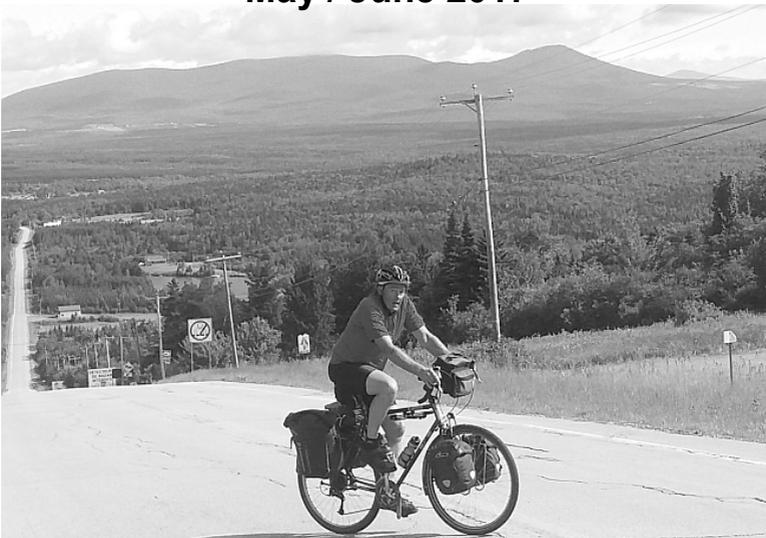


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Spotlight – Magazine of the Essex CTC MG, a local Member Group of Cycling UK (formerly the Cyclists’ Touring Club), the national cyclists’ organisation

President: Dave Rowlands

Volume 3/2017se50

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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
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	Jon Collins	☎ 01245 320733	Delegate

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EDARF - Liaison	John Davis	edarf@essexcycling.co.uk
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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 May / June 2017 edition is on 15 June 2017 .
--

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

Editor's Foreword

This issue is a nice little tight one. We are in the middle of events season, so there are a lot of options available out there.

Just one thing that comes up every year, but might be a consideration worthwhile taking into account is the provision of alternative events. Understandably not everyone wants to take part in a 100 mile ride, but I would like to ask for at least a small contingent of every MG to take part in the events that we are putting on.

Remember your individual ride-leaders are also volunteers, and a properly considered route for a Sunday takes its time just as well. I would go as far as proposing taking part in events with a deliberate DNF (i.e. take as long as it takes or cut short after the first pub) just to show support for the event organisers.

One of the established events is already gathering entries online, the route is set ... There is just one little 4-hour stint in a café next to a duck pond on Sunday, 25th June, that needs marshalling. If anyone is prepared to initial riders' cards there, please let me know.

Well then, the publishing days for the Spotlight are the dates of the committee meeting. But due to the committee meeting after next being on 19 July there is an "extended" runs list in this issue of the Spotlight. Unfortunately this created some spacing issues for a particularly active group, and all their runs list cannot be displayed on one page. Therefore I put the reminder for their recently inaugurated mid-week ride here:

SEG's Wednesday Rides

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

As I understand the uptake is slow, but those who do take part always enjoy a nice day out.

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



The President's Piece

Halfway through the club year already! Summer is just around the corner so we can stretch our legs a bit further, not been stretching mine much the last couple of months, but hope to make up for that soon.

Events season is well underway, two down already and looking forward to the Windmill Audax rides, Peggy Thorndyke 100/100 and the summer gathering (hopefully the barbie will be fired up this time!)

I've yet to join any of the other groups on one of their Sunday rides, but hope to redress that soon.

The leafy lanes through the fields and forests of Essex (and maybe a little beyond) are out there waiting!

Happy cycling,

Dave Rowlands

Forthcoming Events



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

Date	Event	Organiser
May 27	EDARF - Spring Meet , Bookings by 19 th May; Langdon Hills Golf and Country Club, RM14 3TY	Bernard Hand 020 8524 3356
June 25	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.24 for more info	Stefan Eichenseher, Brian Penny
July 9	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
July 23	[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>.



