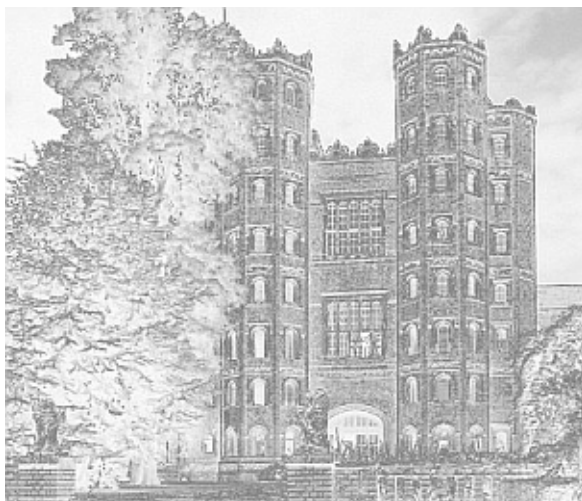




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Spotlight – Magazine of the CTC Essex DA, a local member group of CTC, the national cyclists' organisation

President: Brian Taylor

Volume 3/2011

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Closing date for the July / August 2011 edition is on 16 June 2011.
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The Editor reserves the right to edit contributions for reasons of space, clarity or libel.

Officers of the CTC Essex DA - we are serving you ...

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John Davis, John Greet, Charles Comport	Contact through DA committee
---	------------------------------

Essex DA Trustees

Martin Cockersole, Adrian Leeds, Peter Moore

Editor's foreword

My appeal bore quickly fruit to provide me with some advertisers' review material. I understand that there are comments made about the odd café we are using in the reports, but the idea was to get a focussed revision of these special places. Whilst on this subject, I would also like to remind you to visit the advertisers and use their offers, perhaps even referring to the Spotlight, so that they know that their advert is worth their while.

Since I have long attributed the "Ancient Mariner" to the wrong person (as I found out through the contributions), there is a very interesting article explaining the mysteries of pseudonyms on page 28. This story could also be an encouragement to those cycle campers who tour the country to tell of their experiences in the modern world ...

Dot Sharp gives an update of her very active live "up north" on page 34.

On page 29 Martin Pipe introduces a nice competition venture that should get the crowds engaging with their environment. The ever changing weather permitting the Photographic Competition should result into a few good snaps of our countryside.

Apart from the anticipated excitement of best angles and shots of bicycles, equipment, people and surroundings, I would like to expect to benefit from all the contributions in some form or another to accompany stories and make for lighter reading in our magazine.

Although it seems we got a tad of a change to the colder weather, I am looking forward to reading and seeing from more of your experiences on the road.

Have fun cycling.

Your editor,
Stefan Eichenseher



The President's piece

As there has not been much to report, I am giving an account of a recent 300km Audax ride on Saturday, 3rd April, from Dedham near Colchester.

At 12.30 am a group of 30 AUKs assembled by the river bridge and set off into the night in the direction of Glemsford and Newmarket. It was a calm night and at about 3.30 am we arrived at the "Red Lodge" 24-hour café. The place was buzzing with people of the night. I ordered beans on toast and a large mug of tea, which must have got lost in the system. 3/4 of an hour later after complaining they arrived. By this time all the group had gone, except for us three riders, who went together onto Brandon and Swaffham. Now it started to get into daylight with mist rising from the fields and the sun started to arise. I then removed my glasses which had steamed up and all became clear. We cycled on to Brancaster beach at the top of North Norfolk the turn-around point of the ride. More food and tea was consumed and we then started back through Fakenham, East Dereham to Wymondham, where we stopped at Waitrose for more sustenance. By this time one of the fearless four had an old knee problem and deep heat was generously applied at regular intervals.

After being refuelled and rested, we made our way to Diss by B-roads and country lanes observing many rural past-times that Essex seems to have lost. After Diss was Stowmarket which was the last control where you make a small purchase and the till receipt has the date and time. This was a small museum, but we only used the café before riding onto Bildestan, Hadleigh and back to Dedham. Total time taken was 18 hours which is my average for 6 hours per 100km and very nice ride with good company.

I hope you are encouraged by my experience to dare such a distance yourself. I would like to welcome you to join me on any of such rides. However, if shorter distances are more to your liking, enjoy these as much as you can.

Take care on the road!

Brian Taylor



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When using SatNav, ignore the instructions close to your destination: In the village turn down by the war memorial on the duck pond green and we're facing you!!

