



Edmonton Cycle Club

*Affiliated to Cycling UK
With Enfield Cycling Campaign*

Vår 2025 Spring

Newsletter No. 91

Hi from the Frequent Flyers Group! We're all looking forward to our upcoming spring and summer rides. Now's a good time to give your bike a check over, perhaps using one of our suggested mechanics shops listed on page 8. A check of the brakes, tyres, lights, and gears will get this year's rides off to a good start! Talking of which, the Club website has all the latest planned rides, and further suggestions for destinations are welcome. Do check the website, in case of late changes!

Our Meetings and Socials continue on first and third Thursdays of the month at WHSC.

Hope to see you out riding with us! - The Editors.

www.edmontoncycleclub.org

Birthday Bikers!

Mars: 6 Martin, 10 Sujal, 18 Cathy, 23 Maz, Keeley, 29 Becky.
April: 8 Riza, 23 Birgitta, 29 Dave P, Nick.
Maj: 3 Jeff, Maggie, Peter H, 31 Richard R.
Juni: 3 Trevor, 6 Debbie, 15 Hyacinth, 17 Liz, 23 Michéle, Will, 28 Marion.
Juli: 5 Karen, 6 Jane, 17 Sarah C, 21 Geoff.
Augusti: 2 Mel, 10 Jane C, 11 Sue, 13 Hayley, 16 Peter M, 20 Paul, Peter D, Andy, 23 John, 26 Colin, Denise, 27 Peter L, 31 Sarah M.

ECC Frequent Flyers as at 1st Jan to 30 June 2025 are:

Bridget, Cathy, Jeff, Geoff, Maz, Paul, Pat, Peter, Richard, Stephen, Tim.

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 2025

Venue **Winchmore Hill Sports Club**

The Paulin Ground, Ford's Grove, Winchmore Hill, London N21 3ER

what3words address is [///boot.issued.sands](https://www.what3words.com/#!/boot.issued.sands)

Club Meetings / Socials:

First Thursday of month at 8pm
prompt

Socials:

Third Thursday of month at 8pm

Mar 6, Apr 3, May 1, Jun 5, Jul 3, Aug 7
Sept 4

Mar 20, Apr 17, May 15, Jun 19, Jul 17,
Aug 21, Sept 18

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

Cycling With Confidence

Free adult cycling sessions for Enfield residents:

- Wide range of bikes & trikes to try out, with friendly support of qualified instructors
- Turn up at Bush Hill Park, Lincoln Rd, Enfield EN1 1PS
- Fridays 10.00 to 2.00pm from May / June until 30th August
- More info from mark.huggard@ageukenfield.org.uk (07824 845784)
- Sponsored by Enfield Age UK, TFL, and Enfield Council

Advertisement

Little Green Dragon Ale House

928 Green Lanes, Winchmore Hill

www.lgd-at-home.com

Finalist in CAMRA's Pub-of-the-Year 2024!

Tues-Thu 5-10pm, Fri, Sat, Sun 12-10pm (Closed Mon)

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.

Contact ECC member Tim on 07719 349919 or

Email: timrhodes@blueyonder.co.uk

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

Sunday 8th September: Broxbourne

A dry start after heavy rain overnight. From Beggar's Hollow we rode east to Enfield Lock, north on NCR1 and Lee Valley park to Clayton Hill, We chose this route as the towpath was very wet. We arrived at the café at 12:30 and ate our lunch in sunny weather! The return route saw a detour into the Turnford fishing lakes on a narrowing grass path, which eventually forced us to turn back to the tarmac path, southwards to Cheshunt Station and cycle paths to Enfield about 2.30 pm. Leader Paul; Riders Peter M, Geoff, Debbie, David, Imran; Backstops Richard.

Thursday 12th September: Presentation Evening

We gathered at the Winchmore Hill Sports Club to remember our Les Bailey fundraising ride of last June. Maz presented a cheque for £865 to Paul Jordan of the North London Hospice, and Paul then gave us a brief summary of the work of the hospice and the challenges they were facing. This was followed by presentations to riders. A magnificent effort from everyone!

