



# Edmonton Cycle Club

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

*Winter-Spring 2022-23*

*Newsletter No. 85*

Hello, sorry for the break. We've enjoyed a hot spring and summer of rides. We hope you have enjoyed the range of rides. New ideas and members are always welcome. We have our usual end of year social and Boxing Day ride ahead. There'll be a short break in January before our early spring rides. So we wish you a happy and healthy Christmas and New Year, and look forward to more cycling adventures!

Keep well and active – The Editors.

[www.edmontoncycleclub.org](http://www.edmontoncycleclub.org).

## Autumn -Winter Birthday Bikers

**Septembre:** 3 Rosa, 12 Chris W, 20 Jill, 25 Tim, 27 Hal.  
**Octobre:** 5 Jayne, 9 Karl, Terry, 19 Ian, 30 Cathy C, 31 Angela.  
**Novembre** 18 Julian, 21 Wayne, 28 Pat.  
**Dec:** 12 Paul J, 19 Tracey, 28 Gerry.  
**Janvier** 15 Angie, 31, Kieron.  
**Fevrière:** 4 Gary, 9 Stuart, 26 Bill.

## Welcome to new members

Yusuf, Ben, Deirdre, Imran, Hal, Sarah C, Calin, Cliff N.

## Diary Date

**April 21-23, 2023:** **The Cycle Show and London e-Bike Show –**  
Alexandra Palace, pre-book or on the door.  
[www.cycleshow.co.uk](http://www.cycleshow.co.uk)

## 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 2023*

**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.

Jan 5, Feb 2, Mar 2, Apr 6, May 4,  
Jun 1.

Jan 19, Feb 16, Mar 16, Apr 20, May 18,  
Jun 15.

**For details of the regular rides, please see the website at [www.edmontoncycleclub.org](http://www.edmontoncycleclub.org) or the ECC WhatsApp group.**

### **A Cycle Poem By Birgitta Whitaker**

Oh Edmonton cycle club  
Les took on look at my fold up  
And said "Hold up"  
On THAT you can't keep up

Oh Edmonton cycle club  
For Sunday's ride he let me borrow  
A bike  
To return tomorrow  
Or maybe next week?

Oh Edmonton cycle club  
Next week,  
I now got the bug,  
The bike, the kit, and a hug  
From Maz

Oh Edmonton cycle club  
I'm sure this rings true  
For many of you

We are huffing and puffing  
To stop for a muffin,  
Break

Oh Edmonton cycle club  
Some of the chaps  
Think best using maps  
Others it's no harm in  
Using a garmin

## Cycling Shorts

### **Decathlon Stores offer recycling scheme**

*They have introduced a scheme to take your old worn out inner-tubes and tyres. Simply drop off at their cycle department.*

### **Cycle Sport**

*Brian Robinson, Britain's first stage winner at the Tour de France died in October aged 91. He became the first Briton to complete the Tour, in 1955. He went on, in 1958, to win stage seven of the Tour de France, to Brest.*

### **Santander Hire Bikes**

*If you need to report an abandoned / stolen Santander hire bike, this can be done via the Santander Cycles app, or at the TFL Street Care website <https://streetcare.tfl.gov.uk/> or by email to [abandonedtflcycle@tfl.gov.uk](mailto:abandonedtflcycle@tfl.gov.uk) or by phone at 0343 222 6666.*

*Remember to make a note of the bike's registration number to report!*

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

### **Special Report - Sunday 26th June: Les Bailey Memorial Ride**

#### **Blackmore Ride**

*This was the opening ride of the day and we set off from Beggars Hollow at 9.00am on our journey to Blackmore and back. Our first real challenge was the climb up Avey Lane but once we had completed this we felt ready for anything. We made good time to Abridge and then encountered more hills on our way to Navestock. Just after this we were delayed when a pedal fell off Angie's new bike. Thanks to Ben, and Geoff's spanner, we were back on our way before too long. After this we had a bit of time to make up but were only 10 minutes late arriving at Blackmore Tea Rooms where we had tables booked for lunch. After a welcome rest consuming large English breakfasts and a variety of sandwiches we embarked on the ride back. Inevitably the pace slowed as legs tired and we tackled more hills but we continued at a speed to suit everyone and enjoyed some lovely countryside on route. We had an extended stop on Theydon Bois green to refuel our energy levels ready for the final push home. Passing through Loughton, High Beach and Enfield Town we arrived at The Little Green Dragon to cheers from the other ECC group who had already returned from their ride to High Beach Church. At LGD we enjoyed a few drinks and delicious cakes provided by Pat. A few words were spoken about Les as we all remembered him fondly and toasted his memory. Les continues to make a huge contribution to ECC and the sponsorship from today's rides has covered our expenses for the coming year and enabled us to make a*

donation of about £500 to The North London Hospice. This was a fantastic day and thanks go to everyone who contributed to it. Leader Geoff, Riders Angie, Becky, Ben, Bridget, Cliff N, Denise, Jeff, Julian, Tracey, Keeley, Paul J, Paul L, Rosa, Stephen, Tim, Trevor, Backstop Peter M

