



Edmonton Cycle Club

*Affiliated to Cycling UK
With Enfield Cycling Campaign*

Spring 2023

Newsletter No. 86

Hi to all our members. We head into spring with our varied range of club rides. We have about ten ride leaders and around six back-stoppers. Do let us know if you wish to help out or lead a ride. Ideas for future destinations to visit welcome. Do check your bike is in safe working order – see page 8 for suggested cycle shops. We hope to see you soon!

The Editors.

www.edmontoncycleclub.org

Springtime Birthday Bikers!

Mars: 6 Martin, 10 Sujal, 18 Cathy, 23 Maz, Keeley.

Avril: 8 Riza, 23 Bridget, 29 Dave P, Nick.

Mai: 3 Jeff, Maggie, Peter H, 29 Dave S, Elaine, 31 Richard.

Juin: 3 Trevor SE, 6 Debbie, 11 Helen, 15 Hyacinth, 17 Liz, 23 Michele, Will, 28 Marion.

Diary Date Alerts

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

Friday 19 May: **Enfield Night Hike. 15km Walk – The Nightingale Cancer Support Centre**
Start-finish at Enfield Civic Centre c7.30pm to c11pm.
We may help marshal the road junctions on the route.
Approximately 6 to 10 people needed.

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.

Mar 2, Apr 6, May 4,
Jun 1, July 6, Aug 3, Sep 7.

Mar 16, Apr 20, May 18, Jun 15, July 20,
Aug 17, Sep 21.

For details of the regular rides, please see the website at www.edmontoncycleclub.org or the “ECC Rides and Events” WhatsApp group.

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

Saturday 26th March: Roydon Marina

This was an ad-hoc ride arranged at short notice. Nine of us set off from Beggars Hollow on a beautiful sunny morning but we hadn't got far before Pete had to carry out some drastic brake adjustments on Jeff's bike. With the bike just about road worthy we continued past Cheshunt Park Golf Club and made our way through Hoddesdon and past Rye House Nature Reserve. When almost at our destination Paul's bike suffered a puncture and we found a huge nail had penetrated his tyre. Once this was fixed it didn't take long to reach Roydon Marina where we found the café open and the weather better than ever. We sat outside and enjoyed our lunch in the sun before setting off home. There were no further mechanical problems as we made our way back through Lea Valley and Gunpowder Park. A nice ride in wonderful sunshine. Leader Geoff, Riders Cathy, Cliff, Deirdre, Paul L, Rosa, Tim, Backstops: Jeff and Pete D.

Sunday 3rd April: Bricket Wood

The weather had cooled since the previous week, but the sun was trying to shine as we set off from Trent Park. The route took us initially along Cockfosters Road, Waggon Road and Trotters Bottom to the A1 horse bridge. From here we made our way to CrossOaks Lane then through Shenley, down Black Lion Hill then left towards Watling Street. After another mile or so we turned off down the wonderfully named Smug Oak Lane and Drop Lane. We were slightly early, and as the pub did not open until noon we stopped at what appeared to be an old ford of the river Ver. We reached the pub bang

on midday, and were rewarded with pizzas all round.

After lunch we crossed through Bricket Wood itself, where we passed a very interesting house decorated with murals before skirting Watford and returning via Letchmore Heath and Borehamwood. Finally we climbed Galley Lane into Barnet where we split to find our various routes home. Distance about 32 miles. Leader Peter M, Riders Ben, Bridget, Chris, Geoff, Paul J, Peter D, Rosa, Stephen, Trevor, Singing backstop Jeff.

Sunday 10th April: Kenwood House

A fine sunny spring day, from the Coffee Break café south towards Alexandra Pally, Hornsey, Highgate, reaching Kenwood House at 11.50. A photo-call before lunch on the terrace. Returning on a different route with panoramic view at Ally Pally, then back to the Coffee Break around 2:30pm. Leader Bridget, Riders Paul L, Geoff, Cathy, Hayley, Becky, Ben, Keeley, Denise, Trevor, Peter D, Karen, Angie, Maz, Backstop Debbie with cakes, thank you!