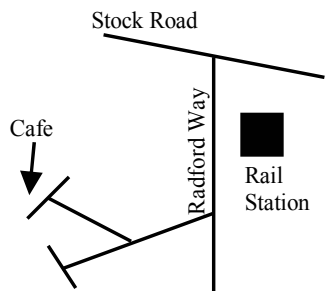
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Member Groups' Reports

Chelmsford Member Group

March 6th - I was joined at the start by six hardy others; Heather, Eric, Diana, Norman, Martin and Dave. The dull weather was of a type seen far too often lately, that is, a leaden overcast sky under-pinned by an abrasive more-or-less northerly breeze and an air temperature struggling to make 4 degrees. Heybridge Basin was reached via Hammonds Road, Tofts Chase and Ulting. On arrival we found that we had synchronised almost perfectly with 2 other cyclist groups, so that "The Lock" (tea rooms) contained quite a high tide of riders. Spring had at least sprung on the windowsill in the shape of a vase of daffs, was investigated thoroughly before confirming them to be real. Ken and Maureen were already seated having flown their tandem to its southerly limit for the day. Beryl, and later John, joined the group making 11 in total.

Presumably due to the crush of numbers there was a lengthy wait for the sausage sandwiches, which were as usual well worth it. It was decided to head towards the Hanningfields for lunch, but what with the aforesaid delays and a stop to readjust my front mech we settled on Cock Clarks, where the "Fox and Hounds" (that rarity, a pub which doesn't think it's a restaurant and actually caters for the likes of us) provided us with excellent, friendly service and very keen prices. After lunch the group dispersed, completing the penultimate of our winter-formula rides on what had been a bitterly cold day. Roll on the Spring!

March 20th – Five riders convened to start the chilly ride to Stanway, the weather warming up a little as we went. Spring flowers lined the lanes, some in quite large clumps. We made elevenses at twenty-past, (the longer start leg compensated for by a fairly short run to lunch).

Dave, Beryl, Ken and Maureen met us at "Barnplants" taking the group to nine people, from which six went on to Little Horkesley. There, dear reader, I discovered that you can still get a plate of Sunday Roast for £4.50. Certain others noted my self-indulgence in that respect, but someone had to test the bargain and I had bravely stepped in. Very nice, too, it was. We took the cross-country route to Coggeshall via Chappell for afternoon tea, where I fell in love with the French lady's homemade crème brulee and (as we were outside) Martin used his hat as an

improvised tea cosy. In my own case it was sixty-five mile clocked, and a very nourishing day. **Adrian Leeds**

March 20th – On leaving the start I knew, it was going to be a fine day, as Eric and Heather were on their carbon fibre specials, Diana was on her favourite bike, and Brian P was out to get a few miles in before Easter.

We rode via Hartford End past the sad remains of the brewery, and on to Felsted, Stebbing and Lindsell to “Poppy’s Tea Room” in Thaxted, where we met Peter T from Cambridge.

With refreshments taken and Beryl’s slow puncture pumped up, we headed to Debden Green, then turning to Hamperden End and taking the track past the “BT mast” to Widdington. At our destination Wickhen Bonhunt the “Coach and Horses” was closed, so we started homeward to stop at the “Cricketers”, Rickling Green, a trifle expensive, but very welcoming and “quality” fare.

Tea was taken by the pond at Dunmow, and apart from having finally to mend the now not so slow puncture it was an uneventful ride home.

April 3rd – Seven left the “Bus Station” to ride to Finchingfield, going through Little Green, Felsted and Great Bardfield. The “picture postcard” village was seething with motor bikes, cars and coaches, plus a few cyclists and is only worth a visit for the café and refreshment.

Being Mother’s Day the majority returned to Chelmsford, leaving three of us to continue through Helions Bumpstead, Olmstead Green, Bartlow and onto Hadstock for lunch and the “King’s Head”. The pub was apparently expecting diners to celebrate Mother’s Day, so we ordered soup. When Martin’s arrived it was cold, so he took it back, but the lesson was not learned, because ours was only lukewarm! I hope the other customers had better luck.

We returned home via Ashdon and Great Sampford to stop for tea at Blake End, arriving as the Mum’s Day diners were beginning to drift off, making room for us. **Dave Russell**

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Havering Member Group

Feb 13th - Six riders, Barrie, Dave, Gordon, Jeff, Ken and Steve set off for 11ses at Blackmore. Steve left us at South Weald. After our break at the tea rooms Ken set off for home leaving four to carry on via Birds Green and The Easters. Shortly before Pleshey we passed the SEG going the other way. Once in "The Leather Bottle", Brian Penny and the SEG turned up.

Lunch was promptly served and we set about our return, saying goodbye to SEG we headed for Chignall St James and Writtle and on to Blackmore, where we retraced our outward route amassing 55 miles in the process.