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Member Groups' Reports

Chelmsford Member Group

12 March 2017 – Henham - With a grim weather forecast I wasn't expecting many takers for this ride, but there were eight of us at the start. Three returned back to Chelmsford after elevenses at "Brett's" after we finally got to pay for our refreshments. There was a mixture of service at the counter and at the table, which got the girls confused.

The rain held off to about Elsenham and was only light. At Elsenham we negotiated two level crossings, one unmanned and the other with full manned gates. Both had us waiting for trains to pass.

At "The Cock" in Henham we met the Sunday lunch-only problem and four of us went for soup. The soup was nice but it would have been better, if we had some choice.

I had planned two routes for each section, i.e. a full fine weather route and a shorter one for wet conditions. So far we had done the full route, but after lunch with the continuing light rain and Martin feeling tired I went for a shorter ride to the "Snug Café" at High Easter. For once it wasn't a mad dash to get there before they closed! The return to Chelmsford was the standard Mashbury / Chignal Road one giving 57 miles for Dave R and me back to our cars in Meteor Way. **Mel M**

26 March 2017 - Mother's Day and the problems it presents! - Seven left Chelmsford led by Adrian, although John temporarily left us to fetch another bike after finding a defective tyre.

We had only just left the start when a pedestrian advised us our route was for buses only. It is odd how much advice cyclists get, whereas if you did the same with a car driver there would be a road rage incident! In this case the advice was complete rubbish.

Phil left us at the Notleys and the magnificent six doesn't sound right. After Perry Green we met a lot of traffic so we knew something was up. The A120 was closed eastbound and it gave us a very easy crossing towards Stisted.

At the "Greenstead Café" the members of staff were getting worked up about Mother's Day lunches and clearly didn't want us to loiter. We

found Dave and Ken already there and Eric and Heather joined us a little later.

Before the ride it had been decided finding a pub that would take us, let alone do bar snacks, would be impossible to find, so we opted for lunch at "Aldham Mill Race Nursery". We were back to seven riders again. On the way we went down America Road, which was disappointing because it must have been a fake America, as it wasn't very big!

From here Adrian took us to "Perrywood GC" for tea where we found the largest queue I've seen there. It took about 20 minutes from joining the queue to sitting down with our refreshments. Obviously this was another Mother's Day effect.

Our ride towards Chelmsford was wind assisted unlike most of the ride to lunch. I was the only one who followed our leader into Chelmsford and when I regained my car I had done 59 miles. As ever, other mileages were available, e.g. Diana ca. 75-80 miles. **Mel M**

2 April 2017- A sunny Sunday ride to Goldhanger - Seven riders left Chelmsford led by me.

Normally crossing the A130 to get into the Channels Road is a mad dash, but today it was more relaxed as the Chelmsford bound traffic was at a standstill.

After Domsey Lane I had a bit of a senior moment and had put up with jibes as I did a U-turn! The ride to elevenses was at a lively pace, which fitted in with the riders I had.

Colman's Bridge over the A12 was a bit tricky, as they have put in a width reduction after a truck went over the side.

We arrived at "Perrywood GC" at 10:58 to find all the bike racks occupied. Inside we found seven riders, three who later joined us to lunch.

I hacked off a bit of my original route to get to "The Chequers" before the 1pm rush. Having being denied access to Tudwick Road the previous Tuesday I wanted to see what work had been carried out. It now has a lovely smooth surface dressing.

Getting to the pub early worked and the ten of us took over the billiard room.

As usual I lost riders as they decided their best way home and ended up with only Dave R for the tea stop at “White Elm”, Bicknacre. Afterwards we absorbed a bit of culture by visiting the remains of the priory.

It was then a solo ride back to Wickford for me and near BHN nursery I caught up with Jim C of the SEG doing the same thing. They had to forgo a tea stop because the food at Little Totham “Swan” had been slow coming out.

