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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 5/2012se23

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The Editor reserves the right to edit contributions for reasons of space, clarity or libel.

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

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	John Copas	johncopas06@yahoo.co.uk	Delegate
South East Essex	John Steer	☎ 01702 309958	Secretary
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	Peter Hubbard	(South East Essex MG)
	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 November / December 2012 edition is on **15 October 2012**

Editor's foreword

The Olympics have finished! Now it's AGM season – time to get engaged with your fellow cycling companions and your member group!

What do you do to encourage those SUV-drivers to use the road on two thin wheels? Or, what example do you give those folk, who even find an empty road too dangerous that they continue to be a peril to pedestrians on the pavement?

Yes, advertising is on the cards, well, on the wheels (see the facts below). The more cyclists on the roads, the more car drivers are aware that there are other (vulnerable) traffic participants sharing the road.

And, so that you can show where you belong, check out the continuation of the Jersey-saga: on the yacf forum at <http://yacf.co.uk/forum/index.php?topic=54697.45>

Other than this, EDARF (p.6) and LEL (p.23) are requiring your support.

Have fun cycling.

Your editor,
Stefan Eichenseher

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

Did you know?

- Research has shown that tripling the number of bike riders on the street cuts motorist-bicyclist crashes in half.
- Bicycles use 2% as much energy as cars per passenger-kilometre, and cost less than 3% as much to purchase.
- How many bikes can be parked in a single car parking space in a paved lot? - Anywhere from 6 to 20.



The President's piece

The cold weather has finally gone and the warmer weather has at last arrived, but we had to suffer a lot of rain while we waited for it.

Wasn't it great news that England finally had a winning Tour de France team and a winner of the yellow jersey for the first time in the history of the race?

I know that the Olympics will be over by the time that you read this edition of the Spotlight, but I'm sure, like me, you hoped for more gold medals for our British cycling teams, as well as for other British sports personnel in other disciplines (third in the medals table after all these years) - WOW.

Essex councillor Stephen Castle says that the Hadleigh off-road venue will take about 5 years to alter with new buildings (bike hire, café, plus other facilities). We wait with anticipation ... Ok, so some of us will be too old and stiff to race around the course, but we can smile and say we rode the original before they changed it (!)

Enjoy your cycling, wherever you ride.

John Steer

EDARF

Essex DA Reunion Fellowship (EDARF)

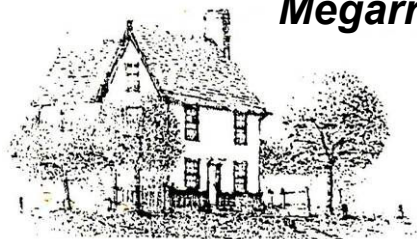
Autumn Lunch

at the **Langdon Hills Golf Club**

on **20th October 2012**

Contact Eva Paine for details
on 01375 383941

[DA stands for **District Association**. "CTC Essex DA" is the former title of the "Essex CTC Member Group". For the sake of the acronym, the "DA" continues to live in EDARF. *Ed.*]



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Essex CTC Member Group AGM

The **Essex CTC Annual General Meeting** will be held
at the **Chelmer CC Clubhouse**
in Meteor Way, Waterhouse Lane, Chelmsford,
(OS167, TL698067)
on the **18th November**
commencing at **10.30am**.

Nominations for office are accepted on the day. Propositions must be received by Lynda Collins by **15th November**. The Prize-giving will take place after the meeting with some food to stop you getting hungry, so please support Essex Cyclist's Touring Club.

Member Groups' Reports

Chelmsford Member Group

July 15th - St Swithin's Day - A dry day forecast for today, a rarity in this sodden summer. Diana and myself were the only two at the start. I presumed some were on the 100/100, but in fact only Martin was.

Sandon, Danbury and the delightful Riffhams Lane were on the route to Heybridge Basin, where we met Beryl. After a leisurely elevenses and watching the high tide, with the sun glistening on the estuary, we decided to lengthen the morning ride by going to the new visitor centre at Abberton, as Diana (a keen bird watcher) and myself had not been before. It being Sunday proper tea and cake were on offer and not out of a m/c (??), as in the week. After a quick 'cuppa', we left this pleasant spot to ride against the wind to "The Queen's Head" at Tolleshunt D'arcy, our official lunch stop.

On our way to Bunsey Downs, Beryl spotted signs for the flower festival in Woodham Walter church. A marquee had been erected in the graveyard and we enjoyed tea and cake for less than L2 each.

The tables were set up amongst the headstones and I hope we did not disturb the rest of Lucy Harvey, who died in 1887.

With the sunshine and the Abberton visit, it had been an enjoyable day.
Dave Russell

July 22 - The fine warm day after so much bad weather was a definite boost. There were four “regulars” at the start, supplemented by the welcomed company of George (aged ten-in-a-few weeks) who brought his dad, Phil along for support. George rode with us to Heybridge last year so we were confident that he would be OK. We took the usual route to Elsenham Golf where we met Dave, Beryl, Betty and Clive.

