

May / June 2014



Second Prize at the Dave Doo Photographic Competition 2013
Barry Brazier, South East Group CTC
'What's the Rush?'

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

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Brian Penny, John Steer, *Position Vacant*

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Stefan Eichenseher, John Steer, Brian Penny

Closing date for the July / August 2014 edition is on **15 June 2014**

Editor's Foreword

We are now nearly in the middle of summer and lots of cycling events are taking place. Some members of the Chelmsford City MG had a 5-days Easter Tour, the South East Group had their traditional French Trip last Sunday, and more events are on the horizon in June and July.

As much as organisers are concerned, I would like to encourage you to please support the events with your attendance. These are always a good opportunity to also bring a friend to cycling.

Another legend of the "Old Guard" has left us for pastures new, where he hopefully will be able to ride his bike without any concerns of traffic and health issues: please find the obituary of Peter Moore on page 29.

Following this, I reiterate the plea for volunteers to take up offices within the Essex MG committee (see p. 27), but also within the individual MGs, so that long-standing officers can get a break.

Judging from the Ghana explorations (page 26), we can be really happy with the conditions of our roads and available food stations.

Yes, I'm still dreaming of using my bike again ... some time.

However, I hope you are all out and about and have fun cycling!

Your editor,
Stefan Eichenseher



Fun from the ☆:
Another example of what
you can carry on a bike.



The President's piece

It is with sad news that I open this President's Piece. As some of you might have heard, the late Peter Moore had a stroke in mid-January. Unfortunately, Peter has now succumbed to it and he passed away on the 6th April. He will be greatly missed by riders across Essex that knew him and especially by the D.A./Parent Member Group of Essex, because of his vast knowledge on all things to do with the local CTC groups in Essex over the years.

With luck after Easter the weather should improve bringing warmer, dryer, sunnier days and warm evenings meaning we can get more hours in cycling. I hope that in the weeks coming up to bike week you all talk to cyclists that you meet on your travels and invite them to join you on your rides.

Group members across Essex are still buying the Essex group shirt, which is good advertising for our local cycling groups. You can contact Brian Penny for more details. His number is on page 4, under officers of the EMG.

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 your local CTC)

John Steer

Fun from the ♠: ... found on my travels through the Internet. [Ed]

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Member Groups' Reports

Chelmsford Member Group

Finchingfield - 2 March 2014 - Ten riders gathered at the Town Hall for today's ride led by Brian and Jeanette. The weather was fair with sunny periods and a moderate southerly wind. Our elevenses stop at "The White Hart" tearooms in Great Sailing would have been a rather short ride, so Brian took an indirect route making the first leg up to 20 miles or so. We had not visited these new tearooms before, but are happy to report we were very well looked after.

Beryl had joined us for elevenses and came on to lunch at Finchingfield by which time we had covered almost 35 miles and we were joined by John.

The wind was picking up for our return to Chelmsford making it quite hard work. Adrian needed to get back quickly and set off ahead of us. I was struggling a bit towards the end having still got a cough from recent 'flu and I dropped about 50 metres behind, as we went under the Chelmer Valley Route approaching Howe Street. I was missing the shelter of the group which had helped me back from Finchingfield and I didn't know the group had taken a right turn in Great Waltham and lost them. Anyway, I got home OK, if very tired, but sorry that our normal CTC approach to weaker members seemed to have lapsed somewhat.

However, it was a great day out and many thanks to Brian and Jeanette! 58 miles door-to-door for me. **Martin Cockersole**

23 March 2014 - Eight riders set off, into a stiff westerly breeze, having seen the Met Office forecast and therefore not expecting any bad weather before lunch. After the first squall at Writtle, 2 turned back for lack of waterproofs and the rest donned our wet gear and headed for Sawbridgeworth, with the wind "on our noses" slowing us all the way. Tall black clouds towered up in front of us, but there was plenty of sunshine amongst the showers and the woodland areas were lined with primroses and daffodils. You could sense that a little spring magic was happening.

