

**January / February 2015**



**First Prize at the Dave Doo Photographic Competition 2014**  
**Kenneth Plowman, South East Group CTC**  
"Walking through the forest"

---

---

# *thecyclecompany*



**EXPERIENCED  
RELIABLE  
SERVICE**

**SALES – SERVICE  
REPAIRS**

**Clothing &  
Accessories  
Giant, Raleigh,  
Diamondback,  
GT, Mongoose,  
Pashley, Ridgeback  
Electric Cycles**

**Open: Mon-Sat, Closed Wednesday**

**01245 283929**

**New Street, Chelmsford, Essex CM1 1PP  
www.thecyclecompany.co.uk**

---

---

**Spotlight** – Magazine of the **Essex CTC MG**, a local **Member Group** of the **Cyclists' Touring Club**, the national cyclists' organisation

President: John Steer

Volume 1/2015se35

## Index

Index .....	3
Impressum: .....	3
Editor's Foreword .....	5
The President's piece .....	6
Member Groups' Reports .....	9
Essex CTC - Proposed Calendar for 2015.....	14
Inter-group Competition - Additional Notes .....	15
Forthcoming Events .....	15
Chelmsford Member Group – Runs List .....	16
Havering Member Group – Runs List .....	17
South East Essex Member Group – Runs List .....	18
Colchester Informal Member Group – Runs List .....	19
Essex CTC Christmas 2014 .....	23
Certificate of Merit .....	26
Honours List 2014 .....	27
In Gear Vocabulary Maze .....	28
Thinking of... ..	29
Useful Website Links .....	30

## Impressum:

EMG Secretary: Lynda Collins, 142 Hullbridge Road, South Woodham Ferrers, Essex, CM3 5LL, Tel: 01245 320 733, [secretary@essexcycling.co.uk](mailto:secretary@essexcycling.co.uk)

Editor: Stefan Eichenseher, 42A Whitegate Road, Southend-on-Sea, Essex, SS1 2LQ, [spotlighteditor@essexcycling.co.uk](mailto:spotlighteditor@essexcycling.co.uk)

Advertising Officer: Martin Pipe, Tel.: 07802 200660, [m.pipe@blueyonder.co.uk](mailto:m.pipe@blueyonder.co.uk)

Postal subscriptions: Jonathan Collins, 142 Hullbridge Road, South Woodham Ferrers, Essex, CM3 5LL, Tel: 01245 320 733, [spotlightsubscriptions@essexcycling.co.uk](mailto:spotlightsubscriptions@essexcycling.co.uk)

**Price per annum: £6.00, inc. p&p**

Please consider paying through the bank:

Account Name: Essex CTC Member Group

Account No: 6554 2231

Reference: SPLTSUBS

Sort Code: 08-92-99

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

## Officers of the Essex CTC MG - we are serving you ...

<b><u>Officer</u></b>	<b><u>Name</u></b>	<b><u>(preferred) Contact</u></b>
President	John Steer	president@essexcycling.co.uk
Secretary	Lynda Collins	secretary@essexcycling.co.uk
Chairman	Brian Taylor	☎ 01277 657867
Vice Chairman	Adrian Leeds	vicechairperson@essexcycling.co.uk
Treasurer	Stefan Eichenseher	treasurer@essexcycling.co.uk
Members' secretary	Jonathan Collins	registrationofficer@essexcycling.co.uk
Welfare officer	Brian Penny	welfareofficer@essexcycling.co.uk
Promotions officer	Brian Penny	☎ 01268 777941
Editor	Stefan Eichenseher	☎ 07503 163469
Advertising officer	Martin Pipe	spotlightadvertising@essexcycling.co.uk
Distribution Officer	Jonathan Collins	spotlightsubscriptions@essexcycling.co.uk
Webmaster	Malcolm Mitchell	webofficer@essexcycling.co.uk
CTC Councillor	Martin Cockersole	martin@cockersole.co.uk

### **Member Group Representatives** (for more information see member group details)

Chelmsford	Adrian Leeds	☎ 01245 260272	Secretary
	Brian Taylor	☎ 01277 657867	Delegate
Colchester	Alan Palmer	☎ 01206 792929	Secretary
	Pam Nelson	☎ 07812 209862	Delegate
Havering	Stephen Ingall	☎ 07890 386984	Secretary
	Dave Rowlands	☎ 07948 583979	Delegate
South East Essex	John Steer	☎ 01702 529638	Secretary
	Lynda Collins	☎ 01245 320733	Delegate

### **Other Committee members**

EDARF	John Davis	edarf@essexcycling.co.uk
	Melvin Martin	☎ 01268 572081

### **Certificate of Merit Committee**

Brian Penny, John Steer, Martin Cockersole

### **Essex CTC MG Trustees**

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the March / April 2015 edition is on **15 February 2015**.

## ***Editor's Foreword***

As December, last year (just over two weeks ago) ended more cold than wet, hope for the white stuff is still in the air. But, as Santa at the Christmas Meet has already demonstrated, one can combat icy roads with spiked tyres...

Not so much as out with the old, but in with the new - please take your time to note and pencil in the cycling events in your diaries, which you can find on page 14. There is also an update to the inter-group competition "rules" on page 15, where you might want to consider marshalling an event and still get points towards an award!

The Honours List on page 27 sports some new names, which have been announced at the AGM last November. And a very surprised Editor was awarded "Certificate of Merit", of which you can read the inscription on page 26.

The solution to the maze on page 28 follows in the next issue, by which time I hopefully have found all the words ;-)

I had an interesting ride out on Christmas Eve (posting the last cards) - and on the way found a non-light polluted starry sky: a beautiful view at the Wildlife Reserve at Barling Magna! Saw a shooting star (probably some space waste entering the atmosphere, as it was a very dark yellowish colour). On the way, just past the duck pond, there was the best Christmas Lights display that I've ever seen - they must have had a deal to get electricity for free... Looked very good though. Even a "For Sale" sign had twinkling lights around!

Considering the at times treacherous weather, I hope that *you* are all out and about and have fun cycling!

Your editor,  
***Stefan Eichenseher***



## ***The President's piece***

Happy New Year to you all, and welcome to 2015! I hope that you all got what you wished for on Christmas day.

All we need to do now is keep our eyes open for prospective new members on their new bicycles that they were given for presents - be they young or old (I don't mean the bikes).

