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

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Havering	Stephen Ingall	☎ 07890 386984	Secretary
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Certificate of Merit Committee

Brian Penny, John Steer, Martin Cockersole

Essex CTC MG Trustees

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the November / December 2014 edition is on **15 October 2014**

Editor's Foreword

Summer has given us the pleasure of at least a few nice weekends, and those who could enjoy holidays also had some really sunny weekdays for cycling.

I read that the president is still in marketing mode, since his recruitment event in mid July. However, he has good reason, since without the support of individual members a "group" might lose its focus. Even suggestions to alternative venues or activities are appreciated, so that runs leaders can take up options given by the group, rather than the "same old". Backing from individual members also serves as encouragement that what the secretary is doing is still acceptable; i.e. members do not look for alternatives, because their ideas have not been heard.

It appears that all the groups had a fairly good turnout on the Sunday rides and some during the week. With the up-coming AGMs I hope that you will be supporting your group's organisation and possibly even take on an active role in the committee. Just organising an event (venue, date, publicity), for example, is a little help, with which you can support your group and the promotion of cycling in general.

On this note, the David Doo Photographic Prize for 2014 (p 28) is still open, where you can show off how cycling has an impact on your life. Prizes will be presented at the Essex CTC AGM and the pictures of the first three winners will be displayed on the next three issues of *Spotlight*.

So, please take some time to contribute to our picture gallery on the website, as well as to promoting cycling in Essex.

I found my saddle still attached to my bike the other day...OMG, this thing is a bit hard, after not having been out much.

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

Your editor,
Stefan Eichenseher



The President's piece

As I said in the last issue of the Spotlight, the Tour de France will be back on its home soil and the race will have been won. I'm sure that it won't be too long before it returns to our shores after such a welcome in Yorkshire, Essex and London.

I think that the cycling enthusiasts and the general public gave such a big show of support for Le Tour that we could be recognised as fast becoming a cycling nation once again (just like before the Ford Anglia, the Minnie [*surely*, "*Mini*", *Ed.*] arrived on our roads) and then the arrival Sinclair C5 (joke).

The inter-group annual summer meeting was well supported this year. The Colchester section rode down for the event and outnumbered the other groups' members attending. Not many Essex club short sleeved shirts on display though. Come on members, buy at least one short sleeved top! It would have looked good to have seen 30/40 members all in the Essex tops.

The Essex group jackets are selling well, but we need to see more shirts. It is good advertising for our local CTC cycling groups. Contact Brian Penny for more details. His number is in the Spotlight under officers of the EMG.

While I'm on about the groups being seen, I will also remind you all that the AGM season is coming up both for the groups and for the Essex Parent Member Group. What this means for the groups is that there is a need for new members on the committees.

Our groups need to change committee members so that new ideas can be brought in. When you have the same members on the committees for years the groups get stale for new ideas.

Younger members are needed to bring the groups in line with the younger riders' views on modern days in the saddle; it's not all about the cycling in the day's gone by.

So come on you younger riders, let's have your voice on the committees. Following Kitchener's appeal: **Your groups need you!**

Stay safe and enjoy your cycling wherever you ride and may the puncture fairy be kind to you, don't forget to talk to cyclists that you see along the way and give them an Essex CTC card, they might be interested in joining your local cycling group that they didn't know existed.

John Steer

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Member Groups' Reports

Chelmsford Member Group

6 July 2014 - Layer-de-la-Haye - Turnout today was limited by rival attractions, not least le Tour stage 2 in Yorkshire. However we enjoyed a good ride in fine weather via Terling and Witham for elevenses at Perrywoods. Lunch at the Buskin and Donkey was excellent as usual and we then made our way to the Museum of Power at Langford before heading back to Chelmsford to watch our videos of Le Tour! 58 miles in all. **Martin Cockersole**

13 July 2014 - Castle Camps - Very heavy rain over the breakfast period and a poor forecast cut numbers again and only 4 of us started from the Town Hall, led by Dave R. We waited for Dianna to arrive from Billericay as she had been hampered by the atrocious weather and then set off for elevenses at the Blue Egg via Little Waltham, Little Leighs and Rayne. A puncture delayed us again and we arrived at the Blue Egg at 11:20 where we met up with John and Margaret.

We then all headed for Castle Camps via Steeple Bumpstead. This was not uneventful with a drenching in the Finchingfield area, one more puncture and a navigation error which resulted in John and Margaret and Delia putting in a few extra miles (how this happened is too complicated to explain here!).

