



# Edmonton Cycle Club

*With Enfield Cycling Campaign*

*Autumn 2017*

*Newsletter No. 73*

Hello and welcome to the autumn issue.

We hope you all had a great summer and enjoyed our rides together. We still have some dates in our rides diary to fill – please come forward with your ideas.

Our Thursday meetings and Bike Maintenance Workshop evenings continue. For the BMWs, *please advise in advance* if you have a problem that you want fixed, or want our experts to explain how something is done. For a minimum donation of £3 it's a bargain!

For the autumn we have a new and updated short-sleeved cycle jersey for approximately £20. If you'd like one, please give your name and size to Paul L.

Safe riding to you all!

The Editors.

## **Autumn Birthday Bikers**

**Septembre:** 3 Rosa, 9 Chris L, 12 Chris W. 13 Jacquie, 16 Graham, 20 Jill, 23 Chris A

**Octobre:** 5 Jayne, 9 Karl, Terry, 18 Ian, 31 Angela.

**Novembre:** 18 Julian, Andy H, 21 Wayne, 28 Pat.

## **Welcome to New Members**

**Bill B, Leon A, Shy S.**

## **Advice and Request to Riders – Be Prepared!**

**Please, please** have your bike in good order before you come to start a ride! Make use of the BMW's or your local bike shop, and ensure your tyres, brakes, gears etc. are all checked. Bring spare inner tubes to suit, and basic tools. Don't forget you own kit too - prepare for the weather with clothes to suit the season, plus phone, money, water etc.!

**ALSO – can ride leaders and backstops confirm they have each other's mobile numbers on their phones!** Be ready to enjoy the ride! Thanks!

## **Advertisement**

**The Little Green Dragon Ale House** – now open, cyclists welcome!  
A new micro-pub serving cask ales, real cider and traditional snacks.  
Host is Richard Reeve. 928 Green Lanes, Winchmore Hill N21 2AD  
[www.littlegreendragonenfield.com](http://www.littlegreendragonenfield.com)

## Diary of coming Rides and Events

**Club Meetings / Socials:**  
**First Thursday of month** at 8pm  
prompt

**B.M.W. Sessions / Socials:**  
**Third Thursday of month** at 7.30pm

Both meetings held at: Winchmore Hill Sports Club pavilion, The Paulin Ground, Fords Grove, Winchmore Hill N21 3ER. (Entry via Firs Lane)

2017 - 5 Oct, 2 Nov, 7 Dec

2017 - 19 Oct, 16 Nov

*Note – all are subject to late changes or cancellations, and our Code of Conduct. If bad weather causes late cancellation, a ride may be rescheduled for the following Saturday or Sunday. Check emails / website. NCR = Not Club Ride.*

*Note Also – please take note of the times for meeting and departing on the rides, so everything runs smoothly!*

**Sunday 1  
October**

**To: Kenwood, Hampstead**  
**Depart 10.30am sharp**  
**Meet: 10.00 Coffee Break Café, 792 Green Lanes,**  
**Winchmore Hill N21.**  
Leader Eleanor. Lunch at a pub / café.

**Thursday 5  
October**

**8pm Meeting / Social, Winchmore Hill Sports Club**

**Sunday 8  
October**

**Possible Ride ?**

**Sunday 15  
October**

**To: Walthamstow Wetlands and Victoria Park**  
**Meet: 10.30, Stonebridge Lock, Watermead Way, N17 0XD.**  
Cycle Lee Valley Park to the Royal Parks. A leisurely circular cycle ride, passing through the newly opened Walthamstow Wetlands Nature Reserve. We'll go on to explore Victoria Park and stop for lunch before returning to Stonebridge Lock via Queen Elizabeth Olympic Park.  
*Lee Valley are now charging participants £6 per ride.*

**Thursday 19  
October**

**7.30pm till 9.30- Bike Maintenance Workshop No. 182**  
Plus social. The usual informal but informative session!  
Please tell us in advance of any maintenance needs - email [eccridesec@hotmail.co.uk](mailto:eccridesec@hotmail.co.uk).