Sunday 17th April: Stanstead Abbots

From Edmonton Leisure Centre east to Lee Valley towpath, meeting 3 more at Waltham Town lock. Then north to Broxbourne Crown, on road on diversion loop with a puncture stop at Rye House. Onward by nature trail path to lunch at Stanstead Abbots High St. Back via Clayton hill, well done all there! To Edmonton by 3.45pm. Leader Paul, Riders Trevor, Keeley, Denise, Peter M, Peter D, John, Debbie, Rachel, Geoff, Pat, Backstops Karen, Hyacinth.

Sunday 24th April: Tewin

Thirteen riders, including two new members, set off from Beggars Hollow and had to negotiate some roadworks on our way to Cedars Park where we were joined by two others. After cycling the bridge across the A10 we headed North past Cheshunt Park, taking country lanes through Brickendon, Bayford and Hertingfordbury before cutting across to Cole Green and onward to Tewin. We stopped at Bumpkins for lunch which was quite busy so we enjoyed an extended break before setting off for home. There were a few tired legs as we hit more hills on the way back through Letty Green, Essendon, Brookmans Park and Potters Bar but we all battled on regardless. From here a couple of riders decided to brave The Ridgeway but the rest of us went back via Waggon Road where we disbanded at the bottom. Leader Geoff, Riders Cathy, Becky, Ben, Debbie, Denise, Keeley, Paul L, Rosa, Trevor, Cliff, Imran, Roger, Backstops Jeff, Pete D

Sunday 1st May: Hertford

We met at Beggars Hollow in bright sunshine and people began to gather, Geoff and Cathy showed up to wish leader Jeff happy birthday and wish riders well. Couple of chain malfunctions on the outward journey, but considering the big group, not too bad. Enjoyable country lanes wending their way past Cheshunt, Wormley and Brickendon and an easy coast to Hertford. Coffee, cake 'n sarnies were consumed in the pretty gardens of Hertford castle. The homeward route took us up to Hertford Heath and past Haleybury College. There was light rain to accompany us on the way home as the superb leader and nearly birthday boy Jeff took to the old Hertford road with a bit too much vigour and on arriving at Turnford, realized that only three riders were with him. We

finally regrouped and did the last few miles round the back of Cheshunt and on to our individual destinations. Everyone had a nice time. Leader Jeff, riders Peter M, Pat B, Paul L, Sue, Birgitta, Keeley, Rosa, John, Debbie, Ben, Trevor, Becky, Angie H, Stephen, backstop Pete D

Saturday 7th May: Thames Path

We set off just after 9.30 from Edmonton Green and had gone less than a mile before we had our first enforced stop...a puncture. This was confidently fixed by helpful club members, then we continued, over to the River Lea, along the towpath heading south, branching off on the Hertford Union Canal, through Victoria Park and onto the Regents Canal, which we followed down to the Thames. There we headed east along the Thames Path to Island Gardens and through the Greenwich foot tunnel to the Cutty Sark where we made a quick stop for the obligatory group pic. Continuing east, we cycled on to Woolwich, past the O2, the iconic Thames Barrier and on to Woolwich, stopping for a while whilst we got the group together after some had veered off the Thames Path! We had lunch in a café in Woolwich, before heading back. Our route took us under the Thames again, up to Beckton on one of the few on-road segments, then along the Greenway to the Olympic Park and back along the River Lea through the Walthamstow Wetlands. Distance 35 miles. Leader: Tim, Riders: Paul, Peter M, Peter D, Josh, Ben, Trevor, John F, Geoff, Angie, Cathy, Denise, Deirdre, Keely, Rosa, Hyacinth, Morna, Sue Backstop Debbie.

