

LCL BIKE RIDE 2026

RIDER INFORMATION

Sunday 5th July 2026

liverpoolchesterliverpool.com

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PRINCES
Oliver&Co SOLICITORS
H2Origin Refills
northwest cancer research



PEDAL FOR PURPOSE

On behalf of North West Cancer Research, thank you for signing up for this year's ride! Your participation plays a key role in supporting life-saving cancer research and education right here in the North West and North Wales.

Living in the North West, we are 25% more likely to be diagnosed with cancer than anywhere else in the UK.

That's why North West Cancer Research is dedicated to putting our region's cancer needs first, funding pioneering research and education to tackle the cause, improve the care and find the cure for cancer.

Every penny raised and pedal turned brings us closer to a world where cancer no longer has such a devastating impact.

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GO THE EXTRA MILE FOR YOUR COMMUNITY

Every pound raised and pedal turned at the LCL Bike Ride supports us in our mission to put our region's cancer needs first.

By fundraising at the event, you could make an even bigger difference and help us raise even more money that will fund life-saving cancer research, awareness and education in the North West and North Wales.

Every mile for mum: Geoff's 100-mile challenge

Geoff lost his mum, Dorothy, to breast cancer when he was 11 and she was only 46. Since then, he has devoted countless miles, mountains, and milestones to honour her memory and support people facing cancer.

Each year, Geoff chooses a new challenge to raise money. Last year, he cycled 50 miles to mark the 50th anniversary of his mum's passing. This July, he is doubling the distance with the 100-mile route.

We are extremely grateful to Geoff for his support and wish him the best of luck in this incredible challenge.



Inspired by Geoff's story?

Be an LCL legend and set up your fundraising page today!

northwestcancerresearch.enthuse.com
or
justgiving.com/charity/nwcr

north west cancer research

In Partnership With

"As a retailer with strong roots in Merseyside and the wider North West, it makes complete sense to us to back such an iconic event and help make it possible.

"The work that North West Cancer Research does to fight the disease in our region and help to lower rates is incredible, so we're delighted to be part of their project to champion the health of local people."

— *Matt Morris, Head of Charity*
Home Bargains



home bargains
TOP BRANDS - BOTTOM PRICES

YOUR RIDER PACK

In this section you'll find everything you need to know about your rider pack including your rider number and t-shirt. Please take particular note of how you will receive your rider pack, when to expect this or when and where to collect it.

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WHAT'S IN YOUR PACK



Your official rider pack will include: Bike number and an official LCL t-shirt to wear on the day, if requested when registering.

