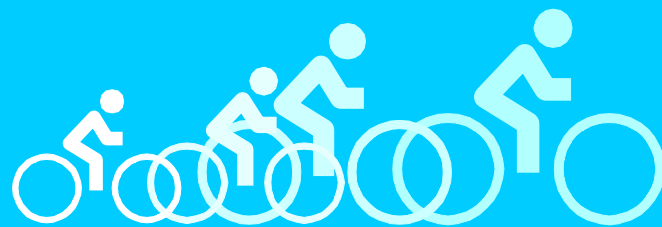


CYCLING Wakefield

Newsletter of Wakefield District Cycle Forum

Promoting and campaigning for cyclists



Edition No.29

| November 2015



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Christmas Dinner

Our Christmas Dinner gets bigger every year and this year it promises to be even bigger and better than ever. And great value.

**Thursday 17th
December
7pm for 7.30
Holmfield Arms
Thornes Park
Wakefield**

If you don't already
have a menu contact
[info@cycling-
wakefield.org.uk](mailto:info@cycling-wakefield.org.uk)

Members Meeting

Our half-year meeting in September decided that we should organise more members meeting. We will now be having two meetings in each of the half years between our AGM in March and Half-Year Meeting in September.

Why not come and join us

**Saturday 14th November 1pm.
Queens Mill Castleford**

**Sunday 24th January 1pm.
Pugneys Park, Wakefield**

New Ride Leaders Needed

As you will read elsewhere in this newsletter, our rides programme continues to grow. So far we have managed to maintain that programme through the commitment of a group of dedicated ride leaders. These leaders are usually people who started off by attending one of our rides and caught the 'cycling bug'.

Sharon Goulding, seen here leading the Pugneys easy ride, is one of these ride leaders. She told us 'I value the work that the Cycle Forum does and I wanted to help other 'get back on their bike'. It is important for me to lead the easy rides as this is what it is all about. It is great to see people who have only been on a bike a couple of times suddenly able to manage 8 miles! That's what makes it all worthwhile. Committing myself to lead one ride a month seemed a small contribution. I also love to lead the rides we do on the Wonders of Wakefield trail. It is great fun as well as giving me the satisfaction of feeling I am contributing something to the work of the Cycle Forum.'



John Harvey, who came along to an easy ride from Pontefract 3 years ago, now leads rides from Queens Mill in Castleford and helps on a number of other rides, as well as helping to manage our work group. He says 'my first experience of a Forum ride was on a rainy evening in Pontefract. It was not the most pleasant of experiences but I did not let it put me off and I attended every Forum ride that I could get to that year. The Forum has definitely made me a dedicated cyclist and I feel by helping lead some of their rides I am giving something back.'

If you have benefitted from the Forums rides, or any other aspect of the work we do, why not 'give something back' and become a ride leader. By committing to one morning a month you will help sustain the growing popularity of cycling.

Get in touch with our ride manager Richard Denbigh at wdcfpressofficer@gmail.com

Free Adult Cycle Training

Go:cycling is an organisation set up by the West Yorkshire local authorities to encourage more adult cycling in the region.

Go:cycling have opened a number of training centres around the region including one at Thornes Park Stadium in Wakefield, and Burtwood Community Centre (SESKU). At these adult training centres you can borrow a bike and helmet for free. There are Learn to Ride and Get Road-Ready training sessions delivered in a traffic free environment. There are also more advanced on-road training in small groups.

Other services provided by go:cycling include:

- 1:1 training at a location to suit you.
- Bike maintenance training
- Getting on the road

go:cycling

To access these services visit the go:cycling web site at www.wygo cycling.com



More Path Improvements by Forum Workgroup

It has taken a few months for our workgroup to recover from the loss of its previous manager, Ian Hookham, but it is now in full swing with regular workdays organised for the remainder of the year. Richard and John, our new managers, organised four workdays in September and October with turnouts of helpers of between 3 and 8.



The group has now completed the resurfacing of a small section of the cycle path at the side of the Normanton Bypass (left) where the Wakefield Wheel (WW) enters Normanton. Much more of this path is in need of maintenance but the logistics of getting materials on site is problematic. They also returned to Went Lane bridleway in Wragby to complete the clearing of the path and improvements to some of the surface.