Still under that spell, three of us carried on to lunch at Allens Green making a loop round Gangies Hill and riding the bridleway, (which was surprisingly firm and not at all difficult) - up to Perry Green. We arrived at

lunch just before 1 p.m. finding "The Queens Head" welcoming as ever and excellent value. A large group of cyclists from the Bishops Stortford club gradually arrived, filling out the public bar area with wall-to-wall blue and red Lycra. After lunch we rode the small lanes, counting the steady stream of jets taking off towards us from Stansted, banking steeply into 180 degree turns low over our heads. This muse was sharply interrupted by loud thunder and a stinging hail, clipping our ears us from the left. We pressed ahead across Hatfield Forest and on to White Roding, where we were thankfully able to dry out at "Bretts Buttery" before the last leg home. **Adrian Leeds**

Wenden's Ambo - 13 April 2014 - 13 riders forwent watching the London Marathon and set off for this ride on a chilly, but sunny morning. The moderate North-Westerly wind was in our faces most of the way to our elevenses stop at "Elsenham Golf Club" after 22 miles. The Golf Club has an excellent café and the service was very efficient, even responding to a request to turn off the BBC News Channel and show the marathon live!

Despite his recent head injury Adrian decided he was enjoying the ride so much he would continue with us to lunch at "The Bell Inn" at Wenden's Ambo. The view from the summit north east of Arkesden was splendid in the bright clear light. At "The Bell" we found they were only serving Sunday roasts, but very obligingly decided to feed us with a choice of baguettes and free chips! The beer was excellent too.

After lunch we set off on an untried off-road route to avoid a long section on the busy B1383. On the whole, this was very successful, apart from a short section of grass track, which had been made uneven by horses' hooves and baked hard in the dry weather.

We headed for Dunmow via Widdington and Tilty and enjoyed tea at "The Doctor's Pond" (Deb's Diner). It had just closed but the kind proprietor took pity on us and stayed open.

We headed back to Chelmsford via Barnston and The Chignalls, arriving back at 5pm having covered 64 enjoyable miles. **Martin Cockersole**

Colchester Member Group

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



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Essex CTC

www.essexcycling.co.uk

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

Havering Member Group

23rd February, Rettendon - Six sped out across the fens to Dunton nature reserve where Dave & new rider Lolita stopped for coffee. Gordon & co carried on to Rettendon. After coffee Dave & Lo battled the headwind on the way home via Herongate & West Horndon. **David Rowlands**

9th Mar - Nine set off into the glorious spring sunshine. Toot Hill & The Lavers then Hatfield Heath for 11's at a packed Village Tea Rooms. A brief foray across the Herts border through Sawbridgeworth and High Wych and a swoop down to Gilston.

The first nice Sunday of the year meant the world and his wife were out so there was an hour wait for food! Not wanting to wait we set off for an alternative venue. Steve refused to be beaten and eventually found a pub, the rest set off for home via Old Harlow and raided the shops / chippy at Potter Street. Back home via Toot Hill. **David Rowlands**

16th March – Purleigh - Kelvin led us six out across the fens on a lovely sunny Sunday. At Bulphan, Alan turned back, the rest carried on (wind assisted) to Dunton and then the hilly way to Gt Burstead. A short stop at Hanningfield visitors centre then more hills, including Radar Hill, before reaching The Bell at Purleigh. Meanwhile, Dave carried on to the Roundbush, having forgotten the slight change of destination. Reunited we lunched on the grass and enjoyed the fine views.

Return was payback time into the wind towards Hanningfield for 3's at The Waters Edge. Dave was expecting a flatter ride home but Kelvin decided to "treat" us to a climb up Botney Hill!

Dunton and back across the fens and home as the sun was going down and the moon was coming up! **David Rowlands**

23rd March - The Cock, Sheering - Not been to Blackmore for a while so off we went. A charity run meant that the tea rooms were heaving, but we got served fairly quickly.

We pushed on to Sheering via the Rodings & The Lavers with a brief stop at Matching church.

We dined at The Cock, some inside & some out. After lunch John W left us to get some more miles in and Gerald headed for home. The rest set course for Ongar, Bernard peeled off for Epping and five stopped for a bit more church action at Greensted.

At Moreton we encountered a cyclist in distress, Gordon to the rescue as he donated his spare inner tube! After Ongar we were treated to a pelting of hailstones. Eight riders out, four seasons weather, 52 miles, no punctures! **David Rowlands**

30th March - Maldon - Five (Bernard, Chan, Gerald, Gordon & Dave) headed off to elevenses at Gt Baddow after a dip at Buttsbury wash and getting buzzed by the Chelmer!

