



March / April 2017



Second Prize in the Dave Doo Photographic Competition 2016

Martin Pipe, member of Southeast Essex CTC

"Two Steeds"

thecyclecompany



**EXPERIENCED
RELIABLE
SERVICE**

**SALES – SERVICE
REPAIRS**

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

Open: Mon-Sat, Closed Wednesday

01245 283929

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

Spotlight – Magazine of the **Essex CTC MG**, a local **Member Group** of Cycling UK (formerly the **Cyclists’ Touring Club**), the national cyclists’ organisation

President: Dave Rowlands

Volume 2/2017se49

Index

Impressum: 3

Editor’s Foreword 5

The President’s Piece..... 6

Forthcoming Events 6

Member Groups’ Reports 9

Some experiences with my high-vis POLITE jacket..... 13

Audax Club Mid-Essex (ACME) Rides 2017 14

Chelmsford Informal Member Group – Runs List 15

Havering Member Group – Runs List 16

Southeast Essex Informal MG – Runs List 17

Colchester Informal Member Group – Runs List 18

Member Groups’ Reports – cont’d..... 21

Back pocket notes: Japan..... 24

SEG’s 75 26

The Windmill Audax Ride 28

Sunday 25th June 2017..... 28

40 Years SEG’s - Anniversary in pictures! 29

Useful Website Links 29

Cover picture: 30

Impressum:

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

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

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

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

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

<u>Officer</u>	<u>Name</u>	<u>(preferred) Contact</u>
President	Dave Rowlands	president@essexcycling.co.uk
Secretary	Lynda Collins	secretary@essexcycling.co.uk
Chairman	Brian Taylor	☎ 01277 657867
Vice Chairman	John Steer	vicechairperson@essexcycling.co.uk
Treasurer	Stefan Eichenseher	treasurer@essexcycling.co.uk
Members' secretary	Martin Cockersole	registrationofficer@essexcycling.co.uk
Welfare officer	Brian Penny	welfareofficer@essexcycling.co.uk
Promotions officer	Brian Penny	☎ 01268 777941
Editor	Stefan Eichenseher	spotlighteditor@essexcycling.co.uk
Distribution Officer	Jonathan Collins	spotlightsubscriptions@essexcycling.co.uk
Webmaster	Malcolm Mitchell	webofficer@essexcycling.co.uk

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

Chelmsford	Adrian Leeds	☎ 01245 260272	Secretary
	Brian Taylor	☎ 01277 657867	Delegate
Colchester	Alan Palmer	☎ 01206 792929	Secretary
	Pam Nelson	☎ 07812 209862	Delegate
Havering	Dave Rowlands	☎ 020 3663 4345	Secretary
	Alex Kornfeld	alexkornfeld@me.com	Delegate
South East Essex	John Steer	☎ 01702 529638	Secretary
	Jon Collins	☎ 01245 320733	Delegate

Other Committee members

EDARF - Liaison	John Davis	edarf@essexcycling.co.uk
-----------------	------------	--------------------------

Certificate of Merit Committee

Brian Penny, John Steer, Martin Cockersole

Essex CTC MG Trustees

Stefan Eichenseher, John Steer, Brian Penny

Closing date for the May / June 2017 edition is on **15 April 2017**.

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

Editor's Foreword

Well, now I got a bit overly quick with the last issue, when I thought I would not get it ready and printed before the next committee meeting. So all was finished and done, when my lift to the Billericay Reading Rooms for the bi-monthly Essex MG committee meetings reminded me that the meetings are now on irregular dates. Rather than every second Wednesday of the month, Lynda did provide us with the set dates. Moreover, I had these already in my online calendar ... but why should I use a gadget, if I have the – now obviously not any more – regular interval in my head?

Anyway, this issue is again more of a close shave. Not that you reading it will be aware, but my issues were to get some details confirmed.

Now then, the SEG's 75 started well with the most entrants of any of our events for this year (2017). You can read John's report on p. 26, with an additional note here:

"I had spoken to participants after the event and the consensus of opinion seemed to be that there are too many cycling clubs and small groups of friends who would much rather do their own thing. BUT saying that a group from the Chelmer club rode a Kent event on the same day, which had a £40.00 entry fee (to ride on the *Queens Highway*) - you couldn't make it up could you?"

Well, maybe we should have a look at how "Sportives" are organised, and raise our entry fees quite stiffly. At the amounts we could even pay "volunteers" (or are they employed then?) to hang around marshalling...

On a personal quest, if anyone fancies hanging out in Finchingfield for about 4 hours on Sunday, 25th June, please let me know.

Right, so, that 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

P.S.: I tried to find an image for the *Airey Houses* on p.11, but couldn't really decide, as my local/national knowledge doesn't reach that far...



The President's Piece

Hello from your (not so) new president, freshly recovered from writers block!

Hopefully the winter is safely behind us now and we can enjoy longer, warmer days.

Events season has begun with the SEG's 75 already behind us and the Dot Sharp 80K to look forward to in May. I gather the SEG's 75 was not supported by the other groups (my own included); so let's get out and support these events: use it or lose it, as they say.

