

May / June 2016



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Mike Curtis, member of SEG
"Ascending Brock Hill"

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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 3/2016se43

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

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	Alex Kornfeld	alexkornfeld@me.com	Delegate
South East Essex	John Steer	☎ 01702 529638	Secretary
	Jon 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 July / August 2016 edition is on **15 June 2016**.

Editor's Foreword

So, I read in the last Essex MG committee meeting minutes "that 'CTC' is not recognised by people outside of the cycling community. [And] this rebrand has overwhelming Council support with the formal launch in April." That says it all: "Council support", like the UK government: top-down and members are supposed to take it up.

Although our councillor indicated already nearly two years ago that a new branding concept was in the pipe-line, I for one was not the slightest aware of how this "new" slogan was intended to look like, compared with the then established "new" logo.

The minutes go on: "There is no obligation on Member Groups to change kit and existing branding can be maintained."

Now what's the point of that? A complete mix-n-match, where no outsider really knows how to recognise the organisation. Even if you don't know what MGM or HSBC stand for, at least you recognise that these are BIG(!) brands. The last (current) logo, quite obviously indicates that CTC has something to do with cycling.

Now, if someone asks me: "What is the difference between 'British Cycling' and 'Cycling UK'?", I will have to say: "They are basically the same, but the first has more money to promote its cause." Also "Cycling UK" restricts us to Northern Ireland, Scotland, Wales and the rest of the island, which is determined by the latter two countries, the North Sea to the East, a bit of the Irish Sea on the West and the Channel to the South. Whilst "British" by definition includes all those who were once part of the Common Wealth, but on a "local" perspective more so includes people from different backgrounds.

IMO, if the CTC Council wants to make the brand better known, then getting engaged with major stakeholders, such as schools and Local Authorities would be a better way forward. E.g., through a bike maintenance course followed by a guided one (or more) day(s) tour, the understanding of traffic and legally cycling would probably be more encouraging to get people cycle touring. This should also propose that speeding along the pedestrian way regardless of safety concerns for other vulnerable traffic participants, such as children and elderly folk, is not the way to go/cycle.



Yes, volunteers required, but I would think that there are retired tourers who would be able/happy to part with their experiences

For content, of this issue, please see the index on p. 3.

Anyway, leaves me to say – as always – those who are fit go forth and cycle. I hope that you are all out and about and have fun on your bikes!

Your editor,

Stefan Eichenseher

The President's Piece

Winter is now behind us and spring has nearly gone as we look forward to “flaming” June (we hope). Easter was its usual washout in Essex; four of the SEG's plus two ex-members went to France for the long weekend and had better weather south of the channel.

Some of you will be riding the Tri-Vet's event in June. Best of luck to you, if you haven't ridden this event before; for others I hope that you have trained up for the distance and, as a warning, don't eat too many cream cakes on the day.

I also hope that you are taking part in the other events like the Dot Sharp 80 km. After the Tri-Vet's, there are the Windmill Rides followed by the Peggy Thorndike 100mls/100km (you should be fit for this one already by then).

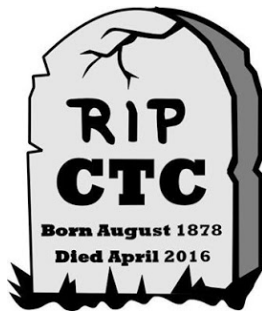
Don't forget to ask other cyclists to join you on your rides, as I'm sure that they would love to join a group.

Talking of groups, does anyone know what we are called anymore? CTC, Cyclists' Touring Club, is why we travel the world, don't we? Or are we the *Cycling UK*, who only ride in the UK?

I think that the questions and answers are going to be many, until we either get fed up with moaning about it all. Or, we just revert back to just carrying on calling ourselves the CTC and get on with cycling.

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

13th March 2016 - A rather misty start, but soon the sun was breaking through and five of us set off in good spirits from City Hall heading for our elevenses at Marks Tey. We do it so often that I'm getting a bit tired of the obvious route through Boreham, Wickham Bishops and Tiptree, so I took a route via Channels, Terling and Witham where we tried out the impressive new pedestrian/cycle bridge over the mainline railway at the North end of Witham. The extended ramps are very cyclable and this is an excellent new facility.

We then tried an off-road link at Coleman's Farm Little Braxted to reach the road from Rivenhall towards Tiptree. Unfortunately there is a short section which is quite rutted and a bit slippery, so you could say my 'name was mud' but the others were very kind to me, withholding what I suspect were their true feelings on the matter!

