

March / April 2014



First Prize at the Dave Doo Photographic Competition 2013
Chan Kwan, Havering CTC MG
'London Triathlon'

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Index

Index3
Impressum:.....3
Editor’s Foreword5
The President’s piece6
Member Groups’ Reports9
Forthcoming Events16
Easy Rider Meets16
Chelmsford Member Group – Runs List17
Havering Member Group – Runs List18
South East Essex Member Group – Runs List19
Colchester Informal Member Group – Runs List20
The SEG’s 75 - 23 February 201425
Tyrolean Interludes.....26
Dunwich Dynamo XXI - 20-21 July 201328
Essex CTC - 2014 Events Calendar & Award Points32
Thinking of...33
Useful Website Links34

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

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Certificate of Merit Committee

Brian Penny, John Steer, *Position Vacant*

Essex CTC MG Trustees

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the May / June 2014 edition is on **15 April 2014**

Editor's Foreword

As suggested by Stephen Ingall, you can see the winner of the *1st Prize in the Dave Doo Photographic Competition 2013* on the cover of the Spotlight. See page 16 for the verdict of the judge.

As you might have seen in the list of officers, there is one person missing, leaving a vacancy for the Vice Chairman, but also for the Certificate of Merit committee. The Vice Chairman will be newly appointed out of the elected committee members within the Essex CTC Member Group committee.

However, for the position on the Certificate of Merit committee there are two "essential" requirements: firstly the person should have been "around a bit" with experience in judging people for their merits; secondly, and this although very useful, could potentially be sidelined, the new occupant should "know" (have met, seen, heard of) quite a lot of the potential candidates within the four affiliated member groups.

A further "requirement" arises here, as the position should not be filled with another person of the SEG!

The option to pay their Spotlight subscription directly into the bank had been taken up very well already.

Our first ride event of the year has unfortunately been a bit low in attendance. Considering there was such a nice sunny and inviting Saturday before, it appears that some people were still afraid of the floods out in the sticks - possibly near North End.

Well there are another two coming: one in 2 weeks, the Wormingford "Wyrn" and "Dragon", and one mid May, towards the end of this issue of Spotlight, the Dot Sharp Memorial Ride. Both are listed in the runs lists as well as on the website.

Talking of which, our new representation on the Internet appears quite nice and user-friendly. Whenever necessary, it is also updated rather quickly.



There is a description of cycling in my "Heimatland" (p. 26) – OK, they are neighbours, but very close by, and areas where I have been when I was little. However,



I have never considered exploring these paths by bike, so it is very interesting to read this account.

And then, a member's essay about the Dunwich Dynamo (p. 29) brings back some memories of having done the event previously myself... I think, I seriously need to get going again to enjoy this experience again!

I hope you are all out and about and have fun cycling.

Your editor,

Stefan Eichenseher

The President's piece

Since the P.M.G. A.G.M. a member has put up his hand and taken on the job of distribution officer to sort out the Spotlight for members to receive every 2 months (aren't we lucky).

We are also lucky that the weather, which the rest of the country has been experiencing over December and into January, hasn't been as bad for us in Essex as the rest of the UK. Let's hope that the entry into spring is mild and gentle without any disruption to our cycling.

We are now seeing the new Essex groups' shirts on the backs of members. All we need is to see them out on the road, as the members wear them and advertise our cycling groups. Contact Brian Penny for more details. His number is in the Spotlight under officers of the EMG on page 4.

Ron Snape who came off of his bike at the beginning of December and broke his left Femur, is doing very well and hopes to be back on his bike by the spring.

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

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Member Groups' Reports

Chelmsford Member Group

22 December 2013 Finchingfield - A bright but rather windy day attracted 5 riders to the start at the Town Hall for a ride led by Dave R. The wind helped us to Andrewsfield airfield for elevenses where we were joined by Beryl, John and Margaret bringing our total to 8. No take-offs to entertain us due to high crosswinds on the runway, but the same wind blew us on to lunch at Finchingfield.

We decided to head straight back for Chelmsford and skip a tea stop, but the increasing wind made it quite hard work at times. An enjoyable 50 mile ride though. **Martin Cockersole**

29 December 2013 - Following a spell of mild wet weather the sharp overnight frost had spread an icy layer over most of the ground. Half expecting the ride to be off, I arrived at the start to find four others, who had also failed the intelligence test. It was agreed that we would use gritted roads as far as possible, and abort the ride if conditions proved dangerous. Over the years I've had a few tumbles in the ice and seen others badly hurt having theirs, so I was particularly cautious as we began the untreated ascent of Wickham Bishops. The black ice at Snows Corner had me bracing the bike with my foot as I attempted to stop and by the time we reached "Perrywoods" my nerves were sufficiently jangled to call a halt to the proceedings. John and Margaret met us there having presumably travelled sure-footedly on their tandem trike. I was sorry to call a "safety return" on salted roads, but reluctantly, I did. We took the main road to Kelvedon and the (ice free) A12 cycle track back to town. At least we had a run out. **Adrian Leeds**

