



Edmonton Cycle Club

*Affiliated to Cycling UK
With Enfield Cycling Campaign*

Winter - Spring 2024

Newsletter No. 88

Hello all! We hope you are all well and ready to ride into spring. Our ride diary is arranged about 4-6 weeks in advance, and of course, is subject to late changes. Thanks, as ever, to our volunteer ride leaders, marshals and backstops, whom we rely on to help the rides flow smoothly. If you have ideas for ride destinations, they are always welcome!

Thinking about getting your bike ready for the new season? Then perhaps take a look at the list of bike servicing shops on page 8.

Looking forward to seeing you riding soon!

The Editors.

www.edmontoncycleclub.org.

Winter - Spring Birthday Bikers!

Decembre: 12 Paul J, 19 Tracey, 21 Morna, 28 Gerry.
Janvier: 15 Angie, 31 Keiron.
Février: 4 Gary, 9 Stuart, 21 Cliff, 26 Bill.
Mars: 6 Martin, 10 Sujal, 18 Cathy M, 23 Maz, Keeley, 29 Becky.
Avril: 8 Riza, 23 Birgitta, 29 Dave P, Nick.
Mai: 3 Jeff, Maggie, Peter H, 29 Dave S, Elaine, 31 Richard.

Welcome to new members

David, Rosella, Richard, Susan.

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 2024

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.

1 Feb, 7 Mar, 4 Apr, 2 May,
6 Jun, 4 Jul, 1 Aug, 5 Sept.

15 Feb, 21 Mar, 18 Apr, 16 May,
20 Jun, 18 Jul, 15 Aug, 19 Sept.

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

Stop Press!

**The 3rd Les Bailey Memorial Ride
Is to be Sunday June 23rd
There will be two rides – details to be confirmed**

Advertisement

Little Green Dragon Ale House
928 Green Lanes, Winchmore Hill
www.lgd-at-home.com
Cyclists welcome!

Advertisement

Flat Available to Let
For a short break / holiday in Santa Ponsa, Mallorca.
It's right by the sea, has fantastic views, and is easily reachable from the airport in Palma.
Very reasonable rates, available Now!
Contact ECC member Tim on 07719 349919 or
Email: timrhodes@blueyonder.co.uk

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

Sunday 15th October: Woolwich

Ten of us met in Edmonton for a ride to Woolwich covering a different route to what we had cycled previously, this time including panoramic views and historic buildings. We set out along towards the River Lea canal, and cycled south to just past Three Mills, before heading along the Limehouse Cut to the River Thames. Here we joined the Thames path and made our way to Island Gardens, going through the foot tunnel to Greenwich. We cycled up the one hill on the route to the Royal Observatory for the delightful views of Greenwich, the Docklands, with the inevitable group photo! We then made our way inland to Woolwich, passing the magnificent Charlton House en route. We had our lunch stop by the Thames at the Woolwich Works cafe, then headed back. Unfortunately the Woolwich ferry was not running, so we had to use the foot tunnel, and rather annoyingly the northern lift wasn't working, so we had to carry our bikes up the stairs. Some of the stronger and fitter members of the group helped carry others' bikes up. The return route took us to Beckton, along the Greenway to the Olympic park, then along the River Lea to the Walthamstow Wetlands and back to Edmonton. It was a long day but a very enjoyable one, and another new route for the club. Leader: Tim; Riders: Paul, Peter D, Peter M, Geoff, Michael, Stephen, Debbie, Pat. Backstop: Debbie and Pat

Sunday 22nd October: Little Berkhamsted

A bright calm autumn day. Riding from Beggars Hollow at 10am towards Potters Bar, Northaw, Kentish Lane, passed by lots of fellow cyclists. We met Julian at Coopers Lane who joined us till lunch at 12.00 on the green Little Berkhamsted. Food at Murphys store or Five Horseshoes pub. Back via Bayford, Wormley, Holy Cross Hill, Cheshunt to Forty Hall Enfield, as we split off to home around 2.30. Leader Bridget, Co leader Jeff, Riders Paul, Peter D, Peter M, Geoff, Michael, Stephen, Julian, Rosa, Marion, Debbie, Angie, Sue, Backstops Chris, Pat.

