

WBCCC Ride Report

Date: 24 July 2016

Day: Sunday

Start time: 10.00am

Finish time: approx. 2.30pm

Ride Name: Twin Lakes (Return to Rufford)

Distance: 28 miles

Numbers attending: 18

Weather conditions: Drizzling rain on and off with occasional bright spells.

General comments: The ride commenced a few minutes late as Enid and Doreen had taken a wrong turn on the way to Parbold and so only arrived at 10.00am. When they were ready for the off Phil 1, the ride leader, provided a short ride overview highlighting a few points on the route where riders needed to take particular care. We headed out of Parbold and through Newburgh enjoying the light Sunday morning traffic. John R, who had joined the ride straight from work, had omitted to bring his cycle helmet and asked whether we might stop briefly near to the cycle shop in Burscough while he purchased a new helmet. We stopped but to no avail as the cycle shop was closed but it gave riders the chance to remove their jackets as the light rainfall had halted. We passed Martin Mere nature reserve and continued through Holmeswood to Mere Brow, the farthest point of the ride. We then took to quiet single track roads through the fields to Sollom and then Bretherton. We arrived at our coffee stop at the Twin Lakes velo café around 11.30am where we found around 50 cyclists enjoying a drink and a snack. The café service was efficient and the quality of the food and drinks met with everyone's approval. This is a good stopping off point for future rides in the area.

After refreshments we made our way through Croston and out towards Mawdesley. We had a brief stop while Steve, with guidance from Jim H and Roy, refitted Tracy's front mudguard. Shortly afterwards we met up with Gary 3 who was cycling in the opposite direction. He had been hoping to meet up with us earlier but had missed us. Phil pulled up quickly to greet Gary but failed to release himself from his left clip-in pedal before drifting off the road and falling into a hedge. Ray decided to stop quickly to help Phil and proceeded to fall off his bike onto the road. Thankfully, there were no injuries although Phil had managed to fall into a bed of nettles. The extent of his nettle rash became evident at the next stop and Doreen came to the rescue with a tube of germolene to ease the inflammation.

We then continued the climb up to the Rigbye Arms before zooming down Stony Lane into Parbold and back to the start point. We had covered 28 miles and several of the 18 participants had increased their mileage by cycling to & from the start point. Nine members cycled round to The Wayfarer to celebrate with refreshments before heading home. The weather hadn't been too unkind and everyone seemed to enjoy the ride.