5 January 2014 - Would you Christmas Eve it? Another Sunday with another frosty start. Not so bad this week, however the main hazard was of course, flooding. Nevertheless, four brave souls headed out towards Hatfield Heath taking the High Easter route to avoid the waterlogged lanes around Willingale and Birds Green, which I had reconnoitred earlier in the week and found to be impassable. Regular readers of my twaddle will recall that last year I suffered bodily injury and expensive damage to my bike at the hands of a submerged pothole. So imagine my delight, when Dave S. put himself forward as "pilot" at the first long flood we came to. The floods seemed to result in the main from agricultural run-off onto the roads, combined with blocked ditches and could occur pretty

well anywhere, and not in the most logical places. Thus the expected difficulties at the un-bridged ford near Canfield never materialised. However, the B183 between Hatfields Broad-Oak and Heath had a good deep covering due, as it would seem, to an over-flowing moat (they have big houses out that way). After most welcomed elevenses, three of us tackled the ride to lunch, detouring around the anticipated inundated sections and taking ourselves up to the forty-two-mile mark in doing so. Again, Dave S earned a gallantry medal, as we followed him through a long flood, which turned a blind corner. Approaching "The Viper" we met with Dave Russell coming the other way, stopped for a brief chat and transacted various items of CTC business. Arriving late at the pub had its good side: we got a table at which we sampled some very fine beer and home made celeriac soup. It all turned out OK in the end. **Adrian Leeds**

12 January 2014 - Copford - A brilliant sunny morning but with frost and ice around made me doubt, if there would be any takers, so I was delighted to find six riders for the first leg to Coggeshall. We took a route via Channels, Terling and Silver End and enjoyed elevenses at the "Vineyard Café" after 21 miles. John and Margaret were already there and joined the group bringing our numbers up to 8.

A shortish ride of about 9 miles to "The Alma" at Copford took in Great Tey and Aldham. We were very pleased to find David and Beryl there having forsaken their bikes due to the conditions and travelled by car.

The wind was strengthening from the South East, which was a bit unfortunate, as we were heading for our tea stop at "the Woodlands". Sadly, we also lost the bright sunshine after lunch, but at least the rain approaching from the South-West held off. We reached Chelmsford as dusk was coming down at 4.15pm having covered 52 miles. **Martin Cockersole**

2 February 2014 - In the wake of many days of torrential rain, ten optimistic starters mustered at the Civic Theatre. I was standing in for Diana, who had received a bit of a bashing the preceding Thursday, whilst falling off her bike. I led armed only with a rough idea, making-it-up as I went, which a few of the more experienced hands soon detected. Flood avoidance was the name of the game and I narrowly missed a deep ford with some guidance from behind, to arrive eventually at Blackmore with 20 miles clocked up. The weather was sunny and mild and a soft yellow light bathed the countryside in a stripy glow.

We met the SEG at “Blackmore Tearooms”, together with a number of other groups. The staff at this highly esteemed cycling Mecca struggled at first with the rush but coped well in the end. Diana met us there too, and took over the navigating. We detoured around Bovington to miss the aptly named Watery Lane, arriving on time for lunch at “The Chequers”, Matching Green. This pub is flat-out gastro these days and charged £6.50 for soup and around £4 for bitter. On the plus side, you can get a decent bottle of Tattinger, if you have the readies and the service and cooking standards are excellent. We had covered nearly 40-miles getting there, taking in several flooded stretches, but those we were to meet on the final leg to Writtle were a good deal deeper and longer. Nevertheless, it was a pleasant afternoon and the “Wilkins” people allowed us in with 15 minutes to spare before their 4 p.m. closing time. It was 59 miles in my own case, with just a touch of trench foot to remember it by. **Adrian Leeds**

Rickling Green, 16 February 2014 - Nine riders met at the Town Hall on a fabulous ‘early spring-like’ day for a ride to Rickling Green. The blue sky and light wind were in stark contrast to the recent series of storms to hit the country.

We headed out of Chelmsford through the Melbourne estate and then to Pleshy via Great Waltham. We took the usual route to Elsenham, where we enjoyed elevenses in the golf club. The main road to Stansted Mountfitchet is not much fun, but the ride via Manuden to Rickling Green was a delight. Adrian had a puncture about half a mile before the lunch destination, the excellent “Cricketers Arms”. He had forgotten he had been using his pump as a water pistol, but realised quite quickly he should not squirt the residual water into his tyre.

We had a drink to mark my 70th birthday two days previously then set off for Dunmow for tea at the “Doctor’s Pond Café”, rather sadly now called “Deb’s Diner”. Luckily, it’s still the same excellent watering place! All nine starters stayed out for elevenses, lunch and tea – perfect!

We headed back for Chelmsford still in bright sunshine and I recorded 59 miles. **Martin Cockersole**

Colchester Member Group

22nd December 2013 - Goldhanger - The pre-Xmas ride was advertised as decide-on-the-day. This was to give riders the option of any favourite destinations or a short ride back etc. Myself as ride leader decided to ride into the wind, a south-westerly suggesting "The Chequers" at Goldhanger. This was backed up by at least one real ale fan. Nine riders left Colchester for the elevenses stop at Coggeshall. After elevenses 4 riders made their way back to Colchester leaving 5 riders to ride on to lunch. This was a good day for me to do a ride on the hoof/pedal?/ saddle?. Riding out I was mentally choosing a route to avoid lanes with heavy flood water yet still making the ride interesting enough away from main roads. After a very good lunch (which was served very quickly considering how busy the pub was at the time), whilst unlocking our bikes we glanced back to the pub. A young man walked out with a dog, the dog turned tail and walked back into the pub, promptly followed by his master. Very amusing. We had a good wind assisted ride back to Colchester with 48 miles on the clock. **Alan Palmer**

