



July / August 2015



A follow-up in the Dave Doo Photographic Competition 2014

Philip White, Chelmsford MG

"A warm, late summer's evening in Battlesbridge"

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

President: John Steer

Volume 4/2015se38

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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 ...

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	Pam Nelson	☎ 07812 209862	Delegate
Havering	Alex Kornfeld	alexkornfeld@me.com	Secretary
	Dave Rowlands	☎ 07948 583979	Delegate
South East Essex	John Steer	☎ 01702 529638	Secretary
	Lynda Collins	☎ 01245 320733	Delegate

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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 September / October 2015 edition is on **15 August 2015**.

Editor's Foreword

Well, it's the weather that drags me out; more like: it's a sin to sit indoors, when you could sit on a bike. So I've increased my riding radius to get to Chelmsford and back...

The events season is in full swing, and I managed to put a couple of words down on the result of the Windmill Rides, see p 20. Dave Russell helped out in the last minute to get the Great Chishill Windmill outpost covered. But my understanding is that certainly the president and the EMG secretary would like to relinquish their position at Finchingfield for the event next year. No, not a long time, like 50 weeks, to go; but a sincere consideration by active and passive members of the Essex CTC to support the club with 4 – 5 hours reading a good book (or playing with your mobile gadget) until the few riders of the event pass by.

By the time you receive this edition, it may be too tight to decide whether you want to ride the 100/100 from Wickford on 12th July. But a reminder here might tickle your fancy.

A further series of events are still on the cards: The Essex CTC barbecue on 26 July, as promoted by Brian Penny, p. 14, the Colchester 40/40 and the Colchester 100. Enough time to get your miles in this summer and keep fit.

Well, those who are fit go forth and cycle. I hope that you are all out and about and have fun cycling!

I shall be seeing you soon.... Latest on **26 July** at the "Hurdlemaker's Arms" in Woodham Mortimer for the **Essex CTC Summer BBQ!**

Your editor,
Stefan Eichenseher



The President's piece

The Southeast Essex Member Group celebrated their 40th year as a group on Sunday the 14th June. Unfortunately they didn't get 40 members attending, even though emails and texts had been sent out to past members; and present members, who take the Spotlight, would have read about it.

There were 19 SEG's and 6 Chelmsford City members (although one of the SEG's arrived with the CC group) the weather was dull with a very light drizzle. This was only to be found in the local area, as once we moved away from Cocks Clarks it stopped. The BBQ food was cooked to perfection with plenty of salad, buns and sauces, plus there was pub grub for those who didn't want the BBQ.

Taking part in the Essex Groups Events during the summer months is not only about riding them, but it's also about helping out with marshalling and the organisation of them being shared amongst the groups and members. Please do your bit to help out each year at these events!

Remember the new Events Card system from this year for you to record the events that you take part in. Find more information on page 14.

Brian Penny is still taking orders for Essex group jackets and short sleeved shirts, he *needs a few more requests for shirts/jackets so that he can put in a new order*, 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. *(I don't know if you have noticed as you ride but the amount of gas cartridges that are appearing at the roadside these days is nearly as many as the potholes)* 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

26 April 2015 - Rickling Green - A dank drizzly cold miserable morning came as a shock after weeks of dry sunny weather and this clearly took a toll on the turnout. Only four of us set off from the City Hall in these abject conditions and I was finding my choice of shorts and more particularly mitts rather than full gloves were somewhat misguided!

We were led by Diana via High Easter, Little Canfield, Bacon End and the far side of Stansted airport to a welcome elevenses stop at Stansted Mountfitchet after 26 miles. Peter Tibbett joined us there having cycled down from Cambridge and consumed a breakfast and two coffees in an hour-long wait for us to arrive. He joined us for the ride to Rickling Green for lunch by which time the drizzle had stopped but it was still very cold.

Diana kindly treated us to a round of drinks to celebrate her birthday the next day and we enjoyed our lunch break in the "Cricketers Arms".

After lunch we headed for Great Dunmow for tea before the final leg back to Chelmsford where we arrived at about 5pm having covered about 62 miles. **Martin Cockersole**

24 May 2015 - Aldham – With rain not scheduled until later in the day, there was a reasonable turnout of 10, as we headed NE in the direction of Colchester. Included in that number were Delia and her friend from the NW getting in some steady miles before an exciting cycling holiday in Vietnam in June. We look forward to hearing about that, maybe with a blog post and one or two pictures when you get back, Delia?

