

March / April 2015



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Brian Stevens, Havering MG

"Road to Victory"

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Spotlight – Magazine of the Essex CTC MG, a local **M**ember **G**roup of the **C**yclists' **T**ouring **C**lub, the national cyclists' organisation

President: John Steer Volume 2/2015se36

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Impressum:

<u>EMG Secretary:</u> Lynda Collins, 142 Hullbridge Road, South Woodham Ferrers, Essex, CM3 5LL, Tel: 01245 320 733, secretary@essexcycling.co.uk

<u>Editor:</u> Stefan Eichenseher, 42A Whitegate Road, Southend-on-Sea, Essex, SS1 2LQ, spotlighteditor@essexcycling.co.uk

Advertising Officer: Martin Pipe, Tel.: 07802 200660, 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

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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 ...

<u>Officer</u>	<u>Name</u>	(preferred) Contact	
President	John Steer	president@essexcycling.co.uk	
Secretary	Lynda Collins	secretary@essexcycling.co.uk	
Chairman	Brian Taylor	2 01277 657867	
Vice Chairman	Adrian Leeds	vicechairperson@essex	cycling.co.uk
Treasurer	Stefan Eichenseher	treasurer@essexcycling	ı.co.uk
Members' secretary	Jonathan Collins	registrationofficer@esse	excycling.co.uk
Welfare officer	Brian Penny	welfareofficer@essexcy	cling.co.uk
Promotions officer	Brian Penny	2 01268 777941	
Editor	Stefan Eichenseher	2 07503 163469	
Advertising officer	Martin Pipe	spotlightadvertising@esse	kcycling.co.uk
Distribution Officer	Jonathan Collins	spotlightsubscriptions@ess	sexcycling.co.uk
Webmaster	Malcolm Mitchell	webofficer@essexcyclin	ig.co.uk
CTC Councillor	Martin Cockersole	martin.cockersole@ctc.org.uk	
Member Group Representatives (for more in		information see member grou	p details)
Chelmsford	Adrian Leeds	2 01245 260272	Secretary
	Brian Taylor	2 01277 657867	Delegate
Colchester	Alan Palmer	2 01206 792929	Secretary
	Pam Nelson	2 07812 209862	Delegate
Havering	Stephen Ingall	2 07890 386984	Secretary
	Dave Rowlands	2 07948 583979	Delegate
South East Essex	John Steer	2 01702 529638	Secretary
	Lynda Collins	2 01245 320733	Delegate
Other Committee members			
EDARF	John Davis	edarf@essexcycling.co.uk	
	Melvin Martin	1 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 May / June 2015 edition is on 15 April 2015.

Editor's Foreword

This edition brings you a nice variety of ride reports. Some of the authors are commenting on the ambience and the value of venues. You may wish to consider visiting these venues in the future.

Now, the solution to the Vocabulary Maze continues with an extension on page 27. You might want to take the last issue, if the amended clues are insufficient.

Although word of mouth usually travels quicker, for those with little contact to their affiliated group, I would like to make you aware that the CCMG have a new runs secretary: John Beaumont's contact details are at the top of their runs list (page 16).

The report of the SEG's 75 is on page 30, with a bit of stats on starters and finishers. As you can see in the ride reports the SEG's have provided me with a couple of pictures from their rides. This is quite nice to see where active cyclists take their fill. It also promotes faces that are usually only seen at the AGM and the Inter-group meets. I wonder whether the other groups could contribute similar experiences.

I am still not out much, but have to say this weather recently was quite inviting. Bit chilly perhaps, but with the sun in full glow there were some really bright days. You might have seen a strange face on the first checkpoint of the SEG's 75, if you were there. ... that was me! ©

However, from the reports I got to know that there were a considerable number of riders out during January and February. So, those who are fit go forth and cycle, I hope that *you* are all out and about and have fun cycling!

Your editor, Stefan Eichenseher





The President's piece

By the time you read this, the first event of the Essex Member Groups will have taken place. I hope that some of you took part. Once again the weather wasn't of the best for the time of year.

Have you all been keeping your eyes open for prospective new members on their new bicycles be they young or old (I still don't mean the bikes) male or female?

I spoke with a cyclist in a shop reading a cycle magazine, who said how he hadn't been out much lately. But when he did, he would go full pelt from his front door until he arrived back there on his return (not our style of riding me thinks)

The South-East group will be organising a get together for all the groups plus families, friends, old and new members at a venue in Essex hopefully in mid June to celebrate their 40 years as a group.

We have been lucky with not getting the snow other parts of the country have, I noticed on my rides within Essex how the ditches and ponds that are normally dry are quiet wet, when we haven't had a lot of rain of late.