Eight including young George went on to lunch at Elmdon, taking in Rickling Green, Arkesden and the lanes route through Duddenhoe End (which some say is the highest point in Essex). As we approached the last stage up the hill to Elmdon, several things happened at once; our route converged with the London-to- Cambridge charity ride, we passed through a set of corners and I got a puncture. It was decided to pump the tyre up hard and rush up the last hill to-the-pub, which I did, weaving past several of the charity riders as I went. The L-C ride boasted 4500 riders, so it was quite a spectacle to watch, as I attended to my puncture outside the pub, as they filed past. “The Dial” as usual, gave good fare and service and remains highly recommended. We took the slightly off-road Widdington route back to Dunmow for Threeses, which actually happened at about four. Our new young star stayed with the group all the way home, totalling about 73-miles. A definite *future Wiggins*, and I only hope he remembers us when he’s famous! **Adrian Leeds**

Colchester Member Group

June 24, 2012 – Stisted - Because we’d heard that Maldon & District Cycling Club were doing a Reliability Trial and heading for the same lunch venue, Alan changed the route to get us to Stisted a bit earlier, and asked everyone to be at Leisure World ready for a prompt start.

Seven of us set off shortly after 9.30am — Alan (ride leader), Clive, Derek, Des, Paul, Caroline and Pam. At “Barnplants”, we were joined by the Tiptree contingent — Les and Gill on tandem plus their friend Sarah, who started cycling with the Tiptree Cycle Champions project only a few months ago, but is now making great progress.

Just after Perry Green the heavens opened. When asked for a description, Derek said “B wet and cold”. However, the sun was shining again by the time we got to “Specialities Tea Rooms” in Stisted, so we left wet clothing outside to dry. With perfect timing, Maureen joined us just as we were sitting down, ready to order the food! She had missed us at Barnplants, but found her way with no problems, so there’s another ride leader in the making!

Sean had plenty of towels at the ready, and we were soon tucking in to the delicious fare — including excellent value Tea for Two (pot of tea, sandwiches, crisps and cake for £13). Sean also provided a birthday candle to top one of his delicious chocolate meringues in celebration of our first anniversary. We have already booked again for our second anniversary! **Pam Nelson**

August 5, 2012 - Colchester 40/40 - Twenty-two cyclists met at “The Alma”, Copford Green, for Colchester’s annual Tourist Competition event, the Colchester 40/40.

Brian Penny of the South East Group had planned a really nice, scenic route through Feering, Great Tey, Pebmarsh, and onto “The Henny Swan” (to answer a question about the restaurant). From Great Henny we went through lumpy Lemarsh to Bures, Little Horkesley, West Bergholt, and Eight Ash Green.

The Chelmsford section, having had elevenses at “Perrywood Garden Centre” in Tiptree, made it to “The Alma” in time for lunch and the arrival of the first entrants back. “The Alma” had an ample menu of smaller dishes such as soup, olives, and a delicious crispy duck salad.

Over lunch, Brian made the most of there being so many cyclists from the different Essex CTC member groups to get us to try on jerseys from InterBike Velo Schills, from where the future Essex CTC jersey will be sourced. Opinion was that the jerseys were of good quality, but came up rather tight on the waist, and quite long in the arms.

A most enjoyable ride with a nice social afterwards. **Malcolm Mitchell**

Havering Member Group

8th July - RSPB Purfleet and beyond - Kelvin led Steve and two others to RSPB reserve at Purfleet for 11ses. The plan was to go along bridleways and byways into Belhus Woods Country Park. But with the amount of rain we have had the group gave up on the muddy bridleway and went for a cuppa in "Belhus Wood Café".

15th July - London to Southend Charity ride - Four Havering riders went on this annual ride starting from Victoria Park in Hackney, which then makes it the long way via Hook End near Blackmore to Southend-on-Sea.

22nd July - Sights of London ride organised by 40-plus Cycle Club - Led by Bernie from the 40+ Gordon and Alex rode with others through the East End to meet more riders including Stephen at Victoria Park, Hackney.

We followed the Regent's Canal to Islington, where we headed across Tottenham Court Road into Regent's Park, past the zoo. We made our way down to Hyde Park stopping for a picnic lunch in the sun.

After lunch, we stopped off outside Buckingham Palace for a group photo; then down through Victoria and along the south side of the river, where we stopped for a break by Lambeth Palace.