Dave R. led us on a slightly longer ride to elevenses of just over 28 miles which took in Broomfield, Terling, Witham, Rivenhall, Messing and Copford, before passing Marks Tey station on the way to the "Mill Race Garden Centre" in Aldham. A good steady pace and no unforeseen incidents meant we arrived by late morning in the by-now warm sunshine. After some sustenance in pleasant surroundings, I was the only one to turn right to head back for home via Kelvedon, Silver End, White Notley, Great Leighs and Boreham, adding about another 30 miles. By early afternoon, there were some big spots of rain in the wind, which didn't amount to much until about 4pm. I hope the rest didn't get too wet on the return leg. **Martin Cockersole**

7 June 2015 - Mel called it "the long haul to Long Melford" and at 79 miles he was sort of right. Nine starters enjoyed the bright clear morning coming out of Chelmsford via the well-trodden Leighs Road route and via Perry Green to Greenstead Green "Post Office". John, Margaret and Ken made the numbers up to 12 for elevenses before we parted company in various directions with 6 going on to lunch. We took the small lanes via Gestingthorpe and Borley Green arriving at around 1.10 pm. "The George and Dragon" wasn't busy, (so service was quick) - but it was "Sunday Roast menu only" from which we selected various starters. The soup and whitebait offerings were reportedly good but my own prawn and salmon salad was tiny and not very impressive at £6.75. Never mind, we had got back onto schedule and set out for Coggeshall hoping to make it by 3.30-ish.

Going by way of Little Henny and Lamarsh was of course hilly, - you don't need to go to Alton Towers to sample a roller-coaster; just ride the Henny Road. After tackling climb after steep climb, our arrival at Coggeshall was a fairly tired 4 pm. Although the "Clock Tower" advertises "4:30" as its closing time, we were halted at the entrance by the proprietor hanging out of the 1st floor window above it like a sort of red-faced cuckoo clock. He was telling us we couldn't put our bikes in, around or anywhere near the shop, that they were "very busy" that they had run out of cakes and that we were effectively, too late. All that, despite ushering other people in at the same time. The mistake of trying to use that establishment isn't one I shall be repeating. "The Vineyards" nearby did us proud with good quality cakes and teas and even refilled our pot without being asked. Ok, it's a bit posh and a quid or so dearer, but for me it was money well spent. The home leg went via Hatfeld Peverel completing despite everything a very enjoyable summer day, at 6:30 p.m. **Adrian Leeds**

Colchester Member Group

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



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Haverling Member Group

3rd May - Predicting weather seems to be a fairly exact science most of the time. Predicting rider numbers turning out on the Sunday before a bank holiday Monday has still got a long way to go. Today we were Alan P, Sue D, Alex K (leader) and Oscar F who came for the first time. Some drizzling rain, a bit of headwind and the occasional motorist trying to break the land speed record upon seeing our group in a line could not deter us from the task of enjoying a great day out. Whether you love or hate the 'fragrance of the rape', that bright buttery yellow carpeting the fields is stunning. The early afternoon sunshine added all the richness of the greens and browns to the buttery yellow, so even though our route in the morning along that well used bit of bitumen from Upminster - Bulphan – Laindon - Little Burstead – Ingatestone - Mill Green was a bit grey, the afternoon was a feast of colour.

47 miles on the clock at day's end and Oscar picked up a £5 note lying the road near Little Burstead waiting for a new owner. 'Beginner's luck' strikes again!

Only downside was we were too late to meet up with the SEG at the Baker's Arms, arriving 1 hr late. Sorry lads but I underestimated how long it would take, and looking for more £5 notes took longer than it should!

Alex Kornfeld

17th May - Paper Mill Lock - Chan, Dick, John W, Ray, Dave and new rider Peter made the numbers up to six on a lovely sunny day. We took our usual escape route via The Nag Z and S Weald. Ignoring the delights of Blackmore we pushed on to "The Hanging Gardens" tea rooms at Little Oxney Green. Service was friendly and fast, one opted for beans on toast and the size of the serving would have fed all six of us! Peter headed home, and the rest set off along NCN route 1 through Chelmsford and then back on the road in Hammonds Road.

Off to Little Baddow via the ford then a little downhill to Paper Mill Lock. As expected on such a nice day it was packed at "The Old Stables" tea rooms but the service was rapid and we were soon tucking in. After a good chinwag we set off, John left in search of more miles while the rest ground our way up North Hill. Return was via Danbury, Sandon and Stock then a whistle stop after Buttsbury Wash, Hutton, Warley and home! **David Rowlands**

24th May - Cock Inn, Hatfield Broad Oak (Fast Ride) - A disappointing turnout for the fast ride today, with only the ride leader up for it. So I went

on my own anyway. After a short delay in the hope that latecomers might join the fast ride I was off at 09:10 to make the coffee stop at "Bretts Farm" in White Roding. The route was a classic, heading up through Blackmore, Norton Heath and Willingale before completing the 22 miles and stopping for coffee at 10:30. A delicious latte and a brief pause for breath, and by 10:45 I was on the road again to put in a 25 mile loop, heading east via High Easter, Pleshey and Howe Street before turning north and then back west via High Roding to lunch at the "Cock Inn". Being on my own I made good time (18 mph average) and arrived just after 12:00, catching just a few droplets of rain before a semi-downpour hit.

