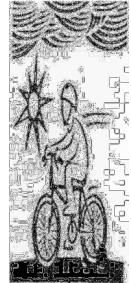




# Enfield Cyclist

The Newsletter of the Edmonton Cycle Club and  
Enfield Cycling Campaign



Spring 2013

Newsletter No. 55

## Hi there and welcome to the Spring issue

Our meetings, Bike Maintenance Workshops (BMWs) and rides continue as we increase our ride options as the weather warms up! To get top advice on keeping your bike in good order, come to our BMWs at the W.H.C.C. each month. Ideas for places to visit, long weekends, or food stops are welcomed, as are offers of marshalling. So, let our ride secretary department know your ideas!

Please read the ride advice section. See you soon - The Eds.

### Welcome to new member:

Lucy Mullen

### Birthday wishes to:

Mars:

10 Sujal; 18 Cathy; 23 Maz;  
25 Jasmin; 31 Sue.

Avril:

8 Anya, Riza; 10 Sangeeta;  
20 Christina; 29 Dave PR, Nick.

Mai:

3 Maggie; 29 Elaine, Dave S;  
31 Richard.

Juin:

3 John R, Trevor; 11 Helen;  
15 Hyacinth; 23 Michèle, Will.

### Meetings / Socials:

Thursdays at 8pm prompt.

4 April, 6 June, 1 August, 3 Oct.:  
The Wheatsheaf pub room,  
Baker Street, Enfield.

7 March, 2 May, 4 July, 5 Sept.:  
Winchmore Hill Cricket Club  
pavilion, Firs Lane N21.

### Alan Joseph Thorndyke

#### 1930 - 2013

With much regret we announce the death of our Club President. Our deepest sympathy goes out to his family. He was much loved by us all and will be missed but long remembered.

## Diary of coming rides and Events

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

<b>Thursday 21 March</b>	<b>Bike Maintenance Workshop No. 127</b> WHCC, Firs Lane N21. 7-9.30pm – Informal but informative! Social drinks afterwards.
<b>Sunday 24 March</b>	<b>A ride from Chelmsford Railway Station back west to home.</b> Meeting at Chelmsford Stn. At 10.30 with John R. Those going to Chelmsford meet at 09.00 at Edmonton Green for train via Liverpool St. Stn., using Groupsave Ticket.
<b>Sunday 31 March</b>	<b>Easter and B.S.T. weekend!</b>
<b>Thursday 4 April</b>	<b>8pm – Meeting – Social.</b> The Wheatsheaf pub, Baker Street, Enfield.
<b>Sunday 14 April</b>	<b>The Extremely Late Easter Egg Hunt Ride</b> 10.00 at Enfield Civic Centre. Leader Maggie, about 25 miles, on road.
<b>Thursday 18 April</b>	<b>Bike Maintenance Workshop No. 128</b> WHCC, Firs Lane N21. 7-9.30pm – Informal but informative! Social drinks afterwards.
<b>Sunday 21 April</b>	<b>10.00 Beggars Hollow Golf Café, Clay Hill, Enfield.</b> Bayford, Baker Arms pub, some off road. About 25 miles Leader Paul.
<b>Sunday 28 April</b>	<b>10.00 Edmonton Leisure Centre.</b> Leader Peter MO. An east London journey, may include the cable car Thames crossing (£4.30).
<b>Thursday 2 May</b>	<b>8pm – Meeting - Social</b> WHCC, Firs Lane N21
<b>Sunday 5 May</b>	<b>Ride T.B.C. ?</b>
<b>Sunday 12 May</b>	<b>10.00 Edmonton Leisure Centre.</b> To Romford. Leader John R, at Woodford Café solo. On road.
<b>Thursday 16 May</b>	<b>Bike Maintenance Workshop No. 129</b> WHCC, Firs Lane N21. 7-9.30pm.
<b>Friday 17 May</b>	<b>Enfield Nike Hike Walk – meet at c7.30pm at Enfield Civic Centre</b> Support marshalling on bike on 15k course, starts at 8pm.
<b>Sunday 19 May</b>	<b>Joint ride with LVRP – meet 10.00 at Pindar Park, Cheshunt</b> We help marshal members of the public on this ride. Circular 25 mile route including Stanstead Abbots. Leader Chris.

