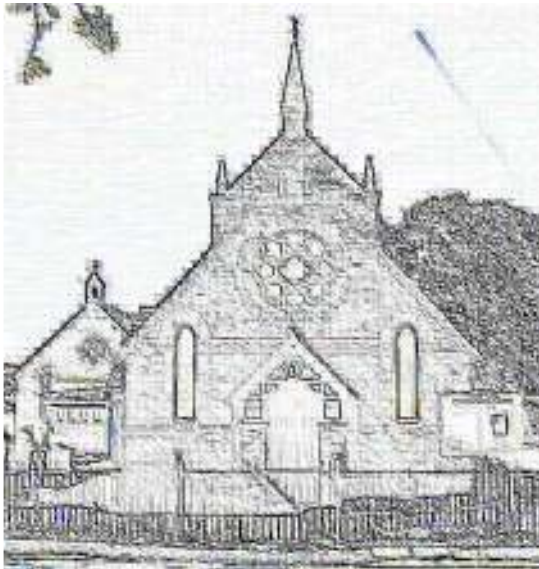


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Spotlight – Magazine of the **Essex CTC MG**, a local **Member Group**
of the **Cyclists’ Touring Club**, the national cyclists’ organisation
President: John Steer Volume 5/2013se27

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

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John Davis, Peter Moore, John Steer

Essex CTC MG Trustees

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the November / December 2013 edition is on **15 October 2013**

Editor's Foreword

It is always nice to get feedback on material that has been incorporated in the Spotlight.

Since I was not present to give my reasoning, the committee decided to put all Member Group organised rides and events back into their own events' lists. I tried to propose an "Alternative Events" section under "Forthcoming Events", as I would have thought making these open-to-all-groups events more prominent, would be more likely inviting riders from other groups to join. I anticipated a coverage, such as the "official" Essex-wide organised *[EMG]* events, would encourage readers to try out other options, rather than checking their runs list, and then possibly not considering other groups' events (as one probably then would not meet the regular weekly cycling partner). But I am always open to be contradicted by readers – who indeed do check other MGS' runs lists for alternative rides.

... However, I haven't seen a lot of cross-group cycling yet ... OK, I haven't been much out recently either – but I would have read about it in the Spotlight ;-)

Anyway, the feedback that made my days can be read on page 28. I received an email and a letter following last issue's front picture.

So, yes, there are still people around, who do recognise old faces. This made me think, that they once were as enthusiastic about their two wheels as we are now... and a picture brings back all the memories from those times, with old-school camaraderie and fun in decent clothing.

I hope that we can in our later years joke about our outfit and claim on our mad personal achievements of longest or fastest ride events. My thanks go to the veterans for keeping my experiences in perspective.

Have fun cycling.

Your editor,
Stefan Eichenseher



The President's piece

For those of you that didn't know it, Stefan, the Editor of the Essex Member Group's Spotlight magazine and organiser of the SEG's 75 and the EPMG 100k/100 mile events, was married on the 10th August to his long time love Rachael (who can ride a bike and we expect to see them out together with the groups someday soon).

CONGRATULATIONS to you BOTH !

[See p12 for part of the guests, Ed.]

The Tri-Vets 100 mile event went very well without any hitches and the ladies at the halls kept up OK with the demand for food and drinks on the day, while Peter Moore manned the register making sure that everyone came back.

The news about the Essex CTC groups' shirts is still in the pipeline and I hope to hear some news soon, as I'm told that Brian Penny is to have samples to take out to the groups by mid September.

July and so-far August have been good cycling weather this year. Let's hope that it continues for the rest of the year with a mild autumn - not too wet or windy.

I hope that Mildenhall went well, as I was unable to attend due to being delegated to leading the Viking Trail on the Isle of Thanet. This is an enjoyable ride with a difference. All groups can join the SEG's on these away rides, if they wish.

Stay safe and enjoy your cycling, wherever you ride, and may the puncture fairy be kind to you. And don't forget to talk to any cyclists that you see along the way, as there might be the chance that they are willing to join a cycling group they didn't know existed (like the local CTC).

John Steer

P.S.: Mildenhall went well: even with the weather drowning Southend, there were only a few little spits – OK, some showers here, too.

But I was most impressed by an increased presence of traders this year, which made shopping a bit more enjoyable than last year. *[Ed.]*

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Member Groups' Reports

Chelmsford Member Group

[Unfortunately, there were no reports available from the Chelmsford Member Group. Ed.]