The rest of the Havering members turned up around an hour later, so we sat and chatted while they took their turn for lunch and then I joined them for a more leisurely return to Upminster via Matching Green, Moreton, Bobbingworth and Toot Hill. A few people had turned back earlier in the day (Kelvin Dane, Gordon Peel, David ?) and Gerald Howgate split from the group after lunch, so the return leg was completed by myself, Dave Rowlands (ride leader), Alex Kornfeld, Alan Pine, Chan Kwan, James and Reg.

My total mileage for the day was 73 miles, falling just short of plan due to the revised route back home. **Tim Dodd**

24th May - Cock Inn, Hatfield Broad Oak (Touring Ride) - Eleven set off on a fine spring morning. Wigley Bush Lane warmed us up then at Vincent's Hamlet the P-----e Fairy struck, Dave (the other Dave that is) limped back home along with Dick. The group split, but we all met at Blackmore where Kelvin left us. With the Fete getting under way the village was heaving, but the "Tea Rooms" was quiet, so we soaked up the sun along with our caffeine! At Norton Heath Gordon turned back and the magnificent seven pressed on through Willingale and Abbess Roding. Here the rain started, not enough to warrant a jacket though. Soon we reached our target, "The Cock" where we met Tim (he'd taken a longer, faster route).

After lunch Gerald made his own way back to E17 while the rest headed for Matching and Moreton, Toot Hill and Stanford Rivers where we split, Alex, Reg (on his recently purchased Tiffosi) and Tim for Upminster, Alan, Chan, James and Dave for Romford and Dagenham. 55 miles covered. **Dave Rowlands**

Continued on page 19

Forthcoming Events

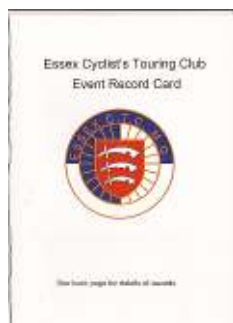


Organisers: please advise me of anything you wish to be included

Date	Event	Organiser
26 July	[EMG] Summer BBQ , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Brian Penny
9 Aug	[EMG] Colchester 40/40 , start from Marks Tey, "The Bungalow Diner", CO6 1EB, at 9:30, Please use the car park at Marks Tey Station !!	Brian Penny
6 Sep	[EMG] Rough Stuff , start opp "The Cricketers" pub, Mill Green, at 10:00	Brian Taylor
27 Sep	[EMG] Colchester 100 , start from Colchester, The Bricklayers Arms, CO4 5AA, OS168 TL992265	Malcolm Mitchell 07531 511112

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

Don't forget your Events Card!



Members of the Essex CTC need to evidence the events completed throughout the year in order to claim their Standard or Premier Award.

The **Events 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.). You should take good care of your EC and bring it to all events to get it authorised.

Your completed **Events Card** needs to be submitted to the Essex CTC MG Secretary, Lynda Collins, **by the 18th October 2015** to claim your Standard or Premier Award.

You can also pass your card to your group secretary, who will pass it on to the secretary of the Essex Parent Member Group (Lynda Collins)

BTW, individual certificates for a completed event are available on the day.

Chelmsford Member Group – Runs List



Secretary: Adrian Leeds

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

Runs Secretary: John Beaumont:

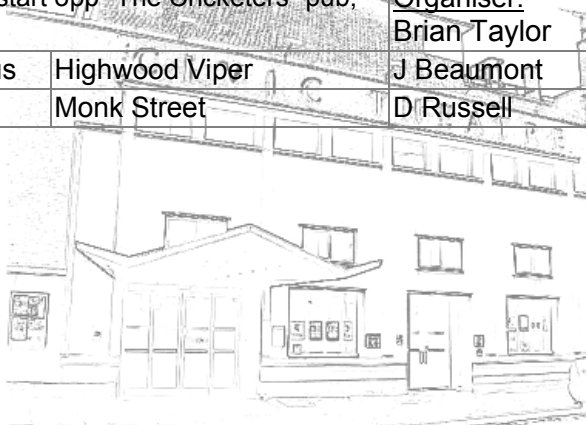
5 Riddiford Drive, Chelmsford, Essex CM1 2GB, ☎ 01245 630864