Back home after 66 miles. **Mel M**

9 April 2017 - Widdington - An unbelievable summer’s day in early April drew the crowds and 10 started for this ride. With temperatures into the mid-20s riding was a pure joy, only tinged by an increasing southerly wind for the return journey.

At “Andrewsfield” Dave R, Peter T from Cambridge and John D on his recumbent trike joined us for elevenses. The numbers rather stretched the resources of the café resulting in a long slow-moving queue. Some debate took place over elevenses regarding the pace of the ride and there is an issue here we need to resolve in the group. I am probably in the middle of the range and can see both points of view as I trail sometimes on hills. The one bit of data from yesterday relevant to this issue is that my moving average speed was 12.5mph which is not far from the norm we used to work to.

For various reasons only 6 went on to lunch. It was a nice change to be doing a route which was not out and back, but more of a circular ride. We started on the track from the airfield to Lubberhedges Lane, which is a useful shortcut and quite navigable. By the turning to Monk Street John D had a puncture. It had not occurred to me before that in the case of the two front wheels you can change the tube without removing the wheel and John had it sorted in double quick time.

We headed through Monk Street to the Boxted Road then up to the tall and rather ugly radio mast near Hamperden End before taking the by-way down to Widdington. Here the “Fleur-de-Lys” pub was awash with customers, many enjoying the sunshine in the garden. A 45 minute wait for food was forecast. Peter T however got his in 15 minutes due to

someone else having over-ordered the same choice. However my soup could not be accelerated, so I cancelled it, as I was anxious not to miss the planned tea stop at High Easter.

We said goodbye to Peter and headed for High Easter against a nagging Southerly wind but managed to get there by 3.30. We then headed back to Chelmsford where my computer showed 62.5 miles. This was not enough for John B however, who went on an extra 20 mile loop at the end of the day! **Martin Cockersole**

Colchester Member Group

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

Havering Member Group

Feb 12th - Five didn't fancy being out in the cold all day so a short ride was decided on. Good old NCN route 136 through Hornchurch country park to Rainham and then along Old Father Thames to "RSPB Rainham Marshes" to thaw out.

Back home the way we came for a nice easy twenty miles. **David Rowlands**

Feb 19th - Eight riders including new rider Robert and the welcome return of Gerald. A smooth ride to Hatfield Heath "Village Tea Rooms" and a not so smooth ride home with a series of breakdowns!

A return trip of fifty miles. **Gordon Peel**

Feb 26th - Eight headed for Little Baddow but with the group making slow progress a change of plan and we ducked into "The Duck" Newney Green instead.

After a toasting by the fire we returned to Upminster, another fifty miles. **Kelvin Dane**

Mar 5th - Gordon led six to a Riverside coffee stop at "Thameside Thurrock Visitors Centre" Mucking and back, a nice easy thirty miler.

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
May 14	Blake End, Timbers	Gt. Yealdham, Waggon & Horses	J Beaumont
May 21	Brentwood, Park Cafe	Ongar, 2 Brewers	M Martin
May 28	Hatfield Heath, PO	Green Tye	A Leeds
Jun 04	Greenstead Green	Broxted, Prince of Wales	J Beaumont
Jun 11	Marks Tey, Diner	Nayland, Anchor	M Cockersole
Jun 18	Bocking, Roundwood	Finchfield, Lion	M Martin
Jun 25	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.24 for more info		Stefan Eichenseher, Brian Penny
Alt:	Blue Egg	TBA on day	TBA
Jul 02	High Easter, PO	Little Hallingbury	D Russell
Jul 09	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		Stefan Eichenseher
Alt:	Dunmow, Paradise Café	TBA on day	TBA
Jul 16	Maldon, Fig Tree	Bell, Purleigh	M Cockersole
Jul 23	[EMG] Summer Gathering , Woodham Mortimer, “Hurdlemaker’s Arms”, from 12:30		Brian Penny