The Essex groups' Christmas meet at the "Fox & Hounds" on the 14<sup>th</sup> December went much better than last year, although I think they might have been running out of beer. The food came up quickly after the orders went in, which means there is potential for hope in using this venue again for inter group meets.

We had the warning late last year of snow (which never materialised). Does that mean we could have a wet start to the year again? Come on you weather bods in the groups give us a forecast for the 75 event.

Talking of the SEG's75 event, don't forget to enter it, and if you're not riding it, then please volunteer to help out with the marshalling around the lanes of Essex.

If you're looking for a New Year present for yourself then what about an Essex 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 business 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 Happy New Year once again.

***John Steer***

FOR NEW AND USED BIKES, FRAMES, WHEELS

ALSO FOR THAT *PERFECT* FINISH

## **API RESPRAYS**

THE ONLY SPRAYSHOP USED BY  
**SPECIALIZED**

ENAMELS / PEARLESCENTS / METALLICS

ALSO FRAME REPAIRS & BRAZE-ONS

1 - 2 WEEK TURNAROUND

ALL THIS AND MORE ON THE WEBSITE:

[www.apibikes.com](http://www.apibikes.com)

OR PLEASE CONTACT **ANDY PALMER**

07788 660561

## **Chris Regan Ltd**

**Accountancy and Taxation Services  
for Small businesses, Landlords,  
Self Employed and Employed**

**To arrange a free consultation:**

**T: 01245 283098**

**E: [chris@chrisregan.co.uk](mailto:chris@chrisregan.co.uk)**

**W: [www.chrisregan.co.uk](http://www.chrisregan.co.uk)**

CITYGATE HOUSE  
R/O 197-199 BADDOW ROAD  
CHELMSFORD  
ESSEX CM2 7PZ

ingatestone  
café



For a friendly welcome, great food, helpful staff  
and relaxing environment - then why not visit

## **The Ingatestone Café Ltd**

**Located inside the  
Ingatestone Saddlery Centre  
just off Junction 15, A12 Margaretting**

The varied menu offers  
a little something for everyone:

Whether you want a light snack, a quick drink  
or a three-course lunch, we are the perfect  
place for the whole family!

### **Opening Hours**

Monday to Friday

9.00am to 4.30pm

Saturday

9.00am to 4.30pm

Sunday

10.00am to 3.00pm

**07704 227050**



## ***Member Groups' Reports***

### **Chelmsford Member Group**

**9 November 2014, Elsenham** - The heavy overnight rain had eased and 9 of us left the Town Hall as the sun broke through. Diana led us through the Chignalls to High Easter and then through Little Canfield after which we observed a two minute stop and silence at 11am on Remembrance Sunday. Two walkers passed by and we heard one asking the other what we might be doing. The woman looked at her watch and held her finger over her mouth indicating that he should stop talking!

After elevenses at "Elsenham Golf Club", where we were joined by Peter T, we headed for "The Stag" at Little Easton for Lunch. We had intended to have lunch at the "Leather Bottle" at Pleshey, but having called them from Elsenham, we were told they were only doing Sunday roasts. - Another one off the list!

We had our lunch on the picnic tables in warm sunshine and then headed back to High Easter for tea at "Lodges Café", which has been refurbished and is now open until 4pm on Sundays. An excellent new tea stop in an ideal location, which I am sure we will be using frequently from now on.

We returned to Chelmsford having covered just over 50 miles. **Martin Cockersole**

**23 November - Blackmore** - This ride was supposed to be to Cock Clarks with elevenses at Blackmore, where we were due to meet up with our friends from the Havering Member Group. However, the weather forecast was dire with continuous heavy rain all day, which was already in full swing at breakfast time. I went to the start wondering if I'd be the only one, but was delighted to find Dave, Diana and Adrian keen and ready to go. So we set off and dully got soaked, but at least it wasn't cold. Interestingly, we saw none of the usual plethora of other cycling groups out on the road and I did wonder, if any of our Havering colleagues would be daft enough to venture forth. But when we arrived at elevenses there they were - all six of them; although they seemed to have imported a couple of ringers from Southend! The extended break over, the groups went their separate ways having abandoned the idea of cycling to lunch together. Adrian and I went straight home and Dave and Diana stopped for lunch at Margaretting Tye. Only 27 miles but plenty in the rain! **Martin Cockersole**

**23 November – A horribly wet day.** Only 4 of us failed the initiative test and set off to "Blackmore Tea-rooms", where (by arrangement) – we met

the Havering group and a couple of Southend riders. It was a convivial CTC meeting and we stayed a good while chatting over coffee with the occasional mournful glance out of the window at the persistent downpour. Dragging myself back outside, I bid a cheerful farewell to the others, who also had all opted to call it a day. By now I was double-waterproofed by cape and jacket, but the rain soon penetrated both and by the time we got to Edney Common, I was ready to throw in the very soggy towel, and headed for home. Martin followed leaving Dave and Diana to squelch onwards to Lunch. **Adrian Leeds**

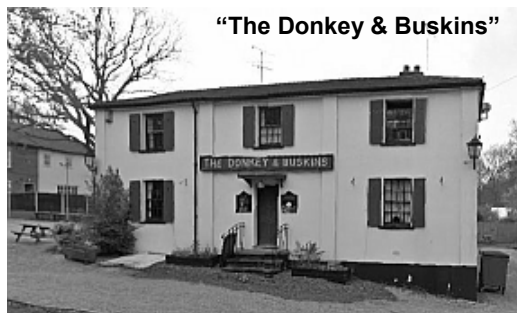
**30 November - Monk Street** - Twelve riders assembled at the start for this ride on a pleasant winter's day. Dave led us to Dunmow on an excellent route on country lanes. This was slightly circuitous and served to increase the distance from about 13 miles to over 20. Adrian had a flat, and another, after which it was agreed he and Dave S would make their own way to Dunmow. This resulted in them getting there well before us, but Adrian assured us this was down to increased speed not shortcuts. After elevenses we headed north on another circuitous route to Monk Street, which included the delightful section between Broxton and Tilty, where the low sun was highlighting the features of this beautiful part of the County. "The Farmhouse Inn" served some excellent baguettes and sandwiches, after which we set off for home via High Easter, where we stopped for tea in the "Post Office Café". 56 miles in all. **Martin Cockersole**

