



Founded 1878

Cyclists' Touring Club Burnley & Pendle CTC

www.burnleyandpendlectc.co.uk

Secretary: John Ramsden, Tel (01282) 712185

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RIDES -- July to September 2019



| Date | Run | Destination | Lunch | Meet | Time | Leader |
|---------|---------|---|-----------------------|---------------------|-------|-------------------|
| 6 July | XS | Bank Newton | Gargrave | Langroyd | 10.00 | Ian Lowcock |
| 7 July | S | Hull Pot (short track) | Horton in Ribblesdale | Gisburn | 9.15 | David Tinker |
| | M | Halton Gill | Little Stainforth | Gisburn | 9:30 | |
| 11 July | Midweek | Scull Road | Burnsall | ESSE Barnoldswick | 9.15 | |
| 14 July | S | Cow & Calf Rocks | Ilkly | Lanshawbridge | 9.15 | Ian Lowcock |
| | M | 100K Challenge Ride | Knott End | Whalley Bus station | 8:45 | Mark Clegg |
| 21 July | S | Winterburn | Airton | Gisburn | 10.00 | David Tinker |
| | M | Bolton Abbey | Burnsall | Langroyd | 9.00 | |
| 28 July | S | Cuddy Hill | Roots Cafe | Springwood car park | 9.30 | Harry Taylor |
| | L | Arncliffe | Malham | Springwood car park | 9.00 | Mick Stone |
| 3 Aug | XS | West Bradford | Waddington | Springwood car park | 10.00 | Harry Taylor |
| 4 Aug | S | Presidents Ride | Glasson Dock | Longridge | 9.15 | Jim Duerden |
| | L | Presidents Ride | Glasson Dock | Springwood car park | 9.00 | Mark Clegg |
| 8 Aug | Midweek | Janets Foss | Malham | ESSE Barnoldswick | 9.15 | Harry Taylor |
| 11 Aug | S | Black Stone Edge | Hollingworth Lake | Holme Chapel | 9.15 | |
| | M | Rombalds Moor | Otley | Laneshaw Bridge | 9.00 | |
| 18 Aug | S | Cromwell Bridge | Whalley Abbey | ESSE Barnoldswick | 9.30 | Margaret Brown |
| | M | Condor Green | Cafe de' Lune | Springwood car park | 9.30 | Mark Clegg |
| 25 Aug | S | Thwaite Lane | Clapham | Gisburn | 9.00 | David Tinker |
| | L | 100 in 8 Challenge Ride | Caton | Springwood car park | 8.30 | John Ramsden |
| 1 Sept | S | Malham Tarn | Malham | ESSE Barnoldswick | 9:30 | Jim Duerden |
| | L | Three Abbeys | Middleham | Langroyd | 8:30 | Trevor Stansfield |
| 6-10 | | September Weekend – Tewkesbury – contact Jim Duerden / Mark Clegg for details | | | | |
| 8 Sept | S | Kingsdale (Car Asst) | Dent | Settle (Naked Man) | 9.00 | David Tinker |
| | M | Bowland Knotts | Clapham | Springwood car park | 9.45 | Mick Stone |
| 12 Sept | Midweek | Harris End Fell | Applestore | Springwood car Park | 9.30 | |
| 15 Sept | S | Little Bowland | Chipping | Springwood car park | 10.00 | |
| | M | Hubberholme Church | Kettlewell | Gisburn | 9.15 | |
| 22 Sept | S | Kilnsey Cragg | Kettlewell | ESSE Barnoldswick | 9.15 | Margaret Brown |
| | M | Harris End Fell | Daisy Clough | Springwood car park | 9.30 | Mark Clegg |
| 29 Sept | S | Valley of Desolation | Storiths | Laneshaw Bridge | 9.30 | Harry Taylor |
| | L | Ribblehead | Ingleton | Gisburn | 9.30 | John Ramsden |

Rides :- XS = Extra Short ride (approx. 15 - 20ml), S = Short/Social ride (approx. 35-50ml), M= Medium ride(approx. 50-60ml), L = Long ride (60+ml).

Contacts: (L) John Ramsden 712185, (S) Jim Duerden 453061, David Tinker 774828, Ian Lowcock 812842, New Rider Enquiries - Harry Taylor 695728.

