOW	Jasmine SHARP	Judith SWALLOW	Mark WALSH	Honor WOOD
Paul RAINBOW	Adam SHARPE	Mike TATTERSALL	Jonathan WARNER	Rob WOOD
Peter RALPH	Geoff SHARPE	Allan TAYLOR	Richard WARNER	Stephen WOOD
Steve RALPHS	Geoffrey SHARPE	Ben TAYLOR	Jane WATSON	Jon WORTERS
Andrew REGISTER	Shawn SHAW	Paul TAYLOR	Mary-Jane WATSON	Graeme WYLLIE
Ian REID	Richard SHIRLEY	Tim TAYLOR	Bob WATTS	Marcus YEO
Paul REVELL	Peter SIMON	Andy TAYLOR-VEBEL	Chris WATTS	Adam YOUNG
John RIDOUT	Scott SLATER	Andy TERRY	Jason WEBB	Armored YOUNG
Louise Sheran RIGBY	Chris SMITH	Janet THACKER	Robert WEBB	
Mark RIGBY	Dave SMITH	Ceri THOMAS	Anthony WHEATLEY	
Mike ROBERTS	Mark SMITH	Ken THOMSON	Stephen WHEELER	
Paul ROBERTS				

The Brevet 2,000 award was created in 1998 and consists of 10 x 200 km or 20 x 100 km events, ridden over any period of time. You cannot mix BP and BR, and you cannot substitute longer rides, other than 150 km in the BP series. Claims must be made to the Recorder for awards spanning more than one year.

2012 Brevets 2,000:

149

10 x 200km	Roy CLARKE	David FENN	Pat HURT	Graeme MAIR
Stephen AGNEW	Andy CLARKSON	Kevin FIRTH	Peter IBBOTSON	Martin MALINS
Clive ANSELL	Lindsay CLAYTON	Martin FOLEY	Tom JACKSON	Andrew MARSHALL
Rob BAIRD	Geoffrey CLEAVER	Neil FRASER	Mark JARVIS	Ann MARSHALL
John BARKMAN	John CLEMENS	Peter GAWTHORNE	Richard JENNINGS	Stephen MCBRIEN
Stephen BARNES	James COLLEY	Steve GLOSTER	Bob JOHNSON	Edward T
Mike BATCHELOR	Michael CONWAY	Mike GORDON	Peter JOHNSON	MCCORMICK
Dave BAXANDALL	Peter CORFE	Tony GREENWOOD	David JOHNSTON	Ivo MIESEN
Mark BEAUCHAMP	Roger CORTIS	Simon GROVE	Ray JOINER	Dave MINTER
Richard BERRY	Chris CROOKES	Peter HAMMOND	Justin JONES	Jeremy NASON
Chris BEYNON	David DARRICOTT	Richard HARDING	David KAHN	Jack NEAL
Robert BIALEK	Thomas DEAKINS	Derek HEINE	Paul KELLY	Darryl NOLAN
Roy BISHOP	Mary DOYLE	Mike HENDERSON	Nic KETLEY	John OAKSHOTT
Don BLACK	Julian DYSON	Rob HIDDENLEY	Garry KING	David PARKES
Peter BOND	Phil DYSON	Mark HIGGINS	Mel KIRKLAND	John PERRIN
Jason BROOKES	Jeff ELLINGHAM	Graham HODGES	Mike LANE	Richard PHIPPS
Anton BROWN	Jonathan ELLIS	Toby HOPPER	Richard LAW	Winston PLOWES
Brian CALLOW	Richard ELLIS	Adrian HUGHES	Terry LISTER	Mike PLUMSTEAD
Russell CARSON	Lars ERICSSON	Francois HUGO	Martin LUCAS	Jackie POPLAND
Mark CHAMBERS	Peter FAULKS	Tony HULL	Heather MACKAY	Stephen POULTON
				John RADFORD

Audax UK Brevet and Randonneur Awards

Paul RAINBOW	Mark SMITH	Peter TURNBULL	Mike WIGLEY	Tom FOX
Peter RALPH	Tim SOLLESSE	Stephen UNDERWOOD	Julian WILLIAMS	Chris KEELING-ROBERTS
Andrew REGISTER	Robin STEVENS	Graham VARNEY	David WINSLADE	Vernon LEVY
Paul REVELL	Ian STRAUGHAN	Trevor WALE	Honor WOOD	Martin MALINS
Stephen ROGERS	John STRAUGHAN	Richard WARNER	Rob WOOD	Ann MARSHALL
Mark RUSBY	Judith SWALLOW	Robert WEBB	Stephen WOOD	Richard PHIPPS
Chris RUTTER	Allan TAYLOR	Anthony WHEATLEY	Jon WORTERS	Louise Sheran RIGBY
Ian RYALL	Ben TAYLOR	Paul WHITEHEAD	Marcus YEO	Mary-Jane WATSON
Jonathan SAVILLE	Andy TAYLOR-VEBEL	Simon WHITEHEAD	20 x 100km	
Scott SLATER	Andy TERRY	Philip WHITEMAN	John CLEMENS	
Chris SMITH	David TOMPSETT		Nicholas FIRTH	

The Brevet 3,000 award was created in 1998 and consists of any combination of 100, 150 and 200 km events, to a total of 3,000 km, ridden over any length of time. As with the Brevet 2,000, you cannot substitute longer rides. Claims must be made to the Recorder for awards spanning more than one year.

2012 Brevets 3,000:

71

Clive ANSELL	Chris CROOKES	Adrian HUGHES	John PERRIN	Ben TAYLOR
Rob BAIRD	David DARRICOTT	Tony HULL	Richard PHIPPS	Andy TAYLOR-VEBEL
Stephen BARNES	Mary DOYLE	Pat HURT	Mike PLUMSTEAD	Andy TERRY
Dave BAXANDALL	Jeff ELLINGHAM	Richard JENNINGS	Jackie POPLAND	Peter TURNBULL
Robert BIALEK	Richard ELLIS	Bob JOHNSON	Stephen POULTON	Graham VARNEY
Roy BISHOP	Peter FAULKS	Peter JOHNSON	John RADFORD	Trevor WALE
Don BLACK	David FENN	Mike LANE	Peter RALPH	Mary-Jane WATSON
Peter BOND	Kevin FIRTH	Terry LISTER	Andrew REGISTER	Mike WIGLEY
Anton BROWN	Nicholas FIRTH	Heather MACKAY	Paul REVELL	Honor WOOD
Roy CLARKE	Peter GAWTHORNE	Martin MALINS	Louise Sheran RIGBY	Stephen WOOD
Andy CLARKSON	Steve GLOSTER	Andrew MARSHALL	Stephen ROGERS	Marcus YEO
John CLEMENS	Tony GREENWOOD	Ann MARSHALL	Chris SMITH	
James COLLEY	Richard HARDING	Darryl NOLAN	Tim SOLLESSE	
Peter CORFE	Derek HEINE	John OAKSHOTT	Judith SWALLOW	
Roger CORTIS	Mike HENDERSON	David PARKES	Allan TAYLOR	

The Brevet 4000 award was created in 1998 and consists of 20 x 200 km events, ridden over any length of time. As with the Brevet 2,000, you cannot substitute longer rides. Claims must be made to the AUK Recorder for awards spanning more than one year.

2012 Brevets 4,000:

26

Dave BAXANDALL	Tony GREENWOOD	Andrew MARSHALL	Allan TAYLOR
Peter BOND	Tony HULL	David PARKES	Ben TAYLOR
John CLEMENS	Richard JENNINGS	Mike PLUMSTEAD	Peter TURNBULL
Roger CORTIS	Mike LANE	Jackie POPLAND	Trevor WALE
Mary DOYLE	Terry LISTER	Stephen POULTON	Marcus YEO
Peter GAWTHORNE	Heather MACKAY	John RADFORD	
Steve GLOSTER	Martin MALINS	Peter RALPH	

Audax UK Brevet and Randonneur Awards

The AUK Brevet 5000 requires a randonnée of 1200 km or more, SR, 1000 km, 24 hour team Arrow, plus other events to a total of 5000 km, all BR or BRM, all ridden within a 4 year period. Claims must be made to the AUK Recorder.

Brevet 5,000 (AUK):

1 Ian Boon	35 Ann Daws	69 Jim Roberson
1 Bridget Boon	36 Bernard Daws	70 Dan Farrell
1 Barry Parslow	37 Gary Beasley	71 Tony Pember
1 Robert Hoof	38 Stan Watts	72 Norman Lazarus
1 Bob Garner	39 Chris Avery	74 Andrew Clarkson
1 Eric Millington	40 Terry Wetherilt	75 Alexandra Webber
1 Ray Haswell	41 Tim Wainwright	76 George Hanna
1 Gerald Parsons	42 Andy Seviour	77 John Connaghan
1 Mark Brooking (x2)	43 Mark Williams	78 Chris Wilby
1 Jane Ramsdale	44 Mark Waters	79 John Davies
11 Jim Hopper	45 Mike Hunting	80 Andy Corless
12 Mike Stoling	46 Neville Holgate	81 Dave Lawrenson
13 Karl Hrouda	47 Graham Brodie	82 Dave Bartlett
14 Sheila Simpson	48 Jim Churton	83 Alex Pattison
15 Keith Barker	49 Richard Phipps (x2)	85 Aidan Hedley
16 Bob Worrall	50 Steve Nicholas	86 Mark Shannon
17 Shawn Shaw	51 Terry Wetherilt (x2)	87 Andy Clarkson
18 Tracy Horsman	52 Jamie Batey	88 Martin Lucas
19 Alan Wych	53 Bob Johnson (x6)	89 Mike Thompson
20 Robert Fry	54 Dave Randerson	90 Dave Minter
21 Francis Cooke	55 David Johnston	93 Richard Thomas
22 Mareve Hansen	56 Steve Ralphs	94 Stephen Poulton
23 Peter Hansen	57 Mark Beauchamp	95 Rod Pash
24 Ron Sant	58 Daniel Fisher	96 Judith Swallow (x2)
25 Alan Lightly	59 Derek Monkhouse	98 Tony Davis
26 Jim Hopper (x2)	60 Stuart Downie	99 Andrew Sinclair
27 Keith Benton	61 Andrew Uttley	100 William Weir
28 Kevin Bolton	62 Ian Weatherill	101 David Fawcett
29 Steve Underwood	63 Peter Mennicke	102 Chris Crossland (x3)
30 Wally Wright	64 Roger Leam	103 Martin Newstead
31 Jerry Croome	65 George Hanna	104 Arabella Maude
32 Liz Creese	66 Rob Bullyment	105 Roger Cortis
33 Alasdair Worsley	67 Lucy Rutter	106 Graeme Fraser Wyllie
34 Peter Gifford	68 Stephen Carroll	107 Eoghan Barry

Audax UK Brevet and Randonneur Awards

The Brevet 25000 award was instituted in 1991 and requires a Paris-Brest-Paris or Edinburgh-London, another event of 1300 km or over, a 1000 km, a 24 hour team ride, three Super-Randonneur series, plus other events to a total of 25000 km, all ridden within a 6 year period. Claims must be made to the AUK Recorder. Claims prior to 1991 are not accepted

Brevet 25,000:

Founding Riders:

Peter Coulson & Sheila Simpson.

Chris Avery (x2)

Dave Bartlett

Mark Beauchamp

Phil Chadwick (2 - Fixed)

John Conngan

Roger Cortis

Peter Coulson (x2)

Andy Clarkson (x2)

Liz Creese

Chris Crossland

Tony Davis

Ann Daws

Tom Deakins

Julian Dyson

John Evans

Peter Faulks

David Fawcett

Neil Fraser

Robert Fry

Billy Graham

Robert Gray (x2)

Ian Hennessey

Toby Hopper

Mike Hunting

Pat Hurt

Bob Johnson (x3)

David Johnston

Dave Lawrenson

Norman Lazarus

Rogerleam

Dave Lewis

Martin Lucas

Richard Ludlow

Dave Minter

Martin Newstead

Alex Pattison

Tony Pember

Roger Philo

Richard Phipps (x2)

Stephen Poulton

Simon Proven

Steve Ralphs (x2)

Dave Randerson

Jim Roberson

Mark Shannon

Andrew Sinclair

Andrew Southworth

Judith Swallow (x2)

Mike Thompson

Steve Underwood

Andrew Uttley

Tim Wainwright

Alexandra Webber

William Weir

Simon Whitehead

Mileater Diary

The Mileater Diary is a 54 page brevet book - a week to a page - in which you record your daily cycling distance (any cycling but not 'rollers', turbos or exercise bikes) in miles or kilometres.

The Mileater year runs from January 1st to December 31st and the Mick Latimer trophy is awarded to the cyclist recording the highest mileage in this period; to qualify for the trophy diaries must be returned to the organiser by the 30th April of the following year.

Entry to the Mileater competition is £4 which includes the diary described above.

An engraved Mileater medal (name, year, distance recorded) is available at an extra cost of £10.

Each year an article of extracts from the diaries of entrants appears in Arrivee and each diarist is encouraged to write their own personal comments and reflections about their riding experiences.

To enter, send a SAE (C5 envelope with sufficient postage for a large letter over 100g especially if more than one diary is to be posted - e.g. return of one old diary plus one new diary) and cheque for £4 (or £14 if you wish to receive a medal as well) payable to Audax UK.



Name

Address

.....

to: Rob Hilderley, Woodfield House, 417a Stourbridge Road, Catshill, Bromsgrove B61 9LG.

Completed diaries must be returned by the 30th April the following year to qualify for the Mick Latimer trophy. Medals may be ordered at any time following the receipt of a completed diary (£10, payable to Audax UK, to the organiser).

Thousand Miles Award

Badges, for 30,000, 60,000 and 100,000 miles, are available under the AUK Thousand Miles Award. Members may claim, over any period, any completed Audax UK validated event (or other certified BRM event) or annual mileages certified under the AUK 'Mileater Diary'.

This award is an AUK award for AUK events so miles ridden other than those included in a Mileater diary or a completed event cannot be included.

Badges are currently free.

Claim, send your written claim detailing (for example photocopies of the certified brevet cards) the events claimed each year (and/or the certified Mileater total for each year) plus an SAE to:

Rob Hilderley, Woodfield House, 417a Stourbridge Road, Catshill, Bromsgrove, B61 9LG.

