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

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| Colchester | Alan Palmer | ☎ 01206 792929 | 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 January / February 2015 edition is on **15 December 2014**.

Editor's Foreword

Occasionally I manage to venture now on my bike through town, if the weather is too nice to use a car. I think you could call me a fair-weather-cyclist...

Following the passing of John Copas we have lost another well-known figure from our cycling community. The funeral for Beryl Russell saw some 40 cyclists from various clubs following the hearse. See the report on page 28; you find the complete eulogy on the Chelmsford City MG website.

However, after a further tragedy, it appears that the person involved is determined to ride his bike before this issue goes to press. You can read on page 29 about the healing progress of Brian Stevens after he had taken on a car on the Dunton roundabout that crosses the A127.

Now, I am also stepping on the bandwagon to appeal for your support in advertising the Essex CTC by means of appropriate clothing. Brian has written an encouraging article on page 25 that should help in your decision. And I, since holding the funds, am pushed to continue the ongoing subsidies towards these vestments. So I would suggest you put in your order, before the subsidies run out.



I hope that I can soon see lots of cyclists marking their affiliation with Essex CTC.

Well, most importantly, I hope that *you* are all out and about and have fun cycling!

Your editor,

Stefan Eichenseher



Fun from the  ... found on my travels through the Internet. [Ed]
<http://designshack.net/articles/graphics/25-clever-and-funny-christmas-print-ads/>



The President's piece

As another year draws to a close and the AGM season is over, I hope that there are some new members on the committees bringing in new ideas. Groups need to change committee members to bring in new ideas on what to do and where to go on Sundays and any rides or cycling related activities that take place during the week.

Don't forget the Essex Member Groups' Christmas Meet at the "Fox & Hounds" on the 14th December. I hope to see a good turnout from all of the groups like at the summer meet.

If you're looking for a Christmas present for yourself either bought for you or bought by yourself, then what about an Essex CTC group jacket or a short sleeved shirt. Brian Penny is still taking orders; his number is in the Spotlight under officers of the EMG for more details.



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.

*I would like to wish you all a
Merry Christmas
and a Happy New Year!*

John Steer

Fun from the :
... found on my travels through the Internet. [Ed]
<http://www.dreamstime.com/royalty-free-stock-photos-santa-claus-bike-vector-drawing-cheerful-riding-bicycle-image34576978>

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Member Groups' Reports

Chelmsford Member Group

10 August 2014 - London - Surrey 100 - I got to the Olympic Park in plenty of time to start "loading" for my 8.05am start time and found out that the route had been shortened to avoid the Leith Hill/Box Hill loop. Once on the road, it became obvious that the organisers had made the right call. But to satisfy honour, I now have no option but to put my name in the hat to do (hopefully) the full 100 miles next year – ballot opens on 18th August.

I stopped worrying about a decent time when I got stuck in Richmond Park behind a crash – I could see the ambulance lights in the distance. We were waiting and then walking for quite a while in torrential rain, so I got rather chilly and decided not to take any risks once we got underway again. There was a lot of flooding around the Ripley area, so it was single file through the highest point in the road in quite a few places and burst water mains sending rivers of water across our path! I think the late starters got the worst of the flooding, as it had accumulated by the time we came through. According to the official website, my time for the 86 miles was 06:50:25, which can only be described as exceptionally safe and steady!

The Best bits:

Riding on closed roads; especially turning into the Mall from Trafalgar Square and riding up towards Buckingham Palace – quite an emotional moment. Seeing the pros at the only point the two rides crossed (in Kingston upon Thames) – what were the chances of that?! The riders were flat out, heads down and working hard, but the team cars gave us some encouraging hoots. The support from locals, charity teams, and marshals in truly awful weather; Not having to deal with a puncture - I felt very lucky, as there were so many. My Continental Gatorskins did a good job! My favourite quote from a fellow participant: "It was a triathlon - a swim, a bike ride, and I ran to pick up my kit bag!"