The rest of the ride via Kelvedon, Messing and Copford was fairly uneventful although the unremitting NE wind made it quite hard work and we didn't arrive at Marks Tey until 11.30am.

The car park at "The Diner" was full of classic American cars which provided some interest for those who like that sort of thing.

We were pleased to find Dave R there, only a few days after his 'op'. He seems to be recovering well and was in good spirits. Eric and Heather had cycled there on their own, maybe having had a premonition that I might be going off-road!

Seven of us then went on towards our lunch destination at the excellent "Swan" pub in Little Totham, although three peeled off to return home before we got there. I'm getting a bit slower on hills these days and the others went ahead a few miles before we reached Little Totham. They did not know my route however, so we ended up getting separated. Our caring group secretary was waiting for me on the 'unplanned' route, but I was already at the pub! Thank goodness for mobile phones.

John B met us at "The Swan" and we all cycled back to Chelmsford via a tea stop at "Bunsey Downs" having covered about 56 miles. **Martin Cockersole**

3rd April 2016 - It was glorious cycling weather but a surprisingly small turnout of three riders (Martin C, Norman and I). My route took us by SEG's elevenses venue, but at 10:05. Our elevenses was at Heybridge Basin, which we accessed by the towpath. The fine weather seemed to have brought out everyone who had a dog! At the café we found four CTC members, three who had come by car. The fourth was Ken Rickwood, who joined us on our ride to Layer de la Haye. So with one going back we retained a nice even three.

Ken continued homewards leaving only Martin and me to go into the "Donkey and Buskins" for a long chat over beer and baguettes.

The ride back involved a stop at "Bunsay Downs" and by the time I got back into Chelmsford I had done 64.9 miles. **Mel Martin**

Colchester Member Group

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

Havering Member Group

Feb 7th 2016 - Alex led a group of nine to "Lake Meadows", Billericay. A dry, cold, windy thirty miler.

Feb 14th 2016 - Gordon led a group of seven into a headwind on a sunny, but chilly Sunday. The septet made their way to "Blackmore Tea Rooms"; meanwhile our sec was running late and made his own way there.

After our caffeine fix, Gordon took Alison, Helen and Kelvin back home while yours truly led Chan, Joe and Vic on to Writtle via Norton Heath and Roxwell.

The cycle parking at "Lordship Tea Rooms" was completely empty surprisingly considering the number of cyclists on the road! The tea rooms were packed, but we found a table inside and the service was really fast. Fed and watered we took a direct and wind assisted ride back through Blackmore, and at Pilgrims Hatch we split for our homes.

Feb 21st 2016 - Fourteen set off into the wind for an off/on road ride down Ingrebourne Way and through Bretons and Beam Park to darkest

Dagenham! Through "The Chequers" and on to Goresbrook Village, where we picked up the A13 cycle path then on to CS3. At Beckton Alps Helen and Alan turned back and the rest carried on to North Woolwich. Mick headed back as we waited for the ferry. South of the river we headed for Greenwich on the Thames Path, which was a bit rough in places!

"The Trafalgar" was settled on for our lunch stop, iron rations for some, pub lunch (Not cheap!) for others, all sat outside.

After lunch our London riders, Kate, George, Gerald and Norish dived into the Greenwich foot tunnel to make their own way home with the Havering gang (Wai, Alex, Gordon, John W, Peter Hadley and self) following a few minutes later.

Back on our side of the water we set off in search of CS3. Dave's Nav malfunctioned, so Chan came to the rescue! Past the Excel Centre I got my bearings back and at Barking we got back on the road to Dagenham, where we split for home.

Feb 28th 2016 - Six riders (Chan, Gordon, Ian, Joe, Peter and Dave) set off down Fen Lane with an ever darkening sky for company, but apart from a few spots it stayed dry but cold. A climb up to Little Burstard warmed us up a bit, then on to Billericay where Gordon turned back.

Five carried on to Ramsden Heath, as Mr Sun burst through the clouds, for elevenses at cyclist friendly "Hall and Co". Service was efficient and we soon had our food and drinks in front of us.

Return was wind assisted via Stock, Buttsbury Wash, Hutton and a zoom down Warley Hill for home clocking up 35 miles.

Meanwhile, Gerald was talking part in the SEG's 75 finishing just in time.

March 6th 2016 - Our first ride at our spring/summer start time of 9am saw eight riders gathered outside "Roomes" in bright sunshine, cold though!

The undulations of Nags Head Lane warmed us up a little on the way to Pilgrims Hatch and Bentley, a close pass of the Secret Nuclear Bunker and a blast down the A128 to Chipping Ongar.