The cafe was heaving with SEGs but we were served quickly. Then followed a climb to Danbury and a swoop down to Maldon. Teas & sarnies were enjoyed on the Blackwater, but we didn't hang around to long as it was chilly by the water. Return was wind assisted via Bicknacre, the Hanningfields & Dunton. **David Rowlands**

6th April - Short ride to Billericay - Eight (Stephen, Dave R, Barry B, Ray A, Chan, Alex K, Gordon P, Sue Dory) enjoyed a ride, led by Stephen through the fens and Little Burstead upto Billericay for coffee and snacks in the Wetherspoons Pub on the High Street. Coming back via Botney Hill and the road through Thorndon. We was glad to see Barry Blazeby back on his bike along with Sue Dory who we have not seen for a while. **Stephen Ingall**

Continued on page 21

Correction

It has been pointed out to me that the author of the "Tyrolean Interludes" in the last issue is not the Ancient Mariner, to whom I have wrongly attributed this essay. The article was in fact written by Steve Gregson. Apologies for any confusion caused. *Ed.*

Forthcoming Events



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

Date	Event	Organiser
29 th Jun	[EMG] Windmill Rides , start from Galleywood Heritage Centre, see p. 24 for more info	Stefan Eichenseher
13 th Jul	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Market Hall Café, SS12 0AL, OS Sheet 178, TQ745933, open from 7:30	Stefan Eichenseher

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



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:



Second Prize at the Dave Doo Photographic Competition 2013
Barry Brazier, South East Group CTC
‘What's the Rush?’

The verdict of the judge was:

“Captures the relaxing countryside on a hot day. Good exposure and framing. I think, I would like to have seen the cyclist on the other side of the fence, facing the camera.”

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
18 May	Finchingfield	Horseheath (Cambs.)	M Cockersole
25 May	Coggeshall	Gt Yealdham	D Southin
01 Jun	Perrywoods	Maldon, Queens Head	J&B Taylor
08 Jun	Marks Tey Diner	Kersey	M Cockersole
15 Jun	Hatfield Heath P.O.	Little Hadham	A Leeds
22 Jun	Andrewsfield	Cornish Hall End	D Emery
29 Jun	[EMG] Windmill Rides , start from Galleywood Heritage Centre, see p. 24 for more info		Stefan Eichenseher
Alt:	Informal Ride		TBA
06 Jul	Perrywoods	Layer DLH	M Cockersole
13 Jul	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Market Hall Café, SS12 0AL, OS Sheet 178, TQ745933, open from 7:30		Stefan Eichenseher
Alt:	Blue Egg	Alt: Castle Camps	Alt: D Russell
20 Jul	Hatfield Heath P.O.	Dane End	D Southin



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
18 th May	Belchamp St Paul, Suffolk. About 90m 7.45 for 8am Start. Train part way option TBC	David Rowlands 07948 583979
25 th May	Cold Norton, near Purleigh	David Rowlands
1 st June	Short Half Day Ride	Stephen Ingall
8 th June	Hertfordshire with S. Herts CTC. Train to Hertfordshire. See website for details	
Saturday 14 th June	Rochester, Kent. Unsuitable for Road bikes. Meet outside Upminster Station 7.50am . See website for details	Stephen Ingall
15 th June	NO RIDE	
22 nd June	The Compasses, Littley Green	David Rowlands
29th June	[EMG] Windmill Rides , start from Galleywood Heritage Centre, see p. 24 for more info	Stefan Eichenseher
Alt:	Ride from Upminster TBC	
6 th July	Short Half Day Ride	
13th July	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Market Hall Café, SS12 0AL, OS Sheet 178, TQ745933, open from 7:30	Stefan Eichenseher
Alt:	Southend, Bring a touring bike	Stephen Ingall
20 th July	40+ - Sights of London	Bernie Curtis

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	Elevenses	Lunch Destination
May 2014		
18 th	[MG] Maidenhead	Contact: John Steer
Alt:	Maldon (Crystal Café)	*see note
25 th	Cooksmill Green (Bake House)	Woodham Walter (Queen Victoria)
June 2014		
1 st	Hockley (Riverside Nursery & Garden Centre)	Shoeburyness (Parson's Barn)
8 th	[MG] Hythe - Dungeness	Contact: John Steer
Alt:	Brentwood (King George's Playing Fields Café)	*see note
15 th	Chelmsford (Cake at the Lake, Central Park)	Great Leighs (St. Anne's Castle)
22 nd	Billericay (Café in the Park, Lake Meadows)	Stow Maries (Prince of Wales)
29 th	[EMG] Windmill Rides , start from Galleywood Heritage Centre, see p. 24 for more info, contact Stefan Eichenseher	
Alt:	Heybridge (Terajola Tearooms)	Kelvedon (Railway Tavern)
July 2014		
6 th Le Tour	Blackmore (Tearooms)	Pleshey (Leather Bottle)
13 th	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Market Hall Café, SS12 0AL, OS Sheet 178, TQ745933, open from 7:30, contact Stefan Eichenseher	
Alt:	Sandon (Sandon Garden Centre)	Mill Green (The Viper)