We were led along the river going over Tower Bridge through St Katherine's Dock and along the cobbled streets of Wapping. On the edge of Wapping we joined the cycle super highway that took us smoothly into the western end of Docklands, avoiding lots of busy junctions, where we stopped for refreshment in a pub. Bernie then led us through lots of East London parks turning the ride back into a much greener one than one would have imagined. **Stephen Ingall**

22nd July - Regular ride from Upminster - Three Newham riders joined me for a 55 miler to Hatfield Broad Oak in the glorious sunshine. We bumped into some Havering boys on the road. 11ses was at Blackmore, lunch at "The Cock", which was a bit quieter than last time (Mothers day). No punctures or other mishaps and we arrived home to the news that Bradley Wiggins has won "Le Tour", how good is that? **David Rowlands**

5th August - Pleshy and the deepest ford in Essex - Kelvin took nine

from Upminster for Pleshy, with two leaving at our banana stop by a convenience store. We were taken on a ride many were familiar with, but taking in bridleways and paths linking together routes we had not taken before. We successfully went around the deepest ford in Essex at Good Easter.

After lunch in “The Leather Bottle” in Pleshy, we headed back to the Church in Blackmore, for cake - thanks WI ladies!

12th August - Old village of Hatfield Broad Oak - Gordon, Stephen, Barry, Glen and Bernie headed for Blackmore for 11ses, as we had heard Brian was nursing a sore knee from putting on a burst of speed the day before. Three carried on to our destination, where we had a very nice (and reasonably priced) lunch in “The Cock” pub, where the roadies (Gordon and Barry) talk turned to cadence meters.

At around 25°C it was one of the hottest cycling days so far this year. Stephen was feeling the heat and, although being urged to push on by Gordon, stopped for some R & R near Stondon Massey on the way back.
Stephen Inga

South East Essex Member Group

17th June – Marsh meander - By using various oil burners, a dozen riders met up at the Light Railway Café at Hythe. Even those unfamiliar with the route would have guessed we were in for gentle ride as our leader, John, had brought his “fixie”! Fortunately, the previous day’s strong winds had died down to a stiff breeze. To remind us it was Father’s Day a Spitfire accompanied by two helicopters presumably full of lucky fathers came over the ridge near Hythe. As the title indicates, we meandered round the Romney Marshes, past numerous sheep, to Lydd, where we took refreshments in “The George”. It was then a short ride to Dungeness with its extraordinary landscape, which classifies it as Britain’s only desert. It also has some strange shacks, which had Jon C identifying all the rail carriages that many had as their core. Lunch was had at “The Britannia Inn”, where the service was quick considering how busy it was. The wind was behind us for our return through New Romney and Dymchurch. With several intersections with the small railway, the RHDR, several took the opportunity to take pictures. Tea and cakes were taken at the “Lathe Barn” at Burmarsh, before making our way back to the cars. Thankfully there nothing of the fly problem that last year’s riders encountered, just a swarm of Midgets of the MG-kind at Brenzett! It was a long day, but with

Continued on page 15

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lots of interesting things to see. The only puncture of the day was on my own bike, which was discovered after the ride and got repaired in Essex.

Mel M

20th June - Bike week mid-week; the evening ride saw a small group of the SEG's ride across the dirt track to the Barge Gladys for a drink and for something to eat. We were joined on our ride by none other than Sam Mashford, the owner of the new bike shop in Hadleigh. On the way back from Benfleet - we were actually coming back in daylight for a change - Chris Spicer decided that he had had enough of cycling and decided to lie down. What really happened was that he had his front wheel in a narrow rut. Consequently, he took a tumble and broke his clavicle ... no cycling, swimming or driving for a while for him then. **John Steer**

15th July - Margaretting - After the 7 riders left to do the Peggy Thorndyke 100/100, Phil Notley arrived early riding from Stanford-le-Hope. Slowly a further 6 more or less regular riders turned up. Since I haven't been out for ages, I didn't know half of them. Reliably, Chris Woodhouse had several options available to get to the 11ses destination. Up Brock Hill, which I incidentally managed easier than I expected, we joined some London to Southend riders towards East Hanningfield. I had a nice chat with the new-to-me faces Ian and Charles, and kept them company to make this ride a sociable experience.

We turned to take the reservoir from the back and the drag up to Galleywood. Down the hill and across the A12 we soon were in sight of "The Saddlery". The café was busy, but we fitted nicely around two tables. Suitably replenished, only Colin B., Alan S. and Peter H. continued on to lunch. Chris lead us a fairly straight route back, via Margaretting Tye and Stock, straight into the crowds of the London to Southend participants. Chris and Ian Cross turned off home towards East Hanningfield - following the crowd -, whilst Charles T., Phil and I enjoyed the run down Brock Hill back into Wickford. I made total of 36.8km, not a lot, but a nice start after a long term off the bike. **Stefan Eichenseher**

22nd July - Two groups set off from Wickford this morning, followed by Lynda C and John S riding at a slower pace. On their ride, they picked up other riders that had stopped for mechanicals or punctures before catching up Peter's group. Peter H led until Hutton, where John S led most of the group on the quieter roads through Shenfield to "King George Playingfields Café". After 11ses, Peter H led to lunch, only for us to lose

Martin P just after Brentwood, when he hit a pot hole and lost some of his possessions from his open pannier. He joined us later for lunch. On our return towards Wickford, we stopped at the "Hanningfield Nature Café" for 3ses, before parting and heading home.

