



# Edmonton Cycle Club

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

*Winter/Spring 2019*

*Newsletter No. 78*

Welcome to the latest quarterly newsletter. We hope you are well geared up for the winter season. Please use your local cycle shops for any safety maintenance. Advice is available on request from our mechanical experts in the club. After a short break for winter we will try to get rides going from late January. Offers to be ride-leader and suggestions for destinations are welcome. There are some suggestions to look at the end of the Diary Dates.

Safe seasonal riding to you all, and Happy New Year!

The Editors.

## **Winter into Spring Birthday Bikers**

**Decembre:** 19 Tracy, 28 Gerry, 29 Angela, 31 Siebel.

**Janvier:** 12 Les, 31 Kieron.

**Fevrier** 4 Gary, 9 Stuart, 10 Donna.

**Mars** 6 Martin, 10 Sujal, 18 Cathy, 23 Maz.

**Avril:** 7 Marian C, 20 Christina, 23 Bridget, 29 Dave P, Nick.

## **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)

2019 – 7 Feb, 7 Mar, 4 Apr, 2 May, 6  
 June, 4 July

2019 – 17 Jan, 21 Feb, 21Mar, 17Apr. 16  
 May, 20 June, 18 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!*

**Sunday 3 February**

**A “Turn Up And Go” Ride**

**Meet: 10.00 Enfield Town Park Café**

Turn Up and Go: the destination will be decided over a coffee, depending on the weather and peoples inclinations

**Thursday 7 February**

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

**Sunday 17 February**

**To: Shenley**

**Meet: 10am. Coffee Break Café, Green Lanes, Winchmore Hill, N21 2SH**

Lunch at Orchard Café. Leader Paul.

**Thursday 21 February**

**8pm. Social at Winchmore Hill Sports Club.**

**Sunday 24 February**

**To: Newgate Street**

**Meet: 10am. Beggars Hollow**

**Thursday 7 March**

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

**Sunday 17 March**

**To: Harpenden**

**Meet: 9.45am Beggars Hollow**

About 40 miles on road so well suited to road bikes. Note the slightly earlier start. Leader Jeff.

**Thursday 21 March**

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

Bike Maintenance Workshop – Spring check!

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

### **Sunday 7 October: Enfield to Waltham Abbey Lunch**

Leader Maz, Peter, Jeff, Geoff, Paul J, Martina, Claire, Hayley, Les.

### **Sunday 21 October: Aldenham Country Park**

The ride took us from Trent Park via Cockfosters Rd, Hadley Wood and NCN12, Well End, Borehamwood, Tykes Water Lane, Butterfly Lane to the Country Park. Here lunch was taken outside the new café. Then a one-and-half mile circuit of the lake and viewing at the airfield. The return leg included a tea stop at Borehamwood, then back towards Enfield and Southgate area, in sunny mild weather.

Leader Peter, Jeff, Paul, Geoff, Keung.

### **Sunday 4 November: Autumnal Colour in the Lee Valley**

A 10.15 start from Enfield Town Park Café, saw us head off east to the Great Cambridge Road via various backroads onto the Hertford Road. The Brimsdown path took us to Enfield Lock. Across Gunpowder Park to the Lee Valley at Waltham Abbey. Our route took us along winding paths in nice autumnal weather to Lee Valley Park Farms for a tea stop (also local milk on sale from a machine!) Then up Clayton Hill for views, before lunch at the Old Mill Retreat café at Broxbourne. Return leg was south via Cheshunt pond to Enfield Civic Centre.

Leader Paul L, Jeff, Geoff, Cathy C, Peter M, Mel, Mark B, Peter H, Rosa, Paul J, Hanife, Mark S, backstop Michèle.

### **Sunday 18 November: More Autumn Colour at Victoria Park and QE Olympic Park**

We left Edmonton Leisure Centre at 10.15 in glorious sunshine, heading east to Leaside Road, and Lee Valley, passing the new Meridian Water Station. Then east by the natural Lea river bridge to the Walthamstow Wetlands by the reservoirs. From there southwest at Hackney Marshes and west into Victoria Park for a circuit ride, only to find The Hub café shut for re-decorations. So we rode east to the Box café by the Olympic stadium for lunch. Our return north in the QEO Park took in a view of the WW1 Somme model commemoration. Riding northwards on the earlier route back to Edmonton Leisure Centre for 3pm, we passed Barnet cyclists at Walthamstow Wetlands.

Leader Paul L, Cathy, Geoff, Ian, Hayley, Rosa, Martin, Liz, Bill, Peter, Maz, Trevor, Jill, backstops Keung, Les, Jeff.

### **Sunday 25 November: From Enfield to the RAF Museum Hendon**

A cloudy day's start from Whitewebbs golf café off Clay Hill. Riding west to Hadley Road, Beech Hill, Monken Hadley, High Barnet, Wood Street, onwards to Mill Hill and RAF Hendon Museum at 11.40. We enjoyed a tour around and then lunch at one of the three cafés. Post lunch it was more touring the exhibits before regrouping at the bike stands. Return route was via Totteridge Common, Whetstone, Friern Barnet and Palmers Green, back to Enfield about 3.15pm.