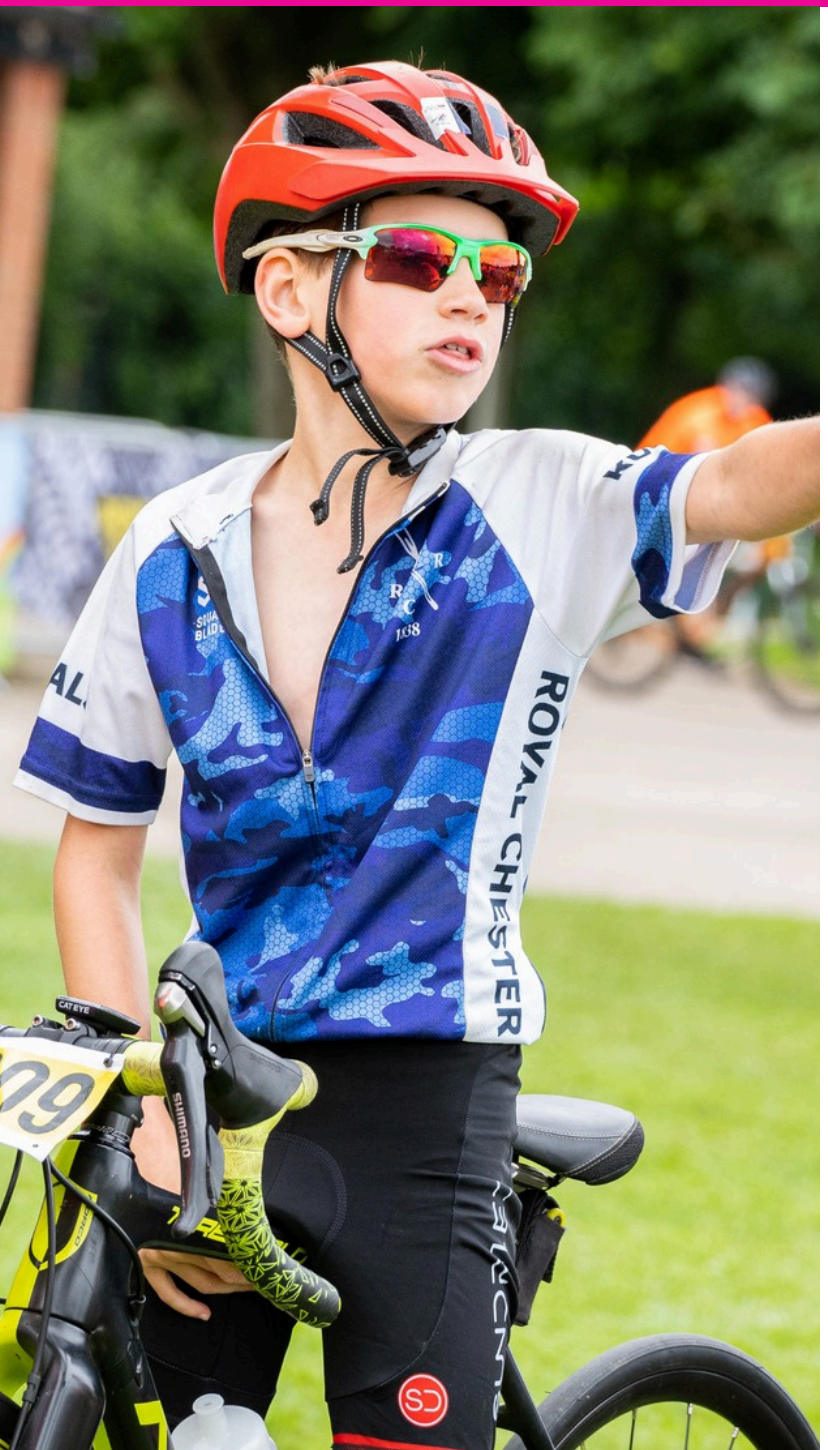
As part of our safety measurs, we have colour coordinated every route to the bike numbers.

You **MUST have your bike number attached to your bike at all times.** You can attach the bike numbers to your bike using zip ties or twist ties. Please ensure that the **bike number colour matches the route distance** you have chosen to complete, as indicated in the route pages.

Remember to make a note of this number in case you lose it during the event.

If you have any questions or any items missing from your pack, please contact us by email:
liverpoolchester@nwcr.org

RECEIVING YOUR RIDER PACK



When registering for the event, you have selected to either **receive your pack by post** or to **collect your rider pack pre-event**.*

If you have opted for postage, this will be sent to you 2nd class via Royal Mail and will be with you ahead of event day.

If you have opted to collect your rider pack, we have a variety of collection points, dates and times available. You can see our collection points listed on the next page.

There will be no on the day collection available for rider packs.

If you have opted to collect your pack and can no longer attend, please email us on liverpoolchester@nwcr.org to request postage.

You will not be able to ride without your rider number.

