

Enfield Cyclist

The Newsletter of Edmonton Cycle Club and Enfield Cycling Campaign

Winter 2011-12

Newsletter No 50

Welcome to our half century issue. Our winter rides, BMWs and meetings continue. Offers to lead a ride and places to visit most welcome, speak or email the ride secretary to book a date.

The steering group of five has now been replaced with the 'FFG', Frequent Fliers Group. This is made up of the ten current highest points scorers, or lower if any member does not want involvement. See page 8. Structure: represent current members' views, be transparent, resolve any issues, monthly report. Duties-responsibilities: manage-review code of conduct, manage finance, liaise with Enfield Cycling Campaign, fund raising, annual lunch. Safe and happy cycling - eds.

Meetings / Socials

Thursdays at 8pm. Club stuff, LCC briefing.

1 Decembre, 2 Fevrier
The Wheatsheaf pub,
Baker Street, Enfield

5 Janvier, 1 Mars
Winchmore Hill Cricket Club Pavilion,
Firs Lane N21

Hello to new members!

Rachel Armstrong, Ann Davidson, Mike Chambers, Simon Tweedy, Leonard Allen, Jim Cosgrave

Birthday wishes to:

Dec 20 Tony W, 24 Halina W, 28 Gerry G, 29 Angela S..

Jan 5 John W, 6 Dave P, 12 Les, 20 Peter J, 23 Callum, 31 Kieron.

Feb 5 Dave LF, 6 Peter H, 7 Ania, 9 Stuart, 10 Donna, Alan M, 20 Denis, ? Gary R.

Diary of coming rides and events

NB all are subject to late changes or cancellation, and our code of conduct.

Thursday 1 December – 8pm campaign news, 8.30 club news and social meeting
The Wheatsheaf pub, Baker Street, Enfield.

Thursday 15 December – Bike Maintenance Workshop (BMW) No. 112 with pre
Christmas social!
7-late at Winchmore Hill Cricket Club pavilion, Firs Lane N21. Informal but
informative! Please bring sweets, cake, or chocs to share.

Monday 26 December – Boxing Day ride
1.00 Enfield Civic Centre. Approx 15 miles, hilly/flat, probably to café lunch.
Leader to be confirmed.

Thursday 5 January 2012 – 8pm and 8.30 meeting
Winchmore Hill Cricket Club, Firs Lane, N21.

Tuesday 17 January – Enfield Civic Centre. Council Cycle Forum.
7-9 pm. Local cycling matters.

Wednesday 18 January – Bike Maintenance Workshop (BMW) No. 113
- yes, Wednesday this month!
7-9.30 pm at Winchmore Hill Cricket Club pavilion, Firs Lane N21.

Sunday 22 January – Enfield Civic Centre 10 for 10.15 am Flat 20miles approx. More
details TBC

Thursday 2 February 8pm and 8.30 pm meeting
The Wheatsheaf pub, Baker Street, Enfield.

Thursday 16 February – Bike Maintenance Workshop (BMW) No. 114
Yes, Thursday. Informal but informative!
7-9.30 pm at Winchmore Hill Cricket Club pavilion, Firs Lane N21.

Sunday 12 February – 11.00 for 11.15 Enfield Civic Centre, Ride to Club New Year
Annual Lunch, Book First.

Sunday 26 February – 10.00 for 10.15 Edmonton Leisure Centre. TBC
Thursday 1 March – 8pm campaign news, 8.30 club news and social
Winchmore Hill Cricket Club pavilion, Firs Lane, N21.

Sunday 11 March – ride 10.00 for 10.15 Enfield Civic Centre, TBC.

Wednesday 14 March – Bike Maintenance Workshop (BMW) No. 115

Yes, Wednesday again!

7-9.30 pm at Winchmore Hill Cricket Club pavilion, Firs Lane N21.

Sunday 18 March – Mothers Day ride?

Sunday 25 March – ride?

Clocks to BST.

About ride days to be confirmed.

Coming soon:

Bike Week again in June! London to Cambridge, spring and summer rides, outdoor BMWs?

Etc. Hog Hill Cycle Circuit, Shenley, and more.

Private invitation rides are not club rides and subject to leaders terms and conditions.

Would riders please remember to listen to ride leaders' instructions about the route and about the safety of the group. Please 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, would middle riders please indicate to those behind, and ensure one of you indicates to the backstop, which way you will be turning. So we do not lose our friends at the rear of the peloton. Thanks.

