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September 2020

£2.45

Lancashire

& North West magazine



The
**Bridal
issue**

Annie Kenney
The famous
Lancashire Suffragette

The new range of Lakeland
paintings from

Ken Burdon

Is Bigfoot
back in Lancashire?

Covid 19 triggers
Cycling craze

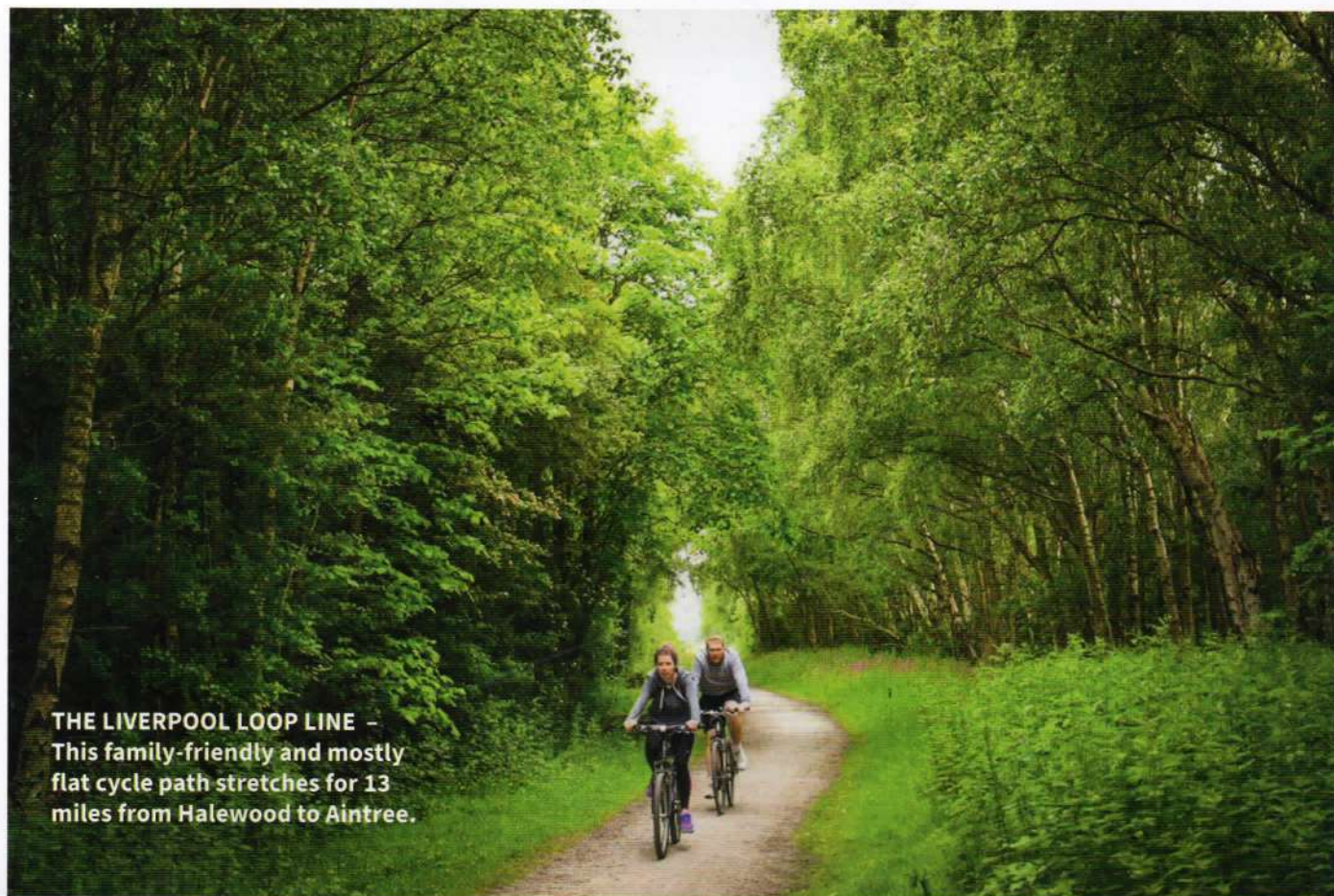
The year I became a Spitfire hunter

John Bright The great Victorian moralist

Dwira Skincare.. West Africa meets the Western world

Cover image by *ConfettiRain* BRIDAL www.confettirainbridal.co.uk

In this issue...



