### AUK-Full-Black-500C:\Users\John & Linda\Documents\Audax\Organisers\Resources\Medals\for200km.pngPengwern Permanents

### Y Pengwern



**BREVET RANDONNEUR | 200KM**

Welcome to Y Pengwern. This ride will take you on a challenging journey from the heart of Shropshire across the blue remembered hills of Housman’s Shropshire and wild Welsh mountains to Bala and back again.

Pengwern?

Pengwern was a Brythonic settlement of sub-Roman Britain founded in the 6th century AD after the collapse of the post Roman administration. The kingdom was centred on the tribal capital of the Cornovii tribe and former Roman city of Viroconium (modern day Wroxeter) in what is now the English county of Shropshire, adjoining the modern Welsh border, but also extended to the eastern territories of the Welsh kingdom of Powys and much of modern Staffordshire.

**COVID-19 NOTES**

Contactless validation is encouraged to reduce un-necessary social interactions – see the Validation notes on the next page for more information in the options.

Your attention is drawn to Audax UK’s COVID-19 guidance and behaviour codes at <https://audax.uk/static-data/covid-19-resumption-of-events-guidance-and-behaviour-codes/> This event does cross (albeit very briefly) into Wales where you should note that regulations may be different from those in England.

Your entry fee may be refunded if you’re unable to ride for COVID related reasons (self-isolation, lockdowns etc) and you don’t want to postpone your ride until another date.

*RIDE DATE*: Once entered you may ride on any day of your choosing, provided you notify me when you’re going to ride beforehand.

*START & FINISH*: The route sheet is written to start from the Wharfage in Ironbridge, but you may start and finish the ride anywhere on (or near) the route that is convenient to you. If your chosen location is not a designated control point for the ride then this will mean you will need to obtain extra stamps or receipts as proof of passage.

*CONTROLS*: All control locations are flexible. Some suggested control locations are listed on the route sheet but you are free to use anywhere within the specified town or village.

***VALIDATION:*** This event can be validated either electronically or via traditional paper base proof of passage:

* eBrevet***E-BREVET – Event Code JHA25*** - E-Brevet is a smartphone app, available on both iPhone and Android, which acts as a virtual Brevet card. You download a list of control locations and distances, which are displayed on the app, and at each control, simply press that control’s button. If you’re in the right place, the arrival is recorded. At the end of the ride, upload the details, and the organiser can validate your ride. Details on how to download and use the app can be found at <https://audax.uk/about-audax/event-types/permanent-events/e-brevet>.
* ***GPS TRACK*** – **NEW for 2022** - The E-Brevet website <https://eb.audax.uk> now allows the upload of a GPX, TCX or FIT file containing a recorded track for validation. To submit your track, login to the E-Brevet website and then select My Account > Upload a Track.

*If you’re starting and finishing anywhere other than Ironbridge and validating by E-Brevet or GPS track, you will first need to create a custom version of the route using the E-Brevet website – see the instructions at* <https://audax.uk/about-audax/event-types/permanent-events/e-brevet> *for details on how to do this.*

* ***TRADITIONAL*** - Stamps, till receipts, ATM receipts etc are all valid proofs of passage. ***Please ensure receipts show the time, date and location.*** At the finish, either send me your receipts in the post (with a note of your details, event & ride date) or scan and email them. Receipts need to be received within 14 days to be validated.

*As the majority of entrants are opting for electronic validation, I no longer send Brevet cards out in advance. If you want a completed card as a memento post-ride just let me know when you submit your ride for validation. There is no extra charge for this.*

*GPS FILES:* .GPX files of the route are available on the event page of the Audax UK website <https://audax.uk/event-details?eventId=5864> The file contains a single GPS Track with waypoints for the controls. If you’re using an older Garmin device (e.g. eTrex Vista, Legend etc.) you may need to split and/or reduce the number of points in the track. Alternatively, the route is available on RideWithGPS at <https://ridewithgps.com/routes/15925360> from where you can download in a variety of formats to your preference.