**30 November – Dave Russell's ride to Monk Street via Dunmow** - It was a much better looking day than the previous Sunday, tempting a dozen or so optimists to take to their machines in the false hope that they would stay dry. Fat chance! My own machine proved to be less willing and fell prey to a puncture at Writtle, then a second deflation but a few hundred yards later. I needed time to investigate this second one and two gallant assistants (Dave S and John B), stayed back to help sort it out sending the others forward. After much (wet and muddy) tread-searching the problem was discovered to be a faulty tube, perished at the valve-base. We short-routed to Dunmow and met the others for tea before going on to Monk Street. It occurred to me that the back lane between Duton Hill and Folly Mill lane is the roughest stretch of "road" I've seen and an absolute disgrace for Essex County Council: have they heard of the new invention, Tarmacadam? "The Farmhouse Inn" coped admirably with the 9 of us, before we returned home through the wet lanes. **Adrian Leeds**

**7 December 2014 - Layer-de-la-Haye** - Another dire weather forecast for heavy rain during the morning must have put a lot of riders off as only four of us lined up at the start - the same four as rode in the atrocious conditions two weeks ago. In the event we enjoyed ideal conditions for the ride to Tiptree for elevenses. There we were joined by Margaret and John and also a good contingent of riders from CTC Colchester. We should engineer such gatherings between the CTC Essex groups more often! As we left, the heavens opened; fortunately this downpour was short-lived and eventually the sun came out, as we made our way to the excellent "Donkey and Buskins" for lunch. There we were very pleased to see Malcolm who had walked out from Colchester to meet us. The ride home started well, but at Messing we were buffeted by strong gusts of wind and cold showers. Adrian decided we should head straight for home in view of the weather and deteriorating light, but Dave kindly invited us in for tea at Hatfield Peverel and we couldn't resist. We cycled back to Chelmsford in twilight under clearing skies after an enjoyable 53 miles.

### **Martin Cockersole**

**7 December** – The same four "go-in-any-weather" riders as 23 Nov rode joyously with a following wind to "Perrywoods", taking slippery bridges, closed flood barriers and muddy farm tracks in their stride. The rain held off and John and Maggie joined us for coffee, mixing as we did with the combined hoards of Colchester riders also gathered there. Honestly,



counting them was pointless, as more kept arriving. As we departed, the rain came on strongly, blown along by a cold wind. After a bit of tricky navigating assisted by guest rider "Snowy", I got us out of Tiptree onto the desired route and thence to lunch. "The Donkey & Buskins" welcomed

us all warmly and we set out our kit to dry off as lunch was taken. The rather strange soup billed as "Potato and Leak" was queried with the management and explained away by the "Polish Cook" – (that's how he does it). Head-wind and just-above-freezing drizzle were the returning conditions, so we gratefully accepted Dave's offer of tea and cakes at his place on the way home. **Adrian Leeds**

*[The CCMG reporters managed three days with different views, which made up for the occasional lack of reports in previous issues. Ed.]*



**CYCLECELLAR.CO.UK**  
mountain - park - street - road

- Mountain, Hybrid and Road bikes
- Specialist BMX department – **Completes | Parts | Accessories**
- **Cytech accredited** repair centre
- Cycle servicing from £30.00
- Bike Club - reserve a bike with a 20% deposit
- **Authorised Dealer:**

Felt Bicycles, Ghost Bikes, GT Bikes, Mongoose, WeThePeople,  
FitBikeCo, United, Blank

**Cyclescheme**

Tax free bikes  
for work



**mongoose**

📍: 3a Tadworth Parade, Elm Park, Essex, RM12 5BA

☎: 01708 451406

🌐: [www.cyclecellar.co.uk](http://www.cyclecellar.co.uk)

## **Basildon Timber**

**FOR ALL YOUR DECKING &  
TIMBER NEEDS**

VISIT OUR PREMISES AT:

HONYWOOD HOUSE, HONYWOOD ROAD

BASILDON, ESSEX, SS14 3DT

TEL: 01268 531444      FAX: 01268 531554

[www.basildontimber.com](http://www.basildontimber.com)

OPEN:

MON-FRI 7.30am - 5.00pm    SAT 8.00am - 1.00pm

## Colchester Member Group

**November 30, 2014 – Bures** - Twelve riders in two groups set off from the bike containers at Colchester Leisure World. It was a misty and slightly chilly morning but with a promise of some sunshine later. For starters, Des received his award from Alan for Best Spotlight Report

We started towards Wivenhoe along the river Colne and cycled along past the university turning north towards Ardleigh. We passed through the village, as the church bells were ringing out for the Sunday services — a very pleasant sound. At the same time the sun started to show itself through the clouds.

We arrived at our elevenes stop at “Fillpots Garden Centre”, Boxted, and were joined there by three of the Tiptree riders. At first we appeared to overwhelm the serving staff with more than ten people arriving at once. However, everybody got served and we set off in two



“Fillpots Garden Centre”, Boxted

slightly different groups towards Stoke by Nayland. The cold north wind kept our speed down, as we continued to head north.

From Stoke by Nayland we proceeded down Gravel hill to Nayland and then crossed the busy A134 riding across the beautiful Stour Valley to Bures. On the way we lost four riders from my group, as they felt that they needed food more than an extra four miles cycling and took the direct route to lunch. For the four remaining we took a roundabout through Arger Fen taking care to walk round the ford and were the last to arrive at “The Eight Bells” in Bures.

We had a long table and 14 sat down for an enjoyable lunch together.

