



**July / August 2012**



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**Spotlight** – Magazine of the **Essex CTC MG**, a local **Member Group** of  
the **Cyclists’ Touring Club**, the national cyclists’ organisation  
President: John Steer Volume 4/2012se22

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**Index**

Index ..... 3  
Impressum:..... 3  
Editor’s foreword..... 5  
The President’s piece ..... 7  
Member Groups’ Reports ..... 9  
Forthcoming Events ..... 18  
Easy Rider Meets ..... 18  
Chelmsford Member Group – Runs List ..... 19  
Havering Member Group – Runs List ..... 20  
South East Essex Member Group – Runs List ..... 21  
Colchester Informal Member Group – Runs List ..... 22  
Just into Wales - continued..... 26  
All Night Cycling in the 60s ..... 30  
Useful Website Links ..... 35

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**Price per annum: £6.00, inc. p&p**

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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Colchester	Alan Palmer	☎ 01206 792929	Secretary
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### Other Committee members

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	Peter Hubbard	(South East member group)
	Brian Taylor	☎ 01277 657867 (Delegate)

### Certificate of Merit Committee

John Davis, Peter Moore, John Steer

### Essex CTC MG Trustees

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the September / October 2012 edition is on **15 August 2012**

## ***Editor's foreword***

So, the weather has been the most miserable for years to engulf the month of June. It seems that the July is starting a bit better bracing itself for the Olympics.

The runs lists show an eclectic variety of rides, including 3 EMG-organised events. There are ample opportunities to meet riders from other member groups.

I have finally got a viable contact for the Havering MG and received a series of ride reports. The SEEMG could not hold themselves back and duplicated a few Sundays reports. Due to slightly differing content and style of writing, I included all of these. The ride reports from the Colchester IMG are readily available on the Internet, and members of the Chelmsford MG send their contributions by letter and email. Thus I got a good collection for this issue of the magazine.

Yes, I have not forgotten the essays about the Chelmsford Spring Tour, the BMX World Championship and the Camino - Some articles to look forward to.

In the meantime, enjoy the weather and

have fun cycling.

Your editor,  
***Stefan Eichenseher***

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From the : <http://ladystiles.blogspot.co.uk/2009/12/22-bicycle-fun-facts.html>

### **Did you know?**

- The longest "tandem" bike ever built was almost 67 feet long and could seat 35.
- Half of all the parts of a typical bicycle are in the chain.
- The slow cycling record was set by Tsugunobu Mitsuishi of Japan in 1965 when he stayed stationary for 5 hours, 25 minutes.



## ***The President's piece***

"The cold weather has been and gone and the warmer weather and lighter mornings and evenings along with the sunshine are starting to appear at last."

It looks like I jumped the gun with the above opening statement in the May/June issue of the Spotlight. The weather has changed very little with a few warm and sunny days, then a regression back to cold and damp days.

The 80k event on the 6<sup>th</sup> May didn't attract many riders this year. It wasn't due to Brian's organising skills, but due to the cold and damp weather conditions on the day.

I'm not sure, if the ride by the 80 young French riders with their accompanying adults took place, and if it did, how it fared as my contact had to drop out due to an operation on the Friday before the event and the weather was dismal.

On the 15<sup>th</sup> May, a party was held for Brian Penny to award him a Framed *Certificate of Merit* along with a Certificate of Citation and a Merit Badge for all his years of services to the Southeast Member Group and the Essex DA committee. His award also gets a mention on page 8 of the Cycle Magazine.

By the time you read this issue, the Queen's Jubilee will be over and the longest day will start to fade into our distant memories along with bike week over for another year.

I notice on page 8 of the Cycle Magazine on the bottom right hand side a correction to the statement in the previous magazine (after I emailed Dan Joyce at Cycle CTC, as I'm sure many others did) Hadleigh is in Essex, not Sussex.

Enjoy your cycling, wherever you ride.

*John Steer*



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## Member Groups' Reports

### Chelmsford Member Group

**May 6** - We had a choice today to either go to Mersea Island on the club run or ride the DA 80k. The weather was not good and phone calls to other regular rides showed a bias to "do" the 80k. Six Chelmsford members successfully completed the event, which was well organised by Brian Penny. The chat and rest while eating cakes and enjoying the tea was welcome. It was fortunate that the previous days of floods had receded.

**May 13** - In good weather we headed for "Poppy's Tea Room" in Thaxted, where 14 riders took the normal fare, and as usual I forgot to use the tea strainer. Lunch was at "The Checkers" in Ugley. This proved far from satisfactory owing to a carvery only choice. They would not even serve soup to a disgruntled Adrian. "Don't they want my £4.50", he muttered to the waitress, who shrugged sympathetically. Tea was at the "Tea Tree" in Dunmow. **Dave Russell**

**May 20** - Maybe it was late night celebrations of West Ham's promotion or Chelsea's European victory, but the turnout for today's ride was well



down. We started in cool dull conditions with a steady north-easterly wind for our ride to Coggeshall via Terling and Cressing for elevenses. A nice shortcut to White Notley using the BOAT from Fairstead worked out fine. The BOAT is not the aquatic variety, but a **Byway Open to All Traffic!**

It was good to meet up with the Colchester Group over elevenses, after which we headed for our lunch stop at Lamarsh. The lanes in this area are a delight with little traffic and due to recent rain, the verges are lush with green grass and wild flowers. "The Lamarsh Lion" provided an excellent lunch stop, looking out over the valley and acres of oil seed rape in flower.