29th December 2013 - Ride to Copford - This being the last ride of the year saw ten riders turning up at Leisure World. The ride to elevenses was to the "Dutch Nursery" at Coggeshall. We are always made very welcome there, and it's rarely too busy to get served fairly quickly. Four left us after elevenses to return to Colchester. We wished them Happy New Year, then six of us set off for "The Alma" at Copford. I had phoned the staff in advance saying we'd arrive about 1.15 pm. I set off leading the ride putting in various 'loops' to make right the time and mileage. There were a few twists and turns to keep the riders guessing. All in all a good ride and lunch was had by all. This being the 24th ride that I lead in 2013. I now look forward to a new year, where there are new ride volunteers. **Alan Palmer**



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Essex CTC

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Chelmsford City Member Group

www.chelmsfordctc.co.uk

Colchester informal Member Group

www.colchesterctc.co.uk

Havering Member Group

www.ctchavering.btck.co.uk

South East Member Group

www.velocipede.org.uk

Haverling Member Group

22nd Dec - Pre Christmas ride - The “Hastingwood garden centre” didn't seem such a good idea three days before Christmas, so Steve led Dave & Chan to “Barleylands” instead. A quick blast through the fens stopping for a chat with ex secretary Brian, Old Church Hill got the heart rate up! Basildon's cycle paths and a little off-road led us to “Barleylands”. The cafe was visited and after a feed and a natter we set off again.

Sadist Steve took us up Botney Hill and then some more cyclo-cross action in Thorndon Country Park. The Warley roller coaster took us home with an hour's daylight to spare. **David Rowlands**

5th Jan – Margaretting - Imps rider Andy joined Chan, Kelvin & Dave for a chilly ride to Margaretting. A brisk climb up Warley Hill to burn off those Christmas excesses was followed by a meandering route via Doddinghurst & Mountnessing to the mighty torrent at Buttsbury Wash.

Ingatestone led to Margaretting and “The Saddlery”. A bit of a queue for a table, but once seated the service was prompt and food was good value. For the return Kelvin took a direct route home along the Roman Road, while the rest did some more meandering via Mill Green, Ingatestone and Hutton. Swooping down Warley Road was our reward for the morning's exertions!

Weather was kind, we had all been watching out for ice but found none and the forecast afternoon rain did not materialise. **David Rowlands**

19th Jan - Ramsden Heath - Double figures today! Ten set off on a dry day to Ramsden Heath via West Horndon, Herongate & Billericay. Arriving at “The Nag's Head” too early, some of us rode to the reservoir and back to kill the time. A couple of us dined inside while the other brave souls toughed it out, but one by one they succumbed to the cold and came in!

Return was a sunny but cold ride through Billericay, Hutton & Warley. **David Rowlands**

26th Jan - A very wet day - Gordon, Stephen and Alex went for a ride with a good soaking thrown in. When we were near Writtle we decided nearer equalled better and stopped in the “Tiptree Tea Rooms”, instead of going to Chignall St. James, where we dried out a bit. **Stephen Ingall**

2nd Feb - Mucking Nature reserve on Thames - New riders Angela & Mike joined Alex, Gordon, Ray & Dave on a lovely sunny winter's day. Ride out was via Bulphan, Orsett & Horndon. At the Thameside Thurrock Nature Reserve we enjoyed great views of the Thames estuary along with our coffees.

Return was a bit main roadie in places via Orsett & Aveley; at Purfleet we joined a path along the river to Rainham & home via Wennington & Berwick ponds. **David Rowlands**

9th Feb - Coopersale - Four were blown out of Upminster and straight up Warley Hill, the first of many on this roller coaster ride. No rain, but boy was it windy? After crossing the swollen Roding, it was on to Toot Hill and Coopersale. We dined and thawed out in "The Theydon Oak".

Return was short, but not sweet into the biting wind. At Hobbs Cross we split up and headed home. **David Rowlands**

South East Essex Member Group

1st January – Cock Clarks - The first informal ride of the new year would turn out to be a solitary affair for Manchurian, as it seems the predicted inclement weather or too many sore heads from the night's celebrations had put people off. As it was, I did meet up with someone, who was out for a spin in the locality and we stuck together until Cock Clarks, when he made his way home to Danbury. I soon began to thaw out and drip-dry by the coal and log fire and was soon tucking into a hot sausage baguette, when a steady stream of SEG's arrived by internal combustion engine (Ken W, Peter H, Dennis F, Lynda & Jon C, Dave B, Brian & Veronica P). After they'd all had something to eat and we enjoyed good conversation and laughs, our thoughts turned to home, and luckily for me Dave B. offered to drive me and bike all the way back to Shoeburyness, as the weather was decidedly unfriendly.

Continued on page 21

Forthcoming Events



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

Date	Event	Organiser
29 Mar (Saturday)	[EMG] Wormingford 200km or 110km , Starting from: Wormingford, near Colchester (Audax event organised by Suffolk CTC)	Viv Marsh, via Ed Nevard 07752 305 476
11 May	[EMG] 80km - Dot Sharp Memorial Ride , Starting from: Mountnessing, Church Hall	Adrian Leeds 01245 260272

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



Since the organiser of the Easy Rider Meets has been taken out of action so violently (see the *Thinking of* section on page 33), there is currently no contact number available.

The meeting dates and venues follow the runs list of the *Forty Plus Cycling Club*, available at <http://www.fortypluscc.co.uk>.

