



Enfield Cyclist

The Newsletter of the Edmonton Cycle
Club and Enfield Cycling Campaign



Summer 2012

Newsletter No. 52

Welcome to our Summer issue

We invite our members to join us this summer for a varied programme of cycling events.

Bike week will be 16-24 June. Our bike maintenance workshops continue on Thursdays, where you can learn how to keep your bike in tip-top condition. Some members will be doing the Bike Events July 22 ride to Cambridge – see www.bike-events.co.uk or 0845 460 1342

Club rides continue, check website or emails for updates.

Safe and happy cycling! – The Eds.

Welcome to new members:

Samantha Richardson
Michael Morris
Jim Cann
Jackie Akande
Dilipkumar Amin
Lee Fowler

Birthday wishes to:

Juin: 3 Trevor; 11 Helen; 15
Hyacinth; 23 Michèle, Will.
Juillet: 6 Marion R, Jane; 20 Peter
MR; 30 Mark W.
Aôut: 2 Mel; 10 Jane; 17 Gonsel; 18
Liam; 20 Paul, Peter D, Andy C; 25
Jenny; 26 Denise; 27 Peter L; 31
Sarah.

Meetings / Socials:

Thursdays at 8pm.

7 June, 2 August, 4 Oct, 6 Dec:
The Wheatsheaf pub, Baker
Street, Enfield.

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

Diary of coming rides and Events

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

Saturday 16 – Sunday 24 June	BIKE WEEK 2012. Lots of events across London likely.
Sunday 17 June	Ride near Welwyn Garden City – “Salute to Dr Beeching.” Meet 9.45am at Alexandra Palace Stn., for 10.32 train. A train assisted ride starting from Welwyn Garden City station and following a number of disused railways towards Harpenden then back around St Albans to Hatfield to pick up the return train. As much of the ride is on disused rail lines, it will be fairly flat and traffic free. Surfaces are generally smooth but not always paved. About 20 miles. Leader Peter MO
Tuesday 19 June	7pm Enfield Civic Centre – Mystery Pub Ride. Mystery Pub ride, ending with drinks and food in rural Hertfordshire. Bring good lights, as we are likely to be riding on unlit lanes after dark on the return journey. About 15 miles.
Thursday 21 June	Bike Maintenance Workshop No. 118 WHCC, Firs Lane N21. 7-9.30pm - focussing on de-squeaking your brakes.
Sunday 24 June	11am-4pm. Enfield Festival of Cycling – Enfield Town Park. Free Doctor Bike safety check and information stands. Please let us know if you can spare some time to help. (If helping set up, please come to park from 9am)
Saturday 30 June	11am-4pm - “Coach and Play” Day – Bush Hill Park. Organised by Friends of Bush Hill Park and Enfield Sports Development Team. Includes a 'Doctor Bike' surgery.. Please let us know if you can spare some time to help.
Thursday 5 July	8pm Meeting – Social. WHCC, Firs Lane N21. Club news with LCC briefing.
Sunday 8 July	10.30am at CHELMSFORD STN.- country lane ride Early train from Edmonton Green -> Liverpool St. -. Chelmsford. (Suggest “group saver” tickets). A 35 mile circular ride through the quiet country lanes of Essex, 100% road on lovely, flat, smooth tarmac, perfect for the road bike. Pub lunch (or bring a packed lunch). No tea stops. Leader John R.

Ride and Event Reports

By Paul, Graham and John

Sunday 26 Feb. – Redbridge Cycling Centre, Hog Hill. A cloudy mild day as we rode to from ELC east, past Highams Park to Snakes Ln, Woodford. Here we enjoyed a tea stop at Café Solo. Riding on via Claybury Park towards Hainault, arriving Hoghill at 12.50. We relaxed in sunshine as a fun run finished. Some members then had a ride on the road course (fee as leaflet, tel. 020 8500 9395). The café was welcome and return ride was via the outward route.

Leaders John R, Les; Vicky, Maz, Graham, Sibel, Peter D, Paul, Pat, Trevor, Jill, Peter MO, Jayne, Michèle, Nick, Jane.