Saturday 14th September: Ayot St Peter Church

A select group gathered at Trent Park on a bright but unseasonably cold morning. We set off along a familiar route up Waggon Road, and then diverted around the back streets of Potters Bar before heading out through Brookmans Park, Welham Green and Old Hatfield. We continued to Welwyn Garden City, arriving there just as the food festival was getting under way. The initial cold had given way to a warm sunny day, and we were all feeling a touch overdressed! A twenty minute pause for coffee and to get our breath back before we rode out to Ayot St Peter. Here we were able to view inside the church we have previously ridden past multiple times. After almost an hour we headed back to Welwyn Garden City, where we adjourned for another hour to sample offerings of the various food stalls. At about 2pm we rode southwards, initially retracing our outward route but diverting around country lanes between Hatfield and Northaw before crossing Potters Bar and finishing up by the Hadley memorial in Barnet. At this point we separated to take our various routes home. Leader Peter M; Riders David, Geoff, Imran; Backstop Cathy.

Saturday 21st September: Tewin

Conflicting weather forecasts made the outlook uncertain so we set off from Beggars Hollow hoping to miss the worst of any rain. After tackling a couple of hills en route to White Stubbs Lane we proceeded through Brickendon, Bayford and Hertingordbury to our destination at Bumpkins cafe. Here we sat outside and enjoyed a leisurely lunch while chatting and putting the world to rights. On our return we passed through Letty Green before savouring the delights of Essendon Hill and on to Brookmans Park and Potters Bar. At this point a couple of riders departed to make their own way home and the rest of us continued down Coopers Lane Road, through Crews Hill and back to Beggars Hollow. Oh, and the weather turned out warm, dry and mostly sunny throughout the day. Leader: Geoff; Riders: Angie, David, Debbie, Deirdre, Imran, Paul L,

Sue; Backstops: Peter M, Bridget

Sunday 6th October: Orchard Tea Rooms, Shenley

We gathered at the cycle friendly cafe in Oakwood Park ready for the off when the proprietor brought out some complimentary pastries. Obviously we had to stay and eat these before setting out. Riding out through New Barnet, we then went along Mays Lane and up the first big hill of the day to Barnet Gate. Here we recovered our breath before descending Rowley Lane to Borehamwood and then riding up to Shenley. We entered the Orchard grounds by the back route, avoiding a nasty right turn, were we enjoyed a variety of hot and cold snacks. Not to mention the chip thief but you know who you are! Returning down Mimms Lane and up the second major hill of the day, Deeves Hall Lane, to Ridge and from there down to the A1 crossing and up Galley Lane. From here we took the back streets of Barnet, losing one or two riders along the way as they found themselves near to their way home, until we returned to Oakwood Park about 2:30pm, and before the forecast rain! Leader Peter M; Riders Alan, Angie, Birgitta, Debbie, Deirdre, Geoff, Jeff, Paul, Stephen. Sue, Tim; Backstops Cathy, Richard.

Sunday 13th October: Weald Country Park

The mention of hills seemed to deter some of our members from signing up for this ride. However, 8 of us gathered at Beggars Hollow eager to meet the challenge and encountered Maz and Chris taking their dogs for a walk. We headed straight for Mott Street, the first and probably steepest of our climbs, and once this had been conquered we could enjoy coasting downhill to Loughton. From here we continued through Buckhurst Hill, Chigwell, Stapelford Abbots and on to South Weald. We did encounter one or two hills on route but were quite grateful for the chance to warm up on what was quite a chilly morning. On arriving at the Country Park we were disappointed to find the cafe very busy with long queues. Even worse, they had run out of hot food apart from sausage rolls heated in a microwave. We managed to refresh ourselves with tea, coffee, cake and soggy sausage rolls before embarking on our journey home. This proved to be easier than feared and took in some quiet country lanes. We did though have one final hill to climb as we cycled from Theydon Bois up towards High Beech. This done we could sail home down Avey Lane, through Gunpowder Park and back to Beggars Hollow. Leader Geoff; Riders Angie, Deirdre, Jeff, Peter M, Stephen, Tim; Backstop Rosa

Sunday 27th October: Southend Farm Lakes

Riding East from the Coffee Break café, Firs Farm Wetlands, Edmonton, Meridian Way path to meet another rider at Enfield Lock. Across Gunpowder Park, half way up Avey Lane, but avoiding the steep bit by east turn to Pynest Green Lane towards Upshire and the lakes café. Here we enjoyed a late breakfast / early lunch from around 11.40 to 1.10. Returning via Waltham Abbey (with a 10 minute puncture stop) before ending the ride at the A10 cycle path Bullsmoor Lane. Leader Paul; Riders Bridget, Peter, Stephen, Pat, Sue, Jayne, Karl, Siobhan, John; Backstop Richard.