The Worst bits:

Hearing afterwards that one participant raising money for charity had died from a cardiac arrest (age just 36) at Newlands Corner; Remnants of Hurricane Bertha, particularly flooding and some nasty cross-winds; Shortened route – a strange mix of disappointment and relief; The very early alarm call. **Delia Cox**

17 August 2014 - What with holidays and one thing and another, only four of us mustered for the ride to Lamarsh. The stiff breeze pushed us along well and we reached Greenstead Green at 10:45, well ahead of plan. After tea, Mr. Turner turned for home leaving myself, Mr. Southin and Mr. Beaumont to ride on. The day was warmer than it looked, but quite heavy rain arrived on the way to lunch, causing us to shelter and “cape-up”. On arrival at “The Lion” we parked our bikes out of the rain in the smokers’ shelter, alongside half a dozen loaded touring bikes. Apart from a chance brief exchange of half-understood greetings with one of the riders (he might have been Dutch?), we failed to connect with them in the pub. Despite being quite busy the helpful staff found time and space to slot us in for light meals.

Progress was much harder coming back but at least the weather stayed dry and we had tea at Coggeshall “Dutch Nurseries” to break up the slog home against the wind. Continuing the Dutch theme, we met a Dutch tourist, who had ridden from Harwich (his machine also fully loaded for camping) and seeking directions to his destination, a campsite off Wickham Hall Lane. As it was only a few hundred yards from us, it was for once a simple matter. After a mild yet blustery day and 64 miles, I was quite happy to see home. **Adrian Leeds**

31 August - Kedington - A bright late August day but with a nagging NW wind greeted 7 riders for the start at the Town Hall (or should it be City Hall now?). A loop via Pleshey and Onslow Green took us to Felsted and then by our normal route to the “Blue Egg” for elevenses. Only three of us went on to lunch at Kedington just over the Suffolk border. “The Barnadiston Arms” is an archetypal village pub, so few of which have survived the emergence of ‘gastro’ pubs. We loved it! The group next to us playing cribbage were having a great time and the repartee in the bar was highly entertaining. We took an enjoyable route on quiet lanes on our way to Rayne station for threeses, and with the wind now mostly behind us we made good time. We reached Chelmsford at about 5.15 having covered about 69 miles. **Martin Cockersole**

21 Sept 2014 - I have been enjoying the fine “Indian Summer” this year, as were the other eight riders taking a fairly direct route to “elevenses” on account of the 23-mile distance. The weather held mild and mainly fine, with a few feeble attempts at raining although the blustery breeze was one of those, which never seems to be fully behind you.

I think I'm right in saying that wasps and bees are quite scarce this time of the year but Mark managed to collide with one coming up the big hill to Wickham Bishops, resulting in an immediate stop, violent helmet-shaking and a comedy bump on the forehead.

The "Rock-n-Roll" style diner at Marks Tey did us proud in all respects before four of us battled on to a light but not particularly cheap lunch at the up-market Nayland "Anchor" (chips served in a little steel basket). Having travelled outwards via the Wormingford route we returned via Horkesley and Aldham, for afternoon tea at Coggeshall. I got home just before 6 pm with 72 miles completed. **Adrian Leeds**

Continued on page 13

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

<http://www.treehugger.com/bikes/handmade-dutch-bike-is-all-wooden-down-to-the-spokes.html>



This bike sports a very nice design – I like the asynchrony of the set up of the spokes.

Slightly less delicate, but I like the application of gears in this design. Unfortunately, I couldn't find the website link for this, so for a better image you would need to browse for "wooden bike".





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Colchester Member Group

28th September - Stratford St Mary - This was the alternative ride to the Colchester 100. This gave riders the opportunity to do an easier paced ride. Eight riders left Colchester (4 from Tiptree / Kelvedon area) for the elevenses stop at Beth Chato at Elmstead Market. We were met at elevenses by Keith Scott with his Tandem and Barbara his stoker. This gives Barbara being partially sighted the opportunity to take part in a ride. We were also joined by a rider from the over the border Suffolk Group.

This made a total of 11 riders out (2 Tandems) between elevenses and Lunch at "The Anchor".

On the ride we encountered a lot of cyclists (coming the other way) doing the St Helena Hospice ride, which explained the



The Anchor Inn, Stratford St. Mary

lower numbers out this year on the Colchester 100. It was good to see a lot of Cyclists out en force on the day. **Alan Palmer**

12th October - Ride to Earls Colne Valley Golf Club - Nineteen riders met at the container on the day. Two new riders came to try a day with the group after seeing our rides 'advertised' on the web. The ride was made up of two groups, myself leading the easier paced group of four. The elevenses break was at Elmstead Market Beth Chato. The ride from elevenses to lunch would see us (the slower group) hugging the north of Colchester until we reached West Bergholt. This proved to be quite an interesting exercise, as the roads were remarkably clear of motor traffic, which proved in this case that you don't have to go far out of town to be on quiet roads. The main group would pass us no fewer than three times led by Derek Snowling the leader skilfully adding in a few loops. **Alan Palmer**