Sunday 29th October: Dobbs Weir

Never let it be said again that ECC is a fair weather club. We set off from Beggars Hollow in bright conditions and confident that we could cope with any of the light showers which were forecast as a possibility. We even rejoiced in a few hills as we made our way along quiet country roads towards Broxbourne. However, when only about 2 miles from our destination the heavens suddenly opened and we were battered by torrential rain. Unfortunately it was at this exact moment that one of our riders suffered a puncture. Rather than all stand around getting soaked half of us continued on our way leaving the rest to valiantly get the bike back on the road. After battling through partially flooded roads and potholes filled to the brim with water we eventually arrived sodden at Dobbs Weir only to find the cafe packed and a 20 plus minute wait for tables. Thankfully we were welcomed into the Fish and Eels pub across the road where we were able to partially dry out in front of their log fire and refuel with hot soup and other goodies. As we made our way back through Lea Valley Park the weather improved but we still encountered more than our fair share of rain. We also suffered a further

puncture, this time a slow one which required frequent re-inflation. Surprisingly no-one expressed regret at coming out and some even claimed they had enjoyed the day. Leader: Geoff, Riders: Alan, David W, Debbie, Imran, Jeff, Pat, Paul L, Rosa, Sue, Backstop: Peter M



**Sodden riders at the top of Clayton Hill.
Photo: Geoff**

Sunday 5th November: Ace Café

The weather seemed more promising than last week as we gathered by the Coffee Break for a ride to new destination - the Ace Café, near Wembley, popular with the motor bike fraternity. Thankfully no-one was superstitious as thirteen of us set off along an urban route that took in Hendon and a rather muddy path around Welsh Harp Reservoir. The last leg took us alongside the Brent river to the North Circular Road where we negotiated a circuitous cycle path to the café. Here we admired the vintage motor bikes parked in prime positions and some enjoyed a good fry-up. The return ride took us through Willesden and Cricklewood, then some hills as we passed through Hampstead Garden Suburb and Muswell Hill. The last stretch involved a detour as Ally Pally park was closed for the fireworks, but we made it back to Palmers Green before taking our separate routes home. Leader Peter M, Riders Cathy, Geoff, Debbie, Imran, Jeff, John, Pat, Paul, Peter D, Rosa, Backstop Stephen.



Outside the Ace

Sunday 19th November: Walthamstow Pump House Museum

From Edmonton Leisure Centre east to Meridian way and Lee Valley Park by Walthamstow Wetlands. We experienced two punctures within ten minutes at near the old Ikea, now the Drumsheds music venue. East at Coppermill Lane and backstreets to the museum. Here we had some lunch and explored the transport themed exhibits. It also has a South American restaurant on Fridays and Saturdays inside the old tube carriage! Back to Edmonton about 1.45. Leader: Paul, Riders: Tim, Maria, John w, Peter M, Richard, Cathy, Angie, Debbie, Imran, David, Backstop: Peter D.

Sunday 26th November: Southend Farm Lakes

A cold autumnal ride from the Coffee Break café. A record 21 riders set off in two pelotons east to Edmonton, Brimsdown on back roads and into Gunpowder Park. Then up Avey Lane, Left to Pyenest Lane to the lakes café for lunch. Group one left first, but peloton two had a rear puncture to fix before the return journey. Then back through Waltham Abbey, Enfield Island Village to Winchmore Hill about 2pm.

Peloton 1: Leader Maz; Riders Jayne, Karl, Tim, Maria, Sarah M; Backstop Jeff.

Peloton 2: Leader Bridget; Riders Paul, Geoff, Cathy, John, David, Richard, Debbie, Peter D, Marion, Rosa, Pat, Stephen; Backstop Peter M.