Please be punctual to help us start rides promptly. All rides 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!

Edmonton Cycle Club rides and events are organised by Enfield Cycling Campaign

Bits and bobs found in our 'Old Saddle Bag'

Services:

Bike Boutique,

832 Green Lanes, Winchmore Hill, N21. 020 8364 2580. www.bikeboutique.net. See Cheryl and Steve. Bikes, clothing, accessories with coffee and cake lounge. Cycle hire.

Le Peloton Cycles, 942 Green Lanes, N21 (8360 1722)

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

Top Riders, now moved to 12 Savoy Parade, Southbury Road, Enfield EN1 1RT (020 8363 8618)

Mac's, 77 Ordnance Road, Enfield (020 8292 5799)

Bikes R Us, You call and we'll come, 020 8882 8288 (mobile 07949 066889)

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

Ye olde classic club T-shirt or polo in yellow or white + logos, ask Alan at meeting/ride. Shirts are £10 each.

Not many left!

Celebs in the saddle no.30.

Martin Hughes - games - autumnwatch, Jensen Button - GP driver, David Walliams - actor, Sir Steve Redgrave - Olympian, Jenny Jones - GLA Green, Matt Baker - BBC.

Club merit points table 2011 latest as 13.11.2011.

835 Trisha, Paul, 750 Graham, 685 Peter MO, 635 Les, 520 Maz, 465 Peter D, 460 Paul S, 445 John R, 410 Nick, 300 Pat, 290 Sibel, 280 Alan, 275 Michele, 255 Richard, 245 Trevor, 230 Karl, 220 Gary, Jayne, 215 Will, 200 Hyacinth, Sarah, 190 Dave LF, Jane GM, Maggie, Sue A, 185 Angela M, Kieron, 160 Jill, 150 Chrystal, Gerald, 130 John C, Mary, 125 Mark W, 120 Val, 110 Cathy, 105 Julian, Mark S, 100 Rosa, rest 85-5 pt.

World Cycling Championships.

Denmark 2011. Road race - won by Mark Cavendish. GB won 2 gold, 2 silver, 2 bronze overall.

Cycle maps

Free at libraries or from TfL. TfL have issued the 4th edition of the local cycling guides. Enfield area is covered on map no. 2. Contact the following: tfl.gov.uk or 0843 222 1234 to order. New edition No. 5 in preparation.

Barclays Cycle Hire

0845 026 3630. Information leaflet and map available at rail stations. We have some as well. tfl.gov.uk/barclayscyclehire. To be extended west and southwest of zone.

New sports store. Decathlon opening soon on the Eleys Estate, Edmonton. And bikes at Stephen James BMW, Lincoln Rd by A10, Enfield.

Enfield Cycling Campaign met London Mayoral candidate Jenny Jones, on a road inspection of the A105 Green Lanes in October.

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Ride reports

By Paul and others

Ride report on John Read's solo cycle trip through Essex, Suffolk and right round the Norfolk coast, at the end of June 2011 (Part 2)

Monday 27 June

A good nourishing breakfast, very typically English, was thoroughly enjoyed and I took the left over toast and marmalade with me in a doggie bag together with some fruit in case I needed a top up before lunch.

Found the A137 and made good time to Ipswich. Got through Ipswich and then took the A1214 to Woodbridge, bit busy but not too bad, although I had missed the quieter alternative road. Managed to buy some water in Woodbridge to top up my recovery drink when stopping at the B&B. Stopped at a golf club (well outside) for lunch, then cycled non stop to B&B at Kelsale via Snape and Saxmundham. Only to find owner OUT had to wait an hour for him to return - covered in flies, hot, bothered and desperately wanting a shower. Still, return he did and later that evening he ran me into Saxmundham so that I could have an evening meal although I had to walk back to the B&B which took 40 mins. Legs going well, bike performing well!!!! 40 miles travelled today. Temperature 32 degrees.

Tuesday 28 June

Woke up early round about 5 am, I am finding that I am doing this at the moment. But kept dozing until 7 am.

Usual breakfast packed up and left about 9.35 am. With a goodie bag of food to tide me over should I need it. Took a quiet road to the B1122 turned right and then left through Middleton to pick up the B1125 which I followed to Reydon and then left onto the B1127 to Wrentham then up to Henstead, Carlton Colville and then Lowestoft. Arrived at 1 pm had a cheeseburger and ice cream on the front and then went and found my B&B small but very nice, could lock the bike in a garage which I liked, was going to go for a walk around Lowestoft but it started to rain heavily, thunder and lightening as well.