THE LIVERPOOL LOOP LINE –
This family-friendly and mostly flat cycle path stretches for 13 miles from Halewood to Aintree.

Covid 19 has affected our lives in many ways, our appreciation for open spaces, and taking for granted going to the shops or a bar to socialise. Bike sales have increased 57% during lockdown as people switched to this mode of transport. Andrew Harris has given us 6 of his best cycle routes in the north west to try.

In this issue we feature the story of Annie Kenney, a prominent figure in the Suffragette movement. Born in Oldham, Annie was a true Lancashire firebrand and was a friend of Christabel Pankhurst, she would be imprisoned 13 times for the cause she believed in.

Is Bigfoot in Lancashire? We have accounts of strange sightings from throughout the county. The stories explaining what the people have seen definitely make you wonder if something strange is out there.

If lockdown has left you feeling a bit down, a regular artist to this magazine will cheer you up. His Lakeland paintings are undeniably beautiful, and he takes you on a tour of some of

his favourite landmarks through his paintings that just makes you want to see the locations themselves even more.

Colin Humphreys, a Lancashire furniture polisher is through to the finals of the Cuprinol shed of the year competition. Made from mainly collected materials he found, 'Huthaus' was built during lockdown initially for his wife in her allotment, it is a great shed, and the overall winner will receive £1,000.

We have the thrilling tale of how Ian Hewitt, became a Spitfire Hunter. From a phone call answered on the way to an air show, this call started a chain of events that would have Ian meeting some great people and having a great adventure. Travelling to the edge of the Arctic Circle to dig up a Spitfire is just part of this story, with part 2 'To the mountain' coming in our October edition, not to be missed.

In this issue we have all our regular features from wildlife to the Heart UK charity giving advice on healthy eating and living, with some great suggestions. Our own resident recipe provider 'Our

Sharon' has prepared some of her own favourites for us.

Our Lancashire locations this month are Garstang, Lancaster, and Liverpool, each with its own history and unique facts brought to you by our local historian, Stephen Roberts.

This month we have added a bridal feature to our usual fashion section. For those of you on the hunt for a wedding dress, take a look at the bridal gowns included, I'm sure they will give you valuable inspiration.

From the story of the remains of the worlds earliest surviving gasworks in Dolphinholme near Lancaster, to Brexit. The science behind perfume to a Lakeland zoo reopening. A Labour politician in Morecambe to the Manchester art gallery opening its doors once again to visitors, I'm sure there must something for everyone in this issue.

Love and Best Wishes
The Lancashire Magazine

Cycling in the North West

By Andrew Harris

The origins of the modern bicycle can be traced back 202 years to 1818 when Baron Karl von Drais obtained a German patent for what he called a 'velocipede' from the Latin term for 'fast foot' because that is how it was powered. There was a brief craze for this machine but because of its limitations it didn't last long. The first true bicycle was invented in Paris 50 years later and became especially popular in England where it evolved into the 'penny-farthing'. The introduction of smaller wheels, tyres and a chain drive created the third and greatest

bicycle craze in the 1890s – and this one lasted. More surges in bike sales happened in 1965-75, the BMX craze in the 1990s and after British cycling wins in the 2012 Tour de France and the Beijing Olympics which the GB Cycling Team dominated.

The Covid 19 pandemic has triggered the seventh and most recent cycling craze. According to the Bicycle Association – the trade body for more than 70 bike makers – bike sales have surged by 57% as families took advantage of quieter roads to exercise and avoid public

transport. Those who want to take up cycling in the northwest for exercise, commuting or fun can get help from a bewildering number of sources –



Covid 19 is giving cycling a new priority



- Cycling UK is the national cycling charity which aims to help people get into and keep cycling. With more than 100 years of experience they stress that cycling is more than just a useful transport; it makes you feel good, gives you a sense of freedom and creates a better environment for everyone. Cycling UK has identified Lancashire County Council as one of the most ambitious councils in the UK for cycling – of which more later. For full information about the charity visit www.cyclinguk.org

- British Cycling is the main governing body for cycle sport in Britain. It is focussed on competitive sport, selects national teams, has more than 116,000 members and is based at the National Cycling Centre – the site of the 2002 Commonwealth Games – in Manchester. British Cycling administers road racing, track cycling, cyclo-cross, BMX, mountain biking and cycle speedway. It has helped to make Britain dominant in competitive cycling. For details visit www.britishcycling.org.uk ►

