



Edmonton Cycle Club

*With Enfield Cycling Campaign
Now affiliated to Cycling UK - CTC*

Spring 2018

Newsletter No. 75

Hello to all members as we look forward to a warm bright spring of cycling. Please come forward with suggestions of places to cycle to on our Sunday rides. Of course, we have our regular favourite destinations too. It would be great if we can have some new ride leaders to help out our regulars; don't be shy! We also help out at Lee Valley Regional Park (LVRP) rides, with two or three volunteers – please come forward to rotate our help with this too.

The meetings and socials continue as usual, see you there!

Happy and safe riding!

The Editors.

Spring Birthday Bikers

Avril: 8 Riza, 20 Christina, 23 Bridget, 29 Dave PR, Nick

Mai: 3 Jeff, Maggie, 11 Dave LM, 16 Ben C, 29 Dave S, Elaine, 31 Richard.

Welcome to New Members

Antonia A, Mel D

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 your local bike shops (see page 8), 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!

Advertisements

**** NEW! Club Cycle Jerseys ****

In light green, short sleeve with full zip, 3 rear pockets, with trims of black and reflective silver. Sizes: Women's: XS, S, M, L, XL; Men's: S, M, L, XL, 2XL
Contact Paul Lafosse if interested

The Little Green Dragon Ale House – 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

Diary of coming Rides and Events

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

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)

2018 – 3 May, 7 June, 5 July, 2 August

2018 – 17 May, 21 June, 19 July

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!

Thursday 3 May **8pm Meeting / Social, Winchmore Hill Sports Club**

Sunday 6 May **A “Turn Up and Go” Ride**
Meet: 10.00, Enfield Town Park, Cecil Road, Enfield.
 We'll decide the route for today's ride over a coffee.

Sunday 13 May **To: Olympic Park and Walthamstow Wetlands**
Meet: 10.00 Edmonton Leisure Centre,
The Broadway N9 0TR.
 Leader Paul.

Thursday 17 May **8pm. Social at Winchmore Hill Sports Club.**

Friday 18 May **Enfield Night Hike Marshalling - Supporting the “Pyjama Night Hike Walk” of The Nightingale Cancer Support Centre.**
Meet: 7.30pm Civic Centre, Silver Street, Enfield
 Ride marshals supporting this 15km charity event.

Sunday 20 May **Ride TBC.**

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

Tuesday 26th December: Annual Boxing Day Ride

A sunny day departure was made from Caffè Nero, Enfield at 11.30 by a hardy quintet. The route took in Baker Street, Lancaster Road north to Hilly Fields. From here the Forty Hall cycle path was taken along the Turkey Brook, then to the A10 cycle path and north to Cheshunt Pond café. The return ride was via Cedars Park animal sculptures back to Enfield. Leader Paul, riders Peter, Bridget, Terry, Michèle.

Sunday 28th January: Essex Shortie

In mild weather, we started out from Edmonton Leisure Centre, riding on the track next to Meridian Way east through Island Village and Gunpowder Park. Then on a side-path (halted by fly-tipping) into Avey Lane, rising to a left turn at West Green Lane. We diverted to Epping Road, and a left turn towards Cophall Green, Upshire back to Waltham Abbey gatehouse café for lunch. Return was via Waltham Cross, Bullsmoor Ln to Enfield. Leader Paul, riders Jeff, Pat, Bill, Paul J, Peter, Maz, Les.

Sunday 11th February: Winchmore Hill to High Barnet

After hot drinks, a leisurely start was made from Coffee Break Café in bright cold weather. Our five riders rode south on the new cycle lane, then went into Broomfield Park, Arnos Park, Oakhill Park to East Barnet. Then via side-roads to Hadley Common, climbing to St. Mary's Church with its ancient date carving. There was also a view of Spike Milligan's former house. We arrived at the Sebright Arms at 12.05 to find it shut till 6pm, so went on to the Black Horse in Wood Street. Our return route was by Courthouse Park, Dollis Brook, with a welcome tea-stop thanks to Peter, and onto Palmers Green and home. Riders Bill, Jeff, Paul, Peter, Theresa, plus at the start Maz, Les, Bridget, Dave, Denise.