## Ride and Event Reports

By Paul, Peter, etc.

**Sunday 9<sup>th</sup> December: John's Christmas Lights City Ride.** A seasonal ride lead by John from E.L.C. at 4.15 on road into town. Around Hackney our peloton went west, heading for the bright lights of Regent and Oxford Street. The earlier cloud and rain had passed. Our night riders then rode to Covent Garden to sample the shops, atmosphere, and have a hot drink, before the ride back to Edmonton and Enfield. Leader John, Bridget, Les, Maz, Karl, Jayne, Peter MO, Sibel, Cathy, Michèle.

**Thursday 13<sup>th</sup> December: BMW 124 Social Evening.** The end of year social saw 20 members at W.H.C.C. for an evening of cheese, wine and an excellent buffet spread. Lots of laughter and general chat! We also welcomed our new Club Life President Alan Thorndyke.

**Wednesday 26<sup>th</sup> December: Boxing Day Ride.** Our traditional late morning ride set off from E.L.C. Joining the Lee towpath at Pickett's Lock, we rode on to Enfield Lock, where the path had some puddles due to the incessant rainfall. Riding through Gunpowder Park, then along the Lee towpath again to Fishers Green, then westwards, crossing the railway at Cadmore Lane, Cheshunt. Then past the golden post box, Hancock's bike shop, to the Pond Café for lunch. On leaving about 2.15, the rain came down. Crossing the A10 cycle bridge to Bury Green then Theobalds. At the former Temple Bar site Michèle had a rear puncture, so tube replaced asap. Then back to Enfield Town, where we split for home and wished everyone a happy, healthy and safe cycling new year!

Leader Paul, Graham, Trevor, Nick, Michèle, John C. Grabostats: 20.54 miles, 8mph ave., 15.9mph max, 2h 34m, 510 ft ascent, 987 calories burnt.

**Thursday 3<sup>rd</sup> January 2013: WHCC Meeting.** 10 came.

At this meeting Mr Alan Thorndyke became our Club Life President.

**Sunday 13<sup>th</sup> January: Half-day Cheshunt Ride.** Meeting before 11.00 at Beggar's Hollow, Clay Hill, Enfield Golf Café for quick tea, then north to Whitewebbs Lane, Bulls Cross, Old Park Ride, Bury Green, Churchgate Rd. to Cheshunt Park Golf Course. We also saw members Dave P and Bernie riding west. After more tea and coffee we rode east to the Lea Valley, saw Chris in her van. Riding back to Enfield via Ordnance Road, we split up at Turkey Street and Baker Street.

Leader Les, Maz, Paul, Graham, Sarah, Catherine, Emma, Cathy, Mary, Peter MO.

Grabostats: 15.2 miles, 8.31 mph, 1h 52m, 749 calories.

**Thursday 17 January. – BMW 125.** 13 came. There were card games afterwards, which we hope to continue doing after future BMWs.

**Sunday 27<sup>th</sup> January: Annual New Year's Lunch.** A glorious sunny start as the peloton rode from Enfield Civic Centre to Old Owen's Sports Ground at

Potters Bar. Here we met up with the others arriving by car or bus. After a relaxing drink we enjoyed the three course lunch. We then had our club announcements of awards certificates for member's efforts in 2012. Our thanks to our hosts, meal organiser Maz, Pat for WHCC, Jayne and Maz for Norfolk trip, Alan our Club President. Most left for home by about 4pm.

Ride leader Paul, Cathy, Graham, Jill & Trevor, Jayne, John R, Mark, Will, Ron & Bridget, Colin, Millie, Maz & Les, Pat & John, Sibel, Alan, Maggie, Chris, Sarah, Peter, Mary.