Sunday 15th May: Broxbourne

A meandering ride from Edmonton Leisure Centre via Enfield Island Village to the Lee Valley, with a stop at the bird hide at Fishers Green. Then north-east past the farm and up Clayton Hill, Nazeing Road to Broxbourne Old Retreat café. Here the rain began, so we ate inside the marquee. Back south on side paths to Cheshunt, Brimsdown and onto Edmonton through heavier rain and solid traffic. Leader Paul L, Riders Trevor, Cliff, Peter D, Rosa, Angela, Debbie, Keeley, Geoff, Ben, Tim, Pat, Imran, Cliff 2, Jeff, Backstops Karen, Peter M.

Sunday 22nd May: Codicote

A sunny day in prospect as sixteen of us met at Beggars Hollow for a longish ride to Codicote. We rode out up Coppers Lane Road, onto the A1000 to Hatfield. From here we followed the cycle path alongside the main road to Welwyn Garden City. One rider dropped out here with a loose seat post and took a train back, while the rest of us continued out to Ayot St. Peter round to Codicote and Spokes Cyclists Cafe for a well-earned break. Here we met with another ECC rider who lives in Welwyn Garden City, and who joined us for the first part of the ride back. After numerous toasties we continued through Woolmer Green, Tewin and back to Welwyn Garden City and on to the Northaw Road. Here we split into two groups, a 'fast' and a 'slow' group. But through superior navigation the 'slow' group reached Crews Hill at the same time as the 'fast'! We finally broke up at Beggars Hollow, having notched up 45 miles. Leader Peter M, Riders Angie, Becky, Ben, Cathy, Geoff, Hayley, Imran, Jeff, Keely, Paul, Rosa, Sharon, Stephen, Trevor, Backstops Debbie, Peter D

Sunday 5th June: Essendon and Wildhill

Eight of us met at Beggars Hollow and set off north along Bury Green Lane to St Mary's School where we picked up three more. From here we continued along Barrow Lane and Silver Street to Goffs Oak, then on to Newgate Street. The weather, while not actually raining, was very damp and forecast to continue like this all day. A short rest at Newgate Street before continuing on Tylers Causeway and the delightfully named Cucumber Lane to Essendon. At Essendon there were many people emerging from the church after presumably a platinum jubilee service, and a vintage Lagonda parked opposite the church. We continued along West End Lane, pausing briefly to repair a puncture, before arriving at the Woodman pub in Wildhill. We had not visited this pub before, and found them very welcoming but unfortunately no food on Sundays! But we made do with tea, crisps and beer before returning through Potters Bar and Crews Hill. About 23 miles. Leader Peter M, Riders Ben, Birgitta, Cliff, Debbie, Paul L, Peter D, Rosa, Trevor Backstop Jeff

Sunday 12th June: Wheathampstead

Our departure from Trent Park was delayed when one of our members messaged to say that he had gone to Beggars Hollow by mistake. It didn't take him long to find us at the correct meeting point and we set off in the direction of Shenley. After passing through London Colney and cycling around the outskirts of St Albans we took to country lanes to complete our journey to Wheathampstead. Here we split into groups to experience the various refreshments on offer. After lunch we made our way back via Sandridge, Colney Heath and Potters Bar. An enjoyable, leisurely ride in lovely weather. Leader Geoff, Riders Angie, Becky, Cathy, Jayne, Karl, Rosa, Sarah, Stephen, Tim, Backstops Peter M and Pete D.

Sunday 19th June: Lee Valley

Paul L led a feeder ride from Beggars Hollow to Waltham Town Lock, where 21 riders braved the Lea Valley on Sunday meandering between white water rapids, woodlands, tiny nettle ridden paths, gravel and mouthfuls of midges. All of this to see some delightful sculptures, a lake, Holyfield Weir and Holyfield Viewpoint. The reward at the end was a downhill stretch to some of Rachel's delicious homemade chocolate cupcakes. Leader Rachel, Riders Becky, Ben, Cathy, Cliff(1), Cliff(2), Denise, Geoff, Jeff, John, Keely, Marion, Morna, Pat, Paul J, Paul L, Peter D, Stephen, Trevor, Backstop Peter M

