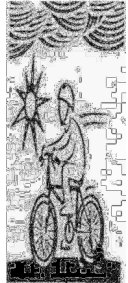




Enfield Cyclist

The Newsletter of the Edmonton Cycle Club and
Enfield Cycling Campaign



Summer 2013

Newsletter No. 56

Welcome to our Summer issue

We hope you can join us this summer for some interesting sunny rides. Any reasonable offers to organise rides welcomed. Please let Paul and Maz know your ideas. Meetings and Bike Maintenance Workshops (BMWs) continue as listed. We hope to take part in the Enfield Autumn Show in Town Park in September. If you wish to lead or backstop a ride, why not pair up with our regulars to see how it's done. All riders are reminded that our rides are run according to our code of conduct; please re-read it if you haven't seen it recently.

Happy and safe summer cycling! – The Eds.

Welcome to new members:

Gideon Ellis;
Terry-Marion Cunningham;
Cihan Arpac;

Birthday wishes to:

Juin:

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

Juillet:

6 Jane, Marion R; 20 Peter MU;
30 Mark W.

Août:

2 Mel; 10 Jane P; 16 Peter MO;
17 Gonsel; 8 Liam; 20 Paul, Andy C,
Peter D; 25 Jenny; 26 Denise; 27
Peter L; 31 Sarah.

Septembre:

3 Rosa; 12 Chris W; 13 Jacquie;
16 Graham; 18 Mary; 20 Jill;
26 Bernie

Meetings / Socials:

Thursdays at 8pm prompt.

6 June, 1 August, 3 Oct., 3 Dec.:

The Wheatsheaf pub room,
Baker Street, Enfield.

4 July, 5 Sept., 7 Nov.:

Winchmore Hill Sports 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

Sunday 7 July	Lee Valley Showground, Highbridge Street, Waltham Abbey The only way is Essex. 50 mile ride in aid of Nightingale Cancer Support Centre. We are riding as support marshals. Meet 08.45. Signed route, starts 09.00 – 10.00. Finishes back at LVS.
Sunday 14 July	11.00 Edmonton Leisure Centre. Leader Maz. “Mystery” Ride, with surprise finish!
Thursday 18 July	Bike Maintenance Workshop No. 131 WHSC, Firs Lane N21. 7-9.30pm.
Sunday 21 July	11.00-11.15 at Edmonton Leisure Centre The summer “Tea ‘n’ Cake” ride with afternoon tea and cake at High Beech Church. Probably about 25 miles. It's called High Beach for a reason, so there will be a hill to climb before your well-deserved cake! There will be no lunch stop on this ride, so eat a good breakfast first! Leader Maz.
Sunday 28 July	Pickett’s Lock to Cambridge ride for Breakthrough Breast Cancer. Meet 08.00 at Edmonton Leisure Centre. 60 miles, with train back. Organised by Bike Events. 0845 460 1342 www.bike-events.co.uk
Sunday 28 July	Lee Valley Regional Park Family Ride. Leader Chris A. Old Mill Meadows, Broxbourne. Starts 10.30. 15 miles circular.
Thursday 1 August	8pm – Meeting – Social. The Wheatsheaf pub, Baker Street, Enfield.
Saturday 3 August	The Ride London Weekend, with Prudential. Central London closed road circular course. There will be a towpath feeder ride from E.L.C.. Details later.
Sunday 4 August	Ride to Welwyn Garden City. 09.00 Beggars Hollow Salute to Dr Beeching. A long ride past Welwyn Garden City and back, partly along disused rail lines. Note the earlier than usual start. About 50 miles with some off road. Leader Peter MO.
Sunday 11 August	The Alan Thorndyke Memorial Ride 10.00 at Beggars Hollow, Whitewebbs Café. Finishes at free concert at 3pm at Hilly Fields bandstand. Bring snacks and drinks. If raining, then inside church. Leader TBA.
Thursday 15 August	Bike Maintenance Workshop No. 132 WHSC, Firs Lane N21. 7-9.30pm – Informal but informative!
Sunday 18 August	10.00 Beggars Hollow Golf Café, Clay Hill, Enfield. Ride will include steel drum music at Cedars Park, Cheshunt at 3pm. Leader TBA.