The post lunch ride was a short distance through Mount Bures and then skirting Fordham through Woodland Trust country back into Colchester before the darkness had fully settled in. **Des McCarron**

# Essex Cyclists' Touring Club - Proposed Calendar for 2015

## 7 Cycling Events



Date	Event	Organiser
22 <sup>nd</sup> Feb	SEG's 75	John Steer
10 <sup>th</sup> May	Dot Sharp Memorial Ride 80km	Adrian Leeds
28 <sup>th</sup> June	Windmill Rides 110km/210km	Stefan Eichenseher
12 <sup>th</sup> July	Peggy Thorndike 100km/100mls	Stefan Eichenseher
9 <sup>th</sup> Aug	Colchester 40/40	Brian Penny
6 <sup>th</sup> Sept	Rough Stuff 29mls	Brian Taylor
27 <sup>th</sup> Sept	Colchester 100km	Malcolm Mitchell

## 2 Social Events



26 <sup>th</sup> July	Summer Meet	Brian Penny
13 <sup>th</sup> Dec	Christmas Meet	Brian Penny

## 1 Photographic Competition



Entries open: 1 <sup>st</sup> Sept	Closing date: 20 <sup>th</sup> Oct	Lynda Collins
------------------------------------	------------------------------------	---------------

## ➔ Submit your Events Card\*



18 <sup>th</sup> Oct	Claim your Standard/Premier Award	Lynda Collins
----------------------	-----------------------------------	---------------

## ➔ Most important (last) date of the year!



14 <sup>th</sup> Nov	Essex CTC AGM	Lynda Collins
----------------------	---------------	---------------

\*) You will need to complete an **Events Card** throughout the year and submit this to the Essex CTC MG Sectary **by the 18th October 2015** to claim your award. The idea is to provide a visual incentive of events completed and give evidence to make it easier for the secretary to compile the list of award presentations.

The cards are provided by the events organisers, who will after the event confirm on your events card the successful completion of the necessary criteria (e.g. in time, all questions correctly answered, etc.)

## Inter-group Competition - Additional Notes



Marshalling at an Essex CTC MG event (as listed above) can count as one event towards the Standard and Premier Award. (This does not include the 100 mile cycle event required for the Premier Award.)

One event (including a 100 mile or above event) from another CTC area/region can be used to count as an event for the Standard and Premier Award.

Individual awards based on the number of cycling events successfully completed are available to individual **Essex CTC MG** members as follows:

Standard Award	Complete 4 EMG events
Premier Award	Complete 5 EMG events with at least one event of 100 miles or more

Certificates for individual cycling events are available on the day of the event.

Event and contact details will be published in the Spotlight. For further details on the events please see our website at <http://www.essexcycling.co.uk/events.htm>.

## Forthcoming Events



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

Date	Event	Organiser
22 Feb	<b>[MG] SEG's 75 miles</b> - 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 01702 529 638
10 May	<b>[EMG] 80km - Dot Sharp Memorial Ride</b> , Starting from: Mountnessing, Church Hall	Adrian Leeds 01245 260 272

If not stated, please see the *Impressum* (p. 4) for organisers' contacts or see our website at <http://www.essexcycling.co.uk/events.htm>.

## Chelmsford Member Group – Runs List



**Secretary:** Adrian Leeds

4 Oaklands Crescent, Chelmsford CM2 9PR, ☎ 01245 260272

**Runs Secretary:** Dave Russell

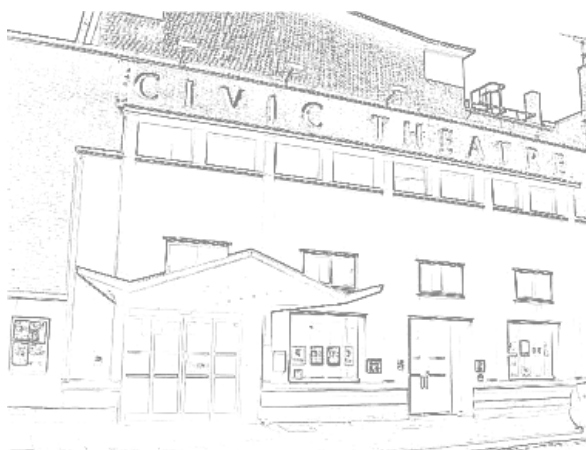
7 Willows Crescent, Hatfield Peverel, ☎ 01245 381055

**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
18 Jan	Maldon Fig Tree	Purleigh Bell	D Emery
25 Jan	Rayne Stn.	Finchingfield Red Lion	M Cockersole
01-Feb	BHN Rettendon	Maldon, Queens Head	A Leeds
08-Feb	Blue Egg	Castle Hedingham	D Russell
15-Feb	Bretts, White Roding	Allens Green	M Cockersole
22-Feb	<b>[MG] SEG 75 miles</b> - 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 01702 529 638
<b>ALT:</b>	Informal Ride	TBA	
01-Mar	Greenstead Green	Lamarsh Lion	A Leeds
08-Mar	Thorndon Park	Fiddlers Hamlet	J Beaumont
15-Mar	Sawbridgeworth Shed	Fernaux Pelham	J Beaumont





## Haverling Member Group – Runs List



**Secretary:** Stephen Ingall

[ctchaverling@gmail.com](mailto:ctchaverling@gmail.com) or ☎ 07890 386984

[www.ctchaverling.btck.co.uk](http://www.ctchaverling.btck.co.uk) & [www.essexcycling.co.uk](http://www.essexcycling.co.uk)

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

Dec - Feb rides meet Sunday 9:45 for 10:00 start. March - see below

Date	Destination	Leader
	<b>*** Dec – Feb 2014, 9.45 for 10am Start ***</b>	
18 <sup>th</sup> Jan	Chignal St. James, The Three Elms	Stephen Ingall 07890 386 984
25 <sup>th</sup> Jan	Coopersale, The Theydon Oak	David Rowlands
1 <sup>st</sup> Feb	<b>Short Half Day Ride</b>	David Rowlands
8 <sup>th</sup> Feb	Ramsden Heath, The Nags Head	Stephen Ingall
15 <sup>th</sup> Feb	Off-Road ride. Belhus & RSPB. Bridleways and rough surfaced paths. UNSUITABLE for road bikes	Kelvin Dane 07922 111790
22 <sup>nd</sup> Feb	<b>[MG] SEG 75 miles</b> - 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 01702 529 638
<b>Alt:</b>	Rettendon Garden Centre (BHN)	David Rowlands
	<b>*** 9am Start from March***</b>	
1 <sup>st</sup> Mar	<b>Short Half Day Ride</b>	
8 <sup>th</sup> Mar	Gilston, The Moor Hen	
15 <sup>th</sup> Mar	Purleigh, Roundhouse Café / Pub	
22 <sup>nd</sup> Mar	Sheering, The Cock Inn	

### 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](mailto:segsssec@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 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month  
8.00pm @ St Laurence & All Saints Church Hall,  
Eastwoodbury Lane, Eastwood, SS2 6RH