Fixed Wheel Challenge & Super Fixed Wheel Award

Fixed Wheel Challenge:

1. Points are allocated on the scale of 1 point per 100km: 100 km = 1 FWC point etc.
2. AAA events carry an added bonus equal to the AAA points: 1 AAA pt = 1 AFWC pt.
3. Riders amassing 25 points shall be eligible for the FWC badge. There is no time limit.
4. FWC cards are price £1 and SAE, from the FWC organiser and should be produced at an event finish for the finish controller to endorse.
5. Full cards to be returned , with an SAE, to the organiser for validation.
6. Participants collecting 15 points or more in one season will have their names included in a published list. Claims should be sent to the FWC organiser by the end of October.
7. Riders amassing the most points in a season will be awarded the annual FWC Trophy.

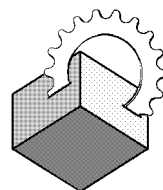
Organiser: Richard Phipps

77 West Farm Avenue,

Ashtead, Surrey

KT21 2JZ.

richard@richardphipps.co.uk



Fixed Wheel Roll of Honour 2011:

Male	Alastair Miatt 27.25	Andrew Rodgers 7.00
Justin Jones 175.75	Peter Hammond 26.00	Female
Marcus Yeo 85.00	Andy Watt 25.25	Arabella Maude 20.00
Rob Bullyment 54.00	Mick Bates 24.00	Lindsay Clayton 3.00
John Radford 44.00	Julian Weller 20.75	
David Fenn 36.00	Adam Young 20.00	
Martin Lucas 35.25	Richard Phipps 14.00	
Werner Wiethège 33.50	Graeme Smith 14.00	

Super Fixed Wheel:

A Super Fixed Wheeler has completed a SR Series (200, 300, 400 & 600km in one season) on fixed (Hyper = 4 x 600)

Super Fixed Wheel Roll of Honour 2011:

Rob Bullyment	Arabella Maude
Justin Jones Hyper	Alastair Miatt
Martin Lucas	

Audax Altitude Award

The Aims of the AAA

To encourage participation in hilly events. To offer a challenge to long distance riders, and also to those who do not ride the longest events but who enjoy hilly riding.

AAA Points and Events

AAA points are allocated to AUK events which are hilly enough, at the rate of 1 point per thousand metres of climbing. Climbing and AAA points are shown against events on the AUK website. Eligible events have a minimum amount of climb which varies with distance. Be warned though that not all such events have been allocated AAA points yet.

Organisers of hilly events should contact the AAA Man at the event planning stage. If the whole event is not eligible for the AAA, then part of it may be.

Events with AAA points may be designated Grimpeurs. Events offering AAA gold Grimpeur medals may be designated Super Grimpeurs.

Go to the AAA website at www.AudaxAltitudeAward.org.uk for full details.

Grimpeur Medals

These are for completing single AAA events. Bronze, silver and gold medals are available according to the hilliness of the event. Medals can be ordered from the Validation Secretaries, or from the AUK Recorder at the end of the season.

AAA Awards

Riders collect AAA points which qualify them for various awards.

A **Roll of Honour** is published in Arrivee of riders obtaining 12 AAA points or more in a season.

The **AAA Trophies** go to the rider and the opposite sex rider who collect most AAA points in a season.

The **Audax Altitude Award** (the original AAA) is for achieving 20 AAA points over any period of time.

The **Triple AAA** is for completing 3 AAA awards over any period of time.

The **3x3 AAA** is for completing 3 Triple awards over any period of time.

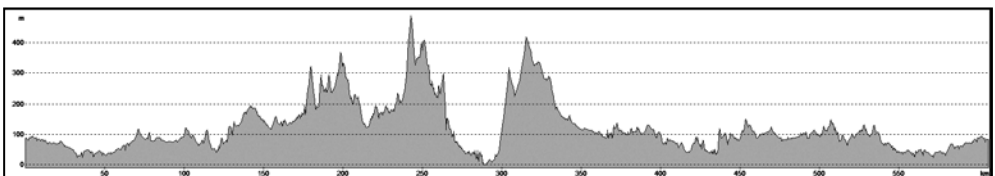
The **AAA Round The Year Award** is for completing an AAA event in each of 12 consecutive calendar months.

The **AAA Super Randonneur award** is for completing an SR Series of AAA events in a season.

Each of the above awards has a **Roll of Honour** on the AAA website which is also published once a year in the Handbook.

The awards can be claimed from the AAA Man whose contact details are below. Cloth badges (and a medal for the AAA) are available from him.

For further information on any of the above, see the AAA website at www.AudaxAltitudeAward.org.uk or contact the AAA Man with your queries: Steve Snook, 6 Briggland Court, Wilsden, Bradford, West Yorkshire BD15 0HL. 01535 275037 or steve.snook@tiscali.co.uk.



Cambrian 600 2.25AAA from Hazel Grove, Stockport,
featuring the Cheshire Plain with the Elan mountain road and Plynlimon in the middle

Audax Altitude Awards

Congratulations to these members for claiming AAA awards. More details can be found on the AAA website at www.AudaxAltitudeAward.org.uk.

* indicates one or more awards claimed this year

AAA Roll of Honour, for obtaining 20, 60 or 180 AAA points over any period of time:

Total Awards	Wyn Evans* 6	Martin Malins* 9	Adam Sharpe* 1
Fred Abbott* 1	Nick Firth* 3	Chris March* 2	Rob Simmonds* 1
Stephen Agnew* 1	Martin Foley* 5	Ann Marshall* 13	Steve Snook 18
Martyn Aldis* 3	Simon Grove* 5	David Matthews 13	Tim Sollesse* 3
Reid Anderson 3	Matt Haigh 3	Jim Mearns* 1	Ian Sparrow 3
Rhisiart ap Gwilym 1	Bernie Hammond 3	Graham Merrington 3	Jonathan Stainton-Ellis 1
Stewart Barron 1	Derek Heine 9	Tim Mitchell* 2	Paul Stewart 1
Dave Baxandall* 3	Andy Heyting 3	Derek Morgan 3	John Stone* 1
Martin Berry* 3	Toby Hopper 9	Anthony Mycock* 1	Paul Taylor* 2
Robert Bialek* 14	Ade Hughes* 4	Martin Newstead 3	Tim Taylor 1
Peter Bond* 5	Mike Hutchinson* 10	David Parkes 3	Martin Tillin* 1
Jonathan Booth* 1	John Jackson* 1	Alan Parkinson 1	Robin Tomes 1
Steve Bryce 1	Marcus Jackson-Baker* 2	Gareth Phillips 1	Sean Townley* 1
Russell Carson* 1	Pete Johnson* 3	Margaret Phillpotts 1	Neil Vetch 1
Daniele Cassisa* 2	Duncan Johnston* 2	Steve Poulton* 9	Jonathan Warner* 9
Matt Chambers 1	Jeremy Jones 1	Kevin Rae* 3	Richard Warner 3
Andrew Cornwell* 2	Justin Jones* 5	Paul Rainbow* 3	MaryJane Watson* 8
Marc Cunningham 1	Chris Keeling-Roberts* 9	Alex Rendu* 1	Colin Weaver 3
Emma Dixon 1	Chris Przewzanski* 2	Paul Revell* 3	Billy Weir 9
Jonathan Dixon 1	Neil Lancaster 1	Louise Rigby* 18	Neil Weir 1
Mary Doyle* 3	Mike Lane* 5	Mark Rigby* 6	Werner Wiethge* 2
Paul Dytham 1	Peter Lewis* 1	Stephen Rogers* 6	Julian Williams 6
John Ellis 3	Ron Lowe* 1	Jonathan Saville 3	

AAA Super Randonneur, for completing one or more SR Series composed of AAA events in 2012:

Martin Berry* 2	Bernie Hammond 1	Peter Mennicke 2	Tim Sollesse* 1
Richard Berry 2	Lee Hargreaves 1	Dave Minter 1	Simon Spooner 1
Robert Bialek* 2	Matt Haigh 1	Martin Newstead 1	Jonathan Stainton-Ellis 1
Peter Bond* 1	Andy Heyting 1	David Parkes 1	Paul Stewart 1
Joel Bromley* 1	Toby Hopper 3	Steve Poulton 2	Pete Stott 1
Julian Brown 1	Pete Johnson* 1	Kevin Rae* 1	Judith Swallow 1
Steve Bryce 1	Duncan Johnston* 1	Paul Rainbow 1	Tim Taylor 1
Daniele Cassisa* 1	Justin Jones* 3	Alex Rendu* 1	Pete Tredget* 1
Justin Chapman 1	Richard Lay 1	Paul Revell* 1	Neil Veitch 1
Martin Foley* 1	Ron Lawrence 1	Jonathan Saville 1	Billy Weir 1
Simon Grove* 2	Ron Lowe* 1	Adam Sharpe* 1	Julian Williams 2
	Steve Main 1	Ian Sharpe 1	Scott Williams 1

AAA Round The Year, for completing an AAA calendar or permanent event in any 12 consecutive calendar months, or a Randonneur Round the Year Award of AAA events:

Total Awards	Total Awards	Total Awards	Total Awards	Total Awards
Fred Abbott* 1	John Ellis 1	Chris Przewzanski* 2	Steve Poulton* 2	Tim Sollesse* 1
Martyn Aldis* 1	Wyn Evans* 1	Mike Lane* 1	Paul Revell* 1	Peter Walden* 1
Reid Anderson 1	Nick Firth* 1	Martin Malins* 1	Louise Rigby* 7	Jonathan Warner 2
Geoff Bell 2	Rhisiart ap Gwilym 1	Ann Marshall* 4	Mark Rigby* 1	Mary-Jane Watson* 4
Peter Bond 1	Bernie Hammond 1	Derek Morgan* 1	Stephen Rogers* 2	Billy Weir 1
Chris Boulton 1	Derek Heine* 1	David Parkes 1	Dave Rowell 1	Neil Weir 1
Chris Crookes 2	Janet Hinsley 1	Gareth Phillips* 1	Jonathan Saville 1	Werner Wiethge* 1
Chris Crossland 1	Chris Keeling-Roberts 1	Richard Phipps 1	Steve Snook 2	

The AAA Man

Randonneur Round the Year (RRtY)

Qualification: a validated BR or BRM in each of any 12 consecutive months, as listed on the AUK results website.

Claims: to Mike Wigley at (email) mike@PeakAudax.co.uk or (post) Higher Grange Farm, Millcroft Lane, Delph, Saddleworth, OL3 5UX.

Badge: available at £2.50 to PayPal account 'Mike@PeakAudax.co.uk' or by cheque payable to 'Mike Wigley'.

Updates: to the RRtY roll of honour will be found at:
www.tinyurl.com/PeakAudaxRRtY

The current ROLL OF HONOUR, published on the website and in February Arrivee magazine, is 347 riders at 31/12/2012.



Randonneur Round the Year x 5

Qualification: 5 or more RRTY claims, may be consecutive or separate but no event can be counted twice.

Claims: to Mike Wigley as above.

Badge: available at £2.50 (see above).

Roll of Honour:

34 riders at 31/12/2012 (* indicates new this year: 5):

Steve ABRAHAM x 6
Dave BARTLETT x 9
Chris BEYNON x 7
Brian CALLOW x 8
Geoff CLEAVER x 6
John CONNAGHAN x 5
* Chris CROOKES x 5
Tony DAVIS x 9
* Tricia FARNHAM x 5
Peter HAMMOND x 8
John HARWOOD x 6
* Derek HEINE x 5
Toby HOPPER x 6
Francois HUGO x 9

Tony HULL x 6
* Martin MALINS x 6
* Dave MINTER x 5
Tony PEMBER x 5
Winston PLOWES x 7
* Mike PLUMSTEAD x 6
Jackie POPLAND x 5
John RADFORD x 8
Louise RIGBY x 5
Mark RIGBY x 6
Mark SHANNON x 8
* Chris SMITH x 5
Paul STEWART x 5
Allan TAYLOR x 6

Andy TAYLOR-VEBEL x 5
* Pippa WHEELER x 5
Mike WIGLEY x 8
* Julian WILLIAMS x 5
Nik WINDLE x 9
David WINSLADE x 6
Mike WIGLEY x 6
Nik WINDLE x 8
* David WINSLADE x 6

Ultra Randonneur Round the Year

Qualification: 10 or more RRTY claims. **Claims:** to Mike Wigley as above

Badge: available at £2.50 (see above).

Roll of Honour: 10 riders at 31/12/2012 (* indicates new this year: 1):

* Roger CORTIS
David DARRICOTT
Phil DYSON
* Phil DYSON
* Mike KELLY
* Dave LEWIS

* Richard PHIPPS
Steve POULTON
Andrew SOUTHWORTH
Trevor WALE

Easter and Summer Arrows to York

NB Only the EASTER Arrow may be substituted for the FLECHE VELOCIO in France when claiming your free Brevet 5000 medal from Audax Club Parisien.

Rules

1. TEAMS of 3 to 5 machines (tandems counting as one machine eg 5 tandems allows 10 riders).
2. DISTANCES/SPEEDS/ TIMES Minimum of 360 km in 24 hours at 15-30 kph is required, though you are strongly advised to plan a higher mileage. Also see 10 below.
360k = 3 points, 400 = 4 points, etc.
3. ROUTES must be the shortest distance between control points, calculated in kilometres, from Ordnance Survey, Autoroute or similar maps. The itinerary cannot use the same stretch of road twice. In the event of a diversion (roadworks/closures or the like), the start point is noted and a stamp/receipt must be obtained at the furthest point. Routes can be circular and in any direction but eventually heading for York.
4. DISQUALIFICATION will result for the failure to have good night time lighting or by the acceptance of help from anyone outside the team or from an undeclared support car. Teams who need this support must declare the number of the vehicle and the location(s) of contact.
5. PROCEDURE FOR ENTRY: The Captain obtains from the organiser an information /rules sheet and route sheet, returns them fully completed with all the entry forms and s.a.e s of correct size and postage.
6. DEPARTURE: The captain (or each rider) is to write on the brevet cards places, distances and times agreed with the organiser plus all personal details before departure. Teams may leave any time between Thursday afternoon and Saturday noon. The start time must be adhered to.
7. CONTROLS: A stamp, receipt or ATM print-out with time of passage must be obtained and distance covered written in by all riders. No rest stop may exceed 2 hours.
8. ON THE ROAD: No deviation from the chosen route except in an emergency (for diversions see 3. Routes above). Riders must carry their own card. At the 22 hour and to the end of the 24th the exact time, distance and location of the team must be noted on the brevet card.
9. MINIMUM & OVERALL DISTANCES: 360kms is required. You can plan more say 400k or 500k as your target but note that distances of 20% above or below the one stated before the ride cannot be validated.
10. ARRIVAL: A stamp/receipt is to be obtained at the nearest place reached at the 24th hour. This does not have to be York, it can be on the way to York but in that area. Ensure the place, time & distance is recorded.
11. VALIDATION will be awarded to a team of 3 riders (minimum) who complete an identical distance. Lone riders who comply with the rules may claim AUK but not ACP validation.
12. ENTRY FEE of £12 per team is to be sent to the organiser. (cheques payable to him please) with entry forms and documents.