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 Tuesday evening destinations
call Dave Russell ☎ 01245 381055

Date	11ses	Destination	Leader
12 Jul	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		S Eichenseher
19 Jul	Bardfield Blue Egg	Castle Hedingham, The Bell	D Russell
26 Jul	[EMG] Summer BBQ , Woodham Mortimer, “Hurdlemaker’s Arms”, from 12:30		<u>Organiser:</u> Brian Penny
26 Jul	Blackmore Tearooms	[EMG] Summer BBQ	D Russell
02 Aug	Finchingfield	Saffron Walden Teme rare	M Martin
09 Aug	[EMG] Colchester 40/40 , start from Marks Tey, “The Bungalow Diner”, at 9:30		Brian Penny
ALT:	Perrywoods	Mount Bures	D Emery
16 Aug	Coggeshall	Maplestead	A Leeds
23 Aug	Hatfield Heath	Ugly Chequers	M Cockersole
30 Aug	Mill Race Aldham	Assington	A Leeds
06 Sep	[EMG] Rough Stuff , start opp “The Cricketers” pub, Mill Green, at 10:00		<u>Organiser:</u> Brian Taylor
ALT:	Dunmow Scrumptious	Highwood Viper	J Beaumont
13 Sep	Rayne Station	Monk Street	D Russell



Haverling Member Group – Runs List



Secretary: Alex Kornfeld, alexkornfeld@me.com

Promotions Officer: Alan Pine

apine@sky.com or ☎ 07716 096303

www.ctchaverling.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
Jul 12	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
Alt	Great Sailing, Felstead	Dave Rowlands
Jul 19	Pleshey, Leather Bottle	Dave Rowlands
Jul 26	[EMG] Summer BBQ , Woodham Mortimer, “Hurdlemaker’s Arms”, from 12:30	Brian Penny
ALT:	Much Haddam	Alex Kornfeld
Aug 9	[EMG] Colchester 40/40 , start from Marks Tey, “The Bungalow Diner”, at 9:30	Brian Penny
Aug 16	Belchamps St Paul, 8am start – 100 miles	TBA
Sep 6	[EMG] Rough Stuff , start opp “The Cricketers” pub, Mill Green, at 10:00	Brian Taylor
Sep 13	TBC	

Note:

First Sunday of the month:
Short half-day ride for those wanting a shorter or easier ride

The group out on a bright sunny winter’s day



South East Essex Member Group – Runs List



Secretary: John Steer

☎ 01702 529 638– e-mail segsssec@btinternet.com

Runs start: from the 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	Eleveneses	Lunch Destination
12 July	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30, contact Stefan Eichenseher	
ALT:	Blackmore (Blackmore Tearooms)	Stondon Massey (Bricklayers Arms)
19 July	Woodham Walter (Bunsay Down Golf Club)	Little Totham (The Swan)
26 July	[EMG] Summer Gathering	Contact: Brian Penny
ALT:	Ramsden Heath (Hall Coffee Shop)	Woodham Mortimer (Hurdlemaker's Arms)
2 Aug	Butts Green (Garden Centre Coffee Shop)	Broads Green (Walnut Tree) No food, bring own sandwiches
9 Aug	[EMG] Colchester 40/40 , start from Marks Tey, "The Bungalow Diner", at 9:30	Contact: Brian Penny
ALT:	Brentwood (King George Playing Fields)	*see note
16 Aug	Great Totham North (Woodlands Tearoom at Tom's Farm Shop), 9am start	Rowhedge (The Anchor)
23 Aug	Cooksmill Green (The Bakehouse)	Mundon (White Horse)
30 Aug	Maldon (Delicatessen & Coffee Shop)	Littley Green (The Compasses)
6 Sep		
ALT:	Hawkeell (Potash Garden Centre Tearooms)	Southend/Great Wakering (The Rose Inn)
13 Sep	Chelmsford (Secret Garden Tearoom)	Little Braxted (Green Man)
20 Sep	Blackmore (Tearooms)	Writtle (Rose & Crown)

