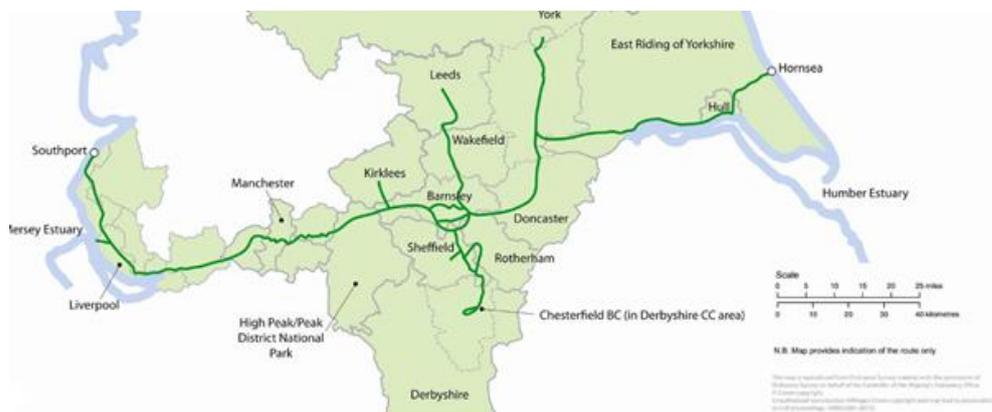


# CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of Wakefield District Cycle Forum Edition No. 45 August 2019



Trans Pennine Trail

## IN THIS EDITION

**TPT Ride**

**Cycle Leader Training**

**News Roundup**

**Bike Doctor sessions**

**Basic bike maintenance class**

**Holiday Wednesdays return**

**The Rambelles**

**Workgroup report**

**Cycle Fun days**

**Adult cycle training**

**New Glass Houghton Route**

**Who's got the machete?**

The idea for a coast to coast route from Southport to Hornsea for walkers, cyclists and horse riders emerged in 1989. The Trail was formally opened as late as September 2001, following an injection of funds from the Millennium Commission.

Ideally, we would have had 30 people cycling 30 miles to celebrate the 30<sup>th</sup> anniversary of the Trans Pennine Trail.

In fact, on the 29<sup>th</sup> June 2019 35 cyclists set out from Nostell Priory on a 25 mile anniversary circuit, taking in a section of the Trans Pennine Trail and part of the Rhubarb Triangle, finishing up at Springhead Park in Rothwell.

Sadly, I have been unable to obtain any photos of this run but understand that a good time was had by all.

WDCF helps maintain part of the 350 miles that make up the Trans Pennine Trail, now including a north / south route from Leeds to Chesterfield with a link to York

If you've done a few rides and are thinking you might like to help, why not join our Cycle Leader Training Course at Nostell from 10.00 to 16.00 on the 7<sup>th</sup> September? By the end of it, you'll feel up to back marking or even ready to lead from the front.

Please email asap [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk), so we know how big a room we'll need.

# News Roundup

## Ride Cancellations

Occasionally, rides have to be cancelled at short notice, perhaps due to extreme weather or the sudden unavailability of ride leaders. We do try and send some-one to the start of the route to let riders know but strongly recommend that you **check on Facebook before you set off**, particularly if you are travelling a long distance. It may be lovely and sunny where you live, while a ferocious rainstorm lashes Nostell.

## Castleford Mill

At present there is limited free parking at Castleford Mill for rides starting there, which generally take place on the second and fourth Saturday of the month. Please do not park in front of the Café, shop or other businesses on the site, all of which would welcome your custom.

## Bike Doctor drop in sessions



Bike Doctor drop-in sessions continue, generally on the third Sunday of the month. The coming sessions are:

Sunday 15<sup>th</sup> September, Anglers Country Park, 11 am 'til 1 pm

Sunday 20<sup>th</sup> October Anglers Country Park, 11 am 'til 1 pm

Booking is **not** required for these sessions

## Basic Bike Maintenance Class

If you missed our bike maintenance class on Sunday 19<sup>th</sup> May at Pugneys and you'd like some guidance on how to look after your bike, all is not lost. Our team will be running a class on Sunday 20<sup>th</sup> October at Anglers from 1pm till 3pm

In this case, booking is essential.

Please email your requests to attend to:

[info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk)

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## Holiday Wednesday Returns

Holiday Wednesdays continue through 2019 and will take place during the Summer Holidays.

