



Edmonton Cycle Club News

The Newsletter of the ECC and Enfield Cycling Campaign - LCC

Autumn 2014

Newsletter No. 61

Welcome to the bumper-sized autumn issue.

Hello – we hope you have enjoyed the summer! Please check website for regular updates to the diary. Do come to our Bike Maintenance sessions (B.M.W.s) and get the best tips and advice on keeping your bike in working order.

New ideas for rides are welcome, as are new ride leaders – why not pair up with a regular leader to see how it's done!

Happy, safe cycling! - The Editors.

Welcome to new members:	Club Meetings / Socials: Thursdays at 8pm prompt
Howard Oliver, Steve Grange, Jerry Garvey, Mike Beale	2 Oct, 4 Dec, 5Feb: The Wheatsheaf pub room, Baker Street, Enfield.
Autumn Birthday wishes to:	6 Nov, 8 Jan*, 5 Mar: Winchmore Hill Sports Club pavilion, Firs Lane N21.
Sept: 3 Rosa, 9 Chris L, 10 Evelyn, 12 Chris W, 13 Jacquie, 16 Graham, 18 Mary, 20 Jill, 23 Chris A.	* Note is Second Thursday in Jan
Octobre: 5 Jayne, 9 Terry, 19 Ian, 24 Celine, 31 Angela	B.M.W. Sessions: Thursdays at 7.30pm
Novembre: 18 Andy Hw, Julian, 21 Nikki, Wayne, 28 Pat.	18 Sept, 16 Oct, 20 Nov, 18 Dec, 15 Jan, 19Feb: Winchmore Hill Sports Club pavilion, Firs Lane N21.
Decembre: 28 Gerry, 29 Angela, 31 Sibel.	
Please Note:	Enfield Cycling Campaign: Meetings on 2nd Thursdays
If you wish to receive this newsletter by post, please send SAEs to Paul at 2 Mayfair Gardens, Tottenham N17 7LP	Venue & time T.B.C. 9 Oct, 13 Nov, 11 Dec.

Diary of coming Rides and Events

Note – all are subject to late changes or cancellations, and our Code of Conduct
If bad weather causes late cancellation, a ride may be rescheduled for the following
Saturday or Sunday. Check emails / website. NCR = Not Club Ride.

Sunday 28 Sept	10.30am – Edmonton Leisure Centre N9 Tea and Cake ride to High Beach Church, Leader Maz.
Thursday 2 Oct	8pm. Club Meeting at The Wheatsheaf, Baker Street, Enfield.
Sunday 5 Oct	9am – Chickenshed Theatre, Chase Side, Southgate N14 4PE We will help marshal runners on the 10k run in Trent Park and paths, which starts 10am. Marshalls briefing beforehand. AFTERWARDS – from about 12 noon, ECC members have a short ride to lunch in Potters Bar, starting from Chickenshed. So join us then, if you're not already marshalling the event.
Sunday 12 Oct	10am – Old Mill Car Park, opposite Crown pub, Broxbourne. This is a Lee Valley Park organised ride, leader Chris.
Thursday 16 Oct	7.30pm – 9.30pm- Bike Maintenance Workshop No. 146 WHSC, Firs Lane N21.
Sunday 19 Oct	9.15am – Edmonton Leisure Centre Ride to join leader John R at Café Solo, Woodford, for a road ride to Chelmsford. Option of return by train (Chelmsford - Liverpool St - Edmonton Green), after lunch at "Rose & Crown", Writtle. Or be lead on longer ride back to Upshire, from where make own way home.
Friday 31 Oct	4.30pm – Pindar Car Park, Cheshunt. Halloween ride, leader to be confirmed.
Thursday 6 Nov	8pm – Meeting. WHSC Pavilion, Firs Lane N21.
Sunday 9 Nov	10.30am – Oakwood Park Café (ent'y Sheringham Av N14) Short ride to High Barnet, "Seabright Arms" for lunch.
Sunday 16 Nov	10.15am – Oakwood Park Café (ent'y Sheringham Av N14) Ride to "Mop 'N' Brooms" pub, Borehamwood, leader Paul.
Thursday 20 Nov	7.30pm – 9.30pm- Bike Maintenance Workshop No. 147 WHSC, Firs Lane N21.