Elevenes venue was "Jubilee Park Pavilion" (thanks for the suggestion, Brian Stevens!). Sunday menu was limited to hotdogs, bacon rolls or burgers (better to visit Monday-Saturday, when the menu is more varied); that said we enjoyed what we had, service was fast, friendly and reasonable value.

Fed and watered the mighty eight set off into the sun. BT roadworks in Stondon Road failed to stop us and for a while we had the road to ourselves. Dagwood Lane led to Days Lane for the last lap. At Pilgrims Hatch the group split, Helen, Alex, Bernard, Gordon and Mick for Upminster, Chan, John Costello and Dave for Romford. A mile from home Chan took a tumble resulting in a bruised palm and a brand new jacket ruined! An easy 30 miles.

March 27th 2016 - For our first ride of BST Kelvin led Alex, Gordon and Dave to (appropriate for the day!) High Easter for elevenses at "The Snug Café".

On to lunch and the weather forgot it was summertime: we were treated to a good pelting with hailstones from hell!

After some Kelvin Nav malfunctions, we washed up at "Andrewsfield Aerodrome" for a feed up.

Return was into a cruel headwind via Chelmsford and Blackmore racking up 80 miles in all. **David Rowlands**

CTC 50 Years' Anniversary -
Reminder for the CTC Council!

The "Winged Wheel" will evidently
(if HO persists) not feature anymore
in future Jubilee celebrations.



CTC/CUK Rebrand

As found on the by Barry Brazier

Is this CUK's inspirational new logo?



or this?

Perhaps something in-between?

Maybe a winged wheel?



From the *Midweek Wayfarers* CTC blogspot:
(Wed, April 06, 2016 - 17:09)

I thought it worth sharing this sad post from Helen Juden (wife of Chris) from the "Where should CTC be going" facebook page.

"Born, raised and married in the former Club I am very sad to see its demise. I wish the charity well, but regret the destruction of everything that made the CTC special and the conversion from a membership organisation that carries out the will of the members, into a charity-business that serves only the director's interpretation of the charitable aims. We were warned by those who opposed the charity conversion, but didn't hear what they had to say because we couldn't believe anyone who knew the CTC would destroy it. We should have been fearful of those who did not know the CTC. A life lesson in active listening rather than hearing what you want to believe. I'm going to unfollow now, as this is just too painful."

(http://midweekwayfarers.blogspot.co.uk/2016/04/blog-post_6.html) 

Forthcoming Events

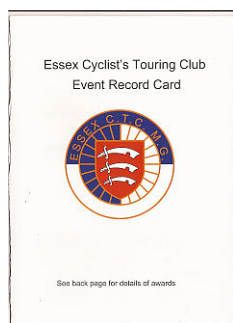


Organisers: please advise me of anything you wish to be included

Date	Event	Organiser
19 th Jun	[EMG] Essex CTC Triennial Veterans Ride; more information on p.22	Chris Mills, John Davis
26 June	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.23 for more info	Stefan Eichenseher, Brian Penny
10 July	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
24 July	[EMG] Summer Gathering , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Brian Penny

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 9th October 2016** to claim your Standard or Premier Award.

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:

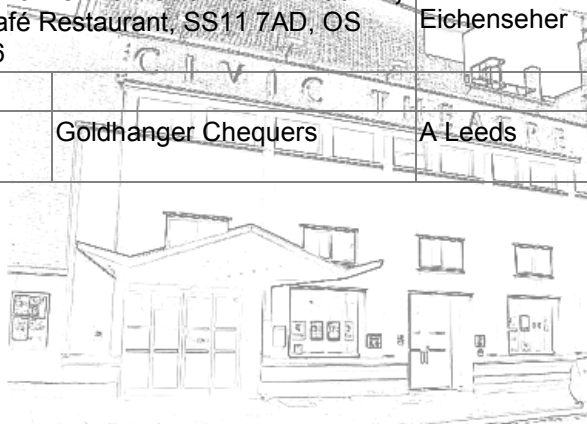
5 Riddiford Drive, Chelmsford, Essex CM1 2GB, ☎ 01245 630864

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
May 15	Marks Tey, Diner	Nayland Anchor	A Leeds
May 22	White Roding, Bretts	Wareside Chequers	J Beaumont
May 29	Abridge	Coopersale Street	D Southin
Jun 05	Perrywood, Tiptree	Bures Eight Bells	M Cockersole
Jun 12	Hastingwood Gdn. Centre	Broxted, Prince of Wales	A Leeds
Jun 19	[EMG] Essex CTC Triennial Veterans Ride; more information on p.22		Chris Mills, John Davis
ALT:	Informal		
26 June	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.23 for more info		Stefan Eichenseher, Brian Penny
ALT:	Informal		
Jul 03	Blackmore Tea-Rooms	Matching, The Fox	D Southin
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936		Stefan Eichenseher
ALT:	Informal		
Jul 17	Heybridge Basin (Wilkins)	Goldhanger Chequers	A Leeds