Colchester Member Group

28th July - Gt Bardfield - The ride to the "Blue Egg" at Gt Bardfield with elevenses at Greenstead Green "Farm Shop" saw eight riders leaving Colchester. We rode out by way of West Bergholt, Fordham, Wakes Colne, Colne Engaine. One turned back for Colchester at the point of arriving at the farm shop. At the elevens stop we met up with Les and Gill from Tiptree with their tandem; also with Tandems were Alan and Wendy and Gavin and Tracy. Also meeting us there, were Sarah and Mary. Mary would leave us shortly after leaving elevenses. We were by now 14 riders (22) wheels. We rode out to the "Blue Egg" via Bocking, Panfield, Jaspers Green. "The Blue Egg" stop was a first visit for the Colchester group. The ride back via Blackmore End saw us tree hopping to try and keep dry from showers. The three tandems left us just after Gosfield to head for the Stisted "Tea Room". The rest of us, seven riders rode straight back to Colchester.

For those interested in stats: distance 61 miles, time 5 hours 53 min, ave speed 10.36 mph, max speed 29.53; avg pulse 122, max pulse 155.

Alan Palmer

18th August - Woodham Walter - Seven cyclists rode from Colchester en-route for "The Cats" at Woodham Walter, elevenses at Coggeshall "Dutch Nursery". "The Cats" was a destination requested at the last ride planning meeting. The loop out took us through the Notleys, Terling Nounsley. On arrival at the pub, we were greeted by the sound of a fairground organ and the sight of a traction engine. Whether it is a regular feature I don't know, but they did appear to live there (the machinery) in a large shed behind them. The route back to Colchester took us on through Maldon, Lt Totham, skirting Tiptree and on through Messing, Copford and Stanway.

The stats: distance 62.7 miles, Time 5hrs 54min, Avg speed 10.6mph, Max speed 28.92 mph, Avg Pulse 121, Max Pulse 149 **Alan Palmer**

Havering Member Group

16th June - Ride to Heybridge Basin - Today was an exceptionally important one for the most humble of Havering cyclists. We proudly revealed THE new club strip.

The models for the day were Steve, Noel, Gordon, Emma, Dave, Chan, and Alex (L). We were not too disappointed by the low turnout in people waiting to admire the new kit. We know how to be patient.

The ride was interspersed with riotous humour, as we each in turn tried to apply our basic bike maintenance skills to restructure Gordon's shredded derailleur.

Two early returns left six to 11ses at "Lake Meadows", then onwards to Heybridge Basin for lunch. Emma was stuck with her small chain ring all day.

We covered the 72 miles making the most of the usual summer blessings of light drizzle, cold grey skies and minimal sunshine. It was a lovely ride too, but even in coolish conditions, it was evident that taking adequate fluids is essential for safe and enjoyable cycling.

In future, as the word spreads, Havering's kit will be synonymous with a lonely riderless bike riding to a burnished golden sun setting in a deep blue sea. That of course is a separate story, and more riders are needed before its story can be revealed here. **Alex Kornfeld** with additional reporting from **David Rowlands**

23rd June - TRIVETS - Four Havering riders joined 68 others from Essex, London, Herts, Cambs, Suffolk, Kent, Southampton & IoW for a nice 100 miler in the Essex lanes. Event was well organised, food was great, weather was mostly kind. Thanks to Chris Mills for the organisation, the ladies at Aythorpe Roding for the catering and thanks for the lift home - Gordon Peel, saved my aching legs!!!

Warmed me up nicely for next Sunday's Windmill Ride. **David Rowlands**

23rd June – Those not on the Trivets - Stephen, Chan, Ray – decided not to go to Matching Green, as it wasn't really a day for sitting outside. We went through Navestock to Stapleford Aerodrome for 11ses, then on to Abridge and up the hill to Theydon Bois. After coming up and down towards Epping the others were pleased to hear there were more hills to come. We went via Hastingwood to reach the "White Hart" at Moreton for lunch. Food in "White Hart" is fab - five stars. **Stephen Ingall**

Continued on page 13

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 **16th November**
commencing at **10.30am**.

Nominations for office are accepted on the day. Propositions must be received by Lynda Collins by **9th November**. If propositions are sent by email, please ensure a seconder is present on the day.

Note: Volunteers are required for the committee:

- Peter Moore has stood down from his position as ***Distribution Officer*** for the Spotlight. We thank him for all the years of diligently following up the subscribers.
- Also, we are still looking for a web-savvy person to take over the ***website management*** for the Essex CTC.