Ride Reports by "Our riders on the saddle"...

Sunday 18th May: Weald Country Park

Nine riders left the Edmonton Leisure Centre to join our main leader, John, at the Café Solo, Woodford. After a coffee and the obligatory bacon roll we rode north east through Theydon Bois, Loughton, Abridge, Naverstock arriving at the country park around 1:30pm. We enjoyed lunch outside, admired the deer then set off back along country and urban roads to Edmonton. The sun shone all day, indeed this was the first ride of the year where sun cream was needed! Distance about 42 miles. Leader John plus Maz, Les, Jeff, Paul, Peter Mu, Michèle, Pat, Evelyn, Peter Mo.

Tuesday 20th May: BMW 141

11 came.

Sunday 1st June: Music on the Lawn

A relaxed ride from Whitewebbs Golf café on a sunny and warm day. Through the golf course, right on Whitewebbs Lane, north over the M25 by Theobalds Park, along the track and right past Wood Green Farm. Here we had to dismount and push our bikes as the path is designated as 'No Cycling'. Then to Cheshunt Park golf café. After lunch we crossed the A10 to the Lee Valley park using the new bridge over Cadmore Lane rail crossing. Finally back to Enfield via Albany Park. Turkey Street and Forty Hall. Here we joined the crowd for the 'Music on the Lawn' event at Forty Hall where we stayed until about 7:00 pm. Leader Maz, plus Pat, Sian, Cathy, Evelyn, Bridget, Colin, Dave P, Jeff, Peter Mo. Joined at Forty Hall by Les, Michèle

Sunday 8th June: Gold Medal Ride

Sunny and warm again as we set off from the Waterworks Centre in the lower Lee Valley. Past the marshes, Three Mills to Limehouse then along CS3 towards North Greenwich. Here we stopped firstly at a viewpoint across the Thames to the Dome, then a few minutes later at [Trinity Wharf](#), where we visited the lighthouse and heard its [long playing music](#), which is designed not to repeat for 1,000 years. We moved on to Barrier Park for a lunch stop. Afterwards we rode north past the City Airport, through Beckton Park and along the Greenway to the Olympic Park. Here we were able to try a couple of laps on the [road circuit and watch club training on the velodrome track](#). Finally we returned to start at around 3:45pm. Many thanks to Lee Valley Park staff and club marshals.. Leader Chris, plus Maz, Peter Mo, John R, Paul, Evelyn, John C and 11 public riders.

Thursday 12th June: LCC Meeting – Community House

A meeting and presentation from Sustrans on the survey of Church St, Edmonton. New ideas for road layouts and how to improve usage of the area for all.

Sunday 15th June: Finsbury Park Festival of Cycling

We left from Palmers Green Triangle in uncertain weather to ride via Ally Pally and the Cherry Tree Park café to the old rail line from Highgate to Finsbury Park. (If the Second World War had not intervened, this may by now have been [part of the Northern Line](#)). At the park we looked around the stands featuring the London Cycling Campaign, British Cycling, Doctor Bike, Metropolitan Police and the Boris Bikes among others. Return home via Green Lanes.

Leader Paul, plus Jeff, Peter Mo, Les, Jayne, Maz, Trevor, Cathy, Michèle, Pat.

Wednesday 18th June: Evening Ride and Supper

From Oakwood Park north to Potters Bar, where we enjoyed the delightful choice of food and drinks at Potty Pancakes. Some of you may remember this as the White Lion pub! Leader Les, plus Maz, Peter Mo, Terry, Bridget, Jeff, Roger

Sunday 22nd June: Shenley, Herts

Starting from Enfield Town park café (Have you noticed how nearly all our rides start from cafés?) we rode west to Cockfosters, Beech Hill and High Barnet where we stopped for a tea break by the church. Then onwards through Wood Street, Galley Lane and over the A1 bridge to Shenley for lunch at yet another café. Here we met a local Sky ride group from St Albans. About 2:00 pm we went back east to King William IV pub for a drink. The return ride was the reverse of the outward route to Cockfosters, where the peleton split for their various destinations.

