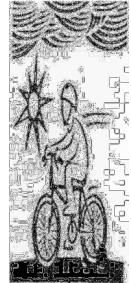




Enfield Cyclist

The Newsletter of the Edmonton Cycle Club and
Enfield Cycling Campaign



Autumn 2013

Newsletter No. 57

Hello

We hope you have enjoyed the summer rides and events, with more rides due this autumn. Our new start time at B.M.W. sessions is 7.30pm – do come along and ask any questions about maintenance of your bike. We usually finish around 9.30 for a drink and chat. Any ride ideas are welcomed for routes, etc.; let us know, for consideration by our ride secretary staff. What do members want to do for the annual New Year lunch? Same as last year or something else? Any ideas for a trip next May 2014?

Happy and safe autumnal cycling! – The Eds.

Welcome to new members:

Sonal Jogi
Anna Jakacka
Jenny Paoli

Birthday wishes to:

Septembre:

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

Octobre:

12 Andy Hn; 19 Ian; 24 Celine;
31 Angela M.

Novembre:

18 Andy Hw, Julian; 21 Wayne;
28 Pat.

Decembre:

28 Gerry G; 29 Angela S; 31 Sibel.

Meetings / Socials:

Thursdays at 8pm prompt.

3 Oct., 5 Dec., 6 Feb.:

The Wheatsheaf pub room,
Baker Street, Enfield.

7 Nov., 2 Jan:

Winchmore Hill Sports Club
pavilion, Firs Lane N21.

Lyn Barnett

We regret to inform members of the death of Lyn who died in May. We have sent our sympathy to her family.

Diary of coming rides and Events

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

Please Note – Autumn / Winter

If bad weather causes late cancellation, a ride may be rescheduled for the following Saturday or Sunday. Check emails / website.

| | |
|---------------------------------|---|
| Sunday 29 September | 10am –Beggar’s Hollow, Clay Hill, Whitewebb’s Golf Café. Leader Maz. Ride including tea and cake at High Beach Church. |
| Thursday 3 October | 8pm – Meeting. The Wheatsheaf pub, Baker Street, Enfield. |
| Sunday 6 October | 9.30am –Chicken Shed Theatre, Bramley Rd, Enfield. This is a marshalling ride from/to the above, helping clear the way for runners on the 10k run. Mostly in Trent Park, ends about 12.30. Then ride to Old Guinea pub, Ridge, for lunch. |
| Thursday 10 October | 8pm – Enfield Cycling Campaign A.G.M. The Wheatsheaf pub, Baker Street. For L.C.C. members, Edmonton C.C. members are also welcome. |
| Thursday 17 October | 7.30pm - Bike Maintenance Workshop No. 134 WHSC, Firs Lane N21. Informal but informative! |
| Sunday 20 October | 10am –Beggar’s Hollow, Clay Hill, Whitewebb’s Golf Café. Leader TBC. Ride to St. Albans, pub lunch. |
| Sunday 27 October | B.S.T. ends – G.M.T starts. |
| Sunday 3 November | 10am – Lee Valley Regional Park – Waterworks Centre Nature Reserve, E10. Leader TBC. Ride to Lee Valley White Water Centre, with lunch there. |
| Sunday 10 November | |
| Sunday 17 November | 10am – Edmonton Leisure Centre. Leader Paul. Road or direct tow-path ride to Broxbourne, Crown Pub. |
| Thursday 21 November | 7.30pm - Bike Maintenance Workshop No. 135 WHSC, Firs Lane N21. |
| Sunday 24 November | |

Ride and Event Reports

By Paul and others.

Sunday 28th July: London – Cambridge – Breakthrough Breast Cancer Ride.

Non club ride. A bright start, warm, tailwind from Pickett's Lock, we five left at 8.42, morning tea Widford 10.20, 32mins stop. Langley 12.05, 47 mins stop, had lunch, onto Duxford primary school 1.35, 38 mins stop. Into Cambridge – held up by temporary road-works lights! At finish 3.36pm. Still good weather; had more food and drink. Train home to Ponders End by 6.15. Well done to Bridget, Jeff, John R, Michèle, Paul L, Richard, Nick, Paul. 4 hours 7mins approx..

Sunday 28th July: Ride with LVRP , Broxbourne. Today our members helped guide people on a 15 mile circular ride around the picturesque lakes and rivers. Start and finish at Old Mill and Meadows, Broxbourne by the Lee.

Leader Chris, Maz, Les, Jayne, Karl, Peter MO and 14 others.

Saturday 3rd August: Ride London mass ride with Prudential. N-C ride. LCC free cycle. Each borough group had a ride into the 8-mile closed circuit area. We left ELC at 9.20, using the Lee towpath south, Victoria Park, Mile End Park, Limehouse Cut, Cable St., to Tower Hill. Everyone then did their own thing, riding the course, sightseeing, and to the cycle festival in Green Park. Leaders and marshals had a reserved area in Green Pk, with lunch boxes and drink. We all gathered at TH café at 3.30 for ride home. Arrived back at ELC at 5.45. 65,000 people came, 40-plus at ELC. Our members – leader Paul, Marshals Jeff, Brian, Michèle, Daniel, Tony, Paul R.