The Prize-giving will take place after the meeting with some food to stop you getting hungry.

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Do you recognise anyone on here?



30th June - While the rest of the Havering were sunning themselves at Southend, Alex and I signed on at Galleywood for the 120Km Windmill Audax ride. A hot sunny day and a really nice route out to Finchingfield and beyond to Saffron Walden. Back via Ugley and Gt Dunmow. Found it hard going at times, chapeau to the guys riding the 210Km. Thanks for the lift back - Alex, saved my little legs! I should have used protection - I looked like a lobster! Where's that after-sun?? **David Rowlands**

Three were not doing the Windmill Event: Ray and Chan led by Stephen got the train to Benfleet, where we made our way to Leigh-on-Sea and then along the seafront through Southend to the "Ocean Beach Café" which is in Southchurch past the pier. It was very nice, sitting there looking out onto the sea.

I had planned to have lunch in Paglesham, then get the train back. But I decided this would be too short a ride on a nice day, so we cut a bit out and went to Battlesbridge via Rochford for lunch then ride all the way back.

7th July - Twelve out today, nine made it to elevenses at Writtle. Four carried on in the direction of Pleshey, but got as far as Good Easter ford then decided to skip lunch, as the call of the cakes was too strong and we headed to Blackmore!

When we reached South Weald, I, NEW David and Jeff went back early, as the curse of my front Continental struck again and I got a puncture. The one on the back has done a few thousand miles no trouble! Who else is in running for the puncture trophy this year? Dave say's, the puncture fairy likes me - she doesn't!! **David Rowlands & Stephen Ingall**

14th July - The 11 out today were Alex K, Gordon P, David R, Stephen I & H, Ray A, Chan, Bernard M, Barry B, 9 made it to 11ses at Churchgate Street, 8 to lunch at "Hopleys Garden Centre", Much Hadham. The group split up at Ongar on the way back, 60 odd miles, 28 degrees, 1 ford, 0 punctures, 1 broken mudguard. **David Rowlands**

Continued on page 19

Forthcoming Events



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

Date	Event	Organiser
29 Sep	[EMG] Colchester 100 , start from The Bricklayers Arms, Colchester, at 8.00am	Malcolm Mitchell 07531 511112
17 Oct	[MG] Chelmsford AGM, 8.00 pm , Chelmer Club Hut, Meteor Way, OS167, TL698067	Adrian Leeds
25 Oct	[MG] South East Essex Group AGM, 8 pm St Laurence Church Hall, Eastwood, SS2 6RH	John Steer
3 Nov	[MG] Havering Group AGM, 10.30 am Thames Chase Visitor Centre Pike Lane, Upminster, RM14 3NS	David Rowlands
16 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 or see our website at <http://www.essexcycling.co.uk/events.htm>.

Easy Rider Meets



Date	Pub	Destination
13 th Oct	White Swan, Bicknacre	

According to the organiser, the above is the last Easy Rider Meet to be announced in the Spotlight. Meeting dates and venues follow the runs list of the *Forty Plus Cycling Club*, available at <http://www.fortypluscc.co.uk>.

For details on further **Easy Rider Lunch Meets** please contact Peter Moore on 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

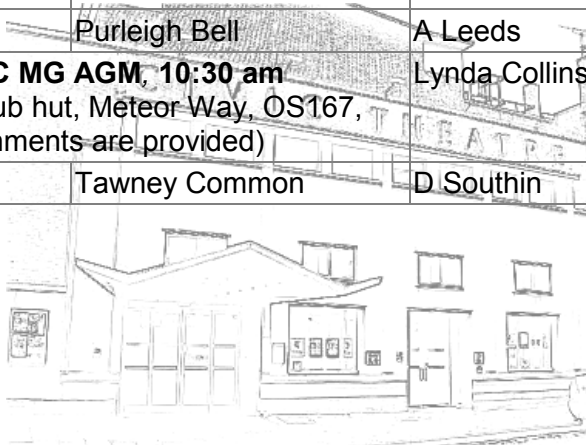
Rides Start: Sundays: Bus Station at the end of Fairfield Road
(near the Civic Theatre) 9am for 9.15am

