

July / August 2016



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Ian Mather, member of SEG

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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 4/2016se44

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Price per annum: £6.00, inc. p&p

Please consider paying through the bank:

<u>Account Name:</u>	Essex CTC Member Group	<u>Account No:</u>	6554 2231
<u>Reference:</u>	SPLTSUBS	<u>Sort Code:</u>	08-92-99

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

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

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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 2016 edition is on **15 August 2016**.

Editor's Foreword

Nearly lost my deadline after having focused much on organising the Windmill Rides (see report on p.14) and the new routes for the Peggy Thorndyke 100/100 (ad on p.21).

This issue features an extensive number of ride reports from the MGs – all interesting to read in their own style. Also, please remember the events season is in full swing. There are still the Peggy Thorndyke 100/100 to ride, the Colchester 40/40 in August, the Rough Stuff in September and the Colchester 100/100 later in September.

Also, the **David Doo Photographic Competition** – starts soon:

The competition is open to all Essex CTC members and there is no entry fee. But entries are limited to one photograph per person.

What you submit is entirely up to you - the competition brief is to celebrate cycling in any form. We'll publish the entries on the Essex Cycling website, and your efforts will be judged by impartial photographic professionals.

Photographs should be submitted digitally or can be hard copy and sized 7x5 or 6x4 inch.

Entries **open on 1st September 2016** and close **on 2nd October 2016**. Please send your entry to the Essex CTC MG Secretary, Lynda Collins, by close of entry.

I endorse the sad sentiments of the president and those, who know about the passing of Norman Brooks. I remember him as always having a smile on his face. Read the obituary on p.28.

Finally, 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

It is with a sadden heart I announce the death of Norman Brooks for those who have not heard. Norman was involved in an accident in Brays Lane Rochford on the 3rd May. He succumbed to his injuries on the 18th May. Norman was a member of the CTC for many years. I first met him in Aldi in Prittelwell about ten years ago: each time I met him was when they were selling cycle clothes and bike bits; after meeting him two or three times he joined us at our lunch stops. After a few rides with us, he was also persuaded to join the 40+.

How is your cycling going this summer? Are you getting enough miles in - between the rain or are you wishing that you had a fully enclosed recumbent with a folding roof? We have had some really good weather as well as some bad with flooding in places. This reminds me of last year's weather repeating itself all over again.

By the time you're reading this the Tri-Vets event will be over for another three years. The Windmill event will be starting to become a distant memory and the Peggy Thorndike event is about due.

The Essex club shirts and jackets now need an addition (Cycling UK) (is it really necessary?). This means a lot more work for Brian, but now is the time to order your Essex CTC winter jacket. They are wind-proof and shower-proof.

Brian Penny is taking orders for jackets and short sleeved shirts. He just needs a few more then 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. 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, whether it's the CTC or Cycling UK.

John Steer



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Member Groups' Reports

Chelmsford Member Group

April 10, 2016 - Cornish Hall End - Diana led, starting off promptly at 9.15am (I only just made it!) on a bright but chilly Spring morning. With quite a collection of pockets and maps, she succeeded admirably in choosing increasingly quiet and pleasant lanes as the day progressed. After a relaxed, unhurried route to Andrewsfield via Great Leighs, the peace and quiet was balanced out by a steady stream of assorted light aircraft taxiing, taking off and landing, including an instructor and pupil repeatedly doing all three in quick succession and a helicopter that seemed to be manoeuvring alarmingly close by (but I'm sure they knew what they were doing). Amidst all this aerial mayhem, two of our bikes were blown over and the feeling was unanimous that this was the busiest anyone could remember – there was even talk of Stansted being less busy on a Sunday morning.

Four of us continued to lunch, with topics of conversation including the recent opening of the new bridge connecting Chelmer Village and the Army and Navy. With such pretty rural surroundings, you'd have thought we'd have banished thoughts of urban infrastructure, but as we arrived in Cornish Hall End, a group of bikers, about to leave, were sharing opinions on exactly the same topic.

Lunch done, we headed via Finchingfield (where a much larger group of bikers was gathered, as is customary on a Sunday afternoon) and Shalford towards Rayne. Despite the early promise, the sun's warmth never quite established itself; the same couldn't be said of the cool easterly which strengthened during the afternoon. As a result, we were quite happy to sit inside with a mug of tea at the "Booking Hall Café".

At the race course I said cheerio to John, Martin and Diana, who turned right towards Littley Green, while I headed home with a tailwind via Boreham, after a pleasant 57 miles. **Phil White**

May 1, 2016 - Sunday Ride to Lamarsh - A frosty start to the day, but by 9am the brilliant sunshine had warmed things up nicely and six of us set off from the City Hall heading for elevenses at Greenstead Green farm shop. We kept up a reasonable pace and arrived there just after 11am.