Grabostats: 13.6 miles, 1h 20m, 9.1mph ave, 28mph max, 870 calories.

**Thursday 7<sup>th</sup> February: The Wheatsheaf Meeting.** 11 came.

**Sunday 10<sup>th</sup> February: Hog Hill, Redbridge Cycling Centre.** With the rain lashing down and forecast for more, and sleet, we called off the ride. Les braved the weather to check the E.L.C. start in case anyone came. Note we sent out a last minute email and did call some on the morning.

**Sunday 17<sup>th</sup> February:** The Barnet Cyclist's peloton see riding home along Paul's road.

**Thursday 21 February: BMW 126.** 12 came. Drinks, fun and games afterwards.

**Sunday 24<sup>th</sup> February: Winters Day Ride.** A bitter, dull, cold winter's day, as seven set off from E.L.C. towards Broxbourne. Using the towpath, we rode direct to the re-opened Narrow Boat Café at Waltham Abbey for hot drinks. Some then returned home, whilst four others went on to the Crown pub for lunch. The ride back had the wind behind us, and our faster ride back got us to E.L.C. at 2.45. Leader Paul, Peter MO, Les, Maz, John R, Trevor, Lucy.

## Memories of last summer

Hilly Fields - 19<sup>th</sup> August 2012.



Sarah, Mary, Sue, Les, Peter, Maz.

Richmond Park – 26<sup>th</sup> August 2012



Sibel, Mary, Julian.

## Contact Information

Paul L, Hon Mem. Sec, ECC club info:	020 8808 3473 (before 9 pm only please)
Paul, ECC Rides Secretary, and assistant Maz:	<a href="mailto:eccrisesec@hotmail.co.uk">eccrisesec@hotmail.co.uk</a>
ECC webmaster Peter:	<a href="http://www.edmontoncycleclub.org">www.edmontoncycleclub.org</a>
Join email list via website	
Southgate Cycling Club:	020 8372 1710 <a href="http://www.southgatecc.org.uk">www.southgatecc.org.uk</a> email <a href="mailto:info@southgatecc.org.uk">info@southgatecc.org.uk</a>
London Cycling Campaign:	020 7234 9310 <a href="http://www.lcc.org.uk/lcc">www.lcc.org.uk/lcc</a> email <a href="mailto:Office@lcc.org.uk">Office@lcc.org.uk</a>
LCC Enfield:	<a href="http://lcc.org.uk/boroughs/enfield">http://lcc.org.uk/boroughs/enfield</a>
TFL:Free local cycling guides. 4th edition. Enfield No. 2.	0845 305 1234
CTC:	0870 8730060 <a href="http://www.ctc.org.uk/services/work">www.ctc.org.uk/services/work</a> email <a href="mailto:cycling@ctc.org.uk">cycling@ctc.org.uk</a>
Sustrans National Cycle Network:	0845 113 0065 <a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a> email <a href="mailto:info@sustrans.org.uk">info@sustrans.org.uk</a>
Enfield School of Cycling: Training:	020 8379 3634. No fees at present, <a href="http://www.cycletraining.co.uk">www.cycletraining.co.uk</a> 020 7582 3535
Register your bike for free	<a href="http://www.immobilise.com">www.immobilise.com</a>
Report bike theft to police online:	<a href="https://online.met.police.uk">https://online.met.police.uk</a>
Canals:	<a href="http://www.waterscape.com">www.waterscape.com</a>
Cycle Route Planner	<a href="http://www.cyclestreets.net">www.cyclestreets.net</a>
CycleStreets is a UK-wide cycle journey planner system, which lets you plan routes from A to B by bike. It is designed by cyclists, for cyclists, and caters for the needs of both confident and less confident cyclists	

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

<b>Sunday 26 May</b>	<b>Ride T.B.C. ?</b>
<b>Sunday 2 June</b>	<b>10.00 for 10.15at Greyhound pub, South Ordnanace Rd.</b> Leader Paul. To Wadesmill pub via Stanstead Abbots, off road / fords! About 30 miles.
<b>Thursday 6 June</b>	<b>8pm – Meeting – Social.</b> The Wheatsheaf pub, Baker Street, Enfield.
<b>Sunday 9 June</b>	<b>Ride T.B.C. ?</b>
<b>15 – 23 June</b>	<b>National Bike Week.</b> Rides and 7 <sup>th</sup> Enfield Festival of Cycling, Enfield Town Park. Sunday 23 <sup>rd</sup> , 11am to 4pm.

