



MERSEYSIDE  
CYCLING  
CAMPAIGN

cycling  
UK MERSEYSIDE

# PEDALPRESS

SUMMER 2017

- Princes Avenue consultation
- Summer bike rides
- Cycle parking

## Good news in 2017?

As I write this, we are now half way through 2017 and many of you will be pleased to have the Wirral Line Loop back in service and restoring this invaluable service for cyclists whether they be commuting or riding for leisure.

Although at times it has seemed like a long six months, I actually think the works have been handled really well and I am pleased that Merseytravel, Merseyrail and Arriva listened to Merseyside Cycling Campaign and other cycling groups by including measures to support cyclist during the Loop Line refurbishment. The provision of a bike bus to carry cycles when there was no cross river rail service was particularly welcome and I would like to thank the drivers and Arriva for working hard to make cyclists welcome and allow us to get from A to B without too much difficulty. They even provided a mini bus and a trailer when the usual bus broke down.

A big thank you to Merseytravel, Merseyrail and Arriva for listening to Merseyside cyclists and for helping to keep us cycling.

I also think that we are starting to see a change in attitude from public figures locally. Many are now willing to work with

MCC and other cycling groups as they realise that we are not just promoting a narrow range of interests, but are also seeking to make active travel available to everyone and to make Merseyside a more pleasant place to live and work.

Recently, we have seen positive noises from Steve Rotherham, the recently elected Mayor for the Liverpool City Region and also from Jane Kennedy, the Merseyside Police and Crime Commissioner concerning the promotion of cycling.

Jane describes herself as being like Commissioner Gordon from Batman but without Batman and Robin. But, by making road safety one of her five key priorities as Commissioner, she is revealing true 'superhero' status by seeking to target the biggest risk to public safety from crime – careless and dangerous driving.

It is early days, but I do feel that these few examples of positive work within Merseyside, means that I for am optimistic that this could be the start of a change whereby politicians appreciate the advantages for everyone in Merseyside becoming a Cycling City Region.

**Alan Johnson**

## Rights of way consultation

Your views are being requested on the Liverpool City Region Rights of Way Improvement Plan (2018-2028).

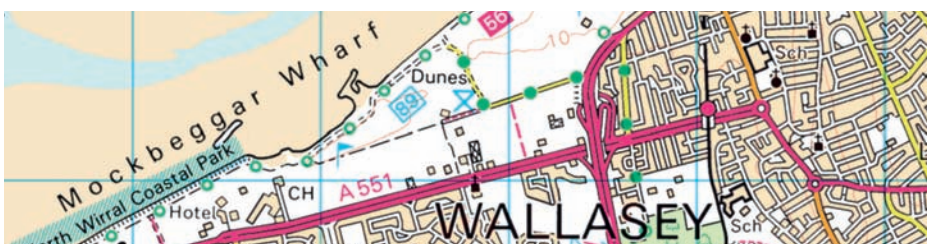
The consultation for the Liverpool City Region Rights of Way Improvement Plan is now underway. This joint plan has been prepared by the six LCR local authorities and Merseytravel on behalf of the Liverpool City Region Combined Authority to improve the local network

of public rights of way for everyone to use.

Copies can be viewed at council one stop shops and public libraries across the Liverpool City Region. You can download the draft plan on the link below:

All comments received will be considered before the final plan is prepared and published. The consultation period will end on 29 September 2017.

<http://bit.ly/2tuzxh9>



Merseyside Cycling Campaign was set up in 1985. The campaign has a central committee of volunteers who deal with Merseyside wide issues and campaign policy.

The Campaign's monthly general meeting is held in the Baltic Fleet pub, 33a Wapping, Liverpool L1 8DQ on the third Monday of each month. Business starts at 6pm. The agenda includes opportunities to discuss current issues and planning matters. All welcome.

### Committee

President: Lewis Lesley

Chair: Alan Johnson

[merseysidecyclingcampaign@hotmail.co.uk](mailto:merseysidecyclingcampaign@hotmail.co.uk)

Campaign Secretary: Andrew Grimbley

[merseysidecyclingcampaign@hotmail.co.uk](mailto:merseysidecyclingcampaign@hotmail.co.uk)

Membership Secretary: Stella Shackel

[merseysidecyclingcampaign@hotmail.co.uk](mailto:merseysidecyclingcampaign@hotmail.co.uk)

Treasurer: Chris Beazer

Media: Don Thompson

Pedal Press editors: Don Thompson and Slim Smith

[pedalpress@merseycycle.org.uk](mailto:pedalpress@merseycycle.org.uk)

Website Officer: Martin Dunschen

Technical Officer (Design): Philip Winston

Technical Officer (Planning): Roland Graham

### Membership

Membership is open to anyone – cyclist or not – who supports our aims and objectives for safer cycling, traffic calming and a better, healthier environment.

Membership is free, however, the campaign relies on donations of time and money.