Cycling is for everybody

The young like cycling too



- Sustrans is less focussed on competitive sport. It is a charity which aims to make it easier for people to walk and cycle. They connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute. Sustrans are best known for the National Cycle Network which has been used for 786 million cycling and walking trips. They offer full information about favourite cycling routes in the northwest. For details visit www.sustrans.org.uk

- Komoot is a company which has reviewed its collection of cycling routes to deliver the top 20 in the northwest. You are invited to click on each route to see a full breakdown of detailed information including elevation profiles, surface analyses, real tips and photographs uploaded by other members of the Komoot community. They offer mapping packs at £3.99 for one region and £8.99 for several. If you sign up to Komoot the first pack is free. For more details visit www.komoot.co.uk

- Lancashire County Council actively promotes cycling. In partnership with Go Velo it offers courses for new, improving and advanced cyclists as well as training in cycle maintenance. It supports 27 Cycle Clubs throughout the county

and its flagship project is the Preston Guild Wheel. Suitable for cyclists and walkers, part of the route is diverted between Blackpool Road and the Lancaster Canal until 2023 while the Preston Western Distributor Road is being constructed.

- Cycleplan is provided by Manchester-based Ripe Insurance who offer cover for cyclists and others. They have selected six of the best cycle routes in the northwest of which more later. To learn more about Cycleplan visit www.cycleplan.co.uk

The NHS tell us that 'regular cycling can reduce the risk of a number of serious illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood, improving the symptoms of some mental health conditions such as depression and anxiety. Cycling can also help you maintain a healthy weight'. It is described as a low-impact exercise which means it is easier on your joints compared to high-impact aerobic activities like running.

and even younger





Health Benefits of Cycling

Balance
Cycling produces the balance between exertion and relaxation which is so important for the body's inner equilibrium.

Heart
All the risk factors that lead to a heart attack are reduced and regular cycling reduces the likelihood of heart attack by more than 50%.

Coordination
Moving both feet around in circles while steering with your hands and your body's own weight is good practice for your coordination skills.

Muscles
A week of inactivity reduces the strength of the muscular system by up to 50% and can harm them long-term. During cycling, most of the body's muscles are activated.

Mental Health
Cycling has relaxing effect due to uniform, movement which stabilizes physical and emotional functions. It reduces anxiety, depression and other psychological problems.

Back Pain
Cycling posture is optimum and the cyclic movement of the legs stimulates muscles in the lower back.

Waistline
Cycling is ideal for targeting problem areas. It enables people who cannot move easily to exercise. It increases fitness and stimulates the body's fat metabolism.

Joints
The circular movement of cycling assists the transport of energy and other metabolic products to the cartilages, reducing the likelihood of arthritis.

asian SAMRA
MULTI SPECIALTY HOSPITAL

Cycling burns fat and calories. Cycling at a steady pace burns about 300 calories an hour



Exploring by bike is fun and healthy

Cycling enthusiast and consultant surgeon Andrew Dunn offers more detailed advice –

- Cycling improves your cardiovascular fitness – it works just about every muscle in the body and lower blood pressure. It increases the presence of good cholesterol in the body which transports fat away from the arteries.
- It can reduce stress levels. While being fun it is a great way to forget about the sources of your stress while making you fitter.
- Cycling burns fat and calories. Cycling at a steady pace burns about 300 calories an hour. Such exercise for ½ hour daily equates to about 11 pounds of fat each year.
- It is gentle on your joints. It is a safe way to remain physically active without aggravating painful arthritic joints.
- Cycling helps improve muscle tone and strength in the legs. This helps with everything from climbing stairs to keeping up with your children and grandchildren.
- It works the upper body too. When riding 70% of the body



weight goes through the saddle and handlebars rather than affecting the hips, knees and ankles.

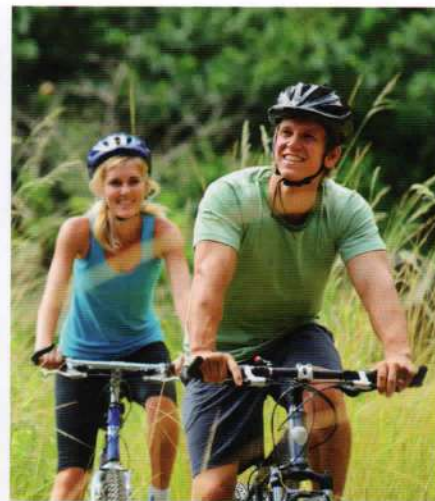
- Cycling helps to fight off common health conditions and can lower the risk of developing some cancers. Research suggests that cycling 30 minutes a day can reduce the chance of diabetes by 40%. The risk of breast and colon cancer can also reduce.
- It builds stamina which is really great for your overall physical and

mental health. The more often you cycle the longer you will be able to ride before you tire.