Leader Paul, plus Michèle, Jeff, Evelyn, John R, Peter Mu.

Friday 27th June: Night Hike Marshalling

The fourth Enfield night hike in aid of Nightingale Cancer Support Centre. We helped the static marshals guide hundreds of walkers around the 15km course, starting and finishing at Enfield Civic Centre, Thanks to all who helped, Michèle, Paul, Jeff, Les, Maz, Roger, Pat. Also thanks to the Stag 'n Hounds pub, St Paul's café and Enfield Advertiser for the photo call.

Sunday 29th June: Rainham Nature Reserve

From Enfield Leisure Centre (not a café!) early to the main start at Woodford Café (you didn't really think we would miss out on our bacon rolls, did you?). Then on to South Woodford, Wanstead, Dagenham, South Hornchurch, Rainham. On quiet paths across the marshes to the reserve nature centre building and, yes, the café at 1:00 pm. The sun faded to light drizzle at lunch before we set off north again to National Cycle Network route 13 back by the Thames Path before heading north at Rainham Station. With rain falling we enjoyed a tea stop provided by Mrs Read, John's Mum. Then onward to Woodford where we split into two groups to ride back to Edmonton by around 5:30pm.

Leader John R plus Vicky, Jeff, Evelyn, Paul, Sian, Michael, Maz, Les, Julian. 48 miles.

This June: Well done!

Well done to Jane and friends for completing “the end-to-end”, Land’s End to John O’Groats.

Saturday 5th July: Supporting Enfield’s Cycling Plans

LCC Enfield members, and residents, rode along Green Lanes to shop at Palmers Green – to show that cyclists are customers at local shops. In support of better cycle lanes, parking, signage, better shared space for cycling and walkers, whilst still considering needs of motorists. Leader Adrian plus others.

Sunday 6th July: The Only Way is Essex

This is a charity ride organised by the Nightingale Cancer Support Centre. We helped guide the 80 or so riders around the fifty mile course. From Lee Valley Showground. Waltham Abbey at 10:00am, initially in light drizzle. There was an epidemic of punctures in the first few miles, probably due to damp, sticky gravel picked up in the park paths. North past Nazeing, Roydon, Widford to a water stop at the Bull, Much Hadham. Then east along the B1004 through Sawbridgeworth Hatfield Heath and on the North Weald along the route of the Tour de France (see below), past Epping (but no intermediate sprint here) and back to Lee Valley. The last riders reached base around 4:00pm. Well done to all Club helpers: Chris, Maz, Les, Jeff, John, Peter Mo, Evelyn, Paul.

Monday 7th July: Le Tour de Woodford France: Stage 3, Cambridge to London

*We met up at Edmonton Leisure Centre at 9:30am, and 7 members rode to Chingford A104 to watch the Caravan and then the riders flash by. Nearby roads were closed for the day. We were not sure how crowded the route would be - as it turned out we needn’t have arrived so early. Some went to a nearby church where they were showing the 12:15 start on television. Various random marshals, police and French gendarmes passed through at irregular intervals, then the caravan full of advertising floats and finally, at 3:28pm, the first two riders followed by the peleton a few minutes later. Afterwards we were invited to John and Pauline’s house nearby for tea and to watch finish on television, many thanks. In the time it took us to travel about half a mile to John and Pauline’s house the peleton had reached the edge of the city!
Peter Mo, Paul, Terry, Jeff, Maz, Les, Evelyn.*

Sunday 13th July: Sweet Thames Flow Softly

A nice warm day at the Edmonton Leisure Centre, although the forecast had been decidedly unsettled. We rode south on the Lee towpath to the Greenway, with a coffee stop at the Green Box café by the Olympic Park. Next to the café there is a bike hire service. Then along the Greenway, holding our noses at times (it’s built atop a sewer) to Becton. (continues p8)