The homeward leg under bright skies took us to Andrewsfield for tea after which we headed back to Chelmsford having covered 71 miles. **Martin Cockersole**

3 August 2014 - Hadstock - On a beautiful summer's day 8 of us gathered at the Town Hall for a ride led by Dave R. We headed to Finchingfield by a fairly conventional route via Felsted and Great Bardfield. As we approached Finchingfield we had to put up with the usual fast-moving stream of noisy motorbikes which seem to plague this lovely village.

At Finchingfield we were joined by Margaret and John and Felix on an excursion out of London. Three returned from elevenses so eight of us continued to lunch at Hadstock over a very enjoyable route via Helions Bumpstead, Camps End and Bartlow.

The Kings Head is a delightful pub but the landlord told us that only pre-booked main meals were available. Luckily he saw the financial benefit of being a bit more flexible and came round to the idea of feeding us with lighter meals. No sandwiches however and as the pub was almost empty the attitude is hard to understand.

We headed to Thaxted for tea at Poppy's which is now open again on a limited basis. At least they stay open until 5pm on Sunday which is really helpful for the longer rides. The friendly reception, service and quality were as good as ever.

Felix left us at Dunmow and headed into the stiff westerly breeze to catch a train at Stortford and we arrived back in Chelmsford with 73 enjoyable miles on the clock. **Martin Cockersole**

Colchester Member Group

29th June, Castle Hedingham - This ride was our third anniversary Colchester group ride. Eleven riders met up at the Leisure World container for the run to 11ses at the Assington Barn, two riders joined us on the way. At the Barn we were met by John & Margaret with their trike. Although we arrived at the barn in good time, we did not get away early, as the service was a bit slow. The next leg of the ride to Castle Hedingham would take us through Sudbury and along the old railway track-bed to Rodbridge corner. I did do a recci of this part of the ride to check it out. In three years, this was the first time I've had to check out part of a route. The lunch stop at "The Bell" was excellent, although we did have to shelter from the rain under cover outside. Our reason for being outside there was a live jazz band inside and also, it was very busy. However, the ordered food came very quickly. I did have a bit of a job rounding up the riders to return home. Anyway, we put on our waterproofs and rode on. The leg back to Colchester I had in mind a more direct route or one with a loop. Because of the weather, I chose the more direct route, but at the sign of a hill some riders came scrambling past the leader to see who could get to the top the fastest, riding straight past the right turn I would have made on the alternative route. By the time we were about halfway back the rain had stopped. 50.5 miles average speed 10.02mph. **Alan Palmer**

13th July, Littley Green - Thirteen riders met up at Colchester Leisure World for the ride to "The Compasses" at Littley Green. The main group led by Paul & Caroline Avison (ten riders) went on to elevenses at

“Oliver’s” at Witham. I led an easier paced group, three riders to elevenses at Coggeshall and was met there by four riders from Tiptree/Kelverdon. The easy ride arrived at “The Compasses” after the main group. A good lunch and beer were had, the faster group leaving first. On our return (slower group) journey via Ranks Green we were alerted by two cyclists coming the other way of a crash ahead. 2 miles further up the road we saw (unfortunately) the main group ahead. One of the riders had come off on a slippery bend at a T-junction. An ambulance had been called, the group alerting traffic and Caroline, a trained nurse, looking after Sue the rider. A lady from a nearby house was most helpful and Sue and Caroline stayed at said house till the ambulance arrived. It was decided that I should take the group back to Colchester, leaving Paul and Clive to look out for and stop the ambulance. However, when the ambulance arrived they said they had a more urgent call to attend to. So the lady from the nearby house drove Sue and Caroline to Colchester. It was good to see that everyone in the group helped out in what way they could all doing their bit. Paul & Caroline later drove back to pick up the two bikes and take a gift to the lady for being so helpful. Easy rider group, 58.2 miles, average speed 10.38mph, average pulse 121bpm, max pulse 154bpm. **Alan Palmer**

Continued on page 13

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



I think this is aimed at the editor...



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27th July, Woodham Mortimer - Thirteen riders met up at Colchester leisure world. This seems to be the magical number to turn up for most of our rides these days. The elevenses break was Tiptree, "Perrywoods", where we met with 6 riders from Tiptree, Kelverdon and Marks Tey. One rider returned to Colchester after 11ses, leaving a group of eighteen to ride on to the inter section meet at "The Hurdlemakers". En route we stopped off for a photo shoot by the wooden viaduct on the Blackwater rail trail at Wickham Bishops. At lunch it was good meeting up with the other member groups. On the route back to Colchester we passed through Beeleigh Falls before heading back through Heybridge, Little Totham, Tiptree, Messing and Copford.