- Cycling helps fight depression. People can be vulnerable to depression for different reasons but cycling can increase the endorphins in your body making you feel better.
- It is a healthy mode of transport. Instead of being sedentary in a car, bus or train cycling helps you, the environment - and your bank balance!

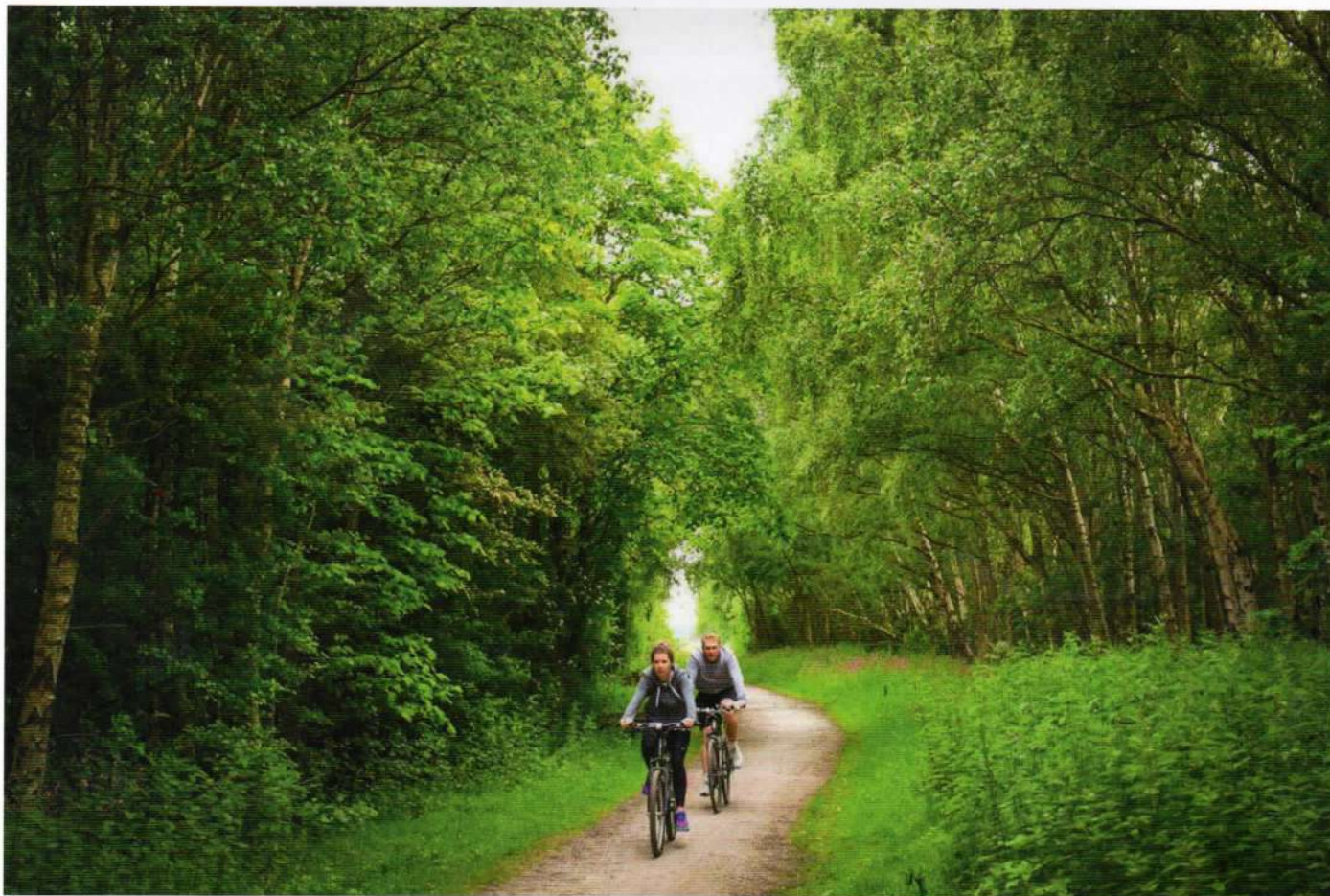
Covid 19 is changing our world. Even if an effective vaccine saves us we have different values. We like fewer carbon emissions and reduced pollution. We like commuting less and live in a less wealthy country. Cycles aren't the answer to every issue but they are an improvement. We can be better-off and fitter. So, whether we cycle a lot or a little how do we go about it?

