



# Edmonton Cycle Club

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

*Autumn/Winter 2018*

*Newsletter No. 77*

We ride into autumn after a very warm and sunny summer of memorable trips out. We enjoyed a club BBQ in Cheshunt, and rides to Barnet, Palmers Green Festival, and Stanstead Abbots during August and September.

Looking forward, a special Bike Maintenance Workshop is on Thursday October 18<sup>th</sup> at Winchmore Hill Sports Club. (To take advantage of this, please email or call in advance to brief the experts on your needs or problems) We've still got a number of Sunday ride slots to decide a route for, so if you have ideas for these, or want to volunteer as ride-leader, please come forward!

We look forward to seeing you this autumn!

Safe cycling,  
The Editors.

## **Summer Birthday Bikers**

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

**Octobre:** 5 Jayne, 9 Karl, Terry, 19 Ian, 31 Angela.

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

## **Welcome to New Members**

Peter S, Martina F, Hayley G.

## **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!

## *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 – 18 Oct, 1 Nov, 2019 – 10 Jan,  
 7 Feb

2018 –15 Nov, 6 Dec, 2019 – 17 Jan, 21  
 Feb

*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 14  
 October**

**To: TBD**  
**Meet: 10.00 Enfield Town Park Cafe**  
 Leader Paul

**Thursday 18  
 October**

**8pm. Special BMW at Winchmore Hill Sports Club.**  
 Please email in advance if you want assistance, minimum  
 donation of £3

**Sunday 21  
 October**

**To: Aldenham Country Park**  
**Meet: 10.00 Enfield Town Park Café**  
 Leader Peter

**Sunday 28  
 October**

**Ride TBC.**

**Thursday 1  
 November**

**8pm. Club Annual General Meeting at Winchmore Hill  
 Sports Club.**

**NOTE – We may move November and December rides to  
 Saturday if weather forecast for Sunday is bad!!**

**Sunday 4  
 November**

**Ride TBC**

**Sunday 11  
 November**

**Ride TBC**  
 Note – this is Armistice Day.

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

### **Sunday 5 August: Cheshunt Café Lunch.**

Another hot day out - starting from Enfield Town Park then riding via Whitewebbs Park, Theobalds House, Bury Green to Cheshunt golf café. There, alas, there was no food! So, at midday we rode on to Pond Café (per Boxing Day) for a nice lunch. Afterwards it was back via the cycle path by A10 to Clay Hill, with option of Hilly Fields for music from The Bluejays.

Leader Paul, Geoff, Cathy, Marian, Richard, Bridget, backstop Jeff.

### **Sunday 12 August: Thames Path from Tower Bridge to Erith**

Leaving from Liverpool St. station at 10.45, over Tower Bridge then by paths and narrow streets eastward. A stop was made at the Cutty Sark for a quick coffee. Onwards then to Woolwich Barrier café for lunch. Here we met some other members going the other way as we continued eastwards, on to Erith town. Then we turned round back to Woolwich Ferry (shuts in October for three months for works to pier head and testing of new boats). Finally on Greenway cycle track to Stratford for trains home.

Leader Peter, John, David, Keung, Trevor, Paul.

### **13-19 August: CTC Holiday “Birthday Rides” in Yarnfield, Staffs.**

Four members went to Yarnfield Conference Centre in Staffordshire. We enjoyed the company of 350 others on our five days of riding. There were multiple choices of daily rides – long, medium or short. We visited Northbury Junction marina, Cosford RAF Museum, Newport, Market Drayton, the Wedgewood Centre, Millport poppy display, Audlem, and Eccleshall. The Centre’s food and evening entertainment was much enjoyed.

### **Saturday 25 August: Club BBQ, Lee Valley Regional Park**

Having missed our April lunch, we left our annual social “do” to the Bank Holiday weekend. Many thanks are due to Chris and Joe for organising the site, food buying and prep, and the double gazebo. Our feeder ride from the Coffee Break Café in Winchmore Hill left at 12.30, getting to Pindar Sculpture Park in Cheshunt at 1.15. Other members came separately by car, train or bike. We had a relaxed afternoon of good BBQ food and drinks, which was enjoyed by all. A round of thanks was given, and the 2017 Awards given out. Attending were Chris, Joe, Maz, Les, Bridget, Colin, Paul, Jeff, Peter, Karl, Jayne, Cathy C, Marian, Pat, John, Laurent, Lucian, Leon, Francis and wife.

### **Sunday 2 September: “Turn up and Go” to Barnet and Palmers Green Festival**

A glorious sunny day saw us start from Enfield Town Park café. We rode west towards Trent Park, then to Monken Hadley, stopping to view a former house of comedian Spike Milligan. Then on past the Sebright Arms (back to lunchtime hours) to Wood Street and the Courthouse café for lunch. We then rode to Palmers Green late summer Festival to enjoy the afternoon’s entertainments. Some helped the Enfield LCC group with the “Try

A Bike” sessions, which were very well attended. Also present were Cycle Enfield promoting cycle services.

Riders Paul, Pat, Les, Maz, Jeff, Bridget.