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
May 18	Tbc	Brent Eleigh, The Cock	Pam Nelson
May 25	Coggeshall		Alan Palmer
Jun 01	Lawford Hearts Delight	Stutton, Gardeners Arms	Gillian Walker
Jun 08	Coggeshall, Dutch Nursery	Woodham Walter, The Cats	Des McCarron
Jun 15	Flatford, Tea Rooms	Harwich, New Bell Inn	
Jun 22	Aldham Mill Race	East Mersea Picnic	Paul & Caroline Avison
Jun 29	[EMG] Windmill Rides , start from Galleywood Heritage Centre, see p. 24 for more info		Stefan Eichenseher
Alt:	Assington, Farm Shop	Castle Hedingham, The Bell	Alan Palmer
Jul 06	Cressing Temple, Barns Tea Room	Maldon, Jolly Sailor	
Jul 13	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Market Hall Café, SS12 0AL, OS Sheet 178, TQ745933, open from 7:30		Stefan Eichenseher
Alt:	Witham, Olivers Nursery	Rayne, Booking Hall Cafe	Paul & Caroline Avison
Jul 20	Stratford St Mary, Hall Farm Shop	Shotley, The Shipwreck	
Jul 27	Laver Marney (tbc)	Woodham Mortimer	Alan Palmer
Aug 03	Westons Sudbury	Hadleigh The George	Paul & Caroline Avison

Note:

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

South East Essex Member Group

16th February – Woodham Walter - I think some SEG's (especially the President) thought I was going mad today, when the ride to elevenses (Bunsay Down) and lunch ("Queen Victoria") was Woodham Walters and they are literally just down the road from each other. It also proved to be an eventful ride, as we had to navigate through some flooded lanes and I just about survived the day without being given the black spot.

Thirteen (unlucky for some) left Wickford led by yours truly and John S in two groups. The curse struck at "The Windmill" pub, when Mike C got 2 punctures and John S didn't arrive until 11.30am (blind Pugh leading). Our route after elevenses took us down Bunfords Road, where we encountered a flooded section, but were able to cycle through with ease.



Unfortunately, a biblical flood met us further along and luckily, we were able to walk down a raised bank. At Hoe Mill Lock the water was 2½ feet deep, but a raised walkway made progress

easy and we soon made our way to the pub where we met John & Margaret D on their tri-tandem.

23rd February – SEG 75 - As I was marshalling with Brian P at Cooksmill Green all I know is that the usual ride to the Roundbush café at Mundon went ahead and that's all I know. What I do know is that we discovered a new café called the 'Bake House' which is adjacent to the Fox & Hounds pub. I must admit this was a totally unexpected find and meant that we wouldn't be chilled to the bone waiting for the first riders to come to our checkpoint. I can recommend the home-made coffee and walnut cake and before SEG's start clamouring for a visit (see 25th May).

2nd March – West Hanningfield - Fifteen left Wickford heading for Galleywood and it soon became apparent that there was mutiny afoot, when the runs leader announced that London Hill would be climbed.

This led to a small faction under the leadership of President JS taking the law into their own hands and declaring independence from the main group by opting for a less hilly route. It proved to be the right course of action since this allowed a staggered arrival at the "Bee Shed" café at Lathcoats farm shop, which was packed with mothers and buggies. Peter H picked up a puncture just before arriving and proceeded to fix it after elevenes, but had a defective tube, so it took longer to repair. Lunch was taken at "The Ship" located on Stock Road near West Hanningfield by nine riders and you'll be pleased to hear that order had been restored and the group was once again in harmony (musical requests should be made in writing to Black Spot Entertainments).

9th March – Cold Norton - As I was away, all I know is that Brian P & Martin P appreciated the Titantic ale at "The Norton", a community run pub in Cold Norton.