Website [www.merseycycle.org.uk](http://www.merseycycle.org.uk)

Facebook [@merseycycle](https://www.facebook.com/merseycycle)

Twitter [@merseycyclists](https://twitter.com/merseycyclists)

### MCC monthly meetings

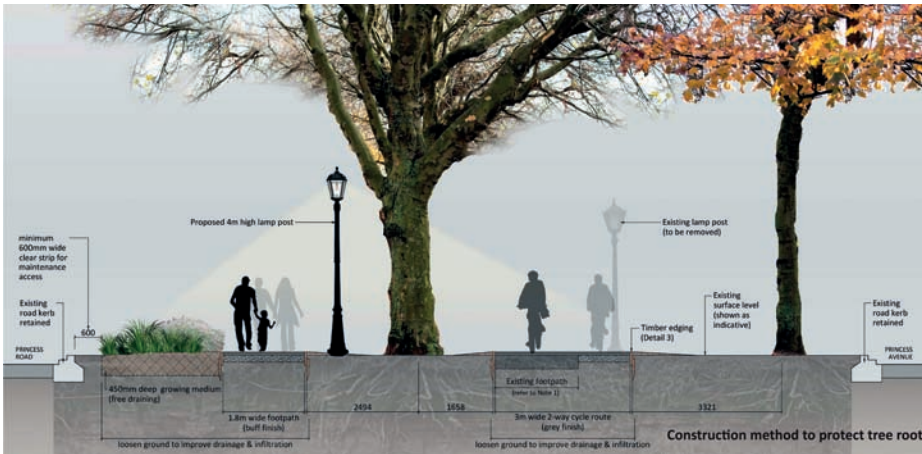
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Pedal Press newsletter dates

**Autumn issue copy deadline: 30 August 2017.**

Members' help with the newsletter, including writing articles, taking photos, providing reviews and proofreading is always very welcome.

# Princes Avenue/Princes Road consultation



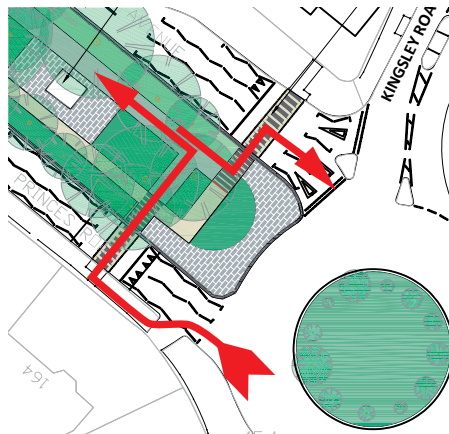
Liverpool City Council has been holding a consultation on plans to improve the central boulevard between Princes Avenue and Princes Road, which would include a cycle lane. In general, MCC is positive about the improvements, but the main concerns are about the connections to this facility and the need for a holistic look at the network linking to it.

The boulevard as originally designed was continuous between Selbourne Street and Kingsley Road, but subsequently two cut-throughs were created at Upper Warwick Street and North Hill Street. The proposal is to remove these cut-throughs and make the central reserve continuous again. This will mean that motor traffic has to make a slightly longer route around the reserve, with a new right turn lane created at the Selbourne Street end.

Two options for the cycle lane have been presented, but essentially it's a resurfacing of the existing zigzag path, narrowing as it passes the substations. There is no mention in the consultation for provisions to clear the cycleway of leaves or snow.

The problem with this proposal is access to the central reserve. At the Princes Park end there is the roundabout with five road lanes joining it plus the cycle route into

the park. This is generally regarded as an unpleasant roundabout for cyclists to navigate. To access the reserve, the cyclist will have to ride onto the pavement, wait with pedestrians for the toucan crossing,



before using a section of shared-use path and making a sharp turn onto the cycleway. In the reverse direction, the cyclist will again have to wait for the toucan crossing, proceed half way across it to join the traffic lane onto the roundabout.

At the Selbourne Street end, the cyclist leaves the reserve via shared-use path, toucan crossing, and onto the traffic lane. Getting onto the reserve involves mounting the pavement, toucan crossing, shared-use path and again a sharp turn onto the cycleway.

It only takes around three minutes to cycle the length of the reserve, will cyclists want to extend their journey time by going through these manoeuvres to get on to the central reserve?

## Paint on the road

An on-road cycle lane is proposed to run from the toucan crossing to the Upper Parliament Street traffic lights. This will be at the minimum acceptable width of 1.5m and unprotected. It appears after the zigzag lines of the crossing, disappears at the cross-hatching by Upper Stanhope Street, vanishes again for a bust stop, and emerges to join the advance cycle stop line by Upper Parliament Street. At the toucan crossing, the two lanes of motor traffic are expected to veer to the right

