



# Edmonton Cycle Club

*With Enfield Cycling Campaign  
Affiliated to Cycling UK - CTC*

*Summer 2018*

*Newsletter No. 76*

Welcome to the hot summer of 2018, it's 1976 all over again, if you can remember that far! We have already enjoyed some lovely sunny days out. Some members also enjoyed a wonderful trip to France with CTC Holidays. We have more summer rides planned, with new ideas and leaders welcome. Why not pair up with a ride buddy and co-lead to see how it's done? We look forward to seeing you out with us!

Happy and safe riding!  
The Editors.

## Summer Birthday Bikers

**Juin:** 3 Trevor, John, 6 Debbie, 11 Helen, 15 Hyacinth, 17 Liz, 23 Michèle, Will

**Juillet:** .6 Jane, Marion, 20 Peter MU, 21 Geoff

**Auôt:** 2 Mel C, 16 Peter MO, 17 Gungel, 18 Liam, 20 Paul, Andy, Peter D,  
23 John H, 26 Denise, Colin, 27 Peter L, 31 Sarah.

## Welcome to New Members

Keung

## 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 - Enfield Barnet "Pub of the Year"**

A new micro-pub serving cask ales, real cider and traditional snacks.  
Host is Richard Reeve. 928 Green Lanes, Winchmore Hill N21 2AD  
Cyclists welcome!  
[www.littlegreendragonenfield.com](http://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 – 6 Sept, 4 Oct

2018 –20 Sept, 18 Oct

*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!*

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**Sunday 12  
August**

**To: Erith**  
**Meet: 10.30 Liverpool St. Station, by Kinder Transport memorial**

Following the Thames Path from Tower Bridge to Erith. 21 flat miles on a mixture of surfaces including road, cobblestones (or pavé for enthusiasts of Le Tour) and gravel path, so most suited to hybrid or mountain bikes. From Erith we can take the train back to London Bridge, or if you're keen ride back again.  
Leader Peter.

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**Thursday 16  
August**

**8pm. Social at Winchmore Hill Sports Club.**  
**NOTE – NO club social this month, as several members are away.**

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**Sunday 19 Aug**

**Ride TBC.**

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**Saturday 25  
August**

**To: Cheshunt for barbecue**  
**Meet: 12.00 Coffee Break Café, Green Lanes, Winchmore Hill, N21 2SH**

Ride to Cheshunt, for a barbecue by the river Lee. Cost £10 per person in advance, food and drink provided. If you don't want to ride, meet us by the sculpture park next to [Pindar car park](#), at 1:00pm. Please email [eccridesec@hotmail.co.uk](mailto:eccridesec@hotmail.co.uk) by 16th August to reserve places, and also to let us know of any special dietary requirements.

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## Ride Reports by “Our riders on the saddle”...

### **Sunday 6 May: “Turn up and Go” Ride to Brickendon, Herts.**

Meeting at Enfield Town Park Café, we decided on a countryside ride. This took us north through Whitewebbs Golf Course, Burnt Farm Ride, Goff’s Oak, Derry and Bencroft woods and White Stubbs Lane to Brickendon and the Farmer’s Boy pub at 12.30. Here we enjoyed a nice lunch outside in blazing spring sunshine. Our return took a shorter route via West Cheshunt, due to lost luggage at Enfield Café, arriving at 2.30.

Riders: Bill, Jeff, Paul, Peter, Theresa.

### **Sunday 13 May: Walthamstow Wetlands and Queen Elizabeth Olympic Park**

A brighter day as we left Edmonton Leisure Centre to Lee Valley and onto the Walthamstow Wetlands, but blighted by lots of annoying flies en route. A quick view from the Coppermill Tower, then on to Hackney and Queen Elizabeth Olympic Park. Here we had a brief stop at the Velodrome (Cycle Surgery gone). Then to Green Box café on the Greenway. Our return ride was warmer, heading north to Picketts Lock. Here we split up, some heading home, while five of us went on to Myddelton House for a display of beekeeping and candle making. From here it was on to Forty Hall market stands and a W.I. tea till 3.45.