By Copford it did not go unnoticed that some riders had enough of my (these days) slowish pace and carried on at their own pace back to Colchester. Many thanks to those, who stayed with me. 53.90 miles, average speed 10.19mph, average pulse 119bpm, max pulse 152bpm, Temperature on return 71.7F. **Alan Palmer**

10th August 2014, Colchester 40/40 - The weather forecast for the day did not look very good. It was raining, as I set off from Colchester to "The Bungalow Diner" at Marks Tey. There were 3 or 4 cyclists there already (about 9.15am) but little paperwork at that time. Malcolm soon arrived with the route sheets and Brian arrived shortly after 9:30 with signing-in sheets after being held up with the train at Shenfield. Riders were by now arriving slowly so by about 9.45 there were 13 riders. There were 5 regular Colchester riders plus 2 riders from the area, 5 Chelmsford group members and one SEG-rider. It was decided that we set off at 10am, 10 riders doing the 40k and 3 the 40 miles. After Malcolm had taken a photo of the magical 13 we set off. I offered to lead the 40k group and everyone was happy with my steady pace. The route would take up through Fordham, Wormingford and over the border into Suffolk. By the time we had turned right onto the lumpy Nayland road and left onto the Leavenheath road, it looked, as if it could rain heavily any moment. After turning off right along Plough Lane and through the golf course, we were afforded some shelter by the high trees either side. It did get quite dark after a time through the wooded area, also loose stones under the wheels. The lane on the other side of the main road leading to Polstead was similar. We arrived at "The Polstead Cock" just after 11:30. They don't normally open until 12noon, but on seeing us the door opened. We were saved from a heavy downpour and thunder. We also had welcome cups of tea/coffee and cake. After the worst of the rain had passed, we set off from Polstead, after putting on a few more waterproofs. Robert

rode alongside me shortly afterwards with a big smile on his face and summed it all up by saying 'well I am glad, I didn't sit at home today'. About one and a half miles from "The Copford Alma" the heavens opened and so my feet were wet in a very short time. We arrived at the Alma just after the worst had eased off. 29.4 miles, average speed 10.04mph. **Alan Palmer**

Havering Member Group

22nd June - The Compasses, Littley Green - Andy, Gerald & Steve joined Dave on a glorious sunny day. The Fab Four flew out of Upminster bound for Cooksmill Green and a new (to us anyway) venue for 11ses, "The Bakehouse". We sat in the garden, the two in their Havering jerseys became a target for every fly in Essex! Service was good.

Masses of cyclists on the roads, as there was a "Ride It" organised event going on. Onwards to Writtle and beyond and more hoards of cyclists - yellow signs everywhere about road closures on July 7th, some kind of cycling event on apparently!

At Littley Green we sat in the shade and two enjoyed the huffers. Loads of more cyclists here too, including two family groups - always good to see. Back via the old Ridleys brewery and near Pleshey Gerald peeled off bound for E17.

Continued on page 20

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 **Saturday, the 15th November 2014**
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.

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

Please support Essex Cyclist's Touring Club!

www.essexcycling.co.uk

Forthcoming Events



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

Date	Event	Organiser
28 th Sep	[EMG] Colchester 100 , start 9am from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265	Malcolm Mitchell 07531 511112
16 Oct	[MG] Chelmsford AGM, 8.00 pm , Chelmer Club Hut, Meteor Way, OS167, TL698067	Adrian Leeds
24 Oct	[MG] South East Essex Group AGM, 8 pm St Laurence Church Hall, Eastwood, SS2 6RH	John Steer
26 Oct	[MG] Havering Group AGM, 10.30 am Thames Chase Visitor Centre Pike Lane, Upminster, RM14 3NS	Stephen Ingall
15 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>.