The sun emerged fitfully and we had the wind behind us at last for our ride to our tea stop with Sean and Carol at Stisted. We took the back lane via Burton's Green, which was very enjoyable compared with the usual direct route through Greenstead Green. The seven members at tea then headed for home giving a total mileage from Chelmsford of 63.

**Martin Cockersole**

**May 27** - On this very hot day we went to the "Blue Egg" in Bardfield, a popular venue with cyclists, and full of Lycra-clad lads and lasses. Doorstep-type slices of toast were served.

Only three went on to Clare, where we ate our sandwiches under the shade of a tree and later going to "The Cock" pub for a drink. After a very hot return ride, we had tea at Blake End. **Dave Russell**

**June 10** - The group was a bit depleted by regular riders being on cycle tours and Audaxes, but 5 of us enjoyed the good weather for a ride to Fordstreet via Perrywoods for elevenses and Abberton Reservoir Visitor Centre to inspect the new facility. We were glad we had used Perrywoods for elevenses, as the offer at Abberton was quite limited.

Lunch under sunny skies on the terrace of the excellent "Old Queen's Head" at Fordstreet was accompanied by the music and dancing of a women's Morris dancing troop from Colchester.

After a tea stop in Coggeshall we got home just before it started to rain having covered 62 miles in total. **Martin Cockersole**

**17 June 2012** - Another sunny Sunday, but with a brisk south-westerly wind. The destination was Burnham-on-Crouch and eight of us took a

circuitous route via East Hanningfield to elevenses at the “Roundbush Café”. After putting up with the annoying traffic and boy-racers through Latchington, we were glad to turn off onto minor roads at Mayland.

After Southminster we took the very minor road out to the end of the Dengie peninsular. This area is flat and today was windswept, but the lack of traffic and the fields of purple linseed plants made it a pure delight. We headed back to Burnham for lunch at “The Queen’s Head”, which has excellent beer and tasty huffers. Highly recommended!

Despite taking every available side road alternative on the way back to tea at “RHS Hyde Hall” we had to endure the traffic around Latchington again, but had an enjoyable tea stop - al fresco. We then headed back to Chelmsford having covered 61 miles. **Martin Cockersole**

## Colchester Member Group

**May 20, 2012** - Rayne - The weather was perfect for a bike ride, no rain, not too warm and a gentle breeze set to be at our backs for the home run. Only four of us met up at Colchester Leisure World — Alan, Stuart, Des and Andy — so Alan led the way Coggeshall bound using another set of leafy lanes that were new to me. There was only one bit of busy road, so the puncture fairy decided to kiss Alan's back tyre and we had an unscheduled stop.

The “Dutch Nursery” coffee stop was busy, as we met up with the Chelmsford CTC group on their Sunday ride, and we were joined by Les and Gill from Tiptree on their tandem. On the run out to Rayne Alan had a second



visit from the puncture fairy (front this time), which gave Les a chance to use some of the toolkit carried on the tandem – to ensure the correct tyre pressures were used. We then went on to “The Booking Hall Café” for lunch.

After an excellent panini and a much needed mug of tea we navigated round Braintree and back to Colchester. **Andy Linley**

**May 27, 2012** - Colne Engaine - It was a great day for a ride, and a great ride we had! Fifteen of us left Leisure World led by Andrew and Grace, bound for Stratford St Mary. The route took us up Broadlands Way, after which we could have a breather before tackling Bromley Road; through Ardleigh, then picturesque Dedham, where we became 16 with the arrival of Andy just over the Suffolk border.

We had elevenses at "Hall Farm Shop", which has ample outside and indoor seating. With the glorious sunshine we were blessed with, we sat outside enjoying cake and a panoramic view of the Stour Valley.

Fuelled up, we headed through the centre of Stratford past the imposing pumping station, before taking on Gun Hill. At the top, we turned off for Boxted, then Great Horkesley, and Mount Bures, before the somewhat gruelling Chapel Road.

Not far out of Colne Engaine we started being passed by cyclists on the Essex Air Ambulance Colne Valley Cycle Ride — the riders distinctive with numbers pinned to their backs.

We arrived at "The Five Bells" to find it swamped with cyclists on the charity ride, but despite this and their hosting a christening, the staff were more than happy to accommodate us. The view across the Colne Valley made for a spectacular backdrop to our lunchtime break.

Clive chose to leave us shortly after the pub stop, so we were back to 15 again for the ride home. It was a pleasant route back (once at the top of Tey Road!) through Great Tey, Aldham, and Stanway. As ever when we near town, we started to disperse, but there were still a number of us together for the final drag along Lexden Road, where I peeled off.

**Malcolm Mitchell**

**June 10, 2012** - Walton-on-the-Naze - In stark contrast to the dreadful weather in the week, it was a hot summer's day on Sunday for our ride to the coast.

Five of us rode out of Colchester through High Woods Country Park and Highwoods estate to join Severalls Lane, then Ipswich Road. The Ardleigh Crown Interchange can be quite daunting, but we made a

collective decision to cycle on-road to Old Ipswich Road (off the A120 slip road).

After Ardleigh Reservoir and village centre we had a forced stop for a single train at the Station Road level crossing, before continuing toward Crockleford Heath and Elmstead Market for elevenses at “The Beth Chatto Gardens”, where Keith was waiting for us.

We turned left out of “Beth Chatto” to join Route 51 (without a doubt the most well signed section of National Cycle Network in the area), catching glimpses of a horse polo game in Little Bentley. We followed Route 51 as far as Stones Green, staying on the B1414 toward Thorpe-le-Soken rather than turning off for Great Oakley. Before Thorpe we took a left along Walton Road, through Kirby-le-Soken, and into Walton-on-the-Naze, turning left at the church into the High Street.

