



Edmonton Cycle Club

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

Winter-Spring 2021-22

Newsletter No. 84

Hello and welcome to the winter issue. We hope you had a happy Christmas and a happy holiday over the New Year, despite these uncertain times. Please be cautious and watch out when out and about to keep safe for others and yourself. We hope to have a few rides from late January, with more coming in February. Meetings and socials are back on at Winchmore Hill Sports Club – see page two for details. Suggestions for new ride destinations welcomed!

Safe and happy cycling – The Editors.

www.edmontoncycleclub.org.

Les Bailey – 1947-2021

Sadly Les passed away during 2021. He was one of our founder members and a stalwart of the club for 25 years. He died peacefully at home on 30th October with his family at his side. He had been ill for several years, but until the last few months did not let that interfere with his cycling.

We have all at times been grateful for his encyclopaedic knowledge of bike mechanics. It seemed no problem was too difficult for him to fix, nor too trivial for him to offer sage advice. For many years he ran the club's Bike Maintenance Workshops, and was a prominent figure in the various cycling campaigns around Enfield. He was able to catch up with many old friends and acquaintances at the club's silver jubilee shortly before his passing.

Our thoughts and sympathies go to his wife Maz, his son Jonny, and not forgetting Bodger.

Winter Birthday Bikers

Dec: 12 Paul, 19 Tracey, 28 Gerry, 31 Sibel.
Janvier 10 Martina, 15 Angie, 31, Kieron.
Fevrière: 4 Gary, 9 Stuart, 26 Bill.
Mars: 6 Martin, 10 Sujal, 18 Cathy, 23 Maz.

Welcome to new members

Maria B, Reg, Paul B, Robert, Becky, Keeley, Denise, Morna, Rachel, Helen.

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 your 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

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

Feb 3, Mar 3, Apr 7, May 5, Jun 2, Jul 7, Aug 4.

Jan 20, Feb 17, Mar 17, Apr 21, May 19, Jun 16, Jul 21, Aug 18.

Sunday 23 January

Depart: 11.15am Enfield Town Park

The ride that was scheduled for Boxing Day last year but called off due to rain. A gentle ride out to Cheshunt for a café lunch then back through Cedars Park. Suitable for any bike. Leader: Paul.

Thursday 3 February

8pm. Planning Meeting at Winchmore Hill Sports Club.

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

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

Sunday 6th June: Wheathampstead

Seven of us set off from the bottom of Ferny Hill hoping to miss the rain which was forecast for the afternoon. This was not to be and after about 10 minutes we had to make an impromptu stop to don our wet weather gear. We pressed on regardless through Shenley and London Colney towards our destination and within half an hour the rain had ceased. After another stop to remove our wet weather clothing we continued via some quiet country lanes to our destination of Wheathampstead. Here we sat on a Green by the river and enjoyed lunch purchased from the local bakery. The weather remained good and we enjoyed a pleasant cycle home passing by Sandridge, Colney Heath and Potters Bar. Leader Geoff, riders Cathy, Bridget, Marion, Pat, Sarah, backstop Peter M.

Sunday 27th June: Almost St Albans

Despite an uncertain weather forecast, 10 people gathered at the start, initially to set off along the familiar route of Cockfosters Road, Waggon Road and through Potters Bar. Here we joined NCR 12 through Water End before heading off to Colney Heath where we admired graffiti artists at work in the A1M underpass. At Hatfield we joined the [Alban Way](#) almost to St Albans, then turned off through Tyttenhanger to London Colney. The pub there had plenty of outside tables free, so we had a drink and some lunch before tackling Black Lion Hill and returning through South Mimms and Barnet. The weather forecast proved to be pessimistic, and we remained dry all day. Leader Peter M, Riders Pat, Bridget, Keung, Jayne, Angie, Paul L, Rosa, Marion, Backstop Stephen..

Sunday 11th July: Woodberry Wetlands

Eighteen of us, including several new club members, set off from Winchmore Hill for an 18 mile ride to the Woodberry Wetlands in Hackney. The route took us via Ally Pally, the two Parkland Walks, through Finsbury Park and along the New River to our destination, where we all enjoyed a nice snack overlooking the wetlands. From there we cut across to Springfield Park, crossed the River Lea and headed back via the Walthamstow Wetlands, through Edmonton and then the Firs Farm Wetlands. Leader Tim, Riders Paul L, Stephen, Reg, John, Geoff, Trevor, Maz, Bridget, Angie, Pat, Karen, Cathy, Debbie, Hayley, Lina, Backstop Peter M.