Did finally get out for dinner when the rain stopped, lovely locally caught Fish and Chips. 26 miles travelled.

To be continued . . .

Thursday 21 July

– BMW 107 – about 14 came.

Sunday 24 July – London to Cambridge for Breakthrough Breast Cancer

A sunny breezy start at 8.34 from Picketts Lock as our group of six joined 3 to 4000 others, with a NW crosswind. We had tea etc at Widford 10.03, seeing Hyacinth, Bill and Lincoln. Lunch stop at Langley LG 12.10. Our final break for afternoon tea at Duxford School 1.51. We all arrived safely about 3.30 at Midsummer Common finish line to the sound of music and the yellow suited MC. After some resting, we rode to the train station, back to London about 6 pm. Paul - rode 4hs 37ms, Nick, Mark W, Trisha, John R, Sibel, Peter D - fast pacer.

Sunday 31 July – Bayford pub lunch ride

After a tea start at E.T. café we set off at 10.40 riding via Whitewebbs Golf Course, BF Ride, Goffs Oak, Newgate St village past temp roadworks lights up the hill. Onwards to the Bakers Arms, eating outside for about 1 3/4 hours. Sue had a broken valve, so a new inner tube had to be fitted. Returning past Brox' Wood sculptures, Wormley, Lee Valley path to Enfield Town at 4.30. Leader Paul, John R, Sibel, Trisha, Graham, Peter MO, Gerald, Trevor, Sue D, Mary, Dave, Denise, Celestine, Nick. Grabostats 17.7 miles.

Thursday 4 August – Wheatsheaf meeting – 11 came.

Sunday 7 August – Chelmsford countryside

From the rail station our riders did a country route. With lunch at a nice pub. Sun and showers later on before returning to the station. Leader Rebecca, John R, Steve R, John C, Jayne, Karl, Maz, Les, Peter MO, Gary, Laurent.

Sunday 14 August – Café and music ride

From Enfield Town Park east to Lee Valley Park and onto Cheshunt Pond café for lunch. Then using the new A10 bridge to Bury Green before finishing at Rose & Crown pub. Followed by R&R by The Roosters in Hilly Fields. Alan and Maz guested with tamberine and dancing! Leader Paul, Alan, Ron, Angela, Peter D, Will, Mary, Trevor, Trisha, Sarah, Gerald, Graham, Pat, Karl, Jayne, Les, Maz. G/stats 17.7 mls, 2hs 22, 7.5 mph.

Thursday 18 August – BMW 108 – 16 came.

Sunday 21 August – High Beech tea and cakes

A gentle summers day ride to breakfast at Chingford Paradise Café from ELC then on road before some off road tracks in Epping Forest, and short stop at the bikers café. More off road before our tea and cakes at the Church of the Holy Innocents. Some had a go at bell ringing and Will on the organ. Fantastic cakes were eaten at our tea party. Followed by blackberry picking on the Lee. Leader Maz, Les, Peter D, Angela, Lauren, Peter MO, Paul S, Jane GM, Jayne, Sarah, Jayne Bldk, Alan, Graham, Mary, Gary, Paul L, Sue, Cathy, Will, June, Angela Y, Maggie, Chrystal, Dave SL, also at church Hyacinth, Dave LF. Grabostats 23.62 mls, 3 hs 10m, 7.4 mph ave, max 19.7 mph, 643 cal.

August 27-29 – Canterbury trip

Saturday 27 August – Canterbury tales along the crab and winkle way

Most of us at Palmers Green for 8.05 train to KX-St P, then a train to Faversham at 9.54. After about 68ms we arrived in bright sun for our ride. Richard gave a ride brief and some quotes from Chaucer's Miller's Tale. Riding off using NCN1 into countryside, alongside River Swale, they by road to morning tea stop near Seasalter, at a café, with sea view. Then eastwards to Whitstable for lunch and ices, after wall climbing! More country tracks, forest paths, past Kent Uni, for quick stop at Millers Arms before ride into Canterbury, to the YHA at 5pm. Evening meal at Bat and Ball and other city pubs etc.

Sunday 28 August

After a full breakfast c. 8.30 we set off about 10 am on our country ride towards Sandwich. Richard's route was anti-clockwise, on and off road past Adisham, Oast House, Goodnestone to Barnsole Vineyard visit. After a talk by the owner and samples, some brought back wine, which Karl kindly transported back in his car, also helped by Rosa. Lunchtime in Old Sandwich at the Red Cow, Mermaids Cave and other cafes, just as it rained! Tea stop at Red Lion Stodmarsh, more showers. Back to YHA c. 6pm before going into the city for dinner etc. at Prezzo, Little Italy, English Weavers, Tapas, and Cricketers pub.