Feb 20th - Thinking that the SEG 75 would be too much of a challenge, seven of us set off down Fen Lane, where we bumped into Brian Stevens on a local ride. Dunton and Billericay led us to Hanningfield Reservoir for 11ses. After wetting our whistles Ken and Steve set course for home, while Alex, Barrie, Dave, Jeff and Stuart carried on to East Hanningfield and on to Bicknacre for lunch at "The White Swan".

For our return the winds were kind and we made our way through Stock and Buttsbury Ford, we then hauled our ways up The Avenue and plunged down to Upminster for another 50 odd miles. **David Rowlands**

Feb 27th - Barrie, Ken, Steve and I started out from Roomes Store at just after 9. We set out going north along Hall Lane, Nags Head Lane to Weald Road. At this point Steve left us to go to "Weald Country Park Cafe", so now down to just 3 of us we headed off to Blackmore. At this point we stopped for coffee kindly purchased by Barrie. Unfortunately we lost Ken, who also needed to get home early, so now just me and Barrie; we headed off to "The Nags Head" in Moreton for lunch.

Finishing our quick break by 1pm, we had a brisk ride home, through a steady drizzle, and were back home in Upminster at about 2.30 with 40miles on the clock and with plenty of time to see West Ham victory over Liverpool only spoilt watching Arsenal lose in the Cup Final. **Gordon Peel**

March 6th - Six left Upminster on a very short ride to Hornchurch Country Park to help promote The Havering Group at the Bikewise event. Some interest was shown in the club, but no new riders so far.

Mar 20th - Seven set off to Writtle for 11ses at "The Garden Tea Rooms ", which was as busy as ever. This didn't slow the service down though, and

we were soon tucking in. Ken and Glenn then left for home, while Barrie, Dave, Jeff, Kelvin and Les abandoned North End, our intended destination, in favour of Littley Green and carried on to Great Waltham and Howe Street, where we paused briefly as Kelvin chatted to two Central London CTC riders.

At "The Compasses" Les turned back and the remaining four enjoyed lunch in the garden.

For our return we set off for Good Easter and Willingale, where we rested awhile in the bus shelter. Then we pressed on for Blackmore and a repeat of our outward route clocking up 62 Miles along the way.

Mar 27th - Blind tandem stoker Chris Blackabee from Hornchurch made our numbers up to nine for our ride to 11ses. Dave piloted the tandem away from Costa's joined by usual suspects Alex, Barrie, Glenn, Gordon, Jeff, Ken and Les. Coming into Blackmore we bumped in to Brian Stevens again.

In "The Tea Rooms" we were served just before the SEG arrived and packed the place out. After 11ses five, including the tandem twosome headed for home, while four carried on to lunch at "The Nags Head", Moreton. **David Rowlands**

Report of the DA 80km

by Brian Penny

The 80km event took place from St John's Church Hall, Mountnessing, on a bright and breezy day on 1st May. There were 21 entrants tackling the new route, which comprised of two loops with an enforced 15 minute refreshment stop in between. Many thanks to Charlotte Volke for doing a splendid job in the kitchen, the Baddow Anglia C.C. for making up six of the participants and the sun for deciding to shine - unlike last year. Of those that took part 14 completed the event successfully and 7 withdrew after the first loop."

Successful entrants:

South East Group: Ian Cable, Michael Curtis, Martin Pipe, Steve Gregson, Clare Hazleton, Kevin Jarvis, Tony King

Baddow Anglia C.C.: Jake Brodetsky, Tony Cox, Richard Henshaw, Steve Morgan, Peter Turner, Peter Sears

Independent: Graham Dallow

South East Essex Member Group

13th February - Ten riders left Wickford and headed for Writtle and “The Garden Tea Rooms”, where we were joined by 3 other riders. Six went on to lunch at “The Leather Bottle” in Pleshey via Chignal St. James, Mashbury, Stagden Cross and Markhams. At the pub we met four members from the Havering section and it was noticeable that we were the only people in the place.

We went back down Bury Lane, Humphrey’s Farm, Walnut Tree Farm, Woodhall Farm and then through Chelmsford and on to afternoon tea at the “BHN Garden Centre” in Rettendon, where we met Ian C before heading our respective ways home.

6th March - Seven riders left Wickford led by Peter W and went to “The Roundbush Café”. Eight other riders left Wickford with Ian M in the lead and headed for Old Leigh, where we were going to try a new venue, “Sara’s Tea Garden”. We met four other riders there and it was a good job nobody else came, as the café was filled to capacity and that included three dogs!

Seven riders went on to Great Wakering and “The Red Lion” pub via Little Barling.