Havering Member Group – Runs List



Secretary: David Rowlands

david_rowlands@hotmail.co.uk or ☎ 07948 583979

Promotions Officer: Alan Pine

apine@sky.com or ☎ 07716 096303

www.essexcycling.co.uk & www.ctc.org.uk/local-groups/havering

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

All rides meet 08:45 for 09:00 start unless otherwise stated

Date	Destination	Leader
May 15	Blue Egg Gt Bardfield	Alex Kornfeld 01708 229924
May 22	Epping	Dave Rowlands 07948 583979
May 29	The Compasses, Littley Green	Dave Rowlands
Jun 05	Short Ride, Beginners Welcome	Gordon Peel 07711 609230
Jun 12	Destination decided on the day	Dave Rowlands
Jun 19	[EMG] Essex CTC Triennial Veterans Ride; more information on p.22	Chris Mills, John Davis
ALT:	The Viper, Mill Green, Fryerning	Joseph Collins 07505 874713
26 June	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.23 for more info	Stefan Eichenseher, Brian Penny
ALT:	Meet with SE Herts CTC at Norton Heath at 10am EARLY START	David Rowlands
Jul 03	Short Ride, Beginners Welcome	Gordon Peel
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936	Stefan Eichenseher
ALT:	Coopersale, Epping	Dave Rowlands
Jul 17	Destination to be Decided	Joseph Collins

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 Informal MG – Runs List



Secretary: John Steer

☎ 01702 529 638– segssec@btinternet.com

Runs start: from the Wickford Café Restaurant, 3-5 The Broadway, Wickford SS11 7AD - Sundays at 9.15am for **9.30am**, unless otherwise stated.

Club Nights are the 2nd & 4th Friday of the month 8.00pm @ St Laurence & All Saints Church Hall, Eastwoodbury Lane, Eastwood, SS2 6RH


Note: * When **EMG** or **MG** events take place the local ride will include a booked Elevenes 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.

Date	Elevenes	Lunch Destination
15 May	[IMG] Car-assisted: London Ride at Galleons Reach, Armada Way E6 7ER.	Contact: John Steer
ALT:	Althorne (Annley House Tearooms)	*see note
22 May	Weald Country Park (The Wigley Bush Café)	Horsemanside, Navestock (Alma Arms)
29 May	Hatfield Peverel (D's Café Diner)	Little Totham (The Swan)
5 June	Chelmsford (Secret Garden Tearooms)	Ford End (Butcher's Arms)
12 June	[IMG] Car-assisted: Hythe to Dungeness at Hythe CT21 6LD	Contact: John Steer
ALT:	Margaretting (Saddlery)	*see note
19 June	[EMG] Essex CTC Triennial Veterans Ride; more information on p.22	Chris Mills, John Davis
ALT:	Woodham Walter (Bunsey Down GC)	*see note
26 June	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.23 for more info	Stefan Eichenseher, Brian Penny
ALT:	Billericay (Lake Meadows)	*see note
3 July	Writtle (Lordship Tearooms)	Broads Green (Walnut Tree) Bring own sandwiches
10 July	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
ALT:	Maldon (Morrisons)	*see note

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
May 15	Colne Valley Golf Club	Colne Valley Golf Club	Paul & Caroline Avison & Simon Brooks
May 22		TBC	Malcolm Mitchell
May 29		TBC	TBC
Jun 05	Aldham Millrace	TBC	Des McCarron
Jun 12		East Mersea Vineyard	Gillian Walker
Jun 19	[EMG] Essex CTC Triennial Veterans Ride; more information on p.22		Chris Mills, John Davis
ALT:		TBC	Malcolm Mitchell
Jun 26	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, p.23 for more info		Stefan Eichenseher, Brian Penny
ALT:	Assington	Castle Hedingham	John Forrester & Alison Close
Jul 03	Tiptree Woodlands	Littley Green Compasses	Paul & Caroline Avison
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		Stefan Eichenseher
ALT:		Gt Yeldham Waggon & Horses	Simon Brooks
Jul 17		TBC	Malcolm Mitchell

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

Cover picture:



Third Prize at the Dave Doo Photographic Competition 2015

Mike Curtis, member of SEG

"Ascending Brock Hill"

The verdict of the judge was:

"Very atmospheric - the lighting is very well captured. A slightly tighter crop, removing the burnt out road in the foreground would have made it even better, making the lone rider a little more distinct."