Sunday 4th August: Welwyn Garden City. From Beggar's Hollow Café, which was closed, the route took in some long closed railway lines, on a sunny day.

Sunday 11th August: The Alan Thorndyke Memorial Ride, and musical picnic.

After our morning tea at Enfield Town Park café we set off northwards. Baker Street to Theobald's Park for some off-road stuff, past Woodgreen farm. More tea at Cheshunt-Broxbourne Golf clubhouse and nice food. Our return took in the towpath past the wooden high chair (see photos). We got to the Rose & Crown at 2pm by Hillyfields and relaxed again. At 2.50 we had set up our special chill out zone for our snacks and wine area. Toasting our late president Alan, daughter Joan joined us as we had a musical background from the bandstand until 5.30pm. Leader Les, Maz, Paul, Bridget, Peter, Ron, Chris, Michèle, John C, Jeff, Jayne, Phil. Later on Wayne, Elaine, Graham, Pat, Rosa, Tony, Barbara, Dave, Mark, Sarah, Drew, Deborah, Belle.

Thursday 15th August: BMW 132 at WHSC, 17 members, 4 others.

Saturday 17th August: Elsenham Trip. Left Enfield 10.15 heading for Enfield Lock towpath. The weather was OK with sunny spells. Whilst having tea stop at

Dobbs Weir, saw Chris with LVRP van. Rode north to turn off along a short towpath, then over level crossing at Roydon onto Harlow Lock, down steps. Further on to Sawbridgeworth and lunch stop at King George Fourth pub (up a hill!) Later on the path was very bumpy, so we left path for A1184 at Spellbrook for ride to Bishop's Stortford, then onto Stansted Mountfitchet, with a stop at pub and trampolining (!) Finally downhill to Elsenham, Park Road, and our B&B house at 5pm. Once settled into rooms and chalet(!) we had dinner at the Crown pub, nice food. Back for a night cap at around 11pm before bedtime.

Sunday 18th August: Elsenham day 2. Some up early around 7am for brekkie and sunshine. Tyres checked OK. We had a photo call at 9.30 and rode at 9.40 eastward past the outer edge of the airport as planes landed overhead, to Takely, then B183, Hatfield Broad Oak, Heath, Sheering, over M11 to Ye Olde Harlow to lunch at Blue Café c 12.25. After some repairs by cable ties to M's bike, and club "faffing", we found the towpath at Harlow, west of steps for ride west. At Roydon Lock we enjoyed lovely ice creams at the keepers garden, must visit on club ride. Back to Lee towpath at Fieldes Lock and to pub at Fish 'n' Eels. As we split into three groups for return to homes or pub. Enjoyable ride weekend. Many thanks to Peter Murphy. Leader P. Mu. , Peter Mo, Paul, Michèle, Ian, Jill, Trevor.

Sunday 18th August: Cedars Park – Drums Event. From B.H. Café, Enfield. Les, Maz, Pat, Sonal.

August Bank Holiday Weekend: New Forest, Burley YHA.

Saturday 24th: It was overcast with light rain at Bush Hill Park Stn., as 9 caught the train to Liverpool St., heading for Waterloo. Some got the 10.05, others the 10.09 to Winchester at 11.18. A short ride, with no rain, into the city for pub lunch at the Old Gaol House. Some members found bargains at the market, whilst the other four members joined us after 2pm for the main ride to Burley. This headed south east past Compton and Chandler's Ford, and brought gear lever problems for Bridget and chain problems for Jill. A stop for tea / beer at Totton was followed by onward progress using New Forest roads, going easy past the ponies towards Burley, Fairey Festival then stop at Queens Head, meeting John, Mary, and Sue. Arrived YHA at 5pm; after check-in and clean-up, dined at the White Buck pub. Then back to YHA for relaxing, drinks and cards; and so to bed.

Sunday 25th: Eh? A dull start with drizzle! But the forecast proved right, as brighter weather set in, hurrah! Our leader, Pat, with pilot Peter on tandem, briefed us on the circular forest route. Off through Burley, onto forest tracks, the going quite rough up hill to point WM105. Here our lead tandem had a rear flat, fixed with new tube. On past the Canadian war memorial to Bolderwood Arboretum, with a stop to view dear and heather, accompanied by lots of walkers,

bikers etc. Onward again across the A35 to Brockenhurst, over ford to lunch at Ye Buttery Café. Later on over level crossing and off road after bridge to disused railway line at white cottage. Here we saw a comical scene as a couple went either side of cottage, as we called out! Karl and Sibel on Tandem 2 “enjoyed” some of the rough ground on way back to base by 4pm.. Pat “enjoyed” a solo ride on Tandem 1, helped by Gary and Karl. After clean up, some went out to Queens Head pub, before dinner all together at YHA. Followed by more games of Trivial Pursuit and Scrabble etc., before bed. (Thanks to John H. for New Forest notes)