As we arrived somewhat earlier than expected, rather than stop for lunch at “The Queens Head” as publicised, we regrettably decided to cancel our booking and instead have lunch on the seafront.

After eating our sandwiches (and fruit) in the sea breeze, we set off along The Parade, taking in some fine views of the North Sea. We “lost”



Keith near Little Clacton. The rest of us were continuing toward Weeley Heath, then through Great Bentley, where a cricket match was in play on the enormous Village Green, on to Thorrington and up Tenpenny Hill, turning off for Alresford at the top. In Wivenhoe we left the roads behind us, preferring to cycle the last few miles back to Colchester alongside the River Colne on the Wivenhoe Trail (part of Route 51). **Malcolm Mitchell**

*Continued on page 15*

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## Haivering Member Group

**1<sup>st</sup> April**, Ride around Southend-on-Sea - We got the train to Pitsea, where regulars Dave, Stephen, Alex and Stephen met Colin who joined us from East London.

We rode into Benfleet and up a really steep hill - which we all enjoyed - then down to the remains of Hadleigh Castle and along the path overlooking the Estuary. After catching sight of the sea, we stopped off in Chalkwell for a coffee on the sea front. We followed the cycle path along Southend sea front to the other side of the pier, where we headed inland for lunch in the very scenic hamlet of Paglesham. **Stephen Ingall**

**29<sup>th</sup> April** – The wettest day ever - We rode off down Hall Lane bound for South Weald. It was raining, but not heavily, as we reached the entrance for South Weald Park, where Gordon was persuaded by Stephen that, as we weren't actually that wet yet, we could just head for 11ses at Blackmore. As we reached the entrance to the village by the duck pond, we were greeted by a new huge pond covering the whole junction that was turning round our four wheeled friends, fortunately for us we could go around on the path.

After the water had drained out of our clothes in the tea rooms, we headed back south down Ingatestone Rd. On entering Hay Green Lane, we found the way blocked, with someone's car window-sill-deep in water. Reluctantly we decided to go back through Blackmore again.

The rain had not stopped the whole time we were out and had got heavier. Back in Upminster, sitting at the lights, I tipped my foot forward on the pedal and all the water filled the front half of my shoe - I was very wet. We did not see a single cyclist throughout our whole ride, not even in Blackmore. **Stephen Ingall**

**20<sup>th</sup> May** – Waltham Abbey via Lee Valley Park - We caught the train to Blackhorse Rd and rode the short distance to the path that runs alongside the canal through the Lee Valley Park. After riding for only several miles, I was feeling the effect of the headwind. The suggestion of 11ses at "The Navigation Harvester" at Ponders End, which overlooks the canal, was greeted with enthusiasm by Dave and Steve.

We continued onto Gunpowder Park, finally rolling onto tarmac again on the edge of Waltham Abbey. We cycled past the abbey and through the remains of the surrounding wall and gardens (nice café in abbey grounds – we'll be back). We followed the road east, towards Epping. Our lunch stop was "The Horseshoes" pub on Horseshoe Hill, which is conveniently located on the first significant hill. (I had learned my lesson, when I raced the ride – there was more to come). Post lunch we made for Epping, turning off into Theydon Road before reaching the town. We had a great view from Mount Road along with a long downhill – adrenaline junkies take note. We turned left into the nicest bit of A-Road I've seen (A113), then right to Shonks Mill Road, where a large bird of prey swooped out of the trees, as we came up to Norpar Barns and made for Upminster.

**Stephen Ingall**

**10<sup>th</sup> June** – White Notley - Gordon, Stephen and Alex made good time, led by Kelvin, and we went through several fords en route. After stopping at a café by the canal near Chelmsford, we headed on at Great Leighs. For the ford on Paul Hall Lane we had to take the bridge, as we didn't have a boat, but even this was a challenge, as there was a section missing. We eventually lunched in Black Notley. **Stephen Ingall**

## **South East Essex Member Group**

**15<sup>th</sup> April – Great Leighs** - Three new riders (Sue H, Paul T & Ian C) joined us at Wickford and they were introduced to other members including the President of the Essex Parent Member Group (~~aka~~ *formerly known as [Ed.] DA*). The eighteen cyclists were led off in two groups by Peter W (via Margaretting and Writtle) and Ian M/John S (Great Baddow and Chelmsford) to the "Secret Garden Tearooms". Upon arrival, we were soon arranged around a long table in the function room and the staff began to take our orders - some had to wait a bit for their meals due to the numbers involved.

When we came to leave, the sky was black and rain was threatening. In the hurry to get away one of the new riders got left behind. Luckily, the three musketeers (Peter H, Alan S and Colin B) came to the rescue and escorted her back to Wickford. Five went onto "St. Anne's Castle" (oldest inn in England) at Great Leighs and were soon drinking 'All Creatures' and 'Mary Jane' real ales, together with some very filling baguettes that were also very reasonably priced.