Holiday Wednesdays – Nostell  
July 31<sup>st</sup>, August 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>  
11 am till 3 pm

We welcome children and their parents or carers. If you are free, why not come along and help? It's generally smiles all round. Email [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk)



# The Rambelles

The Rambelles are a group of eight women, aged between 50 and 70+, who became friends through their enjoyment of walking with Pontefract Walking Group and St Marys Health Walks. Two of their members, Denise Cusworth and Cathy Lines, attended a guided cycle ride at Nostell Priory, organised by Wakefield District Cycle Forum. Bikes and helmets were provided, as well as advice and encouragement from the cycle leader and back marker. They enjoyed it so much they encouraged the rest of the group to attend the next ride in November 2018. The rest of the group, who are easily lead, were willing to give cycling a try. Mary Crane comments, 'We had all cycled before but most of us had not ridden a bike for years. Personally, I was very keen to try cycling again but as I had fallen off my bike twice before, it was 10 years since I had ridden.' Margaret had also been a keen cyclist but hadn't been on her bike for years. Glenys, Pat and Barbara were the other girls up for a challenge. We were blessed with good weather, an amusing leader with Sandy and encouragement all the way from the other cyclists and back marker. The ride was excellent and good fun, cycling from Nostell to the Anglers Country Park. We also had a photo opportunity at Anglers.

Since that first ride, different members of the group have cycled at Pedal in the Park and from Castleford Mill; we

have always been made welcome and encouraged and advised on cycling. Mary continues, 'Margaret and I have dusted the cobwebs off our own bikes and made them roadworthy. With Cathy as personal trainer we now cycle locally around the many country roads in the Pontefract area, making sure there's a nice coffee stop on route, just like the professional cyclists we see.



We have all gained from starting cycling again, noticing improvements in fitness, a sense of achievement and enjoying each other's company. Thank you WDCF'. Thank you, Mary, for getting in touch and for the cheerful photograph. WDCF is always happy to introduce or re-introduce people to the joys of cycling

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## Workgroup Report:

Over the past 3 months, some of our workgroups have had to be cancelled due to shortage of workers. Unfortunately, vegetation has yet to be cut back along the trail at Nostell or on stretches of the Wakefield Wheel so riders should be wary of meeting stinging nettles or blackberry bushes along these routes.



Our petrol strimmer came in useful on our July workdays on the edge of Xscape, cutting back on overgrown vegetation overhanging the trail. Those who couldn't get a turn on the machine donned gloves and litter pickers to tidy up the roadside stretch of the route. The most popular debris at this point was Costa Coffee cups and their lids and small gas cylinders.

Ferretting through the undergrowth for coke cans revealed a small stand of bee orchids – not common in this area. The strimmer went nowhere near these!

Our workgroup will be out doing their bit for cyclists in the district every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month. Sessions are usually in the morning from 10 till 12.30 and if you would like to help, email us at [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk).

It's a chance to look at the natural world at a slower pace, whilst improving accessibility to it.



# Cycle Fun Days



We hold a number of these throughout the year and they do not always appear on our events calendar. Please keep your eye on our Facebook page.

A recent Fun Day at Nostell took place on the 7<sup>th</sup> July in lovely sunny weather. The skills course was very popular, with some youngsters making repeated attempts to better their time and 2 getting round in under a minute. Smaller children took it more slowly on our balance bikes, with their confidence increasing as they trundled round the circuit, some again and again.

Some took the opportunity to try out a recumbent cycle, a penny farthing or even the 'impossible to ride' cycle which effectively turns the rules on how to ride a bike on their head.

We handed out a lot of ride leaflets, sold some maps and raised funds with a well-stocked tombola, compassionately run by Isabelle and Ruth.

The Featherstone Gala on the 13<sup>th</sup> July started a bit overcast and rain looked a distinct possibility. The sun came out, however, and children had a good time going round our skills course. Several tried more than one bike for size and were surprised to find that on a twisting circuit a smaller bike could be faster.

We publicised the work of the Forum, with leaflets, talking to parents and tombola customers and organising announcements over the tannoy. There are plenty of photos of the Forum at Featherstone Gala on our Facebook page so do take a look.

We will be attending the **Crofton Gala Day on the 8<sup>th</sup> August** and **Havercroft Gala Day on the 29<sup>th</sup> August**. Help setting up the popular Cycling Skills Course, manning the stand, lending out bikes and helmets and putting it all away afterwards would be welcome. If you can assist, email [info@cyclings-wakefield.org.uk](mailto:info@cyclings-wakefield.org.uk).