### **High Beach Ride**

We all met at the Coffee Break Café for our first Memorial Ride for Les Bailey a founder member of the ECC. After our photo shoot we set off at 1pm to High Beach Church in Epping. We cycled down Church Street, through Enfield and up Chingford Lane towards Woodford Green and through some lovely countryside to Epping Forest paths and then proceeded to go up past the bikers' café and onto High Beach Church. We all enjoyed some delicious baked cakes and a cup of tea, and then some members went up to the bell tower to ring out the old bells and look round the church. We then proceeded on our return journey down Avey Lane then into Gunpowder Park and through Enfield Island Village where shortly after we met two more riders who joined us for the last leg. We continued through Bush Hill Park and soon after we were in sight of the Little Green Dragon pub where we enjoyed a well-deserved rest and a few drinks with some delicious home-made cakes laid on by Pat. We had a few speeches and awards to commemorate Les's Memorial Ride and raised a drink to him in his memory. Leader Maz, Riders Angela, Cathy C, Chris, Deirdre, Hayley, John F, Jonny, Karen, Marion, Rachel, Sue, Will, Backstop Peter D

The rides raised £200 for the club, plus a whopping £580 for the North London Hospice. At our social evening of 18th August we held a presentation of a cheque to the hospice, and certificates to all who took part. Huge thanks to all concerned.

### **Reports from earlier in the year:**

#### **Sunday 16th January: Shenley**

On a grey winter's morning 12 of us set off from Trent Park on our first club ride of 2022. The weather forecast was dry but as we approached Waggon Road the rain gremlins struck and it looked like the ride was going to be a lot wetter than we had anticipated. Thankfully the rain soon stopped and we even saw a bit of sun later in the day. We made our way through country lanes to Shenley Park where we enjoyed a leisurely lunch. As we set off to return our maintenance skills were put to the test as John suffered two punctures in quick succession. We managed to get it right the second time and found our way home via Barnet with no further incident. Leader Geoff, riders Bridget, Jeff, John F, Marion, Pat, Rosa, Stephen, Sue, Tim, backstops Peter M and Paul.

#### **Sunday 23rd January: Cheshunt**

The late Boxing Day ride. We set off from Enfield Park Café east to Albany Park alongside the new wetlands to Waltham Lock, then up to the new(ish) bird hide at Fishers Green before going to lunch at Cheshunt cafés. Return to Enfield about 2.30pm. Leader Paul, Riders Bridget, Stephen, Tim, Angie, Geoff, Cathy, Jeff, Rosa, Debbie, Karen, Becky, Peter D, Rachel, Peter M, Backstops Pat, Hyacinth.

#### **Sunday 30th February: Woodberry Wetlands**

This was an ad hoc ride arranged at short notice to take advantage of the unseasonably mild weather. A sunny ride from the coffee Break Café, south by Ally Pally and along

*Parkland Walk. Our lunch stop at the east reservoir café. Return by Spring Hill descent to Lee Valley, Walthamstow Wetlands, photo shoot by Lockwood Reservoir, then north west back to Coffee Break by 2pm. Leader Tim, Riders Paul, Bridget, John, Marion, Peter D, Sue, Rosa, Back-stop Pat.*

### **Saturday 5th February: Southend Lakes**

*This ride was arranged at late notice but seven of us decided to assemble at Enfield Town Park on a bitterly cold Saturday morning. We soon warmed up as we headed through Gunpowder Park and Waltham Abbey on our way to Southend Farm. Here we sat inside the cafe, out of the cold, and refuelled with various hearty brunches. These were followed by delicious banana and walnut muffins baked and supplied by Debbie. On our return we cycled down Avey Lane, through Gunpowder and Albany Parks before sampling the delights of Edmonton on our way back to the starting point. Leader Geoff, Riders Debbie, Cathy C, Peter M, Pete D, John F, backstop: Jeff.*

### **Saturday 12th February: St Albans Market**

*This was another short notice ride arranged to take advantage of ~~climate change~~ unseasonably mild weather, although it turned out to be quite cold on the day. We departed Trent Park Café into a biting breeze but, as always, warmed up after a couple of small hills. After making our way along Trotters Bottom to the Horse Bridge we passed through Shenley and London Colney on our way to St Albans. Once there we locked up the bikes and split into groups to explore the market and find somewhere to eat. The return journey had a few unexpected, but not too demanding, hills and saw us travel through Colney Heath and Potters Bar before disbanding at the bottom of Wagon Road. Leader Geoff, Riders Cathy, Debbie, Jeff, John F, Paul L, Pete D, Rosa, Sue, Backstop Bridget. – **Geoff***

*A mild winter's ride from Trent Park. We set off at 09:30 north west by way of Hadley Wood, A1 Bridge, Shenley, to the Sopwell area of St Albans. We parked by the museum and market place 11:20 to then explore and eat lunch at some nice cafés. Regrouping 12:45 for ride back south east through London Colney, Colney Heath, Potters Bar to Trent Park area about 2:30pm. 66 kilometres, or 41 miles in old money. - **Paul***