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

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

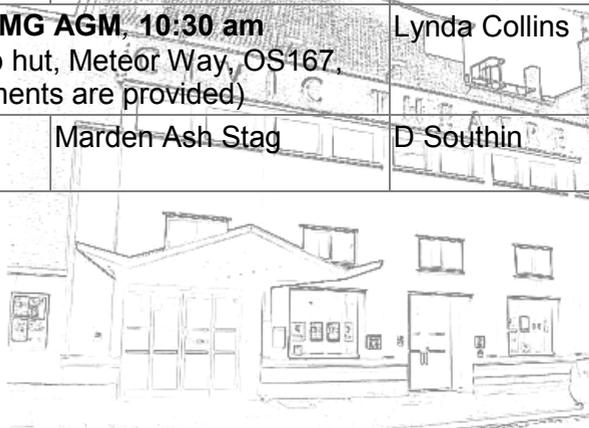
Rides Start: Sundays: Bus Station at the end of Fairfield Road
(near the Civic Theatre) 9am for 9.15am

All day rides start **9.15am**

For Tuesday evening destinations

call Dave Russell ☎ 01245 381055

Date	11ses	Destination	Leader
14 Sep	Stansted Mt Fitchet	Braughing	D Southin
21 Sep	Marks Tey Diner	Nayland Anchor	A Leeds
28 Sep	[EMG] Colchester 100 , start 9am from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265		Malcolm Mitchell 07531 511112
ALT:	Alt Blue Egg	Alt Belchamp St. Paul	A Leeds
05 Oct	Thaxted	Gt Sampford	D Russell
12 Oct	Sawbridgeworth Shed	Little Hadham	M Cockersole
16 Oct	[MG] Chelmsford AGM, 8.00 pm , Chelmer Club Hut, Meteor Way, OS167, TL698067		A Leeds
19 Oct	Greenstead Green	Pebmarsh	A Leeds
26 Oct	Andrewsfield	Finchingfield Red Lion	B Taylor
02 Nov	Coggeshall Dutch Nursery	Ford Street	M Cockersole
09 Nov	Elsenham	Pleshey Leather Bottle	D Emery
15 Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)		Lynda Collins
16 Nov	Essex Lanes, Cooksmill Green	Marden Ash Stag	D Southin



Havering 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
14 th Sept	Shoreham, Kent. Train to Barking, short ride to FREE Woolwich ferry into Kent	David Rowlands
21 st Sept	Pig & Whistle, Chignal Smealey	David Rowlands 07948 583 979
28 th Sept	[EMG] Colchester 100 , start 9am from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265	<u>Organiser:</u> Malcolm Mitchell
Alt:	North Fambridge, River Crouch	David Rowlands
5 th Oct	Short Half Day Ride	Stephen Ingall
12 th Oct	Mill Green, The Viper; 11ses North Weald Station on Historic Epping Ongar Railway	Stephen Ingall
19 th Oct	Pleshey, Circa 45 – 50m	Kelvin Dane 07922 111790
26th Oct	[IMG] Havering CTC AGM ; Meet as usual for Short Ride. OR 10am at Thames Chase Forest Centre, Pike Lane, Upminster, RM14 3NS. Ride to Lunch afterwards.	Stephen Ingall
2 nd Nov	Short Half Day Ride	David Rowlands
9 th Nov	Tiptree Tea Rooms, Writtle	Stephen Ingall
15th Nov	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)	Lynda Collins
16 th Nov	Sawbridgeworth, Herts. Circa 50m	David Rowlands
23 rd Nov	Moreton	Stephen Ingall

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 segsssec@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
September 2014		
14th	Sandon (Garden Centre Coffee Shop)	Cold Norton (The Norton)
21 st	[MG] Car-assisted: London ride, E11 2LF	
		John Steer 01702 529638
Alt:	Margaretting (Saddlery)	see note*
28 th	[EMG] Colchester 100 , start 9am from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265	<u>Organiser:</u> Malcolm Mitchell
Alt:	Chelmsford (Secret Garden Tearooms)	Cock Clarks (Fox & Hounds)
October 2014		
5 th	South Woodham Ferrers (Meadow Croft Garden Centre)	West Hanningfield (Ship Inn)
12 th	Maldon (Request Coffee Shop)	Tolleshunt D'arcy (Queen's Head)
19 th	Rettendon (BHN Garden Centre)	Writtle (Rose & Crown)
24 th	[MG] South East Essex Group AGM, 8 pm St Laurence Church Hall, Eastwood, SS2 6RH	<u>Organiser:</u> John Steer
26 th <small>BST ends</small>	Blackmore (Blackmore Tearooms)	Ramsden Heath (Nags Head)
November 2014		
2 nd	Rochford (The Beehive)	Hawkwell (White Hart)
9 th	Great Baddow (Bringy Pine)	Heybridge Basin (Old Ship)
15 th	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)	<u>Organiser:</u> Lynda Collins
Alt:	TBC	TBC