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South East Essex Informal Member Group

21st February – Cock Clarks - Nine left Wickford and headed for the “Secret Garden Tearooms” in Chelmsford, whilst four went at a slower pace to “BHN Garden Centre” in Rettendon. Nine went onto lunch at the “Fox and Hounds” (5 from Chelmsford and 4 from Rettendon).

6th March – Little Totham - As this was Mother’s Day, I was wondering how many would turn out and was surprised to find twelve at the start. Peter W led a group of six via Purleigh and I led five via Runsell Green to Maldon and one went wee all the way home (actually to the “Crystall Café”, but that didn’t rhyme). On arrival at the quay we found that the “Barge Tearoom” was ram-jammed packed, so we went to the “Queen’s Head” pub and managed to get a coffee and cake or something more substantial for those with big bellies. Seven continued through pleasant countryside to “The Swan” pub for lunch.

13th March – Mill Green - Fifteen were assembled at Wickford including two new riders (Tim M & Greg F) and we split into two groups for the ride out to “Norton Heath Café”, where we were joined a little later by John S & Lynda C who had come from SWF at their own pace. Six went onto “The Viper” for lunch.

27th March – Little Green - The runs secretary likes to occasionally spice things up with the SEG’s just to keep them on their toes and to expect the unexpected, or is he just larking about because he’s a northerner! Anyway, for those who had remembered that the clocks had changed, the ride had a 9am and 9.30am start. The two brave souls (yours truly and Jon C) were heading out to High Easter and the “Snug Café”, whereas Brian P, Colin D and Peter C went to Writtle and the “Lordship Tearooms”. The rest were obviously still tucked up in bed! Just as Ian and Jon were sitting down in the café, Martin C and John B from Chelmsford City arrived and we had good conversation and scrumptious food. This place is popular with cyclists and I got chatting to a racer, who belonged to the ‘Neon Velo’ team. As we were leaving, Havering turned up led by Kelvin and we chatted briefly (they were going to Andrewsfield for lunch). Martin returned home and that left Ian, Jon and John to continue to “The Compasses” via North End and Felsted. I took the opportunity to confirm a SEG booking at the “Butcher’s Arms” on 5th June, which has been arranged especially, as they don’t normally do snacks on a Sunday, but will if we pre-order. I also enquired at “The Swan” in Felsted and they do snacks too, so that will be included in the runs list at some point in the future. As we left Felsted, we were drenched by a sudden downpour complete with hail, but upon arrival at the pub it was

bright sunshine and this proved to be the pattern for the day. The pub was very busy and we also found six traction engines, a fairground organ and various old cars outside. Jon and I enjoyed a panini, rather than a huffer, as they'd sold out of them and we sat in the tent in the garden. We later learned that another cyclist (not known to us) had his bike stolen from the pub grounds, so remember to take a sturdy lock with you (!) We returned via Boreham and Danbury, where John B left to head home and I saw a low level rainbow after another downpour. Afternoon tea was taken in "Tropical Wings" at SWF and by the time I got to Shoeburyness I'd done 86 miles.

3rd April – Tillingham - Seventeen at the start were soon re-arranged into five groups comprising of 1, 2, 3, 5 and 6 riders. Remarkably all arrived at the "White Elm Garden Centre" at various times throughout the morning, with the exception of two, who went elsewhere. Our numbers were also swelled with the arrival of Colin D and Greg F, who also graciously consented to continue onto lunch. As it was a nice day, we sat outside and were soon enjoying some deliciously mouth-wateringly scrumptious cakes. Eight headed out via Cock Clarks, Purleigh, Latchingdon and Steeple to the "Cap & Feathers" pub. Unfortunately, as Claude A was setting off after the hill climb up to St. Laurence Church, he got a puncture, but soon had a new inner tube inserted by the time two of us returned to escort him to the pub. Our homeward journey brought us to "Tropical Wings" at SWF and a welcome cuppa before heading home. **Manchurian**



2016 Triennial Veterans' Ride



on **Sunday, 19th June 2016**

Start / Finish at **St. Johns Church Hall,
Church Road, Mountnessing, Essex (TQ632977)**

Start time is **8.30am**

The rides are open to any cyclists aged 50 or over.

Please find the entry form on www.ctc.org.uk/ctc-tri-vets-rides-2016.

Entries must arrive by **May 15th 2016**.