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## Adult Cycle Training

Cityconnect is funded by the West Yorkshire Combined Authorities and works to help adults get back on their bikes and build their cycling confidence.

**Whether you're looking to build your confidence, maintain your bike or master your commute, we have a course for you.**

Free cycle training and maintenance courses, for anyone 16+, from beginner to advanced including route planning and journey accompaniment, FREE of charge. Participants can take advantage of up to 3 cycling sessions per level. Training takes place at one of the City Connect Cycle Hubs located across West Yorkshire, including Thornes Park in Wakefield. Typically, sessions running from Monday to Saturday, 1000 – 1200, 1230 – 1430 and 1500 – 1700. Bespoke times can be early mornings or late evenings.

Our sessions are typically run in 2-hour blocks, usually with ratios of 1 instructor to 4 participants with cycle training and 1 to 7 with maintenance sessions. Bespoke and 1:1 sessions available on request. People in receipt of certain benefits may be eligible for a free bike.

More information - <https://cyclecityconnect.co.uk/cycle-training> or phone **01274 753 556**

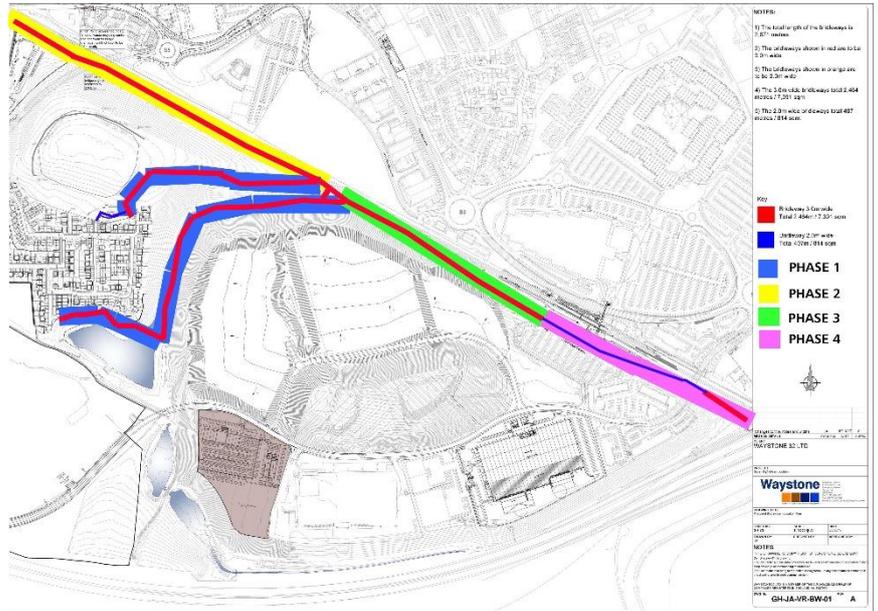


# New Glass Houghton Route

Further progress has been made since our last newsletter on the Glass Houghton Cycle Way – I know they call it a bridleway, but we know better.

Phases 1 and 3 have now been completed and, at the time of writing, there's just a small section at the end of phase 4 to finish (the last part of the red line on a purple background). Phase 2 (yellow) is still work in progress.

We look forward to an official opening in due course. Let's hope they don't spoil it all by cluttering the route up with narrow 'A' frames!



## Who's got the machete?

Not too long ago, Wakefield MDC surfaced a beautiful path across a field at the edge of Anglers Country Park. It was wide enough for two cycles to pass each other and had a lovely compacted level surface.



Unfortunately the farmer who farms the field has ploughed up the path. Cyclists quite properly continue to use the route but each season has brought its own hazards.

The rain in the spring turned it into a slithery mudbath and anyone without cross country tyres risked coming a cropper. Sensible riders took to their feet. As summer approached, the mud baked into tricky, boneshaking ruts.

Summer brought hay fever inducing ranks of yellow rape flowers, tall enough to hide any approaching cyclist or dawdling back marker. The replacement of the black fly-attracting flowers with seedpods did not bring relief. The rape droops under their weight and encroaches even more across the path, whipping bare legs and tangling in the spokes.

Complaints to the council's Rights of Way Department have not produced any results yet. Perhaps you could add your voice to ours?