6 March - The designated ride for this Sunday was Leigh for 11ses, and Great Wakering for lunch. For some who preferred a longer ride, I led a group of seven to “The Roundbush” at Mundon. Although March, the weather was as cold as the depths of winter with grey clouds accompanied by a biting Easterly wind.

In Lower Stock Road we met dozens of enthusiastic riders from at least two other cycling clubs out in full force. Fortunately, they were headed in the opposite direction, so we were not embarrassed by being overtaken! Our route took us up some tough hills, especially approaching Danbury, and as one of our group was feeling ‘off colour’ the climbs took their toll and we made 11ses at nearly 12pm!

We were given a warm welcome at “The Roundbush” and a number of us sampled the ‘Breakfast 3’ which is 3 breakfast items of your choice in a big bap. This was good value and surprisingly filling. Whilst we were eating a

group of ramblers arrived and held the outside door open ensuring we stayed nice and cool!

The route is one of my favourites:

Wickford / passing west of Hanningfield reservoir / West Hanningfield Road / Great Baddow / Sandon / Danbury / Gay Bowers Road / Cocks Clarke's / Purleigh

This can be found on Chris website as 'Rbush2-34' and can be viewed on free software such as bike & hike.

<http://www.velocipede.org.uk/velocipede/Database.html>

<http://www.bikehike.co.uk/>

Peter Wotherspoon

13th March - Fourteen riders arrived at Wickford, where we were met by John Steer, who has remembered the Spotlights but forgotten his bike (He came by car). We then split into two groups with Chris W / Peter W leading the first and myself leading the second to Bunsay Downs, where we met Dave B. Nine then continued to lunch at "The Ferryboat Inn", North Fambridge, where we were once again met by John and Sue Steer, this time their Neighbours Mick and Caroline. (We'll get you out on a bike!)

After lunch I led four riders back through Stow Maries and over Radar Hill, in an effort to avoid the awful traffic on the Burnham Road. Disaster struck however, as it was now raining heavily and a slippery-as-ice black film had developed on the little used Edwin's Hall Road, causing me to come off the bike. Fortunately I managed to straighten the gear hanger just enough to keep the rear mech out of the spokes we made it home - cold, wet and miserable with 65 miles on the clock. Roll on Summer! **Ian Cable**

27th March - Thirteen cyclists left Wickford for the "Blackmore Tea Rooms" led by Ian M. Four others were taking a different route. Unfortunately Chris W had to drop out, as he got 2 punctures within the space of a few minutes.

Ten went on via a very pleasant country route that included a short off-road route through Norton Mandeville to High Ongar. Thankfully, there wasn't too much grumbling and the threatened mutiny soon passed when we came to a paved road. After a slight mistake with our route into Ongar, we were soon arriving at "The Cock Tavern", a change to our advertised venue ("Forester's Arms"), which doesn't do food on Sunday – Oops.

Continued on page 20

Forthcoming Events



Organisers: please advise me of what you wish to be included

Date	Event	Organiser
12 th June	[DA] Summer Gathering , at the "Tea Rooms", Blackmore from 12pm, Grid Ref: TL603016	Brian Penny
26 th June	[DA] Windmill Rides (from Chelmer Club Hut, CM1 2RL, Grid Ref TL698067)	Brian Taylor
26 th June	[MG] George Welch Memorial Rides (10 / 30 miles. Start from South Hanningfield Village Hall – Grid Ref: TQ743976; Rides designed for Beginners and Returnees)	John Steer
17 th July	[DA] 100M / 100km (Start from South Hanningfield Village Hall – Grid Ref: TQ743976)	Stefan Eichenseher

If not stated, please see the Impressum (p. 4) for organisers' contacts.

Easy Rider Meets



Date	Pub	Destination
5 June	"White Hart"	Margaretting Tye (followed by afternoon refreshments at Blackmore Church)
10 July	"The Viper"	Mill Green
14 August	"Price of Wales"	Mountnessing