Grabostats: 32.39 miles; 3h 38m; 8.9mph ave.; 2046 cal.; 1025ft ascent.

Sunday 10 March. – High Barnet and the Well House. From Enfield to Oakwood Park café, where leader Peter led the ride through Hadley Common and back roads to Ye Olde High Barnet in nice sunshine. He found a quiet pub – the Sebright Arms for lunch stop, very pleasant. We then rode south to view the Old Well House building covering the well. Riding the Dollis Brook trail south-eastwards to Oakhill Park, and the Pymmes trail homewards to Enfield etc.

Leader Peter MO; Les, Maz, Graham, Gerald, John R, John C, Sibel, Paul, Peter D, Pat, Mary.

Grabostats: 22 miles; 1h 33m; 7.7mph ave.

Sunday 25 March. – LCC Ride to Staples Corner – the A406 Great Divide. Many local groups met at New Southgate Station for the start. The ride was led by Barnet LCC coordinator David Shannon to support the “Love London, Go Dutch” campaign. The route shadowed the motor-centric A406, past Henly’s Corner enroute to Staples Corner, for the picnic in the park. The marshals did a fine job at the road junctions.

Edmonton club members Peter MO, Will, Peter D, and Graham came to support ride. See LC mag April-May for more.

Grabostats: 22.2 miles; 3h 10m; 7mph ave.

Sunday 1 April. – Ardeley, Herts. By train from Enfield Chase to Hertford North, we set off 10.45 north west on road. We then rode on very dry paths in spring sunshine, pas Gt. Gobions Farm. Then past Watton at Stone, before more off-road to the Jolly Waggoner pub for outdoor lunch at 12.30. Leaving at 2.20 riding more off-road paths past Wood End, Sacombe

Green back to Hertford North station at 4.10pm. A good off-road ride and route.

Thanks to Leader: Peter MO, Peter D, Parul Graham, Cathy, Mark, Michèle, Rosa, John C, Trevor, Mary, Dave, Denise, Les, Maz.

Grabostats: 23.02 miles; 2h 47m; 8.2mph ave.; 1255 calcs burned, 1087ft climbed.

Sunday 8 April. – LVRP Mystery Ride. A day of light showers as our Easter ride set off from Cheshunt Pindar car park with 22 riders. Past Lee Valley Park Farms up Claydon Hill to Dobbs Weir, before more off-road on the new cycle path No. 1 to Roydon and Stansted Abbots for lunch at the Jolly Fishermans pub or village café. Back via tow-path past Dobbs Weir to start. Only five punctures!

Leader: Chris A, Les, Maz, Peter MO, Angela, Peter D, Paul, Graham, John R, plus 13 public.

Grabostats: 20.07 miles; 2h 28m; 8.12mph ave..

Sunday 22 April. – Essendon, Herts. A sunny ride from Enfield, with a tea stop at the Two Brewers pub, Northaw. Then past Nyn park on the A1000, B158 and lanes to Essendon village to lunch at the Candlestick. Our return route took in Potters Bar and Coopers End Road to Enfield, where we saw the Borough's St. Georges Day parade about 3.15.

Thanks to new Leader: Peter D, Peter MO, Peter L, Paul, Graham, John R, Les, Maz, Jayne, Mark, Pat, Cathy, Dave, Denise, Trevor, Jill.

Grabostats: 25.2 miles; 9.6mph ave.; 1465ft ascent.

Sunday 28 April. – “Go Dutch” LCC Rally Ride (report from Graham)

ECC members set off to Hyde Park in light rain at 9.15. The route took in Green Lanes, Holloway Rd, Camden, Regents Pk, Baker St, Park Ln, where the peleton found thousands of other cyclists riding to the event. About 1pm the mass peleton rode off down Piccadilly, Trafalgar Sq, then by Embankment to Blackfriars Bridge. Then to lunch at Ye Cheshire Cheese pub where our lot ate and dried off! The ride back was from 2.15 via the City northwards. Graham caught train at Palmers Green to be home at 5.30.

Leader: Trisha, Richard, Graham, John R, Michèle, Peter D, Angela, Lauren etc.