Ride and Event Reports

By Paul and others.

Thursday 7th March. : WHSC Meeting. 16 came.

Friday 15th March. Alan J. Thorndyke, 1930-2013. Over 30 members attended the funeral service and reception for our friend and club president, who died on February 28th, aged 82. Many, many people from family, residents association, leisure centre, dance clubs, and poetry group came to pay their respects. We will remember him as a wonderfully friendly, kind, helpful man, who was valued highly. We will always remember him. Rest in peace.

Sunday 17th March: Lee Valley Regional Park Ride. We set off from Cheshunt Pindar car park. Leader Chris had a puncture north of Stonebridge Lock, as others joined us. As the sky was grey with heavy showers, we had an early lunch at Pistachio's Café in Markfield Rec. Ground. Then south using the Greenway to view the on-going works at the Olympic site – due to re-open in stages from July. More rain fell, so we set off homewards.

Leader Chris A, Les, Maz, Graham, Paul, plus 3. Grabostats 22.3 miles, 2h 24m, 8mph ave.

Thursday 21st March. – BMW 127. 18 came along, plus cycle clothing sale by www.velorox.com. Contact email: sportswear@velorox.com.

Sunday 24th March: Chelmsford Station Ride. With the weather still in winter mode, and a dire forecast, we postponed this countryside ride. We tried to put on a local ride from Whitewebbs Café, but the weather was freezing and bitter. Five braved it to the start, but called off the ride.

Les, Maz, Peter, Bridget, Graham.

Thursday 4th April: The Wheatsheaf Meeting. 10 came.

Sunday 7th April: John's Unofficial Ride. From Edmonton Leisure Centre via Chingford, Theydon Bois, Abridge countryside on road to Lambourne End. At 12.40 we had nice lunch at Miller & Carters Pub. Our return ride took in Chigwell and Woodford, with a brief stop at the Tube Station before heading to Chingford and E.L.C. at 3pm. Graham overshot the cycle path, so Paul had to ride to catch him! Leader John R, Bridget, Terry, Graham, Les, Maz, Paul, Peter.

Sunday 14th April: The Extremely Late Easter Egg Hunt Quiz Ride. From Enfield we rode south-east via Bush Hill Park towards Chingford, observing some of the clues along the way. Crossing King's Head Hill, southwards on quieter roads using LCG 2 map, before our lunch stop at Chingford Mount. Our hunt for further clues took us along more backstreets, under the A406, around Folly Lane, before our quizmaster gave the answers to us. After some lovely chocolate eggs – many thanks to Maggie! – we rode back to Edmonton area with a short stop at The Cart

pub. Nice ride and weather too. Leader Maggie, Ron, Graham, Paul, Peter, Bridget, Trevor, Jill, John R, Maz, Les, Pat, John C, Michèle, Cathy, Cihan.

Grabostats: 19.79 miles, 2h 24m, 8.2mph ave, 24.7 mph max speed, 1027 cal.

Thursday 18th April: BMW 128. 16 came.

Sunday 21st April: On and Off Road to Bayford. After morning tea we set off from Beggar's Hollow Golf Café, Clay Hill around 10.40. In bright spring weather through the golf course path to Whitewebbs Lane, left to Theobalds Park Rd, north onto Burnt Farm Ride, enjoying the scenery. The past Goff's Oak to Hammond Street, before going off road into Derry's Wood and Wormley Wood on firm pathways. Passed some walkers, dogs, conservation workers on route to White Stubbs. A left then right turn on road to Bayford Baker Arms pub at 12.15. Lunched outside in nice sunshine. Returning after 1.40 via Brickendon, with a detour into Broxbourne Sculpture Wood, then east to Wormley and Lee Valley path to Cedars Park, Cheshunt tea stop. Then over the A10 bridge, Bury Green, and passed former Temple Bar site to Forty Hill and Enfield Town finish.