Date	Elevenesses	Lunch Destination
<b>January 2015</b>		
18 <sup>th</sup>	Rochford (The Beehive)	Great Wakering (Red Lion)
25 <sup>th</sup>	Maldon (Barge Tearooms)	Little Totham (The Swan)
<b>February 2015</b>		
1 <sup>st</sup>	Chelmsford (Secret Garden Tearooms)	Bicknacre (Brewers Arms)
8 <sup>th</sup>	Woodham Walter (Bunsay Down Golf Club)	Woodham Walter (Queen Victoria)
15 <sup>th</sup>	Ingatstone (Garden Centre)	Writtle (Rose & Crown)
22 <sup>nd</sup>	<b>[MG] SEG 75 miles</b> - 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)	
	<b>Organiser:</b> John Steer	
<b>Alt:</b>	Bicknacre (White Elm Tearoom)	*see note
<b>March 2015</b>		
1 <sup>st</sup>	Hockley (Garden Room Café at Riverside Garden Centre)	Paglesham Churchend (Punch Bowl)
8 <sup>th</sup>	South Woodham Ferrers (Meadowcroft Garden Centre)	Cock Clarks (Fox & Hounds)

**Note:** \* When **EMG** or **MG** events take place the local ride will include a booked Elevenesses venue, but not a specific pub for lunch, unless otherwise stated.

Check out [www.velocipede.org.uk](http://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](mailto:alanpalmer@phonecoop.coop)  
 All rides meet Leisure World Container  
 by Skatepark at 9:30am

Date	11ses	Destination	Leader
Jan 18	Mistley Place Park	Hadleigh	Paul & Caroline Avison
Jan 25			Steve Hardy
Feb 01	Copford, Barnplants	Bures, The Eight Bells	Gillian Walker
Feb 08	Dedham Craft Centre	Assington, Shoulder of Mutton	Derek Snowling
Feb 15	Abberton Reservoir, Visitor Centre	Wivenhoe, Rose & Crown	
<b>Feb 22</b>	<b>[MG] SEG 75 miles</b> - 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 01702 529 638
<b>ALT:</b>			Steve Hardy
Mar 01	Coggeshall, Dutch Nursery	Goldhanger, The Chequers	Paul & Caroline Avison
Mar 08	Assington, The Barn	Wherstead, Jimmy's Farm	Malcolm Mitchell
Mar 15	Langham, The Sheperd	Long Melford	Gillian Walker
Mar 22	Lawford, Hearts Delight	Harwich, New Bell Inn	Paul & Caroline Avison

### Note:

Members are welcome to attend Bike Drinks, for all local cyclists, held on the 3<sup>rd</sup> Monday of the month, 8pm at "The New Inn", Chappel St South (CO2 7AX).

Check our website for further information:  
[www.colchesterctc.co.uk](http://www.colchesterctc.co.uk)



The New Inn, Colchester

## **Havering Member Group**

**2nd Nov - Mucking about at Mucking!** - Guest rider Alan Cowey made our numbers up to six for a windy ride across the fens to Bulphan and Orsett. From Horndon on the Hill we plunged downhill to the edge of Stanford Le Hope and then a bumpy ride to Thameside Thurrock visitors centre. Coffee and chat over an extended 11ses with views of the Thames Estuary.

The sky was ominously dark on our return, and sure enough it fell down on us most of the way home! 28 miles and no visit from the puncture fairy! **David Rowlands**

**9th Nov** - 14 riders turned up on a day that started out gloomy, but as predicted turned into blazing sunshine by late morning out to lead Kelvin Dane led a ride to Writtle taking a long winding route to "Tiptree Tea Rooms", Writtle.

We left Upminster to Hornchurch going through Emerson Park to ride through the parks in Romford to end up on Bedfords park road up to Navestock passing Blackmore on the way to Writtle. Phew! 3 hours with a quick breather on the way to lunch at the "Tiptree Jam Tearooms" in Writtle.

Today we had Tim D, Dave R, Stephen I, Gordon P, Chan K, John W, Barry B, Sue and a contingent from the London IMPS cycle club Maria, Gerald, Emma, Kate & Bernard... all lead by a great (Kelvin) Dane.

We came back through Ingatestone and Hanging Hill, where 4 regulars went for a cuppa in Thorndon North with the others speeding on to home. 50 miles today and home by 4pm. **Stephen Ingal**

**16th Nov – Mayfield Bakery, Sheering** - Six out on a misty Sunday morning: Andy, Barrie, Chan, Gordon, Ray and Dave. An undulating ride out via South Weald, Navestock, Toot Hill then on to Moreton and The Lavers. We flew over the M11, then on to Churchgate Street and the "Mayfield Bakery" for a feed up. Andy bit off more than he could chew in the shape of a huge fougasse stuffed with mushrooms and things, the rest will do for supper! Some of us filled our panniers with goodies from the bakery, and then it was time to leave.

Return was via Matching Green, a wet Watery Lane and Moreton. A steady drizzle joined us for the rest of our ride through Ongar, Stondon Massey and Pilgrims Hatch. The Puncture Fairy struck Chan just a mile from home, but a quick pump up got him home! **David Rowlands**

**Sunday 23rd Nov - Swim to Blackmore...** - I should have brought a boat not a bike! Five turned out for our ride to meet Chelmsford CTC at 11ses for a ride onto lunch. In our group this week were regulars Tim, Gordon with Rob and Paul, who had come from Southend to join. They must have been really keen to see our part of Essex with the forecast heavy rain.

We took a slightly winding route taken at a brisk pace, because of the rain to meet the other group for 11ses down St Mary's Lane up the hill to Warley gap then down the hill to Brook St. We were surprised about the amount of water running down the lanes - new waterways all over today. We arrived at "Blackmore Tea Rooms" in good spirits. It was good to see four from the Chelmsford Group - I think CTC made up most of cyclists on roads today, although we only saw one.

Rob and Paul headed off to Southend and we took the fastest route home. On the way back we saw far more flooding. I have never seen so much in five years of riding with the club. I think it may have been caused by the leaves falling and blocking the drains on this return route ... can you fit a hydrofoil and rudder to a bike?

I would like to thank the kind motorists who could not wait and gave me a bath, as I rode through some lakes that were several inches and more deep on the way back.