Sunday 3rd November: Fulham Palace

Fourteen of us set off from the Coffee Break Café and headed down Green Lanes on our way to Muswell Hill. From here we made our way through East Finchley and admired

the posh houses in Bishops Avenue before passing the entrance to Kenwood House. Soon we were sailing down some Hampstead lanes and on to Maida Vale. We continued to Westbourne Park before crossing Portobello Road, passing through Holland Park and reaching Fulham. We made a short photo stop outside Craven Cottage (Home of Fulham FC) before reaching our destination in Bishops Park. Some chose to eat in the park café and others decided to make their way straight across the road to Fulham Palace and eat in the café there. After a bit of time to look around we set off home passing through Hyde Park and Regents Park en-route. Leader Geoff; Riders Bridget, Jeff, Keeley, Marion, Pat, Paul L, Peter M, Richard N, Rosa, Sarah C, Stephen, Sue; Backstop: Cathy

Sunday 17th November: St Albans

Seven of us gathered at Trent Park in bright but distinctly chilly November sunshine. We set off along a familiar route up Waggon Road and across the A1 horse bridge. After a stop in Shenley for a quick saddle adjustment we flew down Black Lion Hill then diverted from our usual route to pass through Napsbury Park before entering St Albans. Here we met with unexpectedly heavy traffic, but as we approached the centre the reason became obvious. The entire High Street was closed and a food fair was taking place, plus children's amusements and a choir performance. We warmed up with a coffee then patronised various food stalls before the leader bullied us all into an early departure, saying he wanted to get back before dark. But we did stop by the Abbey to see a couple of judges in full regalia walking around the grounds, although whether this was a legal ceremony or a fancy dress party remains a mystery. We left St Albans along the Alban Way to Hatfield then home through Colney Heath, Water End, Potters Bar and Barnet, returning just as the light was fading. Leader: Peter M, Riders: Cathy, Geoff, Michèle, Pat, Stephen, Backstop Richard (again!)

Sunday 1st December: Queen Elizabeth's Hunting Lodge

A first start from the Firs Farm café. Riding east on a damp light raining day past Edmonton, to back roads of South Chingford, Woodford Green, Epping Rd and left turn to destination on Rangers Rd. There 11.30 for photo call by wooden stag. We were given a short guided tour of the Lodge and the historical displays. Some couldn't resist trying on the period hats and ruffs! Rain fell as we lunched at Butlers Retreat café near by. Home ride on Chingford side roads with a surprise history stop at cemetery. Return to Winchmore Hill Firs Farm about 2pm as we split up. Leaders Birgitta, Maz; Riders Peter, Paul L, Geoff, Cathy, Deirdre, Paul S, Rodger; Backstops Sue, Richard.

Thursday 26th December: Cheshunt

A dull cloudy ride from Edmonton Green up Meridian Way, Enfield Island Village, Lee Valley Park. Then west to Cheshunt Pond café arriving about 12.20. Returning after lunch to Enfield Gt Cambridge and Edmonton around 2.30 pm. Leader: Paul, Riders: Bridget, Geoff, Hyacinth.