Sadly the service there left something to be desired with the orders arriving incomplete and cutlery only provided as an afterthought (and with some prompting). My toasted teacake was the worst I have ever had –

dry and leathery. You could say 'stale'! I registered my opinion with the girl at the till who said she would inform the chef. Personally I can't imagine any chef having played any part in creating such a teacake!

Norman went back but we were joined by John on his recumbent trike for the next stage to Lamarsh via Pebmarsh. At the "Lion Inn" we had excellent service, great beer and an enjoyable lunch with no 'sorry we only do Sunday roasts' to cope with. This really is a great pub for a lunch stop with excellent views across the Stour valley.

The narrow back-roads I had chosen for the ride back to White Colne were not really ideal for John's trike, but luckily we didn't meet any oncoming traffic on the narrowest sections. John had inadvertently taken a route of his own down into Earls Colne, but we all managed to meet up again for tea at the "Paycocks NT" property in Coggeshall – a new watering hole for our group and an excellent one at that. The garden looked spectacular with a wonderful display of tulips.

Tom and John left us to make their ways home and the rest of us made our way back to Chelmsford via Kelvedon and Wickham Bishops.

A great day's cycling under sunny skies. I recorded just over 60 miles.
Martin Cockersole

June 5, 2016 - Sunday Ride to Bures - On a beautiful summer's day I was disappointed to find only five riders at the start for our ride to Bures, but by elevenses our numbers had swollen to eleven.

From Chelmsford we headed to Channels and Terling, before taking part of the NCR 16 route through Witham to reach Rivenhall. We followed the back road along the bottom of Braxted Park to Tiptree for elevenses at "Perrywoods". My walnut and stilton scone was fresh from the kitchen and absolutely delicious, even by their usual high standards.

All eleven of us set off towards Bures with a brief stop for a photo at Aldham Church, when Ken and Derek left us heading for home.

After a short 'puncture stop' we arrived at "The Eight Bells" in Bures just after 1pm, but were warned of a longish wait for food as they were very busy. We secured a large table in the corner of the beer garden and had plenty of time to put the world to rights and discuss the EU referendum. We were joined by Alan and Clive from the Colchester group and later a group from Suffolk CTC arrived.

In my last post I was extolling the virtues of the pub in Lamarsh, so I was sorry to hear that the Suffolk group had been scheduled to go there, but

found it had closed. It's such a shame to see excellent pubs like that one closed.

On our way home we again stopped for tea at the delightful National Trust property "Paycocks" in Coggeshall, where they managed well coping with nine cyclists descending on the small café.

I had 67 miles on my cycle computer on returning back in Chelmsford.

Martin Cockersole

Colchester Member Group

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

Havering Member Group

April 3rd, 2016 - Nine including ex Havering rider Narinder Johal set off East along St Mary's Lane with Gordon in the lead followed by Kate, Helen, Bernard, Chan, Ian, Mick & Dave. Through Thorndon Woods and Hutton to Mountnessing, then Mill Green and Cooksmill Green and our destination "The Bakehouse". Elevenses were taken outside, as the weather had improved since our Easter drenching!

Return was via Radley Green and Norton Heath, Stondon Massey and Pilgrims Hatch. Easy-ish 41 miles.

April 10th, 2016 - Kelvin led a group of ten to elevenses at "Blackmore Tea Rooms". Five carried on to Great Waltham after a splash in the ford to find "The Beehive" closed! Plan B took place in the form of "The Rose and Crown" a mile down the road for tea and sandwiches.

Return by way of Writtle and Blackmore clocking up 50 miles.

April 17th, 2016 - Havering LCC rider Terry Hughes joined Kate, Bernard, Chan, George, Stephen, John Wynstanly & Dave on a lovely sunny morning. We headed for South Weald, the bluebells in Wigley Bush Lane putting on a fabulous show. On to Navestockside and down into the Roding Valley then up Toot Hill, Bobbingworth, Bovingher and the last lap to Hastingwood.

In the "Harlow Garden Centre" four sat out in the sun while the other four elected to sit inside; all were soon served.

After catching a few rays we said farewell to mile muncher John then seven made their way back. Moreton and Bobbingworth led us to

Greenstead, where we stopped to admire the wooden church, Stondon Massey and Pilgrims Hatch, then the undulating last few miles to Upminster covering 40 odd miles in the process.

April 24th 2016, - Kelvin led eight to elevenses at Blackmore. The miserable weather saw four turn back while the rest stopped short of intended destination (Maldon) to lunch at "Paper Mill Lock". Another warm up stop at Hanningfield on the way back!

May 1st, 2016 - Gordon led a group of fourteen (Including new lady rider, Fran) on a short but undulating ride to Stapleford Abbots. At the aerodrome we landed and refuelled in the sun.