Easy Rider Lunch Meets - for details contact Pete Moore 01245 263165

Chelmsford Member Group – Runs List



Secretary: Adrian Leeds

4 Oaklands Crescent, Chelmsford CM2 9PR, ☎ 01245 260272

Runs Secretary: Dave Russell

7 Willows Crescent, Hatfield Peverel, ☎ 01245 381055

Rides Start: Sundays: Civic Theatre, Fairfield Road 9am for 9.15am

All day rides start **9.15am**

For Tuesday evening destinations

call Peter Moore ☎ 01245 263165 or Dave Russell ☎ 01245 381055

Date	Destination	11ses	Leader
10-May	Social Supper	"Horse & Groom", Roxwell Rd., 7.00 for 7.30pm, PROVISIONALLY	A Leeds
15-May	Lavenham	"Mill Race", Aldham	A Leeds
22-May	Chappel	Perrywoods	J Davis
Alt.	EDARF Lunch		
29-May	Elmdon	Thaxted	M Cockersole
05-Jun	Gt Yeldham	Blue Egg	D Emery
12-Jun	[DA] Meeting, Blackmore	Hastingwood	D Russell
19-Jun	Long Melford	Greenstead Green	A Leeds
26-Jun	[DA] Windmill Rides – Contact Brian Taylor		
26-Jun	[MG] George Welch Memorial Rides – Contact John Steer		
03-Jul	Fambridge, Ferryboat Inn	Heybridge Basin	J & B Taylor
10-Jul	Colliers End	Sawbridgeworth	M Cockersole
17-Jul	[DA] 100/100	Contact Stefan Eichenseher	
Alt.	Informal		
24-Jul	Fernaux Pelham	Stansted Mountfitchet	D Russell

Colchester Member Group – Runs List



Secretary: Alan Palmer

☎ 01206 792929, mob 07939 395067 or

alanpalmer@phonecoop.coop

Cycling Back to Health

Wednesday's, 11am, by Skatepark at Leisure World, Colchester

A gentle, mostly traffic-free ride led by Richard Monk.

Around 5 miles distance, taking somewhere between an hour and two.
We stop for refreshments somewhere half-way.

The Pete Finch Night Ride

Thursday's, 7.15pm by Tenpin, Colchester.

This is a faster-paced ride for more experienced cyclists. Distance usually upwards of 15 miles at a steady pace.

The destination is always a pub in one of the surrounding villages and cyclists make their own way home (there will always be someone to cycle with, however). It must be mentioned this is run by the SUFFOLK DA.

Members are welcome to attend *Bike Drinks*, for all local cyclists, held on the *second Tuesday* of the month, 8pm at "The Bricklayer's" (CO4 5AA)



The Bricklayer's Arms, Colchester

Haverling Member Group – Runs List



Secretary: David Rowlands

43 Limbourne Avenue, Dagenham, RM8 1HU

☎ 020 8491 3209 or david.rowlands673@ntlworld.com

Runs Start: Roomes (Home & Fashion) Store, Station Road, Upminster

All rides meet 08:45 for 09:00 start unless otherwise stated

Date	Destination
May 15 th	Littley Green
May 22 nd	Hatfield Broad Oak
May 29 th	Danbury
June 5 th	Stansted Mountfitchet
June 12 th	[DA] Summer meet Blackmore; contact Brian Penny
June 19 th	[DA] George Welch Rides; contact John Steer
or	Informal ride*
June 26 th	[DA] Windmill Rides; contact Brian Taylor
or	[MG] George Welch Memorial Rides; contact John Steer
or	Informal ride*
July 3 rd	Stisted
July 10 th	Purleigh
July 17 th	[DA] 100K/100M; contact Stefan Eichenseher
or	Informal ride*

The leader will be decided on the morning.

* = Destination to be decided on the day



Roomes (Home & Fashion) Store, Station Road, Upminster

South East Essex Member Group – Runs List



Secretary: John Steer

☎ 01702 309958 – e-mail jonsue@blueyonder.co.uk

Runs start: from the Market Café in Woodlands Road, Wickford SS12 0AL,
Sundays at 9.30am, unless otherwise stated.

Club Nights are the 2nd & 4th Fridays of the Month

@ St Laurence & All Saints Church Hall,
Eastwoodbury Lane, Eastwood

Date Elevenses

Destination for Lunch

May 2011

22nd Bunsay Down (Golf Club)

Kelvedon (Railway Tavern)

29th Ingatestone (Garden Centre)

Newney Green (Duck)

OR **[MG]** Sudbury, Suffolk

Contact: John Steer

June 2011

5th Rettendon (BHN Garden Centre)
Easy Ride

Mundon (White Horse)

12th Norton Heath (Transport Café)

Pleshey (Leather Bottle)

19th **[MG]** George Welch Memorial Ride,
S. Hanningfield Village Hall 9.30am

Organiser: Ian Cable

26th Great Baddow (Bringey Pine Cafe)

Little Braxted (Green Man)

OR **[MG]** Hythe – Dungeness

Car Assisted: John Steer

July 2011

3rd Rochford (Beehive Café) - Easy Ride

Great Wakering (Red Lion)

10th Springfield (Wyevalde Garden Centre)

Bicknacre (Brewer's Arms)

17th Blackmore (Tea Rooms)

Littley Green (Three Compass)

24th Maldon (Morrison's)

Tolleshunt D'arcy (Queen's Head)

31st Billericay (Barleyland's Farm)

Kelvedon Hatch (Nuclear Bunker)

Also a member's website with other cycling information about the group
with GPX and TrackLogs (TCX) files provided: www.velocipede.org.uk.