John Radford, 11 Westfield Ave, Meltham, Holmfirth, HD9 5PY.

Easter and Summer Arrows to York

Sample Easter & Summer Arrow Route sheet

(To be completed by the team captain and returned to the organiser)

John Radford
 11 Westfield Ave
 Meltham
 Holmfirth
 HD9 5PY
 Email radfordjt@gmail.com
 01484 851480

Dear Captain,

According to regulations, distances of 20% above and below the previously agreed total, cannot be validated. New rule.

360k is the minimum distance.

Bonne route.

Team Name

Riders' Names

	Control location	Distance km	Estimated passing time	Average speed in kph
Start	Anytown 8 am	0	0	0
1	Next town	60	11:00am	20k
2	Next village	100	1.30pm	18.18
3				
4				
5				
6				
7				
8				
9				
10	22 hour control	410	6am	18.6
11	York	440	8am	18.4

Use back of form if more space required, or photo copy. Tick if PTO ed.

1.NB average SPEED = target distance divided by 24 hours .This is a guide only and higher speed should obviously be maintained.

2. It is not essential to finish the ride at York or you stop there. The recorded location at the end of 24hrs will be recognised for the location:

e.g You start Saturday 9am. You must get your card stamped Sun. 7hrs (22hr) and then, at least 25k on at 9hrs (24hr).

CONTACT ME IF YOU HAVE ANY DOUBTS.

Regards John

Dinner Darts & After Dinner Darts

Dinner Darts and After Dinner Darts are calendar 200 km rides to & from the Audax UK annual dinner.

For the Dinner Dart, you plan your own route from a suitable control point near your home or a friend's home or a rail station, through at least one intermediate control, to the dinner venue - usually different each year so check the AUK calendar.

For both rides, you will be credited with the shortest distance between your control points.

You don't actually have to ride the shortest distance between your control points; you can choose any route you like, as long as you pass through the control points.

It is up to you to make sure your route meets the minimum distance rule; Google Maps set to 'walking' &/ or Microsoft Autoroute with each section set to 'shortest distance' should give you sensible distances.

Enter in the usual way on-line or by post.

If you enter on-line, email the organiser with your list of control points.

If you enter by post, write your control points on the back of your entry form.

Either way, entries close a week before the start date of the ride.

You will receive your brevet card by post.

Fill in your start, intermediate and finish control points on your card, along with their calculated shortest distances.

On the day, ride and collect proof of passage at each control point and the destination.

At the destination of the Dinner Dart, hand your completed brevet card to the organiser - usually to be found at the AGM, in the bar, or at the dinner - your ride might not be validated if you fail to do this!

The After Dinner Dart is a reverse ride on the same or a different (declared) route.

Post your After Dinner Dart brevet card to the organiser at the finish.

Permanent Events & DIY

Permanents are events registered with Audax UK which can, in most cases, be ridden at any time. They are intended as events for the more experienced rider, riding alone or with family and friends, and not as replacements for calendared rides whose dates have been planned as part of a programme of events.

Permanents should be entered early, a month or more in advance of your intended ride, as the organiser may be on holiday. Many organisers will be flexible about the date of your ride, which offers the opportunity to ride in good weather. You receive any route details and brevet card before the ride. The usual Permanent entry fee is £3 but check with the organiser before entering. For more details see the on-line list of Permanent Rides.

You enter a permanent in much the same way as entering a calendar event.

You can also create your own route and ride it as a permanent. See below, full details on the AUK website.

DIY events

DIY events are permanent events where you plan both the route and the date of the ride.

This basically involves :

Submitting a completed entry form.

Purchasing a brevet card to record your ride.

Telling the DIY organiser when and where you wish to ride - similar to Dinner Darts above.

Doing the ride and obtaining suitable proof of doing the ride.

Sending the completed brevet to the organiser.

DIY & Extended Calendar Events (ECE)

We have 3 types of DIY rides:

1. Traditional DIY : where you get timed receipts / stamps in a brevet card as proof of passage.
2. DIY by GPS : where you submit a gps track as proof of passage.
3. Extended calendar events that allow you to extend a calendar event by riding to/from the event.

DIY by GPS

DIY by GPS is a new way to ride Audax UK DIY permanent events. It allows you to validate your ride with AUK, using the tracklog recorded by your GPS unit.

To take part, you need to do the following:

Buy 'virtual brevet cards' from your local DIY/GPS organiser - check the website for the nearest.

Plan your route as you would for any DIY

Send in an entry form for each ride.

Ride, recording your ride with a GPS unit. There are some tips on-line to keep in mind.

Save the track(s) from your ride as a single .gpx file, and send it to your organiser.

Full details, including contact details of the regional DIY organisers on the AUK web site

Extended Calendar Events

Cycling to/from the start/finish of AUK registered calendar event.

The "DIY + calendar" ride concept reduces your carbon footprint by avoiding car journeys to the start of events and provides a ride for RRTY and the SR where there may not be a convenient local alternative.

The calendar event to which the ECE Perm is attached is recorded in the normal way including AAA points and championship points.

The ECE Permanent is recorded as a permanent event, with 1 point awarded for each additional eligible 100km ridden, but the total distance of the calendar event + ECE Perm must be at least 200km. (e.g. 100km BP + 100km ECE Perm will be awarded 0 calendar points + 2 perm points / 200km BR + 100km ECE Perm will be awarded 2 calendar points + 1 perm point)

For the purposes of RRTY and Randonneur awards the total Calendar Event and ECE Perm distance may be claimed as the "combined event" distance

Entry to the Calendar event will be as normal to that event organiser.

Entry (fee £2:50) to the ECE Permanent event is detailed in the associated event entries in the on-line permanents listings.

It is also possible to do ECE by GPS (see above) entering via <http://ukcyclist.org.uk/extendedcal>

The intended route to/from the calendar event should be submitted and approved following the same procedure as for current DIY events.

The route may include up to 3 intermediate control locations between its start and the calendar event start/finish location.

The date, AUK event number, name and distance of the related calendar event should also be supplied at least 14 days prior to the calendar event date.

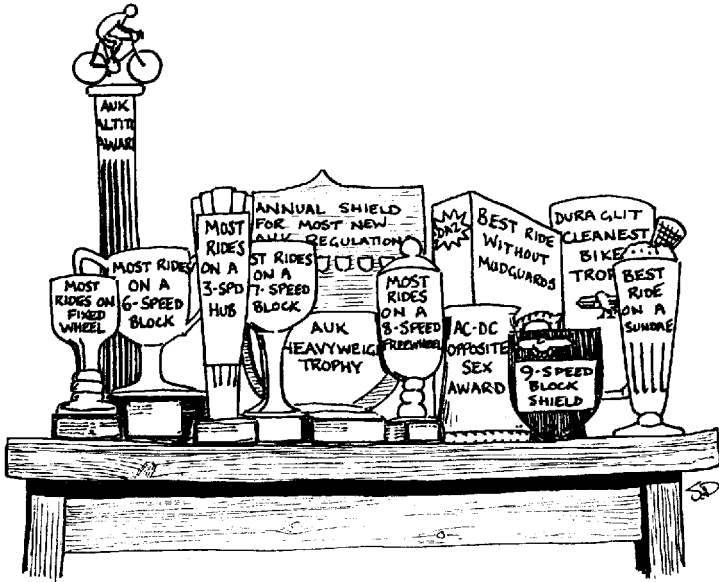
On the day of the event the ECE Perm outward leg will require a start control (ATM / shop receipt or similar) and a "finish" stamp at the calendar event start location (the time will be the official calendar event time).

The ECE Perm return leg will require a "start" stamp and time at the calendar event location and a finish control (ATM / shop receipt or similar).

The overall minimum speed for the ECE Perm + Calendar event will be 14.3km/hr irrespective of the minimum speed of the calendar event itself.

The ECE Organiser is: Martin Malins, 64 Blount Avenue, East Grinstead, West Sussex RH19 1JW

AUK Hall of Fame



The Sixteen Founders of Audax UK in 1976 were:

Bill Airey	Chris Davies	Norman Maggs	Barry Parslow
Harry Aspden	George Davis	Brian Morrison	Ken Price
Jack Calvert	Alex Duncan	John Nicholas	Peter Stubbs
Ray Craig	Les Lowe	Steve Nicholas	Alan Sturk

Patron & President d'Honneur: vacant

Vice Presidents: Peter Coulson, Peter Hansen, Mick Latimer, Rocco Richardson

Claims are required for the AUK riders who have completed 5 PBP - the list includes - Steve Abraham, Keith Benton, Jason Clark, Pete Gifford, Patrick Field, Murdo Macleod, Barry Parslow, John Spooner

Eight AUK riders have completed 6 PBP - Mark Brooking, Drew Buck, Rod Dalitz, Mike Ellison, Ray Kelly, Karl Hrouda, Tom Jackson, Steve Ralphs

One AUK rider has completed 7 PBP - Sheila Simpson

Two AUK riders have completed 8 PBP - Jim Hopper, Richard Leon.

Jack Eason was declared 'Randonneur of the Millennium', by the RM President, for completing: The Rocky Mountain, Boston-Montreal-Boston, Perth-Albany-Perth 1200 km events in 2000
Steve Abraham was voted Hors Catégorie by the AUK AGM in 2008

John Spooner is the only person to have completed all six LEL

AUK Hall of Fame

Individual Award (Men's until 1986):

1978 Graham Cutting 46
 1979 Laurie Harrison 67
 1980 Ray Haswell... 51
 1981 Mark Brooking &
 Ray Haswell... 81
 1982 Bob Kenyon... 79
 1983 Mark Brooking &
 Ray Haswell... 132
 1984 Ray Haswell... 75
 1985 Ray Haswell... 75
 1986 Sheila Simpson. 68
 1987 Peter Coulson... 63
 1988 Paddy Timson. 100
 1989 Peter Coulson. 108
 1990 James Green... 125
 1991 Robert Fry... 212
 1992 Liz Creese... 159
 1993 David Lewis... 159
 1994 Liz Creese... 157
 1995 Liz Creese... 222
 1996 Steve Abraham 287
 1997 Bob Garrett... 228
 1998 David Stevens. 121
 1999 Chris Avery... 180
 2000 Chris Avery... 153
 2001 Chris Avery... 131
 2002 Jack Eason... 141
 2003 John Hayes... 217
 2004 Dave Lawrenson 172
 2005 David Lewis... 160
 2006 Peter Turnbull. 245
 2007 Peter Turnbull. 192
 2008 Mike Kelly... 228
 2009 Peter Turnbull. 274
 2010 Marcus Yeo... 206
 2011 Peter Turnbull. 216
 2012 Mike Lane... 224

Individual Award - opposite sex (Ladies' until 1986):

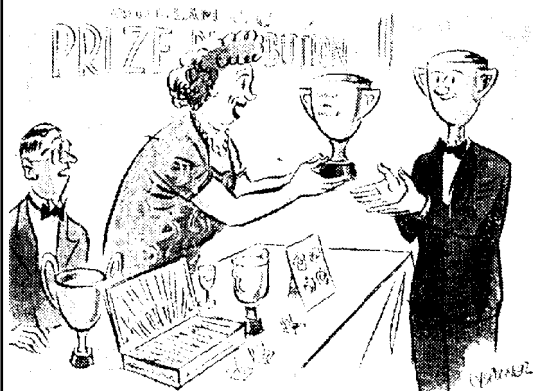
1978 n/a
 1979 Jill Richards... 27
 1980 Trottie Chase... 10
 1981 Bridget Boon... 33
 1982 Bridget Boon... 51
 1983 Bridget Boon... 106
 1984 Sheila Simpson. 28
 1985 Sheila Simpson. 50
 1986 Ray Haswell... 55
 1987 Sheila Simpson. 62
 1988 Sheila Simpson. 35
 1989 Sheila Simpson. 49
 1990 Liz Creese... 102
 1991 Liz Creese... 151
 1992 Steve Underwood 109
 1993 Liz Creese... 122
 1994 David Lewis... 135
 1995 David Lewis... 120
 1996 Liz Creese... 100
 1997 Anne Learmonth 77
 1998 Sheila Simpson 101
 1999 Vicki Brown... 120
 2000 Vicki Brown... 70
 2001 Lucy Rutter... 70
 2002 Chris Walker... 101
 2003 Lucy Rutter... 108
 2004 Joanna Bertoni 100
 2005 Anne Learmonth 116
 2006 Judith Swallow 109
 2007 Lucy McTaggart 79
 2008 Judith Swallow 110
 2009 Judith Swallow 107
 2010 Jackie Popland 135
 2011 Judith Swallow 102
 2012 Jackie Popland . 64

Junior:

1987 Russell Pindar . 32
 1988 Stuart Lee 25
 1989 Stuart Lee 47
 1990 Stuart Lee 66
 1991 Rupert North . . 80
 1992 Rupert North . . 70
 1993 Paul Whitehead 104
 1994 Steve Abraham 132
 1995 Steve Abraham . 56
 1996 Matthew Melville 11
 1997 Daniel Howard . 35
 1998 Mary Holden . . 38
 1999 Vicki Brown . . 120
 2000 Vicki Brown . . 70
 2001 Vicki Brown . . 66
 2002 Ewan Tait. 9
 2003 Byron Buck 52
 2004 Byron Buck 7
 2005 Stuart Archard . 29
 2006 Andy Tallis 19
 2007 Shaun Gregory . 28
 2008 Shaun Gregory . 72
 2009 Shaun Gregory 116
 2010 Shaun Gregory . 22
 2011 Adam Haigh. . . . 2
 2012 Edward Clark . . 6

Junior - opposite sex:

1987 n/a
 1988 Heather Stevens . 2
 1989 Sandra Hill 19
 1990 Diane Wright . . . 7
 1991 Larissa Chapman 2
 1992 Jean Poddington. 2
 1993 Louise Franklin . 4
 1994 Jean Poddington. 4
 1995 n/a
 1996 n/a
 1997 Mary Holden . . . 9
 1998 Byron Buck 17
 1999 Richard Cutler . 58
 2000 Richard Cutler . 37
 2001 Dom McDermott 62
 2002 Vicki Brown 2
 2003 n/a
 2004 n/a
 2005 n/a
 2006 n/a
 2007 Catherine Hickman 5
 2008 Katharine Clark . 2
 2009 Fran Aiken, Lucy Hoppit 2
 2010 n/a
 2011 n/a
 2012 n/a



AUK Hall of Fame

Tricycle:

1982 Peter Crump
 1983 Jim Hopper
 1984 Barrie Dilks
 1985 Jim Hopper
 1986 Jim Hopper
 1987 Fliss Beard
 1988 Jim Hopper 30
 1989 Peter Gifford . . . 54
 1990 Peter Gifford . . . 51
 1991 Peter Gifford . . . 79
 1992 Peter Gifford . . . 59
 1993 Peter Gifford . . . 52
 1994 Peter Gifford . . . 54
 1995 Peter Gifford . . 100
 1996 Pat Kenny 77
 1997 Pat Kenny 55
 1998 Pat Kenny 43
 1999 Pat Kenny 55
 2000 Pat Kenny 51
 2001 Pat Kenny 29
 2002 Pat Kenny 30
 2003 Pat Kenny 50
 2004 Jim Hopper 28
 2005 Jim Hopper 27
 2006 Stephen Poulton 74
 2007 Stue Lee 102
 2008 no claim
 2009 Steve Poulton . 103
 2010 no claim
 2011 no claim
 2012 Jane Swain 17

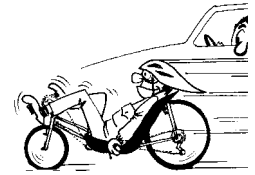
Veteran:

1988 John Brackstone 35
 1989 John Brackstone 38
 1990 Bernard Daws . . 82
 1991 Bernard Daws . 147
 1992 Bernard Daws . 76
 1993 Ann Daws 74
 1994 A Daws, B Daws, &
 K Millar 40
 1995 Pat Kenny 79
 1996 Jack Eason 79
 1997 Jack Eason . . . 104
 1998 Jack Eason . . . 108
 1999 Jack Eason . . . 128
 2000 Jack Eason . . . 104
 2001 Norman Lazarus 125
 2002 Jack Eason . . . 141
 2003 John Hayes . . . 217
 2004 Dave Lawrenson 172
 2005 Richard Phipps 120
 2006 George Berwick 101
 2007 Richard Phipps. 87
 2008 Richard Phipps. 74
 2009 Steve Poulton . 123
 2010 Jackie Popland 135
 2011 Roger Cortis . . 100
 2012 Mike Lane . . . 224

Veteran - opposite sex:

1988 n/a
 1989 Vera Friend . . . 23
 1990 Vera Friend . . . 15
 1991 Mary Outram . . 17
 1992 Ann Railton . . . 46
 1993 Bernard Daws . . 63
 1994 A Daws, B Daws, &
 K Millar 40
 1995 Ann Daws 59
 1996 Ann Daws 8
 1997 Pat Lomas 23
 1998 Claire Sibun . . . 60
 1999 Pat Bolton 45
 2000 Liz Creese 52
 2001 Sheila Simpson . 40
 2002 Pat Bolton 33
 2003 Sheila Simpson . 35
 2004 Rose Almond . . 26
 2005 Rose Almond . . 25
 2006 Rose Almond . . 26
 2007 Margaret Phillipotts 52
 2008 Margaret Phillipotts 76
 2009 Margaret Phillipotts 50
 2010 Mel Kirkland . . 102
 2011 Mary Doyle . . . 54
 2012 Jackie Popland . 64

Recumbent:



1999 Bob Thomas . . 67
 2000 n/a
 2001 Robert Webb . . 39
 2002 n/a
 2003 Robert Webb . . 72
 2004 Mike Hunting &
 Linda Johnston 23
 2005 Mike Hunting &
 Linda Johnston 43
 2006 Dave Larrington 52
 2007 Dave Larrington 73
 2008 Richard Forrest. 34
 2009 Richard Forrest. 34
 2010 Richard Forrest. 80
 2011 Robert Webb . . 100
 2012 Tim Edwards . . 30

AUK Hall of Fame

Tandem (previously included with Individual Awards)

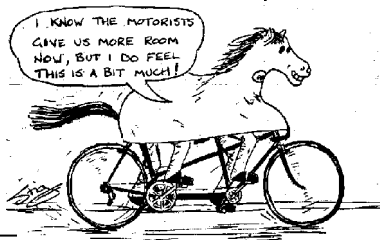
1985	Ian & Bridget Boon
1986	Mareve & Peter Hansen . . 29
1987	Mareve & Peter Hansen . . 37
1988	Mareve & Peter Hansen . . 27
1989	No claim
1990	Andy & Ali Blancé 32
1991	Ann & Brian Railton 50
1992	Roy & Lorraine Goodbier. 69
1993	Roy & Lorraine Goodbier. 51
1994	Dai Harris, R Van Heeswijk . . 28
1995	Ian & Lorraine Hunt 51
1996	John & Maureen Chaney . 90
1997	Brian, Barbara Thompson. 54
1998	Brian, Barbara Thompson. 33
1999	Ian & Lorraine Hunt 56
2000	John Walker, Chris Curtis. 42
2001	Derek & Sara Slann 59
2002	John & Chris Walker 101
2003	Aidan Hedley, Steve Bateman. 34
2004	Tiho Obrenovitch, Jutta Urenjak. 54
2005	T Obrenovitch, J Urenjak 105
2006	T Obrenovitch, J Urenjak 100
2007	T Obrenovitch, J Urenjak . 71
2008	Andy Cox & Jasmine Sharp 56
2009	Gareth & Alison Phillips. . . 9
2010	Jonathan & Emma Dixon . 52
2011	Colin & Sonya Crawford. . 52
2012	Chris Smith/Lindsay Clayton. 36

Club Riders (previously British Cycling Federation):

1978	Wrekinsport 170
1979	Cardiff Ajax. 179
1980	Wessex Road Club 118
1981	Wessex Road Club 140
1982	Ormskirk St Annes 179
1983	Willesden Cycling Club
1984	Willesden Cycling Club. . 208
1985	Doncaster Wheelers. 288
1986	Doncaster Wheelers. 401
1987	n/a
1988	Doncaster Wheelers. 267
1989	Willesden CC 163
1990	Doncaster Wheelers. 280
1991	Willesden CC 1019
1992	Willesden CC 465
1993	Derby Mercury. 391
1994	Derby Mercury. 396
1995	Willesden CC 1073
1996	Willesden CCC.
1997	Derby Mercury.
1998	Willesden CCC. 419
1999	Audax Ecosse 957
2000	Willesden CCC. 344
2001	Central London CTC . . 485
2002	Willesden CC 521
2003	Cardiff Byways 553
2004	Willesden CC 376
2005	VC 167. 603
2006	VC 167. 578
2007	VC 167. 607
2008	VC 167. 493
2009	VC 167. 1653
2010	yacf. 1602
2011	Willesden 1005
2012	yacf. 1386

CTC Riders (previously Cyclists' Touring Club District Association):

1986	Bristol District Association
1987	n/a
1988	Bristol DA. 850
1989	SYND DA 907
1990	Bristol DA 897
1991	Bristol DA 978
1992	Bristol DA 719
1993	Bristol DA
1994	Bristol DA 771
1995	Bristol DA
1996	Bristol DA
1997	Bristol DA
1998	Bristol DA 692
1999	Bristol DA 934
2000	West Surrey DA 398
2001	Devon DA 402
2002	Cardiff & S Wales DA . . 388
2003	Cardiff & S Wales DA . . 596
2004	Cardiff & S Wales DA . . 323
2005	West Yorkshire 438
2006	West Yorkshire 432
2007	Northants & N Bucks . . 474
2008..	Lothians DA. 272
2009	Peak Audax 795
2010	South Bucks 386
2011	South Bucks 489
2012	Bristol DA 828



AUK Hall of Fame

Fixed Wheel Challenge:

1994 Mark Webb	102
1995 Phil Cunningham.	74½
1996 Steve Abraham	307¼
1997 Alan Pedliham	53
1998 Andy Seviour	46¾
1999 Ian Jackson	36½
2000 Rob Gray	108.75
2001 Phil Chadwick	77
2002 Phil Chadwick	48
2003 Phil Chadwick	126¼
2004 Brian Callow	118½
2005 Phil Chadwick	118
2006 Phil Chadwick	119½
2007 Steve Abraham	394.75
2008 Steve Abraham	79.75
2009 Steve Abraham	96.5
2010 Mike Thompson	142.5
2011 Marcus Yeo	263
2012 Justin Jones	175.75

Fixed Wheel Challenge - opposite Sex:

1994 Anne Learmonth	15
1995 Anne Learmonth	42
1996 Anne Learmonth	1½
1997 Anne Learmonth	51¼
1998 Anne Learmonth	3
1999 Fenella Brown.	11
2000 Fenella Brown.	30
2001 Fenella Brown.	53¼
2002 Fenella Brown.	24
2003 Fenella Brown.	21
2004 Fenella Brown.	10
2005 Fenella Brown.	20
2006 n/a	
2007 Charlotte Barnes.	6
2008 n/a	
2009 n/a	
2010 Lindsay Clayton	20
2011 Arabella Maude	40
2012 Arabella Maude	20

Youngest solo 200 km Rider:

(1982 Peter Simpson)	8)
(1986 P Simpson 300.)	12)
1988 Nigel Godfrey.	11
1989 Keith Lyon.	11
1990 Carrie Howlett	9
1991 Larissa Chapman	13
1992 John Parker	9
1993 Matthew South.	11
1994 Matthew South	12
1995 Daniel L Keeton	10
1996 Daneil L Keeton	11
1997 Daniel L Keeton	12
1998 Luke Wilson	
1999 Daniel L Keeton	14
2000 Daniel L Keeton	15
2001 Alisdair Watt.	11
2002 George Roux.	12
2003 Adam Rees	17
2004 John Cooper	13
2005 Oliver Pritchard	14
2006 Oliver Pritchard	15
2007 Harry Crew.	11
2008 Shaun Gregory	14
2009 Lucy Hoppit	?
2010 Harry Crew.	13
2011 Harry Crew.	14
2012 Mark James	12

Audax Altitude Award:

1990 Richard Hull	19
1991 Neil Clarke	26
1992 Shawn Shaw	15
1993 Chris Hoyle.	32½
1994 Mark Houlford	49½
1995 Mark Houlford	39½
1996 Mark Houlford	87
1997 Sandra Shaw	98¾
1998 David Lewis	52¾
1999 Richard Harding.	52¼
2000 Chris Hopkinson	59¾
2001 Richard Parrotte.	48¾
2002 Laurent Chambard.	60
2003 David Randerson	88
2004 Dave Randerson.	40½
2005 Dave Randerson.	101
2006 Peter Stevens.	88½
2007 Danial Webb	125.25
2008.. Marcus Yeo	147.5
2009 Simon Roberts	132.5
2010 Toby Hopper.	151.3
2011 Steve Snook	137.5
2012 Louise Rigby	184.25

Audax Altitude Award -opposite Sex:

1991 Jill Postlethwaite.	16
1992 Kathy Seed	8½
1993 Anne Learmonth	9½
1994 Anne Learmonth	13½
1995 Anne Learmonth	19
1996 Annemarie Manley & Sandra Shaw	25
1997 David Lewis	97½
1998 Anne Learmonth	26¼
1999 Annemarie Manley	19¼
2000 Fenella Brown.	21
2001 Gerry Goldsmith	13½
2002 Claire Ashton	21¼
2003 Alexandra Webber	16
2004 Alexandra Webber	27¼
2005 Alexandra Webber	34¾
2006 Sandra Shaw.	17¾
2007 Jackie Popland	42.5
2008 Jackie Popland	47.25
2009 Jackie Popland	52
2010 Jackie Popland	100.25
2011 Ann Marshall	61.25
2012 Martin Malins.	103



AUK Hall of Fame

Easter Arrow Team:

1994	Rod Hollands, Anne Learmonth, Dave Lewis	
1995	Steve Abraham, Peter Coulson, Griffith, Steven Ralphs, Liz Creese	415km
1996	Ian Hennessey, Dave Lewis, Matthew Rawnsley, A Williams	444km
1997	Audax Ecosse	380km
1998	Steve Abraham, Ian Hennessey, Anne Learmonth, Alan Pedliham, Andy Seviour	377km
1999	Rose Almond, Jim Churton, Dave Lewis, Bob Johnson, Ritchie Tout	477km
2000	Ian Hennessey, Peter Marshall, Chris Rutter	481km
2001	Bob Johnson, Chris Cooke, John Streets	500km
2002	Dave Lewis, Ritchie Tout, Rob Milsom	515km
2003	Steve Bateman, Andy Clarkson, Aidan Hedley, Bob Johnson, John Streets	530km
2004	Rob Gray, Richard Ludlow, Steve Ralphs	432km
2005	George Hanna, Dave Lewis, Judith Swallow, Ritchie Tout, J-P Lamb-Horth	541km
2006	Chris Asher, Steve Bateman, Andy Clarkson, Gordon Panicca, Aidan Hedley, Bob Johnson	564km
2007	Jim Churton, Dave Lewis, Judith Swallow	481km
2008	Bob Johnson, Steven Bryce and Andy Clarkson	427km
2009	Bob Johnson, Chris Asher, Stephen Bruce, Ian Hellowell, Andy Southworth	506km
2010	Steven Bryce, Dean Clementson, Aidan Hedley, Bob Johnson	432km
2011	Andy Clarkson, Aidan Hedley, Ian Hellowell, Bob Johnson	510km
2012	S Brice, A Clarkson, Aidan Hedley, Ian Hellowell, Bob Johnson	465km

York Arrow (Summer):