A direct route back to Upminster kept the mileage below 30.

May 8th, 2016 - Ten, led by Kelvin made their way to "Mayfield Bakery", Churchgate Street, in glorious sunshine.

Five headed for home and five carried on across the Hertfordshire border to Green Tye, then Much Hadham after the obligatory splash through the ford.

"Hopleys Garden Centre" was busy, and this was reflected in the waiting times, but it was a nice day so we didn't mind too much.

Return was by Roydon and Epping, with threeses at "Café Belgique" in Theydon Bois. Abridge, then Lambourne End followed, where we split for our homes. A 70-miler.

May 15th, 2016 - The weather was better than forecast for the seven that set off. En route for elevenses at High Easter we passed Blackmore, where the "Tea Rooms" were heaving with cyclists on Islington CC's Audax ride.

We avoided the ford at Good Easter and soon we pulled up outside "The Snug". Service was a bit slow, but we got our teas/coffees in the end!

Onwards into the lanes bound for Felsted then a quick fly past by Andrewsfield and on until just short of Gt Bardfield to our lunchtime destination, "The Blue Egg". Loads more Audax riders here, so service was understandably a bit slow, but we didn't mind too much as we soaked up the sunshine.

For once we enjoyed the rare treat of a tailwind on the return as well as on our outward trip! Felsted via Blake End, Hartford End, Gt Waltham and on to Writtle just too late for threeses! Andy left us to catch a train from Chelmsford, Gerald headed for E17 via "The Viper". At Pilgrims Hatch

Kate, George and Gordon headed for Upminster, Chan and Dave for Romford and Dagenham. Another 75 miles racked up.

May 22nd, 2016 - Once again weather was better than forecast as six set off on a roller coaster ride to Abridge where Alan was waiting. In "The Bridge Deli" service was quick for most, but a couple of us had to give them a nudge!

Back on the road again us seven had more ups and downs, Hobbs Cross, Stonards Hill, where we skirted Epping and soon we were sunning ourselves outside "The Travellers Friend" at Epping Green. Sarnies for some and pub lunch (not cheap!) for others, service was prompt.

Return was via Epping Upland, Thornwood Common (where John W left us), a short blast along the ex-A11 then back to quieter roads. We whizzed down from Coopersale to rejoin our outward route for a bit, more undulations to Theydon Mount and Stapleford then in Goatswood Lane Mick found a mobile phone (later reunited with its owner!)

Alan set off for Romford while Helen, Wai, Chan, Mick and Dave took an off-road diversion through Dagnam Park and Hatters Wood (not quite so pretty now the bluebells are finished, but still nice!) then back on the road at Shepherds Hill for the last two of the day's 44 miles.

May 29th, 2016 - Ex Brentwood rider Steve Gregson came to the start, not to ride but to say hello and to show us some photos of a recent tour of Columbia.

Slideshow over [*modern version on a mobile, Ed.*], and the eight set off into a chilly headwind for Pilgrims Hatch, Swallows Cross and Blackmore then we were buzzed by a cycle race! On to Writtle and a speedily served caffeine fix courtesy of "Lordship Tea Rooms".

By now it was quite warm as we set off, Helen, Wai and Mick for home, Alan, Chan, Gerald, Gordon and Dave for lunch. Gt Waltham and Howe Street then a slight navigational moment nearly put us on the A131! We backtracked a bit and soon we arrived at Littleley Green and home of the Huffer, "The Compasses".

Over lunch we were joined by another Essex man in the form of John Davis on his recumbent. Lunch service was super-efficient and we tucked in accompanied by glorious sunshine!

Soon it was time to go and John set off for Halstead, Gerald for E17 leaving four to meander via Little Leigh's, Channels Golf Club and after skirting Broomfield we briefly rejoined our outward route. Margaretting,

Ingatestone and Hutton, The Avenue and then a plunge down Warley Hill to home - and another 70 miles in the bag.

PS - We were nearly joined at lunch by ex-Havering rider Graham Pettit but he was running late so he just missed us! **David Rowlands**

Windmill Rides 2016

by Stefan Eichenseher

These days it's hard to guess the amount of riders attending based on the pre-entries. There was once a rule of thumb to cater for another two times as many as are already registered. Even though the AUK website states entries up to 2 weeks before, I had a steady flow, including one at 20:30 the night before. Including the EOLs and the DNS there were 21 riders for the 210km and 21 riders for the 110km out on the road.

Although seemingly wet in the morning the weather turned quite enjoyable for the shorter route. On my short stint out after all had left and before the first returned I discovered a nice headwind outbound; and from feedback there were landslides and puddles from the night before.