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.

John Steer

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Member Groups' Reports

Chelmsford Member Group

21 December 2014 - Ford Street - Writing this 8 days after the event is not good for remembering the ride in detail, so this is just a brief resumé. How our runs secretary kept track of the numbers riding defeats me, as they fluctuated throughout the ride. I recall we had about 8 at the start, but then another 4 or so joined us for elevenses at Coggeshall together with a large number of Colchester members. Some then went home, some went to the Colchester Christmas lunch at Wivenhoe and about 10 went on to Ford Street for lunch. Lunch at the "Shoulder of Mutton" was excellent with a Landlady who, having greeted us with a claw hammer in hand, went out of her way to accommodate us despite being the busy pre-Christmas Sunday. Good beer too! We called in at "Perrywoods" in Tiptree for tea and made our way back to Chelmsford in the gathering gloom of the shortest day of the year having covered 54 miles. Martin Cockersole

28 December 2014 - Goldhanger - A hard frost and dire warnings about road conditions were enough to put off many riders today. However, as leader I needed to get to the start, where I was delighted to find Mel ready and willing to attempt a ride. We took the main salted network to get to Hatfield Peverel and had no problems. There we called in on Dave and found he was planning to join us at Heybridge for elevenses. We then took to more minor roads and headed via Wickham Bishops, Great Totham and Chigborough to approach Heybridge Basin from the East. The odd icy patch was easy to spot and riding in the bright winter sunshine was a joy. After elevenses we headed back onto the country lanes towards 'the Tolleshunts' and then back to Goldhanger for lunch at "The Chequers". We rounded off the day with tea at "Bunsey Downs" before returning to Chelmsford having covered 48 enjoyable miles. Martin Cockersole

4th January 2015 - Blake End - The thermometer in my garden read minus 0.4deg C, as I left home to ride to the start and the roads were still wet from yesterday's rain. It was a perfect recipe for ice, so I decided to keep to the main salted roads. Brian had cycled in from Billericay to lead the ride and Mel, John and I brought the numbers up to 4. We all agreed that salted roads were the best option, so we headed to Felsted via Great Waltham and Hartford End. These roads were fine but it felt really raw

and cold in the freezing fog. All our bikes gathered ice from the cold damp air and hoarfrost formed on our clothing and helmets.

The warmth in the revised elevenses stop at Blake End was welcome indeed. Although we had seen a brief glimpse of the sun near Felsted, the fog then thickened and the temperature was showing no sign of rising above freezing point as we left Blake End. As a result there was a notable lack of enthusiasm for any more mileage, so we headed back to Great Leighs, Boreham and Chelmsford. 30 miles was quite enough today, thanks! **Martin Cockersole**

11 January 2015 - It's true what they say; you can't have everything. Sunday was bright and dry, if extremely chilly, with a strong southwesterly breeze. We soon felt its edge, as the six of us battled out of town into a country landscape right on the point of freezing. There was a little ice here and there in the puddles and on the tips of the kerbside grasses, but nothing of significance. After about 20 miles we reached "Hatfield Heath Tea Rooms" on time for "elevenses" and welcoming the chance to stop and warm up a bit. Service was fast and efficient and I judged the teacakes as well priced and full of flavour. Back in the saddle we headed out through Sawbridgeworth and eventually along the exposed lanes with the wind holding us back and at points causing us to tack left and right as it tried to push us across the road.

Thankfully, we made it safely to Green Tye where the "Prince of Wales" (the pub, not the person!) - served us very well indeed with £3.50 sandwiches and good ale. Presently, John arrived; having ridden his recumbent trike all the way from Halstead he wore a shiny wet brow, imparted to him by the raging headwind. Thus seven of us began the journey home, which was less well assisted than we had hoped, because the wind had by then dropped back a degree. But it still had some effect as we ran up past Spellbrooke and on eventually through sometimes flooded lanes to "High Easter Post Office" for our final tea break (choc brownie only £1.50!). An hour later I was indoors, muddied and windswept but very pleased with the 55-mile day. Not bad for January, really. **Adrian Leeds**

25 January 2015 - Finchingfield - Another cold morning with frost around, so turnout was a bit disappointing with only 5 of us at the start, including Mel from SEG, who we are delighted to welcome as a not infrequent visitor. With the scheduled elevenses stop at Rayne station, a few loops were necessary to keep the first leg at a reasonable distance. One of these was a very attractive lane we rarely use from

Howe Street to the A131 just South of Great Leighs. It does dump you on the A131, but we only had to do a couple of hundred metres on it before turning onto the cycle path into Little Leighs.