**30th Nov – Hanningfield** - Seven out on a misty Sunday bound for Barleylands for 11ses. But first a warm up in the form of Old Church Hill then a diversion via Basildon to recce a possible route from the station. Said route turned out to be more of a summer route. At Barleylands Christmas was in full swing, but no one felt inclined to fill their panniers!

Alex, Barrie and Gordon were feeling the cold so they decided to make their way home while Chan, Steve, Tim and Dave carried on for another warming climb up to Ramsden Heath. On passing Laylands farm all the turkeys came running up to the fence - do they know? A quick orbit of the reservoir took us on to our lunch stop at "The Three Compasses".

Return in the last hour of sunlight through Stock and Buttsbury, Hutton and lights on up The Avenue. A plunge down Warley Hill then we split for Upminster, Romford and Dagenham. **David Rowlands**

**7th Dec - Havering Christmas Ride, Lunch and Eatathon** - We had two and a half hours before our Lunch, so we crammed in a ride to work up an appetite. My route went up and down - but especially up (!) – a lot of the hills in Brentwood. We headed out of Upminster down Hall Lane and

into Bird Lane with a swift dash across A127 into Tomkyns Lane that took us in to our first proper climb up Warley Hill which was followed by a fast decent down Dark Lane, straight over at Brook St, up Wiggly Bush then more up and down towards Kelvedon Hatch. My colleagues stopped believing that the hills would end. Honestly, there's just one more! We came into the back of Shenfield from Doddinghurst along Hall Lane to make our way to "Zumi Chinese Restaurant" through the Thorndon area. As it was eat all you can, we took advantage - We're cyclists!! I reckon Tim won the eating competition, with Dave, Stephen & Ivan providing strong support. See Tim's post with our route. Taking part were regulars Tim, Stephen, David and Andy Dakeene & Ivan. Gordon, Barrie, Alex and Lorna - Tim's better half met us at the restaurant - Wish you were there! **Stephen Ingall**

**14th Dec – Essex CTC Christmas Meet** - Today we rode out to the "Fox and Hounds" at Cock Clarks to meet up with other Essex CTC groups for a Christmas lunch. David Rowlands and I set off from Roomes at 09:15 and, with a meandering route out and a quick 11ses at Hanningfield, we arrived just after midday. Havering CTC and John Wynstanly made their own way to the pub, with Stephen Ingall wearing a fetching Santa suit. We finished lunch at around 13:30 and headed home, making it back to Upminster for 16:00. The round trip from Upminster was 53 miles (30 out, 23 back) and I burned 2066 calories on the ride. **Tim Dodd**

---

## Cover picture:



First Prize at the Dave Doo Photographic Competition 2014  
**Kenneth Plowman, South East Group CTC**  
"Walking through the forest"

The verdict of the judge was:

"Impressing atmospheric quality with good exposure. An interesting vanishing point cut off by the framing through dark woods on the right."

## **Essex CTC Christmas 2014**

*by Melvin Martin*

### Early start, early finish

I went up Brock Hill just after nine and there was mushy ice about. I was on my way to Ingatestone Garden Centre to meet up with the Chelmsford Group. Arriving early, I watched a Santa being inflated before being let in. As the first customer of the day in the tearooms, there was none of the usual queuing. Five Chelmsford members turned up and after our refreshments we made off for Cock Clarks. Bright sunshine and a following wind made it an enjoyable ride, which could easily have been spoilt by ice across a section of Lower Stock Road.



We arrived just as the SEGs were locking up their bikes, so the queue for the bar stretched back outside. Dave Russell (Chelmsford) had met up with the SEGs at elevenses at the Sandon Garden Centre - so a fair swap of members! As for the turnout, I made it 15 SEGs, 9 Chelmsford and 3 Havering. Stephen from the latter came in seasonal gear, a Santa outfit on spiked tyres (for the ice on the road). Other attendees were Margaret and John Davis, plus Frank and Susie from the Forty Plus. I left the "Fox and Hounds" with nine other riders, mainly SEGs, leaving Brian P, Martin P, John Smith, Stefan and Herman propping up the bar. There were patches of ice down Edwin's Hall Lane and even more on Workhouse Lane. Without observed accidents in the group, I was home by 14:50. ☸



*Clock-wise:*  
John Steer,  
Janet & Brian  
Taylor,  
Jon Collins,  
Santa Stephen,  
(looking away)  
Martin  
Cockersole,  
David Russell  
David Rowlands,  
Phil White,  
David Bartram

# Your Number One Cycle Shop



**37 New North Road,**

**Hainault, Ilford,**

**Essex IG6 2UE**

**Tel: 020 8500 1792**

*see our website: [www.ciclosuno.com](http://www.ciclosuno.com)*

**All goods at competitive mail order prices**

*Equipment available for all your cycling needs:*

**Road Racing ★ Time Trailing ★ Track**

**Touring ★ Triathlon**

**NEW / USED FRAMES AND  
COMPLETE BIKES ALWAYS IN STOCK**

*Authorised dealers for*

**Colnago ★ Enigma ★ Kinesis ★ Kuota**

**Litespeed ★ Merlin ★ Moda★Merida**

**Orbea ★ Pinarello ★ Viner**

-----  
**ANNUAL TRAINING CAMPS**

February, March, April and September  
-----



## **South East Essex Member Group**

**9<sup>th</sup> November – Heybridge Basin** - Fourteen left Wickford in two groups lead by Lynda C and Manchurian and headed for the “Secret Garden Tearooms” in (sorry I can’t tell you, it’s a secret). Unfortunately, Claude A got a puncture (one of many this year due to rubbish tyres) and the delay caused by this calamitous catastrophe meant that Lynda’s group failed to arrive at 11ses and instead deviated to “Butts Green Garden Centre”. With the group split the onward route to Heybridge Basin became more of a challenge, especially when Mel M went his own way via Great Baddow and Manchurian & Ron S went via Boreham, but all ended well with eight sitting down to lunch at “The Ship” and 3ses at “Meadowcroft Garden Centre”.

**23<sup>rd</sup> November – Lovely weather for Ducks** - I left Shoeburyness in a torrential downpour and wondered, if anyone else would be foolish or mad enough to brave the elements. After a warming mug of coffee at the “Wickford Café Restaurant”, I was surprised by the appearance of Paul & Karen H on their tandem and we decided to press on with the ride. As we passed Mel’s house, he stood outside camera in hand to record this unique moment in the annals of the SEG’s. As our journey progressed the rain became heavier and that forced us to stop at “Butt’s Green Garden Centre” rather than the intended destination. After a warming cuppa and slice of bread pudding, we decided to return home.