I hope to join the other Essex groups on some of their rides during the year, will be nice to see some new faces and places.

Regards,

Dave Rowlands, President

Forthcoming Events



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

Date	Event	Organiser
May 7	[EMG] 80km - Dot Sharp Memorial Ride , Starting 9.30am from: Mountnessing, Church Hall	Dave Rowlands 07948 583979
May 27	EDARF - Spring Meet , details in the next issue	Margaret Davis
June 25	[EMG] Windmill Rides 110km/210km	Stefan Eichenseher

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



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

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

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



mongoose

Cyclescheme

Tax free bikes
for work

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

☎: 01708 451406

🌐: www.cyclecellar.co.uk

Basildon Timber

***FOR ALL YOUR DECKING &
TIMBER NEEDS***

VISIT OUR PREMISES AT:

HONYWOOD HOUSE, HONYWOOD ROAD

BASILDON, ESSEX, SS14 3DT

TEL: 01268 531444 FAX: 01268 531554

www.basildontimber.com

OPEN:

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

ingatestone
café



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

The Café at Ingatestone Saddlery Centre

just off Junction 15, A12 Margarettong

The varied menu offers
a little something for everyone:

Whether you want a light snack, a quick drink
or delicious home-made cakes, we are the
perfect place for the whole family!

Opening Hours

Monday to Saturday

9.00am to 4.30pm

Sunday

10.00am to 3.00pm

01277 353723

Member Groups' Reports

Chelmsford Member Group

December 18, 2016 - A Sunday ride to Witham in various degrees of mist and fog – There were only two at the start in Chelmsford, Dave S and John B (leader). Dave R and I joined them at the “Fig Tree” in Maldon for elevenses. A crowd from Essex Roads, which passed me on Mundon Road shared the room with us and were very noisy.

The visibility had improved by the time John took us off to Witham coming in from the north over the huge railway bridge. “The Battisford Court” (Wetherspoons) was relatively quiet and presented no problem finding a table. Dave S bought the drinks; what a nice man! We were then joined by Phil and caught up with his news.

Only Dave R was interested in a tea stop, so took himself off to Terling. The rest of us made our way south splitting near Woodham Walter, three to Chelmsford area and me back to Wickford. Ride length 47 miles and ending with all lights flashing. **Mel Martin**

Sunday 8 January – Ride to BHN Pot Plants and Maldon - Despite a typical drab early January day 8 riders turned up for the start. Our elevenses destination at “BHN Pot Plants” is too near for the first leg of a full day’s ride, so I led the group on an indirect route via Writtle, Loves Green, Fryerning, Ingatestone and Hanningfield reservoir. We took in the lane via Warren Road and Chalk Street, which makes a nice alternative to the relatively busy road to South Hanningfield.

At elevenses we met up with 4 more riders but 3 went home before the 9 remaining set off for lunch at Maldon. I had been off cycling for 4 weeks, so I was not on peak form and even in normal circumstances that peak is pretty low! So I rued having included in the route the demanding hill up Edwin’s Hall Road to the radio masts. The rest of the group had already been encouraged not to stay behind me and duly waited at the top.

At lunch our numbers were boosted further when we met up with Brian and John D at “The Rose and Crown”. By the time we left the sun was shining and the dull day had turned into an exceptionally pleasant one for the time of year.

Gradually the group dispersed on the return to Chelmsford with 3 riders having tea at “Bunsey Downs”.

I arrived home with 49 miles on the clock. **Martin Cockersole**

January 22, 2017 - Cool ride to “The Viper” on Sunday 22nd January

- I wasn't surprised that we didn't get the full complement of riders out as it was very cold. The BBC said it would be -1 deg C at 9 o'clock and I'm pretty sure when the four of us left Chelmsford it was still below zero!

As we went onto Woodhill Road, we found a fog dense enough for me to put my lights on, which cleared as we climbed up to Danbury. I stopped near the top for us to regroup and loan, who been following close behind me sat down on the kerb. I thought he was just having a rest, but when Martin, who knows him better, caught up he realised loan wasn't well. We think it was a combination of a bug and the cold. Martin escorted him back to Chelmsford.

This left Dave S and me to continue onto Billericay for elevenses. At the Wetherspoons we met Diana and Brian. Brian was in civvies having declared it too cold to ride. Diana was up for a ride, so after a good chat we set off on a loop through Shenfield and Doddington. I had been asked to keep the pace down, which was no problem and I lopped off a mile of my original route. Although we had been riding on white frost it wasn't until Beggar Hill we found our first real ice where water had run across the road. A text from Martin saying he was trying to reserve a table at the pub hastened our progress. John B had also made it to “The Viper”. As we vacated our table a Southend Forty Plus rider and his friends grabbed it, such was the demand!

On Beggar Hill Diana had picked up a slow puncture so the first thing on getting outside was to fix it. Dave S didn't shy away from getting his hands dirty!