Sunday 3rd July: Trinity Wharf

Off at 09.30 via Lea Valley, Walthamstow Wetlands, Hackney Marches, Three Mills, Bow Locks, Limehouse Cut and CS3 route to Leamouth opposite the O2. Then a short ride to Orchard Street café where we had lunch. We looked around the site, including Faradays shed, and the Long Player 1000 year music installation. Return via Mile End, Victoria Park and back to Edmonton 3.30pm. About 27 miles. Leader Paul, Riders Ben, Cliff, Debbie, Denise, Jeff, Pat, Peter D, Peter M, Stephen, Trevor Backstops Hyacinth, Karen.

Sunday 10th July: Harlow Town Park

Eleven of us set off from Beggars Hollow at 9.30am and met up with Debbie at the entrance to Enfield Crematorium. We made our way through Albany Park, Enfield Island Village and Gunpowder Park to Waltham Abbey. Shortly after this, and in sweltering heat, we faced our first hill challenges of the day in the form of Horseshoe Hill and Crown Hill. The going then got easier as we continued through Epping Green and on to

Harlow Park. We enjoyed a leisurely lunch in the sun at Spurriers House Café and viewed the wildlife on display. On our return we passed by Roydon before making our way through Lee Valley to Fishers Green. Tim's bike developed a worrying noise and close inspection revealed a broken spoke. The spoke was clipped off but this didn't cure the noise. Thankfully though Tim was able to cycle the rest of the way back safely. At Fishers Green we stopped for ice creams and bumped into Chris Aspin who was working in the park at the time. We completed our journey via Cheshunt railway station, Cedars Park and finally the A10 cycle paths where we discovered that the underpasses by the M25 have now reopened. Leader Geoff, riders Cliff N, Debbie, Jeff, John F, Keeley, Pat, Paul L, Pete D, Sue, Tim, Backstop Cathy C.

Sunday 17th July: Parks and Prey + Hilly Fields Picnic

A breezy flat 9 mile feeder road ride with 9 riders who braved the heatwave. Through Cedar Park, displaying spectacular flowers, a war machine and maze, mostly cycle lanes past Turkey St, Great Cambridge Rd, Albany Church, through Durrants Park, (where Peter D & Trevor showed their skills at repairing a puncture), Brimsdown, Enfield Lock, along the tow path to Waltham Abbey for a delightful lunch at Kalik café where a table had been reserved for the us in the shade. After lunch the riders arrived at Hillyfields and took over a shady spot where another 5 members joined. We were entertained by the SoulFools with a varied repertoire and Rachel's homemade sausage rolls and choc chip cupcakes (for all dietary requirements). Leaders: Paul L (Feeder) + Rachel Riders: Andy, Cathy C, Dave, Geoff C, Peter D, Trevor Backstop: Debbie Others who joined the picnic: Brigitta, Jeff, Peter M, Sue, Tim.

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

Cyclists welcome!

Contact Information

Enfield Cycling Campaign – Coordinator is Hal Haines	info@enfieldcc.co.uk www.enfieldcc.co.uk
Paul L, ECC club info:	020 8808 3473 (before 9 pm only please)
Paul, ECC Rides Secretary, and assistant Maz:	eccrisedec@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.	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

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.

2022 Results Top Ten:

351 Paul L, 331 Geoff, 330 Peter D, 328 Peter M, 235 Cathy, 215 Jeff, 195 Pat, 193 Debbie, 183 Tim, 176 Bridget, plus 47 others.

2023 Top riders so far are:

24 Peter D, 24 Peter M, 22 Cathy, 22 Geoff, 21 Bridget, 21 Tim, 13 Paul L, 12 Pat, 10 John , 10 Trevor

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.60: Rob Wainwright, Claude Littner.

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, rides, exclusive theft insurance, free third party insurance, legal helpline and quarterly mag.

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. 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).

8. 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.

9. 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 or by phone at 0343 222 6666. Remember to make a note of the bike's registration number to report!

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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