Leader Paul, riders Jeff, Geoff, Bill, Bridget, Keung, Les, backstops Maz, Peter.

### **Friday 18 May: Enfield Night Hike walk for Nightingale Cancer Support Centre**

ECC ride marshals helped guide the hundreds of pyjama-clad walkers on their way round the 9-mile / 15km course. The start was from Enfield Civic Centre, with breaks at Oakwood, Southgate, the Intimate Theatre in Palmers Green, then back to Enfield Civic Centre finish.

ECC staff were Maz, Les, Bridget, Jeff, Paul.

### **Saturday 19 May to 27 May: CTC Trip to France**

Five club members enjoyed a CTC cycling holiday in the Dordogne river valley in France. Although not a club ride/event, we would recommend the trip to others. The hotel was very good, as were the meals, service, and rides to places of interest on our days out. It was great to meet our CTC organisers Pam and Dave, and enjoy the great company of fellow UK CTC members. See [www.cyclingholidays.org](http://www.cyclingholidays.org) for future similar events.

### **Sunday 3 June: William Morris Museum, Lloyd Park, Walthamstow.**

The summer rides began with a short ride to William Morris Museum, to view the 19th century Arts & Crafts exhibits. Many of the design items shown evolved into well-known 20th century brands and home furnishings. We then enjoyed lunch at the park café in very warm weather. Return was back to Edmonton Leisure Centre and onto the Little Green Dragon pub for refreshments.

Leader Paul, riders Jeff, Geoff, Les, Maz, Pat, Michèle, Keung, Peter, backstop Paul J.

### **Sunday 10 June: Barnet Fayre and Battle of Barnet Re-enactment**

*On a sunny and very warm summer's day, riders left Enfield southwards via Palmers Green, Arnos Park and back roads of New Southgate to Finchley. Here a break was taken at "Bespoke Café" in Ballard's Lane. Moving on we took the Dollis Brook cycle path, and an uphill loop at Mill Hill East, onto High Barnet. Lunch there was at the site of the Barnet Fayre and Re-enactments. Riders watched the short demo of the 15th century battle, accompanied by PA commentary. Afternoon ended with ride back to Enfield area at 3.45.*

*Leader Peter, Paul, Jeff, Geoff, Debbie, backstop Michèle.*

### **Sunday 24 June: Loughton and High Beach for Tea & Cakes**

*Our start from Coffee Break Café in Winchmore Hill was in blazing hot summer sun. We set off eastwards via Edmonton, Chingford and Woodford (Solo Café). Then north by urban back streets, over the M11, through Chigwell, onto Loughton and up a short track to "The Forresters" pub at 12.30 for an outdoor lunch. Here some watched the England football match on TV. The second part saw us ride down Baldwins and Goldings Hills to B172 to High Beach tea and cake stop at the Holy Innocent church. Return after 3.30 back to Enfield.*

*Leader Maz, Les, Jeff, Paul, Geoff, Cathy, Paul J, John, backstop Sarah.*

### **Sunday 8 July: Kenwood House, Hampstead**

*More hot summer weather marked our departure from Coffee Break Café, Winchmore Hill. We took the A105 cycle route, then crossing to Bowes Park, Alexandra Palace grounds, Hornsey and Highgate to Kenwood. Here we enjoyed a relaxed lunch, in the park full of visitors. Some of us viewed the house. We left after 1pm, back via Muswell Hill onto Winchmore Hill café to finish our medium ride.*

*Well done to first time leader Bridget; other riders were Jeff, Geoff, Keung, John, Peter, Marion, backstops Les & Paul.*

### **Saturday 14 July: Firs Farm Wetlands Summer Festival**

*A small group of members devoted over 8 hours to our Dr. Bike free check-over stand. In blazing hot sunshine, with very short breaks, our top mechanic Les and many helpers checked many bikes. The bikes were in various states of use! Lots of advice was given out, hopefully encouraging people to join us as members! Many other club members came by at the event. Thanks to Les, Maz, Bridget, Jeff, Paul.*