*Continued on page 22*



## Forthcoming Events



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

Date	Event	Organiser
15 <sup>th</sup> July	<b>[EMG] Peggy Thorndike 100 / 100</b> , from 8:30am at the Market Café in Woodlands Road, Wickford, Essex SS12 0AL, OS map 178, TQ745933 (The rides runs throughout OS maps 167/168) – see website for entry form	Stefan Eichenseher 01702 621810
5 <sup>th</sup> Aug	<b>[EMG] Colchester 40/40</b> (Start from Copford Green, OS map 168, Grid Ref: TL927226)	Brian Penny 01268 777941
9 <sup>th</sup> Sept	<b>[EMG] Essex CTC Rough-Stuff Reliability Ride</b> (29M) (start from Mill Green, see page 34 for details, OS map 167, Grid Ref: TL638012)	Brian Taylor 01277 657867

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

## Easy Rider Meets



Date	Pub	Destination
8 <sup>th</sup> July	"The Duck"	Newney Green
12 <sup>th</sup> Aug	"Wetherspoon"	Billericay
9 <sup>th</sup> Sept	Ingatestone Garden Centre	Ingatestone

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

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## 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

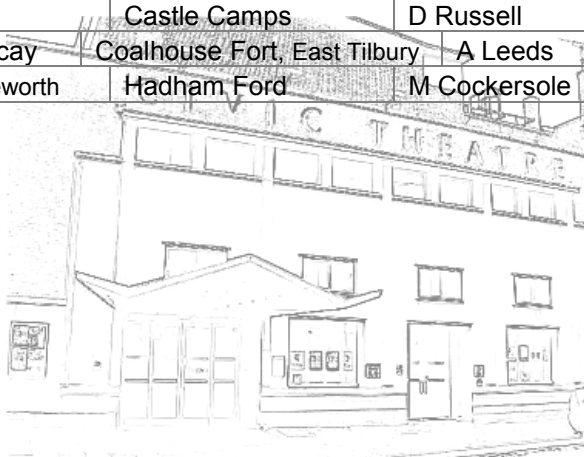
**Rides Start:** Sundays: Civic Theatre, Fairfield Road 9am for 9.15am

All day rides start **9.15am**

For Tuesday evening destinations

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

Date	11ses	Destination	Leader
15 Jul	<b>[EMG] Peggy Thorndyke 100/100</b> , contact Stefan Eichenseher		
<b>Alt:</b>	Heybridge Basin	Tolleshunt D'Arcy	TBA
22 Jul	Elsenham Golf	Elmdon Dial	A Leeds
29 Jul	Mill Race Nursery, Aldham	8 Bells, Bures	D Russell
05 Aug	<b>[EMG] Colchester 40/40m</b> , contact Brian Penny		
<b>Alt:</b>	Perrywood	Alma, Copford	A Leeds
12 Aug	Heybridge Basin	Mersey Island	D Southin
13-19 Aug	CTC Birthday Rides		
19 Aug	Thorndon Park, Brentwood	The Viper, Highwood	J&B Taylor
26 Aug	<b>Mildenhall Rally</b> , see <a href="http://www.mildenhallrally.co.uk">www.mildenhallrally.co.uk</a>		
<b>Alt:</b>	Informal Ride		
02 Sep	Dunmow	Gt. Sampford	A Leeds
09 Sep	<b>[EMG] Roughstuff</b> , Mill Green, contact Brian Taylor		
<b>Alt:</b>	Blue Egg, Bardfield	Castle Camps	D Russell
16 Sep	Wetherspoon, Billericay	Coalhouse Fort, East Tilbury	A Leeds
23 Sep	The Shed, Sawbridgeworth	Hadham Ford	M Cockersole



## Havering Member Group – Runs List



**Secretary:** David Rowlands

43 Limbourne Avenue, Dagenham, RM8 1HU

☎ 07948 583979 or [david\\_rowlands@hotmail.co.uk](mailto:david_rowlands@hotmail.co.uk)

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

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

Find up-to-date and local information at: [www.ctchavering.btck.co.uk](http://www.ctchavering.btck.co.uk)

Date	Destination	Leader
1 <sup>st</sup> July	All-comers ride, see below	Stephen 07890 386984
8 <sup>th</sup> July	RSPB Purfleet and beyond	Kelvin 07922 111790
15 <sup>th</sup> July	<b>[EMG] Peggy Thorndyke 100/100</b> , contact Stefan Eichenseher	
<b>Alt:</b>	Destination TBC. Leaving at 8am	Stephen 07890 386984
22 <sup>nd</sup> July	Destination TBC. Call leader to confirm where we are meeting.	Stephen 07890 386984
29 <sup>th</sup> July	Heybridge Basin, Maldon, located at the end of the river Blackwater	Gordon 07711 609230
5 <sup>th</sup> Aug	<b>[EMG] Colchester 40km/40mi</b> , contact <b>Brian Penny</b>	
<b>Alt:</b>	Pleshy	Kelvin 07922 111790
12 <sup>th</sup> Aug	Old village of Hatfield Broad Oak	Stephen 07890 386984
19 <sup>th</sup> Aug	Tower Bridge to West Kent Details: <a href="http://ctchavering.btck.co.uk">ctchavering.btck.co.uk</a>	Stephen 07890 386984
26 <sup>th</sup> Aug	<b>Mildenhall Rally</b> , see <a href="http://www.mildenhallrally.co.uk">www.mildenhallrally.co.uk</a>	
<b>Alt:</b>	TBC, see: <a href="http://ctchavering.btck.co.uk">ctchavering.btck.co.uk</a>	Gordon 07711 609230
2 <sup>nd</sup> Sept	All-comers ride, see below	
9 <sup>th</sup> Sept	<b>[EMG] Roughstuff</b> , Mill Green, contact Brian Taylor	
<b>Alt:</b>	Battlesbridge, by River Crouch	Stephen 07890 386984

All-comers ride –

Catering to new cyclists,  
regular members can continue  
for full ride as normal

\* = Destination to be decided on the day

The group out on a bright sunny winters day



## South East Essex Member Group – Runs List



**Secretary:** John Steer

☎ 01702 309958 – e-mail [jonsue@blueyonder.co.uk](mailto:jonsue@blueyonder.co.uk)

**Runs start:** from the Market Café in Woodlands Road, Wickford SS12 0AL,  
Sundays at 9.15am for 9.30am, unless otherwise stated.