An afternoon tea stop was never a serious consideration and after a couple of miles we all headed home in various directions.

January 29, 2017 - A mild weather ride to Purleigh - I left Wickford with the SEG's, but after a couple of miles we parted company, as I headed off to meet the Chelmsford Group at Heybridge Basin. Led by John B they had just arrived, as I turned up at “The Lock Café”. With much

rearrangement of the furniture we all got seated together, but then head honcho Adrian turned up so another chair was purloined.

To reach “The Bell” at Purleigh John put in a small loop through Langford, Hoe Mill and Woodham Mortimer. At Cock Clarks we met the SEG’s making their way to “The Fox and Hounds” nearby.

Brian T had made his own way to “The Bell” and was seated at a large round table. It was reserved for another party, but we had it until 13:30. It was no problem as the food was served quickly.



On our return ride after Bicknacre we were down to six riders. At East Hanningfield, John, Dave S and Dave R were going right to “Butts Green Garden Centre” and Brian, Diana and I were going left for home. This didn’t happen until we had a good chat, which included discussing Airey Houses because we had stopped beside a

row of them. These were prefabricated houses built after WWII and later suffered a number of defects including structural and lack of insulation. At least two of the houses beside us had been modified.

The BBC had forecast heavy rain from any time after noon, but it never materialised on my way home. **Mel Martin**

Colchester Member Group

1st January 2017 - 12 riders turned up to do the first Sunday ride of the Year. We also had a visit from Clive, who would not be riding on the day (apart from the short trip to the container), as he had visitors staying. The ride was made up by ‘village hopping’ to the north / north east / east of Colchester. The ride went in a clockwise direction keeping within a 5-10 mile radius of Colchester. The precise route was determined by time and weather. This proved to be an interesting route, with a lot of riders not knowing where they were some of the time. The route eventually went via Colchester, West Bergholt, Gt Horkesley, Boxted, Langham, Dedham, Ardleigh, Gt Bromley, Elmstead finishing at Wivenhoe at Chris and Iain’s

house for our lunch stop. Many thanks to Chris & Iain for providing a good spread and for other contributions from other riders. **Alan Palmer**

Haivering Member Group

Jan 8th - Ten out including Steve Gregson and new rider Wayne. Direct route out to Ramsden Heath with a bit of rough stuff thrown in (think I'll leave Blind Lane for the summer!)

After coffee our ladies took a direct route home, while the boys took a more meandering way back.

Jan 15th - Cold weather didn't put anyone off: four Haivering rides and one straggler, who missed the start of Central London CTC's ride, set off to Pilgrims Hatch, splashed through Hay Green ford, through Blackmore, Norton Heath and Pigstye Green to reach "The Duck" just ahead of Kelvin and the CLCTC 2 star riders.

Haivering claimed the best seats in the house, right next to the fire! Lunch was served promptly and after a natter it was time to go.

Return was via NCN 1 to Writtle then on to Margaretting, Ingatestone, Hutton and a plunge down Warley Hill to reach Upminster amassing forty odd miles along the way. **David Rowlands**

Jan 22nd - Alison, Chan, Dave, Helen, John, Wai and I gathered at a sunny yet frosty Upminster for a ride out to Ingatestone. After avoiding Warley Hill we found ourselves well ahead of schedule so we made an unscheduled stop at Blackmore. Half the group left us there, while Dave, John and I continued on to "The Cricketers" for lunch. Then we all made our way swiftly back home. Total distance 30 miles. **Joe Collins**

Feb 12th - Five didn't fancy being out in the cold all day, so Coopersale will have to wait! A short ride was decided on, good old NCN 136 through Hornchurch country park, on to Rainham and along Old Father Thames to "RSPB Rainham Marshes" to thaw out! Back home the way we came for a nice easy twenty miles. **Dave Rowlands**



Feb 19th - Eight out including new rider Robert and a welcome return of Gerald. A smooth ride to "The Village Tea Rooms" at Hatfield Heath.

Return was not so smooth with a series of breakdowns for poor Gordon!
A return trip of around fifty miles. **Gordon Peel**

Feb 26th - Kelvin led nine to "The Duck", Newney Green; weather was warmer and drier than last time, but with a terrific tailwind we knew we'd pay for on the way home!

Fine dining by the fire, then a slow trudge home! **Dave Rowlands**

Some experiences with my high-vis POLITE jacket

By Alex Kornfeld

This is the only bit of cycling kit (cycling helmet excluded) that makes me feel safer.

I commonly act as the sweeper in our member group (Havering) Sunday rides. Some motorists do slow down when they are at the back of our pack, see me and are immediately unsure of what to do next.....! Will he (she) or won't they attack with 'the full monty' ... the wait is on. Is he POLICE or just polite?

These moments of driver confusion and fear are precious. Being noticed and respected take some getting used to on our Essex roads and when the decision is to drive at a respectful distance behind, and make no attempt to harass or overtake (with the usual gesticulations and bad mouthing that seems to be part of the 'full monty'), then that eclipses a stunning sunset.