Two days were also spent on path south of Old Royston, which is part of the Trans Pennine Trail, the WW the WoW where riders should see a big improvement, especially in wet weather

Dates for future workdays, which start at 10 am and usually last 2 hours, have been arranged. They are:

Wednesday 4th and Monday 16th November

Wednesday 2nd and Monday 14th December

If you would like to assist with our workgroup please get in touch with Richard wdcfpressofficer@gmail.com



the
and

at:

The Brig – A New Partnership

As regular readers of our newsletter will know the Cycle Forum has over the years expanded the number of partners with whom we work. In particular we continue to develop 'cycle hubs' throughout the district running cycle related activities in conjunction with our partners at these hubs. Our original three hubs at Anglers, Nostell and Pugneys were joined last year by the Queens Mill where we have joined with Castleford Heritage Trust in developing rides and other activities. Recently we were approached by a new community group in Altofts where we hope we can develop yet another hub.

Altofts Community and Sports Foundation (ACSF), now owns The Brig, a former working men's club. The Brig has undergone a major refurbishment and now, with fully served bar and kitchen, provides a great venue for meetings and conferences and indoor fitness classes. ACSF has also taken over the surrounding 8 acres of public open space to create community sports pitches and other community amenities.

The Brig Community Cycling Club has now been established and operates from this new venue. Originating from around 30 participants who organised social MTB rides and a number of organised road rides the emphasis is about fun and the social aspect, a perspective which fits well with the Brig's facilities and wider community based ethos.

Some Brig members are also members of the Forum and realised that our organisation have similar aims. The Brig are looking to develop bike maintenance sessions, improve people's cycling confidence through organised rides and using turbo-trainers for those who haven't cycled for some time, and bring about wider awareness of the benefits of cycling and access to cycling routes. All of these ambitions fit well with the cycle forum's aims and objectives.

The Forum looks forward to developing a strong partnership with the Brig and establishing yet another 'cycle hub' in the district.



Letters Page

Below we reproduce a letter from one of our members relating to cycle parking at Asda.

Sir, whilst visiting Asda store at Durkar recently I noticed that there have been some changes made to the parking facilities for cycles. The "Sheffield" style cycle stands have been removed from both parking bays and replaced by an alternative arrangement as shown in the photograph.



I object, I also feel the Forum should object to this type of provision, as it is a backward step from the previous provision of Sheffield stands.

My reasons for this are as follows

1. This provision is generally recognised as a less secure arrangement, as locks can only be applied to the wheel of the bike, rather than the bike frame. As a result anyone can remove the wheel and make off with the major part of the bike.
2. Other cyclist locking their bike to these stands can accidentally knock over an adjacent bike causing serious damage to the wheel or bike.
3. Whereas it is common to see a bike locked to each side of a Sheffield stand, (providing facility for 8 bikes in each of the two enclosures) the current arrangement provides for 5 bikes in each bay.

As a Forum we have complained several times over the years, about the misuse of cycle parking facilities at this branch, when Asda have used these cycle storage areas to display merchandise for sale.

I fear that they have now significantly reduced the cycle parking available, increased the risk of cycle

theft hugely and increased the possibility of accidental damage to bike wheels etc all in one go. If Asda had asked for cyclists views on these changes I am confident that there would have been a resounding "no" to the proposals.

Well done Asda, yet again you clearly demonstrate your lack of concern or knowledge about what your cycling customers want or need from you in the way of cycle parking.

John Matthews

PS Please feel free to copy my letter onto Asda on this matter, though I suspect they will deal with it as they have done so in the past.

Other members might like to follow John's example.

We received the following email from sustrans with the tweet attached. It is good to hear that our work is appreciated. We done to our workgroup.

Hi Sandy,

I think this thanks and praise goes to the Cycle Forum? Well done anyway.

Dave Stevens
Volunteer Co-ordinator



Rider No 2,000

The 2,000th rider to attend our rides in 2015 was Richard Hall who gain the honour when attending the October Pontefract ride which leaves the Darrington Hotel on the first Saturday of each month.

Richard first came to the Cycle Forum about 4 years ago. 'My wife and I had been cycling for a while before this', Richard told us. 'On one of our rides we passed through Nostell Priory grounds and found that a Forum event was taking place. After we had consulted the Bike Doctor we decided to join a ride through the grounds.'



'Later I bought a better bike from another Forum member and started to take part in more rides. I have continued to ride with the Forum because the members are good company and the rides have been to my liking. I now do 20+ mile rides 2-3 times a week.' As well as continuing to attend Forum rides Richard rides with and leads rides for the Walton Library cycling group. 'I feel that my health and stamina are improving as a result of my cycling' says Richard.

Richard is one of many stories which illustrate the success of our rides programme. The last 3 years have witnessed a massive increase in the scope of our rides and the number of riders participating in them and we will do well if we can maintain the numbers reached last year. The evidence from the year so far suggests that we will do that.