Club Nights are the 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month  
8.00pm @ St Laurence & All Saints Church Hall,  
Eastwoodbury Lane, Eastwood, SS2 6RH

Date	Eleveneses	Destination for Lunch
<b>July 2012</b>		
15 <sup>th</sup>	<b>[EMG] Peggy Thorndike Memorial Event 100mi/100km,</b> contact: Stefan Eichenseher, see p. 4	
or	Margaretting (Saddlery Café)	*see note
22 <sup>nd</sup>	Brentwood (King George Playing Field)	Stondon Massey (Bricklayers Arms)
29 <sup>th</sup>	Mundon (Roundbush Café)	Bradwell-on-Sea (Green Man)
<b>August 2012</b>		
5 <sup>th</sup>	<b>[EMG] Colchester 40mi/40km,</b> contact: Brian Penny, see p. 4	
or	Bunsay Down (Golf Club)	*see note
12 <sup>th</sup>	Chelmsford (Secret Garden Tearooms)	Great Leighs (St. Anne's Castle)
19 <sup>th</sup>	<b>9am start</b> Maldon (Crystal Cafe)	Rowhedge (The Anchor)
26 <sup>th</sup>	<b>[MG] car-assisted: Framlingham, Suffolk, IP13 9EH,</b> contact: Ian Mather at <a href="mailto:farrider@orange.net">farrider@orange.net</a>	
or	Blackmore (Blackmore Tearooms)	*see note
<b>September 2012</b>		
2 <sup>nd</sup>	<b>[MG] Leukaemia Ride,</b> contact: John Steer, see p.4	
or	Rochford (Beehive Café)	*see note
9 <sup>th</sup>	<b>[EMG] Rough Stuff (29mi),</b> contact: Brian Taylor, see p.4	
or	Great Baddow (Bringy Pine)	Nounsley (The Sportsman)
16 <sup>th</sup>	Mundon (Roundbush Café)	Tolleshunt D'arcy (Queen's Head)

**Note:** The leader will be decided on the morning. If no official runs leader is available, then riders can choose their own lunch destination after eleveneses.

\* When **EMG** or **MG** events take place, the local ride will include a booked Eleveneses venue, but not a specific pub for lunch, unless otherwise stated. This will enable members to make their own choice of venue.

Check out [www.velocipede.org.uk](http://www.velocipede.org.uk) for GPX and TrackLogs TCX files of our rides.

## Colchester Informal Member Group – Runs List



Secretary: Alan Palmer

☎ 01206 792929, mob 07939 395067 or

[alanpalmer@phonecoop.coop](mailto:alanpalmer@phonecoop.coop)

All rides meet Leisure World Container  
by Skatepark at 9-30am

Date	11ses	Destination	Leader
July 15	<b>[EMG] Peggy Thorndike 100 / 100</b> , contact Stefan, see p.4		
<b>Alt</b>	Mistley Place Park	Pin Mill (Butt & Oyster)	T B A
Jul 22	Aldham Mill Race	Clare Country Park Picnic	Alan Palmer
Jul 29	Boxted Filpots	Edwardstone White Horse	Alan Palmer
Aug 05	<b>[EMG] Colchester 40mls/40km</b> , contact: Brian Penny		
Aug 12	Purleigh Bell	Tiptree Perrywoods	Alan Palmer
Aug 19	GT Blakenham	TBA	Ashley Parmenter
Aug 26	TBA	TBA	Malcolm Mitchell
Sep 02	Heybridge	Tiptree	Paul & Caroline Avison
Sep 09	<b>[EMG] Rough Stuff (29mi)</b> , contact: Brian Taylor, see p.4		
<b>Alt</b>	Henny Swan	Coggeshall Dutch Nursery	Alan Palmer
Sep 16	Gt Holland Park Fruit Farm	Mistley Place Park	Malcolm Mitchel

### Note:

Since the Colchester CTC Informal Member Group has its roots in the “Cycle Champions”, bikes, helmets, etc. can be provided free of charge.

Members are welcome to attend Bike Drinks, for all local cyclists, held on the 3<sup>rd</sup> Monday of the month, 8pm at “The New Inn”, Chappel St South (CO2 7AX).

Check our website for further information:

[www.colchesterctc.co.uk](http://www.colchesterctc.co.uk)



The New Inn, Colchester

On our way back, MP having consumed a few beers decided to take a leak by the roadside, unfortunately he choose the precise moment that two cyclists passed by and the picture on their faces was priceless. **Ian M**

**22<sup>nd</sup> April – Viking Trail** - The bi-annual trip to the Viking Coastal Trail was enjoyed by six riders (John S, Ian M, Jon C, Melvin M, Martin P & John H), who met in La Café Crème in Birchington for breakfast. We drove to Minnis Bay and unloaded the bikes. We then set off along the road, where we lost two, who carried straight on instead of turning right and down onto the esplanade towards Margate. John S chased after them and we were soon all together with the wind behind us on a lovely sunny morning. The ride around the headland was uneventful and we went through Broadstairs and Ramsgate, where we chatted with a lady cyclist, who told us about the Richborough Power Station cooling towers that were demolished recently (see YouTube for footage). She also advised us about the continuing the route towards Sandwich, but as we were feeling peckish at the time, we stopped at the Pegwell Bay Lido for lunch instead.