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 Sep	Elsenham Golf	Hare Street	A Leeds
22 Sep	Purleigh Roundbush Café	Burnham on Crouch	M Cockersole
29 Sep	[EMG] Colchester 100 , start from The Bricklayers Arms, Colchester, at 8.00am		Malcolm Mitchell 07531 511112
Alt:	BHN Rettendon	Alt. North Fambridge	J & B Taylor
06 Oct	Finchingfield	Horseheath (Cambs)	M Cockersole
13 Oct	Sawbridgeworth Hut	High Cross	D Russell
17 Oct	[MG] CCMG AGM Chelmer Hut, 8 pm		A Leeds
20 Oct	Perrywoods	Lt. Horkesley Beehive	A Leeds
27 Oct	Hatfield Heath P.O.	Allens Green	D Emery
03 Nov	Thaxted (Poppys)	Henham cock	D Russell
10 Nov	Heybridge Basin	Purleigh Bell	A Leeds
16 Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)		Lynda Collins
17 Nov	Budworth Hall	Tawney Common	D Southin



Haverling Member Group – Runs List



Secretary: Stephen Ingall

ctchavering@gmail.com or ☎ 07890 386984

www.ctchavering.btck.co.uk & www.essexcycling.co.uk

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

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

Date	Destination	Leader
22 nd Sep	Littley Green	David Rowlands
29 th Sep	[EMG] Colchester 100k , start at “Bricklayers Arms” Colchester, at 8.00am	Malcolm Mitchell 07531 511112
Alt:	Ride with South Herts CTC: Nuthampstead	Stephen Ingall
6 th Oct	All-comers ride	
13 th Oct	Purleigh, The Bell	Gordon Peel
20 th Oct	Sheering	David Rowlands
27 th Oct	Nature reserve by Thames for 11ses, Country pub for lunch. Best on a touring bike	
3 rd Nov	[MG] AGM , normal start, short ride to AGM at 10:30; Ride to lunch afterwards.	Stephen Ingall
10 th Nov	Mill Green, Country pub	David Rowlands
17 th Nov	Epping green	

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 winter's day



South East Essex Member Group – Runs List



Secretary: John Steer

☎ 01702 529 638– e-mail segssec@btinternet.com

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	Elevenses	Destination for Lunch
September 2013		
22 nd	Maldon (Morrisons)	Great Braxted (Green Man)
29 th	[EMG] Colchester 100k , start at “Bricklayers Arms” Colchester, at 8.00am, Contact: Malcolm Mitchell 07531 511112	
or	Norton Heath (Transport Café)	Mill Green (The Viper)
October 2013		
6 th	Hockley (Bay Tree Café at Hockley Market Garden Centre)	Hawkwell (White Hart)
13 th	Sandon (Sandon Garden Centre Café)	Cock Clarks (Fox & Hounds)
20 th	Blackmore (Blackmore Tearooms)	Ramsden Heath (Nags Head)
25 th	[IMG] SEEMG AGM St. Laurence & All Saints Church Hall @ 8pm	
27 th	Chelmsford (Secret Garden Tearooms)	Little Baddow (Generals Arms)
November 2013		
3 rd	Wickford (The Lillies Café at Alpha Garden Centre)	Bicknacre (Brewers Arms)
10 th	Bunsay Down (Golf Club)	North Fambridge (Ferry Boat Inn)
16 th	[EMG] Essex CTC MG AGM , 10:30 am, at the Chelmer Club hut, Meteor Way, OS167, TL698067, contact Lynda Collins	

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

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
Sept 22	Coggeshall Dutch Nursery	Goldhanger Chequers	Des McCarron
Sept 29	[EMG] Colchester 100k , start at “Bricklayers Arms” Colchester, at 8.00am		Malcolm Mitchell
Alt:	Stanway Barnplants	Heybridge Basin	TBA
Oct 6	TBA	TBA	Paul and Caroline Avison
Oct 13	Assington Farm Shop	Long Melford Bizzi Beans	Alan Palmer
Oct 20	Boxted Fillpots	Edwardstone White Horse	Alan Palmer
Oct 27	Birch Gallery Tea room	Tolleshunt D'arcy Kings Head	Pam Nelson
Nov 3	TBA	TBA	Paul and Caroline Avison

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

21st July - Sights of London (with 40+) - This was a busy day for cycle events - some regulars decided to do another event. Arron S and I decided to do this ride organised by the 40 Plus Cycling Club starting from Victoria Park in Hackney (of course Bernard Curtis was there, as it was his ride). We set off through the park and up the Regents Canal. After only a few miles, I had a puncture, so I decided to meet the others at lunch. They carried on north of central London taking in Regents Park and some of the sights to end up in Hyde Park for a picnic lunch. From here, we went on past Buckingham Palace then criss-crossing the Thames taking in the Southbank, St Pauls, Bank, Tower Bridge, then along the cobbles through Wapping back to finish at Vicky Park. **Stephen Ingall**