29th July - 3 groups made their way to "Roundbush Café" this morning. On our arrival at the café, the first group had already arrived. Orders were made and we waited in the sunshine for our grub. All were severed bar Martin P, who was so busy making his video of the cycling group that missed his first call. As we were about to leave Martin's food arrived. We arrived at our lunch stop just before the rain started. Ian C's father and Simone joined us for lunch. Then eventually Martin P arrived having burned off his full English breakfast. On leaving "The Green Man" at Bradwell on the Waterfront, we headed inland for a short diversion, then back on the main road before diverting off again, by which time the heavens had opened ... and we lost Martin P again. We took 3ses at "The Butterflies Café" and dried out again - who should join us, but MP again! On leaving "The Butterflies Café" a young lady was bringing two strange little critters out for a walk called (ring tailed) <thingamy bobs> Did anyone catch their species? **John Steer**

5th August - 8 SEGs converged on Copford Green for the annual 40k/40mile event. Although, the 40k didn't take place this year. On strict instructions from Brian Penny we were to be back at the Alma by 2.00pm. This event started life as an easy ride to encourage new members to the Colchester group, which also included taking in a lunch stop, so as to not tire out new riders. It has now turned out to be a race against the clock. The 8 SEGs all agreed that at the halfway stage, we would all need to eat, as some of us hadn't eaten for between 5/6 hours. The check point pub wasn't open, when we arrived and as we were about to leave they opened their doors. Charlotte and Ian used both their loo, but none of us ate there, as there prices are rather high. We then set off on the return leg and stopped at the next pub (The Lion?). Their prices were not much different, but the beer, service and smiles of the staff were much better. After lunch 4 of the group sped off leaving the other 4 to do their own thing. This they did admirably by taking the shortest route back to Copford Green. This included a walk up a dirt track that was flooded, then a walk through a copse/spinney, before getting back onto a metallic road. All this time the heavens had opened up on them and they were soaked to the skin. On reaching the road, Ian discovered that he had a front puncture. I went ahead to get the beers in, as the pub was only a mile away. By the time I reached the PH and

the check point, the sun was coming out. This was the second puncture of the day, as Paul H had one earlier in the day in perfect sunshine (Why did Ian C get it so wrong?) **John Steer**

Forthcoming Events



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

Date	Event	Organiser
18 Oct	[MG] Chelmsford AGM, 7.30 pm , Chelmer Club Hut, Meteor Way, OS167, TL698067	Adrian Leeds
14 Oct	[MG] Havering Group AGM, 11.00 am The Visitors' Centre, Belhus Woods Country Park, Romford Road, Aveley, RM15 4XJ,	David Rowlands
26 Oct	[MG] South East Essex Group AGM, 8 pm St Laurence Church Hall, Eastwood, SS2 6RH	John Steer
18 Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)	Lynda Collins

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

Easy Rider Meets



Date	Pub	Destination
9 th Sept	Ingatestone Garden Centre	Ingatestone
14 th Oct	The Ship	West Hanningfield
11 th Nov	Brambles Restaurant	Chelmsford

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

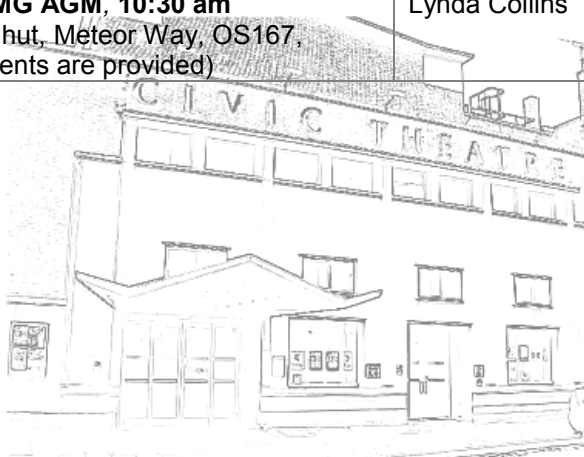
Rides Start: Sundays: Civic Theatre, Fairfield Road 9am for 9.15am