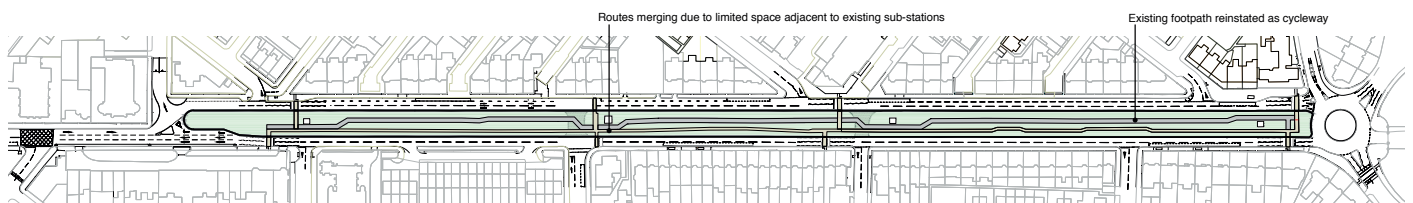


to avoid the cycle lane. This proposal seems wholly inadequate and potentially dangerous for cyclists.

## Traffic speed

There is a risk of speed increasing with fewer junctions for townward travelling traffic and a need for speed enforcement particularly in evenings on both sides, with a change to 20mph for both Princes Avenue and Princes Road.

**Slim Smith**



# Does Liverpool One see the value of cycle parking?



Over the last three years, Merseyside Cycling Campaign (MCC) and Liverpool City Council (LCC) have tried to persuade Liverpool One to provide more cycle parking. As with many developments like Liverpool One, ownership of the land can be complicated. Liverpool One manages the site on behalf of Grosvenor Europe and it authorises any proposals as the ultimate landowner. The Liverpool One site is marked by studs on the pavement and once outside the boundary, LCC or the Hilton Hotel own the public realm. LCC also adopted the part of College Lane from Hanover Street to by Lunya.

Due to utilisation of the central main shopping areas for outside seating for cafes, event spaces and advertising boards (and clear sight lines), Liverpool One claims there is little room for expanding cycle parking.

MCC and LCC met with Liverpool One again in June and following that meeting five locations where cycle stands could be added have been identified, which will be discussed with their Estate Director. Liverpool One will report back on this by the end of July.

Liverpool One claims that it is very positive about LCC liveable city proposals and is not against cycling, however, the 'how to get here' page on its website includes no information on how to cycle there or where to park a bicycle.

**Alan Johnson, Slim Smith**

## Economic benefits of cycle parking

- Cyclists visit local shops more regularly, spending more than users of most other modes of transport
- Per square metre, cycle parking delivers 5 times higher retail spend than the same area of car parking
- A compact town optimised for walking and cycling can have a "retail density" (spend per square metre) 2.5 times higher than a typical urban centre.
- Public realm improvements, including those that cater for cycling, have been shown to result in increased trade at local businesses; up to 49% in New York City

*The 'Value of Cycling' report - University of Birmingham/ Department for Transport 2017*

## Cycle parking in Wirral

New cycle parking will be going installed at the following locations:

- Banks Road, West Kirby x 4 stands
- Ireton Day Centre x 3 Stands
- Pensby shops x 3 Stands

There is a small amount of funding still available, suggestions of other locations that could benefit from cycle parking can be emailed to: [amandakeenan@wirral.gov.uk](mailto:amandakeenan@wirral.gov.uk)

## Earle Road and Tunstall Street traffic calming

A consultation on new traffic calming measures in Earle Road and Tunstall Street is being held, with a cut-off date for comments on 27 July.

The plans may be inspected at The Regulatory Team, 5th Floor, Cunard Building, Water Street, Liverpool, L3 1AH and at the offices of Amey (Consulting), Unit 6, Matchworks, 142 Speke Road, Garston, Liverpool, L19 2PH, between the hours of 9.15 a.m. and 4.00 p.m. on Mondays to Fridays inclusive.

## Cycle parking wanted by office workers

In a survey of 1,000 workers, British Land found 87% want public transport links close to their offices, rising to 97% in London. And 39% of all employees want somewhere to park their bike at work, a figure that rises to 50% among millennials. Also, 53% of employees want showers and lockers to use after they have run or cycled to work.

Cycle provision can improve the letting potential of business space and reduce rental voids, according to research conducted for the British Council of Offices.



# Liverpool Cycle Forum

The June meeting of the Liverpool Cycle Forum featured a presentation from Jane Kennedy, Merseyside's police and crime commissioner.

Jane Kennedy told the meeting that her main focus is on making road safety a priority for the Merseyside Police. She cited Manchester and Liverpool KSI (killed or seriously injured) figures which show that in Liverpool a cyclist is twice as likely to be killed as in Manchester.

She is liaising with various bodies to try to make them work in harmony. There is a Merseyside Road Safety Partnership that focuses on education and enforcement, but does not look at engineering. Meanwhile the Transport Advisory Group is made up of senior engineers, but has little understanding of cyclists' needs, for instance removing cycle lanes from major roads because it thinks cyclists should use side streets.

She has worked with the police to

develop a problem-solving team, who have gained Bikeright team leader qualifications and cycle with front and rear cameras fitted.

Other developments include a website where cyclists can report near misses, which is being worked on. Arriva have been running sessions to demonstrate the blind spots in bus drivers' vision of the road. 'Watch out for cyclists' signs being fitted to municipal vehicles.