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
May 14	Green Tye, Herts - 60miles	Dave Rowlands
May 21	The Blue Egg - 70miles	Kelvin Dane
May 28	Roydon - 50Miles	Dave Rowlands
Jun 04	Short Ride, Blackmore or Mucking 20/30miles	Alison 07144 705870
Jun 11	Paglesham - 70miles	Dave Rowlands
Jun 18	8.45 EARLY START Heybridge Basin - 70Miles	Gordon Peel 07711 609230 & Jon Crosby
Jun 25	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.24 for more info	Stefan Eichenseher, Brian Penny
ALT:	Rayne - 60Miles	Dave Rowlands
Jul 02	Short Ride, Beginners Welcome, 20/30miles	Gordon Peel
July 9	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
ALT:	To Be Decided	Alex Kornfeld 01708 229924
Jul 16	To Be Decided	Kelvin Dane
Jul 23	[EMG] Summer Gathering , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Brian Penny
ALT:	Bradwell on Sea 80miles	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 Elevenses venue, but not a specific pub for lunch, unless otherwise stated.

Check out

www.velocipede.org.uk for GPX and TrackLogs TCX files of our rides.

Date	Elevenses	Lunch Destination
14-May	Maldon (Fig Tree Café)	Little Totham (The Swan)
21-May	Great Stambridge (The Lakes Café)	North Shoebury (The Angel)
28-May	High Easter (Snug Café) 9am start	Felsted (The Swan)
28-May	Writtle (Lordship Tearooms) 9.30am start	Felsted (The Swan)
04-Jun	Meet at BHN Garden Centre at 09.30 for a 10.00 depart. Stow Maries (Great War Aerodrome Mess Hall) Cycle Treasure Hunt q6+	Stow Maries (Prince of Wales)
11-Jun	[IMG] Car-assisted: Hythe to Dungeness at Hythe CT21 6LD	Contact: John Steer
Alt:	Margaretting (Saddlery Café)	*see note
18-Jun	Brentwood (King George Playing Field)	Stondon Massey (Bricklayer's Arms)
25-Jun	[EMG] Windmill Rides , start from Chelmer Club hut, 8.30am for 210km; 10am for 120km, see p.24 for more info	Stefan Eichenseher, Brian Penny
Alt:	Woodham Walter (Bunsay Down Golf Club)	*see note
02-Jul	Maldon (Queen's Head)	Kelvedon (Railway Tavern)
09-Jul	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30	Stefan Eichenseher
Alt:	Little Baddow (Paper Mill Lock Café)	*see note
16-Jul	South Weald (Wigley Bush Cafe in Weald Country Park)	Mill Green (The Viper)
23-Jul	[EMG] Summer Gathering , Woodham Mortimer, "Hurdlemaker's Arms", from 12:30	Brian Penny
ALT:	Chelmsford (Moulsham Cafe)	*see note

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

More information on www.colchestercycling.uk

Date	11ses	Destination	Leader
May 14	TBC	TBC	Simon Brooks
May 21	TBC	Paper Mill Lock Tearoom	Paul & Caroline Avison
May 28	Assington Barn	Long Melford	Des McCarron
Jun 04	TBC	Mersea Island	
Jun 11	TBC	Harwich, New Bell Inn	
Jun 18	Kelverdon, Sandwich Bar	Littley Green, Compasses	
Jun 25	[EMG] Windmill Rides , start from Chelmer Club hut, 210km @ 8.30am, 120km @ 10am, more info on p.24		Stefan Eichenseher, Brian Penny
Alt:	TBC	Castle Hedingham ,Bell	Des Mc Carron
Jul 02	Wickham St Paul, Spencers Farm Shop	Clare, Country Park Picnic	Paul & Caroline Avison
Jul 09	[EMG] Peggy Thorndike Memorial 100m/100km , start from Wickford Café Restaurant, SS11 7AD, OS Sheet 178, TQ747936, open from 7:30		Stefan Eichenseher
Alt:	TBC	Gt Bardfield, Blue Egg	
Jul 16	TBC	Pin Mill Butt& Oyster	
Jul 23	[EMG] Summer Gathering , Woodham Mortimer, “Hurdlemaker’s Arms”, from 12:30		Brian Penny
Alt:	TBC	Woodham Mortimer Hurdlemakers Arms	Des McCarron

Since the Colchester CTC Informal Member Group has its roots in the “Cycle Champions”, bikes, helmets, etc. can be provided free of charge.