All day rides start **9.15am**

For Tuesday evening destinations

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

Date	11ses	Destination	Leader
16 Sep	Wetherspoon, Billericay	Coalhouse Fort, East Tilbury	A Leeds
23 Sep	The Shed, Sawbridgeworth	Hadham Ford	D Russell
30 Sep	Thorndon Park, Brentwood	The Viper, Highwood	J&B Taylor
07 Oct	Hastingwood	Hatfield Broad Oak	A Leeds
14 Oct	Thaxted	Widdington	D Russell
18 Oct	[MG] Chelmsford AGM, 7.30 pm - prompt, Chelmer Club Hut, Meteor Way, OS167, TL698067		A Leeds
21 Oct	Coggeshall Dutch Nursery	Mount Bures	A Leeds
28 Oct	Stansted Mountfitchet	Fernaux Pelham	M Cockersole
04 Nov	Blue Egg, Bardfield	Cornish Hall End	D Russell
11 Nov	Sawbridgeworth	Moreton	D Emery
18 Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)		Lynda Collins



Havering Member Group – Runs List



Secretary: David Rowlands

43 Limbourne Avenue, Dagenham, RM8 1HU

☎ 07948 583979 or 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

Date	Destination	Leader
16 th Sept	Coalhouse Fort, East Tilbury. Ride to Billericay to meet Chelmsford CTC first	Stephen 07890 386984
23 rd Sept	Mill Green, The Viper. 11's Nth Weald Station on Historic Epping Ongar Railway	Stephen 07890 386984
30 th Sept	Burnham on Crouch, The Contented Sole	Gordon 07711 609230
7 th Oct	All-comers Ride	
14 th Oct	[MG] Havering Group AGM, 11.00 am The Visitors' Centre, Belhus Woods Country Park, Romford Road, Aveley, RM15 4XJ ➤ Meet at usual time for ride to Belhus	Stephen 07890 386984
21 st Oct	Epping Green, then back to Limehouse Rail via Lea Valley Park	Stephen 07890 386984
28 th Oct	Matching Tye, The Fox	
4 th Nov	All-comers Ride	
11 th Nov	Writtle, Rose & Crown	
18 th Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)	Lynda Collins
Or	Mill Green, The Viper	

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

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 2nd & 4th Friday of the month

8.00pm @ St Laurence & All Saints Church Hall,
Eastwoodbury Lane, Eastwood, SS2 6RH

Date	Eleveneses	Destination for Lunch
September 2012		
16 th	Mundon (Roundbush Café)	Tolleshunt D'arcy (Queen's Head)
23 rd	Blackmore (Blackmore Tearooms)	West Hanningfield (Three Compasses)
30 th	[IMG] London Ride E11 2LF	Car-assisted: John Steer 01702 309958
or	Great Baddow (Bringy Pine)	*see note
October 2012		
7 th	Bicknacre (Horseshoe Nurseries Garden Centre)	North Fambridge (Ferryboat Inn)
14 th	[IMG] Viking Trail CT7 9RA	Car-assisted: John Steer 01702 309958
or	Margaretting (Saddlery)	*see note
21 st	Bunsay Down (Golf Club)	Tolleshunt D'arcy (Queen's Head)
26 th	[IMG] SEEMG AGM St. Laurence & All Saints Church Hall @ 8pm	
28 th	Brentwood (King George Playing Field)	Stondon Massey (Bricklayer's Arms)
November 2012		
4 th	Rochford (Beehive)	Great Wakering (Red Lion)
11 th	Mundon (Roundbush Café)	Tillingham (Cap & Feathers)
18 th	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), contact Lynda Collins	

Note: * 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.

Check out 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

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

Date	11ses	Destination	Leader
Sep 16	Gt Holland, Park Fruit Farm	Mistley, Park Place	Malcolm Mitchel
Sep 23	Maldon, Jolly Sailor	Coggeshall, Dutch Nursery	Des McCarron
Sep 30	TBA	TBA	TBA
Oct 07	Stutton, Gardener's Arms	Dedham, Craft Centre	Alan Palmer
Oct 14	TBA	TBA	TBA
Oct 21	Gt Wenham, Queens Head	Weeley Homestead, Cabin Café	Malcolm Mitchell
Oct 28	Goldhanger, Chequers	Aldham, Millrace	Alan Palmer
Nov 18	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)		Lynda Collins

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 3rd Monday of the month, 8pm at "The New Inn", Chappel St South (CO2 7AX).

Check our website for further information: www.colchesterctc.co.uk



The New Inn, Colchester

David Doo Photographic Prize: 2012 **- A Second Exposure...**

By Martin Pipe, South East Essex Member Group

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 reviving the "David Doo Photographic Prize". David, who sadly died in 2010, was an active member of the Chelmsford MG 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 - the competition brief is to celebrate cycling in any form. I also want to encourage video/film.

Winners could be traditional still photos or moving video. 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 Essex CTC Member Group AGM.

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.

You can start submitting photos now. All those who entered last year will automatically be re-entered - and there's nothing to stop them from submitting their newer efforts either.

The closing date for entries is **November 1st**. Get clicking now...

Please send all submissions, by post or by email, to the editor (see details on page 3). Don't forget to add your name, date of image/video and a brief description of your work.