Monday 26th: A bright sunny start, warming up later. 7am tyre check found a flat on Cathy’s bike, soon fixed by Les, who also adjusted B & J’s bikes. John and Peter went off first, after earlier photo call and ECC Faffing. Sibel left with car home. Main ride went to seaside at Christchurch, calling at station for tickets. Ride via Burley, Branscombe, Winkton, saw J.M.S. to seaside. Some went to town, the rest to beach and café for lunch. It was now a hot day, so with sun cream on, J.M., R.B., P.C. all enjoyed a swim or paddle, not G. Then tea on seafront before ride to station and 3.30 train to London. (Phone signal not good on train) With the bikes stored in the 3-space area and locked up, we were able to sit in the forward facing seats. We reached Waterloo at 5.20, rode to Liverpool St. for 6.09 train to Bush Hill Park, arriving 6.30 = then ride home!

Altogether a lovely trip, with good weather. Many thanks to organisers Maz ‘n’ Les and Sibel, and YHA. Attendees: Les, Maz, Jayne, Karl, Paul, Peter, Gary, Phil, Trevor, John R, Bridget, Cathy, Rosa, Pat, Jane, Maria, Jill, Sibel, John C, Mary, Sue.

Sunday 1st September: Richmond Park. Our third visit to the park, led by Peter. We met at Liverpool St. Stn, then crossed the Thames after passing through the City; then westwards past Waterloo, taking various paths to avoid traffic at Vauxhall Cross. Onward via Battersea bridge and park to tea stop by lake, now very warm. Then west past Putney, Wimbledon Common windmill to Richmond Park. Three rode on the park road to our lunch stop at Pembroke House café. About 2.30 we set out on the gravel track or road to Roehampton gate and regrouped for ride into London. Three left us before Battersea afternoon tea to welcome back Sarah from her charity ride in Holland, at St. Pancras Station. Finally back to Liverpool St. Stn. c 6.15 for trains home.

Leader Peter, Ron, Rosa, Paul, John R, Michèle, Les, Maz, Karl, Dan, Jayne, Jeff, Lauren, Trevor, Jill, Pat, Maggie.

Thursday 5th September: Meeting at WHSC – 9 came.

Saturday 6th September: Enfield Autumn Show. We gave out information from our stand, shared with the traffic department. Paul, Les, Jenny, Michèle helped. Thanks also to Rachel, Anna.

Contact Information

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| 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: | 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 |
| Cycle Enfield Programme | www.enfield.gov.uk/cycleenfield 020 8379 4963. Or 020 3031 6730. |
| 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 |
| 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.

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|---------------------------------|---|
| Thursday 5 December | 8pm – Meeting. The Wheatsheaf pub, Baker Street, Enfield. |
| Sunday 8 December | |
| Thursday 19 December | 7.30pm - Bike Maintenance Workshop No. 136 WHSC, Firs Lane N21. More Xmas social than tool box! |
| 2014 | Here we go again |
| Thursday 2 January | 8pm – Meeting. WHSC, Firs Lane N21 |

Future Rides:

- **To annual New Year lunch – ideas ASAP.**
- **With LVRP 16 March – Cheshunt Pindar car park to Queen Elizabeth Olympic Park and Velo Park!**
- **Springtime countryside**
- **May weekend away?**

Any ideas folks?

Please give to Paul, Maz, Peter MO.

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.37. Sally Gunnell – Olympic Champion, Matt Dawson- England Ruby player, Graham Little – ITV4 Cycle Show, Will Young – singer, John Terode – chef guru, Patrik Grant – fashion, Anna Glowinski – ITV4 Cycle Show.

4. Club merit points table 2013, as of 5th September.

530 Maz, 520 Peter MO, 475 Les, 470 Paul, 370 John R, 310 Pat, 265 Michèle, 265 Trevor, 235 Bridget, 215 Jeff, 200 Graham, 195 Jayne, 165 Mary, 160 Cathy, 160 Karl, 145 Chris A, 135 Jill, 120 Sarah, 105 Ron, 100 John C, 100 Mark, 85 Maggie, 70 Jane, 65 Steve, 65 Terry, others - 33 on 55 - 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 quarterly magazine.

9. ECC Terminology Corner. No 1: “Faffing” – v.i. & n. (colloq.) – to fuss, dither, as ECC riding.

10. If you wish to resign, or not to receive the printed newsletter, please tell Paul by phone, letter, or in person, thanks.

To be taken off the e-newsletter list, please contact Trisha: Trisha@TrishaSmith.fsnet.co.uk

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