After lunch, we passed the Viking Longship besides the trail and then headed inland towards St. Nicholas at Wade, where we stopped for a pint in the pub. As we headed towards the sea wall near Reculver we could see an ominous black cloud and heard rumbles of thunder in the distance. Luckily, we got to the cars and loaded our bikes before the torrential rain came down, as we headed home. **Manchurian**

**22<sup>nd</sup> April** - A group of SEG's met this morning at Birchington for an early morning brunch before setting of on the Viking trail, the day turned out to be quite warm as we were discussing our temperature readings on our speedometers, they all seemed to read 20°C plus. An early lunch was taken at the Old Lido, which is now a boating pool, as their prices are reasonably as is their food. When the days are warm and dry, the preferred option is the Manston Museum, where you can sit outside, but when it's cool or damp then the Lido is better option. On our return, we stopped at the pub in St Nicholas at Wade for our usual drink and loo stop before returning across the marshes and back to Minnis Bay. The day's weather was good to us, but on the return journey, there was a thunderstorm and very heavy rain with poor visibility (Were we the lucky ones or what?) **John Steer**



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**22<sup>nd</sup> April** - A good ride on Sunday, but what a storm afterwards! It was directly overhead the caravan site and one of my wife's decorative plates had already fallen off the wall, when I dived into the van.

I've looked into the navigation confusion we had after St Nicholas at Wade. The route we took is still marked as Route 15 on the latest OS maps, but the Viking Coastal leaflet does indicate a proposed extension along where we went. I think, what they are trying to do is get people away from the level crossings, particularly as a policeman was killed on one a couple of years ago. The trouble is they haven't got their act together. The concrete farm track continues for about  $\frac{3}{4}$  mile from where we stopped but comes to an abrupt halt. We could have resorted to an unpleasant ride on the path beside the Thanet Way, but with that storm approaching I think we were wise to get back to Minnis Bay, when we did!

**Mel M**

**6<sup>th</sup> May** - 80k event - The riders on the 80k event set off in miserable conditions, which seemed to be the norm for most of the day. Everything was fine for my group until the 9th mile, when I felt like I was getting a flat rear tyre. At 9.5 miles we had to stop while I fixed it. Off we set with the other three tailing me trying to catch up on our time lost. It was hard work being the front end of the wedge, while the others had an easy ride. It wasn't until we had turned from "The Six Bells" that Martin P took over for about a mile, then Sue our new rider did the same (that was it for the day). I made the mistake of reading Brian's directions as Turn Left at the 1st Turning (sign post the Walthams). We rode for a mile or two before turning back and cutting across country to get back on track (John C and his SatNav was right !). We made all of the check points ok, even though I had been slowing down, as the damp and cold was affecting my Asthma. As we came towards Blackmore, I said to the others to go on (I didn't want them to lose time). But I notice that I was getting slower, and what I found out later, as I loaded the bike onto the rack, was that I had another puncture in the rear wheel. Apart from punctures and Asthma attacks, I lost over 1lb in weight - not bad for a wet Sunday on the bike. Oh, by the way, Brian, apart from my problems, it was a good ride and I think that everyone enjoyed it, can you please make sure that it is warm and sunny next year?

**13<sup>th</sup> May** - 14 set off for Norton Heath in two groups. Riding through Blackmore I was glad that it wasn't our stop for 11ses, as it was taken over by motorcyclists obviously on a rally. On our arrival at the café we found Lynda C waiting for us, as she is still recovering from her foot operation. She had taken a more direct route from home to the cafe.

After 11ses, seven set off for Little Green with a few diversions along the way. (Some of the lanes I had never been down in my thirteen years with the SEEMG.) On our arrival at "The Compasses" Ian C was waiting for us along with his father and stepmother. After introductions our food arrived, which we enjoyed sitting under the cloudy sky praying it wouldn't rain. Our luck was in, as we made it to BHS garden centre ok, and also made it home without getting wet. **John Steer**

**27<sup>th</sup> May** - The sun had come out and the forecast was hot all day, some of us thought that the summer had at last arrived! I dusted off my shorts and short sleeve jersey, strapped up my summer cycling shoes and discarded my rainwear. For those not riding on for lunch, I led a long route out to Ingatestone and Mill Green followed by the hard drag up to Galleywood and then to Bringy Pine for 11ses. Weeks of rain had left the countryside a deep lush green contrasting the brilliant clear blue sky. On the return leg, I remembered the cycle path to Sandon, which we have neglected of late. 38 miles total for me, and easily the best weather this summer so far. **Peter Wotherspoon**

**27<sup>th</sup> May** - London Ride - Eleven riders made their way to Wanstead by car and amongst them were new rider Roger L and Phil N returning to rides after a few years.

On what was to be a hot, sunny day John S led the group through many "quiet" roads to the Greenway and then by canal towpaths to Victoria Park for elevenses. Afterwards the ride continued south through the Isle of Dogs to the Greenwich Tunnel. Unfortunately, the north lift wasn't working. So, some regretted bringing their heaviest bike for the walk down the stairs! Luckily, we all got in the lift at the other end except Ross who opted for the stairs. After a quick look at the restored Cutty Sark the NCR4 was followed with a slight diversion into Surrey Quays. Here the group met Peter H and Dave B out on their own ride starting from Basildon. The ride continued along some bone jarring paths through the old wharfs and then across Tower Bridge to get to St Katherine's Dock for lunch at the Riverside Cafe. The return journey went through Limehouse Basin where the, so far, temperance ride was broken at the Cruising Association House! The Limehouse Cut towpath was very busy and a stop was made to allow Catford Cycling Club to pass, as they returned from Dobbs Weir a lot further north. From Stratford the outward route was re-traced.