- Essex A Section Secretary: Chris Mills, 01245 360115
- Southend (Essex) Section Secretary: John Hand, mobile 07747 773209

Cover picture:



First Prize at the Dave Doo Photographic Competition
Chan Kwan, Havering CTC MG
'London Triathlon'

The verdict of the judge was:

"An excellent photograph capturing the speed of the cyclist. Exposure, colour and composition are excellent. Panning is perfectly judged, with slow shutter speed to blur wheels."

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
16 Mar	Perrywood Nurseries	Laver de la Haye	A Leeds
23 Mar	The Shed Sawbridgeworth	Allens Green	D Southin
29 Mar (Saturday)	[EMG] Wormingford 200km or 110km , Starting from: Wormingford, near Colchester (Audax event organised by Suffolk CTC)		Viv Marsh, via Ed Nevard 07752 305 476
30 Mar	Ingatestone Garden Centre	Cock Clarks	J&B Taylor
06 Apr	The Shed Sawbridgeworth	Braughing	D Emery
13 Apr	Elsenham Golf	Elmdon Dial	M Cockersole
20 Apr	Poppys, Thaxted	Blue Egg Bardfield	A Leeds
23 Apr	Spring Tour, Diss, Norfolk	23-27 April: Org: D Russell	D Russell
27 Apr	Gt Dunmow	Widdington	J Beaumont
04 May	Stansted Mt. Fitchet	Fernaux Pelham	A Leeds
11 May	[EMG] 80km - Dot Sharp Memorial Ride , Starting from: Mountnessing, Church Hall		Adrian Leeds 01245 260272
Alt:	The Locks, Heybridge	Alt: Purleigh Bell	Alt: TBA
18 May	Finchingfield	Horseheath (Cambs.)	M Cockersole



Haverling Member Group – Runs List



Secretary: Stephen Ingall

ctchaverling@gmail.com or ☎ 07890 386984

www.ctchaverling.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
23 rd Mar	Sheering, The Cock Inn	David Rowlands 07948 583979
29 th Mar (Saturday)	[EMG] Wormingford 200km or 110km, Starting from: Wormingford, near Colchester (Audax event organised by Suffolk CTC)	Viv Marsh, via Ed Nevard 07752 305 476
30 th Mar	Maldon – lunch by the River Blackwater	David Rowlands
6 th Apr	Short Half Day Ride	Stephen Ingall
13 th Apr	Blue Egg, Great Bardfield – to the mecca of Essex road cycling and fab food	Gordon Peel 07711 609 230
20 th Apr	Roydon, The Crusader	Alex Kornfeld
27 th Apr	Hatfield Broadoak	David Rowlands
4 th May	Short Half Day Ride	Stephen Ingall
11 th May	[EMG] 80km - Dot Sharp Memorial Ride, Starting from: Mountnessing, Church Hall	Adrian Leeds 01245 260272
Alt:	NO RIDE FROM UPMINSTER	
18 th May	Belchamp St Paul, Suffolk. About 90m	David Rowlands

Note:

First Sunday of the month:

Short Half day ride for those wanting a
shorter or easier ride

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	Eleveses	Destination for Lunch
March 2014		
16th	Margaretting (Saddlery)	Stondon Massey (Bricklayers Arms)
23rd	Maldon (Morrisons)	North Fambridge (Ferryboat Inn)
29th (Sat)	[EMG] Wormingford 200km or 110km , Starting from: Wormingford, near Colchester (Audax event organised by Suffolk CTC)	
		Viv Marsh, via Ed Nevard 07752 305 476
30th	Great Baddow (Bringy Pine)	Little Braxted (Green Man)
April 2014		
6th	Bicknacre (White Elm Tea Room)	Writtle (Rose & Crown)
13th	Chelmsford (Secret Garden Tearooms)	Little Green (The Compasses)
20th Easter	Blackmore (Blackmore Tearooms)	Moreton (The Nags Head)
27th	[MG] Viking Trail , Kent.	Contact: John Steer
Alt:	Mundon (Roundbush Café)	*see note
May 2014		
4th	Galleywood (Bee Shed Café at Lathcoats Farm)	Ramsden Heath (Nags Head)
11th	[EMG] 80km - Dot Sharp Memorial Ride , Starting from: Mountnessing, Church Hall; contact Adrian Leeds 01245 260272	
Alt:	South Woodham Ferrers (Stow Maries Aerodrome)	Bradwell Waterside (Green Man)

Note: * When **EMG** or **MG** events take place, the local ride will include a booked Eleveses 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

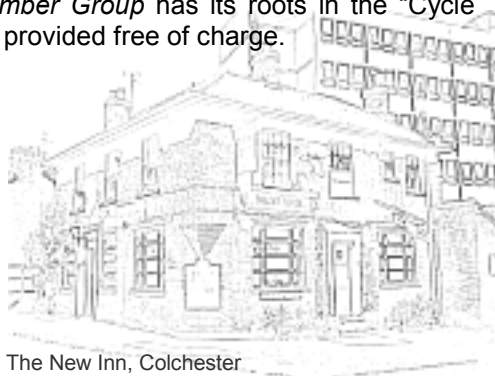
Date	11ses	Destination	Leader
Mar 23	Coggeshall, Dutch Nursery	Purleigh, The Bell	Alan Palmer
Mar 29 (Saturday)	[EMG] Wormingford 200km or 110km , Starting from: Wormingford, near Colchester (Audax event organised by Suffolk CTC)		Viv Marsh, via Ed Nevard 07752 305 476
Mar 30	Aldham, Millrace	Edwardstone, White Horse	Alan Palmer
Apr 6	Tbc	Castle Hedingham	Malcolm Mitchell Meet With Suffolk CTC
Apr 13	Tbc	Tbc	Des McCarron
Apr 20	Coggeshall, Dutch Nursery	Littley Green, The Compasses	Alan Palmer
Apr 27	Tiptree, Perrywoods	North Hill Route, Paper-Mill Lock Tearooms	Paul & Caroline Avison
May 04	Tbc	Hadleigh, The George	Steve Hardy
May 11	EMG] 80km - Dot Sharp Memorial Ride , Starting from: Mountnessing, Church Hall		Adrian Leeds 01245 260272
Alt:	Tbc	Goldhanger, The Chequers	Malcolm Mitchell
May 18	Tbc	Brent Eleigh, The Cock	Pam Nelson
May 25	Coggeshall		Alan Palmer