### **Sunday 22 July: Thames Chase Forest Centre, Essex**

*Another hot day out, with an early 9.30 start from Coffee Break Café. Off east to Chingford Leisure Centre to meet ride leader John. From there it was east via Loughton, Chigwell, Havering, Harold Wood, Cranham to Thames Chase Forest Centre at 12.30. We then had lunch and many cold drinks inside the large café/visitor centre. The site has many walking and cycling trails, and wildlife to see. After a good rest we left at 1.45 toward Upminster and Hornchurch, stopping at Romford centre for ices. Then onto Barkingside, S. Woodford, Walthamstow to Edmonton, using some side roads and tracks. A well planned route by leader John. Other riders Maz, Jeff, Geoff, Bridget, Paul, backstop Les.*

### **Saturday 28 July: Ride London with Enfield Cycling Campaign**

*Club members helped guide the public from Edmonton Leisure Centre at 9.15 into central London for the closed route and festival at Green and St.James's Parks. Our route took us down the Lee towpath east to Victoria Park, Mile End Park to Cornhill meeting place by Royal Exchange. Then we split up to ride the route. Marshals and leaders enjoyed a lunch break at Green Park London Cycling Campaign area. The return leg from 3pm was via the same route. Enfield LCC leader David, Edmonton CC riders Les, Maz, Peter, Paul.*

## 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 2 September</b>	<b>Turn up and Go!</b> <b>Meet: 10.00 Enfield Town Park</b> Turn up and go. The route to be decided on the day, but probably ending up at the <a href="#">Hilly Fields music event</a> .
<b>Thursday 6 September</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 9 September</b>	<b>To: Wadesmill</b> <b>Meet: 09.30. Greyhound Pub, South Ordinance Road, by Lee towpath</b> Partly off road and probably with a couple of fords. About 45 miles. Leader Paul
<b>Sunday 16 September</b>	<b>To: High Beach</b> <b>Meet: time TBA, Coffee Break Café, Winchmore Hill.</b> Tea and cakes ride to High Beach church, leader Maz.
<b>Thursday 20 September</b>	<b>8pm Meeting / Social, Winchmore Hill Sports Club</b>
<b>Sunday 23 September</b>	<b>Ride TBC</b> A longish (about 50 miles) ride suitable for road bikes. Details later. Leader Les.
<b>Thursday 4 Oct</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 7 Oct</b>	<b>To: Docklands and River Thames</b> <b>Meet: 10.00 Edmonton Leisure Centre</b> Docklands and the river Thames. We shall be crossing the river twice - once over the Woolwich Ferry (free) and once on the Greenwich cable car (£4.50 cash, £3.50 card). The Woolwich ferry boats, which are over 50 years old, are scheduled to come out of service later in the year to be replaced with more modern electric vessels. So this is almost your last chance to see the old school boats close up. About 35 miles. Leader Peter.
<b>Sunday 14 Oct</b>	<b>Ride TBC</b>
<b>Thursday 18 Oct</b>	<b>8pm Social, Winchmore Hill Sports Club</b>
<b>Sunday 21 Oct</b>	<b>Ride TBC</b>
<b>Sunday 28 Oct</b>	<b>Ride TBC</b>
<b>OTHER EVENTS</b>	
<b>Thursday 1 Nov – Saturday 3 Nov</b>	<b>Rouleur Classic Cycle Show, London.</b>

***As ever, ideas for Sunday rides are welcomed, plus volunteers to be Ride Leaders, please!***

## 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)

**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](http://www.fillthathole.org.uk)

### 3. 2018 Club Merit Points Table – Latest Scores to 22<sup>nd</sup> July.

545 Paul, 405 Peter, 365 Jeff, 350 Les, 320 Maz, 225 Geoff, 200 Bridget, 195 Bill, 180 Paul J, 120 Pat, 105 Michèle, 85 Keung, 85 Leon, 85 Melanie, 75 John, 55 Jayne, 55 Sarah, 50 Stephen, 50 Theresa, plus 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](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!

*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](mailto:trishasmithuk@gmail.com)

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