

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. Opens 8:00am Mon-Sat & 9:00am Sundays.**
- 3 Hunts Cross Station is in Speke Road, L25 0NN.**
- 4 Sprout Café is within the grounds of Premier Plants Garden Centre in Ledsham, CH66 0NB, [www.sproutkitchengarden.co.uk]**
If travelling by train the café is 1.5 miles from Capenhurst Station or a 3.5 miles ride from Hooton Station.
- 5 Nets Café is on Burton March, Neston, CH64 0TG.** It 5.5 miles from Hooton Station.
- 6 Ormskirk Station** is at Station Approach, Ormskirk, L39 2YN.
- 7 The Dormouse tearooms,** The Smithy, Chester Rd, Daresbury, Cheshire.
- 8 Spike Island car park** is situated in Mersey Road, West Bank, Widnes Cheshire, WA8 0DG
- 9 Pickering's Pasture** is in Mersey View Road, Widnes, WA8 8LP
- 10 Calderstones Park, Liverpool 18.** Meet Yew Tree Lane car park.
- 11 McDonald's café,** Aintree Shopping Park, Ormskirk Road, Liverpool L9 5AN. Nearest rail station is old Roan.
- 12 Otters pool 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: Flat, 30-50 miles: average pace 10-12 mph. Suitable for fit beginners/prospective members.

D: 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 and 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 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
TS	07581 155311

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
Jul - Sept 2022

DATE	START	DEPART	DESTINATION	LEADER	CAT	N.B.
Jul 2022						
Sun 3 rd	Duddon VH	08:40	Vets Triennial 100	HF	A	
Wed 6 th	Nets	10:30	St. Asaph	SS	A	
Sun 10 th	Sprout	10:30	Tarporley	DG	B	
Wed 13 th	Sprout	10:45	Stonehouse Farm	HF	B	
Sun 17 th	Hunts X	9:30	Lower Peover	DJ	B	
Wed 20 th	Ham Sq Stn	10:30	Walk Mill	DG	B	
Sun 24 th	Sprout	10:30	Holt	DN	B	
Wed 27 th	Sprout	10:30	Malpas	PW	B	
Sun 31 st	Ormskirk Stn	10:30	Twin Lakes Velo	DG	B	
Aug						
Wed 3 rd	Sprout	10:30	Eton	MS	B	
Sun 7 th	Calisa	10:00	T B D	DT	?	
Wed 10 th	Nets	10:30	Nigel's Lab Visit	HF	B	10 Max
Sun 14 th	Sprout	10:30	Rose Farm Utkinton	DG	B	
Wed 17 th	Calisa	10:00	The Farm - Burscough	PW	B/C	
Sun 21 st	Nets	10:30	Llandegla MTB Cafe	HF	B	
Wed 24 th	Nets	10:30	Prestatyn	MS	B	
Sun 28 th	WWC		BALA	HF&SS		
Wed 31 st	Sprout	10:45	Poffee's	SS	B	
Sept						
Sun 4 th	Hunts X	9:30	Lymm	DJ	B	
Wed 7 th	Ryde	10:00	The Wirral	PW	B	
Sun 11 th	Calisa	10:15	Parbold	DG	B	
Wed 14 th	Nets	10:45	PontyBodkin	HF	B	
Sun 18 th	Hunts X	9:30	Anderton B L	DT	B/C	
Wed 21 st	Chester Stn	11:00	Overton	SS	B	
Sun 25 th	Calisa	10:30	The Farm - Burcough	DG	C	
Wed 28 th	Calisa	10:00	Me Cycle	PW	B/C	
Oct 2022						
Sun 2 nd	Calisa	9:30	Lower Peover	DN	B	
Wed 5 th	Nets	10:45	Loggerheads	HF	B	

- [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 run's leader
- [6] Pick-up Broadgreen Stn for Wirral Riders