3rd April - Due to Mothering Sunday the number of riders, who met at the Beehive café in Rochford, was just eleven. Four went onto "The Punch Bowl" at Paglesham via Canewdon, where we encountered several Southend Wheelers whizzing through the country lanes. We arrived at the pub just before noon and were soon having a pint and a sandwich in the bar, as the restaurant was fully booked. We were joined by John & Sue Steer, who had just come back from a holiday in South Africa. They had brought Norman B with them, as he is still on crutches after his bike accident in Spain. Unfortunately, by the time they got there, the pub had run out of food, so they moved onto the "Parson's Barn" in Shoeburyness for lunch. **Ian Mather**

10th April - As I hadn't ridden a bike for 5 weeks and I didn't want a repeat of the last time I hadn't been on a bike for weeks, so I left home late using the route that us Shoebury riders use to get home most Sundays. On arriving at Battlesbridge I found that I had a front puncture and just as I finished sorting it out Ray Morris arrived and we set off to the 11ses venue arriving just as the main group arrived. While we were still queuing Lynda C arrived with her sore left foot and new trainers, as she is recovering from an operation, after 11ses Lynda and I set off on a shorter route to lunch while the other 11 went by a longer route. Lunch was taken out in the garden at "The Hurdlemakers Arms" with three bench tables placed together. The service was slow and after going and asking about the delay, I was told that, as there was so many of us, they were trying to get us all served together (no mean feat with two served and 11 waiting). After lunch we set off for the Turnpike at Rettendon then on to the café at Battlesbridge before parting for home. I arrived home with 50 miles on the clock, but without sore legs, not like last time when I arrived home with 75 on the clock after about 11 weeks off the bike. **John Steer**

Sorry about these! ☺

from the Ancient Mariner

A company called the Tates Watch Co. decided to diversify into making compasses but they were so bad that users would end up all over the place, thus giving rise to the expression "He who has a Tates is lost".

An Indian feeling unwell went to his guru who gave him a thin strip of elk hide, telling him to bite off and swallow an inch a day. After a month he returned and the guru asked him how he was. He replied sadly "the thong is ended but the malady lingers on".



Review of Advertiser

- Megarry's Teashop, Blackmore

by Dennis D Masterton, Essex 40 plus B-Section

I've been a member of CTC for many years, and have been using Megarrys Teashop in Jericho Cottage in Blackmore, for more years than I care to remember, and always get a warm welcome and feel at home. Judi and Peter know most of their regular customers by name, and new customers are given a warm welcome too. I regularly meet the same people for a chat.

The teashop prices are really reasonable, and there's an excellent choice of types and sizes of teas and coffees.... everything from a cup of PG, or large mug of Yorkshire, to a pot of Earl Gray (and loads of other types including herbal and Green Tea.

There's freshly brewed filter coffee, individual and decaf filters, instant, Latte, Cappuccino, You name it they've got it in any size you want. They also do great Hot chocolate with squirty cream, and marshmallows at no extra cost. There are lots of cold drink choices too. The cakes are home made... Huge fruity rock cakes, delicious cup cakes, and sponges, or flapjacks and Shortbread. Judi will toast you a slice of bread for 50p, or hot cross buns, crumpets, or make you baked beans on toast for £1.45.

This teashop really caters for cyclists, with rings on the wall to padlock your bike, free water top ups, a homely atmosphere inside, a patio area under vines outside overlooking the pretty garden, and a sheltered sundeck for in between weather. You never have to wait. If Judi's already serving someone when you get there you can help yourself to a drink etc., and tell her what you've had later! The loos are great too, and little extras like a towel if it's pouring with rain or first aid if you've had a fall, make this one of the best stopping places I've used. I can thoroughly recommend it.

[Contact details with Editor]

Review of Advertiser **Luxurious Cycling Tours in France**

By Mr R.P., Solihull



When we went on a French Pedals holiday to the French Ardennes we found the whole tour well organised, with superb paved, quiet cycleways through beautiful and contrasting countryside. The area is full of interest, unspoilt by tourism and the distances of each stage

enabled ample time to look around and enjoy the local food and wine. The contrast between the flat, peaceful route along the river Meuse, the converted Belgian railway line through the forests and the more undulating countryside between Mariembourg and Rocroi gave us something new to look forward to each day. There were no serious hills and everywhere the locals were friendly and helpful.