So, if you like sunsets and that feeling of contentment after a long day's ride with the wind at your back and the sun on your face, then think about being a member of the POLITE squad. 🚲



Audax Club Mid-Essex (ACME) Rides 2017

By Tom Deakins

Saturday 6th May 00:01: Green & Yellow Fields 300km -

from Manningtree Station: Friday night curry then off to the North Norfolk coast for breakfast! Back through controls at Wymondham and Needham Market.

Saturday 3rd June 09:00: Asparagus & Strawberries 400km -

from Manningtree Station. The classic tour of East Anglia, including the Reedham Ferry, fish and chips in Wells, then back for breakfast at the station buffet, via Saffron Walden and Constable Country. No sleeping accommodation provided.

Saturday 1st July 11:00: Kingdom of the East Saxons 400km -

from Churchend, Dunmow. Two loops, mostly keeping within the county, with a full TLC and food service for riders, both at the start and through the night, with sleeping accommodation provided. Visiting coastal waters at Manningtree, Harwich, Clacton, Burnham and Maldon.

Friday 14th July 21:00: Hereward the Wake 300km, from Churchend – Lots of Fenland, through the night from Cambridge to Whittlesey, then Newport Pagnell Services and back for an all day brunch at the finish.

Followed by the **Bike Bicentennial celebrations** at Good Easter on **Saturday and Sunday 15/16th July**, with **The Baron's 200 miles/200/100/50km rides**.

Saturday 19th August: Essex R&R 200 and A Little Essex R&R 100km, from Witham. Essex Rivers and Reservoirs via some excellent cafés.

Saturday 9th September: 06:00: The Flatlands 600km -

Does what it says: lots of Fenland, a gentle excursion into the Lincolnshire Wolds, then following the Trent to Goole. Back through Lincoln and Cambridge. Shoestring event with no sleeping accommodation.

Saturday 7th October: 08:30: Richard Ellis Memorial 200/100km -

Both visit the “Maglia Rosso Café” at Hawstead, near Bury St Edmunds for the half-way control.

The recent popular **ACME Winter 100km Series** will be repeated from November 2017 through to February 2018.

Contact Tom via email tomdeakins31@gmail.com or on 07757 247727.

More details on www.acme.bike and www.aukweb.net. 

Chelmsford Informal Member Group – Runs List

Contact: Adrian Leeds

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

Runs Secretary: John Beaumont:

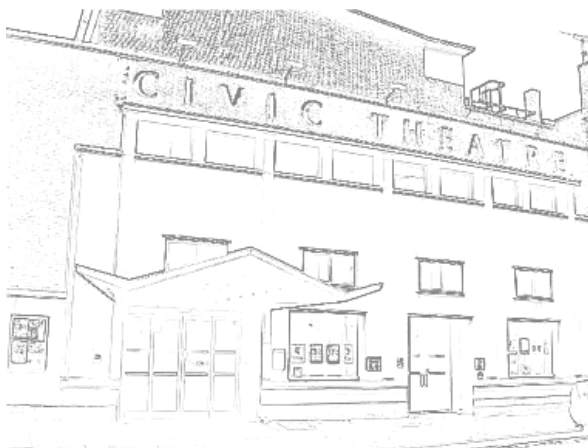
5 Riddiford Drive, Chelmsford, Essex CM1 2GB, ☎ 01245 630864

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
Mar 19	Blue Egg, Bardfield	Castle Hedingham, The Bell	J Beaumont
Mar 26	P.O., Greenstead Green	Fordham, Shoulder of Mutton	A Leeds
Apr 02	Perrywoods	Goldhanger, Chequers	M Martin
Apr 09	Andrewsfield	Widdington, Fleur De Lys	M Cockersole
Apr 16	The Shed, Sawbridgeworth	Standon, The Star	J Beaumont
Apr 23	Station, Rayne	Monk Street, Farmhouse Inn	M Martin
Apr 30	Wilkins, Tiptree	Mount Bures, Thatcher's Arms	A Leeds
May 07	[EMG] 80km - Dot Sharp Memorial Ride , Starting 9.30am from: Mountnessing, Church Hall		D Rowlands 07948 583979
ALT	[IMG] Chelmsford Spring Tour		Jan Taylor 01277 657867
May 14	Blake End, Timbers	Gt. Yealdham, Waggon & Horses	J Beaumont



Havering Member Group – Runs List



Secretary: David Rowlands

david_rowlands@hotmail.co.uk or ☎ 07948 583979

Promotions Officer: Kelvin Dane

kelvindane@live.co.uk or ☎ 07922 111790

www.essexcycling.co.uk & www.haveringcycling.com

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

All rides meet 8.45 for 9am START unless otherwise stated

Date	Destination	Leader
Mar 19	Purleigh	Dave Rowlands 07948 583979
Mar 26	Mothers' Day (Bring Food)	Kelvin Dane 07922 111790
Apr 02	Short Ride, Beginners Welcome, Billericay	Alan Pine
Apr 09	Writtle	Kelvin Dane
Apr 16	Easter Sunday Ride to Littley Green	Dave Rowlands
Apr 23	To Be Decided	Alex Kornfeld 01708 229924
Apr 30	To Be Decided	Alex Kornfeld
May 07	[EMG] 80km - Dot Sharp Memorial Ride, Starting 9.30am from: Mountnessing, Church Hall	Dave Rowlands
ALT	Short Ride, Beginners Welcome, Horndon Country Park	Alan Pine
May 14	Green Tye, Herts	Dave Rowlands