LEL 2013 – Volunteers required!

by Tom Deakins

Gt Easton control is only open for the return leg,
from 05:00, Tuesday, 30th July to 05:00, Friday, 2nd August 2013.

Help is needed with all areas: stamping cards and other admin/IT, catering, cleaning, bike parking, general dogsbody-ing and keeping everyone happy!

Any level of commitment would be most welcome, even just a few hours to give staff a break. A form for volunteers to detail their skills and availability is at <http://www.londonedinburghlondon.com/volunteer> or, alternatively, contact Tom Deakins for paper copies at 31 The Causeway, Great Dunmow, Essex CM6 2AA, (Tel. 01371 876931).

Please don't hesitate to get in touch with me if you have any queries. 



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Touring around Birmingham

By Stephen Ingall

[On this ride, Stephen used the "BMX World Championships in Birmingham on 24 - 27 May 2012 as an aim for his Solo Tour to and around the city. Ed.]

I left Fenchurch St station bound for Euston guided by my bike map. I was a little apprehensive about the journey because of negotiating busy London weekday traffic with the trailer I was towing, but was pleased to find that picking my way across London was not as risky as I thought. I departed the train at Tamworth, which is just NE of Birmingham, and headed south along a mix of bike paths and roads to my Campsite Kingsbury Waterpark. On my 700c with suspension forks I was free to ride any track I chose.

Over the next few days, I made use of the path that runs alongside the canal all the way into Birmingham city centre. This was a real bonus as I bypassed the busy roads and saw the best of the history of the area that backs onto the canal.

The BMX World Championships were held on a dirt and tarmac track at the National Indoor Arena. In a few days the wearers of the UCI rainbow jerseys are decided. On Friday there was a Time Trial Competition in itself, which also decided, who would go through for the finals.

The main competitions happened during the evening 'shows'. The riders set off down the 40ft high start ramp to pickup speed, with everyone aiming to be first into the first corner, as the leader at this point often goes onto win. The competition from the quarter finals had a knockout format with one chance - one race to make it through to the next round. This can be quite harsh, as someone crashing in front can take out trailing riders as well.

Unfortunately, our top competitor in the elite category, Shanaze Reade, crashed on the first corner of the quarter final and Liam Philips did the same in an earlier round.

One day I joined North Birmingham CTC for a ride. It was good to ride with a group from a different area; but like in other CTC groups they made me feel very welcome. I rode with them on a Tuesday, but was amazed to find out that they often have 60 – 100 out on a Saturday.

After riding round the countryside north of Sutton Coldfield, I left the group at Litchfield for some sightseeing. The church is very impressive. This day marked my first ride reaching 80K, not bad on a heavy bike.

For the next part of my trip I caught the train to Kings Norton on the SW side of Birmingham to follow a bike path south to Redditch. I often based my trips around the National Cycle Network routes, taking the traffic free ones, if possible, as they often go through nice scenery and were better, as I am a long vehicle with my trailer. Throughout my trips I was constantly delighted by the amount of infrastructure that there is now for cyclists including the signed quiet routes.

Hills were always smaller on the map and I certainly felt that on the way to Redditch going up, down, up... I headed to the SE of Redditch and after Coughton reached a large ford. It wasn't deep at 4-5 inches, but it was fast flowing and with my trailer I had visions of it going badly wrong. After watching the kids wazzing through it on their motorbike, I headed in and made it out unscathed. I had to keep my foot down, as it was getting late and I needed to get to the campsite at Aston Cantlow. The campsite owner seemed to be amazed how out of breath I was and yet still standing.

Many people I had talked to had said how picturesque the area around Stratford-upon-Avon is, which is to the east, and they weren't wrong. While in the area, I headed out on a ride that included taking in the high points west of Illmington. Though I stopped part of the way up, and started to have second thoughts, but as I felt the hill pulling me upwards, I couldn't leave without ticking this one off. I rewarded my efforts with lunch at the National Trust Garden followed by a bumpy 14% decent. My trip ended Stratford mixing in some sightseeing. 🚲



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The 100-100 Event

by Stefan Eichenseher

Considering the weather on the day before, it was unsurprising that riders would decide on the day whether to embrace the challenge of the 100/100. Only one faithful pre-entry, John Rootkin, was dutifully present, when I arrived at the start. Another well known face, Mike Batchelor, also came for an early start. Mike and Jon Collins headed out for the 100 mile route. Martin Cockersole indicated that he would do the route straight through, so we discussed a rough time when I will expect him back. Mike Curtis and Melvin Martin readied themselves for the 100km route, when eventually Martin Pipe turned up and adjusted his gear to take some on-the-road images. He also joined the 100km group.

Melvin pointed out a route sheet error on the 100km route, which I promoted to the other riders, before they started. I then joined the local ride for 11ses at "The Saddlery" for a brief excursion.