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).



The New Inn, Colchester

Member Groups' Reports – cont'd.

Mar 12th - Nine for elevenses at "Blackmore Tea Rooms" and via Willingale and Matching to Matching Tye for a (very brief) lunch in "The Fox" (Why have they got a pig on the bar?)

A blast back via Greensted, Ongar and Navestock for another fifty miler.

Mar 19th - Gordon took the group for a sixty miler to "Burstead Farm Shop" for elevenses (nice coffee stop but no toilets) and lunch in "The Bell" Purleigh.

Mar 26th - With pubs expected to be busy for Mother's Day Kelvin led the group to Festival leisure park Basildon for elevenses in "McDonalds". Only a short ride, but a grind up Old Church Hill gave everyone an appetite for their Big Macs! **David Rowlands**

South East Essex Informal Member Group

1st March - The inaugural Wednesday ride which starts from the BHN Garden Centre at 10.30am was attended by Lynda C, as I was in Manchester and from all accounts she had a good solo ride.

5th March – Mill Green - Eight braved the rain to depart from Wickford via Rawreth, Battlesbridge, East and West Hanningfield to Ramsden Heath with elevenses taken at the "Hall & Co." coffee shop. Only four went onto "The Viper" via Stock and Margaretting. One of the guest ales was called 'Donald Trunk' which was supplied by the Elephant Brewing Company.

8th March – Owl's Tearoom - Luckily, I remembered to turn up this time and was joined by Mel M and Graham R. We decided to go to Terling despite the rain and went via East Hanningfield, Danbury, Boreham and Fuller Street. I checked out the "Rayleigh Arms", which has re-opened but alas they don't do snacks on a Sunday although it will be fine for the 40+ group during the week.

12th March – West Hanningfield - I was unable to make the start of the ride, so Brian P led one group of five 18 miles via Danbury and Peter W a group of seven to rendezvous at the "Great War Aerodrome" at Stow Maries for elevenses. It made a change for me to lead a group of one (me) from home and just after I'd arrived John S and Lynda C appeared having ridden from SWF. We'd brought some WW1 memorabilia to show

the museum staff and I was able to identify the aircraft in an old photo. The mess hall is a very nostalgic place and we were entertained by a pianola which uses rolls to play the music. Nine went to the pub and a good time was had by all.

15th March – “Peartree Pantry” - Lynda C, Mel M, Tony B and myself headed out on a particularly lovely day from BHN and went via Danbury, Hoe Mill Lock and Langford. As we were the only customers service was prompt and we can recommend the omelette and chips.

19th March – Ramsden Heath - I lead a group of six out of Wickford up Brock Hill, where we met Lynda C and then continued via Stock and Margaretting Tye. Peter W led a large group of nine via Ingatestone, Mill Green and Loves Green and at a faster pace. Two rode at a more sedate pace and we all congregated at “The Saddlery Café” for elevenses. Eight went onto the “Nags Head” for lunch.

22nd March – Home - As the weather was particularly nasty only Graham R and I turned up and after having a warming cup of coffee we decided that there was no point in carrying on. I still managed to do 40 miles by the time I got home.

26th March – Cock Clarks - Our numbers were somewhat reduced and I led six out to “Bunsay Down Golf Club”. Three went to the “White Elms Tearoom” at Bicknacre and three went direct to Bunsay Down from SWF. Ten went to the “Fox and Hounds” which is under new management and we were a bit disappointed to find ourselves outside, as inside was set for Mother’s Day diners, but nobody was there. The consensus of opinion was to give them one more go, but not until later in the year.