At Rainham Nature Reserve, 29th June



At the Well House, Barnet, 3rd August



Summer Trip - Southwold Pier, Suffolk, 17th August



Summer Trip - Blaxhall YHA, Suffolk, 18th August

Sunday 13th July: Sweet Thames Flow Softly

(continued from p5) Here John led a short diversion hoping to avoid the broken glass that was accumulating on the original path. We crossed the river on the Woolwich Ferryboat 'John Burns' and rode west on the Thames path to the Barrier café for lunch. Leaving after 2:00pm we went west to the cable car station at Greenwich, then 'flew' across the river to the Royal Docks. As expected, there were great views along the way. We finished the ride through Poplar to Limehouse Basin, up to Victoria Park for a comfort stop then finally back along the towpath to reach Edmonton shortly after 5:00pm. Leader Peter Mo plus Jeff, Mark, John R, Evelyn, Paul, Steve, Howard, Terry, Les, Maz, Eleanor, Peter Hu, Mike. 32 miles.

Sunday 20th July: High Tea and Cakes at High Beach

We met up at Enfield Town Park for tea and food, as other members arrived. The sun started to come out as we rode into Church St. and looked at the vintage cars on the market square. Then off south east to Chingford, with some off-road paths through woods to Royal Forest Hotel, for an outdoor lunch. Then a short forest path ride past motor biker's café up to High Beach Church. There we relaxed outside and enjoyed glorious cakes. Michèle played the tune "Silent Night" on the church bells. Our return ride was down Mott St. to Enfield Lock, Brimsdown path to Enfield, as we split up en-route.

Leader Maz plus Les, Peter MO, Mark, Sibel, Michèle, Eleanor, Will, Trevor, Jayne, Karl, John C, Paul.

Sunday 27th July: (NCR) London- Cambridge Charity Ride

For Breakthrough Breast Cancer Charity. A good day's weather, very sunny and warm. Some club members left earlier from Pickett's Lock, to meet up at Langley or the finish. Paul and Evelyn started at 8.37. There was usual stop at Widford for food and drinks, then following a diversion for road works on the hill at Furneux Pelham. Lunch stop was at Langley, where we met 5 others. Onwards to Whittlesford, "Bees in the Wall" pub after 2pm. Each stop had free tap water for riders and food to buy. Paul arrived at finish at 3.46pm for total ride of 4hrs 31m. Here we met up with Nick, Bill, Jane, Kieron, Sarah, Mark and John R. Took 5.32pm train to Edmonton Green via Cheshunt. Home around 7pm. 60 miles 96 km.

Sunday 3rd August: President's Ride

From Oakwood Park Café, after tea, we set off west to Cockfosters, Beech Hill to Barnet Common. Then west to the Well Building, before riding alongside Dollis Brook, crossing to Oakleigh Park and Pymme's Trail. And so to Broomfield Park for a free blues and guitar concert. We stayed till about 5.30, enjoying some picnic delights, with our guest Joan. Leader Paul plus Les, Maz, Phil, James, Chris, Karl, Jayne, Bridget, Mark, Michèle, Peter MO.

Saturday 9th August: (NCR) Prudential Ride London, Freecycle

A big group of 60 met at Edmonton Leisure Centre at 9am. Rode off at 9.30 to Pickett's Lock – here we split into two groups with a time gap. Route via towpath, Victoria Park, Limehouse Cut, and CS3 to Tower Hill for the closed circuit course at about 12.10. Some of us joined the course and festival events around it, others went to Decathlon Sports shop before coming back to Tower Hill. We re-grouped around 3.30 for ride back to Edmonton, with a split at Stonebridge Lock, Tottenham. Thanks to leaders Adrian & Les, with marshals Maz, Peter, Bridget, Karl, Dan, Paul L, Letitia, Paul, Eleanor, Evelyn.

Saturday 16th August: Day 1 Trip to Suffolk – Blaxhall YHA

Most of us met up at Bush Hill Park station for trains to Ipswich via Liverpool St., where we split into two groups. Upon arrival we all then rode to "The Cricketers" for lunch, meeting up with John C and Peter Mu. Our afternoon ride to Blaxhall took in Westerfield, Helmingham, Framsdon, Cretingham, Kettleburgh, Parham, Gt. Glemham, with a tea and brownies stop at the White Horse, Stratford St. Andrew, A12 crossing past the "Folk East" music festival weekend to Blaxhall at 5.10pm. We checked in and locked bikes, got our rooms, before dinner at "The Ship", where there was added charity music for local greyhounds.