**30<sup>th</sup> November – Chignal St. James** - Fifteen set off from the start and headed for Cooksmill Green and “The Bakehouse” coffee shop for 11ses. Ten continued onto the “Three Elms” PH via Chignal Smealy.

**7<sup>th</sup> December – Stondon Massey** - Fourteen saddled up and cantered to the “Saddlery” at Margaretting for a nosebag of nosh and it was nice to see Jason R out after a long absence (he’d defected to the Southend Wheelers, but got fed up of racing). As Karen & Paul H had family commitments, they decided to return home before gnashing on the nosh. Eight continued onto “The Bricklayers Arms” despite a sudden torrential downpour that had us stopping and donning our waterproofs. Luckily it didn’t last and we were soon sweltering when the sun came out.

**14<sup>th</sup> December – Cock Clarks** - The annual Christmas meet was being held today, but the frosty conditions in the morning only saw 9 SEG’s at the start. As we were proceeding up Brock Hill, we witnessed a lad running downhill with his dog on a lead and he went one way round the

lamp post and the dog went the other way, luckily they avoided an entanglement.


We arrived at "Butts Green Garden Centre" having negotiated some icy stretches of road just as Essex Roads CC vacated the premises and we were soon warmed by the log fire and cuppas.

We arrived at the "Fox & Hounds" PH just after noon and were soon joined by members from the Havering and Chelmsford sections. Stephen from Havering came suitably attired in his Santa Claus outfit, although he was decidedly sweaty after cycling in that outfit and others had tinsel decorating their bikes. It was nice to see Herman, Stefan, John S, Martin P and Brain P propping up the bar and eulogising over Timothy Taylor beer. The food was good and promptly served, as well. **Manchurian**

## CERTIFICATE of MERIT

*By the Certificate of Merit committee 2014*

*Awarded to Stefan Eichenseher*

*"This certificate recognises the exceptional contribution Stefan has made to the Essex CTC over many years. Stefan's enthusiastic work publishing the Spotlight magazine and his management of the accounts have ensured the CTC continues to represent Essex cyclists. In addition to managing the club affairs, his organisation of riding events have secured the future of the 75 mile and Windmill rides on the Essex CTC calendar and continue to attract a popular support."* 





## Honours List 2014



### Inter-Member Group Trophy

Havering	60 points
Colchester	210 points
South East	359 points
Chelmsford City	451 points

### Measor Trophy

(best Spotlight Member Group report; for quality and quantity of reports)

- Des McCarron  
"Colchester Member Group  
Report 25 August 2014"  
(Nov/Dec 2013 issue)

### Premier Award

- Brian Taylor  
(Chelmsford City MG)

### Dave Doo Photographic Competition

- 1st Prize: Kenneth Plowman -  
*Walking through the Forest*
- 2nd Prize: Brian Stevens  
*Road to Victory*
- 3rd Prize: Tim Dodd  
*Last Bike Standing'*

### George Welch Trophy

(highest placed Essex rider in **CTC Touring Competition 2014**, see CTC website)

- **results not yet compiled**  
[plus replica to keep]

### Spotlight Trophy

(best article)

- Adrian Leeds  
"Dunwich Dynamo"  
(March/April issue 2014)

### Standard Award

- Dave Southin  
(Chelmsford City MG)
- John Rootkin  
(Essex CTC)
- Melvyn Martin  
(Southeast Essex MG)

The person to select the best Spotlight article and the best Member Group report is chosen by the editor and was for the previous year: Ken Rickwood.

Ken Rickwood has also agreed to select the best contributions in the year 2014/2015.

## In Gear Vocabulary Maze

*By French Pedals*

You must navigate your way through the maze. Using the clues, spell out the words in order. Start from the letter “**C**”. Make your way through the maze until you reach the letter “**T**”. The clues at the bottom of the puzzle are in the same order as the words appear in the maze. You can move up, down, left, right, and diagonally to spell out the words.

<b>C</b>	Q	A	Z	E	S	X	R	D	C	R	T	N	I	V	K	P	U	L	F	J	C	L	R	J
I	M	V	R	T	D	N	O	R	T	H	A	E	N	I	N	G	O	S	X	A	F	S	B	L
R	K	Y	E	Z	B	H	I	O	F	I	N	T	E	R	E	S	T	I	N	G	H	J	T	N
C	H	A	K	F	M	E	A	A	B	I	H	G	C	D	Y	L	A	I	N	R	B	L	R	G
U	V	L	X	H	D	G	S	E	R	B	S	K	R	I	A	Y	F	B	L	E	R	R	Z	N
L	X	H	R	R	L	K	T	T	K	T	R	O	S	E	R	E	Y	P	A	A	R	T	U	X
A	R	Y	A	P	O	R	F	H	S	G	K	N	X	T	O	I	L	B	H	<b>T</b>	R	A	I	N
R	P	T	A	K	A	Y	X	M	O	D	E	S	O	F	O	K	C	P	Y	L	X	U	R	A
N	O	B	H	I	E	H	A	F	Y	K	L	X	O	T	M	T	S	H	G	K	R	Z	M	O
D	B	U	N	K	Z	L	K	R	A	H	G	E	S	F	T	N	O	X	A	P	R	U	T	E
Z	N	O	T	E	M	S	D	G	K	H	Z	X	B	L	R	E	A	Y	F	R	X	L	R	N
A	E	V	R	E	N	O	A	T	Y	B	S	S	K	K	A	H	N	O	V	E	D	F	L	G
X	T	A	T	K	S	E	L	F	-	G	U	I	D	E	D	L	O	X	E	S	R	F	H	L

### CLUES:

- Many organised tours don't go over the same routes – they are this word beginning with 'C'.
- “Courses for travel” from one place to another - the same as the French word for roads.
- A DIY tour - you don't need any help with finding your way around.
- An area of moor land in the centre of Devon. Protected by National Park status, it covers 954 square kilometres (368 square miles).
- The name for a holiday town by the sea. There are lots of these on the coasts of Devon and Cornwall.
- A “green” mode of transport (which you can often take your bike on) that runs on parallel tracks.
- The opposite of South and the part of America that the Pilgrim Fathers left England for in 1620.
- A short form of “hello” you use to greet other cyclists.
- An adjective, which could describe this holiday, meaning “Arousing or holding the attention; absorbing”.
- The word which is placed before Britain and which is translated as “grand” in French or “gross” in German.