**Sunday 22  
October**

**To: Cheshunt**  
**Meet: 10.30, Enfield Town Park Café**  
**Depart: 10:45**  
Ride to Cheshunt Golf Café, about 20 miles, leader Paul.

## Ride Reports by "Our riders on the saddle"...

### **Sunday 28th May: South to Crystal Palace**

A prompt start from Edmonton Leisure Centre, southeast through Walthamstow, Leyton and Bow to the Isle of Dogs and Greenwich tunnel. The south side lift was out of order so we had to carry our bikes up! A short break by the Cutty Sark then onwards on road South to Deptford Brockley Upper Sydenham to Crystal Palace Park arriving about 12:50. Lunch outside in the park or in the café/pub. We had entered the park at Old Cople Lane by the TV transmitter close to the site where the Crystal Palace burnt down in 1936. We regrouped for the ride back about 2:30, stopping at Greenwich Island gardens café for tea. Then in light rain northwards on to the towpath at Bow for return to Edmonton about 5 p.m. Leader John R, Eleanor, Jeff, Paul, Trevor, Chandra, Theresa, Bridget, Stephen

### **Sunday 4th June: St Albans Verulamium Park**

The ride started from Trent Park café at 10:15, and took in Cockfosters Road, Lancaster Avenue, Waggon Road, Potters Bar, National cycle route 12 to South Hatfield. Then on the Alban way disused rail line west to St Albans and into the park, where we had lunch in the sunshine at the park café. The return ride was very similar as far as Welham Green then a diversion to Brookmans Park (ice cream stop) before Potters Bar, the Ridgeway and Enfield. Two riders required chain attention, and one needed a roll of black tape to patch a wardrobe malfunction! Leader Eleanor, Jeff, Chandra, Paul, Karl, Jayne, Theresa, Sarah, Peter, Les, Maz.

### **Sunday 11th June: Enfield Parks**

Ride off from Edmonton Leisure Centre east then north on the towpath at Picketts Lock to Enfield Lock, then over Mollison Avenue and into Albany Park, Turkey Street, Bullsmoor Lane underpass to a tea stop at Myddleton House and Gardens. A short ride took us by Turkey Brook to Forty Hall, and lunch at the revamped Whitewebbs Café. After lunch we rode south by Hilly Fields, Town Park, Grovelands Park, Arnos Park, Broomfield Park before we split up for home. Leader Paul, Peter, Jeff, Jayne, Trevor, Steven, Michèle, Chris, Debbie, Pat.

### **Sunday 11th June: Breast Cancer Charity Ride**

Eleanor, Bridget, Susan, Dave and others rode the four laps for a 25km total distance around a central London closed circuit.

### **Friday 16th June: Bill Windebank Memorial**

Held at Forty Hall Long Gallery. Nine members attended a memorial tribute to Bill who died in February. We joined family and friends who spoke of their memories of him: long runs, skiing, cycling, work and family life with photos and mementos to remember him. Club members Dave, Sarah, Nick, Richard, Jane, Kieron, Diane, Paul, Trisha.

### **Sunday 18th June: Borehamwood and Barnet**

A changed ride following the cancellation of the Lee Valley ride scheduled for today. We met at Winchmore Hill Coffee Break Café before riding north west to Hadley Wood, Hadley Highstone, Trotters Bottom, over the A1000 to Borehamwood then a circular turn back to Barnet. Lunch at the Old Court House Café and Park then back on the Pymmes Brook trail to Palmers Green and Winchmore Hill. A very hot sunny day. Leaders Les, Maz, Jeff, Karl, Jayne, Leon, Paul, Eleanor, Denise and Dave.