Sunday 17th August: Day 2 to Southwold, by the sea

After breakfast at 8am, we set off at 10 northwards past Snape Maltings, Saxmundham, Middleton, a tea & cake stop at Westleton, with light drizzle. Continuing on the B1125 & 1387 through Walberswick, crossing the estuary path over the River Blythe and past open flat land to the boating harbour and sheds. The now-bright & breezy weather showed off the many different boats in and out of the water. A left turn took us up the road to Southwold shops and to the sea front by the pier for lunchtime. Lovely fish & chips and other foods consumed! Our return ride took in Theberton, Leiston Abbey, Knodishall, and Snape to the YHA. After a clean-up we again had dinner at "The Ship", with piano solos from Will and Maz. Back at base we enjoyed model tortoise racing and games with crossing scissors and picnic party food words! And so to bed ... ZZZZZ!

Monday 18th August: Day 3 to Orford and countryside to Ipswich

We did out bike checks before the leaving photo-call with photos by Peter & Paul. Setting off at 9.40, the ride took in Tunstall Forest Road and onto Orford quayside in bright sunshine, where a tea stop had nice boating views. Then back past the church to Butley, with many large tractors on the lanes. Past Hollesley Shepherd & Dog, Shottisham on B1083 to Woodbridge. Next came Martlesham, Foxhall Heath, and California into Ipswich. We had time to wait on the station platform in the late afternoon sun. The train took around 1h 20mins, with enough time for all to get to platform 1 at Liverpool St. for the Enfield train home, Paul being back indoors by 5pm! Our thanks to organisers Pat, Maz, ride leaders Peter, John, Will; back-stoppers Karl, Paul, Jayne, Les, Cathy, Jane, John C, Peter Mu, Jeff, Chris, plus YHA.

Contact Information

Adrian Lauchlan – Enfield Cycling Campaign Coordinator	info@enfieldlcc.co.uk www.enfieldlcc.co.uk
Paul L, Hon Mem. Sec, ECC club info:	020 8808 3473 (before 9 pm only please)
Paul, ECC Rides Secretary, and assistant Maz:	eccridesec@hotmail.co.uk
ECC webmaster Peter: Join email list via website	www.edmontoncyclingclub.org
Southgate Cycling Club:	020 8372 1710 www.southgateecc.org.uk email info@southgateecc.org.uk
London Cycling Campaign:	020 7234 9310 www.lcc.org.uk/lcc email Office@lcc.org.uk
LCC Enfield:	http://lcc.org.uk/boroughs/enfield
TFL: Free local cycling guides. 5th edition. Enfield No. 2.	0845 305 1234
CTC:	0870 8730060 www.ctc.org.uk/services/work email cycling@ctc.org.uk
Sustrans National Cycle Network:	0845 113 0065 www.sustrans.org.uk email info@sustrans.org.uk
Cycle Enfield Programme	www.enfield.gov.uk/cycleenfield 020 3031 6730
Training:	www.cycletraining.co.uk 020 7582 3535
Register your bike for free	www.immobilise.com
Report bike theft to police online:	https://online.met.police.uk
Canals:	www.waterscape.com
Cycle Route Planner	www.cyclestreets.net

Ride Advice

Please remember to listen to ride leaders' instructions about the route and about the safety of the group. Keep to the left of the road and ride in single file. If you're a confident rider, consider and help newer riders and children. Keep a reasonable distance from the rider in front. Tell the leader or back stop if you have a problem or want to leave the group. Stay behind the leader - stay in front of the back stop. Never cross the centre line of the road. When turning or crossing junctions, middle riders please indicate to those behind, and ensure one of you indicate to the backstop, which way you will be turning. We don't want to lose our friends at the rear of the peloton!

