

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 Spod 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:- Oct-Dec 2024

Date	Meet Location	Depart Time	Destination	Leader	Ride Category	N.B.
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	
Wed 16 Oct	Sprout Kitchen Garden	10:30	Rose Farm	SS	B	
Sun 20 Oct	Calisa Coffee Shop	09:45	Churchtown and Southport	DG	B	10:25 Broadgreen Station
Wed 23 Oct	Hadlow Road Railway Station	10:30	Alison's Country Kitchen Tattenhall	PW	B	
Sun 27 Oct	Calisa Coffee Shop	09:45	Parbold	DG	B	10:25 Broadgreen Station
Wed 30 Oct	Burtons at the Manor	10:30	Billie Jean's	PW	B	
Nov-24						
Sun 03 Nov	Hadlow Road Railway Station	10:30	Cheshire Lanes	TS	B	
Wed 06 Nov	Sprout Kitchen Garden	10:30	Lockgates	SS	B	
Sun 10 Nov	Liberty Bell Coffee	10:00	Mersey Loop	MT	B	
Wed 13 Nov	Calisa Coffee Shop	09:45	Pimbo Garden Centre	PW	B	10:25 Broadgreen Station
Sun 17 Nov	Hadlow Road Railway Station	10:30	Walk Mill	DG	B	
Wed 20 Nov	TBD		TBD	SS	B	
Sun 24 Nov	South Parkway Station	09:30	Anderton Boat Lift	DJ	B	
Wed 27 Nov	Hadlow Road Railway Station	10:30	Old Stores	MG	B	

Merseyside CTC Runs List

Dec-24						
Sun 01 Dec	Calisa Coffee Shop	09:45	Halsall Bakery	DG	B	10:25 Broadgreen Station
Wed 04 Dec	Hadlow Road Railway Station	10:30	Wirral Circular to Pollards	PW	C	CLUB CHRISTMAS MEAL
Sun 08 Dec	Liberty Bell Coffee	09:30	Tour de Wirral	DJ	B	
Wed 11 Dec	Sprout Kitchen Garden	10:30	Café Fresh	SS	B	
Sun 15 Dec	Calisa Coffee Shop	09:45	Norton Priory	MT	B	10:25 Broadgreen Station
Wed 18 Dec	Café Inside Museum of Liverpool Life	10:30	Canal to MeCycles ending at Ormskirk	MG	B	Bring bike locks!
Sun 22 Dec	Hadlow Road Railway Station	10:30	Meadowlea	TS	C	
Wed 25 Dec			NO CLUB RIDE			
Sun 29 Dec			Ad Hoc - arrange individually			
Jan-25						
Wed 01 Jan	Liberty Bell Coffee	10:00	New Year's Day Mystery Ride	DG	C	
Sun 05 Jan	TBD		TBD	DJ	C	
Wed 08 Jan	Hadlow Road Railway Station	10:30	Walk Mill	PW	C	
Sun 12 Jan	Calisa Coffee Shop	09:45	Lancashire Lanes	DT	C	10:25 Broadgreen Station

- 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