Leader Paul J, Bill, Jeff, Geoff, Paul L

**Sunday 2 December: Enfield's Christmas Parade of Light**

Four members took part to help marshal the parade along the route in Enfield. Many thanks to M.L.H.B.

**Thursday 6 December: Christmas Social "Do"**

Members met at Winchmore Hill Sports Club for a relaxed social of drinks and seasonal snacks. Photos from the past year and our points table were on show. The evening also had the "Rat and Stick" game and tortoise racing!

**Sunday 16 December: Pre-Christmas Lunch**

A late morning start, on a dry day, from the Coffee Break Café saw us head north on the A105 cycle lane to Enfield. Our lunchtime event was once again held at the Whitewebbs Park pub/carvery. We enjoyed a pre-lunch drink at our table before eating; a relaxed lunch with much merriment and talking about the past year's events concluded at about 2.30pm. Many thanks to Maz for organising.

Ride leader Maz, Les, Jeff, Paul, Hayley, Keung, Bill, Peter, Pat, backstop Chris. Also Bridget, Colin, Sarah, Karl, Jayne.

**Wednesday 26 December: Boxing Day Ride Finale**

Our last ride of 2018 started from Edmonton Leisure Centre, heading off to Meridian Way cycle lane, Enfield Island Village and Lee Valley Regional Park to Fishers Green. Here we had a short stop, then onto Cheshunt Pond café for lunch and photos. Our return ride halted after just 100 yards for a rear puncture repair! Then homewards on the A10 cycle lane.

Leader Paul, Geoff, Sharon, Jeff, Hanife, Pat, Peter, backstops Michèle, Bridget.

**Advertisements**

**\*\* 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.littlegreendragonfield.com](http://www.littlegreendragonfield.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>Sunday 24 March</b>	<b>Ride TBC</b>
<b>Sunday 31 March</b>	<b>Ride TBC – BST start / Mother’s Day</b>
<b>Thursday 4 April</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 7 April</b>	<b>Ride TBC</b>
<b>Sunday 14 April</b>	<b>Ride TBC</b>
<b>Thursday 18 April</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 21 April</b>	<b>Ride TBC – Easter Sunday</b>
<b>Sunday 28 April</b>	<b>Ride TBC</b>
<b>Thursday 2 May</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Sunday 5 May</b>	<b>Ride TBC</b>
<b>Sunday 12 May</b>	<b>Ride TBC</b>
<b>Thursday 16 May</b>	<b>8pm. Social at Winchmore Hill Sports Club.</b>
<b>Friday 17 May</b>	<b>Enfield Night Hike – volunteers needed to help marshal the charity walk.</b> Starts from 7.30pm from Enfield Civic Centre. Talk to Paul L if you are interested in volunteering.
<b>Sunday 19 May</b>	<b>Ride TBC</b>
<b>Sunday 26 May</b>	<b>Ride TBC</b>

***Other possible events:***

<b>March 29, 30, 31</b>	<b>London Cycle Show at Excel in Docklands.</b>
<b>Sunday 30 June</b>	<b>London—Cambridge Ride Organised by Bike Events.</b> Starts at Picketts Lock.

<b>Rides to:</b>	<b>Kenwood House</b> <b>St. Albans City / Park / Park</b> <b>Abridge</b> <b>Camden Town</b> <b>Hampstead Heath / Marine Ices / Pizzas!</b> <b>Hertford countryside / Wareside / ford crossings!</b> <b>New Woolwich Ferry / Cable Car</b> <b>Richmond Park</b> <b>Essex - Rainham</b> <b>Kent - Erith / Dartford</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 Final Scores:** 1010 Paul L, 750 Peter M, 685 Jeff, 625 Les, 610 Maz, 505 Geoff, 410 Bridget, 390 Bill, 330 Paul J, 290 Keung, 285 Pat, 215 Michèle, 140 Hayley, 135 Cathy C, 125 John R, 110 Melanie, 105 Leon, 95 Chris, 85 Jayne, 70 Karl, 70 Sarah, 60 Martina, 60 Peter H, 50 Hanife, 50 Marian C, 50 Marian R, 50 Stephen, 50 Trevor, and others below 50.

**4. NEW! – for 2019 the Merit Points System is:** First time ride leader 10 pts; Regular ride leader 6 pts; Back-stop 5 pts; Peloton rider 4 pts; Part ride 2 pts; Meeting 4 pts; Social mtg 2 pts; Bike Aid or First Aid 2 pts.

**5. 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.

**6. 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.

**7.** 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.

**8.** “Celebs in the Saddle” no. 55: Paul Rose, Louis Theroux, Bill Bailey, Lauren Steadman, Louise Minchin, Heidi Alexander Deputy Mayor.

**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)

Copyright © Edmonton Cycle Club 2019 Your editorial team is: Paul L, Chris L, Maz B.