Forthcoming Events



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

| Date | Event | Organiser |
|--------|--|---------------|
| 15 Nov | [EMG] Essex CTC MG AGM, 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided) | Lynda Collins |
| 14 Dec | [EMG] Essex CTC Christmas Lunch , "The Fox and Hounds", Cocks Clark, 12pm | Lynda Collins |
| 22 Feb | [MG] SEG 75 miles - from 8:30am at the Wickford Café Restaurant, 3-5 The Broadway, Wickford SS11 7AD, OS map 178, TQ747936 (The ride runs throughout OS map 167) | John Steer |

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

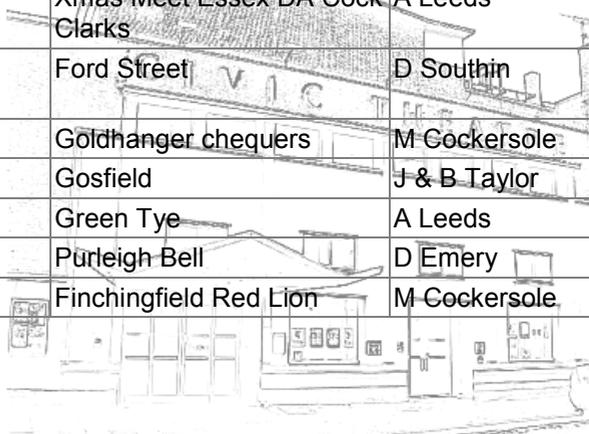
Rides Start: Sundays: Bus Station at the end of Fairfield Road
(near the Civic Theatre) 9am for 9.15am

All day rides start **9.15am**

For Tuesday evening destinations

call Dave Russell ☎ 01245 381055

| Date | 11ses | Destination | Leader |
|---------------|--|--------------------------------|------------------------------------|
| 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 |
| 23 Nov | Blackmore (Meeting Havering Group) | Cock Clarks | A Leeds |
| 30 Nov | Dunmow | Monk Street | D Russell |
| 07 Dec | Perrywoods | Layer DLH Donkey & Buskins | A Leeds |
| 12 Dec | [MG] Chelmsford MG, Christmas Dinner, Horse & Groom, Roxwell Rd | | Details, etc: A Leeds |
| 14 Dec | [EMG] Essex CTC Christmas Lunch, "The Fox and Hounds", Cocks Clark, 12pm | | <u>Organiser:</u> Lynda Collins |
| ALT: | Ingatstone | Xmas Meet Essex DA Cock Clarks | A Leeds |
| 21 Dec | Coggeshall Dutch Nursery | Ford Street | D Southin |
| 28 Dec | Heybridge Basin | Goldhanger chequers | M Cockersole |
| 04 Jan | Andrewsfield | Gosfield | J & B Taylor |
| 11 Jan | Hatfield Heath | Green Tye | A Leeds |
| 18 Jan | Maldon Fig Tree | Purleigh Bell | D Emery |
| 25 Jan | Rayne Stn. | Finchingfield Red Lion | M Cockersole |



Havering Member Group – Runs List



Secretary: Stephen Ingall

ctchavering@gmail.com or ☎ 07890 386984

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

Rides Start: Roomes (Home & Fashion) Store, Station Road, Upminster
November rides meet Sunday 08:45 for 09:00 start. Dec – Feb see below

| Date | Destination | Leader |
|--|---|-----------------------------|
| 9 th Nov | Tiptree Tea Rooms, Writtle | Stephen Ingall |
| 15 th 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 | Ride with Chelmsford CTC. 11ses Blackmore | Stephen Ingall |
| 30 th Nov | West Hanningfield, The Three Compasses | David Rowlands |
| *** Dec – Feb 2014, 9.45 for 10am Start *** | | |
| 7 th Dec | [MG] Havering CTC Christmas Lunch 12.30 at Izumi (Oriental Buffet) Brentwood Leisure Park, Warley Gap, Warley, Brentwood, CM13 3DP. Or meet as usual for short ride | Stephen Ingall |
| 14 th Dec | [EMG] Essex CTC Christmas Lunch, "The Fox and Hounds", Cocks Clark, 12pm **Getting 10.02 Train Upminster to Basildon to shorten ride** Going to Station at 9.55. | Stephen Ingall |
| 21 st Dec | Stapleford Tawney, The Mole Trap | Kelvin Dane 07922 111790 |
| 28 th Dec | The Nags Head, Ramsden Heath | David Rowlands |
| 1 st Jan | NY's Day Ride – Destination decided on day | David Rowlands |
| 4 th Jan | Short Half Day Ride | Stephen Ingall |
| 11 th Jan | Matching Tye, The Fox | David Rowlands |
| 18 th Jan | Chignal St. James, The Three Elms | 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 segssec@btinternet.com