Please be punctual to help us start rides promptly. All rides are subject to late change. Riders take part at own risk. Under 18s must be with a responsible adult but please note that not all rides are suitable for children. Finish times are a guide only. Lunch stops at nice pubs or cafes. Don't forget your lights, and please bring a spare inner tube in case of punctures. Under 18s are advised to wear a British Standard safety helmet. Always check to make sure the cyclist behind you is in sight and sound distance at junctions, and notes which turn to take - to ensure no-one gets lost!

Sunday 30 Nov	4pm – Enfield – the car park in lane opposite Civic Centre, Silver Street. Enfield Town Xmas Parade – decorate your bike with bling for charity.
Thursday 4 Dec	8pm. Club Meeting at The Wheatsheaf, Baker Street, Enfield.
Sunday 7 Dec	TBC
Thursday 18 Dec	7.30pm - Bike Maintenance Workshop No. 148 WHSC, Firs Lane N21. A social do, probably not maintenance!
Friday 26 Dec	11.30am – Edmonton Leisure Centre - Boxing Day ride to a café. Details TBC.
2015 Thursday 8 Jan	8pm – Meeting. WHSC Pavilion, Firs Lane N21.
Sunday 11 Jan	TBC
Thursday 15 Jan	7.30pm – 9.30pm- Bike Maintenance Workshop No. 149 WHSC, Firs Lane N21.

Coming Up:

New Year Lunch – ideas please!

Spring – Easter Trip??

Regular and New places to visit!

Lee Valley VeloPark taster session?

Cycle Related Information You May Find Useful

1. Services: Le Peloton Cycles, 942 Green Lanes, N21 (8360 1722)

Halfords, Unit 3, Great Cambridge Road, Enfield (020 8366 0787)

Top Riders, 12 Savoy Parade, Southbury Rd, Enfield EN1 1RT (020 8363 8618)

Macs, 77 Ordnance Road, Enfield (020 8292 5799)

Bike Boutique 57 Station Road, Winchmore Hill N21. (020 8364 2580)

www.bikeboutique.net Second hand bikes, Hire, Day Parking, Accessories, Café.

The Cycle Store, 201 Woodhouse Rd, Friern Barnet N12 (020 7249 2200)

2. Potholes! 8379 2152/4 or Freepost green report card (at libraries) or write to L.B. Enfield, Highway Maintenance, 7 Melling Drive, Enfield, EN1 4BS or: www.fillthathole.org.uk

3. Celebs in the saddle no.41. Fergus Walsh, Dr Michael Mosley, Tom Edwards, Jeremy Paxman on tandem with Boris Johnson, Mary Ann Siegert, John Bishop.

4. Club merit points table 2014: As at 7 Sept. 685 Paul, 575 Peter MO, 495 Maz, 460 Les, 390 John R, 375 Jeff, 315 Michèle, 215 Pat, 190 Evelyn, 185 Peter MU, 180 Chris A, 175 Bridget, 170 Trevor, 150 Jayne, 145 Terry, 130 Mark, 120 John C, 120 Karl, 115 Cathy, 95 Eleanor, and 34 others.

4A. Merit point awards: 30 – 1st ride lead; 25 – ride day; 20 – meal only; 15 special; 10 Meeting, BMW, tyre inspection, 1st aider. The top ten of the 2014 table are “The Rolling Frequent Flyers”, changing as points are awarded.

5. Cycle maps Free at libraries or from TFL. TFL have issued the 5th edition of the local cycling guides. Enfield area is covered on map no. 2. Contact the following: www.tfl.gov.uk or 0843 222 1234 to order.

6. London Cycling Campaign. New Membership Fees 2014: Individual- 16+, employed is £36 pa. Additional person at same address is £27. Concessionary - Full-time student <16 or 60+, or unemployed is £18. Household –two adults & <16s is £61

Member benefits include – shop discounts, free third party insurance, rides, exclusive theft insurance, free legal helpline, free quarterly magazine.

7. If you wish to resign, or not to receive the printed newsletter, please tell Paul by phone, letter, or in person, thanks.

To be taken off the e-newsletter list, please contact Trisha: Trisha@TrishaSmith.fsnet.co.uk

Your editorial team is: Paul L, Chris L, Maz B.

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