Note: * When **EMG** or **MG** events take place the local ride will include a booked Eleveneses 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
12 th July	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		Stefan Eichenseher 07503 163469
ALT:	TBA	TBA	Macolm Mitchell
19 th July	TBA	BBQ, David's House	David Harrison & John Forrest
Jul 26	Tiptree	Woodham Mortimer, The Hurdlemakers	David Harrison
Aug 02	Coggeshall	Purleigh, The Bell	Des McCarron
Aug 09	[EMG] Colchester 40/40 , start from Marks Tey, "The Bungalow Diner", at 9:30		Brian Penny
Aug 16	Coggeshall Dutch Nursery	Littlry Green, The Compasses	Malcolm Mitchell
Aug 23	Tiptree	Mount Bures, The Thatchers Arms	Des McCarron
Aug 30		Clare, Country Park Picnic	Paul & Caroline Avison
Sep 06	[EMG] Rough Stuff , start opp "The Cricketers" pub, Mill Green, at 10:00		Contact: Brian Taylor
ALT:	Earls Colne Valley Golf Club	Brent Eleigh, The Cock Inn	Malcolm Mitchell
Sep 13		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



The New Inn, Colchester

31st May - White Hart, Margaretting Tye - The ride to Margaretting Tye set out with 5 riders Gordon (P) Chan (K) Tim (D) Oscar(F) and Alex(K). The grey sky with it's threat of rain did not put us off our stride. Today it was going to be hills, miles and stamina building come what may. Within 15 minutes of setting off Tim's chain and cassette were not talking to each other, forcing his retiring for the day. Then came the rain and my resolve, previously steadfast and unshakeable, started to dissolve in the wet. The first thing to go was our coffee break venue. "Lake Meadow" was infinitely more attractive being 30-45 minutes closer, and Margaretting Tye was just down the road. It was win-win because with testosterone levels at unrecordably low levels the focus changed to enjoying the wonderful gardens and meadows around Stock and our banter about 'if only I....' From Margaretting Tye and our lunch al fresco, it was to Blackmore. The rain kept the roads fairly clear of any traffic and the gardens all around were at their best ... in full bloom. That was treat. About 40 miles covered today in the time it takes to travel 40 yards along the A12 in rush hour. It has been a great day and we all finished on a high. **Alex Kornfeld**

7th June 2015 : "Short" Ride to Blackmore Tea Rooms – 7 members of Havering set off from Upminster. Alan, Ray, Gordon, Chan, Sue, Peter, new member Oscar and, for his first ride out with us, Jamie making 8 riders in all for a nice countryside ride to "Blackmore Tea Rooms". After eventually getting Rays tyres on his new cycle to a rideable pressure, we set off at an easy pace riding down Nags Head Lane and up Wigley Tye Lane and past South Weald. We then took a round route to Coxley Green and through the beautiful countryside down Windy Days Lane just as the sun was beginning to shine nicely. We then went onwards towards Wyatts Green cutting off just before we got there up Cuttings Lane towards Blackmoe Lane. We then stretched our legs down Blackmore Lane, where newby rider Jamie shot off to stretch his legs further meeting up with us at "Blackmore Tea Rooms", where we all stopped for a well deserved refreshment break. Then, who should turn up, but sat-nav Dave Rowlands!! (He says he overslept but I think he just wanted to give us a head start.) After refuelling and Dave leaving us we then took the quicker route home down Hay Green Lane towards Hook End back through Doddingtonhurst, Pilgrims Hatch and homeward bound to Upminster. A ride of roughly 29 miles on a beautiful sunny Sunday in good company. It's days like this riding through the lanes and countryside, when you realise what cycling is all about **Alan Pine**

14th June 2015 : North Fambridge via Norton Heath with South Herts

CTC and Forty Plus - A cloudy start for ten riders bound for Norton Heath via Doddingtonhurst and Blackmore. A brief stop at "Norton Heath Café", as we teamed up with a mixed group of 40+ and South Herts CTC riders. We were also joined by ex Havering rider, Peter Hadley. Onwards into the drizzle to Pigstye Green and Newney Green, where we picked up NCN1 through Chelmsford, where Peter (a different Peter) left us. The drizzle eased off on our way to East Hanningfield and Radar Hill, then a bit of busy B-road to get to North Fambridge. In "The Ferryboat Inn" we found Sue Dorey had arrived by train and another ex-Havering rider, Dan Pinner, out for a short spin out of Wickford. With Sue swelling our numbers we set off on a roller coaster ride to Cold Norton and Bicknacre ending up at "The Waters Edge" by Hanningfield Reservoir for our 3ses stop.

After tea and cakes we said our goodbyes to our South Herts & 40+ companions and set about the last leg via Billericay and Dunton. We ignored the "Road Closed" signs in Lower Dunton Road as "cyclists will always get through". But we nearly didn't, as the roadworks turned out to be a massive excavation! We literally walked the plank to get across!