Runs start: from the Wickford Café Restaurant,
3-5 The Broadway, Wickford SS11 7AD

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 |
|----------------------|---|--|
| November 2014 | | |
| 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 |
| 16 th | Norton Heath (Transport Café) | West Hanningfield (Three Compasses) |
| 23 rd | Woodham Walter (Bunsay Down Golf Club) | Woodham Walter (Queen Victoria) |
| 30 th | Cooksmill Green (The Bakehouse) | Chignal St. James (Three Elms) |
| December 2014 | | |
| 7 th | Margaretting (Saddlery) | Stondon Massey (Bricklayers Arms) |
| 14 th | [EMG] Essex CTC Christmas Lunch , “The Fox and Hounds”, Cocks Clark, 12pm | <u>Organiser:</u> Lynda Collins |
| Alt: | Sandon (Sandon Garden Centre) | See Xmas Meet |
| 21 st | Blackmore (Tearooms) | West Hanningfield (The Ship) |
| 28 th | Maldon (Morrisons) | Bicknacre (Brewers Arms) |
| January 2014 | | |
| 1 st | Informal Ride 10am start | Mill Green (The Viper) |
| 4 th | Rettendon (BHN Garden Centre) | Ramsden Heath (Nags Head) |
| 11 th | Great Baddow (Bringey Pine) | Cold Norton (The Norton) |
| 18 th | Rochford (The Beehive) | Great Wakering (Red Lion) |

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.

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 |
|-------------|--|--------------------------|------------------------------------|
| Nov 15 | [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 |
| Nov 16 | TBC | Edwardstone, White Horse | Gillian Walker |
| Nov 23 | | Heybridge Basin | Mike White |
| Nov 30 | | Bures, Eight Bells | Des McCarron |
| Dec 07 | Tiptree | Goldhanger | Paul & Caroline Avison |
| Dec 14 | [EMG] Essex CTC Christmas Lunch, "The Fox and Hounds", Cocks Clark, 12pm | | <u>Organiser:</u> Lynda Collins |
| Alt: | Flatford, Tea Rooms | Lawford, Hearts Delight | Gillian Walker |
| Dec 21 | | Earls Colne | Steve Hardy |
| Dec 28 | Coggeshall | Copford, The Alma | Pam Nelson |
| Jan 04 | Aldham Millrace | Stratford St Mary | Derek Snowling |
| Jan 11 | Boxted Fillpots | Boxford, The Fleece | Des McCarron |
| Jan 18 | | Kirby-Le-Solken | 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

Havering Member Group

31st August – Not to Wareside, Herts but Roydon - New rider Yolanda and nearly new rider Ivan joined the usual suspects to make seven out on a sunny late summer morning. A sharp climb up Wigley Bush Lane then the undulations of Navestock led to Stanford Rivers, where our two newer riders left for home.

Onwards we went through Moreton and The Lavers to Churchgate Street for 11ses at “The Mayfield Bakery, where we soaked up the sunshine over our coffees. Gordon weighed himself down with one of their yummy loaves and we set off bound for lunch. The NCN1 provided a nice quiet route through Harlow until I had a navigational malfunction, Gerald and Garmin to the rescue!

This was followed by a slight “coming together”, no broken bones! Having thus lost some time the ride was cut short to Roydon and alfresco dining at “The Crusader”.

For the return we headed for Epping where Gerald left us. The ups and downs of Coopersale and Hobbs Cross and a slog out of Abridge left our leader drained. Gordon and Alex headed for Upminster, Chan & Dave headed home after a little off-road action in Hainault Forest. **David Rowlands**

14th September – Excursion to Kent - Five (Alan, Chan, John W, Steve & Dave) met at Barking station for a ride to Woolwich. No ferry running, so we used the subway under Old Father Thames. The Thames path took us on to Erith, and a short dirt track section took its toll when Alan was struck down by the puncture fairy!