Monday 29 August

Bank Holiday started in full sunshine at breakfast. Maz had a front puncture as we got the bikes out. We all gathered for a photo call on the drive before leaving c. 10.30 riding through city northwards on NCN1, towards Whitstable for lunch or short stop. Some stayed as rest rode at 12.30 to Faversham, very nice oldy town centre as

six stayed and five got the train. Advanced group back at PG c. 4 pm.

Many thanks from us all to Richard for organizing. Thanks to our backstops and group for an enjoyable trip. And to YHA Canterbury. Nickstats 15 mls at 8.5 mph, 35 mls at 9.2 mph, c. 18 mls at 9.5 mph. Leader Richard, Trisha, Nick, Sue, Kieron, Jane, Paul, Sibel, Dave, Denise, Cathy, Trevor, Jill, Les, Maz, Will, Rosa, Maggie, Pat, Mary, Jayne, Karl.

Thursday 1 September

WHCC meeting. 14 came.

Sunday 4 September – Skyride London

Two pelotons, one from Enfield on road, off road one from ELC. Marshalls met up in the tent by the Mall. About 60 public riders on our rides. Leader Trisha, Paul, Maggie, Peter D, Angela. Leader Kieron, Richard, Jasmin, Les, Maz, Sue, Gary.

Thursday 8 September

LCC Enfield AGM at TW. 10 came.

Sunday 11 September – East London and Barbican

John's first ride lead, from ELC eastwards on road to Walthamstow, Stratford, before joining the Greenway. Here Vicky had a puncture. We then went west on CS3 Blue Route into London near Tower Hill. A short ride to the Barbican, special parking on the lakeside terrace before lunch outside. Homewards at 2.30 using some quiet back routes on TfL map 14, through Hackney and Haringey. Thanks to John. Leader John R, Vicky, Graham, Gungel, Gerald, Peter D, Paul L, Nick, Les, Maz, Gary, Sibel, Bharat, Michele, Paul S. Grabostats 38 mls, 8.8 mph ave, 4hs 20ms.

Thursday 15 September – BMW 109 –

10 came.

Sunday 25 September – last tea-cake ride of the year

From E. Chase Station north off road before two pelotons formed before Cheshunt golf café stop, for food and drink. Then via LV path to a brief visit to Olympic Water Centre, boats and canoes in action. Then past Gunpowder Park, up Avery Lane to High Beech Church tea at 3 pm, with fantastic cakes. Down Mott St to LV path homewards. Leaders Les-Maz, Angela M, Alan, Paul L, Paul B, Francine, Luke, Peter MO, Patrick, Graham, Bharat, June, Angela, Gary. Grabostats 25.43 mls, 7.6 mph ave, 3hs 20ms, 26 mph mx, 1,487 cal.

Thursday 6 October – meeting at TW –

9 came.

Sunday 9 October – Enfield Heart Town Ride

A short 16 mile ride around the borough promoting healthy exercise with BHF. Mayor During started us off. Richard and Peter D at start. Leader Paul, Trisha, Graham, Bharat, Jill, Trevor, John R, Nick, Ann, Cllr Alan Sitkin, Glen Stewart.

Contact information

Richard Reeve, LCC rep for Enfield 0870 321 3717 (before 9 pm only please)

Ian S, ECC club info 020 8367 2004 (before 9 pm only please)

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

London Cycling Campaign 020 7234 9310 www.lcc.org.uk/lcc Office@lcc.org.uk

LCC Enfield www.lccenfield.fsnet.co.uk

Enfield School of Cycling now 020 8379 3634. No fees at present.

Register your bike for free www.immobilise.com.

Report bike theft to police online: <https://online.met.police.uk>.

Training. www.cycletraining.co.uk. 020 7582 3535.

CTC www.ctc.org.uk/services/work 0870 8730060 Email cycling@ctc.org.uk.

Sustrans National Cycle Network 0845 113 0065. www.sustrans.org.uk. Email info@sustrans.org.uk

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Canals. www.waterscape.com

Tfl. Free local cycling guides. 3rd edition. Enfield No. 2. 0845 305 1234.

Your editorial team is: Paul, Chris, Richard, Graham, Maz.

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