Leader Paul, Mark, Graham, Bridget, Ben, Sara, Peter, John R, Pat, Michèle.

Grabostats: 24.68 miles, 8.2mph, 29.4 max, 3h, 1344 cal.

Sunday 28th April: Cycling, Sailing and Flying in East London. A sunny breezy spring day, saw the riders joining the towpath at Leaside Rd. We rode on the new towpath surface, Stonebridge to Hale Locks by N.C.N.1, then past the rowing regatta at Springfield Café to the Greenway Path, Old Ford, and tea stop at the Green Café. Riding on south east past Beckton Alps before we crossed to the south bank, to ride west about 10 minutes to lunch stop at the Thames Barrier Café. At about 2pm we rode on towards the Thames Cable Car at Phoenix Wharf. With two bikes per car, we enjoyed the fabulous views on the 10 minute "flight" to the north bank. We then rode west to Limehouse, then Regents Canal, Mile End Park to Victoria Park, with a brief stop before returning to Lee towpath back to E.L.C. Many thanks to our ride leader and planner Peter. Mary, Paul, John R, Jill, Trevor, Dave M, James, Mel, Les, Maz, Michèle, Emily. 30+ miles.

Thursday 2nd May - WHSC Meeting. Plus charity bring and buy sale for donation to Alan's charities. (Cancer Research and Age UK)

Sunday 5th May: Romford, Essex Ride. A nice spring day from Edmonton Leisure Centre. Whoops, a "dead leg" for Paul after a glancing blow by a cable box on the way. Onwards to Woodford Café solo for tea stop and hand over to leader John from Les. Then past Seven Kings East on A118 to Romford at 12.35. Lunch at the Café Chateau in full sunshine. Our return ride went North West on White Hart Lane, Whalebone Ln, before short stop at Redbridge Cycling Centre. Some had

quick ride on road track. Homewards via Woodford Tube station, Chingford to E.L.C. at 4pm. Thanks to John and Les.

Leader John R, Les, Maz, Peter MO, Paul, Sara, Trevor, Jill, Peter MU, Pat, Jeff.

Sunday 12th May: West of Chelmsford with John. We met up at Liverpool St. Station from E.L.C. and elsewhere, to get the 10.03 train to Essex. A nice sunny, if breezy, day as we met John at Chelmsford about 10.40. The first half before lunch took in Writtle, Edney Common, Highwood, Blackmore with motorcycle rally, Kelvedon Hatch, Naverstock, over M25 to Nupers Hatch for stop at Royal Oak. Some ate outside in the sun. Second half past Bournbridge, Lambourne End, Chigwell, Buckhurst Hill, Chingford Kings Head Hill to Enfield area. We then split into smaller groups near Hertford Road at about 3.30pm for ride home.

Leader John R, Peter MU, Paul, Terry, Les, Maz, Sara, Trevor, Jill, John C, Peter MO. Approx. 4 hours riding.

Thursday 16th May: BMW 129. 16 came.

Friday 17th May: Enfield Night Hike Walk. Members helped marshal junctions for the 600+ walkers on the 15km walk from Enfield past Oakwood, Southgate, Palmers Green, Winchmore Hill, and back to Enfield Civic Centre. All in aid of Nightingale Cancer Support Centre and Chase Farm – Barnet NHS Trust. Thanks to Cathy, Jeff, Maz, Les, Paul S, Graham, Paul L.

Sunday 19th May: Lee Valley Regional Park with Chris. A ride from Cheshunt Pindar car park, through Lee Valley Park, up Clayton Hill, onwards to Dobbs Weir. Here the ride took a path alongside the River Stort to Roydon. One cyclist had a tumble off the path into bushes. Lunch stop at Stanstead Abbots before ride back to start.