28th July - Essex CTC Summer Meet at Woodham Mortimer - Alex led seven on a (very) hilly ride to Hanningfield for 11ses at "The Waters Edge". Then on to "The Hurdlemakers" for a BBQ in the company of the other Essex CTC groups. We took a route back via Stock and Hutton. **David Rowlands**

4th Aug - All-comers ride - The Liberty Hall Stompers' Jazz Band. Jazz sounded better from outside. Cakes were yummy as usual. I got a lecture from one of the WI ladies about us all riding six abreast! **David Rowlands**

11th Aug - 65 miler to a former USAAF base, now a private aerodrome - Gordon led five (Chan, Bernard M, John W) to Writtle for coffee. John left and David R joined for the ride onwards to Felsted. Lunch outside at Andrewsfield with big skies and small planes! Return via The Easters and Blackmore, where we stopped to admire some pargeting with a nursery rhyme theme! 1 glorious sunny day, 1 puncture, 70 odd miles. It was also a good opportunity to get some more food, as the "Café at the Airfield" had been taken over by a group of moto-crossers, who were keeping the café staff busy for some time with their order. **David Rowlands**

South East Essex Member Group

16th June - Hythe to Dungeness - 14 of us met at the café by Hythe railway station for our annual ride to Dungeness on the first Sunday of bike week. The weather, as we rode across the Romney Marshes, changed from sunny with a hint of warmth to cloudy, but still warm. A few detours and new roads were used this time, which made for some

surprises for me and other regular riders of this yearly ride. We stopped at the Lydd for the usual loo stop, which meant that some tried out the local beer while others had tea or coffee. Then came the mad dash across from Lydd to Dungeness, as the area is so open to the elements on this road. The new riders were amazed at how the landscape changes from lush green fields with sheep to barren stoned ground that is a site of preservation. After lunch, the weather turned out to be a warm and sunny once again, as we made our way to Romney station in time to see a couple of the trains sitting in the station. Our ride then took us back by a zig-zag route to Donkey Street for our cream tea and cake before returning to our cars and home.

19th June - Leigh-on-Sea to Benfleet - Only 4 riders turned up for the evening ride across the Leigh Marshes to the "Barge Gladys". Martin P had phoned a friend to meet us there, who cycles a bit (trying to get another new member). After a pint and a chat we parted with Martin and his friend and made our way home before it got too dark on the Marshes.

23rd June - Tri-Vets Event - Stefan lead our group (Blue team) on an enjoyable ride, even if the navigation from the route sheet took us off line a couple of times. The Ladies at the community hall did us proud with the way they served up our food PDQ, as each group arrived. I think that I was the only one who had problems with a slow puncture on the back wheel during the last twenty plus miles, which with the strong head wind slowed me down quite a bit. It was nice to see so many riders from all over Essex and beyond - even Steve Gregson made an appearance. Only three years to wait for the next one, with some new faces eligible to ride in the fifty years' age group by then.

30th June - Windmill Event - Lynda Collins and I were marshals at Finchingfield on what must have been the hottest day of the year (at that time). I had never seen Finchingfield so busy. There must have been a couple of hundred motor bikes parked, taking nearly every parking space. There was not much room for cars to park. After Lynda and I had marshalled, we drove to Great Bardfield to give Lynda's new folding bike a trial and mine a workout. Lynda's hubby hadn't tightened up her saddle properly and every time she turned round to look back, her saddle turned as well. Our ride took us to Thaxted, where we followed a lane through to Lindsell, Church End then back onto the Dunmow road and back to Gt Bardfield with a distance of just under 12 miles of fun riding on small wheels (I'm thinking of starting a small wheeled group for fun rides)

John Steer

30th June – Mundon - Nineteen left Wickford on route to the “Roundbush Café” in two groups led by Peter W and Ian M. As no lunch stop had been booked due to the EMG Windmill Rides some decided to head in the direction of Maldon after elevenses. **Manchurian**

7th July - Ingatestone to Bicknacre - 3 (or were that 4?) new riders out today, bringing our number up to 18 and two groups. The ride out to Ingatestone went well with one rider asking, if we were going the wrong way when we went south to the Nevendon road. When we arrived at the garden centre, the first group had arrived just in front of us, which made it quite pack for the staff. But they worked with a smile on their faces and someone asked where the miserable one was. 14 of us went onto lunch. Martin P had his full lunch time dinner. How he rides after a big Sunday roast and a couple of pints, I don't know. Six of us stopped off at “The Haybarn” for 3ses before heading home.