We are now in our Autumn/Winter programme, which you can see on our web site, and we have managed to maintain the same level of rides that we held during the summer. The only change is the 'entry' level ride which we have moved from Anglers to Nostell to make use of the new paths in the Parkland there. You can read about this elsewhere in this newsletter.

Richards Walton Library cycling group, mentioned above, is an example of a further pleasing development over the last few years, the creation of a number of informal groups of 'social' riders who are organising their own rides. These rides are often organised through facebook and fill a gap

between the rides we provide, which are generally intended for the less confident, new or returning cyclist, and the more challenging rides provided by cycle clubs. Long may this trend continue.

There is no doubt that the popularity of cycling is still growing and the Forum is playing its part in facilitating that growth. Let's hope the powers-that-be recognise and catch up with this trend and start to build the infrastructure that cyclists deserve.

A Bike Ride for the Timid

We all know someone who professes a desire to get on a bike but is frightened to take the plunge. It may be fear of traffic or the lack of confidence in their cycling skills and fitness. They may be apprehensive about joining a group ride for fear of 'holding everyone else back' or being embarrassed because they have to walk up that (wee) hill.

Well we now have the cycle ride for the timid. As you will read in the article about the new cycle hire scheme at Nostell Priory and Parkland there are now two short surfaced tracks in the grounds which make it perfect for cycling. Every first Sunday of the month the Cycle Forum is running an 'entry' level ride making use of these paths in the Parkland.

The ride is run by one of our trained leaders, Angie, with the assistance of Joy. They guide rides round the parkland on a short 3 mile circuit which is not only safe but a delightful experience. The first of these rides attracted 15 riders including three families with children. They all managed the circuit and had an enjoyable ride. Some even repeated the ride on their own or did a longer ride with Angie in the Nostell Estate.

Although the weather is likely to turn a little cooler in the next few months these rides don't take long but are just long enough to get you nicely warmed up. And you can look forward to a warm drink in the café at the end. Remember if you have been cycling you can claim a free cup of tea or coffee in the café at Nostell Priory, as long as you buy something to eat.

So now there is no excuse for the timid would-be cyclist. Get them to Nostell Priory and Parkland on the first Sunday morning of the month for a great morning on the bike. And they don't even need to have a bike as they can borrow one of ours for free.



New Bike Hire Scheme at Nostell Priory and Parkland



Some years ago when the Cycle Forum's vice-chair, David Keighley, suggested to the council that it might be a good idea to think about a bike hire scheme at some of its outdoor facilities, such as Pugneys and Anglers Country Parks, the idea did not go down well. It is a sign of the changing attitude towards cycling that both these places now have a successful low-cost bike hire scheme. For £2 or £3 an

hour visitors can hire a bike and enjoy the traffic-free routes on offer at these venues. A recent re-launch of the scheme at Pugneys with free bike hire (see photo) proved a great success. Thornes Park Stadium has also become a venue with cycle hire where cyclists can take advantage of the new cycle track that circumvents the park.

Earlier this year David approached our partners at Nostell Priory and Parkland, the National Trust (NT), to suggest that they add to their 'cycle hub' status by introducing a similar bike hire scheme there. The NT has been keen to encourage cycling to and from, and on their properties, for some years now. Did you know for example that if you cycle to Nostell Priory and Parkland you can claim a free cup of tea or coffee, if you buy something to eat at the same time? This makes the excellent NT scones which the café offers great value for money. So it is not surprising that David's idea was greeted with enthusiasm.

In order to facilitate the scheme, which will utilise the existing stock of NT bikes, the Cycle Forum acquired a grant from go:cycling. The grant will pay for training on basic cycle maintenance for the NT staff/volunteer, who will run the scheme. The Cycle Forum will also organise the maintenance and servicing of the bikes.

The bike hire scheme comes at a time when the NT are increasing their offer to cyclists in the Parkland at Nostell Priory. Two new surfaced pathways were constructed earlier in the year and plans are being developed for a further two paths which will provide different levels of mountain bike tracks and complete two circular cycle routes in the parkland. The opening of the new paths has allowed the Cycle Forum to introduce a new ride in the Parkland. On the first Sunday of the month we now run an 'entry' level ride which allows people apprehensive about cycling to have a taster in a safe and picturesque environment.

The scheme was launched on Saturday 24th October. Cycle Forum and NT volunteers were on hand to offer free bike hire and advice about cycle routes in the Parkland and beyond.

The partnership between the NT and the Cycle Forum goes from strength to strength at Nostell Priory and Parkland.