16th March – Stondon Massey - Twenty two, including three new riders left Wickford in two groups led by Peter W via Ingatestone and Loves Green and Ian M via Stock and Margaretting Tye to the "Saddlery Café". Twelve went onto lunch and some sat outside in the sunshine at the Bricklayer's Arms.

23rd March – North Fambridge - Sixteen braved the cold and wet conditions that marked our departure from Wickford and Tom L had to turn back at West Hanningfield, as he was inappropriately attired for the conditions (only a looney would wear shorts and have no waterproofs). Upon arrival at Morrison's supermarket in Maldon, we were informed that hot food could take up to 30 minutes to arrive but you could have a free drink if it was longer. On hearing this, Lynda C immediately began checking her watch every few minutes and was cheeky enough to get her free cuppa under the time (that's cheating).

Nine went onto lunch at the "Ferry Boat Inn" at North Fambridge and we met Ian & Charlotte, who were visiting from Maidenhead. If you want to find out what she thought of the Ploughman's - check her Facebook page.

Continued on page 23



Peggy Thorndyke 100/100 Memorial Ride



(CTC Tourist Competition Event)

Sunday 13th July 2014

Start from Market Hall Café, Woodlands Road,
Wickford, SS12 0AL,
OS Map 178, TQ745933

Café open from 7:30

Contact: Stefan Eichenseher, 01702 621810,
s.eichenseher@googlemail.com

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ANNUAL TRAINING CAMPS

February, March, April and September

30th March – Little Braxted – Fortunately, the predicted turnout of mothers at our elevenses and lunch stops didn't materialise and we were able to enjoy our meals without having to sit outside. Havering CTC arrived at "Bringy Pine" just after us and it was nice to see them in their own bright club jerseys. Eight went onto the "Green Man" at Little Braxted via a particularly steep hill, which will not be repeated, as it was quite busy and narrow with a number of cars using it as a short cut to Wickham Bishops. The return journey through Maldon proved interesting for some as they stopped to look at a vintage car which had broken down and later helped to push it into the garage and were shown some other cars which were equally as old as the President. He remembers walking with the red flag in front of the earliest cars with much fondness and it only seems like yesterday to him. As Lynda, Ian & Colin were ahead of this group they carried onto "BHN" to wait for them, as it was cold standing around in the Promenade Park. Ian continued on home and John was able to get a lift home from SWF, as he was knackered trying to keep up with Mel !!!!! **Manchurian**

6th April - Bicknacre to Writtle - Our runs leader Dormouse was away today, which meant instead of me being tail-end Charlie, I was promoted to runs leader. Phil N led one group, while I led the second. We both followed the same route, as far as East Hanningfield, where I made an additional detour to extend the route allowing the first group time to order their food. We had a new rider in our group, who prefers to go at twice the speed, but unfortunately, our faster group was non-existent on the day, but he said that he would be back. Our route to Writtle was redirected by one rider, who said that he had a good route ... we ended up on the A414! - Not my chosen route of going through Sandon before turning off for Springfield. Six of us made it to the "Rose & Crown" (first time I've ever been there). It's full of old world charm some might say. Lynda joined us for lunch bringing our number to seven (but she was without a bike I hear you say) does she count as being out? On our way home we met Peter H at the Nature reserve at Hanningfield reservoir. He was just leaving, as we arrived. We all gave him a greeting and he set off on his way home. After some nourishment, we set off for home. I had only 54 miles on the clock ,when I arrived home. **J. Steer**

The Windmill Audax Ride – Marshals needed!

By Stefan Eichenseher

As with previous years, there is a necessity to have marshals at certain points on the route. These marshals are needed to sign check cards and ensure we have a good idea of anybody, who has pulled out of the event before the finish.

We would appreciate volunteers coming forward to help cover the most important event of the Essex calendar. It would be useful for each checkpoint to be covered by two people particularly at Chishill and Ugley. You can take turns, if you feel a time slot is too long.

If you could spare a few hours on this Sunday, please let me, the organiser, know. You can find details of times and locations that need covering on the website at www.essexcycling.co.uk/events/20140629galleywood210km.html.