### **Sunday 25th June: Perry Green (Lee Valley ride)**

Another warm summer's day ride from Broxborne Old Mill and Meadows jointly with Lee Valley Regional Park. North to Rye House and a short historical talk then on road B180 to Hunsdon, Widford and east to Perry Green and the Henry Moore Sculpture Park. We enjoyed an outdoor lunch in the ground when there was a very short shower (fortunately one of the statues nearby resembled a bus shelter!). Returning from 2:35 p.m. south over the A414 to the River Stort and Roydon Gatehouse Café with lovely ice cream. Then back to the River Lee at Broxbourne by about 3:30 p.m. Leader Chris, Maz, Bridget, Paul, Leon, Jeff, Martin, Debbie, Peter, Stephen, Les and public riders.

### **Sunday 2nd July: Hertford Town**

From Whitewebbs Golf Café Enfield our new leader took us north via country lanes and Hoddesdon to arrive in Hertford town centre for lunch about 12:30 pm. The return leg set off about 1:40 p.m. with ideal weather. We also met a local cycle club during the ride. Leader Jeff, Jane, Eleanor, Denise, Jane, Karl, John R, Debbie, Paul J, Dave M

### **Friday 7th - Monday 10th July: Apple Blossom Farm, Norfolk**

#### **Friday 7th July**

In what is becoming a regular fixture for the club, most of us set off from Edmonton Green station with the 9:43 train to Liverpool Street and then on to Norwich arriving 12:27. From there we went to the Queen of Icenis pub for lunch, and later rode off north west through the old city, crossing the river Wensum and following the [Marriotts Way](#) (a disused railway that has been transformed into a cycle path, with a surface that deteriorates the further you get from Norwich!). We transferred to the road at Drayton with a tea stop Old Reepham Station café, some very nice cakes here! Les Maz and Andrew, who had travelled independently, met us there having ridden from Apple Blossom Farm. We reached the farm about 5:30 where is settled into our rooms. Later we enjoyed a fish and chip supper followed by Ellie's multi-layered quiz in the barn.

#### **Saturday 8th July**

A fine day broke and we all set off towards [Great Bircham Windmill](#), led by Les with the Tandem Two plus dog at the back. Along the country lanes Mr Dixon the dog dismounted for a run. We stopped for a photo called by a village pond before our lunchtime arrival at the windmill café and bakery. We ate there, and several bought some rather yummy bread and cake. The return journey was split into two groups, with one group going north for ice creams at Wells-next-the-Sea while the other rode back via West and East Rudham, The Raynhams and Houghton Hall (the Walpole family seat) and back to Apple Blossom Farm at 4pm. The Wells group unwisely followed a satnav

route back which took them along an unmade track for several miles, finally reaching the farm about 6:30pm.

Our evening on Saturday began with a splendid barbecue with our hosts and other guests then many joined in the music event in the bar with live rockabilly music from [The Neutronz](#) band. Very lively and entertaining and much dancing the night away until past midnight.

### **Sunday 9th July**

Sunday began with optional bacon rolls outside before we split into two groups. One rode to Cromer at a good pace, reaching Cromer by 1 pm. and enjoying a seafood lunch and sea air. On the way they crossed a rather deep ford, which had a damp outcome for the leaders!

The Holkham Hall group set off via South Creake and on the way were overtaken by several vintage motorbikes en route to a rally at Wells. They also passed a deep ford at Sculthorpe Mill, but the leaders had more sense than to attempt it, and crossed instead by a footbridge alongside. At Holkham Hall they had lunch and were joined by Liz in the car. After we saw the deer grazing outside and were also joined by Dave and Susan (who has detoured via a boot fair) before the return ride to Little Walsingham for tea and cakes and spiritual refreshment about 4 pm., then off past Great Snoring to the Limes pub at Fakenham.

Here the two groups met up about 6pm for dinner, eating outside in warm sunshine. We returned to Apple Blossom Farm just as it was getting dark where we relaxed in the main Lounge with many amusing stories and jokes.