11ses was at “Marios Café” in Erith while John indulged in some wheel truing! Onwards, and approaching the river Darent the route planning went a bit wrong. Eventually we reached Dartford. But we were running late, so the ride was cut short, and instead of Shoreham we ended up at Bluewater! After lunching in the autumn sun, we set off for the Dartford crossing, where we were conveyed back to Essex in two batches, followed by a short ride home via Aveley. **David Rowlands**

21st September – The Chignalls - Chan and Gordon joined Dave on a fine but windy autumn morning for a short hop to Blackmore for 11ses. For the rest of the day the weather blew hot and cold, as we made our way through Willingale and on to Good Easter via the ford. Onwards to the Chignalls and “The Pig and Whistle”. Sat outside we enjoyed the view. It was a bit chilly though, so we were glad to get

moving again! Wind assisted we soon despatched Writtle and Margaretting, Ingatestone and Mountnessing, Hutton and Home. **David Rowlands**

28th September – North Fambridge - Gordon & Tim joined Dave on yet another glorious autumn day (how long can it last?) for a blast through Fen Lane and on to Dunton. After mixing it with the boot sale traffic, we climbed up to Little Burstead. After a quick breather, we pushed on through Billericay and South Hanningfield to Rettendon and 11ses at BHN. After our caffeine fix, another climb up Radar Hill, then Cold Norton led us to North Fambridge for our lunch in the lovely sunshine outside “The Ferry Boat Inn”. We retraced our route as far as Cold Norton and then set off for Cock Clarks and East & West Hanningfield. A quick rest at the bus stop, then on to Stock, Buttsbury, Hutton & home covering 65 miles in the process.

PS - The boys from the black stuff have been busy, never seen so much new Tarmac!

5th October – Short ride - Before our ride we had a chat with Someone-From-Upminster-Sports-Massage, who came down to meet us on this sunny but pretty cold morning. Quite a shock with the warm weather that we have had that has abruptly vanished. Dave led Chan, Stephen and Ray, who we have not seen for a while, on a winding route through Brentwood skirting Blackmore to “The Bake House” in Highwood just East of Blackmore. 11ses went on for nearly two hours, as the chat was quite engaging in the bright morning sun over our coffee. Our route back took us through Ingatestone to Hutton and Warley. 57Km 35miles ... but I think we could (have) add(ed) on a few extra for all the talking we did over coffee. **Stephen Ingall**

12th October - Snakes on a train (credit D Rowlands for this title) - Tim Dodd, Gerald H, and Chan K led by Stephen Ingall headed for North Weald Station on historic Epping Ongar railway via South Weald and Shonks Mill Lane, where we watched the old trains coming and going over coffee in the old rail carriage come café.

After our brew, we rode across Essex via Moreton and Fyfield to reach “The Viper” at Mill Green in the sunshine, where I ate a massive pie that fuelled me for the rest of the day. Gerald followed his GPS for home at Wanstead.

Continued on page 23

Cycling & Cafés

by Stefan Eichenseher

Publicity of such news is usually down to the MG secretaries, to whom the email with this information had been forwarded. However, I take the opportunity and publish, what might be all too easily forgotten, if only promoted through word of mouth.

Nick Livermore from Bristol, evidently a cycling enthusiast and obviously more so of cakes and coffee, set up a website dedicated mainly to providing cyclists with reviews of coffee shops across the UK and the routes that take them in.

“Obviously, being based down in Bristol it’s difficult for me to get to all corners of the UK and review each café myself. Besides, I don’t have the local knowledge. Currently, I have two other writers working with me on content for the website, but would love to get others involved in reviewing coffee shops, providing routes and even blog posts about something they’re interested in (cycling related, of course).”



Should anyone be interested, please have a look at www.lebidon.co.uk and fill out the contact form on the ‘*Write For Us*’ page.

The criteria are similar to the ones that I proposed for a review of advertisers in the March/April 2011 edition: Quality of coffee, cake, food etc; Ambience; Space for bikes; Criticisms? Favourite points? Bike shop?

Here is also a short route overview requested, with distance in miles and height-meters of climbing - just the general direction and what the route is like. A link to the plotted route would be helpful.