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

5th January – Hawkwell - The first official ride saw ten assembled at Wickford ready for the start, which was to the “Beehive café” at Rochford. As this is a popular venue with the Southend branch of the SEG's, we can always expect a good turn out and seven more joined us for elevenses. Five went onto the “White Hart” at Hawkwell and we met up with Claude A. en route, as he left later from Wickford and also got a puncture, which prevented him from joining us earlier. It was also nice to see John S. back on his bike after a long time, they say “absence makes the heart grow fonder”, but that doesn't apply to some people (sorry, Mr. President).

12th January – Ramsden Heath - Twelve riders were at the start - we lost one (went to see his dad) and picked up one (Derek W) at the “Roundbush”. Seven went onto “The Nags Head” at Ramsden Heath, where we found Colin B, Claude A & Jim C (by bike from Wickford, where they live) and Lynda & Jon C (by car from SWF). I must admit, I was surprised to see them and hadn't included them in my numbers to the landlady and, what was worse, they'd nicked our seats. I suppose that's to be expected from Wickfordians who find it hard getting out of bed in the morning, for a local ride.

26th January – Maldon - Six brave souls including one Wickfordian (author hangs head in shame) ventured out on a damp, drizzly, dull, dismal, dripping day and headed through the potholes, puddles, streams, rivers and lakes of Essex in the direction of Maldon. At the “Crystal Café” we decided to abandon our onward journey to the “Old Ship” at Heybridge Basin due to the inclement weather and our fear of having to walk the plank.

2nd February – Mill Green - We were joined at the start by a new rider, Rod J and John S volunteered to coax him up Brock Hill. Peter W led a group out via Margaretting to allow for the flooding at Ingatestone and Ian M led the others via Billericay to the “Blackmore Tearooms”. This was a popular venue for cyclists' today as the Chelmsford MG were also in attendance with Mel M (has he defected from the SEG's?) and the Braintree Velo Cycling Team. It was discovered on our table that Paul H likes a bit of crumpet (cheese and tomato) and still tells awful jokes about high and low batteries. John S finally arrived at 11.40am and had helped Rod getting as far as Ramsden Heath before he called for a pickup and the promise of getting some adjustments made to his bike before trying again. Seven went onto Mill Green and “The Viper” (the only pub in England with that name). But four decided to seek refreshments

elsewhere due to the expected long food delay, which in the end didn't happen, as proved by Peter's rapid soup arrival. Just after Ingatestone and the encounter with two peacocks strolling across the road, John S was unfortunate enough to get a puncture. Never one to stand around in idle chit chat (who said that) he'd whipped off the tyre and replaced the inner tube in two shakes of a lamb's tail (is that a Northern expression?). We eventually found some nosh (another Northern expression) at "The White Hart" at Margaretting Tye and then made our way back to Wickford, where John gave Lynda a lift to SWF. Thanks for the tea and biscuits (note to one self, this is not a new café).

9th February – Mundon - Eight set out from Wickford on what was a particularly windy day (nobody had beans for breakfast then). We went the most direct route possible, which according to Peter H was (I concurred) up Brock Hill, down Warren Road, Hoe Lane to Main Road and Rettendon Turnpike then Woodham Road to the Meadow Croft Garden Centre and the café. The onward route to Mundon went via Radar Hill, Flambards & Cold Norton to the "Roundbush" and we were joined by Lynda & Jon C who came by car. The extra helping of beans made all the difference in getting up Purleigh hill and some of us stopped at the "BHN Garden Centre coffee shop" to get a cuppa and a warm before heading out again into the bitter wind. When I got back to Shoeburyness, I had done 60 miles and was knackered. **Manchurian**

Fun from the ♠: <http://hkccyclingalliance.org/on-the-road>





Dot Sharp Memorial Ride 80 km

(CTC Tourist Competition Event)



Sunday 11th May 2014

Start from St John's Church Hall, Church Road,
Mountnessing, CM15 0TH,
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leeds.adrian@gmail.com

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www.essexcycling.co.uk

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ANNUAL TRAINING CAMPS

February, March, April and September

The SEG's 75 - 23 February 2014

By John Steer

Following a beautiful sunny day on Saturday, the Sunday morning brought the rain back, which certainly affected the decision that many would have been making on the day, whether to attend the Reliability event or just go for a ride - or stay in bed.

There were lots of people at the start, but alas, not all entered our event. Of the 10 pre-entries, 5 did not appear at the start. A further 40 riders entered on the line. Most of them were seasoned riders, who had participated in this particular event many times before, plus there were some new faces amongst them.

They all seemed un-daunted by the cloudy skies and the bit of wind at the start, which was behind them on the way out.