**“And still to come ...”**

<b>Sunday 7 July</b>	<b>The only way is Essex.</b> Ride starts 9-10am Lea Valley Showground, Waltham Abbey. The Nightingale Trust 50 miles country ride. Herts and Essex. We will be helping marshal on ride during the day. ECC Marshals arrive before 9am please.
<b>Sunday 28 July</b>	<b>Picketts Lock to Cambridge ride for Breakthrough Breast Cancer.</b> Meet 08.00 at Edmonton Leisure Centre. Organised by Bike Events. 0845 460 1342 <a href="http://www.bike-events.co.uk">www.bike-events.co.uk</a>
<b>Sunday 28 July</b>	<b>Lee Valley Regional Park Family Ride</b> Old Mill Meadows, Broxbourne. Starts 10.30. 15 miles circular.
<b>3 – 4 August</b>	<b>The Ride London Weekend, with Prudential.</b> Two days of events: mass easy ride, professional ride, rally. <b>Plus meetings, BMWs, train assisted, country rides, on or off road – destinations still T.B.C.!</b>

## **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)

**Stephen James Cycles (at BMW Dealer)** Lincoln Road, Enfield (020 8443 8442)

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

[www.bikeboutique.net](http://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](http://www.fillthathole.org.uk)

**3. Celebs in the saddle no.35.** BBC presenters Bill Turnbull, Louise Minchin, Charlie Stayt, Suzannah Reid at the Velodrome Charity Time Trial. Lillian Greenwood MP, Andrew Gilligan, Andrew Marr.

**4. Club merit points table 2012 Results:** 785 Paul, 775 Les, 710 Peter MO, 705 Graham, 675 Maz, 465 Michèle, 380 John R, 375 Pat, 295 Cathy, 280 Sibel, 270 Alan, 240 Trevor, 230 Karl, 220 Mary, 220 Sarah, 215 Peter D, 205 Nick, 180 Jayne, 180 John C, 145 Mark, 140 Bridget, 135 Jill, 130 Ron, 130 Rosa, 105 Julian, 95 Jane, 80 Peter HK, 80 Sue D, others on 70 - 5 pts.

**5. Club merit points table 2013, as of 25<sup>th</sup> February.**

95 Paul, 85 Graham, 85 Les, 85 Maz, 85 Peter MO, 80 John R, 60 Jayne, 55 Cathy, 55 Trevor, 45 Bridget, 45 Ron, 45 Will, 40 Mark, 35 Jill, 35 John C, 35 Sarah, 30 Maggie, 25 Karl, 25 Mary, 25 Sibel, others on 25 - 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](http://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](http://www.tfl.gov.uk/barclayscyclehire) NB – daily fee is now £2.

**8. Le Tour de France 2014 – Stage 3. Mon 7 July.**

Cambridge – London nearest to us. Chingford / Woodford area by A104. We will be there!

**9. New Year's Honours to:**

Sir Bradley Wiggins; Sir Dave Brailsford, Dame Sarah Storey;

CBE: Victoria Pendleton;

OBE: Jason Kenny, Laura Trott;

MBE: Burke, Colbourne, Fachie, Hindes, Kennaugh, King, Rowsell, McLean.

Copyright © Edmonton Cycle Club 2013

If you no longer wish to receive these newsletters, or would like to change your email address, please contact [Trisha@TrishaSmith.fsnet.co.uk](mailto:Trisha@TrishaSmith.fsnet.co.uk)