As it goes, embedded in a ride report or an article of a specific tour, this form could promote our own recommendations to our readers [Ed.] ☘

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ANNUAL TRAINING CAMPS

February, March, April and September

The route home for the three left was through Ingatestone and Hanging Hill Lane. When coming into Thorndon Chan and Tim went for home for about 50m, where I rode down to see Brian in Corringham, where he is recovering from his accident. Dave Rowlands was already there. After talking to Brian I decided to ride home in the driving rain to get my 100k for the day. **Stephen Ingal**

South East Essex Member Group

7th September – Hawkwell - Ten (Ian M, Ron S, Colin D, Graham R, Brian P, Jim C, Alan S, Dave & Elaine H and Claude A) left from our new starting point, which is the Wickford Café Restaurant, 3-5 The Broadway, as the Market Café is closed down now due to redevelopment of the area. Our destination was the “Riverside Garden Centre” on Lower Road in Hockley and we met John S, Dave B, Martin P & Ken P there. A figure of eight loop of Canewdon was then undertaken before returning through Ashingdon for some off-road riding along Magnolia Road to our lunch destination at the “White Hart” in Hawkwell. Nine (Ian M, John S, Colin D, Claude A, Jim C, Ron S, Brian P, Martin P and Ken P) enjoyed a good lunch, whilst sat in the garden basking in the afternoon sunshine.

5th October – West Hanningfield - Eighteen left Wickford initially in two groups. Peter W led a faster, longer ride out around the reservoir then down Pan Lane, whilst I went via Middlemead to the junction of the old A130 and Pan Lane. Unfortunately, four riders got mixed into the faster group, which had caught up and continued along Pan Lane, because I'd failed to ensure a back marker remained to allow them to continue with us to “The Bell” at Rettendon. Fortunately, these four were ably led by John S and arrived at the Meadowcroft Garden Centre shortly after us followed by Peter's group, who went via Creephedge. We were joined by Ken P, Lynda C & Brian E at elevenses and fourteen went onto lunch at “The Ship” in West Hanningfield.

12th October – Maldon - Originally we had intended on proceeding to the “Queen's Head” at Tolleshunt D'arcy for lunch, but when I rang earlier in the week to make a booking, I was informed that they no longer did snacks on a Sunday. After racking my brains (what little I have), I finally decided on the “Queen Victoria” in Maldon, which was also our elevenses venue (Request Coffee Shop). Eighteen left in two groups from Maldon and we arrived literally within minutes of each other at this new elevenses venue and they'd even put laminated reservations with our group name on our tables. They coped reasonably well with the

numbers, although initially they didn't take names, which did lead to some confusion with orders (someone always nabs my teacake first).

Ten went onto lunch, which was very nice although some of us were a bit cramped on a table designed for eight. - When are you starting that diet?

19th October – Writtle - Only ten out today with Peter W leading six via Danbury and me leading (guess how many) via Rawreth Shot, Battlesbridge, Rettendon and Creephedge Lane to the "BHN Garden Centre" for elevenses. Seven went onto lunch to the "Rose and Crown" in Writtle, which was popular with another cycling group. Luckily we were seated upstairs and had waitress service, as downstairs was packed.

26th October – Ramsden Heath - Twenty-one left Wickford and headed for "Blackmore Tearooms" in two groups, although it soon became apparent that the larger slower group should have been split into another group. But because we had insufficient runs leaders at the time, this was impractical. With more runs leaders (volunteers have come forward), we should be able to have an A, B and C group in future, especially when large numbers are out on a ride.

Thirteen continued onto the "Nags Head" at Ramsden Heath, where a long table had been reserved for us by the landlady. Martin P and other beer connoisseur's among the group appreciated the guest ales and the food was good too.

2nd November – Hawkwell - As rain was forecast today and a few spits and spots of the wet stuff had already fallen on my journey from Shoeburyness to Wickford it was no surprise that only seven set out. These stalwarts of the club, who come out whatever the weather (mad fools) were yours truly: Ron S, Jim C, Jon C, Graham R, Mike C & Claude A. Our ride was via Rawreth Shot, Watery Lane, Hullbridge Road, part of Hambro Hill and then a wibberley, wobberly suburban route to Gravel Road, where we were surprised by John S. We continued down Green Lane and joined the cycle path by Aviation Way and Cherry Orchard Lane to Hall Road and on into Rochford. At "The Beehive" café we met Ken W, Peter W and a friend, who were already on their 2nd cup of tea and Martin P also turned up.