Luckily we were able to sit indoors at Rayne, sharing the space with Shaftsbury riders who arrived at about the same time. Dave R joined us and we set off for Finchingfield via Shalford and Waltham's Cross enjoying intermittent sunshine on the way. John D joined us for lunch at "The Red Lion" where the size of the baguettes impressed the others, but my soup was a bit average. However, the welcoming approach of the staff and the excellent beer were much appreciated. John stayed with us for the ride to tea at Andrewsfield, where we saw several planes taking off and landing. We returned to Chelmsford against a slight headwind and I recorded 49.1 miles for the day. **Martin Cockersole**

Colchester Member Group

8th February - Polstead - 11 riders met up at the container for the ride on a day a bit less cold and windy than of late. Because the distances both to Lunch and Elevenses were short, it necessitated putting in a few loops or so to make the mileage and time factor right. The run to elevenses would take us skirting Wivenhoe, Elmstead Market, round part of the Ardleigh Reservoir to Dedham. The ride to lunch would take us into the valleys of the Brett and Box. The leader Alan circumvented the Raydon Water Tower at least once, and quite deliberately, also put in two or three loops to keep riders guessing. "The Cock Inn" in Polstead served us very well for lunch. All in all a good ride was had by all. Alan Palmer

Havering Member Group

28th **December - Into London where it's warmer!** - It was decided that, as it had been sub zero overnight and was predicted to only be a couple of degrees above freezing during the day, it was safer to go into London, where it is a shade warmer on busier treated roads rather than country lanes. Thankfully there were no incidents on either ride.

Stephen I, Chan K, Alan P and Gordon set out in beautiful sunshine to Roneo Corner to meet Dave Rowlands. We rode on through Dagenham and Barking to reach the Royal Victoria Dock, which is where the Cable Car from The Millennium Dome lands. We had a great view of the dock cable cars coming, as we sat there with coffee in the sunshine. Unfortunately, the puncture fairy struck Chan and he spent most of our break fixing it.

Continued on page 13

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From here we followed Bike Routes CS3 & 13 into Wapping, where we stopped at the "Town of Ramsgate" pub, which is by the river for lunch. We then went through St Katherine's dock and around the sights of the Square Mile to St Paul's, where we beat a retreat to get back before dark. Stephen & Alan getting the train from Limehouse and Dave and Chan were riding home - they are keen (!) - with today's temperatures. **Stephen Ingall**

New Year Days Ride - Alan, Alex, Barrie, Gordon, Sue and Tim joined Dave on a grey New Year's Day. The magnificent seven headed for Warley for a bit of climbing after being surprised by some very thick ice in Tomkyns Lane! On through Hartswood, resisting the urge to buy the 64 acres of woodlands offered for sale! Shenfield and Mountnessing passed by, then a left turn took us to more exposed country and we started to feel the chill.

After Blackmore it was back in the woods for a bit then on to Highwood and Writtle. Finding the "Tea Rooms" closed we settled for lunch in "The Rose & Crown" with the best seats in the house, right by the fire!

Eventually we had to drag ourselves away and straight into a cruel headwind towards Margaretting and meandering to Mill Green.

Sue's rear tyre went soft, but a pump up got her home, then after Buttsbury the dreaded puncture fairy struck down our leader!

With darkening skies, it was lights on for the rest of the way up The Avenue and then poor Barrie came a cropper at Warley Gap thanks to a poorly maintained road. No serious damage to man or machine so home after a plunge down Warley Hill. Forty miles covered on this our longest ride of the year so far! **David Rowlands**

11th January - Alex, Barrie, Bernard, Chan, Gerald, Gordon, John, Maria & Tim joined Dave on a crisp clear day and headed north for South Weald. After a slight diversion we swooped alone through St Vincent's Hamlet, no parakeets today!

We crossed swords with Kelvin and his CLCTC group on their way to "The Viper". Then we were back on our own for the ups and downs to Toot Hill.

At the top Barrie had a nosebleed. The flow of blood soon stopped, so we pressed on for Moreton, where we lost Alex & Barrie. They must have found a wormhole, because they were waiting for us at "The Fox".

Meanwhile the rest of us walked on water at Little Laver to reach Matching Tye.