We enjoyed great hospitality in accommodation that was distinctly French and of a very high standard despite this being a very affordable holiday. Every typically French meal was delicious and French Pedals gave me everything I needed for a wonderful holiday - a good map, a great cycle and the freedom to explore on simple-to-follow routes, which didn't demand a high level of fitness (just as well!!!). The French Pedals rep gave us lots of personal attention. He was very attentive when needed, but was unobtrusive and left us free to enjoy the ride. Our luggage was transported for us leaving us completely unencumbered. I would recommend a French Pedals holiday for most people - any age, any fitness level because they tailor your holiday to suit you. We really enjoyed a healthy holiday in the fresh air with a tiny carbon footprint.

If you want independent cycling with the convenience of your hotels booked and luggage moved for you, this is the cycling holiday to choose.



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ANNUAL TRAINING CAMPS

February, March, April and September

David Doo Photographic Competition

by Martin Pipe

Judging by the number of cameras we see on Sunday rides, many CTC members are also interested in photography. Our beautiful countryside and camaraderie of cycling are natural photographic subjects. Indeed, the Essex DA had a photographic section back in the fifties - an era that passed long before digital technology made the taking of pictures convenient and affordable.

To revive the connection between these two vital hobbies, while at the same time adding to the Essex CTC's historical archives, we are launching the *David Doo Photographic Prize*. David, who sadly died last year, was an active member of the Chelmsford member group and a keen photographer. This competition is intended to be a fitting annual tribute to him, and is open to all Essex CTC members.

What you submit is entirely up to you - digital or film-originated - but your entries must in some way celebrate the joys of cycling in Essex. We'll publish the entries on the Essex Cycling website, and the pictures will be judged by the non-CTC members of an Essex photographic society. The winner, whose name will grace a newly-commissioned trophy, will be announced at the DA AGM in November.

There will also be second and third prizes. All three winners (and maybe some others of merit) will be featured in a future edition of Spotlight - although we'll admit that the black-and-white half-tone reproduction of the print version won't do them full justice! We also hope to get the photos featured in the local press and Cycle magazine.

You can start submitting photos now, either by sending print outs or hard copies to the Editor, or enquire by email at m.pipe@blueyonder.co.uk. The closing date for entries is **September 1st 2011**. Get clicking now...

Talk Talk

by Charles Comport

No, nothing to do with internet providers, this is about Talks or Slide Shows or, as they were originally called "Lantern Lectures" from the magic lanterns, which provided illumination. These have been immensely

popular in the cycling world from about the 1920s, when leading figures in the cycling movement began to tour the country with their heavy boxes of slides. People had limited holidays then and were keen, cyclists especially, to learn about their native land and countryside as well as overseas although they may have little chance of visiting them.

It was the custom in cycling circles at that time to use a pen name (nom-de-plume) and the widely well-known personality W.M. Robinson used 'Wayfarer'; his writings during the 1920s beginning with his 'Over the Top' article in Cycling describing the crossing of the Berwyns led to a growing interest of rough-stuff and touring in general. He originally wore a winged collar and bow tie when cycling, but by the 1930s he adopted shorts appearing one evening at a lecture dressed in them and looking down remarked "These shorts!" - which brought the house down. Another famous cyclist and lecturer was 'Kuklos' (from the Greek for a wheel) - W. Fitzwalter Wray - whose wife 'Klossie' often gave song recitals during his shows. Such shows, or lectures, were very popular and cyclists, including clubs, would ride miles to see them - this was well before television days of course.

I recall a crowd of us riding to Forest Gate to see a slide show 'Cycling Is Such Fun' organised by Rory O'Brian and presented by 'Ragged Staff', otherwise Rex Coley, a popular, humorous cycling author. Unfortunately his talk was not up to his writing, as he had a speech impediment, which made listening difficult.

The Essex DA always had a regular annual slide show, which was well supported by the cycling community generally. When I joined they were



Essex DA members
at a 'Hodites' slide show in the 1950s.

mainly organised by the Romford Section, our founding section, and for some years after the War they were given by 'Hodites' - Neville Whall, a one-time CTC Secretary until he had a smash in the Swiss mountains and had to retire.

He was a gifted and amusing speaker and I remember in one of his talks

he described wandering out into his Austrian hotel balcony one bright moonlit evening in the buff and having to hide when a young lady came out on an adjoining balcony - he added dryly "and she had nothing on either". This also brought the house down.

Our shows were still being given at Shenfield until about 15/20 years ago, when they seemed to lose popularity, apart from those given by the Gregsons of Brentwood Section. I think they were an excellent form of winter entertainment and provided great get-togethers for the DA and cyclists in general. Refreshments were provided by our DA ladies, my Joan being a great organiser of these in the later years. As there was a demand at the AGM for a get-together, perhaps they could be revived?