As expected, Martin Cockersole was back early, preceded by Melvin with half a minute at 13:59. At the same time, I received a phone call from a frantic for words, erm, the route searching Martin Pipe, who got lost in road works in Cloggeshall. I explained to him that he was not supposed to be in Coggeshall and after some discussion he accepted my directions to get back on to the route sheet. Then I had a snooze in the car waiting for the riders to trickle back.

At about 15:20 Jon Collins phoned (from home) to declare DNF, as his knees gave way earlier at about Great Horksley. A bit later than the expected time Mike Curtis turned up at 15:45 and John Rootkin at 16:05, to finish their 100km event. There were only 2hours to wait... before Mike Batchelor turned up at 17:40, followed by Martin Pipe at 18:28. All 100 km riders reported busy conditions on the last leg back, which suggests an alteration needed for next year.

All in all, apart from the low numbers of riders, which is certainly down to publicity, etc., I think the weather did us a favour and the event became quite successful for those who took part. 🚲

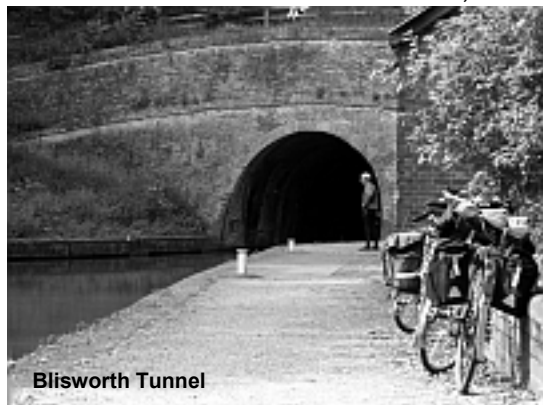
Just into Wales – final episode

by Ken Rickwood

We were now on our way home and the miles sped by, as we made our way east with a following wind. Following undulating country roads we had occasional views of the Malvern's before entering Worcester to cross the Severn. Here we had lunch in the "Ginger Pig" before photographing the statue of Elgar and visiting the cathedral with its impressive west window and tomb of King John. During the afternoon, the wind continued to blow us on our way to Stratford upon Avon, our destination for the day. The Youth Hostel is in a fine Georgian mansion situated just two miles from the city centre. The facilities and service are of a high standard and suitable for the large number of school parties and international tourists that visit this area.

The following day we continued east, still with a helpful wind. By elevenses we were in Fenny Compton, where we crossed the Oxford Canal at the canal-side hostelry, which now provides just about everything that a passing boat could need from drinking water to overnight accommodation. We made do with tea and beans on toast. Refreshed we continued through the undulating Northamptonshire countryside to Stoke Bruerne, where we arrived in time for lunch in the "Canal Museum". This was the only part of our route, where there was no suitable Youth Hostel, so we had booked a B+B in the village. Our wind assisted early arrival left us the afternoon to visit the National Canal Museum and to explore this section of the Grand Union Canal. In one direction, the towpath took us to the entrance of the Blisworth Tunnel.

Work started on this tunnel in 1793; after three years work disaster struck



Blisworth Tunnel

with a major collapse and the loss of the lives of 14 men. After rebuilding and further problems, the tunnel was finally opened in 1805. There was some major rebuilding of the tunnel in the 1980s, when sections were lined with pre-cast concrete rings - prototypes of the materials that were later used on Channel Tunnel. In the other

direction, the canal is full of interest, as the narrow boats make their way

through a flight of seven locks. Adjacent to the top lock is a dry lock where there is an unusual boat-weighing machine. Canal companies derived their revenue by charging boats for the weight and type of goods they were transporting. This machine, made in 1834, was used by the Glamorganshire Canal Company. The boat to be weighed was floated into the cradle then the water was drained from the lock. By a clever system of levers the effective weight of the boat was reduced by a factor of 112, making each cwt of cargo equivalent to one lb on the scale-pan. Close by the top lock is the "Boat Inn". As all our food that day had been consumed in canal-side establishments, we thought it appropriate to partake of an evening meal and a pint or two here before repairing to our B+B across the road.

The day dawned bright and the sun shone on us as we pedalled to Grafham Water for lunch and onto Bourn Mill. This is oldest post-mill in England. First recorded in 1636, although it could be several hundred years older, it has undergone many repairs and rebuilds over the centuries. The whole body of this type of mill is rotated on the central post so as to make the sails face into the wind, or if the wind is too strong turned out of the wind. This is achieved by the miller moving the tailpole, never an easy task and sometimes extremely hazardous. In 1741, the miller, Richard Bishop, was killed when part of the mill blew down as he struggled to turn the sails out of a high wind. The mill continued to work until 1926. Then in 1932, it was given to the Cambridge Preservation Trust, which has preserved all the working machinery. Windmills in the landscape conjure up images of a tranquil rural life, but in fact, mills of this type were noisy, dusty and dangerous places to work in.