29th March – The Viper - Martin F, Peter R, Tony B, Mel M and I decided to have a pub lunch for a change (it didn’t take much persuading, as we all thought it was a good idea). We went via West Hanningfield, Stock, Margaretting, Loves Green and Mill Green. **Manchurian**



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St George's Ride

By Stefan

Bright sky, sun is shining, I opened the window to check the temperature and decided on 3 layers top plus shorts and summer-longs (an extra top in the bag for later)... by Shotgate I removed one outer layer, but put a hivi's light jacket on.



First though getting out of Southend: a metal avalanche outbound: 20 cars queuing at the red light Vic Ave with Fairfax drive. A car overtook whilst I rolled towards the end of the queue – “Yeah, two meters gained in front of this cyclist.” – That was my thought for

the car driver, as an aside. In the end I did decide to overtake the lot between the two lanes of cars, until 5 cars before the lights changed and I turned left towards the Chase.

I needed to remind myself: If you want to do distance, go slowly. I left at 3pm fully aware and anticipating to stay out late.

I was considering the Turnpike, Creephedge Lane, Bickenacre, Woodham Mortimer and as far as I could remember by heart. I did take the maps with me, just in case.

My usual evening 50 miler route consists of Southend, Rayleigh, Wickford, Margaretting, Writtle, Chelmsford, Sandon, Butts Green, Rettendon, Turnpike, Rayleigh and home. So the autopilot distracted my initial intention and I went up Brock Hill ... to then turn towards the Hanningfields and aiming for Bickenacre. I stayed on the main road, which after the roundabout turned into the A414 (to Maldon). Following some of the former Witham 200 Audax I got to Ulting by 5pm (exactly acc to the church tower clock).

Via Bumfords Lane I thought I would come past the PH at Nounsley. I obviously got something wrong, because there wasn't a pub in sight for some time. Just before The Notleys, I turned towards Ranks Green and

found myself kind of route checking part of the 100/100 and an information control point.

On the way I wondered why there were no St George's flags anywhere, apart from a lone lost car-flag somewhere on the side of a road. Ok, it was a bit fresh, so not the best weather for an outside BBQ & celebrations. However, it felt like some kind of really subdued mood.

I was hoping for a celebratory special brew, as I had seen in previous years...



But then, there was Littley Green at 18.35 or so. My enquiry was: "Do you have anything celebrating St George's Day?" – "No, but they are all English." – "Something dark and mild, please." So I found a new preferred flavour: *Blackwater mild* (3.6%), from Crough Vale. Hindsight always knows better, although this one is a supposedly well-known wisdom: firstly have a pint of tap water / squash to quench your thirst, before ordering a good pint and enjoying the aroma. Kitchen opens at 7pm – well, I obviously had to wait. Jacket potato with beans and cheese, and another pint of this lovely dew... followed by another ½ pint.

I got talking to some locals and their idea was that the symbol of the English flag had been abused by nationalist groups and so its representation therefore is currently a bit tarnished.

Left at 20.15 – all top layers on, but still in ¾-shorts, accompanied a family (with 3 children) to Howe Street, after which I continued to Great Waltham, The Chignals and Chelmsford. From there I picked up my routine evening home-bound route through the park.

It was fresh to say the least. I felt my feet cold and wet (although there was no moisture about) and my upper body cooling down. No, I didn't stop, as I didn't want to feel the actual cold from around me. Also, I thought there was not much more that I could put on, so I kept going. The difference in temperature was clearly to feel in open land versus tree-/bush-lined lanes and/or houses either side, which kept the warmth of the day enclosed.

I so hoped that the little shop just before the “Hungry Horse” was still open at ¼ to 11pm, but alas, no sugar boost before Crown Hill. I looked around, lots of lit-up shops, but nothing of the sort for a quick intake. Along Rayleigh Road there was a Tesco Express still open; so I had a few fig-rolls, just to keep me going for the last 4 miles. I was home at ten to the new day.