**Sunday 9 September: Stanstead Abbots, Ware and Roydon**

An early start at 9.45 from the Greyhound Enfield, north on the towpath to Dobbs Weir coffee café. The on past Rye House Gatehouse, Stanstead Innings wildlife area at Stanstead Abbots and into Ware at 12.10. Here we stopped at Jacoby’s Restaurant / Café for lunch. Our return was on road, back past Stanstead Abbots to Roydon Lock by the River Stort. Unfortunately no ice creams were had, as café shut! So on via Stort towpath to Broxbourne Green Box Café by 2.30. We got back to Enfield around 4.30. Leader Paul, Bill, Jeff, Pat, Les, Maz, Paul J, backstop Keung.

**Sunday 16 September: Abridge and High Beach**

The day was bright for the start from Coffee Break Café. We rode east through Edmonton, South Chingford, Woodford, Roding Valley and onto Abridge. Here we had lunch at the garden centre at 12.45 (where many curious objects were also for sale). Our return ride was via the Wakes Arms junction to High Beach for tea/coffee/cakes at the church at 2pm. We enjoyed the very nice cakes whilst sitting outside. (Church does the cakes regularly from May to September Sundays at 2pm) The ride back to Enfield area took us down Church Lane, Lippitts Hill and Mott Street. Leader Maz, Bridget, Paul, John, Marion, Jeff, Geoff, Keung, Julian, backstop Les.

**Sunday 23 September: A “Turn-Up-And-Go” Ride**

But, as it turned out, it was a “No Go”, as the weather, as forecast, was a wash-out!

**Sunday 30 September: East London, Woolwich foot tunnel and the cable car**

We left from a sunny Edmonton Leisure Centre along the Lee towpath to Green Café on the Greenway at 11.00. We met Dutch cycle engineers visiting London’s cycle infrastructure. Continuing on the Greenway, and then turning off to Canning Town as a short cut to Excel and City Airport, we arrived at Woolwich foot tunnel. Then a short ride to the Thames Barrier café for lunchtime. Some Vespa motor scooters were seen. From here we continued on the path to the Cable Car station for the ride across north. Back on the bikes, we took the road to Canning Town, and via backstreets to the Greenway homewards to Edmonton Leisure Centre at 4pm.

**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 –**

**CAMRA GREATER LONDON PUB OF THE YEAR 2018!!!**

A 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)



## 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:eccridesecc@hotmail.co.uk">eccridesecc@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>Thursday 15 November</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 18 November</b>	<b>To: Ride TBD</b> <b>Meet: 10am Edmonton Leisure Centre, N9</b> Leader Paul
<b>Sunday 25 November</b>	<b>To: RAF Museum, Hendon (free entry)</b> <b>Meet: 10am Whitewebbs Golf Café, Beggars Hollow, Clay Hill, Enfield.</b> Leader Paul J
<b>Sunday 2 December</b>	<b>Marshalling of "Enfield Festival of Lights Parade"</b> <b>3.30pm Opposite Enfield Civic Centre.</b>
<b>Thursday 6 December</b>	<b>8pm Christmas Social "Do", Winchmore Hill Sports Club</b>
<b>Sunday 9 December</b>	<b>Ride TBC</b>
<b>Sunday 16 December</b>	<b>Xmas Lunch at the Toby Carvery in Whitewebbs Park, EN2 9HH</b> <b>Meet there at approximately 12.00</b> Book this through the club.
<b>Wednesday 26 December</b>	<b>Boxing Day Ride to Café Lunch</b> <b>Meet: 11am Edmonton Leisure Centre, N9.</b> This will be weather permitting!
<b>Thursday 10 January 2019</b>	<b>8pm. Meeting at Winchmore Hill Sports Club.</b>
<b>Sunday 6 January</b>	<b>Ride TBC</b>
<b>Sunday 13 January</b>	<b>Ride TBC</b>
<b>Thursday 17 January</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 20 January</b>	<b>Ride TBC</b>
<b>Sunday 27 January</b>	<b>Ride TBC</b>
<b>Sunday 3 February</b>	<b>Ride TBC</b>
<b>Thursday 7 February</b>	<b>8pm. Meeting at Winchmore Hill Sports Club.</b>
<b>Sunday 10 February</b>	<b>Ride TBC</b>
<b>Sunday 17 February</b>	<b>Ride TBC</b>
<b>Thursday 21 February</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 24 February</b>	<b>Ride TBC</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:

**AutoStore Motor Factors**, 755 Green Lanes, Winchmore Hill, N21 3FA (020 8360 3622) [www.autostoreonline.co.uk](http://www.autostoreonline.co.uk)

**North London Autocycles**, 29 Gt Cambridge Road, Tottenham N17. (020 8801 6996)

**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 30<sup>th</sup> September.**

770 Paul, 520 Peter, 485 Jeff, 470 Les, 450 Maz, 300 Bridget, 295 Geoff, 275 Bill, 215 Paul J, 205 Pat, 190 Keung, 125 John, 105 Leon, 105 Michèle, 85 Melanie, 75 Cathy C, 70 Jayne, 55 Karl, 55 Sarah, 50 Marian C, 50 Marion R, 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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