1988	Burton on Trent Cyclists' Touring Club	463km
1989	Burton on Trent Cyclists' Touring Club	502km
1990	Monmouth Cycling Club	546km
1991	Burton on Trent Cyclists' Touring Club	518km
1992	Burton on Trent Cyclists' Touring Club	510km
1993	Derby Mercury	529km
1994	Derby Mercury	610km
1995	Bristol DA Cyclists' Touring Club	416km
1996	Bottomley/Featherstone/Hill/Hopper/Smith	485km
1997	Les Fils de la Garde Boue	510km
1998	John Featherstone, Ian Hill, JimHopper	514km
1999	Les Randonneurs aux Fesses Dures	510km
2000	Cardiff Byways	
2001	Cardiff Byways	513km
2002	David Lewis, Ritchie Tout, N Williams	577km
2003	n/a	
2004	Ian Hill, Jim Hopper, Richard Ludlow	511km
2005	G Hanna, D Lewis, J Swallow, R Tout	584km
2006	G Hanna, D Lewis, J Swallow, R Tout	564km
2007	A Dade, D Lewis, A McKay, T Pember	506km
2008	D Lewis, A Mckay, T Pember, J Swallow, D Young	525km
2009	Dave Lewis, Tony Pember, Judith Swallow	505km
2010	Dave Lewis, Dave Minter, Judith Swallow	473km
2011	Judith Swallow, Dave Lewis, Andy Heyting	482km
2012	n/a	

York Dart:

1992	Ann & Keith Benton	238km
1993	Ann & Keith Benton	256km
1994	Ann & Keith Benton	260km
1995	Brian Bottomley	268km
1996	Mick Potts	315km
1997	Harold Heyworth	201km
1998	Mick/Joy Potts, Messenger, Pedley	275km
1999	M/J Potts, Messenger, Banks, Day, Eagers	280km
2000	Chris Hopkinson	328km
2001	Chris Hopkinson	361km
2002	Chris Hopkinson	351km
2003	Chris Hopkinson	360km
2004	Chris Hopkinson	360km
2005	n/a	
2006	n/a	
2007	n/a	
2008	n/a	
2009	n/a	
2010	n/a	
2011	n/a	
2012	Mike Wigley	295

AUK Hall of Fame

Organising Club:

1979 Penn CC	256
1980 Wessex DA CTC.....	452
1981 Wessex DA CTC	
1982 Wessex DA CTC.....	616
1983 Bristol DA CTC	
1984 Weaver Valley.....	368
1985 Weaver Valley	
1986 Royal Forest of Dean	
1987 n/a	
1988 Horwich Cycling Club... 280	
1989 Weaver Valley.....	660
1990 Weaver Valley.....	338
1991 Weaver Valley.....	500
1992 Weaver Valley.....	506
1993 Weaver Valley.....	
1994 Weaver Valley.....	394
1995 Worthing Excelsior	500
1996 Weaver Valley.....	
1997 Worthing Excelsior	513
1998 Worthing Excelsior	
1999 Worthing Excelsior	936
2000 Worthing Excelsior	464
2001 Audax Ecosse	649
2002 Worthing Excelsior	963
2003 Communicare.....	1065
2004 el Supremo	1357
2005 Bernard Mawson	3444
2006 Cardiff Byways CC.....	607
2007 Dave Hudson	1846
2008 Peak Audax	842
2009 LEL 2009	5796
2010 Black Sheep CC	1261
2011 Black Sheep CC	1777
2012 Black Sheep CC	1308

Organising CTC group:

1983 Bristol DA	
1984 Bristol DA	
1985 Bristol DA	
1986 Wessex DA	
1987 n/a	
1988 Bristol DA	852
1989 n/a	
1990 Bristol DA	1452
1991 Bristol DA	2241
1992 Bristol DA	1161
1993 Bristol DA	
1994 S Yorks N Derbys DA ..	1496
1995 Bristol DA	2121
1996 Bristol DA	
1997 S Yorks N Derbys DA ...	1092
1998 Manchester DA	630
1999 Bristol DA	
2000 Bristol DA	1560
2001 Bristol DA	1604
2002 Bristol DA	656
2003 Bristol DA	1122
2004 Bristol DA	674
2005 Bristol DA	1160
2006 Peak Audax	807
2007 Peak Audax	1517
2008 Derby DA	452
2009 Peak Audax	795
2010 Peak Audax	853
2011 Peak Audax	1339
2012 Peak Audax	862

Club Team:

1986 Willesden CC	
1987 Willesden CC	
1988 Reading CC	
1989 n/a	
1990 n/a	
1991 Willesden CC	
1992 Willesden CC/Derby Mercury	
1993 Willesden CC	
1994 Weaver Valley CC	
1995 Willesden CC	
1996-2004 n/a	
then the most finishers in London-Edinburgh-London 1400 km and from 2008, PBP and an AUK 1,000km in the intervening years.	
2005 Willesden CC	
2006 n/a	
2007 n/a	
2008 Audax Ecosse	3 riders
2009 yacf.....	19 riders
2010 yacf.....	
2011 yacf.....	
2012 VC167 & yacf.....	6



* WE'RE ALL BEHIND YOU *

Mileater:

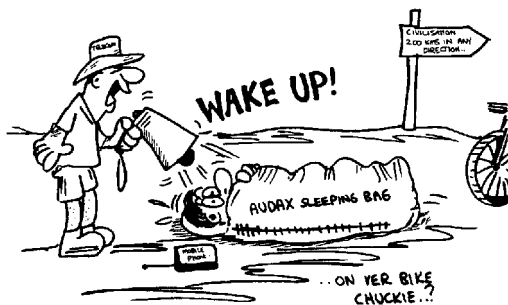
1990	Peter Coulson	26,520
1991	Pat Kenny	22,266
1992	Pat Kenny	22,369
1993	Pat Kenny	24,216
1994	Pat Kenny	23,332
1995	Pat Kenny	28,425
1996	Pat Kenny	26,512
1997	Pat Kenny	27,572
1998	Pat Kenny	30,300
1999	Pat Kenny	26,755
2000	Pat Kenny	30,468
2001	Pat Kenny	25,074
2002	Pat Kenny	23,122
2003	Pat Kenny	26,062
2004	Pat Kenny	19,091
2005	Chris Hopkinson	28,891
2006	Pat Kenny	21,077
2007	Dave Bradshaw	11,323
2008	Pat Kenny	22,003
2009	Pat Kenny	22,122
2010	John Radford	9,229
2011	Peter Baker	24,304

Ladies' Mileater:

1990	Sheila Simpson	12,784
1991	Sheila Simpson	14,600
1992	Liz Creese	15,227
1993	Theresa Poddington	18,743
1994	T/Jean Poddington	22,058
1995	Liz Creese	18,681
1996	Liz Creese	15,067
1997	Liz Creese	12,576
1998	Sheila Woodcock	12,203
1999	Judith Swallow	14,114
2000	Judith Swallow	13,744
2001	Judith Swallow	14,409
2002	Judith Swallow	14,603
2003	Judith Swallow	16,148
2004	Judith Swallow	12,016
2005	Louise Rogers	9,173
2006	Judith Swallow	15,843
2007	Judith Swallow	14,265
2008	Judith Swallow	16,362
2009	Judith Swallow	16,828
2010	Margaret Phillpotts	9,630
2011	Tricia Farnham	8,178

Services to AUK:

1980	Bill Brown
1981	Doris Broadhurst
1982	Keith Matthews
1983	Sheila Simpson
1984	Jaqui Denny
1985	Keith Benton
1986	Betty Nicholas
1987	John Nicholas
1988	Francis Cooke
1989	Jan Latimer
1990	Jean Luxton
1991	Jim Brown
1992	Barry Parslow
1993	Margaret Hopper
1994	Bill Woods
1995	Pete & Pat Aldridge
1996	Roger Howlett & Peter Launchberry
1997	Bernard Mawson
1998	Ben Steven
1999	Bry Ferguson
2000	Thereas & Richard Miall
2001	Mary & Charles Rogers
2002	Rocco Richardson
2003	Ray Smith
2004	Bernard Mawson
2005	Noel Simpson
2006	Peter Coulson
2007	Bill Carnaby
2008	Francis Cooke
2009	Lucy McTaggart
2010	Steve Snook
2011	Liam Fitzpatrick
2012	Steve Abraham



AUK Hall of Fame

Helper:

- 1989 EL Controls
- 1990 Brenda/John Freiyer
- 1991 Kidderminster CTC
- 1992 Lothian DA & the National 400 team
- 1993 Linda Hamilton
- 1994 Dave Hudson
- 1995 Peter Land & Reg Gates
- 1996 Jean Shaw
- 1997 Andrea McClelland
- 1998 Drew & Jan Buck
- 1999 Sue Howe
- 2000 Gerry Boswell
- 2001 LEL Controllors
- 2002 Terry Bateman
- 2003 Sabine Williams
- 2004 Pete Luxton & George Adam
- 2005 Henry Bye
- 2006 Janet and Alec LeBas
- 2007 Liz Norman
- 2008 Don & Jane Hutchison
- 2009 Ivo Miesen
- 2010 Brian Wilson
- 2011 Simon Proven / Lara Day
- 2012 Norfolk n Good Nat 400 team

Organiser:

- 2000 Lorraine Brown and the National 400 team
- 2001 Pam Pilbeam
- 2002 El Supremo and the South Coast 1000 team
- 2003 Dai Harris
- 2004 Dave Hudson
- 2005 Simon Doughty & Bernard Mawson
- 2006 Chris Crossland
- 2007 Ron & Brenda Carlton
- 2008 Steve & Denise Caroll
- 2009 Mark & Louise Rigby
- 2010 John Hamilton
- 2011 Dave Pountney
- 2012 Graeme Wyllie

Male Merit:

- 1984 Brindisi Seven
- 1985 Paris-Gibraltar team
- 1986 Frank Mumford
- 1987 N/a
- 1988 Frank Mumford
- 1989 Simon Jones
- 1990 Rupert North
- 1991 Mick Potts
- 1992 Alan Young
- 1993 John Reaney
- 1994 Dave Vinicombe
- 1995 Jack Eason
- 1996 Brian Railton
- 1997 Byron Buck
- 1998 Alan Withers
- 1999 Richie Tout
- 2000 Kevin Hickman
- 2001 John Street
- 2002 George Berwick
- 2003 Karl Hrouda
- 2004 Mick Potts
- 2005 Peter Turnbull
- 2006 Paul Stewart
- 2007 Drew Buck
- 2008 Ray Haswell
- 2009 John Spooner
- 2010 Bob Bialek
- 2011 Jim Hopper
- 2012 Martin Malins

Ladies' Merit:

- 1985 Fliss Beard
- 1987 Maureen Chaney
- 1988 Mary Outram
- 1989 Sheila Simpson
- 1990 Ann Daws
- 1991 Ann Benton
- 1992 Bridget Boon
- 1993 Gwen Richardson
- 1994 Midge McKeachie
- 1995 S Gray/A Learmonth
- 1996 Ann Railton
- 1997 N/a
- 1998 Helen Vecht
- 1999 Denise Carroll
- 2000 Doreen Viney
- 2001 Sarah Slann
- 2002 N/a
- 2003 Chloe Williams
- 2004 Annemarie Manley
- 2005 Judith Swallow
- 2006 Arabella Maude
- 2007 Ann Benton
- 2008 Judith Swallow
- 2009 Ann Benton
- 2010 Lindsay Clayton
- 2011 Sonya Crawford
- 2012 Ann Marshall



Medals and Badges

Medals and badges are available for a wide range of awards and achievements. They can be ordered from the person identified in the Table below. If you are claiming a Medal or Badge for rides in a single season you can usually check your entitlement in the results section of the web site. If you are claiming a medal or badge for an award over more than one season you may wish to check your entitlement with the person identified before sending your cheque and SAE.

Medals are £2.00 and badges £1.00 unless stated otherwise. To order: List the medals and badges you require, name, membership number and seasons for which you are claiming (non-members must list all rides with start place and date and brevet number) and send a cheque payable to Audax UK with a strong SAE.

(Large letter as minimum postage for any Medals. Standard letter for badges only.)

For awards marked * make cheques payable to organiser. To order on-line go to:

<http://audaxmedals.southportcc.co.uk/>



	Medal	Badge	From	Price
AUK membership badge		B	AT	
AUK mudguard stickers			AT	4 FOR £1.00
Brevet Populaire - 50 km – 100km – 150km	M	B	AT / KH	
Brevet AUK Distance Medals: - 200km -300km - 400km – 600km (1,000km B Only)	M	B	AT / KH	
Date Bar (for distance medals & SR (£2))			AT	
Randonneur 500	M	B	AT	
Randonneur 1,000	M	B	AT	
Randonneur 5,000 & 10,000		B	AT	
Super Randonneur	M	B	AT	
Super Randonneur Boxed.	M		AT	£8.00
Super Randonneur Cymru		B	RJ	
Ultra Randonneur		B	AT	
Brevet: 500, 2000, 3000, 4000, 25000		B	AT	
Brevet 1000	M	B	AT	
Brevet 5000 (AUK)	M		AT	
Brevet 5000 (ACP)	M		ACP	Free
Grimpeur: Bronze, Silver & Gold			KH	
AAA .	M	B	SS	
Triple AAA .		B	SS	
3 x 3 AAA .		B	SS	
3X3X3 AAA		B	SS	
Mileater	M		RH	£10.00
End-to-End: Tourist	M	B	MH	
End-to-End: Randonneur.	M	B	MH	
Paris-Brest-Paris: Plain, 2x, 3x, 4x, 5x, 6x, 7x, 8x		B	AT	
Fixed Wheel Challenge		B	RP*	£2.00
International Super Randonneur (inc).		B	RP*	Inc in Fee
London-Edinburgh-London	M		KH	£8.00

Contact Details: KH - Keith Harrison, RP - Richard Phipps, AT - Allan Taylor, MW - Mike Wigley, see inside front cover of handbook. SS - Steve Snook see AAA page, RH - Rob Hilderley, see Mileater page, MH – Mark Hummerstone - RJ - Ross Jeal, ACP - www.audax-club-parisien.com

Awards Claim 2012

Claims for Trophy Awards (AUK members)

AUK keeps records of all Calendar and Permanent ride results. Additionally, AUK members' annual points and awards are recorded and computed electronically. If you are claiming an award this can be based on the records on the web site www.audax.uk.net/results Alternatively please list the events you have completed showing Event start place and date and Brevet number.