Sunday 26th January: Shenley

This ride was originally meant to visit Elstree Aerodrome but was almost cancelled due to forecasts of stormy weather. On the day though seven of us decided to start earlier than planned and undertake a shortened route to Shenley Park. We gathered in the cold outside Oakwood Park Café and set off towards Cockfosters. After riding up Waggon

Road we headed down Dancers Hill Road and Trotters Bottom to the Horse Bridge crossing the A1. We then took a fairly direct route to Shenley and on to the park. Here we had a short comfort break but decided not to stay for refreshments as the clouds were starting to gather ominously. We started back by largely retracing our route there but once across the A1 we headed up Galley Lane to the Arkley and then through Chipping Barnet, Cockfosters and back to Oakwood. The timing turned out to be perfect with the rain starting just as most of us arrived home. Leader Geoff; Riders Dave P, Paul L, Peter M, Richard N, Stephen; Backstop Cathy C

Sunday 2nd February: Hatfield

On a bright but cold morning we gathered at Trent Park for a ride to Hatfield. This ride was originally scheduled for early January, but was called off because it was so cold that weekend that the postmen were wearing long trousers. We set off at a good pace along the route up Waggon Road. Baker Street and the back streets of Potters Bar. At one point the leader appeared to be heading into someone's front garden but no, turned out there was an alleyway between the houses. We passed through Water End and Colney Heath before diving into a subway under the A1M and emerging by the University of Hertfordshire. From here it was a short ride along a disused railway past the Galleria to the town centre where we paused to admire the 1960's new town architecture before rushing into the warmth of a café. Just as we were leaving we were joined by another member who now lives in Hertfordshire and who had ridden across to meet us. The return was through Welham Green, Brookmans Park to Potters Bar, where some took the Coopers (Cupids?) Road way to Enfield and others continued to Barnet before dividing for our homewards routes. Leader Peter M; Riders Geoff, Marion, Paul S, Peter L, Sarah, Stephen, Tim; Backstops Cathy, Birgitta; At the café: Michèle.

Sunday 16th February: Elstree Aerodrome

It was third time lucky for this ride which had been cancelled on two previous occasions due to the weather. This time it was cold but dry when we set off and made our way through Oakwood and Cockfosters towards Beech Hill. After passing through Monken Hadley and High Barnet we headed down Galley Lane towards the Horse Bridge and once across this cycled through the country lanes surrounding Ridge. Just before emerging from Rectory Lane at Shenleybury we had to manoeuvre through a section of flooded road but then enjoyed the downhill stretch past Shenley Park towards Radlett. After riding up Loom Lane and down Common Lane to Aldenham Road we headed for our destination at Elstree Aerodrome. We locked the bikes and managed to find tables in the busy cafe before warming up with a variety of hearty lunches. As we set off home we hadn't travelled far before we were forced to stop and deal with a broken spoke and puncture. This was made more tricky as it was a large rear wheel on an electric bike. Once we had succeeded in putting the bike back together again we enjoyed an uneventful journey home passing Elstree and Borehamwood Station and taking back streets to Rowley Lane. We then cycled down Mays Lane and on to East Barnet and Oakhill Park. When we emerged from the park we split up to make our own ways home. Only three of us decided to tackle the short, but very steep climb up Parkside Gardens and then back to our starting point at Oakwood Park. Leader Geoff; Riders Jeff, Paul L,

Contact Information

Enfield Cycling Campaign – New coordinator is Alex Atherton.	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:	eccridesecc@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. Free inclusive cycling at Mon 10.00-2.00pm, Bush Hill Park. Booking and registration on this number:	www.cycleenfield.co.uk 020 3031 6730, 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
Blue Cycle Training – learn to ride a bicycle	www.bluecycletraining.co.uk 07949 191141

Club Merit Points

The points scheme 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.

2024 Results:

318 Peter M, 317 Geoff, 278 Paul L, 228 Cathy, 183 Bridget, 159 Richard, 155 Jeff, 150 Pat, 141 Tim, 136 Stephen, 103 Rosa, 94 Debbie, 59 Imran, 54 Marion, 52 Deirdre, 50 Sue, 47 Dave P, 47 Karen, 45 Adrian, 42 David, - plus 37 others.

2025 Latest at 23 February:

44 Geoff, 39 Peter M, 37 Cathy, 34 Paul L, 24 Tim, 21 Bridget, 20 Richard, 19 Paul S, 15 Sarah, 15 Stephen, 13 Jeff, 13 Pat, 12 Peter L - plus 8 others.

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, College Rd, Cheshunt (01992 623012)

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 64: Hugh Dennis, Gary Kemp, Valterri Botas, Alan Bennett, David Baddiel, Robson Green, Laura Norton.

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. See 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!

10. Parks News - Enfield Town Park Café is possibly to re-open in April.