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



Southeast Essex Informal MG – Runs List



Contact: 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	Eleveneses	Lunch Destination
19-Mar	Writtle (Lordship Tearooms)	Blackmore (Prince Albert)
26-Mar	Woodham Mortimer (Bunsay Down Golf Club)	Cock Clarks (Fox & Hounds)
02-Apr	Maldon (Barge Tearoom)	Little Totham (The Swan)
09-Apr	Norton Heath (Transport Café)	Mill Green (The Viper)
16-Apr	Bicknacre (White Elm Tearoom)	Ramsden Bellhouse (Fox & Hounds)
23-Apr	[IMG] Car-assisted: Carmargue Café, Wickham Market, IP13 0ND	
		Ian Mather 01702 296018
ALT	Margaretting (Saddlery)	*see note
30-Apr	Hatfield Peverel (D's Diner)	Little Green (The Compasses)
May 07	[EMG] 80km - Dot Sharp Memorial Ride, Starting 9.30am from: Mountnessing, Church Hall	
		Dave Rowlands 07948 583979
ALT	Blackmore (Blackmore Tearooms)	*see note
14-May	Maldon (Fig Tree Café)	Little Totham (The Swan)

New for 2017 commencing 8th March

Wednesday at 10.30am for 10am start from Rettendon (BHN Garden Centre) for an informal ride to either a café or pub for lunch.

Colchester Informal Member Group – Runs List

Contact: 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
Mar 19	TBA	TBA	TBA
Mar 26	Elmstead, Beth Chatto Gardens	Lawford Hearts Delight	Paul & Caroline Avison
Apr 02	TBA	TBA	
Apr 09	TBA	TBA	
Apr 16	TBA	TBA	
Apr 23	TBA	TBA	
Apr 30	TBA	TBA	
May 07	[EMG] 80km - Dot Sharp Memorial Ride , Starting 9.30am from: Mountnessing, Church Hall		Dave Rowlands 07939 395067
ALT	TBA	TBA	
May 14	TBA	TBA	

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



SOUTHEND BACH CHOIR

Established - 1943

Conductor: Colin Edwards

ST JOHN PASSION - J S BACH

Essex Concert Orchestra and soloists

Saturday, 8th April, at 7.30 p.m.

St Michael & All Angels' Church, 62 Leigh Road, Leigh on Sea, SS9 1LF

**Tickets £12 (students £6) available at the door,
01268 772842 or www.southendbachchoir.org.uk**



Dot Sharp Memorial Ride 80 km

CTC Tourist Competition Event



Sunday 7th May 2017

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

Contact: Dave Rowlands, 07948 583979,
david_rowlands@hotmail.co.uk

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

CicloSol
C/o Ciclos Uno
37 New North Rd
Hainault
Essex IG6 2UE



020 8500 3898
rob@ciclosol.com
darryl@ciclosol.com

Mallorca Cycle Holidays & Training Camps

Three camps:

- February camp based in Alcudia
- April camp based in Puerto de Pollensa
- Autumn camp based in Puerto de Pollensa



What we do:

- Daily guided rides catering for all levels of riders from cycle tourists through to racing cyclists.
- Experienced ride leaders.
- Half board accommodation in 3 & 4 star accommodation
- Prices start from £260 (flights not included)



www.ciclosol.com

Member Groups' Reports – cont'd.

South East Essex Informal Member Group

1st January 2017 – Mill Green - The first ride of the New Year saw only two brave souls (Jon C & Ian M) out on their bikes. Did everybody else have hangovers or were they put off by the forecast? From Wickford we went up Brock Hill to Hanningfield Reservoir, then to Stock and down Swan Lane to Margaretting, where we turned left onto the B1002 towards Ingatestone. Half way along this road we turned left to visit the 15th century St. Margaret's Church and had to wait at the level crossing for two trains to pass before entering beside Margaretting Hall. In Ingatestone we went through the A12 underpass and headed to Mill Green and "The



The Viper, Mill Green

Viper" and arrived at noon. We were joined by John S, Lynda C, Ken W & Peter H who came in separate cars. After a good meal and pleasant conversation (which is unusual for me and John), we headed home, but stopped at the "Hanningfield Reservoir Visitor Centre" for a coffee and cake. We had to don our wet weather gear when we

left and it rained all the way to Shoeburyness, which is supposed to be the 2nd driest place in England!!!!