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
Sep 14	Langham, The Sheperd	Groton, The Fox & Hounds	Gillian Walker
Sep 21	TBC	Heybridge Basin	TBA
Sep 28	[EMG] Colchester 100 , start 9am from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265		Organiser: Malcolm Mitchell
Alt:	Elmstead Market Beth Chatto	Stratford St Mary	Alan Palmer
Oct 05	TBC	Woodham Walter	Steve Hardy
Oct 12	Dedham	Bures Thachers Arms	Derek Snowling
Oct 19	Weldon's Farm Shop Newton Leys	Hadleigh	Gillian Walker
Oct 26	Earls Colne Golf Club	Castle Hedingham	Paul & Caroline Avison
Nov 02	TBC	Tattingstone White Horse	Steve Hardy
Nov 09	Coggeshall	Gt Totham Prince of Wales	Paul & Caroline Avison
Nov 15	[EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided)		Lynda Collins
Nov 16	TBC	Edwardstone White Horse	Gillian Walker

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

We continued through the Easters, Willingale and Blackmore on melting Tarmac, then a quick ice cream stop at the Co-Op, before the last lap home via Frog Street & Navestock. **David Rowlands.**

29th June – Waltham Abbey - The Fab Four (Chan, Gerald, Gordon & Dave) set off into the sunshine to Chipping Ongar for 11ses at "Scott's". Afterwards, Gordon left us. He got the best of the sunshine as it clouded over on our way to lunch! A roller coaster ride through Toot Hill, Tawney Common, Epping & Upshire led us to Waltham Abbey, where two enjoyed scones & jam in the rain at "The Sun". On the return Gerald made his own way, Dave & Chan took a ride through Epping Forest to Loughton and on to Chigwell Row and home. **David Rowlands.**

6th July – Easy Tour de France Themed Ride - The drizzly start scared off a lot of potential riders. Still, a good attendance, as our regular (and not so regular) riders totalled nine: Alex, Brian Stevens, Brian Penny, Chan, Dave, Gordon, Kelvin, Steve and new rider Mick Fox. First stop was 11ses at "The Secret Nuclear Bunker" at Kelvedon Hatch via the ups and downs of South Weald, as the drizzle eased off. Half of us ventured inside while the rest took their refreshments alfresco.

Afterwards the group split, as Brian P led some on a leisurely ride to Moreton and Steve led at a faster pace there. In Berwick Lane yours truly was struck down with puncturitis! After a short delay, we set off for Toot Hill, Blake Hall and Moreton. Moreton was all dressed up in bunting and painted bikes hung from the walls ready to greet the Dunwich Dynamo as it passes through next Saturday! (There's another cycling event too, what's it called now?).

Mick needed to be home early so he said goodbye. Some enjoyed the BBQ while others tucked into iron rations. As the others took a direct route home, the two Brian's, Dave & Steve headed out to Willingale against a stream of would be TdFers. We less Strava-minded riders headed for Blackmore for tea & yummy cakes at "St Lawrence Church" to the accompaniment of a live band. Brian P headed S.E. and the remaining three headed home, but didn't get far as Steve was struck down by our second puncture of the day! That mended we set off for home via Days Lane and the Nag Z. **David Rowlands.**

3rd Aug - Short Half Day Ride Rainham RSPB via Ingrebourne Valley Country Park - Six riders out today on a glorious sunny Sunday including guest rider from Birmingham and potential new member from Tilbury. Steve led us through Upminster Park and onto the Ingrebourne

Way to Rainham. We said a quick hello to the Sky-Riders, then through the marshes and along Old Father Thames to 11ses at "RSPB Rainham". John W left us for a longer ride and the rest, led by Dave, set off through Purfleet and on to Orsett via the Mardyke path. At Orsett we encountered three horse drawn coaches bound for Orsett Hall. On to Bulphan and then a flat ride back to Upminster. **David Rowlands.**

17th Aug - Heybridge Basin – Joint ride with South Herts CTC - A chilly start for six, as we set off for 11ses at Norton Heath via a resurfaced (again!) Hay Green Lane. At Norton Heath we met up with S Herts CTC. Kelvin left us to explore some bridleways, then the joint Havering / S Herts mob - eighteen in all - set off via NCN 1 through Chelmsford and on to Maldon through a brief deluge. A plunge down Market Hill and a ride along the towpath led to our destination. At Heybridge Basin we dried off, as some chose the pub and some the tea rooms. The sun shone on our return which was nice! Not so nice was the headwind! At Bicknacre we stopped for 3ses at "The White Elm" garden centre. After East Hanningfield the Herts crew returned to Norton Heath, while we Havering boys flew back to our nests via Billericay and Hutton. **David Rowlands.**

South East Essex Member Group

15th June, Chelmsford to Great Leighs - As Ian M is now in America the leading of the all day riders group fell on my shoulders once again. I had had a broken chain on the way to Wickford but had managed to fix it with a split link (the chain had done less than 1,400 miles) Two groups set off for the cake at the Lake Chelmsford with Peter W leading the more distance group while I brought along the other, on our arrival at the cafe the weather started to change with drizzle then rain. The service was a bit confusing and I ended up being last to be served. I led a circular route to lunch which took us passed the Compass at Littlely Green, only to hear these words from those following (wishing that we was stopping there for lunch) I told them that it wasn't much further to St Ann's Castle.