Grabostats: 36 miles inc. train; 27.5miles ride proper; 9mph ave.; 2h 56m.

Sunday 6 May. – Broxbourne and Lea Valley. A dull chilly start from ELC as we set off along Pickett's Lock tow-path northwards. Then east

through Gunpowder park before tea stop at Lee Valley Park Farm. (Note new LVRP map now out) Then via Clayton Holl and photo call onto long lunch at Ye Crown, Broxbourne. Return ride wind-assisted on tow-path, whilst we watched an aerobatic display overhead at Waltham Abbey. Back to ELC at 3.40pm.

Leader: Paul, Graham, Peter MO, Alan, Bill, Sibel, Dilip, Sam, Russell, Michèle, Pat.

Grabostats: 30.12 miles; 3h 43m; 8mph ave.; 17.4mph max; 440ft ascent; 1672 calcs burnt.

Sunday 13 May. – Paul’s Parks ‘n’ Cafés Tour. A sunny warmer day from ELC, visting Pymmes, Tatem (for a ride on the cycle-skate track), Hazelwood, Broomfield, Arnos, Oakhill, Hadley Common, Victoria, Trent, Hilly (muddy) Fields, Forty Hall, Bush Hill, and Jubilee Parks and open spaces. Alan had a muddy time at Hilly Fields. Lunch at Oakhill and teatime at Forty Hill café. Ride ended at ELC c.4.30.

Leader: Paul, Graham, Michèle, John R, Alan, Lauren, Angela, Peter MO, Sibel, Phil, Pat.

Grabostats: 28 miles; 27.3mph max; 1668 calcs burnt.

Sheringham, Norfolk trip by Paul

Saturday 2 June.

We met up at Enfield Chase station at 8.45am and 9.15am, in two groups under cloudy skies. Our Dave M “The Station Master” even put out a tannoy “bon voyage” to us!

Group 1 – Peter for Kings Cross –Kings Lynn train

Group 2 – John for Kings Cross – Cambridge – Norwich trains

Group 2 arrived at Norwich at 1.30pm, had light tea ‘n’ snack before riding north on B1150 before a left turn to Spixworth as the sun came out. Then towards Aylsham stop, Blicking to Itteringham Post Office for tea stop (but delay due to power cut by local digger). On past Matlaske, W. Beckham, to woodland by Upper Sheringham, then B1157 and A149 to our YHA at Cremer’s Drift by 5.30pm. Group 1 had been there for 10 minutes already. After checking into rooms, we had dinner in town at either the Robin Hood pub, a Thai restaurant, the LaLa Fish Bistro, or the Lobster pub. Back to YHA around 11-11.30 for sleep.

Sunday 3 June.

Steady rain as we had breakfast at 8.15am. Some decided to ride anyway along the North Norfolk coastal path, westwards. However the path by the golf course and coast watch office was very “up and down” with loose sand, so we rode inland towards Weybourne. Then uphill past fields to Holt for a nice warm tea shop – art centre about 12.00pm. We returned mid-afternoon via country lanes, pretty corner to YHA. Some then went to Sunday lunch or on

train line back to Holt using the old steam train service. Others had a stroll into town for teatime or window shopping. Dinner was again at various pubs etc. Telly later, watching Ricky Martin win "The Apprentice".

Monday 4 June.

Hooray! The sun is back out! After breakfast we untangled the bikes for the ride home. Some needed the magic oil-spray. We then had a photo-call finale. Group 1 set off at 9.45am, Group 2, led by Paul at 9.55. First up to Pretty Corner past nice tea shop, then in warmer sun to E. Beckham, Bressingham, Aldborough, Erpingham, Ingworth to Aylsham at 11.45. Here we had light lunch as the town Diamond Jubilee party got started, with a guitar solo from a young chap on the pub balcony, with further old well known music. This was then danced to by our band of Cycle Dancers – T, J, Pt, M and R! Onward at 12.40 to Buxton, Frettenham, Spixworth cycle path, Catton, over A1042 to Norwich station at 2pm. Here we had a tea stop before the train to Cambridge at 2.40, with sweets and snoozing on-board. At Cambridge we split to two rail lines homewards – home to Edmonton at 5.15 and Enfield at 6pm after an enjoyable trip.