Contact Chris Mills, Wisemans, Barrack Lane, Great Waltham, Essex,
CM3 1ET, on 01245 360115, or millsycyclist@icloud.com



The Windmill Audax Ride

Sunday 26th June 2016



210km

The Windmill Ride, passing 10 windmills
start 08.30, maps 154, 155 & 167

120km

Audax -
start 10.00, map 167

Entry £8 (either ride) please send **P.O. or cheque**
plus S.A.E. at least 2 weeks prior to the event to:

Stefan Eichenseher

42A Whitegate Road

Southend-on-Sea

Essex SS1 2LQ

01702 621810

s.eichenseher@googlemail.com

Start & Finish:

Chelmer Cycling Club

Meteor Way

Chelmsford

Essex CM1 2RL

OS Sheet 167, TL699066


New Order for the Essex CTC Jersey

By Brian Penny

Need a new cycle jersey? The Essex CTC jersey might be just what you need.

Good value with the distinctive CTC logo, this jersey will be a comfortable addition to your cycling wardrobe as well as helping to promote our club every time you wear it. Identical to the design already in circulation from previous orders, the jerseys are available in short sleeve, long sleeve or WinTex style and cut distinctively according to sex. There's a size to fit everybody: small, medium and large ... and XL, XXL and XXXL.

One change to this new order is the price. Sadly the subsidy offered by the Essex Member Group committee is no longer available and consequently prices are a little higher: short sleeve-£30, long sleeve-£34, WinTex-£50.

If you are interested in placing an order then contact Brian Penny on b-penny522@btinternet.com or 07817 121673 after 6.00 pm. 

A Cycling Pilgrimage to York: Audax UK Easter Arrow 2016

By Tom Deakins

Nik Brunner, Rich Ellis and I, plus first-timers Nick Wilkinson and Phil Whitehurst set off from Dunmow for York at 08:00 on Good Friday, 25th March 2016. We called our team 'Dick Turpin's Big Day Out'. As captain I get to choose the route and it's considered bad form to ride off and leave me behind! As my team are much younger and stronger than me, I did have to rein them in a bit at times, though...



Minimum distance permitted is 360km in 24 hours, with some ambitious teams aiming for well over 400. To make our target distance of 401 kilometres we had to zigzag through East Anglia [about 250 miles – Audax Club Parisien make the rules, so we think in kilometres – 100km = one championship point], going to Lavenham and a Hot Cross

bun stop at “Sparling and Faiers” – the best I’ve ever had, [short of kidnapping Mary Berry] - still warm too! On via Clare [Good Friday service taking place in the square] and then to “Red Lodge Café” at just under ¼ of the way, for lunch. Each ‘control’ point needs ‘proof of passage, either an old school rubber stamp and signature, or receipt with time, date and place – surprisingly in this electronic age they are often incorrect in one or more regard and need careful checking!

Phil was continually dropping off the back of the group and found eating a struggle. We had to part company on the next section and he took the train home from Huntingdon, with a developing stomach bug. We pushed on to a brief stop at “Ramsey Tesco”, then more Fenland riding, now with the wind round from the North West to a South Westerly push, which was very welcome. On the past three Arrows since 2013 we’ve had headwinds to battle all the way! On this stage we passed many riders we knew, on the ‘Double Dutch’ 200km Audax, heading back to their finish in Huntingdon. There was a quiet section of road due to a closure for culvert repairs; fortunately the ‘wet concrete’ from the day before was set and we could cross over on foot, otherwise we would have had a long diversion!

Daffodil fields and lots of waterfowl along the River Welland brought us into Spalding on a pretty route.

We had time in hand on our schedule, so instead of a quick garage forecourt stop in Spalding we went for a late-afternoon tea at 5:40 in the “Ivy Wall” Wetherspoons pub, where we met Ultra-Cycling Legend Steve Abraham tandem-ing with Leslie Sung - nursing a shoulder injury, so she couldn't manage to ride solo. A short twilight section across to Sleaford and the last of the flat stuff and our customary over-half-way-reward-feed [230km] at the “Pack Horse Inn” [‘spoons again, bless them, they just need to attain perfection and open 24/7!] The rules allow up to 2 hours stopped, so we took full advantage, knowing we had a tailwind to help us northwards. We succumbed to the temptations of BEER and a short snooze on their comfy sofas.