## Cycling and walking investment strategy

Karen Stevens, cycling & walking officer at Liverpool City Council, reported that LCC is creating an investment plan. The focus is on job creation hubs and therefore the need for cycling and walking to these locations.

LCC will be running workshops on the Liverpool Cycle Strategy

Implementation Plan in the week commencing 4 September.

LCC is also working on a cycle parking map for Liverpool.

## Cycling UK community cycling group grants

Chris Alston of Cycling UK told the meeting that Cycling UK has small grants available for community cycling clubs and informal cycling groups. Up to £1,800 is available to pay for bikes, tools, first aid training and insurance. At the moment the scheme has attracted many female groups and mixed-ability groups, but not many family groups which Cycling UK is now targeting.

Cycling UK is also running a Women's Festival of Cycling, with its key event in this area being on 29 June in the Wirral (see back page for details).

**Slim Smith**

# Liverpool Braveheart Bicycle Club

Liverpool Braveheart Bicycle Club was formed in January 2014, working on the principle that it was targeting people new to cycling, with the intention of putting the fun back into cycling.

Duff and Hannah Fawcett are the driving force behind this ethos and the club is reaping the benefits of that attitude. It is not a large club, nor primarily a racing club, but it sees itself as socially focused and a place of learning where mechanical skills are taught and most importantly safe riding encouraged.

Over the years the club has accrued differing levels of skilled and non-skilled individual members, who are



contributing greatly to the atmosphere of the organisation.

The club is gaining a great reputation of being family orientated, with an age range from six to 64 years, and it has a high ratio of female members.

Some of the club members have dabbled in competitive sport following

the expert coaching of Duff Fawcett with great success in local road races and time trials. Members also have a high representation rate in Audax.

**Paul Trueman**

Chairman, Liverpool Braveheart Bicycle Club

[liverpoolbraveheartbicycleclub.co.uk](http://liverpoolbraveheartbicycleclub.co.uk)

# Merseyside Cycling Campaign vision statement

**M**erseyside Cycling Campaign has been working on a new vision statement. MCC has now agreed the final version and presents it below.

## Purpose

Merseyside Cycling Campaign (MCC) works with other cycling and pedestrian groups, the general public, statutory bodies and environmental specialists to achieve its vision for cycling on Merseyside.

MCC's Vision for Merseyside is as a better place to live, where cycling is as safe, easy and pleasant as it is in the Netherlands and many other places, and where anyone can make any journey by bike as part of a sustainable transport network; this will have economic, social, environmental and health benefits for all including a more active population and lower levels of pollution, road casualties and congestion, in a region that is easier to get around with more sociable streets and public places.

## Objectives of Merseyside Cycling Campaign's activities

- To make cycling in Merseyside as pleasant and safe as it is in the Netherlands and many other places where it has become safe for cyclists aged five to 85 to make any journey because of informed, forward planning of the highest quality cycling infrastructure, including utilising the opportunities presented by all road engineering revisions and speed restrictions.
- To ensure that all opportunities for improving cycling are

considered in all land use and transport planning processes and decisions and are an integral part of place-making.

- To improve standards, respect and behaviour on the road through education and enforcement of all road users.
- To integrate, and maintain access of, cycling with public transport (bus, train, ferry) across Liverpool City Region, including cycle carriage where feasible and providing ample, conveniently positioned, secure, cycle parking at transport hubs.
- To facilitate a coherent cycling network, with ample and strategically placed cycle parking, along desired direct connections within Liverpool City Region using local and regional routes, designed, engineered and tested to the highest EU standards.
- To disseminate the evidence for the transport, economic, environmental, health and social benefits of cycling and how these can be achieved.
- To promote the benefits of cycling to the general public, businesses, schools, universities, statutory bodies and other groups within Merseyside and Liverpool City Region.
- To encourage others to become actively involved in MCC's vision through focus groups, cycle rides, cycle-friendly cafes, workplaces, shops, entertainment and other activities.

## The process of achieving MCC's objectives

- Proactive, collaborative development of a methodology for each objective.
- SWOT analyses of each objective and methodology.
- Review of stakeholders, commitment and resources.
- Chronological schedule of actions.
- Cycle / pedestrian infrastructure audit of outcomes.

## A Scouse secret



Photo: Neil Thwaite

**D**o you know you can travel with your bike on the Mersey Ferry for just £5.20? When you buy an all areas Saveaway adult ticket from any Merseyrail station, (including James Street, close to the Mersey Ferry terminal), you can travel on the ferry with your bike. You need to present your Saveaway ticket to the Mersey Ferry ticket desk each time you want to

get onto the ferry, they will give you a free boarding pass. You must break your journey, you can't do the full round trip back to Liverpool, but you can get off and board the next ferry.

You can use this Saveaway ticket on the ferries, trains and buses all day Saturday or Sunday and any weekday after 9:30 am.

