

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 group

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 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.**

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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
1 HF	07887 623870
2 DG	07817 072644
3 JH	
4 DJ	07972 163370
5 GJ	07597 055683
6 KM	07400 797474
7 DT	07963 432568
8 SM	07503 178369
9 SS	07914 492319
10 PW	07779 718425
11 MS	07714 246360
12 TS	07581 155311
13 DN	07986 707063
14 NJ	07450 492131

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.

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Runs List:- Oct-Dec 2023

Date	Meet Location	Depart Time	Destination	Leader	Ride Category	N.B.
Oct-23						
Sun 1st	Hadlow Stn Café	10:30	Holt	DN	B	
Wed 4th	Sprout	10:45	Walk Mill	PW	B	
Sun 8 th	Calisa	10:15	Halsall Bakery	DG	B	
Wed 11th	Sprout	10:30	Poffee's	HF	B	
Sun 15th	Calisa	10:15	Brandreth Barn	DG	B	10:25 pick-up at 6 below
Wed 18th	Sprout	10:30	Manorwood CP	SS	C+	
Sun 22nd	Hunts Cross	10:00	Anderton Boat Lift	DT	B	
Wed 25th	Sprout	10:30	Huxley	PW	B	
Sun 29th	Calisa	10:15	Pimbo GC	DG	B	10:25 pick-up at 6 below
Nov-23						
Wed 1st	Sprout	10:30	Tattenhall Marina	PW	B	
Sun 5th	Hadlow Stn Café	10:30	The Hideaway Farndon	HF	B	
Wed 8th	Calisa	10:15	The Farm Café Burscough	DG	B	10:25 pick-up at 6 below
Sun 12th	Hadlow Stn Café	10:30	Cwtch Rossett	HF	B	
Wed 15th	Sprout	10:30	Walk Mill	PW	B	
Sun 19th	Ryde	10:30	MeCycle	DG	C+	
Wed 22nd	Sprout	10:30	Huxley	SS	C+	
Sun 26 th	Hunts Cross	10:00	Walton Gardens	DT	B	
Wed 29th	TBD	TBD	TBD	TBD	TBD	

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Dec-23						
Sun 3rd	Hamilton Square	10:20	Walk Mill	DG	B	
Wed 6th	Sprout	10:30	Christmas Lunch Ride	HF	C+	
Sun 10th			TBD	NJ	B	
Wed 13th	Sprout	10:30	Rose Farm Utkinton	HF	B	
Sun 17th	Calisa	10:15	The Farm Café Burscough	DG	B	10:25 pick-up at 6 below
Wed 20th	Hadlow Stn Café	10:30	Café Fresh	SS	C+	
Sun 24th			Ad hoc ride	-	-	
Wed 27th	Hadlow Stn Café	10:30	Meadow Lea	PW	B	
Sun 31st			Ad hoc ride	-	-	
Jan-24						
Wed 3rd	Sprout	10:30	Delamere Forest	HF	B	
Sun 7th	Hamilton Square	10:20	TBD	DG	B	
Wed 10th	Hamilton Square	10:30	Wirral Loop	PW	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