22nd June, Billericay to Stow Maries - The ride out to the park at Billericay was an easy one but it had to be taken with a few detours so as not to get there too early, as usual on a bright and sunny Sunday the cafe was very busy. I lead the lunch time group towards Stock, West Hanningfield, East Hanningfield, Creephedge Lane, Flambirds Farm, Cold Norton to the Prince of Wales for our first visit to this pub which we

have passed on many a ride. I and a few others are looking forward to our next visit to this delightful establishment.

29th June, Finchingfield - I and Lynda Collins were marshalling today for the Windmill 120k, I have to say that the weather wasn't as good as last year, after doing our duty we was hoping to go for a ride on our folding bikes but the weather soon put a stop to that idea. We instead went to the Blue Egg for a bite to eat (boy is it expensive) it was also packed out as usual it also looks like they are extending to make more room for cyclists maybe?

6th July, Blackmore to Pleshey - Blackmore tea rooms must have been the quietest that I have ever seen them this morning, we was joined for our 11s by two sisters who belong to the Benfleet running club but also cycle when not running, they said how they would like to join in our events (75) but we won't hold our breath as we have heard this said so many times before. We made it to lunch at the Leather Bottle in good time, the young lady who waited on us was the only happy member of staff and she looked after us with a smile. Our ride back took us through Great Waltham where we was cheered by people drinking at the pub and at the old school house as we rode passed (we was on the T de F route after all)

12th & 13th July, Marketing & Recruiting - I was at an event called the Healthy Lifestyle Show in Eastwood, trying to recruit new members to the CTC, I was assisted on Saturday by John Gower and Barry Brazier, on Sunday by Graham Ross and again Barry. How did we do (we won't know until we see new riders turn up)

20th July, Tiptree to Rowhedge - I asked Brian Penny if he would like to lead the ride this morning, I gave him a general idea of the route I would like to take and off we went, we was hoping that the weather would be good to us as it was going to be a long day in the saddle. Elevens was made ok where we met John & Margaret Davis who would be joining us for the ride out to Rowhedge, Tom's farm shop is half way between Tiptree and Upper Great Totham. The ride out to Rowhedge brought back memories of riding Brian's 40/40 event the same on the return journey, while we was having our lunch thunder could be heard in the distance which faded away. Our ride back was not without its moments, Brian putting his left foot down and then following it just like he did on the Hythe to Dungeness ride a few weeks earlier, Claude was complaining that he had had enough and wished that he had gone home from 11s,

my pannier came off at one point. We made it back after having a good soaking just before we entered Maldon and a stop at the Carpenters Arms for refreshments.

27th July, Margaretting to Woodham Mortimer - Two groups set off for the Saddlery my group of eight arrived first and the staff set about cleaning and moving two tables together, the second group arrived and was asked to sit outside, having been out there for about two minutes they came back in. Rather than take the group up the hill to Gallywood I thought that I would take them up the farm road/track from Swan Lane passed Crondon Hall to the B1007, from there we made our way via, Sandon, Danbury, Gay Bowers then onto the B1418 to the Hurdlemaker's Arms. Once at the intersection meeting we ordered our food and headed for the bar, as I walked through the door from the gardens I heard this rather loud voice shouting at (what I thought was a child) get to the back of the queue then, (I then carried on to the bar that we always use to be met by Lynda saying (I'm not staying here to be spoken to like that I'm going home) normally they have the two bars open but it turns out that on this day they only had the one open. I shall think twice before I go there again. Colchester was by far the biggest section at the event (well done to them) all four groups had members in attendance which was good, after the photo shoot everyone disbanded to make their way home while the weather lasted.