Only one DNF, after some tyre trouble, but didn't even make it to the first checkpoint. A couple of late starters: One announced, as his train only arrived 5 mins after the morning start; and one having battled the p-fairy on the way to the start. She was at the same time attending the Tilnar-Cycle -Challenge (which was to put as many miles as you can into the time between 6am & 9pm - www.tilnarcyclechallenge.org). So my event was evidently quite convenient for her.

One of the 210km came back early – or so I thought – with a completed brevet card. “You can't disappoint the girlfriend, when you set a time to meet,” was his explanation. He sent me his Strava-record afterwards: 8:25 hours at 27.1 kmph average. That's something to beat!

The last rider was in at 21:14, which made it not too late a night for me. I would like to thank all the marshals: Tom Deakins, Paul & Karen Hand and Brian Penny for giving me a hand this year.

Looking forward to the same event next year 

Forthcoming Events

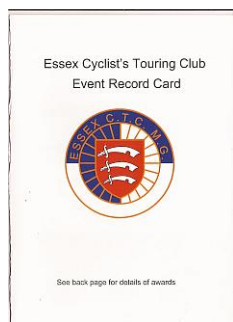


Organisers: please advise me of anything you wish to be included

Date	Event	Organiser
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/BBQ , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Brian Penny
14 Aug	[EMG] Colchester 40/40 , start from Playgolf Colchester, CO3 4AU, OS168, TL973262, at 9:30	Brian Penny
1 Sept	[EMG] Photographic Competition Entries open: 1st Sept - Closing date: 2nd Oct	Lynda Collins
4 Sep	[EMG] Rough Stuff (29 miles) , start opp "The Cricketers" pub, Mill Green, at 10:00	Brian Taylor

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 Informal Member Group – Runs List

Secretary: Adrian Leeds

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

Runs Secretary: John Beaumont:

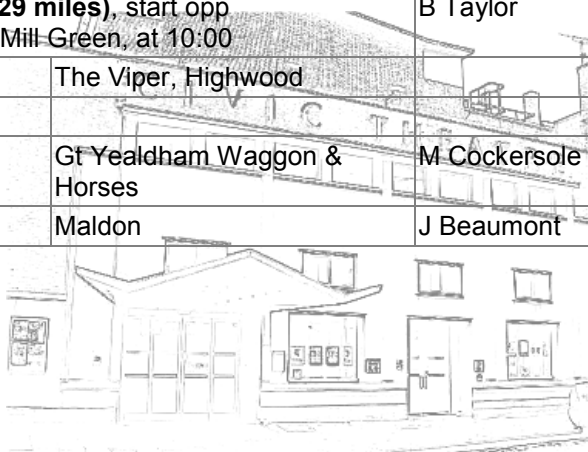
5 Riddiford Drive, Chelmsford, Essex CM1 2GB, ☎ 01245 630864

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
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from "Wickford Café Restaurant", SS11 7AD		S Eichenseher
ALT:	Informal		
Jul 17	Heybridge Basin (Wilkins)	Goldhanger Chequers	A Leeds
Jul 24	Blackmore	Hurdlemakers Arms Summer BBQ	M Cockersole
Jul 31	Finchingfield	Saffron Walden Tamarere	Mel Martin
Aug 07	Hatfield Heath	Wareside Chequers	J Beaumont
Aug 14	[EMG] Colchester 40/40 , start from Playgolf Colchester, CO3 4AU, OS168, TL973262, at 9:30		M Mitchell
ALT:			
Aug 21	Aldham Mill Race	Assington	A Leeds
Aug 28	Elsenham Golf	Standon Star	J Beaumont
Sep 04	[EMG] Rough Stuff (29 miles) , start opp "The Cricketers" pub, Mill Green, at 10:00		B Taylor
ALT:	Bretts White Roding	The Viper, Highwood	
Sep 11	Rayne Station	Gt Yealdham Waggon & Horses	M Cockersole
Sep 18	Perrywoods	Maldon	J Beaumont



Haverling 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.haverlingcycling.com

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

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

Date	Destination	Leader
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from "Wickford Café Restaurant", SS11 7AD	S Eichenseher
ALT:	Informal	
Jul 17	Destination to be Decided	Joseph Collins 07505 874713
Jul 24	[EMG] Summer Gathering , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Dave Rowlands 07948 583979
Jul 31	Belcamp Saint Paul	Kelvin Dane 07922 111790
Aug 07	Short Ride, Beginners Welcome	Gordon Peel 07711 609230
Aug 14	[EMG] Colchester 40/40 , start from Playgolf Colchester, CO3 4AU, OS168, TL973262, at 9:30	Brian Penny
ALT:	Destination to be Decided	To be Decided
Aug 21	Stisted	Dave Rowlands
Aug 28	The Compasses Littley Green	Kelvin Dane
Sep 04	[EMG] Rough Stuff (29 miles) , start opp "The Cricketers" pub, Mill Green, at 10:00	B Taylor
ALT:	Short Ride, Beginners Welcome	Gordon Peel
Sep 11	Destination to be Decided	Kelvin Dane
Sep 18	Destination to be Decided	Alan Pine