The Windmill Audax Ride **Sunday 29th June 2014**

210km – The Windmill Ride, passing 10 windmills
start 08.30, maps 154, 155 & 167

120km - Audax -
start 10.00, map 167

Start & Finish:

The Galleywood Heritage Centre,
The Common (off Margaretting
Road), Galleywood, CM2 8TR
OS Sheet 167, TL702024

Refreshments:

Tea/Coffee at start & finish
Food & drink at
Victoria C.C. Club Hut
(at 163km on 210km ride
& at 78km on 120km ride)

Entry £5 (either ride) please send **P.O. or cheque**
plus S.A.E. at least 2 weeks prior to the event to:

Stefan Eichenseher
42A Whitegate Road
Southend-on-Sea
Essex SS1 2LQ
01702 621810
s.eichenseher@googlemail.com



Ghana

By Steve Gregson

A few memory joggers from my back pocket notes as we cycled along.

If you follow the 'Essex' meridian line down until meeting 'our' Barrancabermeja's Colombian latitude, it is in Ghana - so a good enough reason to choose it for a winter tour, no? After 17 weeks cycle touring in Colombia, Sweden and Austria last year always in our comfort zone, Ghana is certainly out of our comfort zones. Temperatures between 35°C and 40°C, loose tummy, no proper food, perhaps our ages also were the downside to very friendly Ghana folk.

The first 6 days have been as hard as we can remember - certainly harder than the Guatamala highlands or the 75 miles a day on the Colombian end-to-end. Here is a flavour of those 6 days:

Jan 5th, 36°C at mid-day - the first 10 miles were on a cycle path separated from a dual carriageway with small businesses lining the road. The road then rose at 5 - 11% for a few miles to Aburi, where no proper food!

6th, incessant village sprawls, ups and downs 5-10% all day. Anni hit on buttock by a wing mirror, but the driver at least stopped to apologise. Scrub, bushes and isolated trees; I had been reading about London-Edinburgh-London and our days seemed to be so similar - ride-eat-ride-eat-sleep a bit - ride.

7th, a very dusty hard shoulder with lots of rumble strips, sleeping policemen; cacti on roadside, hills to north and south; again, 34 miles took all day, we are so slow.

8th, rolling road territory, but at end of day a long 11% hill to walk up. In addition, we cannot accurately find out about ferry times across Lake Volta and how near we can stay, if there is only the one (10.00 am) ferry.

9th, Anni restrained on 2 separate occasions by young men wanting to know "where we are going?" We hear about a place to stay 20km from the ferry but no-one answers the door, so a neighbour telephones someone. We continue, but there is no habitation, nowhere to stay just mud huts, no food, a long way back to Mpraeso, if we are isolated at the water's edge. A big car arrives with 4 burly guys, who invite us to return to their guest house. No thanks; we continue downhill along a dusty wide road; no traffic (perhaps we have missed the ferry?). To the 'port', just in case there is something, but the 10am and the 12.30 pm bigger boats

have gone and there is another in an hour at 2pm, but there are some open wooden boats waiting for the last 4 passengers; so in we go with our bicycles. Nowhere half-decent to stay on the other side. So, 15km in searing heat (40°C), but flat. Plus, slash-and-burn roadsides keep us cosy! I think it's the second day eating only biscuits.

10th, 39°C at 12am; a flat dusty road; often a sandy piste, wash-boarding, loose sand / stones and again the slash-and-burn! Birdlife and bushes make for the interest; however, flat. At the end of the day, Anni sat wearily on the road waterless, fed up and whacked, but at Donkorkrom we find a restful Guest House in a garden and decide we have earned a few days' rest. Longest day so far 38 miles; 4 days of loose tummies begin!

Traffic much less now!

The second week began after the 2 lovely rest days, walking in the woods, attending church and meeting a 74 year old lively, retired? Irish mission sister. It was then an early start for the 15 miles to the 10am? 'engine boat' back across Lake Volta, slipping and sliding on loose sand and even being hit from behind by a motor bike (3 people) that fell over, it was also slipping and sliding along like me. A bit like dual slalom! At Hohue it was decision time, whether to carry on northwards on rough roads and places to stay probably 100 km apart... A no brainer really, so it was turning east and a nice visit to Wli waterfalls, one of Ghana's big attractions; Consequently folk a bit aggressive and wanting 'money'.

A German guesthouse owner said we would not make Ho in a day (120km) and recommended a Mountain Pleasure resort, but

grubby carpets and bathroom were too much for us. So, at 3pm it was head-downhill(ish) through tree lined country-side and even a rain shower; and full speed the 36km/h to Ho, where we did arrive before dark and found a nice hotel with delicious steaks. My computer made it 80km. 2 days' rest and checked over the bikes. Met USA missionaries and were invited to stay in their guest room, (we give donation), a lovely



family with 4 children taught at home, the eldest takes us a walk up to an escarpment isolated hamlet.