Stefan marshalled at the first checkpoint and did a good job on his own, after his partner could not make it there. Not following his own time-schedule (He was last year's organiser and set up the timetable for opening and closing times of the checkpoints), Stefan left his position after the last batch of riders were through half an hour earlier than he should have.

Lynda and Jon Collins at the second checkpoint followed suit, as the last riders past their position equally earlier than expected at about 11:15.

Great Bardfield was popular once again for the teas and coffees, biscuits and some warming up getting ready for the return leg fighting the wind.

Claude A and Jim C at the "Leather Bottle" in Pleshey had a similarly stretched experience, as Brian P and Ian M at the A414 crossing next to the "Fox and Goose" pub, as after the half-way break the groups were more stretched out mainly by the strong head wind. The latter two marshals cycled to their check point and had a well-deserved warm-up and refreshment afterwards in the pub.

Some riders got lost trying to follow the changes that had been made to the route sheet. Issues occurred where there should have been a green triangle or a signpost there was none; or, where the route sheet said no triangle or signpost, there was one. (The changes were worked out with Google Maps and the OS maps, rather than en route.) But some of the

riders said how they followed the route sheet and got it right, as well as getting the mileage spot on. (Well done those of you that got it right!)

Brian P and Ian M over-stayed their time at the Fox and Goose - waiting for the two Martins to come through their check-point, as did everyone back at the start. Eventually the start/finish closed at 4.40 with no sign or word from them.

All in all, there were 45 riders out and 8 DNF.

My thanks go to all marshals and the riders, and I hope that your experience was not too wet and windswept or too cold to give it go again next year. 🚲

Tyrolean Interludes

By The Ancient Mariner

As we cycled south from Munich, the Alps in the 60 mile distance looked magnificent with their tops still snow-capped from the winter snows. Would we get there by nightfall riding a mixture of quiet lanes, tracks and cycle routes with my wife on her first long cycle ride since destroying her knee in an unlucky ski accident 15 months before? Suddenly, with the mountains getting closer, ahead were 2 teenagers swinging their sports bags non-challantly over their shoulders - but wait a minute, one has no forearms and two false lower legs. As we get closer, we are uplifted by their cheerfulness, even though they had lost a football match by 12-0!

It is May 21, 2011 and by late afternoon, we have made it to the border crossing into Austria at the old covered bridge that I last crossed over 50 years ago into Niederndorf and there is the old "Gasthof Kustahl". "It's old and needs modernising", said the elderly landlady, but wood floors, walls and ceiling together with our dinner outside and in the morning breakfast, also outside included strawberries and cream were just perfect.

Next day, only 23 miles and we are in Niederau, a well-known North Tyrol ski resort. And after a good night's rest, off up the valley through Oberau, before turning into the Kundler Klamme, a deep cleft in the valley side, which the high lake breached many millions of years before. They make films there now, as it is so dramatic, but the track through is quite rideable and in spring there are few visitors. It leads down into the Inn Valley and a return trip back up to Niederau is easy riding up the switchback road.

May 24th, and a walk in the woods to the “Mösl Alm”, where Mösl serves substantial food to ramblers and mountain bikers, plus a Schnapps or two, if she remembers you from ski seasons! We wobble home.

The next day we attempt to cycle to the top of the Markbackjoch Mountain, but get hopelessly lost following the footpath sign instead of the bridleway in Penning. Tree roots, long grass, dense woods slow the progress, but in the end, open views appear ahead and we cross short grassy ski slopes to arrive at the top. After contouring along an Alm (high summer farm) access track, it's down, down, down seeing “Sound of Music” views, as the traditionally dressed farm girls rake in the hay on slopes too steep for machinery.

May 28th, and a 23 mile round trip down into Worgl in the Inn Valley and a return partly on a gravel track, steeply upwards passing goods lifts to the high farms. Passing Saulüg, the high Alpine village Thierbach still had a chilly feel to it and the architecture was typically without fancy bits due to the harsh climatic and economic conditions.

May 29th, and a long return ride to Munich on the easy, flat gravel Inn-Radweg. After the scenic route to the Alps, this riverside ride was not at all so interesting, but Wasserburg near our overnight stop was a beautiful old town on the river. Finally, a short day using easy lanes and tracks, many of them on named cycle routes like the Mozart Radweg.

Another spring-time and another visit, May 2012 - Once again an easy ride into Austria, and including some short-cuts on rideable tracks with the Alps snow covered and a lovely quiet route via Bad Aibling, and an overnight just in Austria before using the Inn Radweg. This section of the Radweg unfortunately almost touches the Autobahn, so is quite noisy. The final switchback climb brings us once again to Niederau.

After a couple of days rough-stuffing and walking low level tracks around the Wildschönau Valley, we ride up a “black ski run”, albeit via a farm track that criss-crosses steep meadows, until the mountain top is reached. Although steep, it was mostly rideable in and out of the woods by the Piste. No skiers now in spring! Outside the “Pension Rübezahl” there is a brass band, singer and accordion playing traditional music and waitresses in dirndls serving beer, *Schnitzel*¹ and *Apfelkuchen mit Sahne*

¹ No plural “s” in German on *Schnitzel*;

– a happy gregarious party. When we see a young lady and her 9 year old son on MTB's ready to leave in the direction of Penning where a year earlier, we had got hopelessly lost, we asked, if we could join them. "We are riding down the Tennladen ski run" they said, so we tagged on to them, this *Abfahrt* is one of the easier ways down with grassy meadows, albeit mostly steeper than we Rough-Stuff tourists are used to. We are on our 26" wheel standard club tourers. Part way down we are told nicely by a farmer to keep to tracks and away from his pastures, but we had all been skiers so could not see any tracks! It was marvellous reliving our past winters.