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
Jul 10	[EMG] Peggy Thorndike Memorial 100m/ 100km , start from "Wickford Café Restaurant", SS11 7AD,	S Eichenseher
ALT:	Informal	*see note
17-Jul	Chelmsford, The Secret Garden Tearooms	Littley Green, The Compasses
24-Jul	Althorne, Annley House Tearooms	Woodham Mortimer, The Hurdlemakers Arms
31-Jul	Mountnessing, Francesca's Coffee Shop	Writtle, Rose & crown
07-Aug	Maldon, The Queens Head	Layer de la Haye, The Donkey & Buskins
Aug 14	[EMG] Colchester 40/40 , start from Playgolf Colchester, CO3 4AU, OS168, TL973262, at 9:30	Brian Penny
ALT:	Chelmsford, Recess Coffee shop	
21-Aug	Writtle, The Lordship Tea Room	Felsted, The Swan
28-Aug	Tollesbury, Tea by the Sea	Little Totham, The Swan
28-Aug	Maldon, Rose & Crown	Little Totham, The Swan
Sept 4	[EMG] Rough Stuff (29 miles) , start opp "The Cricketers" pub, Mill Green, at 10:00	B Taylor
ALT:	Billericay, Lake Meadows	Mill Green, The Viper
11-Sep	Blackmore, Blackmore Tea Rooms	Ongar, The Two Brewers
18-Sep	Woodham Walter, Bunsay Downs Golf Club	Little Braxted, The Green Man

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
Jul 10	[EMG] Peggy Thorndike Memorial 100m/100km , start from “Wickford Café Restaurant”, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		S Eichenseher
ALT:	Informal		
Jul 17	TBC	BBQ Longridge Owls Retreat	Gillian Walker
Jul 24	TBC	Woodham Motiimer Hurdlemakers Arms	TBC
Jul 31	East Bergholt Fountain House Tea Room	Pin Mill Butt & Oyster	David Harrison John Forrest
Aug 07	TBC	Finchingfield	Des McCarron
Aug 14	[EMG] Colchester 40/40 , start from Playgolf Colchester, CO3 4AU, OS168, TL973262, at 9:30		Brian Penny
Aug 21	Coggeshall Clock House	Langford Museum of Power	TBC
Aug 28	TBC	TBC	TBC
Sep 04	[EMG] Rough Stuff (29 miles) , start opp “The Cricketers” pub, Mill Green, at 10:00		B Taylor
ALT:	TBC	TBC	TBC
Sep 11	TBC	TBC	Gillian Walker

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.colchestercycling.uk



The New Inn, Colchester

Essex CTC TriVets ride 2016 – A letter of appreciation

Dear friends,

I want you to know that I thoroughly enjoyed Sunday's TriVets ride in Essex, despite suffering agonies of cramp which prevented me from finishing the last couple of miles on two wheels.

I am well accustomed to experiencing cramp in the thigh on any ride longer than about 40 miles, which is a nuisance as I like to undertake an Audax 100 km event about once a month. But when I feel a twinge, it works out fine to dismount and walk a bit before resuming in a lower gear.

On Sunday I got the first twinge about 4 miles before the tea stop. Being fully equipped with the route sheet and a map (with the route marked on it) I suggested the rest of the red group pedal on while I walked a short while to relieve the discomfort. I got to tea only about five minutes behind them.

After tea it seemed sensible to invite the group to proceed to the finish while I rode alone at my own steady rhythm. There were plenty of other following groups who might or might not catch me up.

All was well until the long drag up towards the Viper PH. Shortly before the top of the hill I was passed by what must have been two or three groups riding together.

The Cramp came on somewhere before the next T-junction. First at the back of right thigh (get off and walk a bit and remount). Secondly, at the back of the left thigh (repeat dismount and resume). I was still on two feet as the final group came through and back marker Stefan kindly stopped to offer assistance. Between us we made further slow progress (with him sometimes pushing me along when we came to a slope) until disaster struck as agonising cramp hit the muscles inside both thighs together. Then I could not even walk, so resourceful Stefan phoned for an emergency vehicle which soon arrived and transported me the last couple of miles to the finish.

I should like to offer my profound thanks to all the organisers and helpers of this wonderful event, and particularly to Stefan (what a super back marker he proved to be) and the generous couple (I never did catch their names) who rescued me and gave a lift.

Given that I technically didn't finish the ride, it was somewhat embarrassing to accept a certificate of completion. But it has come in useful to provide proof of passage to claim validation of an Audax DIY 150 km event!