Eight went onto lunch which was via the famous Canewdon loop, but unfortunately on the approach to Ashingdon, we were engulfed by the wet stuff and promptly stopped to don our waterproofs. We arrived at the

“White Hart” in Hawkwell a little bedraggled, but were soon enjoying a drink and a bite to eat with good conversation and laughs before venturing home after a grand day out. **Manchurian**

You haven't got a jersey yet??

By Brian Penny

Want to look young and beautiful? Well, here's your chance. Order a new Essex CTC jersey. It won't reverse the ageing process, but it will add a touch of glamour to your rides with the CTC.



They have become a familiar sight amongst Essex CTC groups since they were first introduced in 2013. Manufactured in bright yellow with the Essex CTC emblazoned on the back, they make a great advertisement for this club. Comments from the owners of the nearly 50 jerseys sold so far are positive in terms of the quality of design and value for money. The only glitch has been about measurement with a medium sized jersey too small for the average CTC member.

The price of the jersey is currently £22 for short sleeves, £25 for long sleeves and £42 for the Windtex. The sizes range from small to 3XL. These prices currently benefit from a £10 subsidy by generosity of the Treasurer of the Essex CTC. But this subsidy will end after the next order.

So, if you want to take advantage of these jerseys at these prices, then get in contact with Brian Penny by the **28th November** at b.penny522@btinternet.com or 01268 777941 after 8.00 pm.

Passports & Euros

By John Steer

Having organised a car assisted day trip to France with a cycle route planned to ride from Cassel (France) to Ypres (Flanders) 3 cars set off from Essex with 10 cyclists between them and their bikes. Simple you might say.

Half way to Dover I asked my 2 passengers, if they had plenty of Euros and their passports with them. One replied that he had both - at that moment there was a scream from the back and an "Oh no, I've left it at home in the draw", he said. We thought that he was joking. He was dropped off at the next junction on the M20, where he said that he would make his way back to Essex.

My other passenger and I carried on to Dover. I said to him let that be a lesson to you always carry your passport with you when you're going abroad. About 2 miles outside Dover I asked him to get his passport ready, as we would need them for passport control. "It's in my bag", he said. I said: "Your bag is in the boot with 2 bikes on the rack in the way."

We unloaded the 2 bikes at Dover and retrieved his passport and we eventually met the other 7 waiting to board the ferry. They were thinking that we weren't going to make it on time. Once on board it was our mission to get up to the food court to get our full English breakfast ASAP.

On the other side of the Channel we drove in a convoy to Cassel and parked in a free car-park, unloaded our bikes and dressed for the ride. But our first port of call was a coffee/drink from a local bistro and the use of their loo. Suitably refreshed we headed out across the cobbles, which we ended up suffering all the way down the hill.

Having never ridden the route before I missed the turning we needed on our left ... The road sign was covered by trees. Once at the bottom of the hill we rode for about one mile, before we turned off and headed across country working our way towards Poperinge and between Ian's Garmin and my map the Garmin led us twice into a field.

At Poperinge we had our first experience of riding down one way turnings the wrong way against the oncoming traffic. No problems, no hooters sounding, nobody shouting at us(!). We eventually made Ypres only to be greeted by hundreds of like minded people. Every bistro, bar and

café that served food was packed out. Paul & Karen H spotted a bakery open, where some of us bought cakes for our lunch.

As Paul & Karen along with Brian P had booked an earlier ferry home, time was running out, which meant an early departure was made by all.

A wrong decision caused an issue when coming out of Poperinge along with a misunderstanding between SatNav-man and Map-man. Map-man said: "Don't follow the main route signs, as they lead to main roads." These we could see in the distance. However, SatNav-man thought he meant follow your SatNav and the main road.

Situation sorted and better progress attained by retracing the route that we came in by. Paul, Karen and Brian raced of ahead for their ferry, while those on the later one followed. BUT there was one important stop to be made in Poperinge and that was called a taste-test-of-local-beer.

While we were ordering our beer Mike C could be seen frantically searching through his pannier. When we enquired what he was looking for, he said his passport. We all took turns in going through his bag. No good, he had lost it.

On talking to the woman, who worked in the bistro and who coincidentally also spoke perfect English, Mike C was directed back to Ypres, where he last had it. There at the local police station, he found his wallet and passport all intact - lucky him. Mike C stayed the night in Ypres, as he would never have caught us up. Oh yes he would! As we found out, because we were put onto a later ferry, as P&O had changed their sailing times)

The route back followed the right route this time (D137), which took us straight back to Cassel and we missed most of the Cobbles on the hill this time, as the road came out half way up the hill. All in all it was a good (and exciting) day and I have been asked to repeat it again.