Sunday 1st August: Richmond Park

This ride was rescheduled from the previous weekend due rain and an atrocious forecast, so 10 of us set off from Oakwood Underground Station praying that the conditions would remain dry. We headed towards Finchley, Golders Green, Cricklewood and Acton Park but when we weren't too far from our destination the rain arrived and we had to shelter for a while under a railway bridge. We then crossed the Thames via Chiswick Bridge and continued to Richmond Park where we had lunch at the Roehampton Gate Cafe. The heavens opened once again but luckily we had chosen benches under a large tree which kept us fairly dry. Everyone decided to complete a

circuit of the park before embarking on our return journey which remained dry and took us over Putney Bridge and through Hyde Park and Regents Park on our way back to Winchmore Hill. About 50 miles, including the park loop. Leader Geoff, riders Cathy, Bridget, Marion, Sue, Sharon, Jeff, Paul, Angie, backstop Peter M.

Sunday 15th August: Shenley

With a big turnout we set off from Trent Park in two separate groups and made our way along quiet country lanes to Shenley Park. Although the forecast was for dry weather we did get caught in a couple of downpours on route but thankfully the rain had stopped by the time the two groups reassembled at the Orchard Café for lunch. On the return journey the sun appeared so we made another stop at the Ice Cream Farm in Galley Lane. This was one of our shorter rides at just over 20 miles. Leaders Geoff and Jeff, riders Becky, Sarah, Hayley, Tim, Bridget, Reg, Peter M, Debbie, Stephen, Rosa, Lina, backstops Paul L, Angie and Maz.

Sunday 22nd August: Turn Up and Go

A small group of four riders (Tim, Peter, Stephen, Lina) turned up at Enfield Town Park at 10 o'clock. After a short discussion it was agreed that Tim would lead a 20 mile ride, taking in Chingford, Loughton, Upshire and Waltham Abbey. There were two hills which challenged the group, Nags Head Hill in Chingford and Golding's Hill in Loughton, which seemed to go on for ever. We stopped first at Queen Elizabeth's Hunting Lodge for a historical interlude then at Southend Lakes in Upshire for a pleasant lakeside snack (bacon sarnie for most), before wending our way homeward.

Sunday 5th September: North Weald Airfield

At last some sun! Eight of us assembled at Beggars Hollow and made our way through Gunpowder Park before struggling up Avey Lane and on through High Beech. More hills as we passed by Theydon Bois and then some nice countryside as we cycled through Upshire towards North Weald Airfield. On arriving we found the "Big Red Bus" surrounded by classic cars and motor cyclists so decided to press on round the perimeter to Wings Café where we all enjoyed a hearty lunch in the warm sunshine. We returned through Coopersale and then Theydon Bois again before meeting up with another ECC group at High Beech Church for tea and cakes (huge portions!). About 40 miles by the time we had returned to Enfield. Leader Geoff, riders Cathy, Hayley, Jayne, Peter M, Sarah, backstops Jeff and Reg.

Sunday 12th September: London to Southend

Not a club ride as such, but an event organised by [Bike Events](#). Nine members took part joining about 2000 other riders from the Olympic Velodrome to Priory Park. Enjoyable weather en route with stops at Noak Hill, S Hanningfield Country Park and other places. Some went to Neptune's fish shop on the seafront. About hour on train home. 52miles, 83 kms.

Sunday 19th September: Trinity Wharf

Also the Faraday lighthouse and Fat Boys diner. Thirteen rode there via towpath, CS3, Bow Locks to [Trinity Wharf](#). lunch at an American diner on the river front. Return by Grand Union Canal, Victoria Park. We were very grateful to a lovely couple for helping

one of us out of a dangerous situation. About 25 miles.

Sunday 26th September: Enfield Big Green Family Ride

From Broomfield Park N13. Nine members assisted the public parks ride for families. Thanks to Maz, Debbie, Karen, John, Hayley, Rosa, Lorry, Maria, Morna.

Sunday 3rd October: Hainault Country Park

Leader Tim, Riders Geoff, Angie, Marion, Reg, Rosa, Pat, Peter M, Backstop Jeff.

Saturday 9th October: Fish and Chips at Nazeing

Two pelotons left from Bush Hill Park and Bullsmore Lane to meet up in Nazeing at lunch time for fish 'n chips. Peleton 1 went on some (rather hilly) country lanes near Epping upland, while peleton took the sensible flat route by Lee Valley Park paths. Peleton 1: Leader Maz, riders Paul, Bridget, Becky, Peter M, Tim, backstop Reg. Peleton 2 Leader Debbie, riders John, Morna, Hyacinth, Peter H, backstop Rosa. Thanks to Chris who met us in Nazeing and ferried the fish 'n chips to a picnic table by Clayton Hill.

Friday 15th October: ECC Silver Jubilee

About 50 members past and present came to celebrate our 25 years of cycling as Edmonton Cycle Club. Catching up with friends from far and wide, we enjoyed a splendid buffet supper with contributions from members. The centre piece was the 3 tier cycle theme cake, very tasty too. A shortish few words from Paul(!) who thanked our hosts Winchmore Hil Sports Club, food makers, music dj, original and current members for making the evening a pleasant success. Thanks to our newsletter staff, Dr bikes, marshalls, ride leaders, backstops and you peloton riders. Hope you enjoyed the evening. See you soon!