Best regards,
Brian Matkins



Peggy Thorndyke 100/100 Memorial Ride

(CTC Tourist Competition Event)

Sunday 10th July 2016

Start from Wick Café Restaurant,
Wickford, SS11 7AD,
OS Map 178, TQ747936

Café open from 7:30

Contact: Stefan Eichenseher, 07503 163469,
s.eichenseher@googlemail.com

You find the entry form on our website

www.essexcycling.co.uk



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South East Essex Informal Member Group

17/04/16 - Viking Trail in Kent - 10 riders met at “Café Le Crème” in Birchington this morning for our annual early season ride on the Viking trail. The weather was cool but sunny. Our ride out through Margate to Broadstairs went well as usual. In Broadstairs we met the crowds of day-trippers thronging around the town and on the promenade, but once we had used the local pit stop we moved away from the crowds. Ramsgate wasn't as packed and we were soon through and up the hill to the cliff top. Lunch was taken at “Sir Stanley Grey” pub, which is better than the cheaper “Lido Café” (OK in an emergency). Our ride to the Viking ship was taken at a pace, where there was some banter about who was on board when it was sailed over in 1949 (I think I ended up as an oarsman slave). On reaching St Nicholas at Wade we came upon a group of steam enthusiasts with their miniature traction engines (a steam rally with a pub visit thrown in). Then it was off to the Reculver and back to our cars in Minis Bay.

01/05/16 - Maldon to Kelvedon - Two groups set off this morning for Maldon. Ian leading the quicker group and I the slower one. The service was good and with a smile. Our route out to Kelvedon was led by Ian to try and confuse some of the group, but I had been that way before. The service was very slow even though we had booked a table (over an hour wait for food) – OK, so they were busy. Our route back took us through Kelvedon, Little Braxted, Maldon, Purleigh, Cold Norton, Flambards Farm with threeses at “The Butterflies Café” before our final push for home.

15/05/16 - Beckton to London - A small group gathered in the car-park at Galleons Reach for the ride into London. Starting from the beginning of the Greenway made a difference to our parking and speed of access to the route. I was riding my fold-up bike with an old pannier which kept coming off. My bottle holder also came off, and I fixed this with velcro strips (it's meant to be worn on a belt loop). Our 11ses stop was taken in “Mudchutes Farm”; then it was onto Islands Garden and the North lift down to the tunnel under the Thames (the lift was out of action). Fortunately, the South lift was working. The ride through to Surrey Quays was enjoyed in sunshine. At Decathlon some bought bike stuff; I bought a cheap rucksack to put the pannier in. As usual around Tower Bridge was very busy. Once we were away from St Katherine's Dock it was a race across the cobbles (I found that my 20” wheels seemed to be faster than those ridding on their 700 25c/35/38s. We normally stop for a drink in Limehouse Basin, but the bar was closed (boo hoo). So we pushed on for Victoria Park in Hackney which was packed, as there was an event taking

place. I, Lynda and John left Jim and Mel there, while we headed back for Beckton and home.

22/05/16 - Short ride with Martin F. - Martin Fuller, Peter Hubbert and I didn't do the club ride today. We took a more local ride taking in a slower paced ride to Bringey Pine, which we found to be bolted up. Peter disappeared just as we turned in to the café car-park. Martin and I went onto "Sandon Garden Centre" for our 11ses wondering, where Peter would end up. Our lunch stop was at the "Fox and Hounds", Cock Clarks, followed by an easy ride to Battlesbridge, Hullbridge, Canewdon, Hydewood Lane, Doggets Farm and home via Rochford.

29/05/16 - Short ride with Mel M. - Melanie and I took a slow easy ride as she is returning after time off due to illness. 11ses was taken at "Meadowcroft" before heading home.

05/06/16 - Secret Garden to Ford End - Two (or were there three?) groups rode out to the café this morning. My group arrived shortly after the main group only to be told that there was an hour's wait for food. But this wasn't the case, as our food actually came along quite quickly. Four of us made our way back, as we weren't going onto Ford End and took our lunch break at the "Bricklayers Arms", Bickenacre.

12/06/16 - Hythe to Dungeness - A good group of riders met up this morning at the "Railway Café" next to the Hythe to Dungeness station. When I say "good", I mean 16 riders & a baby one. But only 15 were on bikes, as one had to take the train with the pram and baby (these were the only ones to stay dry), while the rest of us got a bit damp. We had three punctures: I had two, one front and one rear. Ian Cable had his one about an hour before me in the back wheel. We had three riders on fixed wheel bikes today - probably the biggest number on fixies for years within the group. As there had been delays because of the three punctures, it was decided that we would take a more direct route to Donkey Street for our cream teas (for some). Meanwhile Brian and Lia, who didn't know of our changed of plan, continued on the planned route, as they had left the pub before us. In the meantime Ian, Charlotte and little Chloe had gone by train back to their car and headed back to Maidenhead, while 14 of us had our extra nosh up before our trip home.

