

Runs List Introduction.

Rides are arranged on Sundays and Wednesdays. C/ D rides for beginners and families are arranged on the occasional Saturday morning and Trail rides on the occasional Friday. Friday and Saturday rides are a joint venture with Liverpool Century Road Club [LCRC].

The official start of a ride will be the point at which the designated runs leader for the ride assumes responsibility. It is the responsibility of the individual rider to arrive at either the start location or at any pick-up point arranged for that ride. Riders who wish to travel to the start of a ride or to a particular pick up point together should make arrangements using the club google group. The WhatsApp group and Facebook page can be used in addition.

A complete list of start locations and pickup points follows. Details of the pick-up point for a particular ride please refer to the final NB column of the runs list and explanation at the end of the runs list.

- 1 Birkenhead Central is accessible in a few minutes from James St Station on the Wirral line to Chester or Ellesmere Port. Meet outside the station.**
- 2 Calisa coffee shop is 84 Childwall Priory Rd, Liverpool L16 7PF.**
- 3 Hunts Cross Station is in Speke Road, L25 0NN.**
- 4 Eureka Café is at Two Mills, Parkgate Road, Woodbank, Chester CH1 6EZ [www.eurekacyclistscafe.co.uk] If travelling by train the café is approximately a 4 mile ride from Hooton Station or a 2 mile ride from Capenhurst Station.**
- 5 Ormskirk Station is at Station Approach, Ormskirk, L39 2YN.**
- 6 The Dormouse tearooms, The Smithy, Chester Rd, Daresbury, Cheshire.**
- 7 Spike Island car park is situated in Mersey Road, West Bank, Widnes Cheshire, WA8 0DG**
- 8 Pickering's Pasture is in Mersey View Road, Widnes, WA8 8LP**
- 9 Calderstones Park, Liverpool 18. Meet Yew Tree lane car park.**
- 10 McDonald's café, Aintree Shopping Park, Ormskirk Road, Liverpool L9 5AN. Nearest rail station is old Roan.**
- 11 Otterspool Adventure Centre is on Otterspool Drive approx. 200 metres from the bottom of Mersey Rd. Aigburth**

Category of rides (an indication of what to expect, though rides may be easier, or occasionally more difficult).

A: Challenging, major steep long hills, or >70 miles, or both. Average pace 12-15 mph

B: Moderate, less challenging shorter hills with less severe gradients), 50-70 miles. Average pace 10-14 mph

C: Mainly flat, 30-50 miles: average pace 10-12 mph. Suitable for fit beginners/prospective members.

D: Mainly flat: 10-20 miles average pace 10-12 mph, suitable for beginners and families.

All runs are subject to prevailing weather conditions and the availability of the runs leader they may be cancelled by the designated runs leader. Ride leaders should use the google group email to inform the club of any problems, supplemented by the WhatsApp group and Facebook. If the runs leader is unavailable an effort should be made to find an alternative leader to take the ride from the designated start point on the runs list. All riders should therefore check the google group, WhatsApp and possibly Facebook for any alterations at about 7.30 am on the morning of the ride. If in doubt contact the Ride leader by phone details below:

Name	Telephone Number
HF	07887 623870
DG	07817 072644
JH	07831098689
DJ	07972 163370
GJ	07597055683
KM	07400 797474
DT	07963 432568
SM	07503178369
SS	07914492319
PW	07779 718425
MS	07714246360

N.B. Will all riders please note that they participate in the club activities at their own risk, and no responsibility can be accepted for any claim due to the negligence of the club or any its members.

All riders should ideally carry a pump, a spare inner tube or two and a puncture repair kit. Riders should also check the weather forecast and wear suitable clothing.

Runs List July to Sept 2021 [including collaborative runs with Liverpool Century Road Club]

DATE	START	DEPART	DESTINATION	LEADER	CAT	N.B.
July						
Sun 4 th	Hunts X Stn	9:30	Lymm	DJ	B	
Mon 5 th	Pier Head	15:40	Liverpool Cathedral Rides - Janet Atherton	DG	Escort Cathedral Riders	
Wed 7 th	Sprout	10:30	Tarporley	HF	B	
Sun 11 th	Nets	10:30	Loggerheads	GJ	B	
Wed 14 th	Sprout - Ledsham	10:30	Elvis's Cafe	PW	B	
Sun 18 th	Calisa	10:00	Pimbo G C	DG	B	BG - 10:40
Wed 21 st	Nets	10:30	Tattenhall Marina	GJ	B	
Sun 25 th	Sprout	10:30	Cheshire Lanes	TS	B	
Wed 28 th	Sprout	10:30	Wrenbury	HF	B	
August						
Sun 1 st	Calisa	9:30	Leisure Lakes	DT	B	
Wed 4 th	Nets	10:30	Pet Cemetery	HF	B	
Sun 8 th	Calisa	9:30	Pear Tree Farm	DG	B	
Wed 11 th	Nets	10:30	Llandegla MTB Cafe	PW	B	
Sun 15 th	Nets	10:30	Holt	DN	B	
Wed 18 th	Nets	10:30	Poffee's	DG	B	
Sun 22 nd	Hunts X Stn	9:30	Anderton B L	DT	B	
Wed 25 th	Sprout	10:30	Malpas	PW	B	
Sun 29 th	WWC		Bala			
Sept						
Wed 1 st	Calisa	10:00	Brandreth Barn	DG	B	
Sun 5 th	Hunts X	9:30	T.B.C.	DJ	B	
Wed 8 th	Calisa	9:30	Rufford Marina	PW	B	BG – 10:40
Sun 12 th	Sprout	10:30	Cheshire Lanes	TS	B	
Wed 15 th	Sprout	10:30	Venetian Marina	SS	B	
Sun 19 th	Calisa	9:30	Me Cycles	GJ	B	
Wed 22 nd	Sprout	10:30	Holt	GJ	B	
Sun 26 th	Nets	10:30	Tattenhall Marina	DN	B	
Wed 29 th	Nets	10:30	LLanarmon Cafe	SS	B	

Oct						
Sun 3rd	Nets	10:30	Hargrave - SWANS	HF	B	
Wed 6th						
Sun 8th						

[1] trail bike or MTB recommended

[2] Pickup for D riders at 10.30 at The Dormouse Tea rooms, Daresbury.

[3] Pickup at McDonalds Aintree 10.30

[4] Liverpool riders depart at 9.30 from Calisa.

[5] This run is subject to change of destination and appointment of a runs leader

[6] Pick-up Broadgreen Stn for Wirral Riders