

## CTC Two Mills' Ride to ABAKHAN November 8<sup>th</sup> 2009



About 20 members paraded for my ride on a cool morning to partake, or so they thought, for my usual ride: that being directly along the coast road to Abakhan followed by a climb up through Greenfields to Holywell, over the Halkyns and down to Northop.

Oh no, not today! Because two weeks previously I had led a similar ride for my Merseyside companions which unfortunately included a disastrous fall from his bike by Alan Shields. He skidded on wet leaves descending the steep hill to Northop, fracturing his pelvis and sustaining other injuries.

The paramedic and ambulance were soon with us so he was quickly taken to Chester hospital. I am pleased to say he is making a slow recovery. Fortunately, he was wearing his helmet and so sustained no head injuries. The helmet was shattered. Should you wish to see what remained of his helmet, log on to Merseyside DA and watch 'videos', particularly if you don't normally wear a helmet!

Understandably, I did not wish to re-visit the same hill so soon.

So, as we had a tandem with us, I chose, what I thought would be a more suitable route. In retrospect, I chose badly.

There were at least 20 tandem 'dismounts' and one of the steepest and longest hills in the area, most of which were before lunch.

Am I forgiven yet Andy and Joan?

However, the views from Holywell were well appreciated before we freewheeled most of the way down to Abakhan for an excellent lunch, past St Winifred's Well and the Industrial History Area.

Then, having extricated a very efficient anti-theft cycle wire from the sprockets and gears of a member's bike, we rode home making good use of route 5, stopping only for a photo-shot at Flint Castle.

Bob Witton