14th July - Maldon to Danbury - 2 groups made their respective ways to Morrison's at Maldon. My group of 5 became 3 groups, as riders ignored my directions and just kept riding on. Most of the riders were going home after 11ses. Stefan had left us soon after finishing his 11ses to get back to Wickford ready to meet the riders, who were finishing the Peggy Thorndike event. As there was no lunch stop booked, we decided to try out “The General Arms” pub at the top of North Hill. It turned out to be a much better pub than “The Rodney” lower down the hill. We will be using it again. With 17 out on the club run and more on the Peggy Thorndike event, it made for a good number again.

21st July - Bunsay Downs to Kelvendon - Once again two groups made their way to 11ses. On the way Peter H requested that we didn't ride any hills, as he said that his legs were tired. “Don't worry Peter,” I said, “I will only use routes that you taught me.” We went via Rettendon (trying not to get caught up with the London-to-Southend riders) East Hanningfield, Butts Green, Danbury, before dropping down to Bunsay Downs. Peter then told me how he had enjoyed the ride. The ride out to Kelvendon was via Ulting, Ulting Grove, Wickham Bishops, Little Braxted through to Kelvendon. On reaching Kelvendon, Peter H said that he knew a good route back along the A12 cycle path - “No, thank you,” we all said. Our route back went via Inworth, Great Totham, Maldon park for an icecream then Mundon, Purleigh, Flambirds Farm with 3ses being taken at “Meadowcroft Garden Centre”, before we all headed for home.

28th July - Blackmore to Woodham Mortimer - Two groups set off with Ian M leading one, while Brian P the other. We also had a South Korean rider riding with us, who Ian M had met while out on a ride. Lynda C was suffering with tired legs after riding an event the day before. Ian led us out to Stoke then onto the main road down the hill (not a route we would normally take) before turning for the Buttsby Ford then onto Padham's Green passing the Chelmsford group on the way (They were coming down the hill while we went up.) ... and no sign of the Grand Old Duke of York. When we arrived at the tearooms there were a few other cyclists there, but none that we knew. Some of us sat outside while others inside. Andy and Margaret Q turned up and it turned out that the South Korean rider should have been staying with them and not Ian M. Eight of us set off for Woodham Mortimer and the BBQ. I had worked out a route taking us from Blackmore through Writtle, Chelmsford Park, Sandown and Danbury. We arrived about 1.30 pm to still find that the other groups had left us some food. A photo was taken of the gathering for posterity, before we all left to make our way home. At Woodham Ferrers what was left of the group split up again. Brian and I had a wetting by an inconsiderate motorist who drove through a burst pipe flooding on the old road just after the "Butterflies Café". Brian decided that what we needed to finish the day was a pint at the "Old Barge" pub at Battlesbridge, which was most welcome. Brian tried a fancy cider, while I had an ordinary one. I rode back with Brian and took Love Lane up into Rayleigh cutting out Crown Hill. Another good ride was over, when I arrived home to a cup of tea. **John Steer**

Continued on page 15



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ANNUAL TRAINING CAMPS

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28th July – Blackmore to Ramsden Heath or Woodham Mortimer - I'm a member of the Warm Showers Community www.warmshowers.org, which is a free worldwide hospitality exchange for touring cyclists. People who are willing to host touring cyclists sign up and provide their contact information, and may occasionally have someone stay with them. I was hosting a South Korean called Kim and he decided to join me on my ride to Wickford from Shoeburyness. He had flown to Rome and then cycled through Europe to Holland and come across to Harwich before making his way to Shoeburyness. At Wickford, we split into two groups, 13 went with Brian P and I led 10 onto the "Blackmore Tearooms". Andy & Margaret Q arrived later and were introduced to Kim, whom they apparently had been expecting to stay with them. It transpired that he'd contacted them, as well as me, but he responded to my message first. We said goodbye to Kim as he was heading for London and ultimately Edinburgh in time for the festival. Two groups left to go back to Wickford for homebound riders, or Woodham Mortimer for the EMG Summer Meet at the "Hurdlemaker's Arms". I led the returning group to Wickford but left them at Ramsden Heath with instructions on routes back to Wickford. I was going to the "Nags Head" for lunch with Alan S, Peter H & Mel M and a very filling meal awaited us. **Manchurian**