For members claiming overseas Randonneur Mondiaux events - see RM Calendar - or extra results omitted from your Rides List, you must give the event date and exact start as in the Calendar. To claim on-line go to : <http://audaxmedals.southportcc.co.uk/>

NAME MEMBERSHIP NUMBER

AGESEX

TOTAL POINTS

Special Claims: Points gained:

on TANDEM

on TRICYCLE

on RECUMBENT

AAA points claimed

(Fixed Wheel claims direct to organiser (Richard Phipps) please)

Claims for Randonneur and Brevet Series (all cyclists)

I would like to claim (Circle the award claimed):

RANDONNEUR

Ultra Randonneur (Please state firstand last..... year of series)

and/or BREVET(S)

1000 (years to)

2000 (years to)

3000 (years to)

4000 (years to)

5000 (years to)

25000 (years to)

Signature

(PLEASE PRINT NAME & ADDRESS)

NAME MEMBERSHIP NUMBER

ADDRESS

..... POST CODE.....

PHONE..... EMAIL.....

Send to: Allan Taylor, 23 Osborne Road, Ainsdale, Southport PR8 2RJ . . . allan.taylor@southportcc.co.uk

To make your claim on-line go to: <http://audaxmedals.southportcc.co.uk/>

Please enclose an SAE if you are ordering medals, badges (see previous page), or require confirmation.

AUK Membership Fees

MEMBERSHIP FEES as follows:

Renewal.....	£14 or £56 for 5 years (price of 4)
New/lapsed members.....	£19 (inc £5 enrolment fee) or £61 for 5 years (price of 4)
Household member	£5 or £20 for 5 years (price of 4)
.....	No enrolment fee for new household members.
Life member's Arrivee	£9

Overseas Members - the above rates plus annual postal surcharges, currently as follows but subject to change:..... +£4.00

Please make cheques payable to Audax United Kingdom

NEW MEMBERS:

New Membership includes starter pack and AUK stickers. AUK tracksuit badges may be purchased.

Household Membership fee of £5 is payable for each additional person, with only one copy of the Handbook and Arrivee per household. Household members, who have full membership status, may be added at any time during the course of a year.

The Handbook is sent to members in the New Year. AUK's magazine, Arrivee, is free to members, £3 for each additional copy, if available. Events are publicised quarterly in the club magazine Arrivee in February, May and August and November.

MEMBERSHIP NUMBERS and PASSWORDS:

Members are given a password in their Welcome letter when they join AUK and it is included annually on your renewal slip. If you lose your password, this will be sent to your current email address when you activate the 'Forgotten your password?' facility at the Gateway to the members pages on the AUK web site. Most current members have a number prefixed by the letter 'GH', denoting that it is valid until the end of 2013. Life members who do not pay for Arrivee have the letter 'P'. The numbers themselves are carried over from year to year.

Those with the five-year option have: H = 2013, J = 2014, K = 2015, L = 2016, M = 2017.

Please quote your letter and membership number in all claims and correspondence.

RENEWAL OF MEMBERSHIP:

Membership runs from January to December. You will receive a renewal form in the Autumn Arrivee. When renewing, re ACP Points Allocation: in Audax Club Parisien's records, everyone needs to have one but only one club. You should nominate your club, or your DA, or AUK itself, to appear as your 'club' in ACP's records.

LIFE MEMBERS:

If you are over 65 at the 1st January and have been a member for the previous 10 years, you pay no membership subscription and automatically receive Autumn Arrivee. To receive all Arrivee & Handbook, return the renewal form in the Autumn Arrivee with a cheque/PO for £9 to contribute towards costs.

ON-LINE RENEWAL ENQUIRIES:

(for answers to common queries see 'Mem FAQs' on the website) renewals_team@audax.uk.net

Organising an Event

HOW TO BECOME AN ORGANISER

To organise Audax UK events you need to be registered as an approved Audax UK organiser and you should meet a few basic criteria:

- All organisers of Audax UK events must be over 18, resident in the UK and members of Audax UK for insurance reasons.
- Event details are entered and managed through the Audax UK Online Event Planner, so you will also need internet access to use this and e-mail to communicate with the Events Team.

Audax UK operates a grading scheme for organisers based on experience and length of events. All new calendar event organisers and those upgrading to run a longer event at the next organising level also need a mentor, who has recent experience of organising events at or above the new level. The Events Team will help you find someone to be your mentor.

If you are interested in organising your first calendar event, get in touch with the Events Secretary or your Regional Delegate.

PLANNING AN EVENT

Audax UK events take many forms, from “bare bones” events where riders meet in a car park, take “power-naps” in bus shelters or 24hr service stations and post their completed brevet cards home afterwards; to fully catered events with village halls for controls offering food and sleep facilities staffed round the clock by teams of volunteers.

There is no single formula for what makes a good event, but here are some pointers to help you get started:

- Make your route interesting. Some events attract riders because they are easy, others because they are a challenge; but a good route is fundamental to any successful event.
- Use your Audax UK event listing to give potential riders plenty of information about your event and what you're offering. Make sure your routesheet is clear and accurate and joining instructions are sent to riders well in advance so they know what to expect before the event.
- Publicise your events. There are few new events with a ready made clientele so you will need to work to build up interest in your event. Lots of publicity for your event with local cycling clubs and bike shops; and on internet forums will help raise the profile of your event.

If you're organising a calendar event:

- Ideally you should have the backing of a local club or CTC Member Group to help with the organisation.
- Choose your date to avoid clashes with established classic events and other nearby events (both in the Audax UK Calendar and other cycling events).
- Taking over the running of an established event in your area is a good way to get started in organising and build up your skills and network of helpers.
- If you're planning a new event, start with a 200km event and use the Populaires (50, 100 & 150km) as supporting events to encourage novices. Remember the aim is to encourage riders to go on to longer events through the Randonneur 500, 1000 and Super Randonneur series.

President: Jan Pieter Broekhoven Vice President: Keith Benton

The overseas BRM events can be seen on the Audax Club Parisien web site at:

www.audax-club-parisien.com

and on the RM web site at:

www.lesrandonneursmondiaux.org

International Super Randonneurs

Congratulations to Judith Swallow - 2008 first UK female ISR - 2010 2x ISR

The ISR was introduced by Sheila Simpson in 1991
to encourage Randonneurs to take part in Randonneurs Mondiaux events overseas.

1. The registration fee is £6, which covers the cost of a card, post, cloth badge for successful riders, and RM validation fee, 1 Euro.

2. Entry must be made on the International SR (ISR) entry form, available from the organiser: Richard PHIPPS, 77 West Farm Avenue, Ashted, Surrey KT21 2JZ, England. Also at <http://www.aukweb.net/isr/index.htm>

3. There is no time limit for the completion of the award.

4. Riders collect the stamp and signature of the finish control of their completed 200, 300, 400 and 600km Brevets de Randonneur Mondiaux, each of which must be in a different country.

4a. Riders may make a backdated claim by filling in details of event, country, distance, date, brevet number, and sending a photocopy of their brevet.

5. The card of a successful rider will be validated by the RM President who will designate the rider an ISR.

6. There will also be recognition for riders travelling to different continents to qualify, by the designation:

International Super Randonneur (implies one continent). 2 continents (2C) ISR. 3 continents (3C) ISR. 4 continents (4C) ISR.

7. A longer distance may substitute for a shorter distance.

8. The following designations will also be awarded:

ISR 600 (4x600km rides). ISR 1000 (4x1000km rides). ISR1200 (4x1200km rides).

For example, a rider undertaking three 600km rides in Europe and one 1000km in North America is designated a 2 Continents International Super Randonneur 600.

ISR Roll of Honour

ISR1		Johannes Kristiansen	ISR33	1200	3C	Chris Wilby
ISR2		Wilfred Rink	ISR34	1200	3C	Robert Gray
ISR3		Dave Patey	ISR35	1200	3C	Roger Leam
ISR4	600	Johannes Kristiansen	ISR36	1200	2C	Birgit Hendriksen
ISR5	1000	Johannes Kristiansen	ISR37	1200	2C	Mark Thomas
ISR6		2C Donald Maxwell	ISR38	1200	2C	Gregory Zaborac
ISR7		2C Ian Deegan	ISR39	600		Adriaan Top
ISR8	1000	Claus Czycholl	ISR40	1000		Adriaan Top
ISR9		Matthew Rawnsley	ISR41	1200	2C	Danelle Laidlaw
ISR10	1200	Johannes Kristiansen	ISR42	1200	2C	John Bates
ISR11	1200	2C Jack Eason	ISR44	1200	2C	Manfred Kuchenmuller
ISR12	1000	Peter Wylach	ISR45	1200	3C	Lawrence A Midura
ISR13	600	2C Terry Wetherilt	ISR46	1200	3C	Robert Bednarz
ISR14	1000	Børge Hvidegaard	ISR47	600		Wilfried Rink
ISR15	1200	3C James Grant McLeod	ISR48		2C	Michael Koth
ISR16	1200	3C Stig Lundgaard	ISR49	1000	2C	Jim Gerpheide
ISR17	1200	3C Bjarne S Christensen	ISR50	1200	3C	Adriaan Top
ISR18	1200	2C John Larsen	ISR51	1200	3C	Charlene Barach
ISR19	1200	2C Mogens Rasmussen	ISR52	600	2C	John Connaghan
ISR20	1200	Flemming Skou	ISR53	1200	2C	Bob Burns
ISR21	1200	Johannes Kristiansen	ISR54		2C	Ole Mikkelsen
ISR22		Adriaan Top	ISR55	1200	3C	Judith Swallow
ISR23		2C Philip Lee Stevens	ISR56	1200	3C	Mark Thomas
ISR24		2C Oliver Portway	ISR57	1200	3C	Carol Bell
ISR25		2C George Hanna	ISR58	600		Graeme Wyllie
ISR26	1200	3C Oliver Portway	ISR59	1200	3C	Judith Swallow
ISR27	1200	3C Richard Phipps	ISR60	1200	4C	Mark Thomas
ISR28	1200	Johannes Kristiansen	ISR61	1200	3C	Spencer Klaassen
ISR28	1200	2C Vagner Lundtoft	ISR62			Ben Schipper
ISR29	1000	3C Jim Trout	ISR63	1200	2C	Philippe Duberson
ISR30	1200	3C John Evans	ISR64	1200	3C	Hans Dusink
ISR31	1200	3C Jørgen Green	ISR65	1200	2C	Ben Schipper
ISR32	1200	2C James Grant McLeod	ISR66	1200	4C	Mark Thomas

Glossary

AUK Events are cycle rides registered with AUK.

The AUK Calendar is the list of cycle rides registered with AUK and published in Arrivee and on the AUK website.

A Brevet can be:

- (i) a certified ride ;
- (ii) the card carried on such a ride; or
- (iii) the award for successful completion of such a ride.

Brevet de Randonneurs Mondiaux (BRM) is a term registered to Audax Club Parisien (ACP), used to describe a cycling event of 200, 300, 400, 600 or 1,000 km, controlled through a series of time and distance checks by means of a 'brevet card'. BRM events are registered with ACP, appear in the Randonneur Mondiaux Calendar published by ACP and, when held in the UK, also appear in the AUK Calendar.

Randonneur Mondiaux events (RM) are as above but are registered with Les Randonneurs Mondiaux (LRM) and are longer than 1,000 km.

Brevet de Randonneur (BR) describes an event registered with AUK, similar to BRM but subject only to AUK Regulations.

Brevet Populaire (BP) describes an event of lesser distance and/or speed than a BR.

Permanent events are BR or BP that are registered with AUK but not calendared and can be ridden at any time by arrangement with the organiser.

Audax Club Parisien is the club which initiated the Brevet de Randonneur style of cycle ride.

Les Randonneurs Mondiaux (LRM) is the group of national organisations authorised by ACP for the administration of BRM and RM events in each member country.

The Memorandum and Articles of Association of Audax United Kingdom Long Distance Cyclists' Association can be seen at:

http://www.aukweb.net/official/07auk_mem_and_arts.pdf

Subject to the Memorandum and Articles of Association, the following constitutes the rules (the "Regulations") governing the conduct of officials and members of Audax United Kingdom Long Distance Cyclists' Association (the "Company").

Where there is any conflict between these Regulations and the Memorandum and Articles of Association of the Company, the Memorandum and Articles of Association shall take precedence.

Audax UK Regulations

1. Application of Regulations

- 1.1 **The Regulations** govern the administration of AUK and the system of AUK events.
- 1.2 **The Regulations** can only be changed at a general meeting of the Company.
- 1.3 **The Appendices** to the Regulations are additions to the regulations that detail best practice.
- 1.4 **The Appendices** to the Regulations may be changed by the board during the course of the year, subject to ratification at the next general meeting.
- 1.5 **Complaints Procedures:** AUK publishes complaints procedures, to be followed in the event of a dispute in the application of these regulations and appendices.

2. Affiliations

- 2.1 **AUK associates with Audax Club Parisien (ACP)** and represents ACP in the United Kingdom.
- 2.2 **AUK associates with Les Randonneurs Mondiaux (LRM)** and represents LRM in the United Kingdom.
- 2.3 **AUK may affiliate with other organisations** as appropriate.

3. Financial

- 3.1 **Financial year:** the financial year is the 12 month period ending 31 August.
- 3.2 **Subscriptions:** the level of annual subscriptions is decided at each AGM.
- 3.3 **Honoraria:** levels of honoraria payable to those officials nominated to receive them is decided at each AGM.
- 3.4 **Expenses:** officials and members with delegated duties are entitled to be reimbursed from AUK funds for expenses reasonably incurred in carrying out those duties.
- 3.5 **AUK event charges:** fees for services relating to events, including registration, validation and recording, are decided at each AGM.

4. Membership

- 4.1 **Club annual subscriptions:** the membership subscription year is January to December.

5. Officials' Duties

- 5.1 **The board** or any duly authorised committee shall allocate duties to its members having regard to their responsibilities.
- 5.2 **A job description** shall be prepared by each job holder and agreed with the board or the committee.
- 5.3 **The general secretary shall hold the details,** publicise their existence annually and make them available to any member on request.

6. Publications

AUK publishes a calendar of events.

7. AUK Events

- 7.1 **AUK events are cycle rides** approved and registered with AUK, organised by AUK members and published in the AUK calendar in time for riders to take part.
- 7.2 **AUK Event Classifications:** AUK events are registered as:
 - (i) Brevet de Randonneur (BR), an event conforming to Regulation 9 or
 - (ii) Brevet de Randonneur Mondiaux (BRM) a calendar event conforming to regulation 9 with modifications under regulation 10 or
 - (iii) Randonneur Mondiaux (RM), a calendar event conforming to regulation 9 with modifications under regulation 10 or
 - (iv) Brevet Populaire (BP), an event conforming to regulation 9 with the possibility of modifications under regulation 11
- 7.3 **Additional Event Classifications,** plus additional regulations, may be designated by organisers, provided they do not rescind any AUK regulation or appendix and are published in official AUK publications and in the event literature..