RECEIVING YOUR RIDER PACK



DATE	TIME	LOCATION
Jun 20, 2026	8am-1pm	Liverpool Science Park 131 Mount Pleasant L3 5TF
Jun 28, 2026	8am-1pm	Liverpool Science Park 131 Mount Pleasant L3 5TF
Jun 28, 2026	8am-1pm	Hulme Hall 23 Bolton Rd, Port Sunlight, CH62 5DH
Jul 1, 2026	8am-6pm	Liverpool Science Park 131 Mount Pleasant L3 5TF
Jul 2, 2026	8am-6pm	Liverpool Science Park 131 Mount Pleasant L3 5TF
Jul 3, 2026	8am-6pm	Liverpool Science Park 131 Mount Pleasant L3 5TF

ON THE DAY - YOUR RIDER NUMBER



Please arrive 15 minutes before your route's allocated start time and our friendly staff will direct you to the waiting area and start line.

There will be no on the day collection for rider numbers and t-shirts. For more information regarding how to receive your rider pack ahead of the event, click here.

If you have lost your rider number, or want to change routes, please arrive 30 minutes ahead of your start time and head to the registration tent.

Unfortunately we will not be able to facilitate 'walk up' or on the day registration and urge everyone to sign up online prior to the event.

There's still time to register online, so tell your friends and family to sign up and join us on the start line! liverpoolchesterliverpool.com/register/

PRINCES

PROUD
Of our city
Of our region
Of YOU!

Princes is proud to sponsor the **Liverpool Chester Liverpool** Bike Ride and to stand alongside North West Cancer Research in their mission to make a real difference in our region.

Thank you for being part of this incredible community.

#strongertogether



YOUR ROUTE INFORMATION

The next section of your rider information booklet contains information about the routes including start times and locations, your rider number colour and your route files. Please read this carefully and make sure you have the right number colour for your route.

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OLIVER & CO 5 MILE FAMILY RIDE



Families get ready to unite through pedal power! The super fun 5 mile family tunnel ride provides an epic experience with the unique opportunity to cross under the famous Mersey river through Liverpool's Queensway tunnel traffic-free!

Rider Number Colour: Light blue

Start Time: 09:00-09:15

Start and Finish Location:
Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

Finish Festival Village:
Exchange Flags, Liverpool, Merseyside, L2 3YL.

Route Map: Click to see GPX file

**Map correct at time of publication.*

For the safety of young children, his route will start and finish at the same location and you will receive your medal. You can then make your way to the finish festival via Dale Street.

25 MILE LIVERPOOL TO CHESTER



This route is a great way to challenge yourself and allows you to cycle traffic-free right through the toll booths in Birkenhead before passing through the Wirral, and onto Neston where cyclists can stop for a snack or just to catch their breath.

Rider Number Colour: Yellow

Start Time: 8.30am - 9am

Start Location:
Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

Finish Location:
Upton Heath Primary School, Upton Lane, CH2, 1ED

Route Map: Click to see GPX file

**Map correct at time of publication.*

50 MILE CHESTER CHALLENGE



This route has some great climbs and explores the scenic Cheshire lanes heading North towards Frodsham. The route continues to Norley where cyclists can stop for a snack before riding through the beautiful Delamere Forest to return to the finish and enjoy the buzzing Event Village.

Rider Number Colour: Red

Start Time: 8am - 8.30am

Start Location:

Upton Heath Primary School, Upton Lane, CH2, 1ED

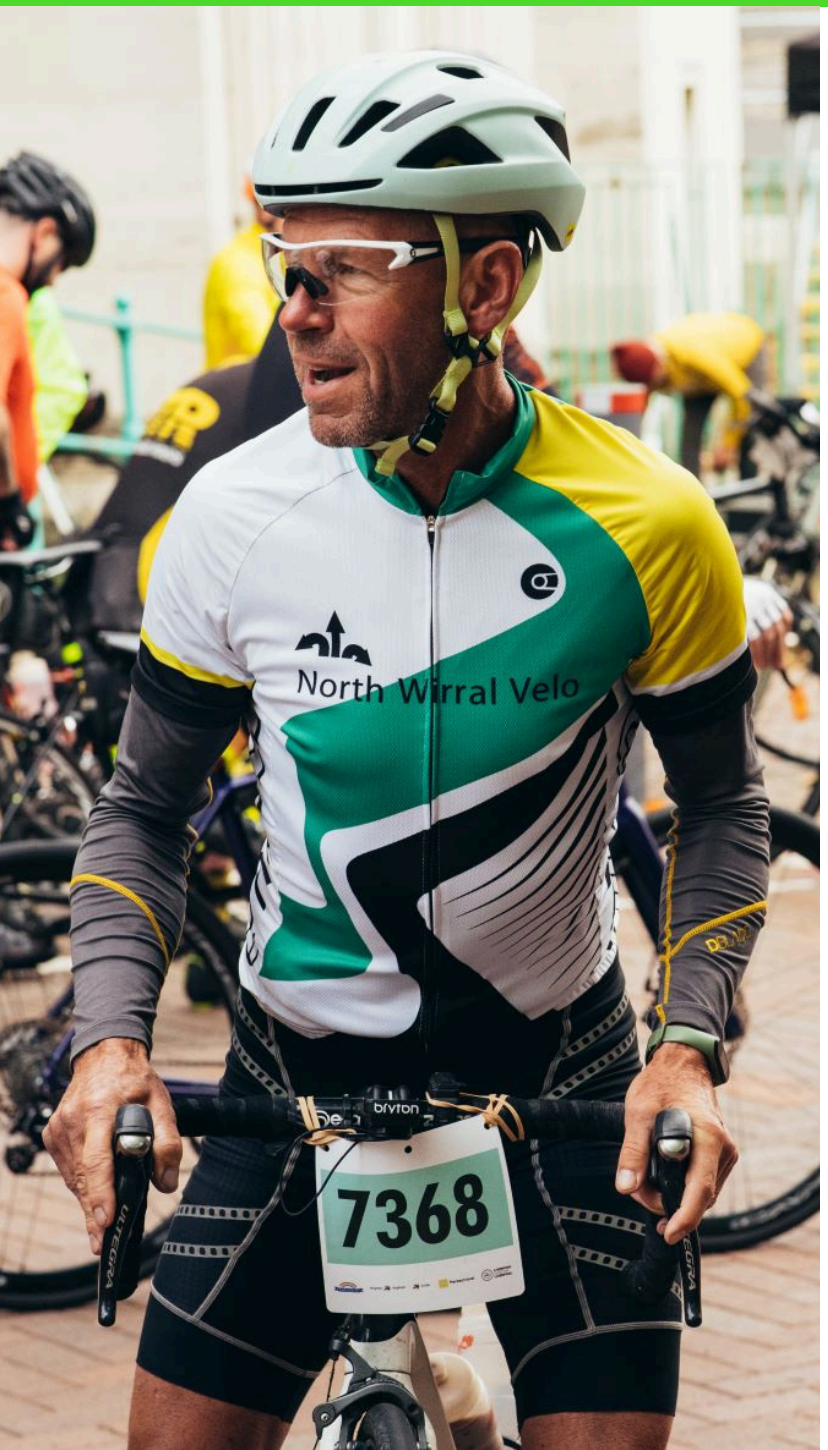
Finish Location:
Upton Heath Primary School, Upton Lane, CH2, 1ED

Route Map: Click to see GPX file

**Map correct at time of publication.*

CHESTER - LIVERPOOL - CHESTER - LIVERPOOL - CHESTER - LIVERPOOL

50 MILE LIVERPOOL-CHESTER-LIVERPOOL



This route is the most popular and THE original! It's perfect for both keen cyclists and beginners looking for a true challenge.

The route allows you to whizz traffic-free right through the toll booths in Birkenhead. You'll loop through North Cheshire, with the opportunity to stop at the Upton Heath Primary School, where cyclists can enjoy a lively atmosphere and a variety of services, refreshments, and entertainment. The route then takes cyclists back through the tunnel, to the finish at Exchange Flags in Liverpool.