Sunday 17th October: Broxbourne Old Meadows

Peleton 1 set off from Edmonton Leisure Centre north on the towpath to Waltham Lock, then to the bittern bird hide for bird watching (How successful? Paul doesn't say!). Then past Park Farms, up Clayton Hill and on to The Old Retreat Cafe Broxbourne. Here we met peleton 2 just as they were finishing lunch. Our return via some muddy paths towards Cheshunt, Enfield Lock and Edmonton finish. Leader Paul, riders Marion, Debbie, Pat, John, Karen, Cathy, Stephen, backstops Rosa, Peter H.

Peleton 2 had been warned to expect some hills and Geoff didn't let them down. After successfully conquering Avey Lane they made their way to Theydon Bois where they soared up Piercing Hill before making their way through Epping Uplands and Nazeing to Broxbourne. Here they enjoyed a leisurely lunch at The Old Mill Retreat and briefly saw Paul's group who arrived just as they were about to leave. Julian and Tracy were also there on their tandem and joined them for some of the return journey. More hills on the way back as they passed through Newgate Street before tackling Darnicle Hill which just about finished everyone off. Mainly downhill from here on as they travelled back towards Goff's Oak before branching off to Cheshunt and back down the A10 cycle path to Bullsmoor Lane. A special mention to Keeley and Denise who, on only their third outing with ECC, put in a magnificent performance on a tough ride. Leader Geoff, riders Denise, Keeley, Maz, Tim, backstops Bridget and Angie.

Advertisements

**** Club Cycle Jerseys ****

Very 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

Little Green Dragon Ale House

928 Green Lanes, Winchmore Hill

www.lgd-at-home.com

Cyclists welcome!

For Sale:

Peugeot Record du Monde Tandem (early 1970s)

700c wheels, 16-speed (2x8) derailleur gears

Centre-pull rim brake, rear pannier rack.

Offers around £100

Contact Richard Reeve – 07957 591387

Contact Information

Enfield Cycling Campaign –

New Joint Coordinators are Hal Haines and Viola.

Paul L, Hon Mem. Sec, ECC club info:

Paul, ECC Rides Secretary, and assistant Maz:

ECC webmaster Peter: - Join email list via website

Southgate Cycling Club: (note new web address)

info@enfieldcc.co.uk

www.enfieldcc.co.uk

020 8808 3473 (before 9 pm only please)

eccridesec@hotmail.co.uk

www.edmontoncycleclub.org

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.

www.cycleenfield.co.uk

020 3031 6730,

Free inclusive cycling at 10.30-1.30 Tues to Fri, Bush Hill

email cycle@enfield.gov.uk

Park. Booking and registration on this number:

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 points scheme for 2022 is:

First time ride leader 15 pts; Regular ride leader 10 pts; Back-stop 8 pts; Peloton rider 5 pts; Part ride 2 or 1 pts; Meeting 4 pts; Social Meeting 4 pts; Club Meal 4 pts, Bike Aid or First Aid 2 pts.

Results for 2021 were:

270 Geoff, 264 Peter M, 254 Paul L, 200 Maz, 154 Bridget, 140 Cathy, 129 Pat, 127 Stephen, 126 Jeff, 113 Tim, 98 Marion, 92 Hayley, 86 Angie, 80 Peter H, 73 Debbie, 72 Karen, 64 Rosa, 57 Chris, 47 Les, 46 Reg, plus 36 others.

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

Bikes For Good Causes 350 High Rd Wood Green N22, 020 8888 1005

Bikes R Us Mobile service / repairs – petebikesRus@hotmail.com (07949 066889)

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

Decathlon – outdoor / cycle On A406 at Corktree Retail Park, Chingford E4 8JA

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

Hancocks 10 Cadmore Ln, Cheshunt (01992 623922)

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)

The Rockstone Cycling Hub 335 Lordship Ln, Tottenham N17 (020 8808 0203)

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

Stanley Bridge 11 Newnham Parade, College Rd, Cheshunt (01992 623012)

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.58: David O'Doherty, Richard Ayoade, Joe Wilkinson, Mel Giedroyc, Grayson Perry, Robert Peston.

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. The Cycle Show 2022. We hope this goes ahead – **Alexandra Palace, Wood Green, 22-24 April.** Also Londone E-bike Festival. Park grounds will have test track. Book tickets now at www.cycleshow.co.uk

8. All Ability Cycling – for adults with health issues in Enfield. Free, Monday 10-3pm at Bush Hill Park, Lincoln Rd EN1 1PS. To book, email all.ability@bikeworks.org.uk (Being run on behalf of LB of Enfield).

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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