Back on the road we headed to Bulphan and Upminster totting up 75 miles in all. **Dave Rowlands**

Audax Windmill Rides 2015


By Stefan Eichenseher

A very brief report: The online entry facility proved very successful: 30 pre-entries on the 210km & 25 on the 120km. Including EOL there were 65 riders out, and with DNF's 62 riders came back, the last one at 21:33.

Although not expected by me, but the "joke at the end" of the 210km route appeared to be taken easily by all finishers as "just another hill" – after 210km up Galleywood Hill for 500 yards at 11%.

I would like to thank all marshals for their support and endurance on the check points:

Lynda Collins & John Steer	Finchingfield:	4 hours
Paul & Karen Hand	Belchamp St Paul:	2 hours
David Russell	Chishill Windmill:	5 hours
Brian Penny	Victoria Club Hut, Ugley:	6 hours

My thank you also encompasses the riders for some really nice feedback. I am looking forward to seeing some of you back next year! 

Here is the next big event in the North of Essex!



The poster features a map of Colchester in the background. In the top left corner is the CTC logo with the text 'the national cycling charity'. In the top right corner is a circular crest. The main text reads: **Colchester CTC**
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www.colchesterctc.co.uk

<http://www.colchesterctc.co.uk/events.html>

Contact the organiser Malcolm Mitchell on 07531 511112.

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ANNUAL TRAINING CAMPS

February, March, April and September

South East Essex Member Group

3rd May – Little Green - Twelve left the café promptly at 9.30am and proceeded in a northerly direction up Brock Hill where we were joined by Lynda C, who had ridden from SFW directly rather than risking the A132. We split into two groups led respectively by yours truly and John S. Unfortunately, I succumbed to a slow puncture and had to go hell for leather to the elevenses stop with the occasional stop to pump it up. On reaching “The Bakehouse”, I removed said offending inner tube and replaced it with a new one, but sadly missed a tiny piece of flint embedded in the tyre. I re-joined my colleagues just as John S rolled into the frame and I sat down to coffee and toast. On leaving the establishment in one group (some had returned homeward bound), I made it as far as “The Duck” at Newney Green before the inevitable happened and pop went the tyre again. Once the said flint had been located by John S and Lynda C let me borrow her spare tube the merry band was on its way to Huffer-heaven in the shape of “The Compasses” at Little Green. Not wanting to look like a pig, I duly shared my huffer with John S (such a gallant fellow). We were also beguiled by the amount of recording equipment Martin P produced from his panniers as he diligently set it up so that Brian P could interview John Davis on the history of cycling in Essex.

31st May – Kelvedon - We were joined at the start by a new female rider called Nicky who lives near Butts Green and came out with us all day. “The Crystal Café” in Maldon was our elevenses destination and 14 hungry cyclists’ soon polished off a variety of snacks. Our route to Kelvedon proved popular and went via Heybridge and then along country lanes through Tolleshunt Major, Tiptree Heath, Windmill Hill and Highfields. “The Railway Tavern” had a table ready for us indoors, as the weather was decidedly chilly for eating ‘al fresco’ by the river. Afternoon tea was taken at “Tropical Wings” in SWF and afterwards we fluttered to our respected homes, which in my case meant I had 83 miles under my wing.

7th June – Little Green - As an experiment, the SEG’s had a choice of two different elevenses locations today. The first group of 7 riders left Wickford at 9am and headed out to the “Snug Café” at High Easter via Writtle and the Chignalls. On reaching Chignall St. James we came across a variety of scarecrows in all sorts of different disguises and these had been crafted for the village fete. We even found one riding a bicycle

and he looked remarkably life-like, so much so that I thought the President had snook out to spy on us!

The second group left Wickford at 9.30am and were led by John S who took a direct route to the "Secret Garden Tearooms" in Chelmsford, where they met members from the Crest Cycling Club from Ilford.

The two groups then rode to "The Compasses" at Littley Green (a popular venue for the SEG's, it seems) via Felsted and Great Waltham respectively. The Crest CC also arrived a short time after us and created a bottleneck at the bar just as Brain P was about to order his 2nd pint (he appreciates a good ale).

The return journey went via Great Leighs and Terling, where we discovered the "Owl's Hill Tearoom" (courtesy of Derek W) and made enquiries about a future visit. We had afternoon tea at "White Elm Garden Centre" in Bicknacre.

14th June – Cock Clarks (SEG 40th Anniversary) - Twenty left in two groups for Butts Green, one led by Peter W which went via Stock, Margaretting Tye, Galleywood and Sandon with the other led by me via Ramsden Heath, Stock, Great Baddow and Sandon. "The Coffee Shop" was already busy when we arrived and some of us did have a long wait especially when some confusion arose in the processing of the orders by the staff, but in the end all was well.