Continued on page 19

Forthcoming Events





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

Date	Event	Organiser
10 May		Adrian Leeds 01245 260 272
28th June	[EMG] Windmill Rides , start from Galleywood Heritage Centre, 8.30am for 210km; 10am for 120km	Stefan Eichenseher

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



Dot Sharp Memorial Ride 80 km



(CTC Tourist Competition Event)

Sunday 11th May 2014

Start from St John's Church Hall, Church Road, Mountnessing, CM15 0TH, OS167 TQ632976

Contact: Adrian Leeds, 01245 260272,

leeds.adrian@gmail.com

You find the entry form on our website www.essexcycling.co.uk

Spotlight 14/32 March / April 2015

Chelmsford Member Group - Runs List



Secretary: Adrian Leeds

4 Oaklands Crescent, Chelmsford CM2 9PR, 2 01245 260272

Runs Secretary: John Beaumont:

5 Riddiford Drive, Chelmsford, Essex CM1 2GB, ☎ 01245 630864 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 <u>Tuesday evening</u> destinations call Dave Russell **2** 01245 381055

Date	11ses	Destination	Leader
15-Mar	Sawbridgeworth Shed	Fernaux Pelham	J Beaumont
22-Mar	Bocking Church St	Finchingfield	A Leeds
29-Mar	Heybridge Basin	Purleigh Roundbush	M Cockersole
05-Apr	Thaxted	Henham Cock	A Leeds
12-Apr	Abridge	Waltham Abbey	D Southin
19-Apr	SPRING TOUR	WANGFORD	Jan Taylor
ALT:	Hatfield Heath Wareside		J Beaumont
26-Apr	Stansted Mountfichet Rickling Green		D Emery
03-May	Blue Egg Cornish Hall End		A Leeds
10-May	10-May <i>[EMG] 80km - Dot Sharp Memorial Ride,</i> Starting from: Mountnessing, Church Hall		
17-May	Maldon	M Cockersole	
		CIVI	



Havering Member Group - Runs List



Secretary: Stephen Ingall

<u>ctchavering@gmail.com</u> or **a** 07890 386984 www.ctchavering.btck.co.uk & 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
	Purleigh, Roundhouse Café / Pub	
22 nd Mar	Sheering, The Cock Inn	David Rowlands 07948 583979
29 th Mar	West Hanningfield, The Ship. Meet SEG for 11ses at Saddlery Cafe, Margaretting	David Rowlands
5 th Apr	Short Half Day Ride	David Rowlands
12 th Apr	Leigh - on - Sea	Stephen Ingall
19 th Apr	Blue Egg, Great Bardfield – to the Mecca of Essex road cycling and fab food	David Rowlands
26 th Apr	Upshire	Kelvin Dane
3rd May	Short Half Day Ride - Meet SEG for 11'ses at Bakehouse, Cooksmill Green	Stephen Ingall
10 th May	[EMG] 80km - Dot Sharp Memorial Ride, Starting from: Mountnessing, Church Hall	Adrian Leeds 01245 260 272
	NO RIDE FROM UPMINSTER	
17 th May	Paper Mill Lock	Stephen Ingall
24th May Hatfield Broadoak David Rov		

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

Date	Elevenses	Lunch Destination		
March 2015				
15 th	Blackmore (Blackmore Tearooms)	Ramsden I	Heath (Nags Head)	
22 nd	Maldon (Barge Tearoom)	Little Totha	nm (The Swan)	
29 th	Margaretting (Saddlery) Joint with Havering CTC	West Hanningfield (The Ship)		
April 2	015			
5 th	Rettendon (BHN Garden Centre)	Cock Clark	s (Fox & Hounds)	
12 th	Chelmsford (Secret Garden Tearooms) Mill Green (The Viper)		(The Viper)	
19 th	Little Baddow (Paper Mill Lock) Kelvedon (Railway Taverr		Railway Tavern)	
26 th	[MG] Viking Trail, Kent; Meet 9.15 am at "Le Café Crème", Birchington CT7 9R.	A.	Contact: John Steer	
ALT:	Bicknacre (White Elm Tearoom) *see			
May 2015				
3 rd	Cooksmill Green (The Bakehouse) Littley Joint with Havering CTC		en (The Compasses)	
10 th	[EMG] 80km - Dot Sharp Memorial Ride, Starting from: Mountnessing, Church Hall		Contact: Adrian Leeds	
ALT:	Woodham Walter (Bunsay Down Golf Club)	Cold Norton (The Norton)		