Group 1 : Peter D, Peter MO, Les, Maz, Karl, Jayne, Cathy, Gary, Nick, then John R, Sibel.

Group 2: John R, Paul, Trevor, Jill, Phil, Pat, John C, Rosa, Maggie, Michèle, Sibel. Our grateful thanks to organisers Maz and Jayne, and ride leaders, members and YHA hosts.

Approximate mileage: 25, 16 and 24 miles.

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:	eccrisedec@hotmail.co.uk
ECC webmaster Peter: Join email list via website	www.edmontoncycleclub.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 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: Training:	020 8379 3634. No fees at present, 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

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

Sunday 15 July	Choice: London – Southend. From Victoria Park, Hackney – run by Bike Events. OR Local ride – 10.30am Oakwood Park Café (Please arrive early if you want refreshments at the park café) – for a half day ride around Hadley and Trent Park, ending up in Hilly Fields in the afternoon where there is a free concert featuring 'The Soul Agents' playing 60's soul music. If you're staying for the concert, then why not bring some picnic food to share?.
Thursday 19 July	Bike Maintenance Workshop No. 119 WHCC, Firs Lane N21. 7-9.30pm.
Sunday 22 July	8am at Edmonton Leisure Centre for London – Cambridge. Organised by Bike Events. The ride is on public roads throughout. We come back by train. 60 miles. Meet ELC for our informal peleton before riding on to the start at Picketts Lock Centre. Further info from www.bike-events.co.uk or 0845 460 1342.
Thursday 2 August	8pm Meeting – Social. The Wheatsheaf pub, Baker Street, Enfield.
Sunday 5 August	10am Enfield Civic Centre – Leader Paul. On and off-road. Wadesmill – “Feathers” pub, with two fords.
Sunday 12 August	10am Edmonton Leisure Centre – “Tea and Cake” ride – leader Maz. Café stop, tea at High Beech Church.
Thursday 16 August	Bike Maintenance Workshop No. 120 WHCC, Firs Lane N21. 7-9.30pm.
Sunday 19 August	10.30 Beggars Hollow – Golf Café Short ride before free jazz concert at Hilly fields. Why not bring some picnic food to share?
Sunday 26 August	10am Liverpool St by Kindar Transport Memorial. Leader Peter MO. Ride to Richmond Park café, or bring own food. On road with some off-road. Suggest meet Edmonton Green Stn about 9am for group save ticket.
Thursday 6 September	8pm Meeting – Social. WHCC, Firs Lane N21.
Tuesday 11 September	7pm Enfield Civic Centre – Cycle Forum – local cycle issues discussed with Council.
Thursday 20 September	Bike Maintenance Workshop No. 121 WHCC, Firs Lane N21. 7-9.30pm.

**NOTE – No London Skyride this year.
Future ride ideas and leaders wanted!**

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.32. David Walliams, Davina McCall, Patrick Keilty, Miranda Hart, Jimmy Carr, Fern Cotton, Jamie Crick, Mary Beard, Lauren Laverne, Alain de Bouton, Brian Paddick.

5. Club merit points table 2012: (to 10 June) 365 Paul, 325 Les, 315 Graham, 305 Peter MO, 245 Maz, 210 Michèle, 195 Peter D, 180 Pat, 175 John R, 155 Alan, 150 Trevor, 145 Sibel, 120 Mary, 110 Cathy, 110 Cathy, 105 Jayne, 100 John C, 95 Jill, 95 Karl, 85 Nick, 65 Mark S, 50 Peter L, 50 Rosa - others on 45 - 5 pts.

6. 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.

7. 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.

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

9. Tatem Park, Hedge Lane, N13. Skate-cycle track. Skate times take priority: Sat. 12-4 Oct-Mar, Sun. 9-12.30, Mon-Fri. 6.30-9pm April-Sept.

10. LCC Membership Fee Rise. Adults £34; Second person at address £25; Concessions / Full Time Student / U16 / +60 / Unemployed £16; Family £57.

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