Sunday 18th February: Lee Valley and Walthamstow Wetlands

A bright winter's day start from Edmonton Leisure Centre took us along the Lee Valley path to the Walthamstow Wetlands, where the new Coppermill Tower was open. Then south to Hackney Marshes and the towpath to east gate of Victoria Park for lunch at 12, Hub Café. Then a clockwise route around the park before progressing back on a direct path by the river to Edmonton Leisure Centre at 2.30. Leader Paul, riders Leon, Mel, Ben.

Sunday 25th February: From Café to Three Pubs!

A very cold but sunny late winters day saw a start from Caffè Nero north via the Great Cambridge Road to Bury Green, west Cheshunt, Hammond Street to Newgate Street. Here we found "No food today" at the Coach and Horses, due to repairs, so rode on to the Two Brewers at Northaw. This was found to be too busy with diners(!), so rode on to the Chequers pub by Coopers Lane Road. Here we had a nice lunch, sitting by the turtle tank (not on menu!) Return ride was via Crews Hill to Enfield by 3pm. Riders Bill, Paul, Peter, Stephen, plus Jeff at café.

Sunday 11th March: "Cycle Enfield" A105 Route

Some E.C.C. members supported this Cycle Enfield event opening the new cycle route. With a start at the Coffee Break Café in Winchmore Hill, around 150 local cyclists of all abilities came along to try the new cycle lanes from Enfield to the A406 and back. Riders were guided by Cycle Enfield instructors on correct use of the lanes with respect to other road users. "Dr Bike" and "Bike Boutique" were also there for the two hours or so. Thanks to our Bridget, Les, Mark, Maz, Paul, Ron.

Sunday 25th March: Bayford Pub, Hertfordshire

Another cool spring day – after a hot drink at the Coffee Break Café Winchmore Hill, we rode north through Enfield Town park, to Bury Green (USAF Memorial), Goff's Oak, Derry's wood, Wormley W to Bayford. There by noon, the Baker Arms provided lunch inside. Return ride from 1.15 took us via Bayford Stn, Brickendon, Old Wormley, and LVRP. Here we met Chris at Pindar, after her Stanstead Abbots ride. Then on to Waltham Cross and homewards via the Great Cambridge Rd. and Enfield. Leader Paul, riders Geoff, Melanie, Michèle, Jeff (backstop).

Sunday 8th April: Broxbourne – Lee Valley Regional Park

With persistent rain forecast, the ride was called off on the morning, at the start from Edmonton Leisure Centre.

Sunday 15th April: Hendon Air Museum

After morning tea at the Whitewebbs golf café, we set off in dry weather. Route took us via The Ridgeway, Hadley Rd, Beech Hill, with a comfort stop at the Barnet Courthouse café. From there followed Wood Street west, Hendon Wood Lane, Highwood Hill, Mill Hill, before approaching Hendon Air Museum. There we enjoyed lunch and a brief look around the aircraft exhibitions – worth a longer look. At 1.20, the return route took the earlier path, except Totteridge Lane, Friern Barnet, arriving back at Palmers Green and Enfield around 3.30. Leader Paul J; riders Geoff, Peter H, Peter MO, Laurent & son, Jayne, Sarah, Maz, Leon, Les, Jeff, Paul L.

Sunday 22nd April: Redbridge Cycling Centre

We rode from Coffee Break Café in Winchmore Hill via Edmonton, LVRP, Walthamstow, Wanstead, Gants Hill and Fairlop Water to Redbridge Cycling Centre at 12.30. There we watched some in-line skaters and target shooting, but no cycling! We had some lunch outside in very bright warm weather, with great views of London and south Essex from Hog Hill. The return ride was via Chingford back to Enfield. Leader Les, Riders Maz, Jeff, Laurent and son, Michèle, Paul L (backstop).

Pictures from the last year:



At Whitewebbs pub, December 2017.