Revitalised, we headed out into the night at 10pm and a rolling road up to Lincoln, passing through at ‘club o'clock’ – always an ‘interesting’ time to see the bright young ‘Lincoln Imps’ at play...The A15 at night is surprisingly quiet, with just the occasional heavy lorry going up to the Humber Bridge. We cheered on a northern team heading south somewhere along here and pressed on to the 24-hour garage on the A18 at Brigg [Dick Turpin was arrested in that town]. More layers of clothing were added and supplies taken on [pork pies, scotch eggs, chocolate – my kind of comfort food for the ‘graveyard shift’].

The stage to the Humber Bridge drags: there's a stiff climb up onto the Wolds and then you see the lights of the bridge pylons, which seem to take ages to get any closer. There was still a clear sky with a nearly full moon and stars, also a good view of the lights all along the Humber as you come down off the high ground – the best night view I've



Humber Bridge at Night

seen for some time. The bridge crossing was spectacular, as always, especially with the, by now, really strong wind whistling in the cables. A straightforward run up the A164, also very quiet at this time, brought us to Beverley, where the Morrison's ATMs on the outskirts were out of order. So we had a quick tour of the centre, including the floodlit Minster at 3am to find ‘proof of passage’ at a working cash machine.

And guess what? Out from Beverley there's a long drag of a climb up over the Yorkshire Wolds, in fact the highest point on the whole ride. Going west now we had a crosswind, especially troublesome on the more exposed ground. It was a real struggle to keep in a straight line! Once heading down to the Vale of York we were on more wooded and sheltered terrain and soon at Longs Corner BP garage and mini-café in Howden. Though we arrived half an hour before the opening time of 5:30, they let us straight in with no persuasion needed – three cheers for northern hospitality! Shortly after the team from St Albans arrived and we all sat around like zombies and waited for the coffee to kick in.

The last leg up to York was through some more gentle and wooded countryside around the Derwent valley, with the wind behind us again. Once under the ring road we passed the Knavesmire away to our left, where Turpin was hanged after being tried at York Assizes, then in Fulford we spied 'Dick Turpin's House'. We were too early for the finish control pub, which opens at 08:00, so we decided on a stop at the earlier opening "Postern Gate" [yet another Wetherspoons!] for cups of tea. Then we

**At the Punchbowl, York,
for Breakfast**



adjourned to the "Punchbowl at Micklegate Bar" to find many teams already there and a beer garden full of bikes. We got a table, though it was very busy and we had a bit of a wait for our enormous and well earned breakfasts! We saw lots of our chums from all over the country to meet and greet before sinking into a cholesterol and beer induced coma on the train

home.

This was probably the best and easiest Arrow I've done, since I think 2011, when we had a warm southerly tailwind, wore shorts for the first time that year and needed sunscreen and extra drink stops. That was a much later Easter, after the clocks changed, and with a shorter night as well.

A big thank you to my team for the laughs, wheels to follow and moral support during the inevitable 'dark night of the soul' [low blood sugar!] that gets everyone at some stage on very long rides. 🚲



The South East Essex Group

Easter Cycling Tour, March 24 – 28 2016

By M.J. Curtis

Thursday 24th March

I met Elaine and Dave on Canvey Island at 8am. We put our 3 bikes on top of Dave's car and Dave then drove to the Eurotunnel terminal at Dover, where we met Ian, Charlotte and Martin who had driven in Ian's car. The shuttle journey under the channel took about 30 minutes after which we met again at a shopping centre just outside Boulogne. Here we had a snack lunch and then got on the road to Amiens, which was about another hour's drive, with Dave following Ian. The weather was quite cold and overcast, but not raining. We found the Youth Hostel (or rather Ian did) without much trouble and parked the cars just outside the entrance. The youth hostel is an ex-Army barracks complete with a square. One could imagine soldiers marching around the square many years ago. The hostel was located in an urban area, with several blocks of flats nearby and small terraced houses in the street outside. We unloaded our bikes from the cars and moved them into the cycle storage cellar.

Amiens is located in the département of the Somme which is in the region of Picardie.

In the evening all six of us met to go out for dinner. We walked, and it took some time before we found the part of Amiens where the restaurants are located. When we did find them, we chose a restaurant called "L'Usine" - the factory. Unfortunately, the waitress managed to drop all 6 glasses of drink on the floor. Once one glass fell from the tray, the tray overbalanced, causing the others to fall on the floor one by one. We could not help but feel sorry for her, and the mess took a long time to clean up. The waiter brought new drinks and the food was very good.