<u>Note</u>: * 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

101206 792929, mob 07939 395067 or

101206 alanpalmer@phonecoop.coop

101206 All rides meet Leisure World Container

10220 by Skatepark at 9:30am

Date	11ses	Destination	Leader
Mar 15	Langham, The Shepherd	Long Melford	Gillian Walker
Mar 22	Lawford, Hearts Delight	Harwich, New Bell Inn	Paul & Caroline Avison
Mar 29	Earls Colne Golf Club	Bures, Thatchers Arms	Des McCarron
Apr 5		Hadleigh	David Harrison
Apr 12		Castle Hedingham, Bell	Des McCarron
Apr 19	Flatford Tea Rooms	St Osyth, Red Lion	Malcolm Mitchell
Apr 24	Tiptree, Perrywoods	Mount Bures, Thatchers Arms	Des McCarron
May 3	Tiptree, Woodlands Cafe	Little Baddow, Papermill Lock	Paul & Caroline Avison
May 10	[EMG] 80km - Dot Shar Starting from: Mountness	Adrian Leeds 01245 260 272	
ALT:	Flatford Tea Rooms	Tattingstone, White Horse	
May 17			TBC

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



It was rather cold in that garden, so the sandwiches were quickly dispatched; then into the bar for warming drinks.

Bernard left for a fast return to Hornchurch, Maria & Gerald set off for home via Epping and the rest set off down Faggoters Lane. We must have found another wormhole as Bernard came up behind us in Chipping Ongar! Onwards to Stondon Massey and Pilgrims Hatch, where Chan & Dave split for home. 42 miles and 0 punctures! **David Rowlands**

1st February - Short ride to start month to Cooksmill Green – "The Bakehouse" at Cooksmill Green was selected as our target on this bright but cold morning. Six (Alan, Alex, Chan, Gordon, Kelvin & Dave) set off into a biting headwind, at South Weald, Kelvin headed home leaving the Fab Five to carry on to 11ses via a splash at Hay Green ford, Blackmore & Loves Green.

"The Bakehouse" was a welcome sight and we warmed up with speedily served tea/coffee. Return was wind assisted and we sped past "The Viper" and on to Ingatestone & Hutton. A ride on the Warley roller coaster and home with 30+ miles covered. **David Rowlands**

18th January - Brrrr officially the coldest ride so far this year. We were due to be going to Chignall St James, but decided to change the route to give us an easier, shorter ride on a cold day with 2- 3 degrees all day. So Sue Dory, Tim Dodd, Alan Pine, Chan Kwan & Stephen Ingall headed out of Upminster and up Warley Hill to get warmed up and then through Thorndon... My bike was feeling a bit slow and I worked out that the front hub and bearing was a bit loose and was delighted there were a few bike shops open in Brentwood, where I could get it fixed. We were soon on our way again towards Shenfield, where we could get back on route up Hall Lane on the less trodden route to Blackmore.

Unfortunately, Alan was a little way behind and missed the turn, Alan must have thought we had turned on the rocket motors, as it even took Chan a mile to chase him down (Have you seen the size of Chan's legs?!). So once we had recaptured our wandering member, we could get on to Blackmore where stopped at "The Prince Albert", which is much more upmarket than we are used to and fortunately they didn't kick us out and agreed to serve the cyclists and make us toasted sandwiches.

Fuelled up, it was about now the sun came out. We went on to Abridge via Kelvedon Hatch and Shonks Mill. The "Bridge Deli" was just closing

so Alan and Chan headed for home and we went in the (again) upmarket and deserted Roding "Chinese Restaurant", where the red sofas were very comfortable after a cold ride.

After that we headed back up '5 Mile Hill' through Lambourne End to get to Bike route 136, which led us from Noak Hill to Shepherds Hill. I really enjoyed today's ride. I have ridden all the roads before, but not in that order. And the sun came out, so there was sun shining through the mist on the rolling hills along our route. **Stephen Ingall**

8th February - Ramsden Heath - Steve led Alan, Gerald, Ray and Dave out to the Bulphan flatlands. Chan caught us along the way and off we went to Dunton and Crays Hill then a climb up through Ramsden Bellhouse and Ramsden Heath.

At "The Nags Head" Tim was waiting for us, he'd made his own way. Alan set off for home.

We initially sat out in the glorious winter sunshine. but the poor sun was not as warm as we thought, so inside for lunch!

For the return we passed South of Billericay; on to Little Burstead, then our cruel leader led us up Botney Hill!

A zoom down to the A128 to West Horndon, then it flattened out for the last lap to Upminster. **David Rowlands**

15th **Feb – Off-Roading with Kelvin** - A great day! Thank you gentleman, it was tough day in places! A good turn out - five left Upminster heading for Essex Mountain. (Stone mound on top of Hill in Ingrebourne Valley Park)

We did some technical stuff on the off-road course in Ingrebourne Valley - BIG KIDS! Then we continued on to the world famous Rainham Airfield and Damyns Hall Aerodrome in Upminster.