### **Monday 9th July**

Another sunny day as we packed our bags for departure about 11:15 after a photo call with our hosts Sarah and Phil. Led first by Les and Maz towards a lunch stop at Reepham Old Station, then by Peter back to Norwich following a reverse of our outward route.

Here we stopped at the pub for some more food, just as it began to rain. The last leg of the journey took us by train to Liverpool Street in the early evening from where we took our various trains home.

Another enjoyable trip well organised by Maz and Les hosts Sarah and Phil, Dave C (the cockerel) and Holly (the dog) and thanks especially to Maz and Les for taking all the baggage. ECC riders Paul L, Jane P, Jayne D, Sarah, Bridget, Colin W, Jane GM, Colin, Mr Dixon, Les, Maz, Peter Mo, Eleanor, Jeff, John, Karl, Andrew, Dan, Susan, Dave, Theresa, Liz, Martin, Trevor, Chris, Steven.

## Contact Information

Claire Rogers – Enfield Cycling Campaign Coordinator	<a href="mailto:info@enfieldcc.co.uk">info@enfieldcc.co.uk</a> <a href="http://www.enfieldcc.co.uk">www.enfieldcc.co.uk</a>
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:eccridesec@hotmail.co.uk">eccridesec@hotmail.co.uk</a>
ECC webmaster Peter: - Join email list via website	<a href="http://www.edmontoncycleclub.org">www.edmontoncycleclub.org</a>
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. 5th edition. Enfield No. 2.	0845 305 1234
CTC:	<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> 0870 8730060
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>
Cycle Enfield: Free “Dr. Bike” checks, cycle loans, free training, leisure rides, cycle maintenance.	<a href="http://www.cycleenfield.co.uk">http://www.cycleenfield.co.uk</a> 020 3031 6730
Free inclusive cycling at 10.30-1.30 Tues to Fri, Bush Hill Park. Booking and registration on this number:	email <a href="mailto:cycle@enfield.gov.uk">cycle@enfield.gov.uk</a> 020 8379 2445
Training:	<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>

## Ride Advice

Please follow these pieces of advice to ensure a safe and enjoyable ride:

- Be punctual so rides start promptly.
- Bring lights and **spare inner tube in case of punctures.**
- **Listen to ride leaders instruction about route and safety.**
- Keep to the left, ride in single file and don't cross the centre line of the road.
- Keep your distance from rider in front / stay behind the leader & in front of backstop.
- **At junctions, middle riders must indicate to those behind** which way you will be turning, and check that the rider behind is in sight and sound distance and notes which turn to take.
- Tell the leader or back stop if you have a problem or want to leave the group.
- If you're a confident rider, consider and help newer riders and children.

Also note:

- Rides are subject to late change and 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.
- Under 18s are advised to wear a British Standard safety helmet.
- Finish times are a guide only.
- Lunch stops are at nice pubs or cafes.

## Advertisement

**PJL Garden Services** –Covering: Tottenham, Edmonton, Palmers Green, Winchmore Hill, Bush Hill Park, Enfield. Phone Paul, “The Cycling Gardener” on 020 8808 3473.

