



Enfield Cyclist

The Newsletter of the Edmonton Cycle
Club and Enfield Cycling Campaign



Spring 2012

Newsletter No. 51

Welcome to our Spring issue

We look forward to seeing you at our coming rides, meetings and events. Our B.M.W. sessions continue with our mechanical staff who will instruct you on how to maintain your bike. Bike week 2012 is 16-24 June.

Enfield Cycling Campaign Co-ordinator

Richard Reeve stood down from this post on January 2nd. We thank him for his years of campaigning on borough cycling issues, and for organising events. We hope he will continue to ride with us. Any current L.C.C. member who would like to do more campaigning, or be co-ordinator (or jointly) please come forward and speak to our committee.

Safe and happy cycling! – The Eds.

Welcome to new members:

Samantha Duplock
Stephen Addison
Dominic Maseko
Richard Mills
Alan Rockliffe

Birthday wishes to:

Mars: 10 Sujal; 18 Cathy; 22 Alan;
23 Maz; 25 Jasmin; 31 Sue; ?
Jeff.
Avril: 8 Riza; 10 Sangeeta; 20
Christina; 29 Nick, Dave Pr.
Mai: 3 Maggie; 29 Dave S; 29
Elaine; 31 Richard.
Juin: 3 Trevor; 11 Helen; 15
Hyacinth; 23 Michèle, Will.

Meetings / Socials:

Thursdays at 8pm.

1 March, 3 May, 5 July, 6 Sept.:
Winchmore Hill Cricket Club
pavilion, Firs Lane N21.

5 April, 7 June, 2 August, 4 Oct.:
The Wheatsheaf pub, Baker
Street, Enfield.

Diary of coming rides and Events

NB – all are subject to late changes or cancellations, and our Code of Conduct

Sunday 1 April	9.45am Enfield Chase Station. Train assisted – Hertford Nth. Some off-road to Ardeley. Leader Peter MO.
Thursday 5 April	8pm Meeting – Social. The Wheatsheaf pub, Baker Street, Enfield. Club news with LCC briefing.
Sunday 8 April	10am Pindar Car Park, Cheshunt. (or get train at Ponders End 9.30am) Joint ride with L.V.R.P. Leader Chas. A.
Tuesday 17 April	7-9pm Enfield Civic Centre – Cycle Forum. Have your say on local cycling issues, and discuss with transport dept.
Thursday 19 April	Bike Maintenance Workshop No. 116 WHCC, Firs Lane N21. 7-9.30pm
Sunday 22 April	10am-10.15am. Enfield Civic Centre – Ride to Essendon. Pub lunch. Leader Peter D. Hill / flat mix.
Saturday 28 April	Ride detail T.B.A. LCC Groups ride event in Central London.
Thursday 3 May	8pm Meeting – Social. WHCC, Firs Lane N21. Club news with LCC briefing.
Sunday 6 May	10am Edmonton Leisure Centre (ELC) – Tow-path Ride With lunch at Broxbourne pub or café. Leader Paul. Flat and one hill!
Sunday 13 May	10am-10.15am. Edmonton Leisure Centre (ELC) – Parks 'N Cafes Ride Leader Paul. On / off road. Approx. 20 miles.
Thursday 17 May	Bike Maintenance Workshop No. 117 WHCC, Firs Lane N21. 7-9.30pm

Ride and Event Reports

By Paul, Graham and John

Part 3 of John Read's solo trip through Essex, Suffolk and Norfolk.

Wednesday 29 June 2011 - Awoke early again. Had breakfast. Packed up and said good-bye to a very nice couple, found my way out of Lowestoft, stopped off at Corton & Hopton for old time's sake and found out things hadn't changed even after 25 years.

Had hair raising experience getting out of Hopton, as only way out was A12!!! (only had to endure this for ¼ mile though as I turned off for Lound, then crossed A12 for Gorleston)

Managed to get in and out of Gt. Yarmouth – OK well sort of, rode along the front and stopped at the pier, rode through Caister and found Holiday Camp I went to 39 years ago. Then rode the B1159 to Happisburgh, stopped for lunch at a tea shop in Horsey.

41 miles travelled.

B&B at Happisburgh not so good!!!! Separate story to be told!!!!

Thursday 30 June - Well what can I say another breakfast! Packed up and on the road quite early this morning taking the B1159 coast road which was busy but lovely views out to sea, passed through all the coastal towns which were beautiful too. Stopped for a cuppa tea and a bakewell tart in Cromer (A149). I then stopped at the Muckleburgh Collection which is a war vehicle museum, very interesting. After this I came inland to Kelling then on to Blakeney, my next stopover.

Found the next B&B which was a lovely wood cabin all to myself in the back garden of the owners house.

32 miles travelled.

Friday 1 July - Following an eventful night's sleep listening to the wild animals of Norfolk foraging about, I had breakfast and began the last leg of my amazing journey. Rode the A149, then came inland to Langham and Binham, then onto Great and Little Walsingham, South and North Creak, Docking, Fring, arriving at Snettisham at about 12 noon. Visited my Aunt and Uncle for a couple of hours then rode and found my B&B at Dersingham – where I stayed for the next three nights.