Friday 25th March

Today Ian had planned a short 32-mile loop ride to a place called Corbie, to the East of Amiens, and back. After a trip to the local Decathlon store, we started cycling at 11am and rode through busy urban streets to the Northern outskirts of Amiens. I was surprised by the amount of traffic on the road, as being Good Friday I thought the roads would be quiet. It would seem that the French do not have this day as a Bank Holiday. We rode past a cemetery on a rough, pot-holed road which was quite steep and then past a large Dunlop tyre factory - I could smell the rubber and it was not unpleasant. We were then in the countryside on quiet roads and cycled through pleasant villages called Poulainville and Querrieu before

arriving at Corbie. We found a bar/café advertising light lunches, so we went in. On entering, all the people in the bar area looked around at us, which was most off-putting. I suppose we were well off the tourist trail and locals were not used to seeing foreigners, let alone foreign cyclists dressed in reflective clothing. We settled in and all ate baguettes and most of us had a local beer; quite a pleasant place in the end and some of us had to use our limited French to order and to pay.

We bought cakes from a bakery across the road and then started to go back towards Amiens on a riverside cycle trail, found by Ian and not even marked on my paper map. This was the best part of the day, riding along next to the river with not a car in sight and no hills or wind. The weather had started to improve and it was now sunny instead of overcast and cold. Locals had built metal bridges across a stream to access their summer houses, some of which were quite ornate. The day's ride was mostly flat with a peak altitude of 110m and one or two steep hills no worse than Brock Hill.



Back in Amiens, we followed Ian's pre-programmed GPS route through the complicated urban streets of Amiens and then back to the Youth Hostel, again through quite heavy traffic.

In the evening we all went to a restaurant with a World-War I theme near the Cathedral and then returned to the Youth Hostel just before closing time (after this you would have to ring the bell).

Saturday 26th March

Today Ian was not feeling too well and so didn't cycle. He transferred his pre-planned GPS route file to my GPS unit using one of the Youth Hostel's computers, and I sort of led the ride as best I could. Today's ride was a loop to Poix-de-Picardie and back.

The streets of Amiens were quiet this morning, and we rode to the Western outskirts of the City, and it seemed a prettier place than yesterday. We followed Ian's route that took us on very minor roads over

Motorway bridges and then through a village called Pissy. Here Ian's GPS route put us on two separate bumpy dirt tracks and then through someone's private garage. We avoided all three of these by improvisation, as fortunately my GPS displays a half-decent map. In Pissy, Charlotte found a toilet in a school (we had to ask the locals) and then we rode on into quite a strong headwind through villages called Revelles, Quevauvillers and Courcelles. We were now on roads that were little more than farm tracks and we noted the presence of lots of wind-farms. They build them up here for a reason, as we discovered to our cost. The altitude up here was almost 180m, over twice the altitude of Brock Hill. After this peak altitude, we swooped down into Poix-de-Picardie, where we met Ian in the town square, who had driven here to pick-up Charlotte, who was by this time too tired to ride any further.

Four of us had a hot lunch in a restaurant called "Le Cardinal", while 2 others ate baguettes outside.

The remaining cyclists rode back to Amiens (Elaine, Dave, Martin and Michael). We took the pretty D920 to Conty passing through a number of small villages along the way. This road had a green edging on my paper map, so we knew it would be pretty. You can't beat a good old paper map! We passed a beautiful big old house in the traditional French style, which I wished I had stopped to photograph. At Conty, we decided to deviate from the pre-planned route and took another pretty, green-edged D-road (the D8) back towards Amiens. We now had the wind behind us, plus a slight downhill incline, which was excellent and cycling speeds increased noticeably. Somewhere along the D8, we decided to cross over the river valley to re-join Ian's pre-planned route, which took us on some minor, pretty roads and then back on to the D8 again but further along. As we approached Amiens, the roads got more complicated. And Ian's route planning proved invaluable, as we negotiated several road junctions, cycled on streets lined with terraced houses and cycled the wrong way down one-way streets on a cycle contra-flow scheme. However, we arrived back at the Youth Hostel without getting lost. The total distance for me was 44 miles.

This evening, four of us went out to a restaurant called "La Bistouille", where we had a set-price 3-course meal menu for €18 each - excellent value. Ian and I liked the fact that there were no menus in English, as each of us had some basic French that we liked to use.

Continued in the next issue

Letter to the Editor

Dear Editor,

I noticed in Spotlight I wrote both of the Chelmsford ride reports. The answer to why bearded naval aviators used more oxygen was that the facemask made a poor seal.

Our pilots used more oxygen after a party. They were hoping the selection of 100% oxygen would clear their hangover! The drinking rules have been tightened up now with a sensible 24 hours between bottle and throttle.

Mel Martin



Useful Website Links

Essex CTC Member Group	www.essexcycling.co.uk
Cyclists' Touring Club	www.ctc.co.uk / www.cyclinguk.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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