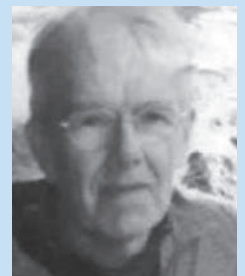
Here is a suggested journey: get the train to Aigburth and cycle all the way along the promenade, without any roads, into town. Get the ferry to Seacombe and cycle to new Brighton or West Kirby. If you feel energetic, you can cycle back or you can use your £5.20 ticket to get the train back. Of course, if you live on the Wirral you can do the Journey the other way round.

**Tim Williams**

## Derek Massey

Derek Massey died suddenly on 10 April, aged 69. Derek was very involved with The Avenues Neighbourhood Network (TANN), he was one of the original team who successfully campaigned to renovate Sefton Park palm house, which eventually led to the renovation of the park itself.

More recently, he was leading groups of "cyclists for health". As a journalist and photographer, he had made a career in fighting local causes and helping people to organise. Derek will be remembered and sadly missed by many.



<http://www.tann.org.uk>

## Wirral Bikeathon Sunday, 11 June 2017

Blood, sweat and gears enabled Wirral cyclists to raise vital funds for the fight against Leukaemia and Lymphoma Research. On 11th June, nearly 1000 cyclists departed Arrowe Park, Wirral, to ride the 19th Wirral Bikeathon. With a 14 or a 28-mile route to choose from, the Bikeathon is very much a family friendly event and well suited to new cyclists.



The mayor of Wirral at the grand depart

Prior to the start, local bike shop 'Bikes and Boards' offered free bike checks and additional technical support throughout. Councillor Ann McLachlan, recently elected mayor of Wirral, greeted the early starters and gave the riders some words of encouragement before the grand depart. Merseyside Police were also at the start offering free cycling helmets to anyone who required one.



Councillor Ann McLachlan, mayor of Wirral with volunteers from Eastham Centre Cycle Hub

Whilst the riders pedalled around the roads and trails, Cycling UK took the opportunity to promote National Bike Week and provide information on their Community Cycle Club programme. They were joined by volunteers from the Eastham Centre Cycle Hub, who have partnered Cycling UK for the Big Bike Revival 2017, another initiative encouraging more people to cycle.



Hope4Cycling CC members with Chris Boardman

Hope4Cycling youngest member, Jamie, said: "I enjoyed riding with my mentor Stan. I loved the muddy sections most and meeting Chris was awesome."

Having completed the ride on his mountain bike, former Olympic gold medallist and event patron, Chris Boardman, posed with participants at the ever-popular selfie stand. Members of Cycling UK's newly affiliated Community Cycle Club 'Hope4Cycling CCC' took Chris up on the offer, having completed the 28 mile route.

Congratulations go out to young Marley Fulco, who won the Boardman Bikes raffle prize, kindly donated by Chris Boardman and exhibited by the BikeHut team from Halfords Bromborough.



Boardman Bikes from Halfords Bromborough

The 19th Wirral Bikeathon was a huge success. With £45,000 pledged, the Bikeathon has now raised £925,000 for the charity Bloodwise, formerly Leukaemia and Lymphoma Research. We're already looking forward to the 20th edition.

**Chris Alston**



## Space for Cycling rally Saturday 22 April 2017

A rainy and windy Saturday in March led us to a Bike Expo in Manchester's Event City. CycleNation, the umbrella organisation of local cycle campaign groups, had also chosen the event to hold their AGM 2017. We knew that CyclingUK had asked campaigners to take part in a concerted effort to draw attention to their campaign "Space for Cycling", also in connection with the upcoming local and metro mayor elections. The chosen day was Earth Day ([earthday.org](http://earthday.org)), a yearly hook you can string a range environmental, ethical, ecological etc. campaigning from. After being impressed by what other groups had planned for the day, we agreed to be part of this national event.

There was not much time until the 22 April, and planning had to be swift and we had to compromise. For example to organise a mass cycle ride was not really an option for us, we believed. A call out for ideas and support to our members yielded some responses and we quickly settled on holding a rally by Liverpool's iconic Pier Head. A connection to the metro mayor election campaign led us to decide on this central location where people who wanted to support us from all of the constituent parts of the Liverpool City Region could reasonably get to. People from Knowsley, Sefton, Halton, St Helens, Wirral and Liverpool would vote in this election on 4 May for a Mayor of the Liverpool City Region, and we were keen to get our voice heard and extract some firm commitments from the candidates in regards to what they would

do for cycling if elected.

We emailed out over 400 invitations to councillors in the City Region, and leaned into the candidates to come to our rally, show their support and address the crowds. CyclingUK and especially Tom Guha, the coordinator for the Space for Cycling campaign, deserve a lot of credit for their help.

Tom came up from London on the Friday evening bringing with him some more materials to use on the rally, and the Saturday morning of 22 April finally dawned. We loaded up our little bike trailer with leaflets, paper flags and feather banners and cycled with anticipation through our fair city down to the Mersey and the Pier Head. Radio Merseyside announced our event in their 8am news bulletin, garnished with some extracts from an interview with Don Thompson.