1.5 Complaints Procedures

1.5.1 Complaints regarding the conduct of a rider should be made to the rider's club and copied to the AUK secretary. If the complaint is upheld by the AUK secretary, the validation secretary and the rider concerned will be informed that no further brevets will be accepted by AUK in the current year from that rider.

1.5.2 Complaints regarding the conduct of an event should be made to the organiser's club and copied to the AUK events secretary. If the complaint is upheld by the AUK events secretary, the organiser's level will be rescinded.

1.5.3 Complaints regarding a decision by an AUK official, delegate or helper should be made to the AUK secretary or chair who will take the complaint to the AUK board. If the complaint is upheld by the AUK board, the relevant decision will be over-ruled. Should a complainant disagree with the decision of the AUK board, s/he should ask the AUK secretary or chair to place the matter before the next AUK annual general meeting.

4. Membership

4.1.1 The initial subscription may include an enrolment fee.

4.1.2 New members who join after 31 August shall be members until the end of the following membership subscription year.

4.1.3 Life members:

(i) any member over 65 years of age on 1 January who has been a member continuously for the previous 10 years may remain a member without subscription.

(ii) A reduced subscription may be payable if AUK publications are required.

4.1.4 Household members:

(i) where one member of a household is a member, other members of the same household may become members at a reduced subscription rate.

(ii) Such additional household members will not automatically be sent personal copies of AUK publications

6. Publications

AUK official publications include a yearly Handbook, yearly Organisers Handbook, quarterly magazine *Arrivee* and the AUK website www.aukweb.net

7. AUK Events

7.2.1 Further AUK Event Classifications:

(i) Calendar events: Are ridden on specified date(s) published in the AUK calendar

(ii) Permanent events are BR or BP that may be ridden on any date by prior arrangement with the organiser.

7.3.1 Additional Event Classifications:

(i) Arrows are 24 hour events, intended to be ridden as place-to-place rides. Riders provide organisers with their own control details. Randonneur standard Min/max distances are 360/720 km

(ii) Darts are events, organised like Arrows, above, of under 24 hours.

(iii) Grimpeurs (G) and Super Grimpeurs (SG) are hilly events with points awarded under the Audax Altitude Award. See the AAA page of the AUK Handbook for details.

(iv) Off-road events have a route consisting of not less than 50% designated bridleway, byway or any other right of way open to cyclists as is acceptable to the U.K. events secretary as Off-road or Rough Stuff. The event must be designated as Off-road or Rough Stuff in the title.

(v) Relays are a series of events between predetermined places and may be ridden singly or consecutively.

(vi) Team events are ridden by teams of 3, 4, or 5 machines (a tandem counts as one machine). At least 3 machines must complete an identical route/distance to be recorded. Each team nominates a captain to deal with the organiser.

(vii) DIY events (DIY) are permanent events where riders provide the organiser with their own control details.

(viii) Extended Calendar Events (ECE) add a DIY event to a registered calendar event.

Audax UK Regulations

8. Validation

8.1 AUK arranges validation of participants' rides under the above classifications.

8.2 AUK maintains records of all validated rides.

9. Organisation and Conduct of Brevets de Randonneur

9.1 AUK and organisers are responsible only for indicating or agreeing control points to confirm that a participant has completed a predetermined distance within the allowed time.

9.2 AUK events are open to all cyclists, with the following provisos:

9.2.1 Non-members may be required to obtain temporary membership of AUK for the duration of the event.

9.2.2 Minors may take part providing they have the consent of their parent or legal guardian and subject to any guidelines issued.

9.3 Any kind of cycle may be ridden, with the following conditions:

9.3.1 The cycle is propelled solely by human effort.

9.3.2 The responsibility for ensuring that a machine complies with the road traffic laws rests solely with the rider.

9.4 **Event Entry:** Entries must be made before the start of an event using the official form, or a textually exact copy.

9.5 Insurance

9.5.1 All riders must have 3rd party liability insurance cover for the duration of an event.

(i) Entrants declare that they have this insurance when entering an event.

(ii) The responsibility for ensuring that a rider has suitable insurance cover rests solely with the rider.

9.5.2 All organisers and helpers must have public liability insurance cover for the duration of their event duties.

9.6 **Distances:** The standard event distances are 200, 300, 400, 600 and 1,000 km but any distance over 200 km may be offered.

9.7 **Speeds:** Events are run within maximum and minimum overall speeds, set by the organiser and published in the calendar:

9.7.1 The minimum speeds are:

for events up to 699km - within the range 14.3 to 15kph;

for events from 700 to 1299 km - 13.3kph;

for events from 1300 to 1899 km - 12kph;

for events from 1900 to 2499 km - 10kph; and

for events over 2499 km, 200 km per day.

9.7.2 The maximum speed for the whole or any part of an event is any speed acceptable to the AUK events secretary up to 30kph.

9.8 **Controls:** Riders obtain proof of passage through controls whose opening and closing times correspond to the published maximum and minimum speeds for the event.

9.9 Rider Conduct

9.9.1 Entrants agree that they are on a private excursion and will follow the rules of the road, show consideration to other road users, and obey AUK regulations and appendices.

9.9.2 Participants who infringe AUK regulations, ignore event officials' instructions, or behave in a manner likely to bring an event, an organiser, or AUK into disrepute may be excluded from the event and from future AUK events.

9.10 **Results:** AUK events are not races and no timed results list or placings list of any AUK event may be published.

9. Organisation and Conduct of Brevets de Randonneur

9.4 Event entry

9.4.1 The organiser may set a closing date for entries and/or a limit on entry numbers, which must be published in the calendar.

9.4.2 Entry fees are not refundable.

9.5 Insurance

9.5.1 Rider Insurance:

(i) All AUK members, including temporary members, who are normally resident in the UK, are provided with private 3rd party insurance while participating in AUK registered events in the European Union.

(ii) 3rd party in this case includes all members of the public and other event participants.

(iii) For the purpose of insurance, an AUK event begins when the rider arrives at the start control and ends when the rider abandons, or leaves the finish control, or the finish control closes, whichever is the soonest.

(iv) Non-UK residents must arrange suitable insurance cover.

(v) All entrants of AUK events outside the European Union must obtain suitable insurance cover.

9.5.2 Organisers and Officials Insurance:

(i) AUK has public liability and employer's liability insurance for organisers (and their helpers) of events registered with AUK and for members acting in a voluntary capacity for AUK as directors, officials, committee members or delegates.

(ii) Public liability in this case includes all members of the public and other event participants.

9.5.3 Claims should be addressed in the first instance to the AUK secretary. There is an excess in place.

9.8 Controls

9.8.1 Controls are placed at intervals of approximately 50 - 80 km at the discretion of AUK.

9.8.2 Controls may or may not be staffed by a representative of the organiser, the 'controller'.

9.8.3 A rider arriving late at the final control may give a written explanation. The brevet will be awarded if the Board considers the explanation is reasonable.

9.8.4 At the final control, it is the rider's responsibility to ensure that all necessary details are provided in order to ensure validation.

9.8.5 Where the final control is unstaffed, the rider shall return the brevet to the organiser within 14 days to be validated.

9.9 Rider Conduct

9.9.1 An AUK event may not be ridden concurrently with any other organised event.

9.9.2 Organisers of calendar events and their helpers may ride their own event(s) up to 15 days in advance or 7 days after the scheduled event date and be included in the event results.

9.9.3 Participants may ride singly or in groups and may pace each other but may not be paced by any other cyclist.

9.9.4 Participants are expected to be self-sufficient. They are responsible for their own feeding and may stop for food and rest at any place.

9.9.5 Participants' personal helpers are not encouraged but may be permitted, at the discretion of the AUK event secretary, provided the participant and their helpers agree:

(i) Not to drive a motor vehicle on a section of route in use by participants, except within 1km of a control or in the case of an accident or emergency.

(ii) The participant will be held responsible for the behaviour of their personal helpers.

9.9.6 The organiser or AUK event secretary may impose additional conditions, provided these do not conflict with AUK regulations and appendices, and are published in the calendar and event literature.

Audax UK Regulations

10. Modifications of organisation and conduct applicable to Brevets de Randonneurs Mondiaux and Randonneurs Mondiaux events

10.1 Speeds and distances are as set down by ACP or LRM.

10.2 In addition to AUK validation the brevet is ratified by ACP for events up to and including 1,000 km or by LRM for events longer than 1,000km.

11. Modifications of organisation and conduct applicable to Brevets Populaires

11.1 Brevets Populaires (BPs) may be of any distance acceptable to the AUK events secretary.

11.2 The minimum speed may be further relaxed at the discretion of the AUK events secretary.

12. Points and Awards

12.1 Members shall gain points at a rate of 1 point for every 100km ridden in BR and BRM events in the UK or overseas, the PBP and Fleche Velocio.

12.2 These points shall count for trophies awarded by AUK

Audax UK Appendices

10. Modifications of organisation and conduct applicable to Brevets de Randonneurs Mondiaux and Randonneurs Mondiaux events

10.1 Speeds and Distances

10.1.1 The minimum and maximum speeds for BRM events are as regulation 9.7, with the following exceptions:

The maximum time limit for 200 km is 13 hours 30 minutes

The maximum time limit for 400 km is 27 hours

The maximum time limit for 1,000 km is 75 hours

10.1.2 Only the standard BRM distances may be organised.

10.1.3 The minimum and maximum speeds for RM events are as regulation 9.7.

10.1.4 RM events may be run at intervals of 100 km from 1200 km.

10.1.5 RM and BRM events must not be more than 5% over the standard distance.

10.1.6 No extra time is allowed for over-distance events.

11. Modifications of organisation and conduct applicable to Brevets Populaires

11.1.1 Standard distances are 50km, 100km and 150km.

11.2.1 A minimum of 10 - 12.5 kph and maximum of 20 - 25 kph is normal practice.

12. Points and Awards

12.1 Points For individual points trophies listed under Appendix 12.2.4, the number of points gained from permanent events must not exceed the number of points gained in calendar events.

12.1.1 It is the rider's responsibility to inform the recorder of points gained in overseas events.

12.1.2 AUK members who ride and appear on the result sheet of an official 24-hour time trial road ride organised under the rules of Cycling Time Trials or any successor body, may claim 1 point for every 100 km ridden in that event to a maximum of 7 points provided the member covers a minimum distance of 360km. Subject to a claim being made by the member, such points will count towards AUK individual and club awards for the AUK season within which the 24-hour ride occurs.

12.2 Awards

12.3.1 Distance medals and badges: Riders who successfully complete a standard distance event up to 1,000 km shall be entitled to buy the appropriate medal and/or badge for that distance.

12.3.2 The Randonneur Series is for rider achievement in one season. See the Randonneur series pages of the Handbook.

12.3.3 The Brevet Series includes rider achievement over extended periods. See the Brevet series pages of the Handbook.

12.3.4 Audax Altitude Award: see the AAA page of the Handbook & AAA website.

12.3.5 International Super Randonneur: see the ISR page of the Handbook

12.3.6 Fixed Wheel Challenge: see the FWC page of the Handbook.

12.3.7 The Randonnée Organiser Award (ROA) series marks organising achievement of individual Organisers according to the cumulative total distance of kilometres organised in BRM, BR and BP events in the AUK Calendar. The standard distances will be used in the calculations. Organisers have the right to have their ROA level indicated alongside their events in the Calendar.

- (i) ROA 1000 kilometres organised in AUK Calendar events, over any period of time.
- (ii) ROA 2000 kilometres organised in AUK Calendar events, over any period of time.
- (iii) ROA 3000 kilometres organised in AUK Calendar events, over any period of time.
- (iv) ROA 4000 kilometres organised in AUK Calendar events, over any period of time.
- (v) ROA 5000 kilometres organised in AUK Calendar events, over any period of time.
- (vi) ROA 10000 kilometres organised in AUK Calendar events, over any period of time.
- (vii) ROA 25000 kilometres organised in AUK Calendar events, over any period of time.

12.2.4 Trophies: Although the Club is non-competitive, it does recognise achievement and some of the club's trophies reflect this. Special awards may be made via nominations by members and/or the directors or committee for outstanding achievements of tenacity, courage or service.

The following are annual awards which, with the exception of the Helpers' Trophy, are made only to AUK members:-

Norman Booth Cup :- Awarded by the Committee to the person considered to have served AUK best.

Helpers' Trophy :- Awarded by the Committee, from nominations by members, to the helper(s) in an AUK event.

Jock Wadley Cup :- For the individual gaining the most points in a season.

Jo Brunton Cup :- For the runner-up to the Jock Wadley Cup who is of the opposite sex to the winner.

Veterans' Cups :- For the individual gaining the most points in a season who is aged 55 or over on the first day of the current season, and the runner-up who is of opposite sex.

BCF and 1995 PBP Trophies :- For the individual gaining the most points in a season who is aged under 18 on the last day of the current season and the runner-up who is of opposite sex.

Paul Castle Cup and Female Merit Trophy :- Awarded by the Committee, from nominations by members, to the male and female cyclists whose cycling performance is considered to be the most meritorious of the year.

Tandem Trophy :- For the tandem couple gaining the most points in a season.

Fliss Beard Trophy :- For the individual gaining the most points in a season on an upright tricycle (not recumbent).

AAA Trophies :- For the individual gaining the most AAA points in a season and for the runner-up who is of the opposite sex.

Jan and Mick Latimer Trophies :- an informal award for the male and female riders whose Mileater Diary have the highest total distances ridden in the previous year.

Peter Tandy Trophy :- For the youngest person to complete a 200km Brevet AUK on a solo machine.

The Robert Milsom York Velocio Trophy :- For the team riding the furthest distance in the York Easter Arrow.

York Arrow Trophy :- For the team riding the furthest distance in the Arrow to the York Rally.

York Dart Trophy :- For the team or individual riding the furthest distance in the Dart to the York Rally.

Sir Hubert Opperman Cup :- For the club having the most successful entrants in the LEL.

AUK Eagle :- For the club gaining the most points.

CTC Cup :- For the CTC club gaining the most points.

Club Organisers' Trophy :- For the club having the most points awarded in events they organise.

CTC Organisers' Trophy :- For the CTC club having the most points awarded in events they organise.