It was a very different from the usual Sunday club ride, as it was relatively short and the pace slow. The latter was mainly due to congestion and the roughness of the path surface.

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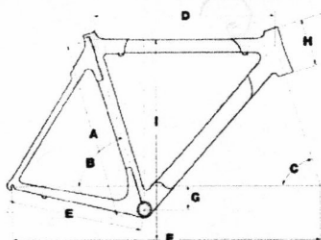
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Another big difference was despite a whole number of distractions a high level of concentration was required to prevent ending up in a canal or colliding with other path users.

*Riders:* Paul, Karen H, Sue H, Phil N, Ian C, Charlotte V, Dave H, Ross H, John S, Roger L, Mel M; *Distance:* 35.7 miles;  
*Ride time:* 4:32, *Ave speed:* 8.0 mph; *Max speed:* 17.0 mph

I've a feeling I'll have to do some of this ride again, as there were many points, where I wanted to stop and stare - something not appropriate with the numbers on the ride.

Roger was impressed how sociable the members were and I've suggested he joins us for a ride out for elevenses for a starter. He needs to get the mileage up as he proposes riding a 1930s bike he has just restored up to Norfolk sometime. **Mel M**

**3<sup>rd</sup> June** - We were lucky that the women at the "Beehive Café" know us, as I had booked us in for 11ses and only three turned up. We were not too sure of the reason, as it was only a light rain for some of the day and there was some sort of event taking place. (A Jubberly event or was that a Jubilee thingy?) Still, we rode to lunch at "The Red Lion" then made our way around to the seafront before parting (short ride for me just over 20mi)

**10<sup>th</sup> June** - Three groups set off this morning my group went via East Hanningfield, Runsell Green, and Maldon to the Chigborough Barn ("Terajola Tearooms"). We arrived to find the first group already there, plus three more. They had either eaten or had ordered their food. Our orders were taken and paid for before the third group arrived. With 11ses over, we set off in various groups, as some were going to lunch, while others were taking different routes back, so as not to cover the same ground, as they had getting to 11ses. When I arrived home (bearing in mind I only went to 11ses), I had covered 65.75 miles and had ridden for over 5 hours. No wonder our new lady Sue was starting to feeling tired coming through Rochford, as she would have had only about 10 miles less than me. **John Steer**

## **Just into Wales - continued**

*by Ken Rickwood*

The whole mountain, an area of over eight square miles, most of which is managed by the National Trust, is a steep sided plateau that has been shaped by human activity for over 5000 years. The natural vegetation of the mountain is woodland and without controlled grazing, it would revert to this and the character and views would change dramatically. The cycling was predictable; the road up was hard going, and I admit to walking parts of it. The views from the top were stunning and then there was the rapid, exhilarating descent.

Off the Mynd, but still in England, we had lunch at Norbury. The pub was closed, so we ate our emergency rations in the churchyard by the ancient Yew tree estimated to be over 2700 years old, placing it in the top 10 oldest trees in the country. After lunch we made an excursion into Wales, crossed Offa's Dyke at Churchtown, and up and over to Newcastle ending the day with a 5 mile glide, helped by a following wind, along the

Clun Valley, past the castle to our fourth Youth Hostel. This is housed in the old water mill. The present building dates from 1851, when the old mill that was driven by two large waterwheels was reconstructed and a turbine installed. The mill ceased to function in 1926, and was purchased by the Youth Hostel Association in 1931 making it



one of the oldest hostels in the country. Much of the mill machinery remains including the original turbine and stones.

We left Clun under a leaden sky and after a two mile climb were pedalling in the damp mist of the cloud-base. We descended out of this into the heavily scented bluebell woods of the Teme valley into Knighton. This border town, famous for its clock tower is situated on Offa's dyke and for us was a welcome stop for elevenses. From here, we undertook another two-mile climb up to the ridge that is now the national boundary. From this road, there are panoramic views over Wales to the right and equally spectacular views over England to the left. After a few miles, we descended into Presteigne, where we lunched on cheese on toast in the

“Coffee House” opposite the Post Office that claims to be the last in Wales.

After lunch we followed the valley to Combe, where we left Wales for the last time. The road had been flat and easy so we thought that we would ascend Wapley Hill for one last view over the Marches. Wapley Hill is the site of an Iron Age Hill fort. The ascent is graded but long and arduous, along an unmade road for much of the way. But the site is impressive and well worth the effort. The large area of flat hilltop is enclosed within earthworks and at the time of our visit was covered in a shimmering carpet of bluebells. The surrounding three, massive dykes and mounds must have taken a large number of people a considerable time to build. From the archaeological evidence, it is thought that this perfectly sited fort in such a beautiful setting was a Celtic religious centre dating from around 500 years BC. During the middle ages the site was used as a rabbit warren, but a more recent despoliation of the site has been the post-war planting of conifers on the surrounding hillsides by the Forestry Commission. Fortunately, they have seen the error of their ways and now, and in co-operation with English Nature are restoring the site to how it has been for thousands of years for visitors to enjoy.

From here it was minor roads to Leominster, where we arrived in time to stand and watch what looked like spider-man repairing the stonework of the Priory Church. This is the largest building that remains from the priory that was dissolved by Henry VIII.