Lessons learnt, when abroad always carry your important documents and papers on your person not in your bags. Don't trust a satnav, which takes you into a field and don't trust a Michelin Map, as they aren't as good as the Ordnance Survey ones. Other than that, enjoy your day trips and holidays abroad. 🚲

Obituary - Beryl Russell

By David Russell

Beryl was born on 9th August 1936 at Hempstead near Saffron Walden, but the family soon moved to Danbury to live in Nursery Cottages, where Beryl lived before marrying.



She was the middle one of three sisters, and she always said she drew the short straw: because “she was bossed about by the eldest and the youngest one got all the attention.” But she always laughed when she said it.

After attending Maldon Secondary school Beryl worked at Marconi’s, where she developed an interest in cycling, helped by her Dad buying her an “all steel” Raleigh Sports model with single freewheel.

Cycling with Chelmsford CTC was the start of a wonderful hobby and way of life. Around this time, David joined the CTC and Beryl knew him as the boy with “Picallili” sandwiches for lunch. Soon Beryl and Dave were cycling together, going to many of the hostels in reach of a day’s cycling.

Beryl and Dave married in May 1960. During a time off from cycling their daughter, Jackie was born, in 1965. Unfortunately she had severe Spina Bifida and was paralysed from the waist down. But Beryl was devoted to Jackie and never wavered from the loving care she gave her for the 14 years of her life. After Jackie died in 1979, holidays didn’t seem the same.

So David bought a bike and they re-joined the CTC enjoying the club runs and begun going on organised holidays, such as “The Birthday Rides”. In the last years Beryl rode with a slower group and enjoyed meeting members of the EDARF for “elevenses” and lunch.

She also enjoyed the produce from the allotment, making lots of jam and filling the freezer with fruit and veg.

Without warning of her impending illness tests on 1st August showed that there was no magic cure and she moved from Broomfield Hospital to Farleigh Hospice and died there on 10th September.

Our deepest sympathies go to David and his family.

Please find the whole eulogy of Beryl Russell on the CCMG website at <http://chelmsfordcityctc.wordpress.com/2014/09/25/beryl-russell/>. 🚲

Thinking of...

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

Brian Stevens - In the first half of September former Havering Group Secretary Brian Stevens was in a collision with a car on the Dunton roundabout that crosses the A127 and seriously battered and bruised.

He had a shocking long list of injuries, including broken bones, which were quite worrying. After a stint at the Royal London Hospital, Brian was briefly resident at *Collins House, Springhouse Road, Corringham, Stanford-le-Hope*. However, he is on the move to *Thurrock Hospital, (AF Centre) Long Lane, Grays*. There they do rehab for the next 2-3 weeks and can get him moving again. As Brian likes receiving visitors, here are the details: visiting times Mon - Sun 10.30 - 7pm. No visits at meal times: Lunch 12 - 1.30pm & 5 - 6pm. *[last info as of 24/10/14, Ed. However, at going to press, that's already past tense, see below.]*

Brian is progressing well; cheerful making jokes and eating healthily. Laughing reminds him he has broken ribs. He is still taking pain killers, particularly for his broken shoulder. Due to his broken heel on the opposite side, he is not able to use a crutch, which affects his mobility considerably. Brian thinks he may be well enough to leave the care home in a few weeks which is quicker than expected, and is currently talking about cycling early next year. Thank god! **Stephen Ingall**

Just before going to press, here is another update by Stephen: Brian's progress continues so fast that he was due to go home on Thurs 6th Nov. He will be house-bound for sometime, as he lives in flats with stairs and without a lift.

However, he can walk short distances with walking frame / stick, which he needs because of broken heel & shoulder.

We wish him a full and speedy recovery. 🚲

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 |
| Cafés for Cyclists | www.lebidon.co.uk |
| Yet Another Cycling Forum | http://yacf.co.uk |

Advertisers' websites – past & present

(a to z)

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| API Resprays (Cycle Shop) | www.apibikes.com |
| Basildon Timber (Decking & Timber) | www.basildontimber.com |
| Chris Regan Ltd (Accountant) | www.chrisregan.co.uk |
| Ciclos Uno (Cycle Shop) | www.ciclosuno.com |
| 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 |

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

<http://spinningmusic.files.wordpress.com/2013/10/halloween-pumpkin-bike.jpg>



...escaping from Halloween!

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