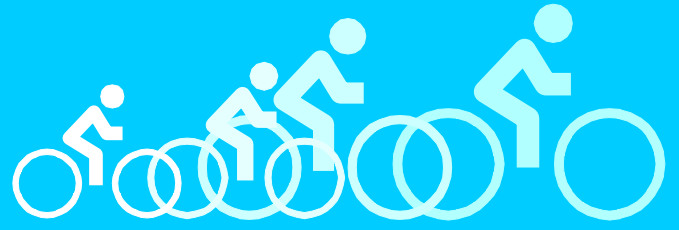


CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of the Wakefield District Cycle Forum | Edition No. 20 | November 2013

Love Where You Live event, Havercroft



IN THIS EDITION

A Good Year for Jeff

Jeff catches the cycling bug

DIY Maintenance Days

Supervised servicing

Ride the Lights

Illumination cycling

DIY Maintenance Sessions

Supervised bike maintenance

Cycle City

Wakefield's big bike day

Chevet Branch Line Project

Phase two completed

Christmas Dinner

Book you place

Job Vacancy

Membership secretary

Super Cycling Summer

Report on Forum activity

20 mph limits

New council policy

Autumn/Winter Programme

Rides programme

What a Summer

The sun shone and a great time was had by all at the record number of events and rides organised by the Cycle Forum throughout the summer.

The weather this year helped to convince people that it was a good time to get on your bike and our volunteers were kept very busy. Let's hope the cycling boom continues and is translated into better facilities for all cyclists. (Full report on page 6)

Cycle Forum Open Meeting

All are welcome to the next Open Meeting of the Wakefield District Cycle Forum

**Tuesday 3rd December
6.45pm**

**Committee Room A
County Hall
Wakefield**

A Good Year for Jeff

2013 has seen a massive increase in the number of people taking advantage of Wakefield District Cycle Forum's programme of guided rides to inspire them and get them back into the saddle. It was our regular first Sunday of the month ride from Pugneys that was to be the catalyst for one of our recent newcomers, Jeff Kitching, who relates his experience below:

'Earlier this year while taking my Sunday morning walk around Pugneys, I stumbled upon the cycling event and that turned out to be the spark that ignited my interest in cycling. Over the past few years I have enjoyed visiting local RSPB sites. Why not cycle to the reserves and get fit in the deal? My wife took a bit of convincing, with my advancing age, but soon warmed to it.

I decided to go out and buy a bike, which I did on the Friday, collecting it on the Saturday morning. My hopes were dashed (at least



Pugneys ride reaches Old Royston

temporarily) when I struggled to cycle home from Halfords, much to the amusement of my wife and neighbours.

It was not what I expected, as I realised I was far from fit and then wondered if I could ever get to the places I would have liked to. On the Sunday morning I joined the Pugney's ride, not knowing what to expect, but was really surprised how friendly the group was in welcoming me aboard.

It was only a short while before I could reach places that I never imagined I could. Since then I have been set upon by Swans, Canada geese, wasps, bees, Yorkshire Terriers, fishermen's rods and not forgetting my daily intake of greenfly. I am now a regular cycle commuter. I now cycle the 30 miles round trip into Leeds and most days I can beat the bus in.

Next season I intend to do the Trans Pennine Trail from Southport to Hornsea. At the moment I am learning to service the bike myself. I have been helped in that ambition by attending the Cycle Forum Basic Maintenance Course last month, which was a great help.

I would like to continue cycling as I have caught the cycling bug. My wife has warned me not to show my face, if I start buying lycra. So far this year has been a terrific year and it's down to the Cycle Forum.'

Jeff Kitching, Crigglestone, Wakefield.

DIY Maintenance Days

Why not follow Jeff's example and service your own bike. Come to our DIY maintenance days at the Old Tennis Pavilion Nostell Priory. You can service your bike while being supervised by our Bike Doctor.