*DISCLAIMER: The information provided is up to date (to the best of my knowledge) at the time of publication. However, things change – road layouts get changed; road signs may be removed; cafes, shops etc come and go and opening hours may vary. Feedback or updates are always welcome.*

*All information is provided as-is and by entering you agree that you undertake this ride at your own risk and you are responsible for your own safety in accordance with Audax UK Regulations.*

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| Pengwern PermanentsY Pengwern **BREVET RANDONNEUR | 200KM**  PengwernCrop ROUTE SHEET KEY R = Right L = Left  SO = Straight on T = T junction  RAB = Roundabout TL = Traffic Lights  X = crossroads against rider (give way) Imm = Immediately  |X| = crossroads with rider sp = sign post  Warning = hazard – CARE!  Places that are passed through are in **CAPITALS**  Distances unless otherwise stated are in kilometres and are approximate only. | ❶ Ironbridge – Church Stretton 29km  ATM **IRONBRIDGE**, **START** @ **Co-op**, The Wharfage TF8 7NJ Open Mon-Sun 0700 – 2200  R from **START** along ***The Wharfage***  0.5 R opp Tontine Hotel & *dismount* to cross **The Iron Bridge** 0.5  0.1 R @ T to rejoin road & *climb* 0.6  1.3 R @ T (sp **MUCH WENLOCK**) **B4375** 1.9  6.1 **MUCH WENLOCK,**  L imm before Raven Hotel (sp Thro’ Traffic) ***St Mary’s Lane*** 8.0  0.3 R @ T (sp Shrewsbury) **A458** 8.3  0.6 L (sp **CHURCH STRETTON**) **B4371** 8.9  **LONGVILLE**, **WALL**, **HOPE** **BOWDLER**, SO  19.6 **CHURCH STRETTON**, SO @ TL across A49 28.5  🍽 ATM **CHURCH STRETTON** **CONTROL** **29.0**  ***i*** *Shops & cafes on main street. ATM outside the Co-op store – L @ Antiques Market then shortly 1st R* |
| ❷ Church Stretton – Lake Vyrnwy 66km  SO @ X (sp **The Burway**) 29.0  *Climb* **The Burway** (1:5)  3.1 R (sp Ratlinghope) 32.1  3.8 *Descend* to L @ T (sp Medlicott, Bishops Castle) 35.9  0.5 Round RH bend (sp **BRIDGES**) 36.4  0.8 L @ T (no sp) 37.2  0.1 1st R (sp Stiperstones, Squilver) 37.3  3.4 R @ T (no sp) & descend Warninghairpin bend 40.7  1.8 L (sp Shelve, Gravels) 42.5  3.4 WarningSO @ X (sp **BROMLOW**, **BROCKTON**) 45.9  *Descend* past the Callow Inn  4.5 L @ T (sp **BROCKTON**, **WORTHEN**) 50.4  1.2 L @ T (sp Montgomery) **B4386** 51.6  3.4 R (sp Marton Hill, Trelystan) 55.0  *Climb* over the **Long Mountain** & descend to…  7.3 **LEIGHTON**, R @ T (no sp) 62.3  0.5 1st L (sp **WELSHPOOL**) 62.8  1.4 L @ mini-RAB (sp Town Centre) 64.2  Continued🡪 | ❷ Church Stretton – Lake Vyrnwy 66km  0.5 SO @ mini-RAB (sp Oswestry) 64.7  0.1 1st exit @ RAB (sp Town Centre) 64.8  Past Tesco supermarket & SO @ 2x mini-RABs  0.5 Keep L into one-way 65.3  0.2 Into RH lane & bear R (sp Oswestry, Shrewsbury) [still one way] 65.5  0.1 1st L (no sp) into ***Red Bank*** & *climb* 65.6  SO @ mini-RAB  1.5 R @ T (no sp) 67.1  2.9 L (sp **MEIFOD** 4 light vehicles only) 70.0  6.4 **MEIFOD**, R @ T (no sp) 76.4  0.1 1st L (sp Community Centre) 76.5  0.4 L (sp **LLANFIHANGEL**) 76.9  8.4 R @ stgd X (sp **LLANFIHANGEL**) **B4382** 85.3  1.2 L @ T (sp **LLANWDDYN**, **L** **VYRNWY**) **B4393** 86.5  0.6 Fork R (sp **LLANWDDYN**, **L VYRNWY**) **B4393** 87.1  Descend [**Warning**hairpin bend] to **LLANWDDYN**  🍽 **CONTROL** @ **Dafarn Newydd Stores** on R @ LH bend in village **93.9**  *i* [*www.dafarnnewyddstores.co.uk*](http://www.dafarnnewyddstores.co.uk/) *08:00 (Sun 09:00) - 18:30, or continue to dam for cafes from 10am…* |