By now we are acclimatising but it's much more humid than Colombia and the mosquito nets, etc. take patience putting up. The folk continue to be most welcoming and helpful with food and drink.

Onwards south to Adidome, moving out of the few hilly escarpments; a split inner tube (faulty Indonesian) just as a beautifully dressed young woman came past on a bike with 2 water canisters, I did manage a photo and nearby was a roadworks depot to change the inner tube. Plenty of cycle repair sheds, wheel builders and even a spare spoke to buy.

Mostly flat from now on.

Continued in the next issue

Plea for Volunteers

By the Editor, on behalf of the EMG Committee

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 South East Group!

Please contact the secretary, Lynda Collins, on 01245 320 733 or by email collins.lynda@btopenworld.com with any suggestions. 🚲

French cuisine for the Cyclist

By Christine O'Neil

Why are the French so slim? Scientists used to wonder why the French are generally slim despite the apparently rich cuisine. Now we know - most French people eat a Mediterranean diet, considered to be one of the healthiest styles of eating to adopt.

Fact Despite fairly high consumption of cream, oils, cheese and meat, just 10 percent of French adults are obese, compared with 24 percent of British adults.

Fact A Mediterranean type diet results in more stable blood sugar levels than British diets, which are often dominated by convenience foods.

Fact A review of 35 studies on the Mediterranean diet has shown favourable effects on lipoprotein levels, insulin resistance, cardiovascular mortality and cancer incidence.

Fact While the French may love cheese, they also eat a fair amount of nuts, seeds, olives and seafood, all of which supply healthy fats shown to protect against cardiovascular disease.

Why is the French diet good for cyclists?

The Mediterranean diet is rich in 'good' fats, which reduce inflammation – great for anyone with injuries, joint problems or allergy-type reactions. And if you want to keep cycling into old age, research has shown that among individuals aged 70 to 90 years, adherence to a Mediterranean diet and healthy lifestyle is associated with a more than 50 percent lower rate of all causes of mortality.

Continued in the next issue



Obituary – Peter B Moore **(November 1934 - April 2014)**

By Adrian Leeds

Peter passed away on April 6th following a serious stroke in January.

Many CTC colleagues, including 15 riders accompanying the hearse, attended his funeral on May 2nd.


Peter loved cycling and his second hobby was technology, gadgets and particularly mending them. His relationship with spanners and screwdrivers began in his childhood, as did his habit of wearing shorts all-year-round, both of which he continued throughout his entire life. He served a 5-year apprenticeship at Marconi Wireless and following that, 2 years National Service with the RAF. As a Radar Fitter he worked on the (highly classified) development of systems for guided weapons. He was a member of the Chelmsford Engineering Society and had a keen interest in steam engines, traction engines and the like.



Peter joined the CTC as a young man and remained an active member throughout his life, both as a rider and committee member. During his National Service days he would ride home on weekend leave, complete a CTC Sunday ride and then ride back. He cycled to work every day for 44 years. Peter toured extensively from the 1950s onwards making many epic rides with other club members. He loved to ride his bike and did so right up to the day before his stroke.

Peter's reputation was that he would help anyone who needed it and he served on the DA committee and as Chelmsford CTC's Chairman and treasurer for many years, receiving the CTC Certificate of Merit in 2010. Peter also ran and managed the "Ezey-Riders" *[sic]* Sunday events for older less able riders. He always enjoyed a good lunch, none more so than with his various cycling associations and groups. He was a keen campaigner and often seen about the town delivering magazines and pinning up rides lists in prominent places. He was also an active member of the Chelmsford Cycling Action Group, lobbying local government to improve cycle paths and facilities.

His death leaves a big space in the club, which will be hard to fill, and he is sadly missed by all of us who had dealings with him. He also leaves behind 2 grown-up children and five grandchildren.

Our deepest sympathies go to Jon and Rosemary and families. 

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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Chris Regan Ltd (Accountant)	www.chrisregan.co.uk
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Cycle Cellar (Cycle Shop)	www.cyclecellar.co.uk
Herongate Cycles (Cycle Shop)	www.herongatecycles.com
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

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