



Edmonton Cycle Club

*With Enfield Cycling Campaign
Affiliated to Cycling UK (formerly CTC)*

Autumn-Winter 20/21

Newsletter No. 83

Hello ECC Members – and firstly wishing you Happy Christmas and New Year. We hope you and your family are well and keeping safe and fit during the Covid-19 restrictions and lockdowns. Do get out exercising by walking, cycling or running in our wonderful parks and open spaces, keeping safe distance of course! Since March we have followed guidelines on riding in groups of six with distancing and respecting the places we rode to. That was suspended in November, but we hope to resume “Ride with max six” when allowed, as guided by the Government and Cycling UK. Our usual “First Thursday” meetings and “Third Thursday” socials are continuing at present on Zoom, if you’re on our WhatsApp group. Here’s hoping we can all get back to the Winchmore Hill Sports Club in 2021!

Take care all – The Editors.

www.edmontoncycleclub.org.

Autumn / Winter Birthday Bikers

Oct: 5 Jayne, 9 Karl, Terry, 19 Ian, 30 Cathy.

Nov: 18 Julian, 21 Wayne, 28 Pat.

Dec: 19 Tracey, 21 Wayne, 28 Gerry, Pat, 29 Angela S, 31 Sibel.

Janvier: 10 Martina, 12 Les, 31 Kieron.

Fevrier: 4 Gary, 8 Stuart, 26 Bill.

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 8pm

During current Coronavirus Lockdown, these meetings are usually taking place online on Zoom.

Normal venue: Winchmore Hill Sports Club pavilion, The Paulin Ground, Fords Grove, Winchmore Hill N21 3ER.

Jan 7, Feb 4, Mar 4, April 1, May 6.

Jan 21, Feb 18, Mar 18, April 15, May 20.

Previously planned rides which we hope to reinstate include:-

- The Bumpkin at Tewin. About 40 miles, suitable for road or hybrid bikes.
- Southend Café, near Upshire!
- North Weald Airfield. About 40 miles, with a few hills, and suitable for road or hybrid bikes.
- Kenwood House / Golders Hill Park Cafés
- Henry Moore Museum, Perry Green, around 40 mile ride.
- Spokes Café, Herts.
- Redbourne, London Colney, St. Albans.
- Woodberry Wetlands
- Marine Ices & pizzas – lunchtime visit

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

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

Sunday 15th March: Bailey's Bagel Bakery Bonanza!

Following a straw poll we decided on the hilly route and rode west from the Coffee Break cafe passing Broadwalk, New Southgate, on to Finchley and Hendon by an urban route. Here we sampled the savoury bagels and cakes at 12.00, and some even bought more to take home. We took a different route back to Winchmore Hill, where some of us adjourned to the Little Green Dragon for an afternoon drink. We did not know at the time this would be the last club ride for possibly several months as we, along with the rest of the country, have suspended our activities due to the coronavirus pandemic. Leader Les, riders Paul L, Bridget, Colin, Pat, Stephen, Leon, Chris, Geoff, Julian, Peter, backstops Maz, Jeff.

From 23rd March

Due to the Covid-19 situation, and Government Regulations, after 23rd March, only a small number of socially distanced, six-person rides took place.

Julian Smith's Café Guide

Rose Café – Hertford. 33 Railway St, SG14 1BG

A proper eat-in / takeaway, providing sandwiches and hot meals. When takeaway only, there are benches in the town centre or at the castle.

Emmie Murphy's General Store - Little Berkhamsted. 24 Church Rd, SG13 8LY

A general shop plus coffee, cake and pies. Takeaway only. There is a park and churchyard with benches nearby.

The Shed - Sawbridgeworth. The Maltings, Station Rd, CM21 9JX

A proper eat-in / takeaway. They serve homemade cakes, sandwiches and hot meals. There are picnic benches and tables outside.

Heartwood Stores – Sandridge, St.Albans. 29 High St, AL4 9DD

A general shop plus coffee, cake and pies. Takeaway only. A few tables and chairs outside, plus benches by nearby pub.

Norton Heath Café – Norton Heath, Essex. 1 Prospect Villas, CM4 0LQ

A proper café, with eat-in and takeaway offered. Serves bacon rolls, hot meals, sandwiches and breakfast.

Blackmore Tea Rooms – Blackmore, Essex. The Green, CM4 0RL

A proper café, with eat-in and takeaway offered. The usual coffee, cake and hot/cold sarnies. The village green is nearby.

Megarry's Antique / Tea Shop – Blackmore, Essex. The Green, Ingatestone CM4 0RR

Provides takeaway coffee, cake, sarnies. There are seats in the garden.

Dorringtons / Simmons

These are two bakery chain shops that have various locations in Hertfordshire.

Stephen Grange's Pick of the Rides, August 2020

Well, for me, Geoff's ride to Chipperfield was pretty special. The name reminds you of the circus company or Chippenham! It was a lovely village, so very picturesque and pretty. I wouldn't be surprised if it has been used in film sets. It made you feel you were stepping back in time to the 50's and 60's!

Advertisement

**** Club Cycle Jerseys ****

Limited stock still available!

They are light green, with a black trim and club name on back / initials front.

Style is short sleeves and full zip, with three rear pockets,

Sizes: M, L, XL, 2XL

Price £24

Contact Paul Lafosse if interested

Advertisement

Little Green Dragon Ale House

928 Green Lanes, Winchmore Hill

Offering Take-aways only at present, which must be ordered online in advance at

www.lgd-at-home.com

We hope to see you again in 2021!

Some pictures from the summer



At Shenley Park



At Golders Hill Secret Garden



At Broxbourne Café



Paul Lafosse

Contact Information

Enfield Cycling Campaign – New Joint Coordinators are Hal Haines and Viola.	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: (note new web address)	020 8372 1710 www.southgatecyclingclub.co.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.*

Club Merit Points

The official club merit points scheme has been suspended for 2020.

The points scheme will be the same for 2021 i.e.:

*First time ride leader 15 pts; Regular ride leader 10 pts; Back-stop 8 pts;
Peloton rider 4 pts; Part ride 3 pts; Meeting 4 pts; Social Meeting 2 pts;
Bike Aid or First Aid 2 pts.*

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

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

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

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

John's Cycles – 17 Greenhill Parade, Barnet EN5 1EU www.johnscycles.co.uk

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

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

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

The Cycle Store, 201 Woodhouse Rd, Friern Barnet N12 (020 7249 2200)

Top Riders, www.topriderscycles.co.uk or 020 8363 8618 – Now online only.

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

3. Celebs in the Saddle No.56: Joe Wicks, Simon O'Brien, Anna Marie, Anita Rani, Majid Nawaz, Dame Mary Beard.

4. London Cycling Campaign. www.lcc.org.uk 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.

5. 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.

6. Cycling UK: address: Parklands, Railton Rd, Guildford, GU2 9JX. Tel: 0844 736 8450 or 01483 238300. www.cyclinguk.org cycling@cyclinguk.org

7. Road Races 2020: Grand Tours - Tour De France – 9th Adam Yates; Giro Italia – Won by Tao Geoghegan-Hart; La Vuelta Espana – 3rd Hugh Carthy.

8. The Cycle Show – Hopefully will be 16-18 April 2021 at Alexandra Palace!

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.

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