

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 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.**

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:

Name	Telephone Number
1 HF	07887 623870
2 DG	07817 072644
3 DJ	07972 163370
4 DT	07963 432568
5 SS	07914 492319
6 PW	07779 718425
7 MT	07970 743826
8 TS	07581 155311
9 MG	07979 073351
10 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:- Apr-Jun 2024

Date	Meet Location	Depart Time	Destination	Leader	Ride Category	N.B.
Apr-24						
Wed 03 Apr	Freshfield Station	11:15	Pimbo Garden Centre	SS	C	
Sun 07 Apr	Hadlow Road Railway Station	10:30	Hargrave	HF	B	Social event
Wed 10 Apr	Nets Café	10:45	Pet Cemetery	HF	B	
Sun 14 Apr	Hadlow Road Railway Station	10:30	Manorwood Café	DG	B	
Wed 17 Apr	Sprout Kitchen Garden	10:30	Station Café Delamere	PW	B	
Sun 21 Apr	Capenhurst Station	10:15	Afon-Wen Café	JC	A	Hilly, 65-70 miles
Wed 24 Apr	Ormskirk Station	10:30	Ormskirk to Croston	DG	B	
Sun 28 Apr	South Parkway Station	09:30	Snowdrop Café Lower Peover	DJ	B	
May-24						
Wed 01 May	Chester Station	11:00	Riverside Organic Farm Café Davenham	SS	B	
Sun 05 May	Liberty Bell Coffee	10:00	Wirral Circular	MT	B	
Wed 08 May	Hadlow Road Railway Station	10:30	Marbury	PW	B	
Sun 12 May	Chester Station	10:30	Bangor-on-Dee	DG	B	
Wed 15 May	Capenhurst Station	10:15	Chain & Sprocket Café Lôn Parcwr, Ruthin	JC	A	Hilly, 65-70 miles
Sun 19 May	Ormskirk Station	10:30	Preston Marina	DJ	B	
Wed 22 May	Tate Liverpool Mann Island, Liverpool	10:00	Mersey Loop	MG	B	
Sun 26 May	Sprout Kitchen Garden	10:00	Lost Barn Tilston	HF	B	
Wed 29 May	Chester Station	10:45	A Waterside Café at Whixall Marina	PW	A	

Merseyside CTC Runs List

Jun-24						
Sun 02 Jun	Calisa Coffee Shop	10:15	Lancashire Lanes	DG	B	10:25 Broadgreen
Wed 05 Jun	Chester Station	11:00	Two Doves Café and Shop Overton	SS	B	
Sun 09 Jun	Hadlow Road Railway Station	10:30	Cheshire Lanes	TS	B	
Wed 12 Jun	Nets Café	10:30	The Plassey	HF	B	
Sun 16 Jun	Calisa Coffee Shop	10:15	Brandreth Barn	DG	B	10:25 Broadgreen
Wed 19 Jun	Hadlow Road Railway Station	10:30	Malpas	PW	B	
Sun 23 Jun	Nets Café	10:30	Llandegla Mountain Bike Cafe	DJ	B	
Wed 26 Jun	Ormskirk Station	10:45	Mason's Market Café, Leyland	PW	A	Chorley, Southport, Ainsdale
Sun 30 Jun	Hadlow Road Railway Station	10:30	Cheshire Lanes	TS	B	
Jul-24						
Wed 03 Jul	Chester Station	11:00	Venetian Marina Cafe (near Nantwich)	SS	B	
Sun 07 Jul			Bert Bailey Vets 100 / Ad hoc			No organised club ride
Wed 10 Jul	Hadlow Road Railway Station	10:30	Loggerheads	PW	B	
Sun 14 Jul	Calisa Coffee Shop	10:15	Parbold	DG	B	10:25 Broadgreen

- 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