8th January – Stow Maries - Thankfully those with hangovers had recovered by now and it was nice to see the usual gang (Ron S, Tony B, Jim C, Jon C, Brian P, Graham R, Peter W, Dave H, Derek W) and one new rider (Robert M) at Wickford. Peter led his group out via Stock and I went via Middlemead, where we encountered Romany horse racing. We arrived within minutes of each other at "Bunsay Down Golf Club", but decided a drink and cake was preferable to a round of golf.

Seven went onto lunch at "The Prince of Wales" and we met Stephen Ingall, formerly Havering secretary, who was returning from the 'Yet Another Cycling Forum' overnight camp at Great Totham. He now lives in London and rides with the Uxbridge Loiterers CTC.

15th January – Ramsden Heath - Only six (Ron S, Ian M, Graham R, Jim C, Karen & Paul H) at Wickford for the trip to Margaretting and the

“Saddlery Café”, probably due to the inclement weather. Three (Ron S, Jim C and Ian M) went onto lunch at the “Nags Head”, where Mel M joined us later having ridden from home in Wickford (obviously a fair weather cyclist!).

22nd January – Bicknacre - The advertised ride to Hatfield Peverel and Maldon was abandoned by the run’s leader due to the very foggy and potentially icy conditions and a morning only ride was taken to the “White Elm Tearoom”. The thick fog around Wickford and Battlesbridge was replaced with bright sunshine at Rettendon, East Hanningfield and Bicknacre. Two new riders (Henry P and Peter R) joined the eight others for tea and cake.

29th January – Cock Clarks - Twelve left Wickford for the ride to the “Moulsham Café” in Chelmsford, which was a new venue for the SEG’s. We did lose Mel M, who was riding with the Chelmsford MG, and Colin D, who left at Stock (was it something I said?). We also temporarily lost Brian P and his small group due to his inability to read a map given to him by the run’s leader and he was only saved by the expert map reading skills of Paul H. We were joined later in the café by Martin P, who had ridden directly from home.

Seven continued onto the “Fox and Hounds”, where we had free sandwiches, chips and crisps laid on by the landlady Michelle, as it was her last day running the pub. John S and Lynda C rode from South Woodham Ferrers to join us. New owners were starting on 8th February and we’ll be going again in March.

5th February – Hawkwell - As I was in Manchester, I’ve been told that eleven went to the “Beehive Café” in Rochford and five went to the “White Hart”.

12th February – Ramsden Bellhouse - We had another new rider join us today (Phil R) and that made eight, who went to the “Saddlery Café” at Margaretting. As it was a rather chilly day, a direct route was taken and we were in the café by 10.35am. Six went to the “Fox and Hounds” and we were joined by John S who came by car and Martin P who rode from Southend. We’re always given a warm welcome here and the sandwiches are very good. **Manchurian**



Cycling UK, formerly Cyclists' Touring Club (CTC)
For further information about the CTC and the events and services
we offer, please contact 0870 873 0060 or look up www.ctc.org.uk



Spotlight

– the bi-monthly magazine for all cyclists in the Essex CTC member Group

Advertise Your Business



Now optional advertising
in individual issues.
Contact the editor
for competitive prices!

£15 / year for a half page (A6)

£28 / year for a full page (A5)

You will receive a complimentary copy of each issue of the magazine.

For enquiries, please contact the editor:

Stefan Eichenseher,
42A Whitegate Road,
Southend-on-Sea,
Essex,
SS1 2LQ

07503 163469

s.eichenseher@googlemail.com

Samples:

Cycles Plus Cam
Your
Number
One Cycle
Shop

All Goods at Competitive Mail Order Prices
See our Website: www.cyclespluscam.com

Equipment available for all your cycling needs:
Time Training & Road Racing
Track & Triathlon
NEW/USED FRAMES AND
COMPLETE BIKES ALWAYS IN STOCK

Authorised dealers for:
Evo Road & Cycle • Bianchi • Pinarello
Kona • Fuji • Cannondale • Trek • Specialized
Trek • Specialized • Colnago • Cinelli

37 New North Road, Hainault
Horn, Essex RM12 2UE
www.cyclespluscam.com

Tel: 020 8500 1792

FOR NEW AND USED BIKES, FRAMES, WHEELS
Also for two wheel things
API RESPRAYS
THE ONLY SPRAYSHOP OWNED BY
SPECIALIZED
ENVELOPE FRAMEWORK METALLICS
ALSO FRAMES, HEADSETS & BUSHES
1-2 DAY TURNAROUND

ALL THIS AND MORE ON THE WEBSITE:
www.apiresprays.com

ON PLEASE CONTACT ANDY PALMER
TEL: 01245 300009 - MOB: 0778898 0561

Garden Tea Rooms
Enjoy our traditional selection of delicious food
& drinks in our beautiful converted barn
situated in the heart of the village of Little Wymondley

Opening Hours:
Tuesday - Friday: 10am - 4pm
Saturday: 10am - 4pm
Sunday: 10am - 4pm
Tel: 01245 300009

(50p for hardcopy magazine; can be purchased from your member group)

Back pocket notes: Japan

By Steve Gregson

October 13th, 2015. Flew over a fully visible snow-capped Mt Fuji ...
What a start to the trip!