I led the majority of the riders directly onto Cock Clarks and five went with Jon C on a longer ride via North Hill (downwards not upwards), Ulting and Woodham Mortimer. The proposed cycle treasure hunt was abandoned due to the poor weather but probably more so because people just wanted to eat and drink beer. We had a choice between a BBQ or delicious baguettes and both were good. Some members from Chelmsford City MG arrived after 1pm and altogether about 25 of us were filling the pub with good conversation and laughter. The SEG's left just after 2pm and headed home but one final stop was made by John S, me, Ken P and Ian C at "Battlesbridge Mills Garden Centre", where they have a newly refurbished coffee shop. As we entered we were encouraged to try a small cake that had been made with a hot chilly and it certainly had a kick to it! **Manchurian**

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The Wrinkly Sixty

By Gordon Kisby

Sunday 7th June 2015

Petritoli, Le Marche, Italia 8am - 21 deg C.

Geoff Bates (62) and Gordon Kisby (64) (Chelmsford MG) set out, in support of Sir Bradley Wiggins, to set the 'Hour record' for the Velo Club Wrinkly di Petritoli (estd. 2012 - membership 2). We rode 22km to the previously determined start line in Comunanza, where, at 9.10am, it was 29 deg C. After a couple of fortifying Caffè Americano's and 2 pastries in the café, we zeroed our trip computers and set off. On a mostly flat but slightly bumpy parcours, liberally sprinkled with gravel filled potholes and terrorised at one point by the local chapter of the HA on a fleet of vintage Italian motorbikes, we finally wheezed to a stop in Piane di Moresco about 10km from the Adriatic coast. A quick cross check of the computers showed 36.47 (say 36.5!) kilometres ridden in the hour.

'Well done us' we said – a record that will surely last for eternity in the VCWdP annals. Elated but exhausted, we turned for home only 15 km distant now but with a classic, nasty, Le Marche hill in the way.

Eventually one of us had a puncture preceded by a touch of (non-tactical) cramp, so a quick phone call back to base summoned the Broom wagon, which duly arrived 20 minutes later. The unfortunate puncturee was unceremoniously loaded into the back of the pick up and with a challenging, almost condemnatory glance Mrs B roared off in the direction of Petritoli.

Meanwhile the other one (GK) had (while splitting the infinitive) valiantly negotiated the hill at Rubbianello and was only 15 mins from home when passed by the said Broom wagon containing the other chastened hero – words were unnecessary. We had already decided that next year, on the 7th June, we will ride the same course in the opposite direction just to confirm that, yes indeed, the wind was against us all the way this year!

Incidentally, when we finished the 'Hour' the temperature was 34 deg C. So pick the bones out of that Sir B! My guess is that he will surpass our mark about 39 minutes into his attempt – Buona Fortuna!! 🚲

Top CTC Cyclist 2014 - John Rootkin

and Lifetime recipient of the George Welch Trophy

By Lynda Collins (Secretary Essex CTC MG)

Traditionally every year at the Essex CTC AGM the highest placed Essex Cyclist in the CTC Tourist Competition received the George Welch Memorial Trophy. Due to changes in the way the completion is processed at Head Office the results are no longer compiled in time for the award to be made at our AGM, instead we have handed the award to the winner sometime in the subsequent year.

Last year, 2014, John Rootkin was once again the recipient of this prestigious Memorial Trophy. John Steer (Essex CTC President), yours truly, and Jon Collins (in the capacity of official photographer) made the trek up to Radwinter to present John Rootkin with the Trophy, a large silver platter. It was a truly beautiful sunny day and very pleasant driving



around this part of the Essex countryside. Over tea John told us how he used to cycle as a lad and then used his bicycle for transport when in the air force and based at North Weald. John didn't ride again until after his retirement when he took part in his first event, a cold and wet ride. He recalled the feeling of exhilaration and sense of achievement he gained from this experience and he never looked back.

John has been a regular competitor in the CTC Tourist Competition and the highest placed Essex cyclist in this event for the last 12 consecutive years. A truly amazing achievement!

The George Welch Memorial Trophy was first awarded in 1999. There have only ever been two recipients of this Trophy: Chris Regan held the Trophy over four consecutive years, 1999 to 2002, and John Rootkin for 12 years, 2003 to 2014.

The Essex CTC Committee having undertaken a



review of our competitions and awards decided to make changes to the way the Top Essex CTC cyclist is defined. As a result there is no longer a role for the George Welch Trophy and 2014 brings our use of this Trophy to an end.