Rider Number Colour: Green

Start Time: 7.45am - 8.30am

Start Location:
Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

Finish Location:
Exchange Flags, Liverpool, Merseyside, L2 3YL

Route Map: Click to see GPX file.

**Map correct at time of publication.*

100 MILE CHALLENGE



This is the double-trouble challenge! Andthe most challenging ride out of the 5 routes available.

The ride starts in Liverpool and allows you to cycle traffic-free through the tunnel. The route then loops through North Cheshire, with the opportunity to stop at the Chester event village where you can enjoy a variety of services, refreshments, and entertainment. You'll then head North, towards Frodsham, with some challenging climbs worth tackling to take in the picturesque Mersey view! It continues towards Norley where cyclists can stop for a bite to eat before riding through Delamere Forest. Finally, cyclists ride back through the tunnel, to the finish.

Rider Number Colour: Pink

Start Time: 7am - 7.45am

Start Location:
Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

Finish Location:
Exchange Flags, Liverpool, Merseyside, L2 3YL

Route Map: Click to see GPX file.

**Map correct at time of publication.*

Oliver&Co
SOLICITORS

KNOCKED OFF YOUR BIKE?



We're on your side.

WE HELP CYCLISTS **GET BACK IN THE SADDLE**

- VEHICLE COLLISIONS
- POT HOLES & ROAD DEFECTS
- DANGEROUS DRIVING
- LOSS OF EARNINGS
- SERIOUS INJURIES

Injured through no fault of your own?

We can help you get the compensation you deserve.

We work on a **no win, no fee** basis so you don't have to worry about a big legal bill at the end of your claim.

OTHER CLAIMS WE HANDLE

- ACCIDENTS AT WORK
- SLIPS & TRIPS
- PUBLIC LIABILITY
- CHILD INJURIES
- ROAD ACCIDENTS
- MEDICAL NEGLIGENCE
- INDUSTRIAL DISEASE
- AND MORE...

YOU MAY BE ABLE TO CLAIM FOR:

- Loss of earnings
- Medical treatment
- Rehabilitation
- Care & assistance
- Travel expenses
- Pain & suffering
- Prescription costs
- Damage to your bike

Beyond Personal Injury...

From buying your first home to planning for the future, supporting your business, or helping your family through life's challenges, Oliver & Co is here whenever you need us.

Legal advice you can rely on, whatever the issue.

Friendly. Experienced. **On Your Side.**

GET IN TOUCH WITH OUR SPECIALIST PERSONAL INJURY TEAM TODAY

01244 312306 law@oliverandco.co.uk

Scan for expert advice

Oliver&Co
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01244 312306
law@oliverandco.co.uk
oliverandco.co.uk

Part of an employee owned, full-service law firm, helping individuals and businesses for over 60 years

PRE-EVENT PREP

In the next section we'll share hints, tips and ways to prepare so you (and your bike!) are at your best for your big ride.

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YOUR BIKE CHECK



If you are not sure about the condition of your bike, visit your local bike shop and ask to have it checked.

As a minimum, ensure the following:

- the brakes work effectively
- the tyres are properly inflated and in good condition
- the wheels are not buckled
- the saddles are not new i.e. they need to be a little worn in
- your bike is comfortable and check your saddle height - your leg should have only a slight bend with the ball of your foot on the pedal when the pedal is at its lowest position.

If you are cycling on a new bike or have not used your bike for a long time, please ensure you have done a few conditioning rides to get used to the bike.

LIVERPOOL - CHESTER - LIVERPOOL - CHESTER - LIVERPOOL - CHESTER

PRE-RIDE CHECK

Before you hit the road for the ride, make sure your bike is in top shape! A quick bike check can save you from unexpected surprises and keep you cruising smoothly.