Four uniformed staff bow deeply to us as we leave the main Kyushu airport. Respect indeed!

Our first few miles of pedalling via Suizenji Park and its marvellous Japanese gardens. In the afternoon, not sure of where we will stay, but outside a convenience store we are told about Hinagu Spa, a hot- springs village and find a small inn with character, ran by an old lady and her tipsy brother. We enjoy a hot soak.

A narrow coast road, 2 mts wide in places and partly abandoned. Lovely.

The dreaded tunnels that give us, especially Anni, nightmares before we travel out. However, most were lit and had separated cycle paths with safety barriers. No problem, but we affix rear-lights.

Sakurajima volcano right in front of our Kagoshima hotel window. What a view of the sunrise! In the town, grass planted on the volcanic concrete of the tramways helps reduce the temperature in the city. What infrastructure Japan has, everything seems to work perfectly! A day off in this scenic town, before taking a short ferry ride the next day.

In the mountains, crossing to Moyakonojo, we use 'yellow' roads shown on our 'Mapple' road atlas. Steep, but all rideable. Leaving the hotel to go and eat; a couple of technicians take us under their wing and we taste all sorts of shell-fish, bar-b-q'd fish and pork; all washed down with beer, saki and sochi (sweet potatoe wine).

Road 222, quiet through wooded valleys to Nichinan.

Surfers riding big waves near the 'washboard' rocks on the scenic coast road heading to Aoshima.

Ride through impressive sports stadiums in Miyazaki's outskirts.

At Hyuga, a struggle to find accommodation, until we see a sign to a friendly Minchuku right on the shale beach. A relaxing beer on our balcony overlooking the sea and boats out fishing until it's time for a hot shower/ soak and a tasty meal on the tatame matted floor.

In Nobeoka, a lively street festival with food and drink and shown to an excellent business hotel by a rare English speaker. He also gave us the address of his family farm Minshuku for the next night.

As ever, soaring Kites in the wooded hills after a cliff-hugging coast road. At the farm, 3 generations sit together for their meals after a day of toil on the land. Home grown aubergines, salmon from their fish-farm - all delicious. A fair amount of English spoken by the father and sons, who had visited USA.

In Saiki, eat in the hotel-supplied 'homewear', these business hotels have everything a traveller needs. From a heated WC/ bidet to a TV for the weather forecast to a kettle / tea-bags. Plenty of them around railway stations. A day off after seeing the sunrise over the low-rise town, through a gap in a hill over the bay and over distant mountains. Plenty to do, a history museum, hill-top castle location for a picnic, tea garden, Interchange Hall with lots of interest and rooms just to relax in.

A flat road immediately next to the sea for miles and at Gyoran Falls a nice temple to spend time at, but we somehow miss the hotels at Sagonoseki and have to pedal in the dark to Tsurusaki on the outskirts of Oita. However, the hotel had a private hot bath, so we soak away the extra day's miles.

Ride the wide river's banking cycle path out to the sea and views of fire-ships, coastguard boats. At the Oita hotel, a UCI cycle team's mechanics are hard at work and present us with new water bottles. Christmas trees for sale (remember, this is not totally a Christian country) and happy shoppers, no sign of the recession that Japan declares a few days later.

We tie up with our friends, who we knew in UK when he worked with me, for a couple of days sightseeing (on 4 wheels) around the massive Mt Aso crater. An interesting guest house; the first evening there we enjoyed a drink on arrival looking out towards Mt Unzen. We catch the bright colours of the Autumn leaves. After many years of trying, Kiyoshi finally tempts us to partake in Karaoke at a cosy bar, where he and Anni were stars of the show! The southern part of Amakusa was Christian and there are still churches that survived the centuries of isolation.

Bidding them good-bye, there was chance in the afternoon to ride up into the steep hills on narrow roads, only for Anni to forget her notes and post-cards in a Post Office.

En-route to the ferry, we divert a few miles, but the post-office where Anni's documents were, was closed (holiday). However, the friendly

bakery opposite called the post-master, who not only came to unlock his office but presented us with small gifts. We were expecting to be admonished. In Obama, a big hotel and a great sunset from our bedroom after treading water in the hot-springs' 105 metre water trough. Very relaxing to the joints - hot, cold, hot, cold, etc. etc.

Lots of climbing up through Unzen Spa and its hot vents / sulphur fumes via beautiful Autumn coloured woods and then a long descent and a busy flat coast road to Isahaya.

From Isahaya a return train ride into Nagasaki to experience the Peace Park and Dejima port. Very moving.

How could we not stop at Tara, where roadside stops were bar-b-q'ing scallops and prawns? So we had our first lunch of the tour. Later, Kashima was a nice, quiet town with agriculture all the way to the sea.

It was forecast rain at 3pm the next day, as we planned to stay at Ogi. However, hotels there were full and we had to divert backwards to Saga, where we arrived 5 minutes before the rain.