4th August London canal ride - What fun us members had this morning trying to get to our meeting place in Wanstead. Redbridge roundabout was chocker full of vehicles trying to get into London, but Boris's minions had blocked it off to anyone trying to get through Wanstead to Stratford. This meant that we cyclists had to find other ways of getting to our start and find parking places anywhere we could to park up and cycle to our start. No problem, I hear you say! Well it was, because of the local restrictions on parking and residents parking. Eleven of us managed to make it, while poor Lynda drove around in circles and becoming more lost before going home and then cycling out to meet the local riders. I digress, everyone one was expecting us to get caught up with 20,000 or more cyclists riding on the "Ride London Event". I knew different, as these riders would be leaving Stratford between the hours of 06.20 and 08.40 and we wouldn't be at Stratford until after 10.00. We set off along our usual route until we came to an open bridge where Claude said I'm not going over that and rode off. It took about 20 minutes to trace, where he had gone, before we could continue on our ride. With Claude safely back in the group we headed to Stratford via the Greenway, where I was hoping that a path around Abbey Creek would be open. But alas, it was still closed. At Stratford High Road we found the traffic flowing which meant that the roundabout

at Redbridge must have reopened. Our last half a mile or so on the Greenway we encountered two groups (about 20 bike riders) who were looking for the way into the Olympic Park and they were hoping that we might know, where it was. I explained that we were not going that way, and we rode passed them to our first canal. We followed the river Lea/Lee, then crossed onto the Lea/Lee canal. I have never seen so many canal boats moored up along this or the other canals we saw today. On reaching the next bridge, we crossed onto the Hereford canal and made off to our first stop at Victoria Park, where it was packed with cycles of every type plus music from a trumpet player accompanied by a guitar player. Once refreshed we set off along the Regents canal to Limehouse and then the Thames path with its ever changing views of London. Our luck was in when we came to the tunnel under the Thames, as the lifts had been refurbished and are now self operated - and they were both working. We rode south of the Thames with me making a few changes (well I thought that some needed the extra miles?). On our arrival at Tower Bridge, I was expecting foot passengers only. But the bridge had been re-opened to all traffic, which meant that we could cycle across. On the way over we saw at first hand how so many women/young ladies end up being killed, as a young lady overtook us and rode straight up the nearside of a bus and began banging the side of the bus, as it got closer to the kerb, while we rode in an orderly group behind. On our arrival at the café stop in St Katherine's Dock, I asked for more tables outside for our group, which they did with pleasure. Everyone enjoyed their food, except Martin who had ordered some sort of pie and had to push to get lumpy gravy (no pleasing some). Our route back took us through Limehouse and the Limehouse Cut. But before we moved onto it, we made a stop at a pub at the water side and watched a man trying to open a barrel/drum. If only he had the right tools, it wouldn't have been as much fun for us watching him. The ride back along the Limehouse Cut went without a hitch. (Members have been known to come off along it due to fishermen leaving their rods and tackle on the path; or one rider who threw themselves at a bridge.) We arrived back at our starting place in Wanstead at about the usual time, even with 3 new members on then ride for their first time riding it. **John Steer**

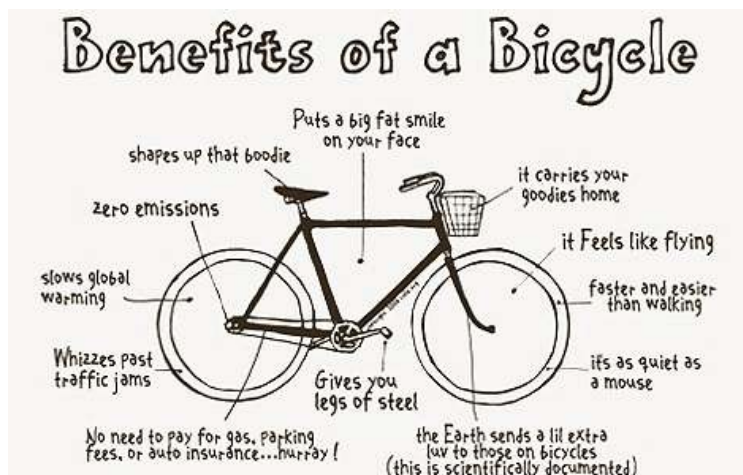
4th August – Great Baddow to Bicknacre - As John S was leading a group through the streets of London, it was left to Brian P to lead our group of 10 to Great Baddow. He decided on a great big 20 mile loop out to Billericay, which had one or two of us bemused, but he timed it to perfection and we arrived at the "Bringy Pine Café" just after 11am. Unfortunately, due to staff shortages and power outages the service was

slow, but we weren't in much of a hurry and enjoyed good conversation whilst we waited. I went onto lunch with Colin B & Brian P at the "Brewer's Arms" in Bicknacre and upon arrival met John Smith and later Lynda C, who had attempted to join the London ride, but got caught in traffic due to the big cycling event. **Manchurian**