A Book Review

By Steve Gregson

"Adventure Cycle-Touring Handbook", 2nd Edition 2010, collated by Stephen Lord and published by Trailblazer Publications. ISBN 978-1-905864-25-6.

This is a worldwide cycling route and planning guide which I found on the shelves in my local library. Lots of input about planning and preparations for a trip by riders who have and are still doing unsupported cycle tours far and wide. Detailed discussions which help readers decide on bicycle type, frame material and equipment. Complete bicycles reviewed include Surly Long Haul Trucker, Thorn Raven Tour and Sherpa, Roberts Roughstuff, Marin Muirwoods; Route outlines cover 180 pages and the book finishes with short 'Tales from the Saddle'.

Absolutely the best informed collection of articles I have ever read and worth buying for a reliable reference.

On the  - something for the folk with Internet access:

Have a look at <http://www.ziganime.com/TV/menuvideo.htm> to see some really fascinating stuff you can do with bicycles. The website is French, but the videos are "visual", so should be no problem to understand ... ☺

The Only Way Is Essex

by Martin Pipe

Preconceived, the picture's bleak
It's not the county that I seek
Gone for now the mad'ning crowd
Move we onto pastures proud

The way is so much quieter here
A Sunday spent as sight-seer
Perfume real now sweeps the lung
As down that lane our cycles swung

Fresh nature grips our field of view
Self-propelled is good for you
Pure light bathes the path ahead
Today is spun ancestral thread

Let's rest a while and take the tea
Refreshed, resume our *jour d'esprit*
Respecting those who made the choice
To guard that English rural voice

The honesty of village life
Where man would find a local wife
Eat off the land was once the way
The surplus sold, in decent trade

Oil up! The cry behind is heard
To single-file our paths converge
Sun-soaked inn not far to go
Intimate with those who know

Honest beer from native cask
Sustenance a crafts manned task
Contemplate, engage your friend
On how this journey might extend

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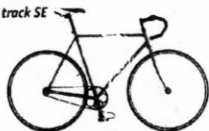
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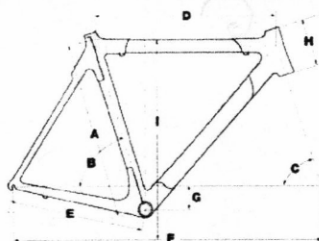
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Update from 'Foreign Parts'

by Dot

I will soon be moving into the granny annexe. It has somewhat delayed by unfortunate incidents, like a broken wrist, cut-off finger and a gauged hand on the aerial; plus three bereavements. I am still buying bits and pieces so my current room is getting somewhat crowded.

Yet another visit to the up-to-date Council tip and we will soon have the world's biggest and best incinerator. Whoopee: We paid a visit to the 'largest in Europe' paper mill and the following week the Queen and Prince Phillip went to have a look.

I am writing this on Mothers Day so this morning we went to the Arts & Craft Fair at Sandringham - I still haven't seen HRH - and to-night we are going to dinner at 'The House on the Green' (I must be careful how I spend my 4p pension rise). We went to Wells-next-the-Sea last week and whilst there on the front at least 50 motorbikes roared by - I half expected the whooooooosh of bikes behind them.

Well that's all for now, I must get on with some painting. Bye!

Thinking of...

... well-known people who enriched the life of our cycling community:

Our thoughts and best wishes go to **Kathy Coldwell** of the Easyriders Group who is back home after spending 4/5 weeks in hospital following a fall suffered whilst shopping in Shenfield, which led to a broken hip and wrist. **Charles Comport**

Links

CTC Essex DA	www.essexcycling.co.uk
Cyclists' Touring Club	www.ctc.co.uk
Chris' site: route planning resources	www.velocipede.org.uk
Yet Another Cycling Forum	http://yacf.co.uk/forum/index.php
Nutty cyclist's insane world (Mike's site)	http://www.nuttycyclist.co.uk/

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French Pedals (Cycle Touring Holidays)	www.frenchpedals.co.uk
Herongate Cycles (Cycle Shop)	www.herongatecycles.com
Hopleys Garden Long Barn (Café)	www.hopleys.co.uk
Richardson Cycles (Cycle Shop)	www.richardsonscycles.co.uk
The Cycle & Toy Centre (Cycle Shop)	www.thecyclecompany.co.uk
The Prince of Wales (Pub)	www.thepow.co.uk
Megarry's Antiques and Teashop (Café)	www.megarrysteashop.co.uk



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Sunday 26th June 2011

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start 08.30, maps 154, 155 & 167

110km - Audax - start 10.00, map 167

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