Leader Chris, Les, Maz, Sue G, Michèle, Mark, Pat, Jeff, plus 5.

Sunday 26th May: Borehamwood Pub Visit. We set off from Oakwood Park after tea in warm sunshine at last. Past old Saracens Rugby Club, Cat Hill roundabout, to Games Rd. After the off-road Hadley Woods section we all rode the back streets of High Barnet, Wood St, to Galley Lane. Then over the A1 bridge and then country lanes, Crossoaks Farm, Well End and Mop & Brooms pub stop at 12:12. We were joined by Les and Maz in van, then Nick, before enjoying a nice lunch outside! We left at 2pm towards High Barnet, with cake and biscuits bought thanks to Mary, while Peter kindly hosted tea stop at East Barnet. Our return ride was via Cat Hill, then Oakwood to Enfield area at 3:40. Home by 4-5pm.

Leader Paul, Peter MO, Jeff, Mary, John R, Michèle, Maz, Les, Nick.

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:	eccrisesec@hotmail.co.uk
ECC webmaster Peter:	www.edmontoncycleclub.org
Join email list via website	
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. 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
Cycle Route Planner	www.cyclestreets.net
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.

24, 25, 26 August	Club weekend trip to ye New Forest. Fully booked.		
Sunday 1 September	Ride to Richmond Park. 10.00-10.15 Meet at Liverpool St. Station, by Kinder Transport Memorial. Fairly flat, and although the start and end are through traffic, most of the ride is along quiet roads, cycle paths and through parks. Café lunch or bring picnic. About 35 miles. Leader Peter MO.		
Thursday 5 September	8pm – Meeting - Social WHSC, Firs Lane N21		
Saturday 7 & Sunday 8 September	Enfield Autumn Show, Town Park. We hope to take part, (possibly only one day?) with a Dr. Bike session and information stand. Access passes for those helping to be given out. Volunteers please let us know! Approx. 11 – 4pm. N.B. – all TBC.		
Sunday 15 September	Ride T.B.C. ?		
Thursday 19 September	Bike Maintenance Workshop No. 133 WHSC, Firs Lane N21. 7-9.30pm.		
Sunday 22 September	Ride T.B.C. ?	Tuesday 24 September	Cycle Forum at Enfield Civic Centre 7pm.
Sunday 29 September	Ride T.B.C. ?		
Sunday 6 October	Marshalling 10k Run, Chicken Shed Cockfosters – Trent Park. As previously.		

**Note – Some rides are T.B.C.
Please give Paul, Maz, Peter MO your ideas.**

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

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)

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 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.36. Martin Johnson, former England Rugby cpt, Jenny Seagrove – actress, Krishnan Guru-Murthy - newsreader.

4. Club merit points table 2013, as of 6th June.

305 Paul, 285 Maz, 285 Peter MO, 280 Les, 245 John R, 190 Graham, 180 Trevor, 170 Pat, 130 Bridget, 115 Jill, 115 Michèle, 110 Cathy, 105 Mary, 85 Jayne, 80 Mark, 70 Chris A, 65 Maggie, 65 Ron, 60 John C, 60 Karl, 60 Sarah, 60 Terry W, 50 Will, others on 45 - 5 pts..

5. 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.

6. Barclays Cycle Hire 0845 026 3630. Information leaflet and map available at rail stations, we have some as well. www.tfl.gov.uk/barclayscyclehire NB – daily fee is now £2.

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

Cambridge to The Mall, London. Passes near us at Chingford A104. We will be there!

8. London Cycling Campaign. New Membership Fees 2013:

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 bi-monthly magazine.

9. Charity Sale of Cycle Items, etc. For Alan's charities – so far raised £214 for Cancer Research UK.

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