Next day, 21 May, a 38 mile ride over the tops to Hopfgarten and then up the Langer Grund, a dead-end valley and a pad-locked (for vehicles) gravel way by a wild river in a narrowing valley with high sides closing in and no traffic.

Determined to find the correct way to the mountain top, in **September 2013**, we headed to Niederau once again, cycling from Munich and were lucky to coincide our visit with the "Almabtrieb", when the animals from the high farms are brought back to the lower valley for the winter, after a summer on high pastures with their farmers preparing cheeses and other wares. Plenty of celebrations with beer and sausages. The next day, we finally found the correct way down the mountain via Penning on "bridleways", all rideable. Third time lucky. As a change, we headed back to the Munich area via Waidring, the first 2 days mostly on dedicated gravel cycle paths, away from tarmac and with marvellous views of the WilderKaiser and Kitzbuhel Alps.

There are many ways to get to Niederau out of season. UK coach companies run week's holidays there. There are budget flights to Munich, Innsbruck and Salzburg with trains and communal taxis to Worgl, and post-busses from there. For vehicle drivers, Munich is all motorway from Calais and in the towns like Putzbrunn and Ottobrunn near the airport, there are hotels and possibilities to park cars whilst cycling to the resort. In late May and late September, the weather had been "comfortable". In Niederau there are good quality bicycles for hire. Both Austria and Germany have excellent bicycle maps found in many shops and tourist offices. 🚲

Dunwich Dynamo XXI - 20-21 July 2013

By Adrian Leeds

I'd like to start with a big thanks to the Baddow Anglia CC (most of whom are also CTC members) – for having me along. Since I last reported on this event in the September Spotlight of 2008, it has grown immensely in both size and fame. To illustrate the point, our small informal group of Chelmsford riders set out to catch the 18:21 to Stratford. It arrived, loco-hauled, full-sized with a proper guards van, but it was completely full up with cyclists. "Sorry lads, no more bike spaces." No worries, we took the following train without difficulty. Stratford station was buzzing, and more riders joined us there for the short canal-path ride across to Hackney.

We left fairly early, but our plans to beat the rush were thwarted by a puncture half a mile in. I'd say we re-joined with the 8:40 leavers, many of whom were club riders, lightly equipped and going for a quick run. The sheer volume of cyclists throttled back the traffic and it was stop&go all the way to the North Circular. The usual carnival atmosphere was enjoyed, with supporters cheering us on and (almost unbelievably) positive comments from drivers. By the time we reached Epping, it was getting properly dark and I was beginning to realise that the head wind would necessitate pacing myself a little bit. Sitting in the midst of a long, brightly lit snake of bikes can be an almost surreal experience, as if you were a fish in a huge electrified shoal being carried downstream on a fast current. Every street lamp now had a small group of moth-like cyclists huddled under it checking or adjusting or mending things. After Epping, every pub, every village, every garage had cycles spilling out onto the road in a pool of yellow, white and red light.

On the outskirts of Dunmow, the group halted briefly to allow the back end (myself included) to catch up. I rested, ate and switched on my rear-facing camera to film the next 20-mile stretch. It was soon becoming obvious that the pace of approximately 15 MPH average would kill off my legs, if I just kept going, so at Hedingham I made my excuses and pulled into the village hall stop for a rest and a feed. The facilities provided were superb as before and for me it has become an essential part of the experience to make the big half-way stop. For £5 I got soup, a roll, a coffee and a flapjack and the chance to sit down for 20 minutes and chat with the other complete strangers brought together by this event. It was quarter past one and the night was cooling down already. I put on my leggings and the rest of my kit before settling back to the task ahead. The wind seemed to be strengthening as I went. Of course, it had been less of a problem in the group, but was sapping away at me once I was alone. I made up my mind not to push too hard, and in return, not to stop before Framlingham, (45-miles ahead). It's strange how, even if you

don't feel tired (I personally was buoyed up by roaring adrenaline), you nevertheless are, and your mental processes can become slow and lazy. The sunrise failed, instead a grey mist gradually closed in and my vision blurred, as it settled on my glasses. I should have stopped, but somehow couldn't be bothered. Stupidly I wiped them with my rather slimy track-mit, and was temporarily blinded by a white smear. I removed them quickly, but could not then read signposts and my headlamp batteries chose this moment to begin fading. With streaming eyes, I followed a group of red lights, trusting them to navigate; they of course, immediately went off-route!

I stopped, sorted out all the various logistical problems, re-gained the route and buckled down once more. Framlingham arrived at about a quarter to five, and one of the many wayside refreshment points shortly afterwards. More coffee, some food and an essential replenishment of water all came at just the right time. I bumped into Martin Cockersole and had a morale-boosting chat (for me, if not for him).

It was by then fully light, a cloudy, slightly soggy, breezy morning. I wasn't soaked but just cold and clammy. I knew I must dig deep now and ride hard enough to stay warm.

Dunwich hove into view. A cheering crowd pointed me to the finish. It was 6:15 and I was surprised at how far up the field I seemed to be. I parked up, but couldn't find the group, which had evidently already left. I soon felt the onset of a cramp and realised that once stopped, I was

cooling down fast and had no dry kit. Looking around me I saw many who seemed far worse off. After queuing 20-minutes in the cold breeze, I revived myself with a hot tea. Sleeping on the shingled beach (my original plan) was ruled out by the cool windy conditions coupled with



my damp gear.