<b>Sunday 29 October</b>	<b>Possible Ride.</b>
<b>Thursday 2 November</b>	<b>8pm Meeting / Social, Winchmore Hill Sports Club</b>
<b>Sunday 5 November</b>	<b>Possible Ride.</b>
<b>Sunday 12 November</b>	<b>To Victoria Park Meet 10.00, Edmonton Leisure Centre, The Broadway N9 OTR.</b> Towpath ride to Victoria Park, Hackney. About 25-30 miles. Leader Paul.
<b>Thursday 16 November</b>	<b>7.30pm till 9.30- Bike Maintenance Workshop No. 183</b> Plus social. The usual informal but informative session!
<b>Sunday 19 November</b>	<b>Possible Ride.</b>
<b>Sunday 26 November</b>	<b>Possible Ride.</b>
<b>Sunday 3 December</b>	<b>Possible Ride.</b>
<b>Thursday 7 December</b>	<b>8pm Meeting / Social, Winchmore Hill Sports Club</b>
<b>Sunday 10 December</b>	<b>Possible Ride.</b>
<b>Sunday 17 December</b>	<b>Possible Ride.</b>
<b>Thursday 21 December</b>	<b>8pm (prob) Meeting / Social, Winchmore Hill Sports Club</b> Bike Maintenance Workshop/social evening. But, being the last event before Christmas, the emphasis will probably be on the social side! Possibly a music quiz, mince pies and musical fun and games!
<b>Tuesday 26 December</b>	<b>The traditional ECC Boxing Day Ride to a café lunch.</b> A leader is required!
<b>Happy New Year 2018</b>	<b>The date for the trip to Apple Blossom Farm in Horningtoft, Norfolk (NR20 5DZ) will be on these dates: Friday 29 June to Monday 2 July.</b> Please register your interest if you want to come!

## Cycle Related Information You May Find Useful

### 1. Services:

**Halfords**, Unit 3, Great Cambridge Road, Enfield (020 8366 0787)

**Top Riders**, [www.topriderscycles.co.uk](http://www.topriderscycles.co.uk) or 020 8363 8618 – Now online only.

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

**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)

**Shorter Rochford Cycles** 65-67 Woodhouse Rd, N.Finchley N12 9ET (020 8445 9182)

**Shorter Rochford Cycles** 27 Barnet Rd, Potters Bar, Herts. (01707 662 332)

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

### 3. 2017 Club Merit Points Table, latest as of 17<sup>th</sup> September.

970 Paul, 735 Eleanor, 710 Peter M, 635 Jeff, 600 Les, 505 Maz, 385 John R, 370 Bridget, 345 Theresa, 330 Jane P, 280 Pat, 270 Martin, 265 Chris, 265 Michèle, 250 Chandra, 250 Paul J, 245 Jayne, 240 Debbie, 210 Stephen, 170 Karl, 170 Trevor, 160 Liz, 155 Sarah, 125 Dave M, 105 Dave L, 105 Susan, 100 Leon, and others.

### 4. TFL Cycle maps (NEW! 2017 Edition) Free at libraries or from TFL. 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.

### 5. London Cycling Campaign. Membership Fees: Individual- 16+, employed is £49 pa. Concessionary - Full-time student <16 or 65+, or unemployed is £25. Household –two adults & <16s is £75. Member benefits include – shop discounts, free third party insurance, rides, exclusive theft insurance, free legal helpline, free quarterly magazine.

### 6. Check out [www.bike-events.com](http://www.bike-events.com) , email [enquiries@bike-events.com](mailto:enquiries@bike-events.com) or PO Box 3225 Bristol BS1 9JX or 01179 897080 for weekend charity rides and week-long Euro holidays.

### 7. Diary for September 2019 – World Road Cycling Championships are in Yorkshire!

### 8. NEW DECATHLON STORE OPENING – for outdoor sports & cycling apparel. Corktree Retail Park, Chingford E4 8JA. (By Hall Lane on eastbound A406 North Circular Rd, buses 444 & 34, opening times M-Sat 9-8pm, Sun 10.30-4.30)

### 9. Well done to Chris Froome, winner of Tour de France and Tour of Spain 2017, plus Bronze medal at World Time Trial in Bergen, Norway.

### 10. Well done to Mark Beaumont – round the world cycle record of 79 days!

*Your editorial team is: Paul L, Chris L, Maz B.*

#### **Please Note:**

If you wish to receive this newsletter by post, please send SAEs to: Paul at 2 Mayfair Gardens, Tottenham N17 7LP

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

To be taken off the e-newsletter list, please contact Trisha: [trishasmithuk@gmail.com](mailto:trishasmithuk@gmail.com)

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