Sunday 27th October, Sunday 24th November
Sunday 26th January

No need to book just come along between
2pm and 3pm

Ride the Lights

On the afternoon of 27th August 2013 I set off in my car with a friend, our bikes hanging on the carrier, heading West over the Pennines. In common with thousands of other cyclists we were going for the yearly "Ride the Lights" event in Blackpool. This is an annual event when the road along the front at Blackpool is closed to all traffic so that cyclists of all descriptions are able to ride along under the illuminations.

It is open to all cyclists, costs nothing to enter and is great fun, the only requirements are the wearing of helmets and the use of lights on the bike.

When we arrived at the large car park just behind the sea front we removed our bikes and made our way to the promenade to find out what was happening. Cycling along the front was very easy along a flat and vehicle free cycle track, until we came to a place where we could sit with a cup of tea and do some people watching. Great to see people of all ages and with all sorts of bikes, from children in fancy dress and bikes with stabilisers on, to those clad in cycle racing club outfits. There were a large number of folding bikes, some electric bikes and some bikes which should have gone to the bike graveyard many years ago.

Quietly the adjoining roads had all been sealed off to traffic and the road along the promenade was empty. The ride started quietly at 7 pm whilst there was still some light left in the sky and we started from the South Shore heading along the road to the North Shore for a nice ride with thousands of other cyclists. As we rode along sharing our journey with so many other cyclists it reminded me of some of the bike rides I have made in places like Amsterdam where the bike is "King".



As we lost more daylight people switched on the lights on their bikes and the stream of cyclists slowly turned into little points of light on mass, like the sky on a clear night with thousands of twinkling stars. The majority of bikes carried smaller battery lights but there were some among them who had off-road lights. It was these which made me think about how advanced some bike lights had become with their capacity to blind on-coming traffic.

As I rode along I reflected on cycling in my youth where we relied on side wall dynamos. These rubbed noisily on the wall of the tyres (shortening the tyre life by many miles), increasing the pedalling effort required by a huge amount and then producing a little yellow beam of light roughly equal to the light from a candle. Wow, what an improvement in lighting for bikes these days.

The evening finished at a chip shop where a fish and chip supper seemed a vital part of "Riding the lights". If you have not yet done the ride, then I suggest that you put it in your diary for next year (26th August 2014)..... I'm sure you will enjoy it.

John Matthews



Cycle City

On Sunday 8th September Wakefield was turned into a Cycling City. Roads were closed off and the city centre became a traffic-free cycle track. This was the initiative of Wakefield Metropolitan District Council as part of their contribution to a summer of cycling in the district. The council reported 1,500 people taking part in the day which turned out to be a very colourful event on a late summer sunny Sunday.

The cycle forum had a stand on the day which proved very popular and was visited by local cycling MP Mary Creagh.



Among the colourful characters at the event was 'Charlie Chaplin'. As usual our vice-chair had to get in on the action. (He is the one on the left)



Chevet Branch Line Bridleway Project



We reported in the last newsletter of progress on the cycle forum project to turn a disused railway line adjacent to Newmillerdam into a bridleway with an all-weather surface for multi-user use. The picture on the left show what the path looked like before the project

Phase two of the project has now been completed and we have had approval for the funding for phase three which will complete the bridleway, which will then link the Trans Pennine Trail at Old Royston to Newmillerdam Country Park and Wood Lane.

The picture on the right shows our Chair, Sandy Clark, who has been project managing the project welcoming

Phil Robinson, from Natural England, who funded the project, as he inspects the completion of phase two.



We will be having a grand opening when the project is completed and we hope as many members as possible will be able to join us to celebrate another milestone in the progress of Wakefield District Cycle Forum.



Christmas Dinner

It is getting close to that time of year again where you eat too much, exercise too little and put on the pounds. Why not start with the cycle forum dinner. For menu and booking details see below.