29 miles travelled today – trip total so far 202 miles.

Saturday 2 July - Rode back to Snettisham and visited family – 9 miles.

Sunday 3 July - Had a ride in the quiet country lanes on my own.

Stopped off at Hunstanton for an ice cream and a look round the shops – 26 miles.

Monday 4 July - Rode to King's Lynn via Sandringham, caught train back to Kings Cross and then rode home – 26 miles.

Weather fine for the last three days. Normal temperatures.

TOTAL MILEAGE FOR THE WHOLE TRIP – 263 MILES.

Other Reports

Wednesday 12 Oct. - Enfield Cycle Forum – Five came to Council.

Sunday 16 Oct. - Lunch at the Jolly Fisherman. A glorious autumn day riding from Edmonton L.C. to the towpath at Ponders End by Wright's Flour Mill. Our tea stop was at Broxbourne river side café. Then via Dobb's Weir, Rye House to J.F. pub at Stanstead Abbots. Nick joined us on his new road bike. Our route back took in the L.V. NCN1. Up Clayton Hill with hill top view to a short tea stop at 3.30 at F. Green Farm. We rode south, splitting at Enfield Lock and Ponders End then homewards.

Leader Paul; Graham, Trisha, Mike, John C, John R, Gerald, Pat, Nick,.
Grabostats: 35 miles; 3h 55m; 9mph ave.; 17.3mph max.

Thursday 20 Oct. – BMW 110. 20 came, power cut! Bike lights used.

Sunday 30 Oct. – Wormley West End. A medium ride from Enfield north to tea at Cheshunt golf café. Then via Appleby St. and Bread and Cheese Lane to The Woodman at Wormley. Small menu and due to be converted to Greek cuisine. Our return leg east and south along some wooded L.V. paths to Enfield and Edmonton. Peter had another puncture near Brimsdown.

Leader Les; Maz, Peter MO, Gerald, Paul, John R, Mark S, Will, Michèle, Graham.

Grabostats: 23.7 miles; 2h 46m; 8.5mph ave.

Thursday 3 Nov. – WHCC Meeting, AGM. 15 came.

Sunday 13 Nov. – Lee Valley, Hackney. A flat ride southwards past the improved path at Chalk Bridge. We stopped for two minutes silence at 11am. Then rode to Springfield Café for tea stop, and onto a lap around Victoria Park. Too expensive at The Britannia pub, so rode back to the Golf Café by the Lee, for lunch inside. Back north about 4pm.

Leader Paul; Graham, Jacquie, John R, Karl, Jayne, Peter MO, Les, Maz, John C, Michèle, Trisha.

Grabostats: 27 miles; 3h 21m; 8.3mph ave.; 1439 cals burnt.

Thursday 24 Nov. – BMW 111. 12 came.

Sunday 27 Nov. – Urban Circular Ride. From Palmers Green, south east past Ally Pally to tea shop at café in Cherry Tree wood, E. Finchley. Then west past Hampstead Garden Suburb before connecting up to the Dollis Brook trail to Whetstone and The Griffin pub for lunch; inside parking, nice food. Our return to Palmers Green via Oakhill Park.
Leader Peter MO; Paul, Graham, Ron, Trisha, Trevor, Jill, John R, Les, Maz, Michèle.

Grabostats: 24.9 miles; 2h 37m; 9.5mph ave.; 1456 calcs burnt.

Thursday 1 Dec. – Wheatsheaf Meeting. 14 came.

Thursday 15 Dec. – WHCC. BMW 112 and Xmas Social. 17 came.

Monday 26 Dec. – Boxing Day Ride. We left Enfield Civic Centre at 11.15 for a short trip east and north via Gunpowder Park. Along the Lee Valley paths before riding west to Cheshunt Pond Café for lunch. Our return ride crossed A10 new bridge to Bury Green, then Forty Hill and Enfield.

Leader Paul L; Graham, Will, Peter D, Alan, Trevor, Bill, John C, Trisha, Peter MO, Gerald, Maz.

Grabostats: 16.82 miles; 2h 4m; 8.1mph ave.

Thursday 5 Jan 2012. – WHCC Meeting. 11 came.

Wednesday 18 Jan. – WHCC. BMW 113. 10 came.

Sunday 22 Jan. – Borehamwood. A bright, windy ride from Enfield Civic Centre, calling at Oakhill Park Café for tea. Then westwards on Station Road, over the A1000 to Mays Lane, Rowley Lane, to the Mops & Brooms pub for long lunch, nice food. Riding on Galley Lane towards High Barnet, Meadway towards Southgate and Enfield etc. for post lunch ride back.

Leader Les; Maz, Peter L, Ron, Robert, Jane GM, John C, Graham, Paul L, Sarah, Alan, Michèle, Zack, Mary.

Grabostats: 22.97 miles; 2h 54m; 7.9mph ave., 1,266ft ascent.