After tea and toast, we headed to Belhus Park over the M25 into Ockendon, and cross-country to Bulphan riding to West Horndon.

There we picked up a byway taking us to the A127 just past the "Halfway House". We crossed the A127 and headed for "South. Thorndon Café". The one, that's a funny shape. Too many beagles and bloody noisy! Our way home was back over the M25 and the A127. **Kelvin Dane**

22nd February - The Havering Hardnuts were off to Wickford for the SEG75. Meanwhile John Wynstanly met me at Upminster for a ride to Rettendon. Lovely blue skies and a tailwind accompanied us for our ride out to Dunton and Billericay, although the roads seemed busier than normal. Following Downham and S Hanningfield we came to BHN garden centre for lunch.

Jacket spuds all round (speedy service), a natter and then back on our machines for the ride home. The return was not so nice for riding into that headwind with grey skies for company! We managed West Hanningfield, Stock, Buttsbury and Hutton. Then it rained on from Warley onwards, but not too much of a soaking! 46 miles, no punctures, no mud! **David Rowlands**

Cover picture:



Second Prize at the Dave Doo Photographic Competition 2014

Brian Stevens, Havering MG

"Road to Victory"

The verdict of the judge was:

"The colour composition (*) of the cyclists riding flat out on a piece of grey tarmac cutting through the green surroundings proves thought towards the context, as well as the environmental impact of the subject"

(*) [The colour composition is evidently not very visible on the greyscale cover picture. Please look at the gallery on our website, for a better feel. Ed.]

Fun from the : ... found on my travels through the Internet. [Ed] http://totalwomenscycling.com/lifestyle/15-fascinating-facts-about-riding-a-bike-16914/3/

- A study found that just 25 minutes of aerobic exercise such as cycling boosts at least one measure of creative thinking.
- Give yourself a legal high. We've all felt that euphoria post ride and it's been proven that there's a direct link between feelings of wellbeing and exercise.
- Maintaining a bike annually costs twenty times less than maintaining and driving a car.

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ANNUAL TRAINING CAMPS

February, March, April and September

South East Essex Member Group

11th January – Bicknacre - Seventeen left Wickford for Great Baddow and elevenses at Bringey Pine in two groups. One was led by Peter W and went via Butts Green and the other via Leather Bottle Hill, Wantz Corner and Little Mascalls. Another cycling club passed us, but we caught them up outside BAE Systems, where they'd stopped for a drink. As we passed them I overheard the leader say about us, "slow and steady wins the race".

The runs list stated that we would be going to Cold Norton for lunch, but when I rang to book the "The Norton" earlier in the week, I was advised to find an alternative venue, as a football club was also booked in and they expected there would be a lengthy wait for food. So eight set off for lunch and as we were heading uphill in the Little Baddow/Danbury area, we encountered a deer riding a bike. It was actually Stephen from Havering CTC wearing a onesie (I think that's all he wears when out cycling), who was returning from Littley Green, where he'd been camping with members of the YACF (Yet Another Cycling Forum). As we approached Bicknacre, we picked up Darryl from Cold Norton, who has also ridden with our group before and in the "Brewer's Arms" we were later joined by Claude A

18th January – Great Wakering - As this was a local ride for those of us who live in the Southend area, I decided not to ride to Wickford for the start but to have an extra hour in the land of nod. Eight left Wickford lead by Peter W and arrived after 11am at "The Beehive Café" in Rochford having come via the seafront. I was joined by John S and Martin P in the café and we found Ken W, Peter H and Alan S waiting for us to arrive.

Seven went onto lunch at the "Red Lion" in Great Wakering and it was nice to feel the warmth of a roaring log fire.

25th January – Little Totham - Two new venues were awaiting the fifteen riders who set out from Wickford on a cold and frosty morning but luckily no one came off their bikes. We headed to Maldon and arrived at the "Barge Tearoom" situated on the quay for elevenses. The "Thistle" is the oldest iron barge still sailing and was built in Scotland and launched in 1895. The first engines were installed in 1948 and it underwent complete restoration in 1987 and is a tearoom from October to April and a sailing barge the rest of the time. There was a distinct lean to the right as we entered the galley, where it had settled in the mud as the tide went out,

but that didn't spoil the atmosphere as we enjoyed the scrumptious cakes on offer.



Nine went onto lunch at "The Swan" in Little Totham, a lovely oldeworlde country pub rescued from closure bv the local community. A wide selection of real ales areeted the beer drinking aficionados amongst us and they were soon downing 'Oscar Wilde', Firebox' 'Maldon Gold'. and The food was good

value and we all had a full stomach when we left, but were still able to squeeze in a cake at the "Meadowcroft Garden Centre" for afternoon tea. Special note to Jim C from me, "Glass".