| ❸ Lake Vyrnwy – Bala 25km  1.5 Continue to L (sp Visitor Centre) across dam 95.4  0.3 R @ T & continue SO round reservoir 95.7  9.7 L (sp **BALA**) 104.4  Climb **Cwm Nant Hirnant**  14.0 L @ T (sp **BALA**) **B4391** 118.2  0.7 2nd L (after river) 119.1  0.8 R @ T opp White Lion Hotel 119.9  🍽 ATM **BALA CONTROL** **120.0**  ***i*** *ATMs, shops, cafes & pubs on the main street. The Spar store is open long hours, and has a Subway franchise, hot food and a coffee machine.* | ❹ Bala – Ford 66km  Retrace along main street & L opp White Lion Royal Hotel (sp Capel Tegid) 120.1  0.8 R @ T (no sp) 120.9  Climb over **Milltir Cerrig** & descend  **LLANGYNOG**, **PENYBONTFAWR**, SO  24.5 L (sp Oswestry) B4396145.4  5.1 R @ T (sp Oswestry) B4396 149.5  7.6 **PENBONTFAWR**, R (no sp) imm before Penybont Inn 157.1  4.1 **LLANSANTFFRAID**, L @ T & imm L @ T again (no sp) 161.2  0.6 SO @ mini-RAB 161.8  0.1 R (sp **FOUR** **CROSSES**, Shrewsbury) **B4393** 161.9  5.1 2nd exit @ RAB (sp **LLANDRINIO**) 167.0  0.3 R @ mini-RAB (sp **LLANDRINIO**) **B4393** 167.3  1.1 L @ T (sp **LLANDRINIO**) **B4393** 168.4  **LLANDRINIO**, **COEDWAY**, **ALBERBURY**, SO  14.5 L @ T (sp Shrewsbury) **A458** 183.0  0.5 L (sp Toilets) into layby 183.5  🍽 **CONTROL** @ **Dinkys Dinah** **183.5** |
| ❺ Ford – Ironbridge 30km  L to continue on **A458**  0.6 R (sp Shoothill, Ford Heath) 183.9  3.0 L @ stgd X (sp **SHREWSBURY**) **B4386** 186.9  3.0 2nd exit @ RAB (sp **SHREWSBURY**) **B4386** 189.9  SO @ RAB (no sp)  SO @ mini-RAB past Hospital  2.3 3rd exit @ RAB (sp Meole Brace) **B4380** 192.2  0.3 1st L (sp CR Town Centre) ***Woodfield Ave*** 192.5  0.2 L @ T (sp CR Town Centre) 192.7  0.2 SO @ mini-RAB 192.9  0.3 R @ T (sp CR Town Centre) 193.2  0.1 L @ T & imm across road onto cycle path 193.3  0.1 R by **The Boat PH** & dismount to cross **Porthill Suspension Bridge** 193.4  R onto riverside path (sp CR81) & continue underneath **Kingsland Bridge** **Continued 🡪** | ❺ Ford – Ironbridge 30km  1.2 Bear L to follow main path away from the river [do not go under 2nd bridge] & past monument 194.6  0.1 Thro’ bollards to rejoin road & imm bear R @ X (no road markings) into ***St Julians Crescent*** 194.7  0.2 R @ T & across **English Bridge** 194.9  SO past **Shrewsbury Abbey**  0.7 SO @ TL 195.6  0.6 2nd exit @ RAB (sp Emstrey) **A5064** 196.2  2.0 **Warning**2nd exit @ RAB**Warning** (sp **IRONBRIDGE**) **B4380** 198.2  4.1 R (sp **IRONBRIDGE**) **B4380** 202.3  **LEIGHTON**, **BUILDWAS**, SO  11.0 R (sp Much Wenlock, **IRONBRIDGE**) A4169 & imm L (sp **IRONBRIDGE**) ***Buildwas Road*** 213.3  2.5 SO @ mini-RAB 215.8  0.1 **IRONBRIDGE** **CONTROL** @ **Co-op** on R **216.0** |