19/06/16 - Lynda's Circular route - As Lynda and I wouldn't be riding the Tri-Vets event we had decided to do a ride of our own, Lynda marked out a route and we tried to follow it. We managed to follow more than half of it

with odd diversions here and there. Our 11ses stop was changed after meeting Graham Dallow, who informed us that High Easter was packed and running slow. He suggested that we go to "Bretts" at White Roding, which we did. When I saw the place, I knew that I had been there before many years ago with the SEG's.

Suitably refreshed we set off to follow Lynda's route again. We were a bit hit and miss with it and we ended up passing through an event with old cars, motorcycles, bicycles, WWII vehicles - you name it and it was there, I'm sure. We then made our way to Matching Green and on to Moreton for our lunch. Then we passed through Fyfield, Willingale again having been through in the morning, making our way back to Mountnessing ready to greet the riders on the Tri-Vets event, as they finished. We arrived about 16.20, as I had been warned to be back by 17.00. How wrong was the timing, as we needn't have been back until 19.00. To say that the weather had changed was an understatement, as it had gone from being very warm to very cool and damp. The riders arrived back: some looking shattered, others looking like they were about to start their ride. Most of them had cold and damp hands; so I couldn't blame them for looking shattered, but they were all in good spirits. One young lady was over the moon to have ridden her first 100 mile ride and wanted to give me a kiss instead of shaking hands, as I had with everyone else. **John Steer**

The South East Essex Group **Easter Cycling Tour, March 24 – 28 2016 (2/2)**

By M.J. Curtis

Sunday 27th March

Today we had a car-assisted ride to St. Valery-sur-Somme. Ian had visited this place last year by car and he knew it to be a nice place. Charlotte decided to remain in Amiens and go swimming. We fixed the bikes on the cars and drove North-West up to a village called St. Riquier, about 30 miles away. This was quite a pretty place with a church, a clock tower and a bakery with people queuing outside. After preparing the bikes, we rode on minor roads through a number of small, sleepy villages and also stopped at a motorway service station, which we entered via some back-roads. Here we stopped for coffee and toilets. The villages we passed through were Millencourt, Plessiel, Buigny-St. Maclou, Sailly and Noyells-s-Mer, before finally arriving at the seaside, where we rode on a cycle-path beside a busy main road. The ride out was sometimes quite

hilly and windy, like the day before, but with a peak altitude of only 80 metres.

In St. Valerie, we locked-up our bikes near the tourist office and went wandering in search of food. The town was very busy with French people going to a nice seaside town on a Sunday. We attempted to get into several restaurants for lunch, but everywhere was full-up and we were turned away. After much searching, three of us found a place at the far edge of town that served gallettes (savoury pancakes) and crepes. Initially we had to sit outside in the cold and drink our beer, but the restaurant slowly emptied and so we were allowed inside to eat. Outside was a market being dismantled after the morning's trading. I was pleased that we took the trouble to find somewhere that served proper French food, rather than have take-away sandwiches or burgers.



**Comfortably riding
along the river**

We were quite late leaving the town and we followed Ian's pre-planned route along a proper, marked canal-side cycle path, which was very pleasant to cycle along. This lasted for about 10 miles until we arrived at the town of Abbeville, where we attempted to avoid the centre of town by going on more canal-

side paths, but these ones were muddy, pitted and wet, as it had started raining by now. Unfortunately this plan came to an abrupt end, when we came upon what looked like a gypsy camp beside the path and the gypsies had blocked-off the path with a large tree-trunk placed across the path, and made into a sort of moveable barrier. After some head-scratching, we decided to turn around and rode back to the main road. Someone remarked that the ducks on the riverside seemed to be laughing at us as we arrived at the blockage and could go no further.

We cycled on a main road through Abbeville and here we lost Martin at a junction. We then got back on the pre-planned route and onto a cycle-path built on the course of an old railway line. This was quite a nice path to ride along. Martin texted that he was behind us and was following the course on his smart-phone.

Eventually we arrived back at Saint Riquier, where we all went into the bakery mentioned earlier, and Martin arrived about 20 minutes later. My distance was 37 miles.

We drove back to Amiens. In the evening, four of us went out to the same restaurant as last night, "La Bistouille", where the waitress recognised us. Excellent food for only €18 plus drinks, and no English menu in sight (!)

I heard from people in Southend that they had had a very stormy day there, and I think we got off lightly, being on the edge of a major named storm system.

Monday 28th March

Today is going-home day, which is just as well, because the weather is now stormy (we would not wish to cycle in this weather). We had to check out of the youth hostel by 10am, and return all keys, along with removing the sheets from our beds and putting them in a laundry basket. In English youth hostels many years ago, you had to do a duty - maybe some cleaning (maybe you still do), but here that is all you had to do. The place is very good value for money - I paid only £18 per night including breakfast. I don't understand how they can break even at that price, as there were very few people staying there and lots of staff.