3rd August, Maldon to Kelvedon - Two groups set off from the Wickford Cafe, PW leading one and Lynda the other, just as Ron S and I were about to set off we was delayed by a lady asking about joining us (I gave her my card) Lynda lead a good ride at a comfortable speed out to Maldon, on our arrival she said how we was 10 minutes late not a problem I said. Ian lead us to lunch as he is now back from America and needs the practice of leading a group again, when we arrived at the Railway Tavern it was packed there seemed to be some sort of a party or wedding reception going on, it was very slow in getting our drinks but the food came up quiet quickly. After lunch we took a different route away from Kelvedon so that we could miss the Inworth road which always seems to be busy, this route worked out ok and we was soon on our way through Great Braxted, Great Totham and bypassing Maldon to go through Beeleigh Abbey. On climbing the hill from Beeleigh some of the group had missed Ian turning right, lucky I had spotted them and called the others back, threes was had at Bicknacre before we all headed home, I had 66 miles which means Ian would have about 81+. **J Steer**

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ANNUAL TRAINING CAMPS

February, March, April and September

French cuisine for the Cyclist - continued

By Christine O'Neil

Breakfast

The meal before a ride should be low in fat and with no big lumps of protein. Both will tie up body resources in digestion, resources which are really needed for powering your legs. Also, cut down on fibre, which will absorb water and sit in your stomach. This is the only time where you don't want fibre in your system.

Eggs are not a brilliant choice, and milk is a poor beverage for the cyclist. Pasta or pancakes are great pre-ride meals, while whole-grain cereal with milk is much less so.

Try to pick a food with a low glycemic index, such as pasta, grains like all-bran and oatmeal. These will release their energy over the day, rather than twenty minutes after the meal. The advice is to avoid cereals such as corn flakes and cheerios, sugars, and white breads – but who can resist the allure of freshly baked croissants or a crispy baguette!

Pre-Ride

It is best to avoid eating anything within an hour of the ride. If you leave less time, you will sabotage your blood sugar with an insulin reaction. An hour leaves enough time for insulin and glucose levels to return to normal, but leave more for solid foods and even more for hard-to-digest proteins and fats.

Don't eat anything for the first half hour of the ride. On the other hand, eating during the ride is good for endurance - otherwise you'll find yourself with an energy dip after about two hours. The sugars are used directly by your muscles, sparing their precious stores of glycogen.

Drinking

Hydration is also key for cyclists, with at least 750ml per hour needed to replace the fluids lost through exertion.

Drinking large volumes of water is a must for cycling. Nearly every calorie of heat you produce must be dissipated by evaporating water from your skin, which adds up to tremendous volumes for replacement: one large water bottle of 750 ml or 24 oz per hour of riding. Water is especially vital in hot or dry weather, or when at altitude.

Dehydration can cause heat stroke and heat exhaustion especially in the summer but by the time you feel thirsty, you are already dehydrated! Drink water pre-emptively and drink more water than you think you need.

Choosing a Drink

When you're being more active than usual on your cycling holiday, it is a good idea to get in some carbohydrates and nutrition in your drinks. A mixture of 50% fruit juice and 50% water is an inexpensive and steady source of sugars and carbohydrates. One hour's worth of this mixture contains 133 calories, a fair chunk of the 250 calorie per hour minimum for rides longer than two hours.

What about wine?

Wine contains a rich mix of cardio-protective nutrients. These include salicylates, which have an anti-platelet effect, and ethanol, which can cause the blood vessels to dilate and help reduce blood pressure.

Red wine also contains a mix of flavonoids that reduce free radical formation and the risk of thrombosis. These also raise HDL cholesterol (the good stuff) and inhibit LDL oxidation in the arteries. The benefits appear greater when you drink it like the French – in small amounts with meals.

So drinking red wine in moderation is definitely claimed to have a beneficial effect on the heart but there's a lot more to it. The Mediterranean style of eating is typically abundant in protein-rich meats and fish, fresh vegetables, fruits, nuts and seeds, yet low in sugary grains and processed foods.

But save your glass or two until the end of the day – alcohol and cycling don't mix very well!

Energy Drinks

Energy drinks generally contain enough water to metabolise the carbohydrates they contain, but not enough to keep you hydrated, so extra water is needed. Generally, you should be drinking one large water bottle per hour (24oz or 750ml).

Caffeine

Many cyclists avoid coffee while cycling as it's a diuretic. A diuretic, of course, is a substance which reduces the amount of water your kidneys reclaim while cleaning your blood, moving water from your blood (and

muscles) to your bladder. Having a water shortage of a mere 2% of your body weight (or 1 litre per 110 lbs of body weight) can impair performance. However, staying away from caffeine completely is not necessarily a good idea.