TYRES

- **Check pressure:** Inflate to 90-120 psi
- **Inspect for damage:** Look for nicks or sharp objects. Replace worn tyres

GEARS

- **Test shifting:** Ensure gears shift smoothly with no skipping
- **Check chain and cassette:** Look for wear or debris

CHAIN

- **Clean and lube:** Wipe and apply chain lube
- **Check for slack:** Tighten or replace a loose chain

BRAKES

- **Test brake pads:** Ensure pads are aligned and not too worn
- **Check brake levers:** Make sure they feel firm and responsive

WHEELS

- **Check wheel alignment:** Ensure wheels spin straight without wobbling
- **Inspect hubs:** Tighten hubs if needed

QUICK RELEASES AND BOLTS

- **Check quick releases:** Ensure they're secure
- **Tighten bolts:** Double-check all bolts on handlebars, pedals, and wheels

LIGHTS & REFLECTORS

- **Check lights:** Make sure front and rear lights work
- **Reflectors:** Ensure they're visible

A quick pre-ride check can make all the difference for a safe and smooth training session. Tune up your bike, check these essentials and get ready to ride like a pro!

KIT INVENTORY



OUR RECOMMENDED MINIMUM KIT LIST IS:

- Bike Number
- Event T-shirt
- Helmet (to be worn throughout the ride - Snell, ANSI or CE approved)
- Waterproof cycle jacket
- Hand sanitiser
- Cycle jersey, cycle shorts – padded, and cycle shoes
- Bike lock
- Drinks bottle and personal snack items
- Sunglasses and sun cream
- Casual clothes and change of footwear for before/after the ride
- Carry a spare inner tube, tyre levers, brake cables, puncture repair kit and pump.
- Bring sufficient layers of clothing with you – bright coloured, visible clothing to boost motorist awareness
- Spare gear hanger suitable for your bike

We recommend that you learn/know how to repair a puncture and get your bike serviced before the event day.

Don't be embarrassed at stopping during the ride to push your bike.

Take minimal valuables with you and make sure those you do take (e.g. camera, mobile phone) are kept with you at all times.

We cannot accept any liability for any loss or damage to any items.

H2Origin™ Refills

GO FULL BOTTLE



Get hydrated at Upton Heath CoE Primary School and Neston Community Centre en-route

Join the ride www.h2originrefills.com

ON THE DAY

The following pages will tell you everything you need to know about the day including travel, tunnel times, route support, feed stations and more.

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ON THE DAY - GETTING HERE



PARKING

There are no dedicated event car-parking facilities at the start areas, please visit www.en.parkopedia.co.uk, www.liverpool.gov.uk or www.cheshirewestandchester.gov.uk for car parks in the area. Please note that parking charges apply on Sundays.

TRAVEL BY TRAIN

The nearest train stations are:

- Liverpool: Moorfield / Liverpool Central
- Chester: Bache

Call 0151 330 1000 for further information on public transport or visit www.merseytravel.gov.uk.

BAGGAGE FACILITIES

There are no baggage or changing facilities at Liverpool or Chester, so please come dressed appropriately and ready to start the ride.

ON THE DAY - TUNNEL TIMES



The Queensway Tunnel will be fully closed to traffic between the hours of **05:00 and 13:00** on Sunday 5th July.

- All cyclists entering the tunnel before **13:00** will experience a traffic free Queensway Tunnel.
- At **13:00**, 2 lanes (A and B) will open to traffic travelling from Liverpool to Birkenhead.
- 2 coned lanes (Lane C and D) will be in place for LCL participants returning from Birkenhead to Liverpool.
- Routes will finish at the event villages either at Exchange Flags, Liverpool or at the Upton heath Primary School, Chester.
- Entry from the Birkenhead side of the tunnel for participants returning to Liverpool will close at **15:45**.

Please ensure you have entered the tunnel before **15:45** to return to Liverpool finish site.

The tunnel will be **closed** to all participants at **16:00** to allow the cones to be collected and for all lanes to be re-opened to traffic as soon as possible.