Cycling proficiency tests which have given children the freedom of the road since shortly after the Second World War are to be offered to adults from this August. Instructors funded by the taxpayer will teach bike handling, safety and traffic skills to help those contemplating a switch from four wheels to two for commuting, shopping and leisure trips – and accompany them on 'buddy rides'. The first 3,000 riders will begin free courses run by the new 'Bikeability' scheme shortly. There will be an emphasis on reaching novice or lapsed adult riders. PM Boris Johnson has declared a "new golden age of cycling" funded with £2bn. British Cycling is introducing a campaign to persuade 14 million adults to get on their bikes.



Courtesy of Cycleplan here are six of the best cycle routes in the northwest –

THE LIVERPOOL LOOP LINE – This family-friendly and mostly flat cycle path stretches for 13 miles from Halewood to Aintree. The trail is well served by public transport and is traffic-free. Also known as the Wild Flower route, the Liverpool Loop Line follows an old railway which used to take vegetables from the Lancashire Plain to London's Nine Elms market. After it fell out of use in the 1960s it was developed into a cycle path.



LUNE VALLEY TRAIL, LANCASHIRE

This is a 5-mile traffic-free route that starts at Lancaster's Millennium Bridge and finishes at the Bull Beck picnic site. The Lune Valley inspired romantic poet William Wordsworth and he urged travellers to take in the Lune Valley on their way to the Lake District. This trail is part of the Lune Valley Ramble – a 16-mile long path that stretches from Lancaster to Kirkby in Cumbria.



THE LAKE DISTRICT LOOP

According to the readers of Cycling Plus the Lake District Loop is the best ride in the UK. The 40-mile loop takes in some tough climbs along the Wrynose Pass and beautiful views. Most of the roads are quiet but watch out for potholes. Cycling Plus editor Rob Spedding called it 'a proper cycling challenge'. Starting and ending in Broughton-in-Furness this route passes Coniston Water, the Drunken Duck Inn, Wrynose Pass and Seathwaite.

ASKHAM FELL MOUNTAIN BIKE ROUTE

This is one for off-riders. Starting at Pooley Bridge in the Lake District, the Askham Fell Mountain Bike Route has, for the area, relatively little climbing. The 15-mile trail is mainly off-road and has one of the best natural descents in the country. There are two tough climbs – one from Pooley Bridge to Askham Fell and another from Askham back to Askham Fell. But all that hard work is worth it when you see the view.



LONGDENDALE TRAIL

According to local people the Longdendale Trail is haunted by Roman soldiers. This roman road turned freight railway turned cycle path is seven miles long and takes in moorland and the picturesque hills of the Peak District. Starting at Hadfield the route is almost flat despite the surrounding hills. A detour to Glossop for a drink at the Howard Town Pub is recommended.



THE MARY TOWNELEY LOOP

Located in the South Pennines east of Manchester the Mary Towneley Loop is 47-miles long between Todmorden and Hebden Bridge in Yorkshire. It is best cycled on a mountain bike and many people start and finish at Todmorden where there is a convenient railway station. The varied terrain takes in moorland, the odd quiet road, ancient packhorse trails and causeways. It can take 2 days to do this route but there are many hotels and B&Bs along the way. If you don't have 2 days free you can use one of the many car parks to ride just part of the route.

To learn about many more attractive cycling routes in our region visit www.komoot.co.uk and go to Route Planner and Cycling Routes.

Cycling serves other purposes. A recent survey by the polling firm ICM for Shand Cycles indicates that as many as 5 million commuters could take to two wheels instead of four in the aftermath of the Covid 19 pandemic. This is supported by a poll undertaken by YouGov which suggests that 36% of people questioned will rethink their travel habits and use cars and motor vehicles less. It seems clear that commuters are looking to change how they travel if there is an ongoing need for social distancing.

Cycling has a momentum behind it that it has not seen for many years. To give substance to the Prime Minister's comment about a golden age for cycling the Transport Secretary has announced major funding to encourage more people to cycle as an alternative to using public transport.

Whether for exercise, commuting or just for fun the trend is for more and more cycling in the North West. Enjoy it!

Andrew E. Harris gratefully acknowledges the information and images provided by all the organisations named in this article. For previous articles visit www.andreweharris.co.uk