Wakefield District Cycle Forum
Christmas Dinner, All Welcome
Thursday 5th December 8pm

The Holmfield
Denby Dale Road,
Wakefield,
West Yorkshire WF2 8DY

Christmas, Menu **£12.99**  **£15.99**

Please print and circle your choices,
fill in your name & email.
Hand it with the money to a ride leader
on your next ride. Or email Geoff at :-
gmwestmorland@hotmail.co.uk

Mains

Starters

Homemade red lentil and vegetable soup ✓
with croutons and served with multi-grain bread and butter

Blue cheese and roasted fig salad ✓
with pomegranate pearls, green leaves and balsamic glaze

Prawn cocktail †
with multi-grain bread and butter

Chicken liver parfait
with spiced fruit chutney, melba toast and butter

Hand-carved British turkey
with crispy roast potatoes, buttered mashed potato, chantenay carrots, honey-roasted parsnips, braised red cabbage, Brussels sprouts, pigs in blankets, stuffing and a rich gravy

Braised beef daubes in a ruby port and juniper berry jus ★
with sautéed potatoes, green beans, chantenay carrots and parsnip crisps

Scottish salmon supreme and prawns †
in a smoked salmon and mascarpone sauce, with buttered new potatoes, green beans and roasted cherry tomatoes

Homemade butternut squash, spinach and chestnut herb crumble ✓
with crispy roast potatoes, chantenay carrots, honey-roasted parsnips, braised red cabbage and Brussels sprouts

Desserts

Name

Email.....

Rich Christmas pudding ★✓
with rich custard or Drambuie and clotted cream sauce

Ice cream selection ★✓
Choose from rum and raisin, chocolate or clotted cream

Clotted cream cheesecake ✓
with a fruity mulled wine compote and whipped double cream

Rich chocolate tart ✓
with salted chocolate caramel sauce and clotted cream ice cream

Job Vacancy

Wakefield District Cycle Forum is looking for a new membership secretary. The job would commence after the Annual General Meeting in March 2014 and involves keeping membership records and forwarding our quarterly newsletter and occasional correspondence to all members by email. If you think you can help with this job please forward your details to info@cyclimg-wakefield.org.uk



Super Summer of Cycling

When the Wakefield District Cycle Forum was created as an independent community group some five summers ago the small group of enthusiasts who set it up could hardly have expected it to develop into such an active organisation. If you have been keeping up to date with our activities through the newsletter and our web site you will see that our group of dedicated volunteers have achieved a level of activity that would be the envy of many professional organisations. And what a year 2013 is proving to be.

There cannot be another district in England that can boast as extensive a programme of cycle rides for newcomers and novice cyclist designed to get people back on their bikes and boost their confidence. Our group of around 15 ride leaders run 7 rides every month specifically designed to suit new and returning cyclist. And for the first time all of these rides will continue through the autumn and winter months. When one of our founding member, Roger Talbot, started the 'health rides' he was sometimes only riding with his mate Geoff, but he persevered and now our rides attract an average attendance of around 16 riders.

Our experience this year reflects the growing interest in cycling as a means of transport and a healthy way to have a good time. When 40 people turned up for our Pugneys ride just after the New Year we thought it was just a flash-in-the-pan but that ride continues to attract an average of 27 riders. So far this year around 280 different individuals have participated in our rides and 116 of these are new to our rides this year. One of the attractions of our rides is the fact that the newcomer can come on them without having a bike of their own. Our bikes can be borrowed for free and they were used on over 100 occasions so far this year.



The increasing popularity of our rides programme is matched by the growth in participation at the events we organised throughout the summer. As a result of our partnership with the National Trust many of our events take place at Nostell Priory where the facilities in the Parkland are perfect for a cycling event. We have however taken our events to other venues this year including Pugneys Water Park, Havercroft, Anglers Country Park and Carleton in Pontefract. From April till September we held 23 events. Our information stall gave advice to over 200 people who wanted to know more about how and where to cycle in the district. The short rides at some of these events attracted over 150 people, most making use of our bikes. The Bike Doctor attended some events and gave a 'health check' to 130 bikes, he also ran 3 bike maintenance courses with around 30 participants.