#Extra Short Rides. Easy paced rides of approx 20 miles on quiet lanes, coffee stop half way. Any bike is OK as long as it's roadworthy. Bring spare innertube and waterproof jacket. Contact Harry (Tel 695728, M 07522 343181) or harrytaylor1950@hotmail.com

September Weekend: 6-10th Sept. Tewkesbury, contact Jim Duerden / Mark Clegg for details

Bridleway Rides. 20-30miles. More suited to mountain, touring or hybrid bikes. Contact David (Tel 774828)

Midweek Ride Approx 40 – 50 Miles at a steady pace

Evening Social Rides. Meet Every Tuesday 6:30 pm opposite The White Bear Pub, Gisburn Road, Barrowford and finish at the Cross Gaits, Blacko. 15-20 miles on quiet lanes. **All welcome.** Pace & distance will be adjusted to suit any new riders

Contact matt.hargreaves@burnleyandpendlectc.co.uk.

Challenge Rides a series of 4 rides progressing through the summer from 50 kilometres, 50 miles, 100km and 100 miles. No time limits and certificates for completion. £3.00 entry fee. For more information contact Harry Taylor 01282 695728 or harrytaylor1950@hotmail.com

Please report any problems with local roads to the Lancashire County Council hotline 0845 053 0011

Riders new to club riding are welcome on all our rides, although the Short, Extra Short & Tuesday rides are especially suitable.

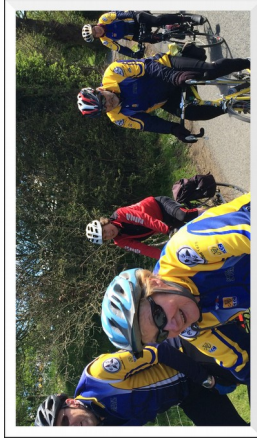


Burnley & Pendle Cyclist's Touring Club



Who we are ...

...a non-competitive cycling club with rides of varying lengths and duration. We emphasise reasonable pace and sociability and our rides are always set to the pace of the slowest rider. Nobody will be left behind, and we take time out to look at the scenery and have café breaks. Our rides list is overleaf but if want more information, please feel free to contact us.



Our rides ...

Monthly Beginners Rides of 10 to 20 miles – Easy paced rides on quiet lanes for a couple of hours including a refreshment stop. Any roadworthy bike is OK for these rides, but please bring a spare inner tube and a waterproof jacket. You'll experience social riding with a friendly group who can also advise on choice of appropriate cycles, equipment and clothing.

Regular Weekly Rides

Tuesday Evening Social Rides of 15 to 20 miles
Sunday Short Rides of approximately 40/45 miles
Sunday Medium/Long Rides of 50 miles plus

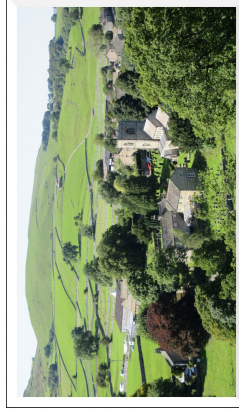
See the rides list on the reverse for full details.

We also arrange weekends away, and social activities throughout the year such as quiz nights, slide shows, bowling nights etc.

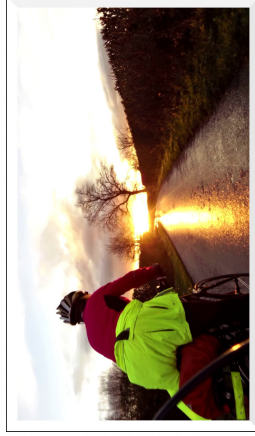
What do recent new members say ? ...



Pete says "When I started cycling I would do 6 miles on my own and would look like Ribena Man when I got back. I quit smoking and had put on a lot of weight so I decided to give club cycling a try. I joined about 15 months ago and now I regularly cycle 40 miles chatting to other riders. I'm in my 50's and discovered roads and routes I wouldn't find on my own, which are generally quiet and in lovely countryside. I also enjoy the café stops!"



Margaret says "The club is more about having a good time and enjoying the wonderful countryside rather than riding hard or being the fastest over sections. I always look forward to my Sundays. It's a great group of people. There's no need to worry about what to do if you get a mechanical issue, what clothing to wear (Lycra not compulsory!), or what kind of bike you have as long as it's roadworthy – just come along and give it a try."



Please note that ride times occasionally vary due to unforeseen weather conditions and ride leader availability. Please check our website for any last minute changes / cancellations.



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