Thursday 2 Feb. – Wheatsheaf Meeting. 12 came.

Sunday 12 Feb. – Annual Lunch at Old Owens Sports Club ground, Potters Bar.

The feeder ride from Enfield set off at 11.20. Thankfully the ice and snow had mostly melted. Route took in Clay Hill, Rosewood, Beech, Cattlegate Road, Coopers End Road, Coopers Lane to Owens. After a relaxing drink we sat down to our lunch at the dining room tables with atmospheric candle-lighting provided! The club supplied a wine selection with the meal. After the second course, we did some musical chairs and moved to other seats for the third course. We then had a round of thanks to our hosts - Old Owens – and to Maz and Pat for organising. Finally certificates were awarded for everyone, 1st place to Trisha on 920 points. Most people started homeward after 3.45pm.

Maz, Les, Alan, Sibel, Peter MO, Angela, Sam, Gary, Jayne, Karl. Riders – Paul, Graham, Nick, Will, Cathy, Trevor, Jill, Jacquie, John R, Mary. Grabostats: 13.6 miles; 1h 38m; 8.3mph ave.

Thursday 16 Feb. – WHCC. BMW 114. 10 came.

Sunday 27 Feb. – Ride to Hog Hill. 16 rode.
Leader John R.

Thursday 1 March. – WHCC Meeting. 20 came.

Contact Information

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
ECC webmaster Peter:	www.edmontoncycleclub.org
Join email list via website	
Southgate Cycling Club:	020 8372 1710 www.southgatecc.org.uk email info@southgatecc.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. 4th 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
Enfield School of Cycling:	020 8379 3634. No fees at present,
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

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

Friday 18 May	Ride Marshalling – Supporting “Enfield Night Hike” Charity Walk Meet Enfield Civic Centre at 7.30pm. Walk starts at 8pm. Circular 15km route on road. We will be checking road junctions to assist walkers. You must have lights, ends very late, approx. 11pm onwards. Please let us know if you're helping. Many thanks.
Sunday 20 May	10am at Liverpool Street, by Kinder Transport Memorial. Leader Peter MO. Riding to Richmond Park, café, or bring picnic. On road, some off road.
Saturday 2 to Monday 4 June	Club Trip
Thursday 7 June	8pm Meeting – Social. The Wheatsheaf pub, Baker Street, Enfield. Club news with LCC briefing.

Looking Ahead!

- 16-24 June Bike Week. Rides, Bike Festival T.B.C. Sat. 23 June at Enfield Town Park.
- 5 July Meeting 8pm WHCC
- Ride from Chelmsford, by train. Probably Sunday 24 June. Leader John R. Details T.B.C.
- Shenley, Herts; Mystery Rides;
- Bike Events;
- July 22 - Picketts Lock to Cambridge, ELC at 8am
- B.M.W.s continue on Thursdays.
- Where do you want to go? Ideas, Leaders welcome!

Ride Advice

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'

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)

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

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

Stephen James BMW, Lincoln Road, Enfield.

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. 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!

4. Celebs in the saddle no.31. Julia Hartley – Brewer, LBC Radio, Helen Skelton - Blue Peter, Victor Ubogu - former rugby player, Dick Strawbridge – TV presenter, Julian Huppert, Ian Austin – MPs.

5. Club merit points table 2011 results: Well done to Trisha – 920pts, 900 Paul L, 815 Graham, 770 Peter MO, 700 Les, 575 Maz, 500 Peter D, 475 Peter D, 475 John R, 460 Paul S, 415 Nick, 315 Alan, Pat, 300 Trevor, 295 Michèle, 290 Sibel, 260 Karl, 255 Richard, 240 Jayne, 235 Will, 220 Gary, 205 Kieron, Maggie, 200 Angela, Hyacinth, Jane, Sarah, 190 Sue, Dave LF, 180 Jill, 170 Gerald, 150 Chrystal, John C, 130 Mary, 125 Cathy, Mark W, 120 Val, 110 Rosa, 105 Bill, Julian, Mark S, rest on 90 -5 pts.

6. Latest merit point table 2012: 140 Paul, 130 Graham, 120 Les, Maz, 100 Peter MO, 95 Mary, 80 John R, 75 Alan, Peter D, 70 Pat, Trevor, 60 Sibel, 55 Jill, 50 Nick, John C, 45 Jane GM, Will, Michèle, rest on 40 – 10 pts.

7. Year Winners 2002 Paul, 03 Ian, 04 Graham, 05/7/8 Kieron, 06 Andy, 09 Les, 10/11 Trisha.

8. 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: www.tfl.gov.uk or 0843 222 1234 to order. New edition No. 5 is in preparation.

9. Barclays Cycle Hire 0845 026 3630. Information leaflet and map available at rail stations, we have some as well. www.tfl.gov.uk/barclayscyclehire To be extended west and southwest of zone.

10. "She who succeeds in gaining the mastery of the bicycle will gain the mastery of life." - Frances E. Willard.

11. London Bike Show at Excel, 17-20 Jan 2013.

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