One important point to note is that while exercising, the dehydrating effects of caffeine are almost unnoticeable. The main effect of caffeine is to burn fat rather than your body's limited carbohydrate reserves. On average, only about 19% of your energy comes from fat; less when you're really exerting yourself. With caffeine in your system, however, enough fat is burned to provide 40% of the needed energy.

Coffee is a good source of caffeine and a delicious, typically French start to the day. A cafe au lait has large amounts of steamed milk, giving it significant nutritional and energy value. ☺

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2014 David Doo Photographic Prize



By The Secretary

This year, we are once again organising the *David Doo Photographic Competition* - named in honour of the late Chelmsford member, who was also a keen photographer. The competition is intended to be a fitting annual tribute to him.

Cycling and photography are complementary hobbies, as the frequent use of cameras on tours and Sunday rides amply demonstrates. Our beautiful countryside and the camaraderie of wheelmanship are natural photographic subjects.

The competition is open to all Essex CTC members and there is no entry fee.

What you submit is entirely up to you - the competition brief is to celebrate cycling in any form. We'll publish the entries on the Essex Cycling website, and your efforts will be judged by impartial photographic professionals.

The winner, whose name will grace an Annual Challenge trophy, will be announced at the Essex CTC AGM on Saturday 15th November 2014. There will also be a small trophy to keep.

Photographs should be submitted in hard copy and sized 7 X 5 or 6 X 4. Please also submit a digital copy so that we can post photographs on the CTC web site.

Entries are limited to one photograph per person.

Entries open on 1st September 2014 and close on 20th October 2014.

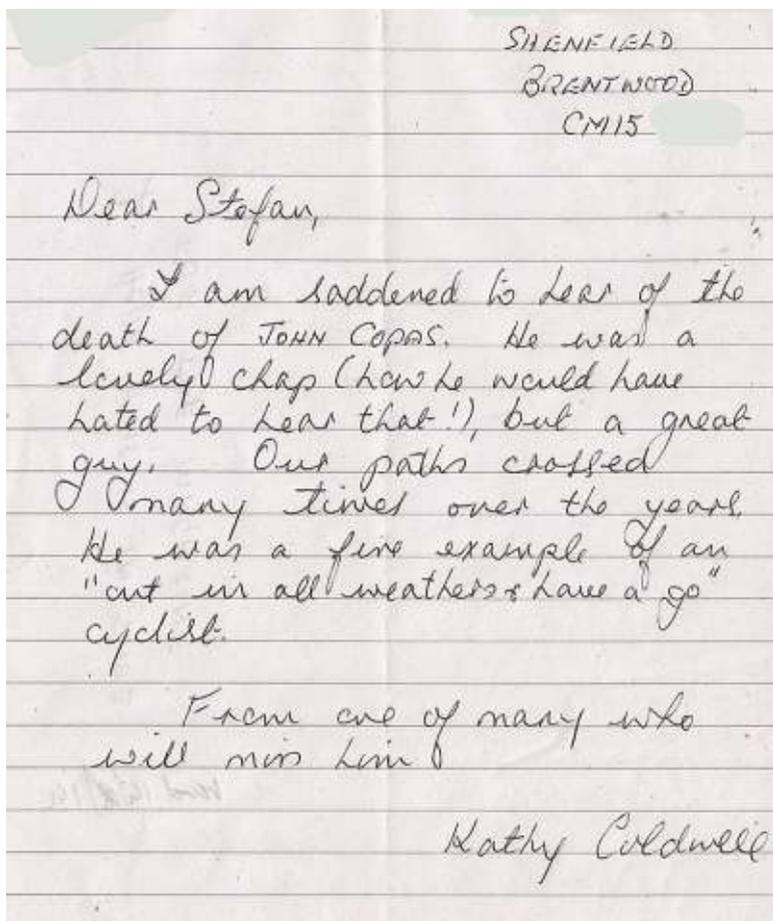
Please forward your prints to Lynda Collins, 142 Hullbridge Road, South Woodham Ferrers, Chelmsford, CM3 5LL. 

John Copas (February 1954 - June 2014)

By the Editor Following the funeral of John Copas, here is firstly the update of month and year of his birth, which leads to a rather shockingly short life span. Also, now known to those attending, John died of cancer that was thought to have been cured, but came back.



Quite unexpectedly I received the below letter following the death of John Copas. It is good to see that apparently quite quiet people leave their marks within the cycling community to meet such a response. ☸



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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Ciclos Uno (Cycle Shop)	www.ciclosuno.com
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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

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



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