By far the most popular attraction at our events is the 'skills course'. Children of all ages, from 4 to 70, participate, over 800 of them over the summer. The busiest event was the Armed Forces Day at Nostell Priory where our volunteers were kept busy all day with over 200 joining the queue to test their skills on our bikes.

None of this would happen without the help of our hard working group of volunteers. 24 of them gave over 650 hours of their time to make these events happen. And that is only the time they spent at the event. Many hours of planning go into ensuring that our events are a success.

Our continued success depends on recruiting more volunteers so if you want to be part of the cycling revolution, and get a warm glow from helping others to join in, drop us a note at info@cycling-wakefiel.org.uk

Happy cycling and keep smiling.



Schools and crash hotspots to get 20mph speed restrictions

New 20mph zones could be introduced to keep children safe outside schools and reduce the number of accidents in crash hotspots.

Wakefield Council will introduce 20mph restriction zones on the Bull Ring in the city centre, outside



Ossett Academy, on Storrs Hill Road, and Gawthorpe Academy, on High Street, as well as Havercroft, Knottingley, South Kirkby if its cabinet committee gives approval.

Wakefield East councillor Ron Halliday said he supported efforts to limit speed on the Bull Ring. But he called for more zones throughout the city.

He said: "I've seen drivers going too fast at the Bull Ring, where children and families enjoy the fountain, so I definitely support this. And many of the roads in estates like Eastmoor, Agbrigg, Lupset, Portobello were not designed for the amount of cars we see today, so I'd certainly support seeing more 20mph zones in these places."

Road safety campaigners claim the current proposals do not go far enough and restrictions should be placed outside all schools. Brian Coe, chairman of Ossett and Horbury's Road Safety Committee said speeding was still rife on Towngate in Ossett, which has a primary school but has not been selected for a 20mph zone.

He said: "I think anything designed to reduce the number of accidents should be supported, but they've singled out these two schools when all schools should be on a level playing field. The 20mph zone has done nothing in Horbury. You'd think with lots of pedestrians, bus stops, speed humps and narrow streets people would slow down, but a lot are still speeding. Police will not

enforce 20mph zones, and until they do this will not make a big enough difference."

A report to cabinet said the areas had been chosen based on the number and severity of accidents over the past five years. The proposals are just the beginning of a wider scheme to introduce more zones.

Colin Aylward, secretary of Normanton and Wakefield Road Safety Group, said his members would discuss the issue. He said: "This is something that needs looking at properly and investigating where the best places would be for these zones. They don't have to be limited to just outside schools, why not have them outside old people's homes."

Wakefield District Cycle Forum welcomes this initiative as a start to reducing the speed difference between cars and cyclist in built up areas. For the policy to be effective it need to be more universally implemented throughout the Wakefield District with greater effort to enforce it through road safety engineering, visible/physical speed deterrents and the use of speed cameras and police enforcement action.

We also welcome the appointment of local MP Mary Creagh into her new role as shadow transport minister and are hopeful that we will see a cycling MP who supports the notion of increasing cycling activity in Wakefield.

After her appointment recently she said to a local newspaper *that she welcomed improvements to Westgate and Kirkgate railway stations, but she called for more 20mph zones, better bus services to connect rural and urban areas, saying that Wakefield was "very poor" for commuter cycling routes. She said: "There is no space for cyclists on roads, which is disappointing. The council really needs to get a grip on that."*

Let us all watch this development closely and give it all the support we can for the benefit of all Wakefield District cyclists.