It only remained one day back to Fukuoka. However, there was the Mitsuse Pass and a full day of rain to beware of. In addition my brakes seemed to have seized up due to the inner Teflon dislodging. Luckily it did not rain. So there we were: a four week tour without getting wet. Soon found boxes for the return flights home via an overnight stop near Tokyo to have dinner at our friend's new family and grandson. A lovely end to the trip. 🚲

SEG's 75

By John Steer, Organiser

The day of the 26th February 2017 started out with a light cloud base but not too cold. The wind was due to gather in strength as the day went on. You never hear cyclists complain when the wind is behind them - I wonder why?

To say that the day was a resounding success would be unbelievable: Ian M and I put the SEG's and CTC banners up on the railings outside the café; myself, Barry and Maureen at the start taking the money and giving the entrants their check cards and making sure that they filled in the entry forms OK.

Provisions had been bought and passed on to Chris at the halfway stage. Marshals all signed up for their venues, mobile numbers exchanged, route sheets aplenty and entry forms all printed, and even the sun appeared for a while at the start.

Martin P had emailed out to the cycle/cycling magazines and the cycle/racing clubs. I even had emails asking, if we were running it again this year. If so, they would put on hold any other event on the day. - What good news!

Everything was now ready for the masses of entries, who couldn't wait to sign-in for the SEG's 75 mile event.

At 08.30 the first riders went off all excited at the prospect of stretching their legs after only riding shorter rides over the winter months. At 09.00 more riders set off and at 09.30 the last of the entries departed. Now was the time for Barry, Maureen and myself to relax and wind down.

Then the reality set in for me... There had been no entries from Havering, Chelmsford or the Colchester groups (!). Will it be the same when they run events - no entries from other sections of the Essex Member Groups, or will they be flooded by their own members? Even the SEG's attend the events put on by the other groups.

Unless we support each other's organisers and team, events may turn to event rides for one's own MG rather than being open to the masses.

You never know what to expect when you organise an event or what to expect in regards to the weather.

15 entered to 7-hour ride, 6 entered the 6-hour ride, 3 entered the 5-hour ride, which gives total of 24 entries for the SEG's 75 mile event.

🚲



However, some had the luxury of a “Bakehouse” coffee, whilst waiting for the riders to pass by...

Chris Regan Ltd

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

To arrange a free consultation:

T: 01245 283098

E: chris@chrisregan.co.uk

W: www.chrisregan.co.uk

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



The Windmill Audax Ride ***Sunday 25th June 2017***



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) You can enter online at <http://www.aukweb.net> or
on-the-line (on the day); if postal, please send **P.O. or cheque**
plus S.A.E. at least 1 weeks prior to the event to:

Stefan Eichenseher
42A Whitegate Road
Southend-on-Sea
Essex SS1 2LQ
07503 163469
s.eichenseher@googlemail.com

Start & Finish:
Chelmer Cycling Club
Meteor Way
Chelmsford
Essex CM1 2RL
OS Sheet 167, TL699066

40 Years SEG's - Anniversary in pictures!

By Martin Pipe



Useful Website Links

Essex CTC Member Group	www.essexcycling.co.uk
Cyclists' Touring Club / Cycling UK	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
Bike-packing and cycle touring journeys	www.ridethebike.co.uk

Advertisers' websites

(a to z)

Basildon Timber (Decking & Timber)	www.basildontimber.com
Chris Regan Ltd (Accountant)	www.chrisregan.co.uk
Ciclos Uno (Cycle Shop)	www.ciclosuno.com
Cycle Cellar (Cycle Shop)	www.cyclecellar.co.uk
Richardson Cycles (Cycle Shop)	www.richardsonscycles.co.uk
Southend Bach Choir (Choir)	www.southendbachchoir.org.uk
The Ingatestone Café (Café)	www.ingatestonesaddlery.co.uk
The Cycle & Toy Centre (Cycle Shop)	www.thecyclecompany.co.uk

Cover picture:



Second Prize at the Dave Doo Photographic Competition 2016
Martin Pipe, member of Southeast Essex CTC
 "Two Steeds"

"Centre focussed with the horse's head near enough the focal point the shot captures the two protagonists of the title with a rider leaning on one. The light falling between what appears to be two bridges gives the silhouettes of the figures an additional border; well shot like a frame within a frame from the position of the first bridge."

RICHARDSONS CYCLES

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

TREK
Authorised Dealer

SHIMANO
Service Centre

BROMPTON

ALTURA

SWISS FRISK

ORBEA

Open 9am - 6pm Monday - Saturday

ridgeback

2 RIDLEY
and 1st competition

www.richardsonscycle.co.uk

01702 713847

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

VISA

MasterCard





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

Established 1940

CINELLI CYCLES

CLOTHING
ENDURA
NALINI

NORTHWAVE
SHOES

LAS
HELMETS

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

REPAIRS

TUES WED THURS FRI SAT

10:00 AM - 5:30 PM

10% DISCOUNT TO CTC MEMBERS

Tel: 07913 798731