Organisers' Trophy:- Awarded by committee, from nominations by members, to the most meritorious organiser, or organising body, of the year.

The Recumbent Cup:- For the individual gaining the most points in a season on a recumbent cycle.

12.5 The season for events is the 12 month period from 1 October to the following 30 September.

AUK Officials' Duties

AUK Board Members' Individual Duties

The Board is responsible for the day to day running of AUK. All board members are officials with particular areas of work, most of which require some technical skills, at the very least the ability to use a computer for word processing.

Prospective board members are expected to own a computer, or be prepared to quickly acquire one (at AUK expense).

In the sudden absence or incapacity of any board member the others should be able to either carry out whatever duties of that member are essential, or quickly authorise a suitable delegate. To this end it is vital that new board members should acquaint themselves with existing officials and take an interest in their work.

Board members are jointly responsible for the actions of individual members in carrying out their official duties. To this end it is the responsibility of each board member to maintain regular contact with other board members. Prospective board members are expected to have, or be prepared to quickly acquire (at AUK expense) email. Prospective board members should be Randonneurs, preferably Super Randonneurs with experience of organising Brevets de Randonneurs, preferably successful EL or PBP riders. The broad areas of board duties are: supervising and recording the Brevets de Randonneurs and Brevets Populaires on behalf of AUK, supervising and recording the UK Brevets de Randonneurs Mondiaux, from 200 km to 1000 km, on behalf of Audax club Parisien and AUK, supervising and recording the UK Randonneur Mondiaux events, of 1200km and over on behalf of the Randonneurs Mondiaux and AUK, encouraging and maintaining a social club of organisers and riders of events under AUK regulations and similar events overseas.

The Chairperson above all has to be a calm person of friendly disposition, with a sense of humour. The ability to think clearly and to see all sides of any problem is a necessity plus a sound knowledge of committee procedure. (S)He has to liaise with the secretary over the committee meetings and AUK agendas and be able to travel to attend these meetings. (S)He should preferably have had a long association with cycling in all its aspects, as well as Audax style of riding up to at least Super Randonneur level.

The Secretary shall prepare agenda for committee and annual general meetings in consultation with committee members and others, receive nominations for elections and motions; and circulate or publish, as appropriate; produce minutes of all meetings and circulate or publish these as required; deal as necessary with correspondence and communications and liaise with other associations; facilitate the effective operation of the committee in liaison with other committee members; ensure that all AUK members are kept informed of the workings and decisions of the committee.

The job requires access to a computer, and basic familiarity with word processing. Attendance is required at 4 committee meetings and one AGM per year. Minimum time taken is about a couple of hours a week, although more before the AGM. Optional full participation in email discussions may involve more time.

The Treasurer shall take charge of AUK funds and operate the club's bank accounts, liaise with Membership, validation and Brevet Card Production Secretaries, collect subs, fees, product sales and other dues, pay expenses and other liabilities from club funds, keep records using Microsoft Excel or other systems so as to produce yearly or other such accounts as the committee may require, present such accounts at an ASM or SCM with a report on the club's viability and proposals for the levels of subs and other dues for the coming year, arrange for such accounts to be audited by an independent auditor, deal with the Tax authorities and submit returns and PAYE details as required, arrange appropriate insurance to cover members and organisers requiring Public Liability cover, deal with claims and enquiries relating to insurance matters, deal with Medal and Badge suppliers to the club.

The Membership Secretary shall receive applications for AUK membership, forward membership fees to the Treasurer, manage the membership database, create publications mailing lists coordinate the work of the membership delegates, and promote AUK membership. No application for membership shall be refused without reference to Committee.

The UK Events Secretary shall coordinate the work of the Regional Events Delegates who liaise with organisers and potential organisers and check the event routes to make certain that controls are placed to

AUK Officials' Duties

ensure the integrity of the event distances. (S)He shall liaise with the Systems manager to maintain the UK event database, with the Publications Manager to produce the annual AUK Calendar and regular updates in Arrivee, and with the Brevet Card Production Secretary to produce masters for the AUK calendar event brevet cards. The above duties require about five hours a week for most of the year, plus a total of six weeks full-time work prior to publication of the Calendar. Experience as an organiser of BRM events, ability to use database software and broadband Internet access are essential.

The Permanents Secretary shall approve and validate all permanent rides run under the name of AUK and under AUK regulations. He shall maintain an up to date list of permanent events for publication. He shall keep records of all successful permanent rides and forward a list of permanent riders and their championship points to the Recorder for inclusion in the super randonneur list and the riders' and clubs' championships.

Word processing skills and use of a spreadsheet or database are required.

The Publications Manager is responsible for collation and publication of information, articles and correspondence of interest to AUK members and organisers. Publications take the form of a yearly Handbook, a Calendar, four issues of the 56 page A4 magazine Arrivee and an organiser's pack of event information. Responsibility for editing and production of individual publications is often delegated. All material is edited, typeset, laid out, scanned and prepared for printing by the relevant editor or collator, a ability to use desk top publishing and graphics software is required, as is a good command of English, a cycling background and experience of the full range of AUK events. Something like five hours per week throughout the year plus several weeks full-time work before each publication is required. Printing and distribution is undertaken commercially by Headley Brothers at present, with mailing labels/cover sheet production delegated to the Membership Secretary and delegates.

Brevet Card Production Secretary. At present Brevet Cards outers are designed in house, and printed by outside printers. The event details are photocopied onto the inside of the cards from a master supplied by the UK Events Secretary.

It is the responsibility of the Brevet Card Secretary to: arrange the designing of the Brevet Card Outers & Thank you Certificates, source the supply and printing of Brevet Card outers, source supply of polybags for Brevet cards, liaise with UK Events Secretary for the supply of Brevet card masters, photocopy event details from masters on to inner of Brevet Card, print returns and results sheet for each event (disc supplied by systems manager), parcel up Brevet cards, polybags etc. and send to event organiser, send copy of master and No of cards produced for each event to Validation Secretary, send Brevet card order form out to all event organisers, send out direction signs, AUK regulations & thank you certificates as ordered by organisers, liaise with press secretary for supply of direction signs, record details of quantities of all brevet cards produced, record details of expenses incurred i.e.: postage & packing for cards etc. and send to treasurer monthly, produce a yearly report on the production of Brevet cards for the AGM, liaise and work with other members of the committee and attend meetings.

The Brevet card secretary also produces the Permanent cards and at present holds all the masters for these events, procedure for producing cards is as above with the following exceptions: no copies of masters are sent to Validation Secretary, cards must be paid for before they are sent to the Permanent event organisers, invoice & receipt must be sent with all cards. Time taken to complete the above 2 to 3 days per week. A computer is essential for this job.

The Validation Secretary receives result sheets from organisers, allocates AUK homologation numbers for rides, sends AUK homologation stickers to the organiser, and collaborates with the Recorder in recording all results. For new organisers, and organisers of events of more than 200km, the validation secretary additionally receives and scrutinises brevet cards, appends AUK homologation stickers, and returns the cards to the organisers. For BRM events, he additionally receives and appends ACP homologation numbers. He supplies medals and badges, banks fees received from organisers, sends reports to AUK's treasurer, corresponds with members querying results, and keeps records using spreadsheets and AUK's online recording system. Use of a personal computer to a good standard is essential.

The ability to use a database and email is essential. Internet access is increasingly important.

The Recorder receives AUK event result sheets from the Validation Secretary and uploads them onto the

AUK Officials' Duties

AUK web site. Results of BRM rides are forwarded to the ACP BRM official for Homologation and the Homologated events are returned to the Recorder for upload to our web site. The Recorder administers the end of season awards claims, which involves checking claims and distributing awards to claimants, and also liaises with AUK committee, and deals with general queries from members. Records of various awards are kept and Handbook editors are updated as necessary. Internet access and keyboard skills are required, experience with Word, Excel and email or similar programs is an advantage.

The International Events Secretary shall research and collate relevant foreign magazines and websites (or material passed on by Committee Members and other members) and regularly publish in *Arrivée* lists of a variety of events reflecting the broad interests among AUK members, such as Raids, Diagonals, Mer-Montagne, Randonnees Permanentes, Cyclosporives and Cyclotouristes. The International Secretary shall assist AUK members with their enquiries and generally give all kinds of support to encourage participation in such events. A good working knowledge of foreign languages (esp. French) is certainly useful.

The Publicity Officer shall publicise the aims and events of Audax UK through the cycling press and other media.

The job requires some knowledge of publicity and media. Access to a computer, and some word processing skills are an advantage. Minimum time required is an hour or so a week, but irregularly, according to need. The ability to do the work during office hours is important.

The ACP/RM Correspondent represents the AUK committee in communications between AUK and ACP or RM. (S)he receives and forwards the UK list of BRM events to ACP for publication and attends the RM reunion on behalf of AUK.

The Systems Manager shall advise and assist the Committee in the acquisition and use of IT equipment and software, with particular reference to compatibility between team members, and future development.



AUK On-line

On your renewal form you'll find a mixture of 6 letters and numbers which is your Password. Make a note of this in a safe place. The password gives you access to some facilities on Audax UK's website which are uniquely available to you. You can change it to something more memorable, by visiting 'your' space via the 'Gateway' www.aukweb.net/members/profile/

Your Membership Number acts as your 'User' name - a good thing you can do is to print out a 'tailored' entry form for any calendared event - use this facility at the bottom of any online event details page and then you only have to sign it and send it - with the money and sae's, of course!

If you have forgotten your password, go to the 'Gateway' and click on 'Forgotten Password'

At the Gateway you can view all personal information held about you in our secure online database. This is in accordance with your rights under the Data Protection Act. All your Membership details are held online, however only parts of this information are publicly visible. The rest is accessible only to members of the Membership Team, and to you via the Gateway. There is no published directory listing of addresses etc, though you can 'opt-in' to a listing of e-mail addresses, viewable only by other members.

You can: Change your password Change your First Name - eg from 'Wilf' to 'Wendy' - if you want.

Change your address - your next AUK publication will be mailed to your revised address.

Change your phone and e-mail - and tick boxes to allow us to publish these, or not. If you have an e-mail address and it is marked as publishable it appears in a listing elsewhere on the website, which is protected against spam-bots. Phone numbers from the membership database are not displayed anywhere.

Change your Club and CTC, and ACP choice - please note, around the middle of each season we 'freeze' these records until the end of the season - your changes will be noted for the following year but will have no visible effect in the Results before then. There's a help page to explain what ACP choice is all about.

Print out a membership card.

Add up to 3 'Personal Web Links' to AUK's website - your Home Page, your Club, anything.

Upload photos to the online Photo Gallery.

Upload articles and photos to the Arrivee Cloud.

Organisers: can do a lot more. The Gateway gives you access to the Events Planning system.

You will be able to plan and develop your event from the first gleam of an idea, through to generating a Results Sheet after the event, via a series of web forms. In the planning process you'll be able to see other Organisers' plans, before they become published in the Calendar. This should help prevent date clashes. Try to plan about a year ahead, to take advantage of the new Rolling Calendar.

Compile and print an event entry list, for your Event, with AUK's Membership Database filling in members' personal info for you automatically. Download it into your spreadsheet if you want. Convert it to a Results List after the event, or upload your spreadsheet (Excel format) back into the Database.

Add a website link for each Event - eg to your own site with a route sheet or some photos.

Add a potted description for each event - describing hilliness, or feeding arrangements, etc.

Add a route map for each event. Add a route sheet, and/or a GPS file, stored on AUK's server.

Add a Google Minimap showing your precise Start location.

View your ROA rating/switch the 'publish' option, allowing it to appear in the Calendar, or not.

Other Internet Stuff

Audax UK: www.aukweb.net Calendar: <http://www.aukweb.net/events/> Results: www.aukweb.net/results

Official: www.aukweb.net/official LEL: www.londonedinburghlondon.com/

PBP: <http://www.aukweb.net/events/pbp/> ACP: www.audax-club-parisien.com

LRM: www.lesrandonneursmondiaux.org/ FFCT: www.ffct.org Rough-stuff: www.rsrf.org.uk

CTC: www.ctc.org.uk Ordre des Cols Durs (UK): www.ocd.org.uk Bike Tech: www.sheldonbrown.com

Virtual Alps: www.aukadia.net/alps GPS Info: www.aukadia.net/gps

audax@yahoogroups.com

This is the AUK e-mail mailing list, for chat, gossip, events info, shared travel, accommodation etc - its what-ever you want to make it! It's free, and easy to subscribe and to unsubscribe whenever you want.

Subscribe by addressing an e-mail to audax-subscribe@yahoogroups.com.

Alternatively, why not try Yet Another Cycling Forum (YACF for short) - <http://yacf.co.uk/forum/index.php>

2012/13 Entry Form for Events held under AUDAX UK Regulations

Name of Event:

From:

Dist:

Date:

Fee for Audax UK or CTC members £

Audax UK Membership Number:

Fee for other entrants – includes £2 temporary Audax UK membership fee £

Date of birth if under 18 years: (see PARENTAL CONSENT below)

Forename:

Surname:

Address:

Tel:

email:

Club/CTC group:

mobile:

INSURANCE: Audax UK provides its members (**inc. temporary**) “normally resident in the UK” with 3rd party insurance cover throughout the event for claims in excess of £250.

Overseas residents must arrange their own 3rd party insurance.

By signing this entry form you declare that you are insured as required.

The event is run under Audax UK regulations. You should familiarise yourself with Audax UK regulations, guidance, and advice (available in AUK publications, at www.aukweb.net or on request from the organiser).

The event is not a race or trial of speed. You are expected to follow the rules of the road and show consideration to other road users.

The route is on open public roads.

You should prepare by studying the route.

The route is not waymarked /marshalled.

You are responsible for your safety/conduct.

Some routes/conditions may be arduous.

The organiser provides no rescue service.

PARENTAL CONSENT (required for entrants under 18 years of age) Parents should note the information on this form and be aware that this is an individual ride without leaders.

I am the Parent/Guardian of the Entrant and give my consent to this Entry:

Signed (Parent/Guardian):

Date:

Name (Parent/Guardian, please print):

I understand that during the event I am on a private excursion on the public highway and that I am responsible for my own conduct. I agree to abide by Audax UK Regulations for this ride. I have relevant insurance cover as above.

Signed (Entrant):

Date:

Emergency contact person (Name & Tel.):

Send to the organiser: **1. completed form** **2. cheque payable to organiser (not AUK)**

3. two C5 stamped addressed envelopes.

Revised Dec 2011