There is no spare room in Bourn Mill and it is quite perilous for the visitor to negotiate his way between the various bits of machinery, when they are stationary; and I for one would not like to be in there when the sails were turning and everything was rotating and shaking.

After our prolonged visit to the mill we stopped for tea and cake in the "Abantu Café" in the village before continuing to Cambridge, where we stayed in the city Youth Hostel for the last night of the holiday. By the time we reached home we had ridden 500 miles in 10 days and had managed to visit a variety of interesting places. 🚲



He, who would valiant be

By Chris Mills

Santiago de Compostella in north-west Spain is supposedly where the body of St. James [Sant Iago in Spanish] was buried after the boat carrying it from the Holy Land beached nearby at Fisterra [Lands End in English]. Pilgrims from all over Europe have headed there, historically on foot, ever since and we decided irreligiously that a cycle pilgrimage from the main French start point of St. Jean Pied de Port would make a good trip for 2011. So on Wednesday 22 June Charles Lodge and I set off from my house in Gt. Waltham and rode to Leaden Roding where we met up with Chris Bull and Mark Beard to continue to Poppy's Café in Epping to have 11ses and join Alan Collins. The sixth member should have been Roger Hunt, but he was sadly out of action after breaking his collarbone the previous weekend in a high-speed shopper bike crash. It started to drizzle as we set off to catch the European Bike Express at Waltham Abbey and just as the coach arrived, it poured with rain, so by the time we'd loaded our bikes and panniers we were pretty wet. We soon dried out and, after a meal on the channel ferry, settled down for the long overnight journey through France.

On Thursday morning, I woke at 6.30 near Bordeaux after a not-too-bad sleep and soon had a bacon roll and coffee from Jason the steward. A couple of hours later we were disembarking at Bayonne and after a little navigational wobble, we headed for the hills and our first picnic lunch in the square at Hasparren. I won't detail all these, but we usually feasted on local bread, cheese, meat and fruits and in Spain Bully and I became keen on tinned fish and squid. We continued steadily upwards through scenery reminiscent of the Alps passing lime trees with a sublime blossom fragrance and spotting a kingfisher and a pine marten and the first of many buzzards and other birds of prey. We'd booked all our accommodation in advance and we rolled up at the first, the Hotel des Remparts in St. Jean Pied de Port, at 4.15 and enjoyed a beer on the terrace after a steady day of 39 miles. Then we went to the Pilgrim Office to get our passports [which were to be stamped at stops along the way] and our scallop shells [the symbol of St. James], which walkers wear round their necks, but which we hung on our panniers. The hotel provided a good meal of local ham followed by steak and green beans and a red berry crumble. We worked some of this off with a walk round the attractive old town and did a tour on top of the ramparts. It was then an early bed before the start of the ride in earnest next day.



Gateway in St. Jean Pied de Port

By 8.45 we'd breakfasted and shopped and set off in the chilly mist to attack the Pyrenees. As we rode up the gentle valley passing lots of unidentified tall white plants with trumpet shaped flowers, the sun burnt through and when we entered Spain and took a coffee stop at Valcarlos it began to get hot. We chatted to an elderly American recumbent rider, who was the first of many foreign co-travellers we met - an aspect which made the trip a lot more entertaining. The climb to the Puerto de Ibaneta at 1057 metres started now and whilst it was long it was quite well

graded, so Bully and I were able to do it non-stop in about an hour and a quarter and felt very pleased with ourselves, foolishly thinking that this was the hardest part of the trip. He leant his bike against the summit sign and bent over to rummage in a pannier, but succeeded instead in head butting the sign – fortunately, it wasn't damaged.

Our three comrades arrived interspersed with American, Dutch and

French cyclists. So we had an international chat outside the summit chapel whilst picnicking and eagle spotting. The picnic included a superb local cheese made from sheep's milk – Ossau-Iraty (you can buy it in Tesco!). A little way down the road was the imposing monastery of Roncesvalles, where we had a coffee in the

sunshine. We were a bit dismayed to have to climb to 3 more summits, before the descent started. But then we swooped downwards through a



Charles reaching the summit of the Pyrenees on the Ibaneta pass

succession of exhilarating high speed bends, as the temperature steadily rose. The way into Pamplona was hard to find, but we got to the centre and suddenly by chance we realised that the narrow passageway we were in was in fact the road with our hotel on it. Our booking had gone adrift, but we were fitted in and our bikes wedged into a corridor. We ate out in a little back street restaurant with friendly natives: I particularly enjoyed the fish soup and the ice cream with almonds in toffee. Returning to the hotel, it was clear that this street was the social centre of the town and the crowds enjoying good natured drinking and [loud] conversation weren't going to stop any time soon, so we joined in for a while. We eventually went to bed, but the crowd didn't, so we had a somewhat disturbed night after a 46 mile day.

Continued in the next issue

Useful Website Links

Essex CTC Member Group	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

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