Other parts of the monastic complex were later converted into a workhouse, which later became the Old Priory Hospital and then more recently part of this was converted into a Youth Hostel. An unusual item displayed in the Priory Church is the most complete, and the most recently used ducking stool in the UK. This form of public humiliation was once commonly used as a punishment for cheating tradesmen or unfaithful wives. It was last used in Leominster in 1809 on Jenny Pipes for uttering foul and abusive language in the street. Following her ducking, she demonstrated the uselessness of this type of punishment by expressing her opinion of the ordeal in suitable lewd language. This was the last recorded use of a ducking stool as a punishment in England. We spent a memorable evening in “The Grape Vaults”, where we sampled a selection of their real ales with homemade food of which the landlord was justifiably proud, as he proclaimed to Dave ‘We don’t serve Brake Brothers here!’

*Continued & finished in the next issue*

## **All Night Cycling in the 60s**

*By Dave Kisby*

*[Dave Kisby has been a CTC member for 52 years. As a response to my constant requests for contributions, he sent the following. Ed.]*

Although I now live in Basildon, I was born and brought up in Chelmsford and enjoyed many rides with the Chelmsford Section from 1960 through to the late 1980's. I learned about the existence of the Chelmsford Section one Sunday in May 1960, whilst mending a puncture at Boreham. A rider stopped to offer help and as a result of our chat, I joined the club. The cyclist was Ivan Groome, a stalwart of the Section and a true 'Gent'. Recently, after reading about Brian Taylor's long distance cycling adventures, I thought I would pen an article based on the 'mile-eating' rides of my youth. It was the all-night rides I particularly enjoyed. Here it goes....

My first night ride, together with Ivan and several other 'all-nighters', took place at Easter 1961 as a prelude to our tour of the New Forest. We stayed at Youth Hostels: first Norleywood then Hindhead on the way home.

One Saturday in June 1961, I cycled down to Sevenoaks to join in the West Kent DA 250 in 24. The route took in Maidstone, Canterbury, Brenzett, various towns along the south coast, then north into Sussex, across to Kent to finish near the top of Ide Hill. Total weekend mileage approx. 330.

In August 1961, Dicky Lamprell and Muggins decided to do a Friday overnight run to Crickhowell Youth Hostel (Brecon Beacons). The route westwards saw us travelling first through London and Oxford and on Saturday visiting Gloucester and Abergavenny. We took two days for the return journey, part of Sunday taken up crossing the River Severn near Chepstow on the Beachley to Aust ferry. The Cotswolds were in their glory and we spent longer in the area than planned, just getting to Oxford YH before it closed. Home on Monday via Aylesbury and St. Albans.

The last weekend in November 1961 was cold. I know because Dickie L and yours truly rode through the Friday night to South London, then Basingstoke accompanied by moonlight and frost. Dawn (bless her) greeted us just before Ringwood, on to Salisbury, then Marlborough. Our



accommodation was at Marlborough YH on the Saturday night; home via Newbury, Reading, Piccadilly Circus and Brentwood.

1962 night rides included another W. Kent 24 hour plus numerous youth hostel trips. One Friday night in June, Dicky and Guess Who set out to Staunton on Wye YH. Again, we dallied in Cotswold country arriving at the YH at about 6pm Saturday. Fortunately, our ride home next day was assisted by a strong westerly wind, which allowed us to take time out at Stow-on-the Wold and Churchill village.

My most prolific night riding year was 1963. On a Friday evening in May, Ian Mackenzie, Dave Stokes and myself started off for Boggle Hole YH near Whitby. En route were Cambridge, Huntingdon, Stamford, Lincoln, the Humber ferry, and the Yorkshire Wolds. We arrived on Saturday at hostel opening time. It was a 'Bank Holiday' weekend, so we had another night's hostelling on the way home; namely Woody's Top in Lincolnshire. July saw several of us from the Section join in the Essex DA 250 in 24. the start and finish were at Abridge; the route taking us up to Attleborough and back via Haverhill. In August, four of us holidayed in Somerset, cycling overnight to Porlock for a week's caravanning and camping; home via Street YH and Winchester YH.

An overnight ride with Ian M. and Dave S. to Festiniog YH starting one Friday evening in May 1964 was memorable, if only for the hills at the Welsh end of the excursion! We crossed back into England on Sunday just after lunch near Welshpool, staying at Chaddesley Corbett YH that night. Homeward bound, we spent awhile at Stratford-on-Avon and Bedford. Total mileage about 500.

Lone night rides were also undertaken during the 60s; usually on a circular route starting and finishing at home. Occasional all-night rides in the 70s saw the distances diminishing; my last 'overnighter' being in '77.

Other all night cycling companions on occasions during those halcyon years were Pete Moore (1961), my brother Gordon, Colin Lago, George Bailey and John Hart. John has also ridden the Paris-Brest-Paris event (1979 & 1987). All these names will be familiar to the older Chelmsford riders. 🚲

## Useful Website Links

CTC Essex DA	<a href="http://www.essexcycling.co.uk">www.essexcycling.co.uk</a>
Cyclists' Touring Club	<a href="http://www.ctc.co.uk">www.ctc.co.uk</a>
Chris' site: route planning resources	<a href="http://www.velocipede.org.uk">www.velocipede.org.uk</a>
Yet Another Cycling Forum	<a href="http://yacf.co.uk/forum/index.php">http://yacf.co.uk/forum/index.php</a>
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French Pedals (Cycle Touring Holidays)	<a href="http://www.frenchpedals.co.uk">www.frenchpedals.co.uk</a>
Herongate Cycles (Cycle Shop)	<a href="http://www.herongatecycles.com">www.herongatecycles.com</a>
Hopleys Garden Long Barn (Café)	<a href="http://www.hopleys.co.uk">www.hopleys.co.uk</a>
Kings Road Cycles (Cycle Shop)	<a href="http://www.shedbornbikes.com">www.shedbornbikes.com</a>
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