11th August - Colchester 40/40 - I'm glad that Brian P has now started the event from the café in Marks Tye, as it makes it easier to park, get food before the event and after, if you wish before heading home. The SEG's once again enjoyed the change of scenery and not having to ride up Brock Hill. The first café stop seemed to be popular with the riders, but not so much the second one, although Colchester used it. The old railway path made for some quick riding. This year, even Charlotte didn't complain about it. The rain that had been forecast on Saturday never appeared. Thankfully, we had sun with the odd clouding over. Our lunch stop at "The Swan" (in Stratford St Mary in Lower Street) will not be repeated (well, not by me), as a Burger with a small salad 4 or 5 potato wedges and some sort of spicy garnish cost £11.50. Our group arrived back at "The Alma" in dribs and drabs with Lynda C trailing off the back. A suitable refreshment was had by everyone whatever their tippie and much talk was made at two tables, before we all made for home after another good day's riding in the SEG's style. **John Steer**

From the ♠: The benefits of a bicycle...

<http://www2.le.ac.uk/offices/estates/environment/travel/travel-images/bicycle-benefits-image.jpg/view>



Letters to the Editor

Received 29 July 2013

Dear Stefan,

Hugh Davidson sent me a copy of the "LYCRA" photo. He and I were brought up with the Epping Forest section. My mum and dad were Eve and Eddie Engel. I do, indeed, recognise several of the folks in the photo. On the bike is Sid Dunkley. At the back from left to right Brian Grant, Len Stocker, David Chandler, sitting is Eve Engel and me, Jill Engel. Standing behind the lady on the bike is Eric Folkes.

I started my cycling days with the EDA in 1940 as a baby in a side car and progressed through a seat to a junior back tandem and then my own bike.

Regards,
Jill Bonnett



HELLO STEFAN,



LEN STOCKER

ST. OSYTH
CLACTON ON SEA

I'VE BEEN APPROACHED BY HUGH DAVIDSON THE SON OF ROY TO HELP ESTABLISH THE IDENTITIES OF THE CYCLISTS FEATURED IN THE JULY/AUGUST 2013 EDITION OF THE SPOTLIGHT MAGAZINE.

The persons I'm able to identify were all members of the Epping Forest section of the C.T.C. Essex D.A. - I believe. The event was a Reliability Trail and we were doing a check.

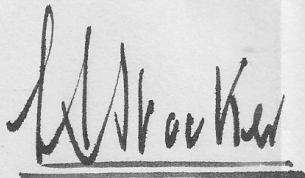
Starting from the left of the photo, the person sitting on the ground is **Peter Nottage**. I, **Len Stocker**, am standing with m arms folded and wearing those awful, baggy arm surplus shorts, which were all the rage in those days - yeuk - I got rid of those pretty quickly. On my left with his face partly obscured is **Ernie Rowland**. The tall young man in the centre of the picture is, I believe, **Terry Marshall**, but I'm quite happy to be corrected, where he is concerned. The bespectacled figure in a white shirt talking to **Eve Engel** is **Eric Foulkes**. I don't know the names of any of the others in the photo.

I'm 85 years old now and find it hard to believe the photo was taken over 60 years ago. How time flies!! I'm still a member of both the CTC and Viking Road Club and am still riding the Leach Marathon Cycle I had custom built upon my demob from the army in August 1948.

I thoroughly enjoyed my years with the club and wouldn't have missed it for the anything. I don't cycle any long distances now, but still use the bike for local journeys and use my exercise bike on a daily basis, which helps to keep me in trim.

HOPING THIS LETTER HAS BEEN HELPFUL IN RECOGNISING
SOME PERSONS IN THE PHOTO, I REMAIN,

YOURS SINCERELY,

A handwritten signature in dark ink, appearing to read 'Charles Comport', written over a horizontal line.

Do you now any of these?

And here is more to encourage engagement and reader comments.



“Essex DA Gymkhana” at Danbury Park, 09-09-1978 (note on the back of photo, kindly provided by Charles Comport)

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