The first few helpers had already arrived and we rushed to stake out our claim with feather banners and bicycles. Slowly more of the cycling electorate arrived, and it was great to see many old friends and acquaintances and also to welcome new faces who wanted to give their support to the cause.

Some of the metro mayor candidates joined us – Tom Crone of the Green Party, Carl Cashman of the LibDems and Tabita Morton of the Women's Equality Party. Tom and then Carl took to the megaphone and addressed the people with impromptu speeches. Tabita was late but had a good chat with some of us. The eventual winner of the election, Steve Rotherham of Labour, had sent his apologies and promised through one of his aides to send a video to be published

on our or CyclingUK's website. The Echo had sent a photographer who took some pictures, as expected with the Liver Building as a backdrop. Sadly we never saw anything published by the Echo. Ian Bailey took some time out of his busy schedule and did a write-up with some great photos of the event in his regular column for the Southport Visitor; you can still read it at <http://bit.ly/2qPqUr>

The self proclaimed best dressed cyclist, sporting a bowler hat, Daniel Robinson, told us about his plans of a ride from Liverpool, Capital of Culture 2008, to Hull, Capital of Culture 2017, and signed up more interested individuals and groups.

With more time for planning we could have done better; we all were a little disappointed that the turn-out did not include as many non-members of the campaign as we had hoped. I had envisaged a manifestation of the "silent majority" of people who might want to cycle more but don't because they feel unsafe and unprotected on our roads. Maybe we could not reach these people with our advertising, or maybe a rally does not appeal to them? Let us know your thoughts on how we can engage a wider public who share some of our dreams but would for many reasons not come out on a bicycle to a rally like this?

In conclusion, we learned a lot from organising this event and hopefully this will be useful in future campaigning events. Thanks again to all who helped in organising and publishing our rally, and of course to those of you who were there and showed their enthusiasm and love of cycling on the day.

**Martin Dunschen**



## Events

### Liverpool Cycle Forum

27 September 2017, 17.30-19.15, Venue TBA

### Sefton Cycle Chat

Tuesday 25th July, 18.00-20.00, MeCycle Café.

[activetravelsefton.co.uk](http://activetravelsefton.co.uk)



### St Helens Pedal Power

A friendly volunteer led community initiative created by Sustrans. Working in partnership with St Helens council to promote local cycling, providing free use of bikes and helmets it runs regular weekly rides to suit all abilities.

[facebook.com/StHelensPedalPower](https://www.facebook.com/StHelensPedalPower)

### Knowsley's Pedal Away

Sunday 10th September

10 mile family ride and 40 mile challenge ride. Starting and finishing at the velodrome in Huyton, with a ride through Stadt Moers Park.

Register at [cycling.org.uk](http://cycling.org.uk)

### Cycle Liverpool South Bike Rides

Every Sunday leaving at 10.30am prompt.

Meet at the Eros statue in Sefton Park (next to the café). A trained team of cycle leaders will guide you through a range of routes all beginning in Aigburth, south Liverpool, and taking approximately 1-1.5 hours.

The rides have been planned to appeal to beginners and those who feel their skills have become a bit rusty, but everyone is welcome. The emphasis is on fun and discovery. Under 18s must be accompanied by an adult. Please arrive in plenty of time for your bike to be checked over and for an introduction to the ride.

[facebook.com/CycleLiverpoolSouth](https://www.facebook.com/CycleLiverpoolSouth)

### Cycle Speke

Every Saturday at 10am (for 10.15am start)

For a free friendly bike ride, meet at Speke Fire Station, Cartwrights Farm Road, L24 1UY.

Pool bikes and cycle helmets are available free of charge. Rides are led by trained Cycle Leaders and are suitable for most abilities and last for around 2½ hours, including a coffee stop. Every few weeks a longer ride is planned.

[www.facebook.com/CycleSpeke](https://www.facebook.com/CycleSpeke)

[janevduff@gmail.com](mailto:janevduff@gmail.com).

### Ride Social

Bike rides organised through British Cycling social networks.

[www.letsride.co.uk](http://www.letsride.co.uk)

### Liverpool Visually Impaired Tandem Club

Would you like to join the Liverpool Visually Impaired Tandem Club? We cycle out most weeks and whether you come once a week, once a month or occasionally we always welcome new front riders (and back). For more information please contact Kathy 0151 221 0888 or email Don at [theroost@tesco.net](mailto:theroost@tesco.net).