1st **February – Bicknacre** - As I was away in Peterborough that weekend, I don't know how many were out, who lead whom, where and what happened. [Venues for the day should be as per runs list, Ed.]

8th February - Woodham Walter - Three groups left Wickford, as



follows: - Peter W led "A's" the around Hanningfield reservoir. I led the "B's" via Rettendon Bell. John S the "C's" via Middlemead and luckily we all arrived at "Bunsay Down Golf Club" within a few minutes of each other and much to the relief of the serving staff. Altogether, there were 18 of

enjoying our elevenses in the plush new surroundings at the club (see picture).

Ten went onto lunch at the "Queen Victoria" in Woodham Walter, which is just down the road from the golf club. Luckily, the run's leader had devised a cunning, circuitous route beforehand and although it was initially uphill (just after we'd eaten), there were a few down-hills to compensate. We went via North Hill (but down, instead of up), Paper Mill Lock, Nounsley and Hoe Mill Lock. Unfortunately, we had a 45 minute wait for food as a rambling group (who had pre-ordered) arrived at the same time. Afternoon tea was taken at the BHN garden centre.

15th February – Writtle - As the riders were assembling at the start, the 'Wickford (T)wit' stated that his other half would go with the slower group and he'd go with the faster group, ... but since they were on a tandem, I'll let you draw your own conclusions. Suffice to say that two groups left with yours truly leading one and John S the other. At the top of Brock Hill, I stopped to talk to two cyclists' about the club and duly handed over an EMG business card with the hope of seeing them out in the future. We continued along quiet country lanes encountering many horses, some friskier than others but survived to tell the tail. Near Buttsbury, Dave W got a puncture and as he was repairing it John's group sped past and I let some of ours join them (that was nice of me). We arrived at "Ingatestone Garden Centre" just after them and were soon enjoying our tea and teacakes. The Wickford Wit was on good form and I was soon groaning (or is that moaning) at his rapid, quick fire repartee.

Eight went onto lunch at the "Rose & Crown" in Writtle, which serves good food and even Martin P thought the beer at £2.90 a pint was a bargain. Afternoon tea was taken at "Meadowcroft Garden Centre" and I had 63 miles on the clock by the time I arrived home just after 5pm.

Manchurian

In Gear Vocabulary Maze - Solution

original by French Pedals, extended by Stefan Eichenseher

For those, who did not get round to do the word search in the last issue, or those of you, who would like to have another go: Same clues, different layout!

- 1. Routes that start and finish are at the same place are called ...
- 2. "Courses for travel" from one place to another.
- 3. A DIY tour you don't need any help with finding your way around.
- 4. An area of moor land in the centre of Devon. Protected by National Park status, it covers 954 square kilometres (368 square miles).
- 5. The name for a holiday town/area by the sea. There are lots of these on the coasts of England.
- 6. A "green" mode of transport, on which you can often take your bike.
- 7. The opposite of South.
- 8. A short form of "hello" you use to greet other cyclists.
- 9. An adjective, which could describe a holiday, meaning "Arousing or holding the attention; absorbing".
- 10. The word which is placed before Britain.

1 st word	3 rd	letter	
2 nd word	2 nd	letter	
3 rd word	5 th	letter	
4 th word	4 th	letter	
5 th word	2 nd	letter	
7 th word	5 th	letter	
8 th word	2 nd	letter	Suggestions in a map
6 th word	5 th	letter	reading competition:
10 th word	5 th	letter	
9 th word	7 th	letter	

Solid and puncture resistant tyres

By Melvin Martin

The first bikes literally had solid rubber tyres but only because the pneumatic tyre had yet to be invented. It needs little imagination to see why the pneumatic tyres ousted the bone jarring solids. The introduction of the pneumatic tyre coincided with the introduction of the puncture fairy!

There have been a number of attempts at producing puncture-free solid tyres but the take up by cyclists has been negligible.

In the mid-90s, I was getting fed up with the number of punctures I was having along a rubbish strewn cycle path I used to commute to Basildon, so I thought I would try one of these solid tyres on the rear wheel. The tyre I got was not actually solid but full of air holes to give some deflection. With a conventional tyre the bead goes into the wheel well and with the likes of a Schwalbe Marathon still need "applied" force. Solid tyres are more difficult and luckily my bike had steel rims so I could be quite brutal. The tyre gave a reasonable vertical deflection, a bit like a high pressure tyre, but virtually nothing laterally. This meant it followed everything like white lines or grooves and gave a horrible unbalancing feel to the ride. I stuck with it for two weeks before I removed it. I was never tempted to use it again and it ended up in a skip.