Should you miss the **15:45** deadline to enter the tunnel, staff will be on hand to direct you to the ferry terminal.

Participants who wish to return to Liverpool via the ferry, the ferry timetable is available to view here. If you wish to use this service, please ensure you have some change for the ferry.

UPTON HEATH PRIMARY SCHOOL

After a brilliant first year at Upton Heath Primary School as our Chester start, finish and mid-way point, we are delighted to be returning for a second year.

To keep you and our local residents safe, we wanted to remind you of a few important details:

- Local residents and traffic have first priority, please be patient and give way when necessary.
- Please obey the highway code. As with anywhere on the route where using open roads, we must obey the highway code. Don't ride more than two abreast and observe road markings and red lights.
- The local community is making a huge difference by supporting the LCL Bike Ride on their weekend, please be kind and courteous to residents.

On behalf of the LCL Bike Ride team and the staff at Upton Heath Primary School,
thank you for your ongoing support and understanding.

FEED STATIONS



FEED STATIONS INCLUDE:

- Upton Heath Primary School (Chester)
- Neston Community Centre (outward route from Liverpool to Chester)
- Wirral Rugby Club (route from Chester to Liverpool)
- Norley Village Hall (Chester Challenge route)

Toilets and mechanics are available at each feed stations and at the start areas.

Each feed station will have water and snacks available for riders.

Hot food will be available to purchase at our Chester feed station.

ROUTE SUPPORT



All routes will have standard directional signage ONLY, to allow you to find your way so please ensure you keep a look out for the route arrows. We also recommend that you download the GPX file onto your mobile, Garmin or similar device, as although it's unlikely, it is possible for riders to miss turnings or for signage to be interfered with during the course of the day.

Should you require assistance there will be support and mechanics around the route to help.

Note: A puncture is NOT an emergency, you should start the ride prepared and carry puncture repair kits.

**Please ensure to bring spare tubes, brake cables and repair kits specific to your bike as the mechanics will have limited stock which may or may not be suitable for your bike.*

MEDICAL AND CODE OF CONDUCT



MEDICAL

It is important that you inform us of any existing medical conditions or illnesses ahead of the event that you may not have already disclosed to us when registering online. There will be a final chance to do this at the gazebo at the start sites.

First Aid will be positioned at the start/finish areas, service areas and on call for the duration of the event. If you require any medical assistance during your ride, please phone the rider support contact number 07355 988 939.

If your emergency contact details have changed since you registered online, please inform the registration desk on the day. You will need to bring and be responsible for your own personal medication.

CODE OF CONDUCT

Rider safety is very important to us.

All participants must follow the Highway Code when on public roads and pathways. For open road events all traffic signals and road signs must be obeyed.

We highly recommend that you wear a helmet.

We ask that you follow the simple steps outlined within our terms and conditions to ensure all riders stay safe during the ride.

SAFETY FIRST

Get ready to ride confidently and safely with these quick, easy-to-remember safety tips!

ROAD ETIQUETTE: BE SEEN, BE SAFE

- **Wear Bright Gear:** Stay visible with bright or reflective clothing
- **Use Lights:** Front and rear lights are a must - especially in low light
- **Follow Traffic Laws:** Ride with traffic, obey signals and use hand signals
- **Stick to Bike Lanes:** When available, always use bike lanes

GROUP RIDING: KEEP IT SMOOTH

- **Ride in Formation:** Stick to single or double file depending on traffic
- **Communicate:** Use hand signals and verbal cues - let others know if you're slowing or stopping
- **Keep a Safe Distance:** Leave 1-2 bike lengths between you and the rider ahead
- **Stay in Line:** Avoid weaving or zig-zagging through the group

STAY AWARE

- **Look Over Your Shoulder:** Always check before changing lanes or turning
- **Watch for Hazards:** Keep an eye out for potholes or debris and call out any hazards
- **Respect Traffic:** Always give cars space, especially at intersections