**Liverpool**  
**Wheels for All**  
**Cycling for all abilities**

Come and enjoy inclusive cycling activities for all the family regardless of ability.....come along ....all welcome

**Croxteth Country Park L11 1EH**  
Every Monday 10am – 2pm

**Wavertree Park (near the athletics track) L15 4LE**  
Every Thursday 10am – 3pm £3 per person per session

Further details contact Ian Tierney on 01925 234213  
or email on [ian.tierney@cycling.org.uk](mailto:ian.tierney@cycling.org.uk)



## Cycling UK Merseyside events

Rides are arranged on Sundays, Wednesdays and Fridays. D rides for beginners and families are now being arranged in collaboration with Century Road Club on the occasional Thursday evening and Saturday morning. Runs lists for Sundays, Wednesdays and D rides are attached. There will however be an alternative B+ ride arranged on some Wednesdays and these rides will be published on the club web site as will details of the Friday off road/trail rides. Phase 3 of the Merseyrail loopline renewal continues. Consequently there will be no trains between Liverpool and Wirral between 30th May and 18th June.

### Starting point of rides.

The official start of a ride will be the point at which the designated runs leader for that ride assumes responsibility. In most cases this will be Birkenhead Central Station<sup>1</sup>, Costa Coffee<sup>2</sup>, Hunts Cross station<sup>3</sup> or Elif café<sup>4</sup>. Occasionally runs will start from Eureka cafe<sup>5</sup> or other point selected by the runs leader.

### Pick-up points

For rides starting at Hunts Cross Station heading into Cheshire there will be a pick up at the lay-by on the approach to the Runcorn Bridge. For rides heading north from Elif Café or Costa cafe there will be a pick up at the Blue Anchor pub and occasionally Ormskirk Station<sup>7</sup>. For rides starting at Birkenhead Central there will be a pick up at the Eureka café. Pick up times are detailed in the runs lists.

### Locations of start points and pick-up points

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. Costa Coffee is at Unit 5, Gateacre Park Drive, L25 1P
3. Hunts Cross Station is in Speke Road, L25 0NN.
4. Elif café is just before the Childwall 5 Ways roundabout, Liverpool 16.
5. Eureka Café is at Two Mills, Parkgate Road, Woodbank, Chester CH1 6EZ [see also [www.eurekacyclistscafe.co.uk](http://www.eurekacyclistscafe.co.uk)] If travelling by train the café is approximately a four mile ride

from Hooton Station or a two mile ride from Capenhurst Station.

6. The Blue Anchor Pub is at 32 School Lane, Aintree, Liverpool, L10 8 LH.
7. Ormskirk Station is at Station Approach, Ormskirk, L39 2YN.

It is the responsibility of all riders to ensure that they arrive at the official start point in good time to start the ride.

### 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. Avr. pace 12-15 mph  
 B: moderate, less challenging (short +/- lesser gradients), 50-70 miles. Avr. pace 10-14 mph  
 C: mainly flat, 30-50 miles: avr. pace 10-12 mph. suitable for fit beginners/prospective members.  
 D: mainly flat: 10-20 miles avr. pace 10-12 mph, beginners and family rides

All runs are subject to prevailing weather conditions and may be cancelled by the designated runs leader. All riders should check Facebook /google group for alterations at about 7.30 am on the morning of the ride. If in doubt contact the runs leader as follows:

Name	Telephone Number	Name	Telephone Number
AB	07971 130680	KM	07400 797474
HF	07887 623870	DR	07867 905479
DG	07817 072644	AT	07873 813640
DJ	07972 163370	DT	07963 432568
GJ	0151 2222839	DK	07962461960

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 its members.

## Runs List Sundays June to September 2017

DATE	START	TIME	DESTINATION	LEADER	CAT
<b>July</b>					
2	Hunts X	9.00	Audlem	AB	B [2]
9	Bhead Cen	8.40	Loggerheads	DG	B [3]
16	Eureka	10.30	Pet Cemetery	TS	B
23	Hunts X	9.00	Quarry Bank/Styal	DJ	B [2]
30	Elif	9.00	Croston Twin lakes	GJ	B [1]
<b>August</b>					
6	Eureka	10.30	Gt Budworth	HF	B
13	Elif	9.00	Parbold	DG	B [4]
20	Eureka	10.15	St Asaph	KM	B
27	WILD WALES CHALLENGE				
<b>September</b>					
3	Eureka	10.30	Ruthin	TS	B
10	Hunts X	9.00	Lower Peover	DJ	B [2]
17	Elif	9.00	Rufford Marina	DG	B [1]
24	Social arrangements to be confirmed.				

[1] There will be a pick up at the Blue Anchor at approx 9.45 am.

[2] There will be a pick up at the Runcorn Bridge at approx 9.45 am.

[3] There will be a pick up at the Eureka cafe, leaving between 10.20-10.30am.

[4] Any request for a pick up for this ride should be made to DG

## Runs List Wednesdays, June to Sept 2017

DATE	START	TIME	DESTINATION	LEADER	CAT
<b>July</b>					
5	Hunts X	9.15	Davenham	DJ	B [2]
12	B'head Cen	8.40	St Asaph	DG	B [3]
19	Costa	9.15	Delph Quarry	DR	B [1]
26	Hunts X	9.15	Dunham Massey	AB	B [2]
<b>August</b>					
2	Hooton	10.00	Overton Bridge	AT	B
9	Eureka	10.30	Ellesmere	DJ	B
16	Costa	9.15	Rivington	DG	B [1]
23	Eureka	10.30	Ruthin	GJ	B
30	Hunts X	9.15	Jodrell Bank	DG	B [2]
<b>September</b>					
6	Eureka	10.30	Pet Cemetery	HF	B
13	Hunts X	9.15	Hawarden Airfield	DK	B [2]
20	B'head Cen	8.40	Delamere	DG	B [3]
27	Costa	9.15	Longton	DR	B [1]

[1] There will be a pick up at the Blue Anchor at approx 10.00 am.