We fixed the bikes back on the cars and drove back on the motorway to the supermarket near Boulogne. Here we stopped for about 2 hours as some people wished to shop for French food and have a cup of coffee.

At the Euro-tunnel terminal near Calais, there was a long delay due to it being a Bank Holiday and also the fact that several car drivers including Dave were told to open their car boots for inspection by the Border Force.

Going back to Essex, there was an even longer delay on the approach to the Dartford Tunnel, as the bridge had been closed all day owing to high winds, so only one tunnel had been open until just before we arrived. 🚲

Obituaries –

Norman Brooks (1945 – 2016)

Cyclist Norman Brooks, 71, from Leigh, was involved in a serious collision with a silver Mercedes in Brays Lane, Canewdon, shortly before 5.15pm on Tuesday, May 3. He was taken to The Royal London Hospital, where he sadly died on Wednesday, May 18.

Norman was born in April 1945 and grew up with his family in the Chalkwell Beach area of Leigh. His hobbies in his early life were beach-related and he was a strong swimmer from a young age and an active canoeist and sailor.



He left school aged 15 and joined the Merchant Navy. For the next five years he worked his way around the world and was rarely seen in Leigh. His favourite country in the world at that time was New Zealand because of the people and the natural beauty of the country. After completing his service, he returned home, aged 20, to his other favourite country, England.

Norman worked as a photographer/technician at Rochford Hospital and Southend General Hospital. He loved his job and developed a passion for photography. He was the electrocardiogram (ECG) technician and performed literally thousands of ECGs at the hospital on patients. His kind and caring personality made him especially suitable for this job.

While working at the hospital he also decided to take the selection course for the renowned Special Air Service Regiment (Reserve). Less than five per cent of recruits pass the rigorous selection course and Norman passed with flying colours. He spent the next seven years of weekends with the 21st SAS Regiment climbing mountains and walking hundreds of miles heavily burdened with a 70lb backpack. As if this were not enough, he had to parachute out of planes too. He was one of the fittest soldiers in a regiment known for physical fitness.

When Norman was 30, he decided to give up driving and relied on a bicycle for his transport. Little did he realise that that this would be the

advent of a consuming passion that would last him the rest of his days and unfortunately, ultimately cost him his life. For the next 40 years he would think nothing of cycling more than 100 miles a day. He joined a cycling club and his fellow cyclists became his best friends.

He took his bike with him everywhere he travelled. He would visit his relatives in California every year and always take his bike and cycle hundreds of miles around the state. One year, he decided to fly to Portland, Oregon, and cycle the thousand miles to southern California.

In his later years, Norman would take his bike to Spain and in 2005, he retired fully from the hospital and purchased a second home in El Campello, Spain. He would spend the English winter there so he would be able to cycle in the warmer climate. He joined a cycle group and a hiking group and made many new friends.

He will be greatly missed by us and all the people who were fortunate enough to know him or meet him. There is a poignant theme to all the caring and loving comments made by his many friends and colleagues: that Norman was a kind and caring gentleman.

His funeral was on Monday 27th June 2016.
Donations, if desired to the Essex Air Ambulance Service.

Source: 28 May 2016

<http://www.theenquirer.co.uk/tributes-paid-elderly-leigh-cyclist-killed-.../>

Our deepest sympathies go to his family. 🚲

Joyce Greet (1938 -2016)

By Christine Smith

Joyce Greet passed away on 5th June 2016. According to Joyce's son, Phil Greet, she had a fall at the end of April and spent a few weeks in Basildon hospital, from which she was then transferred into a care home.

Her funeral was on Monday 27th June 2016, in the Chelmsford Crematorium, Writtle Road. The family welcomed all to the wake afterwards, which was held next door at the "Secret Garden Tea Rooms".
Donations, if desired to Alzheimer's Society.

Our deepest sympathies go to Phil and his family. 🚲

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
Haverling Member Group	www.ctchaverling.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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Richardson Cycles (Cycle Shop)	www.richardsonscycles.co.uk
The Ingatestone Café	www.ingatestonesaddlery.co.uk
The Cycle & Toy Centre (Cycle Shop)	www.thecyclecompany.co.uk

Cover picture:



Fourth Prize at the Dave Doo Photographic Competition 2015

Ian Mather, member of SEG

"Sunny Day in Bonny Scotland by Lock Moidart"

The verdict of the judge was:

"Good idea but could be improved by walking 50 yards down the road and leaving out the crash barrier. It is a bit soft and perhaps using a high resolution setting on the camera and leaving out the date code would improve it further too."

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