WEATHER READY

- **Rain:** Ride cautiously, avoid puddles and ensure your brakes work well
- **Wind:** Stay steady in gusty conditions - hold a straight line and stay alert
- **Sun:** Wear sunscreen, sunglasses and stay hydrated

GEAR UP

- **Wear Your Helmet:** Always wear a properly fitted helmet
- **Comfortable Clothing:** Choose breathable, cycling-specific clothes for the ride

STAY HYDRATED & ENERGIZED

- **Drink Regularly:** Sip from your water bottle throughout the ride
- **Grab a Snack:** Keep energy gels or bars handy for quick fuel

BE PREPARED

- **Carry Essentials:** Bring a pump, spare tube and a multi-tool for emergencies
- **Phone & Emergency Info:** Have your phone charged with emergency contacts saved



CAPTURE YOUSELF IN ACTION



OUR OFFICIAL PHOTOGRAPHY PARTNERS - MARATHON-PHOTOS WILL BE CAPTURING YOUR EXCITING MOMENTS THIS YEAR.

Marathon-Photos are the leading race photography company in the world photographing over 900 events in over 70 countries.

You will find your photos within 24-48 hours of completing the event.

For a fixed price, they will supply all the identified photos of each rider in a ready-to-print or download onto mobile phones or computers, in the following formats:

- Photo certificate
- Commemorative photo
- Original camera file
- Web ready image

To purchase your photos, all you have to do is search for your photos by entering either your bike number or family name by clicking here.

BLACK CAT CLUB
EST 2024





FREE DRINK FOR ALL FINISHERS!

ENJOY ON OUR OUTSIDE TERRACE & HAVE A GAME OF INTERACTIVE DARTS OR SHUFFLEBOARD!





CHARITABLE DONATION OF £1 FROM EVERY PINT, SPRITZ & PIZZA SOLD TO NORTH WEST CANCER RESEARCH!

BLACK CAT CLUB, EXCHANGE FLAGS, LIVERPOOL, L2 3YL

NOTICES AND LIABILITY

Please read the following notice and disclaimer and notice of liability carefully. By taking part in the event you are accepting and agreeing to these notices.

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PHOTOGRAPHY AND VIDEOGRAPHY

By registering for this event, each participant has assigned and granted the right and permission for North West Cancer Research and the associated event partners to use and publish any photographs, film, video and/or sound recordings of the participant on any North West Cancer Research activity.

The participant hereby releases North West Cancer Research and their event partners from any and all liability from such use and promotion. The participant authorises the reproduction, sale, copyright, exhibit, and broadcast, electronic storage and/or distribution of said photographs, film, video tapes, electronic representations and/or sound recordings without limitation at the discretion of North West Cancer Research.

The participant specifically waives any right to any compensation they may have for appearing in any of the photographs, film, video and/or sound recordings of the participant at a North West Cancer Research event.

DISCLAIMER AND LIMIT OF LIABILITY

The information provided in the this rider pack and the training guide is designed to provide helpful information on the subjects discussed. This guide is not meant to be used, nor should it be used, as a professional weight loss or fitness regime. For diagnosis or treatment of any medical problem or injury, consult your own GP.

North West Cancer Research is not responsible for any specific health or injury needs that may require medical supervision and is not liable for any damages or negative consequences from, or to, any person reading or following the information in this guide. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

Quotes and images within this guide are provided for informational and motivational purposes only, and do not constitute endorsement of any websites or other sources. North West Cancer Research does not claim to be a sports or medical professional. The information in this guide is merely personal opinion acquired through expertise on cycling events and does not replace professional medical or fitness advice. All information in this guide should be used entirely at your own risk and/or choice. If you have a medical problem or injury, before making any changes to your routine based on information in this guide, consult with your doctor or physician.



SEE YOU AT THE START LINE!

May the weather be kind, the roads smooth, and the ride unforgettable.

liverpoolchester@nwcr.org
www.liverpoolchesterliverpool.com

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