In view of John's 12 years achievement the Committee felt it was fitting for him to be the lifetime recipient of the George Welch Trophy. He was delighted to receive this honour and it was a pleasure to be able to make this gesture to such a deserved individual.

Endings can be sad and perhaps there can be a sense of losing a connection to the past, connection to people whose generosity enabled events and cycle groups in Essex to be maintained. Time does however move on and when something ends, it opens up space for something else to develop. In the next edition of Spotlight we will publish details of the revised Top male and female rider awards.

The Committee wish to thank George's family for donating this Trophy 16 years ago. We would like to publish a tribute to George in a future edition of Spotlight, and if anyone has any information about George and perhaps some photographs of him please do get in touch to share this. Many thanks.

Links to the CTC Tourist Competition results for 2014

<http://www.ctc.org.uk/ctc-tourist-competition/2014-individual-results>

Link to the rules for the 2015 competition

<http://www.ctc.org.uk/ctc-tourist-competition/ctc-tourist-competition-rules>



Chelmsford's Spring Tour 16-21 April 2015

By Adrian Leeds

The bright sunshine was tempered by a cool easterly breeze, as I set off for Wangford, but I consoled myself with the fact that it was dry and fine and no rain was forecast for several days ahead. The breeze seemed to strengthen, as I progressed toward the coast. My route went via Messing, Copford and through Colchester and Ipswich town centres then stayed west of the A12 through Wickham Market and Peasenhall, finally arriving at 6:30 pm quite drained by 89-miles of head wind.

"The Angel Inn" is a quaint old pub, just off the A12 and a couple of miles west of Southwold in Suffolk. Eighteen of us dined together on that first night, enjoying the good food and ale supplied by our helpful hard working

hosts Christine and Peter. We had taken all 7 of the inn's rooms plus one at "*The Plough*" nearby with a further 4 riders in caravans near Reydon on the Southwold road. Everyone that day had been cycling - either arriving by bike or arriving by car and taking part in the afternoon ride-out to Halesworth, and we all noticed the North Sea breeze.

On Friday the entire group rode to Beccles, where leader Brian had arranged for the 650-year old Church of St Michael The Archangel to have a coffee morning. The group then divided with some taking the trip to the "Locks Inn", Geldeston and Ellingham and the rest going on to "Oulton Broad's Park Café", for a view of The Broad with The Old Maltings across the water. The café served some very nice homemade food, particularly the chicken soup, which was more like a casserole. The group divided once more with my half taking a route around North Lowestoft, then down the steep "Ravine" to the old sea wall and Ness Point (the most easterly point in the British Isles) before heading to Southwold Pier to meet the others for tea.

On Saturday we all rode down to the "Low House" at Laxfield for a superb lunch (via two route options) and again recombined for coffee at Halesworth in the afternoon, still battling the ever-present breeze.

The first leg of Sunday's ride was to Flixton and the excellent (but freezing cold) Norfolk and Suffolk Aviation Museum, where we were hugely entertained by Diana, who very bravely took the controls of a flight simulator under the very stern direction of James, (a retired RAF instructor). I'll leave the reader to judge how well she did but at one point (commenting on her handling of the joystick) the instructor said "my good woman you are flying an aircraft – not stirring a bloody Christmas pudding!" How we laughed. Afternoon tea was taken at the St. Peter's Brewery; too late for a tour of the brewing plant but we sat ourselves down in the magnificent "St Peter's Hall Tea-room", where some of the seats are ancient carved choir stalls, presumably from the ruined priory across the road.

The final tour day began with the short hop to Southwold, taking in the Gun Hill followed by the Lifeboat Museum. For elevenses we visited the "Harbour Café", which will be familiar to anyone who has ridden the Blaxhall Audax. From there we took lunch at Dunwich before riding on to Minsmere for tea. On the way back we visited Wenhamston Church, which houses a "Doom Painting" dating from the late 15th Century. This quite remarkable and beautiful object, painted onto wooden boards by a monk,

once spanned the central isle of church. It had been whitewashed out during puritanical times and stood outside the church as firewood in the 19th century before being uncovered by a chance shower of rain, and eventually saved.

Tuesday came round all too soon, so it was time for the long slog home, aided by a following breeze but lacking the excitement of anticipation, which had spurred on the outward journey. Back to “normal” again, until the next one! 🚲

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

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Herongate Cycles (Cycle Shop)	www.herongatecycles.com
Hopleys Garden Long Barn (Café)	www.hopleys.co.uk
Kings Road Cycles (Cycle Shop)	www.shedbornbikes.com
Megarry's Antiques and Teashop (Café)	www.megarrysteashop.co.uk
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