Sunday 10th December: Christmas Lights

As heavy rain persisted a number of people who had signed up for this ride decided to drop out during the day. However, nine of us placed our faith in the forecasts, which were promising dry weather from late afternoon, and we assembled at the Coffee Break Café for a 3.30 pm start. Our trust in the Met Office paid off and we didn't see a drop of rain for the rest of the evening. We made our way to the West End using mainly quiet side roads and cycle paths but once there were surprised by the size of the crowds and the amount of traffic. Having locked our bikes we allowed ourselves time for a coffee and snack before having a wander down Regents Street and admiring the lights in Carnaby Street. On our return we cycled along Oxford Street and then took a mostly quiet route back to the Coffee Break. Leader Geoff, Riders Bridget, David W, Imran, Jeff, Marion, Peter M, Backstop Cathy



**Lights in Carnaby Street.
Photo: Geoff**

Tuesday 26th December: Cheshunt Pond Café

A mostly sunny ride from Edmonton Leisure Centre, using Meridian way path north to Gunpowder Park and Waltham Cross. Then along Lee Valley Park paths, past the wooden sculptures to Cheshunt station. A short westerly pedal to the café at 12.30. Our return from 1.20 using side roads and cycle track by Great Cambridge Road to Edmonton area. Leader Paul; Riders Imran, Debbie, Richard N and granddaughter; Backstops Jeff, Bridget.

Sunday 14th January 2024: Broxbourne Old Mill Retreat

The first ride of the year started on a cold but crisp morning from Edmonton Leisure Centre. We rode north on Meridian Way path, then a short towpath section to Gunpowder Park, From there into Lee Valley Park, up to Fishers Green and over Clayton Hill. Then west to lunch inside the Old Mill Retreat café. Leaving the café at, we made a quicker return along Hertford Rd to Cheshunt and A10 cycle path towards Enfield, where riders peeled off to make their own ways home from about 2:30pm. Leader Paul; Riders Geoff, Cathy Peter M, Peter D, Debbie, Ben, Richard, David, Stephen, Tim; Backstop Karen.

Book Stop – Cycling book recommendations

Beryl: In Search of Britain's Greatest Athlete, Beryl Burton

Author: Jeremy Wilson

Publisher: Profile Books Ltd

ISBN: 9781788162920

Media Review: "I simply cannot exaggerate how bloody great this book is and how inspiring Beryl's story is" - Emma Cole, *Cyclist*

Eat, Sleep, Cycle: A Bike Ride Around the Coast of Britain

Author: Anna Hughes

Publisher: Octopus Publishing Group

ISBN: 9781849536875

Media Review: "Warning: Reading Eat, Sleep, Cycle may reveal hidden desires to take on long distance cycling touring trips, and eat lots of fish and chips." - *Total Women's Cycling*

Contact Information

Enfield Cycling Campaign –
Coordinator is Adrian Day

info@enfieldcc.co.uk
www.enfieldcc.co.uk
info@betterstreets.co.uk

Paul L, 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

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 Mon 10.00-2.00pm, Bush Hill Park.

email cycle@enfield.gov.uk

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

Club Merit Points

The points scheme for 2024 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.*

2023 – The Results of “Strictly Come Cycling”:

*328 Peter M, 327 Paul L, 278 Geoff, 249 Cathy, 241 Peter D, 191 Jeff,
186 Bridget, 186 Pat, 183 Tim, 141 Debbie, 127 Rosa, 94 Maz, 85 Imran,
84 John , 83 Stephen, 74 Marion, 67 Michael, 54 Cliff, 50 Karen, 49
Angie, 47 Trevor, 44 Sarah C, 44 Sue, 40 Keeley, plus 38 other finishers!*

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.

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)

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

**** NEW ** The Family Bike Club**

The Old Bookstall, Enfield Chase Railway Stn., EN2 7AA

thefamilybikeclub.com (07814 634382 – Luke)

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 61: Jermaine Jenas, James May, Dr Kevin Fong, Ian Payne.

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 10-2pm at Bush Hill Park, Lincoln Rd EN1 1PS. Email all.ability@bikeworks.org.uk (Being run on behalf of LB of Enfield). See <https://journeysandplaces.enfield.gov.uk/get-going/all-ability-cycling-hub/>

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!