

## Merseyside CTC Runs List

### 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.

- 1 The official start of a ride will be the point at which the designated runs leader for the ride assumes responsibility.
- 2 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.
- 3 Riders who wish to travel to the start of a ride or to a particular pick-up point should make arrangements using the club's What's App and Spond groups.

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 on the runs list.

- 1 **Hamilton Square 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 ONN.**
- 4 **Sprout Café is within the grounds of Premier Plants Garden Centre in Ledsham, CH66 0NB, [[www.sproutkitchengarden.co.uk](http://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.**

## Merseyside CTC Runs List

All runs are subject to prevailing weather conditions and the availability of the Runs Leader and may be cancelled/amended by the designated runs leader. Ride leaders should use the Google group email to inform the club of any problems, supplemented by Spond and the WhatsApp group. 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, Spond and WhatsApp for any alterations at about 7.30-8:00am on the morning of the ride.

***If in doubt, contact the Ride leader by phone details below:***

<b>Name</b>	<b>Telephone Number</b>
<b>1</b> HF	07887 623870
<b>2</b> DG	07817 072644
<b>3</b> DJ	07972 163370
<b>4</b> DT	07963 432568
<b>5</b> SS	07914 492319
<b>6</b> PW	07779 718425
<b>7</b> MT	07970 743826
<b>8</b> TS	07581 155311
<b>9</b> MG	07979 073351
<b>10</b> JC	07771 933159

**N.B. All riders please note that they participate in the club activities *at their own risk* .**

**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.**

## Merseyside CTC Runs List

### Runs List:- Jul-Sep 2024

Date	Meet Location	Depart Time	Destination	Leader	Ride Category	N.B.
<b>Jul-24</b>						
Wed 03 Jul	Chester Station	11:00	Venetian Marina Cafe (near Nantwich)	SS	B	
Sun 07 Jul			<b>Bert Bailey Vets 100 / Ad hoc</b>			<b>No organised club ride</b>
Wed 10 Jul	Hadlow Road Railway Station	10:30	Loggerheads	SS	B	
Sun 14 Jul	Calisa Coffee Shop	10:15	Parbold	DG	B	10:25 Broadgreen
Wed 17 Jul	Hadlow Road Railway Station	10:15	Llandegla	HF	B	
Sun 21 Jul	Hadlow Road Railway Station	10:15	Cheshire Lanes	TS	C	
Wed 24 Jul	Chester Station	10:30	Jodrell Bank	PW	B	
Sun 28 Jul	Hunts Cross Railway Station	10:00	Lower Peover	DJ	B	
Wed 31 Jul	Hadlow Road Railway Station	10:15	Poffee's	HF	B	
<b>Aug-24</b>						
Sun 04 Aug	Calisa Coffee Shop	10:15	Farm Café Burscough	DG	C	10:25 Broadgreen
Wed 07 Aug	Burton Manor	10:30	Billie Jeans, Halkyns	SS	B	
Sun 11 Aug	Hadlow Road Railway Station	10:15	Cheshire Lanes	TS	C	
Wed 14 Aug	Ormskirk Station	10:25	Chorley and Leyland	PW	B	
Sun 18 Aug			<b>Ad hoc, arrange individually</b>			<b>No organised club ride</b>
Wed 21 Aug	Ryde (bicycle Cafe)	10:00	Mersey Loop	MG	B	
Sun 25 Aug			<b>Wild Wales / Ad hoc</b>			<b>No organised club ride</b>
Wed 28 Aug	Hadlow Road Railway Station	10:15	Stonehouse Café, Manley Common	HF	B	

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Sep-24						
Sun 01 Sep	Hunts Cross Railway Station	10:00	Anderton Boat Lift	DJ	C	
Wed 04 Sep	Chester Station	10:30	Alderford Lake, Whitchurch	SS	B	
Sun 08 Sep	Calisa Coffee Shop	10:00	Swans ride to Parbold	DG	C	10:25 Broadgreen
Wed 11 Sep	Hadlow Road Railway Station	10:15	Malpas	PW	B	
Sun 15 Sep	Burton on the Manor Café	10:30	St Pio's	HF	B	
Wed 18 Sep	Hadlow Road Railway Station	10:15	Lost Barn	PW	B	
Sun 22 Sep	Hunts Cross Station	10:00	Lancashire Lanes	DJ	C	
Wed 25 Sep	South Parkway Station	10:45	Grappenhall Heyes	MT	B	
Sun 29 Sep	Calisa Coffee Shop	10:15	The Farm Burscough	DG	C	10:25 Broadgreen
Oct-24						
Wed 02 Oct	Freshfield Station	11:15	Twin Lakes	SS	B	
Sun 06 Oct	Hadlow Road Railway Station	10:00	Cheshire Lanes	TS	C	
Wed 09 Oct	Hadlow Road Railway Station	10:30	Manorwood Caravan	HF	B	
Sun 13 Oct	Hunts Cross Station	10:00	Lancashire Lanes	DJ	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 Wirral Riders Pick-up Broadgreen Stn
- 7 Wirral Riders Pick-up Hunts Cross Stn