I had planned a leisurely ride south, but almost automatically found myself in a phone call home. Near Woodbridge I met my daughter coming the other way and was soon home. It had been a superb experience, some of which I had managed to capture on camera: Despite pedalling all night, and covering almost 140 miles (including rides to and from) – I slept intermittently, for just 3 hours, my sub-conscious senses still enjoying the brilliant night ride. Roll on the next one. 🚲

Interesting facts about the Dunwich Dynamo

The Dunwich Dynamo is an annual semi-organised, through-the-night bicycle ride from London Fields Park in Hackney, London, England, to Dunwich on the Suffolk coast. The distance is approximately 120 miles (193 kilometres).

The ride originated in June 1993, when a group of bicycle messengers left London for a fun ride to the coast on fixed-wheel bikes, inviting members of the public to participate.

The 2006 ride had 700 participants, an estimated 1,000 riders in 2009 and 1,500 in 2011.

2009 was the first year that the ride was completed on a penny farthing. In 2011, a rider completed the event on a "Boris bike" hired in central London. [Source: http://en.wikipedia.org/wiki/Dunwich_Dynamo]



And, as far as anecdotes/experiences go, we saw a lot of folks on weird bikes, like uni-cycles for part of the way, or in period dresses. 🚲 [Ed.]

Essex Cyclists' Touring Club - 2014 Events Calendar & Award Points

Amendment

- There are **6** ride events for the CTC Touring Competition (CTC TC).
- The standard / premier awards, which include the SEG's 75 and the Colchester 40/40, are not depending on the CTC TC points.
- Social events do not count for these awards; however, points are given to member groups for their attendance.
These count towards the Inter-Member Group trophy.

Note (repeated from previous Spotlight)



Complete 4 EMG **cycling** events out of **8** for Standard Award

Complete 5 EMG **cycling** events out of **8** for Premier Award
(needs to include at least one 100 miles or longer event)

The "Photographic Competition" and the "Essex CTC AGM" are excluded from counting toward Awards.

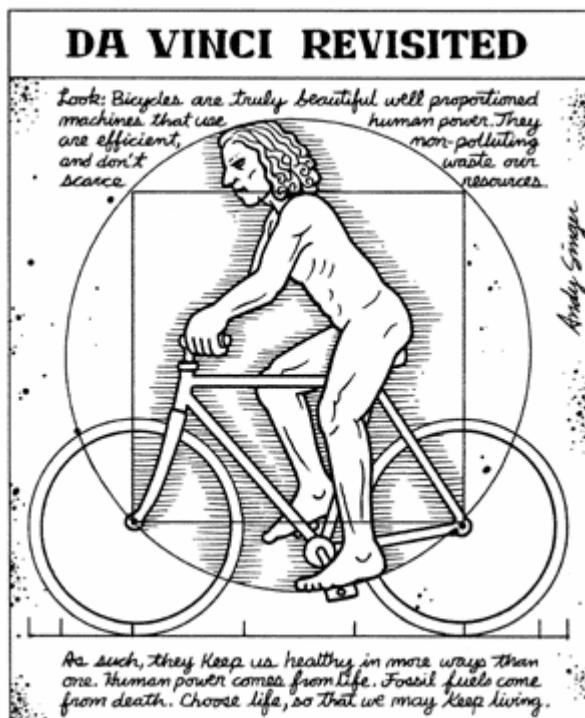
For further details on the events, please see our website at <http://www.essexcycling.co.uk/events.htm>.

Honours List 2013 – Amendment



Apologies to Richard Monk, who was the person to select the best contributions in the year 2012/2013, and not John Davis. [Ed.]

Fun from the ♠: <http://www.andysinger.com/bikesample2.html>



Thinking of...

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

Peter Moore had a massive stroke on Friday, 17th January. He was in intensive care for several days and initially had no visitors except for family or with their permission. He was in Broomfield Hospital Intensive Care Unit on "life support" (he could not breath or feed for himself) - and paralysed from the neck down: the doctors are reportedly certain that there is no hope at all that he will ever re-gain any function below his neck. He is conscious, but can not speak and communicates by blinking. He has in that way signalled that he would be pleased to receive visitors. He is now in the Stroke Unit at Broomfield Hospital, Chelmsford. Visiting hours are 3:30-4:30 and 6-8pm

We wish Peter and his family patience and determination on his slow way to recover at least some movement and independent functions. ♣

Useful Website Links

Essex CTC Member Group	www.essexcycling.co.uk
Cyclists' Touring Club	www.ctc.co.uk
Chris' route planning resources	www.velocipede.org.uk
Yet Another Cycling Forum	http://yacf.co.uk

Advertisers' websites – past & present

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Hopleys Garden Long Barn (Café)	www.hopleys.co.uk
Kings Road Cycles (Cycle Shop)	www.shedbornbikes.com
Megarry's Antiques and Teashop (Café)	www.megarrysteashop.co.uk
Richardson Cycles (Cycle Shop)	www.richardsonscycles.co.uk
The Cycle & Toy Centre (Cycle Shop)	www.thecyclecompany.co.uk
The Prince of Wales (Pub)	www.thepow.co.uk

For your Diary:

Mildenhall Cycling Rally

On the Bank Holiday Weekend in August

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August

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