Wakefield District Cycle Rides & Events Autumn/Winter 2013-14

October

Wed 2 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 6 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 12 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 15 ☼ Pontefract CCC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sun 20 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 26 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 27 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 27 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Thu 31 ☼ Anglers Country Park
Halloween Ride

Meet 6:15pm for a 6:30pm start. Dress up yourself and/or your bicycle for a chance to win prizes. Approx 10 miles. Bright headlights are essential for this ride. Book by email: info@cycling-wakefield.org.uk

☉ 2 hours

November

Sun 3 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Wed 6 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 9 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 17 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 19 ☼ Pontefract SC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sat 23 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 24 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 24 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 2 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Wed 5 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 8 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 16 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 18 ☼ Pontefract SC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sat 22 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 23 ☼ Anglers Country Park
Roger Talbot Memorial Ride

Meet at 10:15am for a 10:30am start. Approx 20miles. Cycling on traffic free routes and some minor roads.

☉ 4 hours

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 30 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

December - Santa Rides



Dress up yourself and/or your bike for a chance to **WIN PRIZES**. All participants will receive a **FREE TEA/COFFEE & A MINCE PIE!**

Sun 1 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

This event is in aid of Wakefield Hospice. Registration £6 Adults £3 Children. Tel 01924 213900 www.wakefieldhospice.org

☉ 3 hours

Wed 4 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 14 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 15 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 17 ☼ Pontefract CCC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sun 22 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 28 ☼ (Not a Santa Ride) Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

January

Wed 1 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 5 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 11 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 19 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 21 ☼ Pontefract SC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sat 25 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 26 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 26 ☼ Nostell Priory
DIY Bike Maintenance - See Key

February

Sun 2 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Wed 5 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 8 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 16 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 18 ☼ Pontefract CCC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sat 22 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 23 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

March

Sun 2 ☼ Pugneys Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Wed 5 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sat 8 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 16 ☼ Nostell Priory
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Tue 18 ☼ Pontefract SC
Meet at 12:45pm for a 1pm start.

☉ 3 hours

Sat 22 ☼ Junction 32
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Sun 23 ☼ Anglers Country Park
Roger Talbot Memorial Ride

Meet at 10:15am for a 10:30am start. Approx 20miles. Cycling on traffic free routes and some minor roads.

☉ 4 hours

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 23 ☼ Nostell Priory
DIY Bike Maintenance - See Key

Sun 30 ☼ Anglers Country Park
Meet at 10:15am for a 10:30am start.

☉ 3 hours

Key & Details

Pugneys Country Park WF2 7EQ
1st Sunday of the month -
Meet outside visitor centre/café.

☉ WC P

Nostell Priory WF4 1QE
1st Wednesday & 3rd Sunday of the month -
Meet at the front of the house.

☉ WC P

Pontefract
3rd Tuesday of the month -
Check individual date for venue.
Carlton Community Centre (CCC) WF8 3RJ
Meet outside main entrance.

☉ WC P

Pontefract Squash Club (SC) WF8 4PQ
Meet outside main entrance.

☉ WC P

Anglers Country Park WF4 2EB
2nd Saturday & 4th Sunday of the month -
Meet outside tea room.

☉ WC P

Junction 32 WF10 4FR
4th Saturday of the month -
Meet at the new cycle shelter adjacent to Next.

☉ WC P

About the routes
Some routes may be muddy and uneven particularly during wet weather. During wet, snowy and icy weather, routes may have to be altered and may include more minor roads instead of traffic-free routes.

DIY Bike Maintenance Sessions
Nostell Priory Old Tennis Pavilion.
Arrive between 2pm & 3pm. The WDCF Bike Doctor will provide guidance / mentoring to assist you in carrying out maintenance tasks on your own bicycle.

Symbols

Difficulty



Easy

Easy rides are ideal for beginners, families and those wanting to increase their confidence.



Intermediate

This slightly longer ride is the next step up from our easy ride.



Longer

This longer ride is suitable for those who have a good level of fitness and some cycling experience.

Duration - approximate

☉ 2 hours

☉ 3 hours

☉ 4 hours

Facilities

☉ Ride usually has pub stop

☉ Ride usually has cafe stop

☉ Toilets at start

☉ Parking at start

Watch out for our Spring/Summer leaflet, out March 2014

