



Llanfairpwllgwyngyllgogerychwyrndrobwl llantysilioogogoch 400

MW19






01/11/2021 [6]

Out from Poynton, across Cheshire, along the North Wales and across Anglesey to Holyhead. And then back. The outward 200km and the return 200km are also available as separate Perms, Poynton-Holyhead and Holyhead-Poynton 200s – see Llanfair 200km. There are also a further 200 versions; Wilmslow - St Asaph and Holyhead – Prestatyn. For a successful validation, you must:

- enter at **www.delphcyclist.info/Llan400Perm.html** (don't worry about the ride date at this stage)
- register your ride date by texting **07931 911324** or emailing **mike@PeakAudax.co.uk** before you start
- visit all the controls listed below within the time limits - note that this is a non-mandatory route
- establish your "proof of passage" by
 - downloading the eBrevet - see **www.delphcyclist.info/eBrevet.html**
 - or recording a GPS track (must be .GPX format) showing you visited each Control Location
 - or collecting till receipts or ATM slips from anywhere at the Control Location
- completing all the details on your Brevet Card (name, address, ride date, control locations and times plus your signature) and returning to me within 14 days of your ride

Controls: The ride works best using the E-Brevet app or a GPX track to authenticate your ride. The route is advisory, but you should ensure that you pass within ½km of the locations below (indicated by Grid Reference and what3words.com). If you haven't access to the app or GPX you may still collect receipts from the various suggested locations.

eBrevet: Ride Code **MW19** (see www.DelphCyclist.info/eBrevet.html for customisation instructions to reverse the direction, start at any control, or start anywhere between controls).

Poynton	The route sheet starts from the A523/A5149 crossroads adjacent to the Church. car parking available behind Waitrose on Park Lane (SJ 923 836). You may start/finish at any other control, although you may need to check opening times to ensure you will be able to obtain proof-of-passage – or email me your GPX file.			
Shotton	 SJ 485 747 <i>health.pins.punch</i>	SIGNATURE/RECEIPT from Corner Café or Wetherspoons etc 24 RECEIPT or ATM from Petrol Station on B5129	77	77
Rhos on Sea	 SH 842 805 <i>boxer.forest.take</i>	RECEIPT from any café (eg Forte's) 24 TILL RECEIPT/ATM from Co-op supermarket	53	130
Holyhead	 SH 257 815 <i>servers.funded.routes</i>	24 RECEIPT/ATM from Tesco or Morrisons RECEIPT KFC (closes 23:00)	74	204
Abergele	 SH 955 776 <i>occur.devours.swerves</i>	24 RECEIPT from McDonalds RECEIPT from any shop/cafe between Conwy and Prestatyn	88	292
Hapsford	SJ 466 749 <i>cobras.fatherly.winters</i>	24 RECEIPT from Chester Motorway Services	63	355
Poynton	 SJ 920 836 <i>dolls.booth.school</i>	RECEIPT from Waitrose or Costa 24 ATM SLIP from RBS by Chester Road traffic lights	59	414

RIDE DETAILS: see **www.delphcyclist.info/Llanfair400Perm.html** for GPX files, Route sheet, Maps, etc

CLIMBING: 3382m (total climbing) 272m (max elevation) no AAA points!

TIME LIMITS: **13 hrs 48 mins** (30kph) and **28 hrs 57 mins** (14.3kph)