### **Sunday 27th February: Southend Lakes**

*A large peloton set out from Enfield Town Park in glorious sunshine. We negotiated the back streets of Enfield and Brimsdown to reach Gunpowder Park. From here we rode a new route east along Meridian Way before turning off along Lodge Lane and a rather exposed footbridge across the M25 which took us into the suburbs of Waltham Abbey. A mile or so along Honey Lane we turned into a waterlogged bridle path to Southend Farm. I think the cafe was taken aback by the sudden arrival of about 20 customers but they coped admirably and service was very quick in the circumstances. We also enjoyed some home-made cup-cakes contributed by Rachel for which many thanks.*

*Return was via Alvey Lane back to Gunpowder Park, then along opposite sides of the park to the morning's ride back to Island Village. The original idea was to ride from here along the Lea towpath, but on the recce ride this route was a mud-bath so instead we rode back to Enfield via Alma and Lincoln Roads.*

The weather was very kind, with sunshine all the way and it really did feel like the first day of spring. Total distance 19 miles, Leader Peter M; Riders Angie, Ben, Bridget, Cathy, Debbie, Geoff, Hannah, Hyacinth, Jeff, John, Marion, Morna, Paul L, Pete D, Rachel, Rosa; Backstops Tim, Stephen.

### **Sunday 6th March: Olympic Park**

A medium ride from Edmonton Leisure Centre via Walthamstow Wetlands, Hackney Marches to the Olympic Park, and a look at the Orbit Tower. Indoor lunch at café on the Greenway. Return route similar with scenic views and wildlife (and a headwind!) back to Edmonton. Leader Paul, Riders Peter M, Peter D, Morna, Ben, Geoff, Cathy, John, Stephen, Rosa, Karen, Backstops Pat, Hyacinth, Debbie. About 18miles.

### **Sunday 13th March: Hatfield House**

With various weather forecasts predicting different things we weren't quite sure what to expect as we set off in the dry from Trent Park and headed north. After skirting round Potters Bar and continuing via Welham Green we arrived at Hatfield House just as it started to rain. We were able to enjoy a leisurely lunch, away from the rain in the "posh" café before setting off home via Brookmans Park. We did encounter some wet weather on the way back but not enough to dampen our spirits on what was an enjoyable ride. Leader Geoff, Riders Ben, John F, Paul L, Peter D, Peter M, Rosa, Stephen, Tim, Backstops Angie, Pat and Sue.

### **Sunday 20th March: God's Own Junkyard**

A very sunny spring ride from the Coffee Break, eastwards over Lee valley to Walthamstow. On backstreets to the old village area and God's Own Junkyard about 12:00. Exhibits are a quirky mix of antique statues, and 20th c neon signs, some in questionable taste! Lunch there with 70/80 music. We noted the wild card micro-brewery opposite was open. Back to the Coffee Break around 2:15pm. Leader Paul L, Riders Peter M, Stephen, Karen, Peter D, Ben, Rosa, Michèle, Sue, Denise, Keeley, Deirdre, Hannah. Backstops Pat, Tim, Hyacinth.

## **Advertisements**

**\*\* Club Cycle Jerseys \*\***

**Very limited stock still available!**

**Last available sizes: one M, two L, one XL**

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,

Price £24

Contact Paul Lafosse if interested

**Little Green Dragon Ale House**

928 Green Lanes, Winchmore Hill

[www.lgd-at-home.com](http://www.lgd-at-home.com)

*Cyclists welcome!*

## Contact Information

Enfield Cycling Campaign – New Joint Coordinators are Hal Haines and Viola.	<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: (note new web address)	020 8372 1710 <a href="http://www.southgatecyclingclub.co.uk">www.southgatecyclingclub.co.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">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>

## 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.*

*Points table up to 6<sup>th</sup> November 2022:*

*313 Paul L, 289 Geoff, 289 Peter D, Peter M 285, 197 Cathy, 178 Jeff, 172 Pat, 172 Tim, 170 Debbie, 137 Bridget, 121 Ben, 111 Stephen, 99 Rachel, 98 John, 97 Rosa, 93 Keeley, 90 Karen, 76 Maz, 73 Angie, plus 31 others.*

**1. Services:**

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

**3. Celebs in the Saddle No.59:** Formula 1 driver Valtteri Bottas.

**4. London Cycling Campaign.** [www.lcc.org.uk](http://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](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.

**6. Cycling UK:** address: Parklands, Railton Rd, Guildford, GU2 9JX. Tel: 0844 736 8450 or 01483 238300. [www.cyclinguk.org](http://www.cyclinguk.org) [cycling@cyclinguk.org](mailto:cycling@cyclinguk.org)

**7. The Cycle Show 2023 & London e-bike Show. Alexandra Palace, Wood Green, 21-23 April.** Book tickets now at [www.cycleshow.co.uk](http://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](mailto: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.

Copyright © Edmonton Cycle Club 2022 Your editorial team is: Paul L, Chris L, Maz B.