## Thinking of...

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

**Brian Stevens** – announces his come-back:

Firstly, thank you to all that sent “get well” cards and those that visited me in Hospital & Care Home, especially from the Havering, even if some made me laugh knowing I had cracked ribs! Special thanks goes to John Wynstanly for nagging me to wear a helmet, if I hadn't the Sept 10th thing could have been a lot worst for me. My recovery is slow but surely, I'm able to get downstairs and go for short walks, but am still using a crutch to do so.

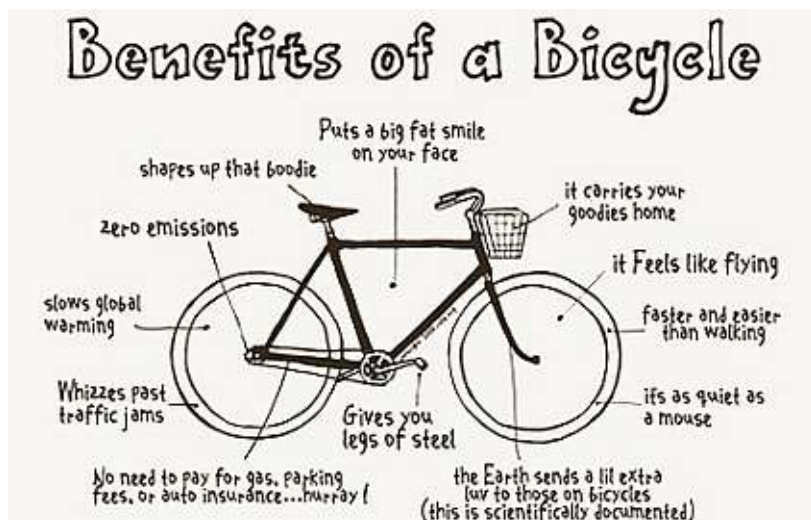
The motorist that knocked me off is to be charged with careless driving.

Another thank you goes to the Essex MG for those yummy tin of biscuits I won when becoming runner-up in the Dave Doo Photo Competition, which didn't do my waistline any good!

Be seeing you “up the road”! ☺

---

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



## Useful Website Links

Essex CTC Member Group	<a href="http://www.essexcycling.co.uk">www.essexcycling.co.uk</a>
Cyclists' Touring Club	<a href="http://www.ctc.co.uk">www.ctc.co.uk</a>
Chelmsford City Member Group	<a href="http://www.chelmsfordctc.co.uk">www.chelmsfordctc.co.uk</a>
Colchester informal Member Group	<a href="http://www.colchesterctc.co.uk">www.colchesterctc.co.uk</a>
Havering Member Group	<a href="http://www.ctchavering.btck.co.uk">www.ctchavering.btck.co.uk</a>
Chris' route planning resources	<a href="http://www.velocipede.org.uk">www.velocipede.org.uk</a>
Cafés for Cyclists	<a href="http://www.lebidon.co.uk">www.lebidon.co.uk</a>
Yet Another Cycling Forum	<a href="http://yacf.co.uk">http://yacf.co.uk</a>

---

## Advertisers' websites – past & present

(a to z)

API Resprays (Cycle Shop)	<a href="http://www.apibikes.com">www.apibikes.com</a>
Basildon Timber (Decking & Timber)	<a href="http://www.basildontimber.com">www.basildontimber.com</a>
Chris Regan Ltd (Accountant)	<a href="http://www.chrisregan.co.uk">www.chrisregan.co.uk</a>
Ciclos Uno (Cycle Shop)	<a href="http://www.ciclosuno.com">www.ciclosuno.com</a>
Cycle Cellar (Cycle Shop)	<a href="http://www.cyclecellar.co.uk">www.cyclecellar.co.uk</a>
Herongate Cycles (Cycle Shop)	<a href="http://www.herongatecycles.com">www.herongatecycles.com</a>
Hopleys Garden Long Barn (Café)	<a href="http://www.hopleys.co.uk">www.hopleys.co.uk</a>
Kings Road Cycles (Cycle Shop)	<a href="http://www.shedbornbikes.com">www.shedbornbikes.com</a>
Megarry's Antiques and Teashop (Café)	<a href="http://www.megarrysteashop.co.uk">www.megarrysteashop.co.uk</a>
Richardson Cycles (Cycle Shop)	<a href="http://www.richardsonscycles.co.uk">www.richardsonscycles.co.uk</a>
The Cycle & Toy Centre (Cycle Shop)	<a href="http://www.thecyclecompany.co.uk">www.thecyclecompany.co.uk</a>
The Prince of Wales (Pub)	<a href="http://www.thepow.co.uk">www.thepow.co.uk</a>



# RICHARDSONS CYCLES

**Sales - Service - Repairs**  
**From Family - Commuter - Enthusiast**  
**Clothing & Shoes**

**TREK**  
Authorised Dealer

**SHIMANO**  
Service Centre

**BROMPTON**

**ALTURA**

**SWO FISHER**

**ORBEA**

**ridgeback**

**RIDLEY**  
and for competition

Open 9am - 6pm Monday - Saturday

[www.richardsonscycle.co.uk](http://www.richardsonscycle.co.uk)

**01702 713847**

99 - 101 Elm Road,  
Leigh-on-Sea, Essex

**VISA** **MasterCard**



**JAMES BROWNING AND DAUGHTER**  
**716-718 LONDON ROAD**  
**LEIGH-ON-SEA, SS9 3NL**

*Established 1940*

---

**ORBEA CYCLES**

---

**CLOTHING**  
**ENDURA**  
**NALINI**

---

**NORTHWAVE**  
**SHOES**

---

**LAS**  
**HELMETS**

---

**JETBLACK \* VITTORIA \* SELLE ITALIA**  
**CINELLI \* ZEFAL \* MICHELLIN \***  
**SHIMANO \* LOOK**

---

**REPAIRS**

---

**MON TUES THURS FRI SAT**

**10:00 AM - 5:30 PM**

**10% DISCOUNT** TO CTC MEMBERS

Tel: 07913 798731