[2] There will be a pick up at the Runcorn Bridge at approx 10.00 am.

[3] There will be a pick up at the Eureka cafe, leaving between 10.20-10.30 am.

## Liverpool Century team-up

A new collaboration between Liverpool Century Road Club (LCRC) and Cycling UK Merseyside (CUKM) will provide more rides for their existing members, prospective members and also for beginners and family rides (D rides).

There are now more C rides for existing members of both LCRC and CUKM, or for fit beginners/prospective members.

It will be up to prospective members to decide which club, if any, they join.

The joint effort got underway on Thursday 11 May with 12 riders out on the D Ride. These will continue until the end of August. This D Ride and the C ride below was advertised on the CUKM and LCRC Facebook sites.

On Saturday 14 May there were 14 riders on the C ride to Great Budworth Ice Cream shop cafe. The C and D rides will, in future, be advertised several days in advance on each others Facebook site and C rides will continue all year long.

**Steve Schofield LCRC**



Liverpool Century Road Club presents Go-Ride coaching and training for young cyclists (aged six to 16 years) who have an interest in improving their skills in cycling and cycle racing.

All sessions will be held under the British Cycling Go-Ride umbrella with a qualified Level 2 coach. Coaching and training will be supervised at all times and is off road training only. Each rider will need a road-worthy bike and helmet and a parental consent form must be completed.

It costs £2.00 per person and coaching will take place every Thursday at 6pm at the Lord Derby Academy, Seel Road, Huyton, Liverpool L36 6DG.

Contact Phil Mitchell

Telephone 0151 474 5187

Email: [mitchell1948@blueyonder.co.uk](mailto:mitchell1948@blueyonder.co.uk)

## Events



Throughout July 2017, Cycling UK will be celebrating women who cycle and helping those who need extra encouragement to take up cycling. Whether you cycle five miles or 500, on or off-road, be part of the Women's Festival of Cycling.

### Wirral Celebration Bike Ride (women only)

29 July 2017

9:30am – 35 Mile Wirral Circular

10:00am – 5 Mile Ride

Within Liverpool City Region, we'd love you to come and join us for a free day of cycling around the Wirral Circular Trail. The ride will be done at a steady pace with café stops to rest and eat cake! The route covers a relatively flat 35 miles along the Wirral coastline and the Wirral Way, mainly on good off road tracks or quiet roads. What's more, our network of female Ride Leaders will guide you along the trails and roads so you can just pedal away, make new friends and enjoy the ride.

There is also a shorter five mile ride.

Starting from The Tower Grounds/Egerton Street Tower Promenade Wallasey CH45 2PP

Free entry but registration necessary.

[www.cyclinguk.org/womensfestivalofcycling](http://www.cyclinguk.org/womensfestivalofcycling)

### HSBC UK City Ride Liverpool

Sunday 24 September

09.00 – 13.00

Liverpool is inviting cyclists to take over its streets on Sunday 24 September. Bring your friends, bring your family, bring your bike and join in a traffic-free ride to remember – with lots of free entertainment, plenty to see and have a go at, and a totally new way of experiencing the city.

- Race on the pop-up Street Velodrome
- Get some bike advice from our technicians at the Cycle Inn
- Try some virtual reality track cycling
- Kids' Zone: decorate your bike and learn new skills from British Cycling's HSBC UK Go-Ride crew
- Grab a drink and a bite to eat at the Breakaway Cafe
- BMX off-road area for kids
- Try a host of different types of bikes at the Trial Trail
- Take things easy with a rickshaw ride – or try a bit harder on a tandem!
- Enjoy entertainment and music around the route – to keep you going (and smiling)
- Be loud and proud in the 'Toot your Horn' zone
- Take on the Sir Chris Hoy Challenge and test your sprint skills against the best

[letsride.co.uk/city-ride/liverpool](http://letsride.co.uk/city-ride/liverpool)



### Breeze rides for women

Wed 12 July 2017 6:00pm – Ride along the Liverpool Prom

Sunday 16 July 2017 7:30am – The 100-Mile Challenge for women. This ride is closed to members of 100 Miles group only

Wed 2 August 2017 6:00pm – Liverpool Evening Breeze Ride

Wed 9 August 2017 6:00pm – Prom to Cressington

Wed 16 August 2017 6:00pm – Liverpool Evening Ride

Sat 2 Sept 9:30am – Saturday Morning Breezing around the Wirral

Sun 17 September 2017 10:00am – Liverpool South to North

[www.letsride.co.uk](http://www.letsride.co.uk)