At Rainham Nature Reserve, September 2017

Contact Information

Claire Rogers – Enfield Cycling Campaign Coordinator	info@enfieldcc.co.uk www.enfieldcc.co.uk
Paul L, Hon Mem. Sec, ECC club info:	020 8808 3473 (before 9 pm only please)
Paul, ECC Rides Secretary, and assistant Maz:	eccridesec@hotmail.co.uk
ECC webmaster Peter: - Join email list via website	www.edmontoncycleclub.org
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. 5th edition. Enfield No. 2.	0845 305 1234
CTC:	www.ctc.org.uk/services/work email cycling@ctc.org.uk 0870 8730060
Sustrans National Cycle Network:	0845 113 0065 www.sustrans.org.uk email info@sustrans.org.uk
Cycle Enfield: Free “Dr. Bike” checks, cycle loans, free training, leisure rides, cycle maintenance.	http://www.cycleenfield.co.uk 020 3031 6730
Free inclusive cycling at 10.30-1.30 Tues to Fri, Bush Hill Park. Booking and registration on this number:	email cycle@enfield.gov.uk 020 8379 2445
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

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.

Sunday 27 May	Ride TBC – Bank Holiday weekend.
Sunday 3 June	Ride TBC
Thursday 7 June	8pm. Social at Winchmore Hill Sports Club.
Sunday 10 June	To: A short urban ride to the William Morris Gallery in Walthamstow Meet: 10.00 Edmonton Leisure Centre, The Broadway N9 OTR. The gallery celebrates the 19th Century Arts and Crafts movement. Free admission (but of course there is a donation box). A choice of cafés for lunch. Leader Paul
Sunday 17 June	Ride TBC
Thursday 21 June	8pm Meeting / Social, Winchmore Hill Sports Club Includes BMW Bike Check! Minimum donations please!
Sunday 24 June	Ride TBC
Sunday 1 July	Ride TBC – Note the Bike Events London to Cambridge Ride is also this day, starts Pickett’s Lock, Edmonton. See www.bike-events.co.uk or 0117 989 7080
Thursday 5 July	8pm. Social at Winchmore Hill Sports Club.
Sunday 8 July	To: Kenwood House, Hampstead. Meet: 10.00 Coffee Break Café, Green Lanes, Winchmore Hill N21. Road and park tracks to Kenwood House , Hampstead. About 20 miles. Leader Paul
Saturday 14 July	Our Dr Bike stand at “Firs Farm Wetlands”, Firs Lane N21. An open day event from 11am – 6pm.
Sunday 15 July	Ride TBC
Thursday 19 July	8pm Social, Winchmore Hill Sports Club
Sunday 22 July	Ride TBC
Saturday 28 July	The “Ride London” event in Central London
NCR	With local LCC group.
OTHER EVENTS	
TBC	Annual Lunch – Possibly outdoors / barbeque in Lee Valley Regional Park? Enquiries to Chris A.
	Enfield Cycling Campaign – possible “Quietway18” summer ride, in June or July.
	Paul’s 5-Fords ride , including off-road.
<i>As ever, ideas for Sunday rides are welcomed, plus volunteers to be Ride Leaders, please!</i>	

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 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 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)

Decathlon – outdoor / cycle / sports apparel On A406 at Corktree Retail Park, Chingford E4 8JA (Mon-Sat 9-8, Sun 10.30-4.30)

2. Potholes! 8379 2152/4 or write to L.B. Enfield, Highway Maintenance, 7 Melling Drive, Enfield, EN1 4BS www.fillthathole.org.uk

3. 2018 Club Merit Points Table – Latest Scores to 19th April.

255 Paul, 160 Peter M, 120 Jeff, 115 Les, 115 Paul J, 105 Bill, 90 Maz, 65 Pat, 60 Leon, 50 Bridget, 50 Geoff, 50 Mel, 45 Jayne, 40 Terry, plus 14 others.

4. TFL Cycle maps (2017 Edition) Free at libraries or from TFL. Enfield area is covered on map no. 2. Contact the following: 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 , email 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. Celebs in the Saddle No54. Greg James, Zoe Ball, Fern Britton, Fergus Walsh, Anita Rani.

9. Tour de Yorkshire is 3-6 May 2018, Tour de France is 7-29 July 2018.

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 email list, please contact Trisha: trishasmithuk@gmail.com

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