In 2014 a South Korean company called Tannus introduced a new solid tyre. They have a range of sizes including 700 x 23C and 700 x 32C. There is also a range of 13 colours including Pink Lady! £49.99 each. The Tannus web site has a video of installation, which makes it look easy, but there is a fair amount of force required and it does state under the video it is not recommended for consumers to mount them by themselves. The tyres are secured by pins going through slots in the tyres that go under the hook in the wheel rim. There is also an uninstallation video, which shows these pins being cut through to remove the tyre. Having got rid of punctures and ignoring the little problem of changing a broken spoke, what is the ride like? If you believe all the publicity, they are wonderful! I know of two Forty Plus riders (one being Ron Self), who have had a pair fitted but being in a different section I have yet to get their opinion. Having spent £100, are they likely to admit the ride quality has deteriorated? Providing they are nowhere as bad as my early solid tyre the satisfaction that you will never have to repair a puncture cold. muddy conditions may in iustifv their (http://tannus.co.uk/)

One approach to puncture resistant tyres is tubeless. These are universal on cars and are now used by many motorbikes. Bicycle tubeless tyres have been available for MTBs for a while and now the manufacturers have come up with the likes of 700×23 .

From my limited internet search this is what I found. They are more expensive than a standard tyre and tube as they need a fitting kit, e.g. a valve, fitting lubricant and sealant and, if you are using an existing wheel, a sealing tape over the spoke ends. When I said expensive I was basing on a quote of £114 for a pair of Schwalbe tubeless tyres with a fitting kit.

The mention of fitting lubricant gives a hint they need more effort to get on as the beads are stiffer to form a seal. The liquid sealant takes care of small penetrations but anything large could be a roadside nightmare. Possible solutions would be a hole plugging kit or fitting an inner tube providing you can get the tyre off and back on.

With tubeless tyres you won't get pinch punctures, they take care of irritating small punctures and it is unlikely they will suddenly deflate.

Puncture resistance is provided in a tyre by a combination of selecting the rubber compound, the carcass construction and the protective layers, normally Kevlar. The tougher a tyre, the heavier it becomes. So it really comes down to what the individual wants. Hence some heated discussions on what is best!

I think the majority of cyclists will continue to select their favourite puncture resistant tyres and go through the regular ritual of checking them often for flints, etc., plus keeping them suitably inflated.

And finally a bit of history: Tubes have become very cheap and to most a throw-away item. It wasn't always so, as I found in an article from the Vintage-Cycle Club journal. A member had obtained a 1907 Raleigh, which had been stored since 1920. The bike was in good condition, but the tyres were well past their use by date! What surprised him were the tubes with about 50 patches a piece. We should think ourselves lucky that we don't have to contend with many horseshoe nails!

By John Steer, Organiser

The day started out bright and sunny, but very cold with a heavy overnight frost still on the ground, when I and Dormouse arrived at the start to put up the banners and A-board. Job done, just as Maureen and Barry turned up to assist with taking the names and money from the entrants.

With the Café open and riders arriving to enter, things started to look good. As each group left I gave out the warning about flooding and ice on some of the route, to which some replied that they had already ridden in from far off places and experienced the conditions.

In total 53 entered but only 32 returned.

Some of the returnees were a little bit out of time (just a few minutes), but with the weather conditions at the start and the heavy rain at the finish, I and my committee think that they all deserve their points for their efforts.

Obviously you can't guarantee what the weather is going to be like so early in the year. I think that all the riders who take part in events in the weather conditions, as they were, should pat themselves on the back. 🚜

Thinking of...

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

Update on Brian Stevens' collision with a car in September 2014 and recovery:

Brian's recovery is still progressing though slower than he thought. His shoulder still hurts for which he is still taking painkillers. He is taking short walks and doing lots of exercises to aid his recovery. His Physio thinks it is unlikely that he will be back on his bike by May.

The driver is being prosecuted and is currently due in court in April. Brian has been told he does not need to attend court.

Useful Website Links

Essex CTC Member Group	www.essexcycling.co.uk	
Cyclists' Touring Club	www.ctc.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	
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 & pr	resent (a to z)	
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	

Plea from the Editor:

Own experience makes for interesting reading. Sometimes it is nice to find out that we are all prone to similar issues when cycling, such as the P-fairy, wind & weather and changing tyres, whilst getting soaked/burnt.

So, please keep your cycling (holiday) essays coming.