Right at the beginning of the ride my speedometer packed up. So the next morning I tried to recreate the route online and came to 114.03km or just over 70 miles. Leaving at 3pm, home at 12am, less 2 hours at the pub and a few self-orientating stops comes to a good 7 hours Sunday evening ride. And well worth for a St George’s Day outing. ☘

Obituaries

At the end of March I received the news that **Robin Hemmings** died on the 4th March 2017 after a short stay in hospital. As I understand he was enjoying his retirement in France.

Due to not having heard of him before, I presume he belonged to the “old league” of the VRC & EDARF. However, I wanted to mention him here in remembrance of previous cycling actors.

On Easter Monday (17 April 2017) Peter announced the passing of his wife **Christine Smith**, who finally succumbed to her debilitating illness.

As with most of the elder generation of former locally famous cyclists, I rarely remember meeting them on the few occasions that we “young” meet the ones still-feeling-young.

So I can only point to Christine’s long-standing involvement as the secretary of the Viking Road Club and recently as editor of SAGA and EDARF News.

I would like to encourage anyone to share a memory of Christine with the current cycling community to commemorate her life and contributions to our course. [Ed.]

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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

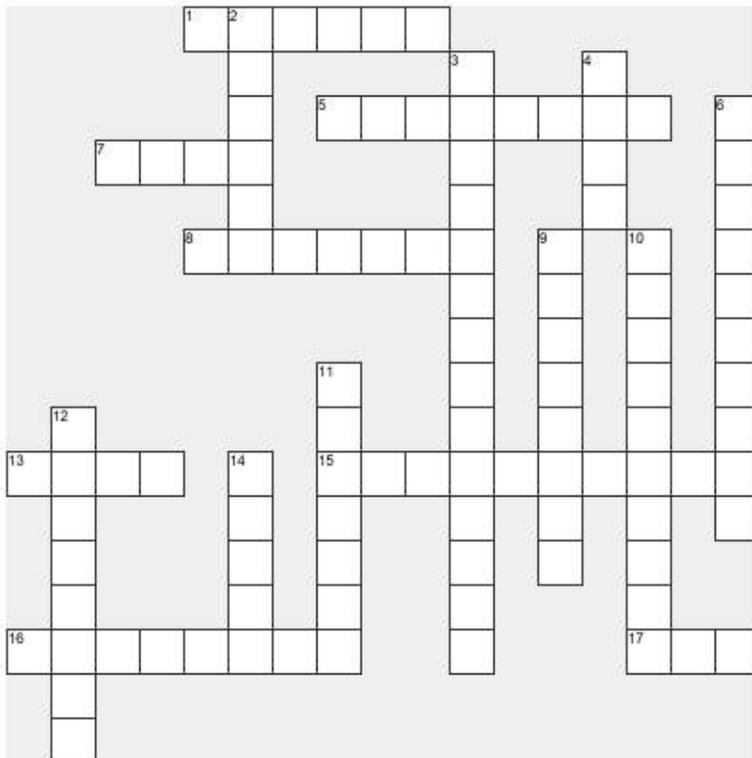
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"Fun" from the 🏠: ... found on my travels through the Internet. [Ed]:

Bicycle Advocacy Crossword



Constructed using Crossword Weaver.

ACROSS

- 1 _____ footprint
- 5 Return of the _____
- 7 Shared use _____
- 8 Dutch shared street
- 13 Federal Highway Administration
- 15 Physically separated bike lane
- 16 _____ streets
- 17 Transit Oriented Development

DOWN

- 2 Bicycle facility guide publisher
- 3 Slows down cars
- 4 Danish architect Jan _____
- 6 Bus bike rack manufacturer
- 9 _____ U bike racks
- 10 Traffic circle's modern cousin
- 11 Two wheeled chaindrive contraption
- 12 Shared lane markings
- 14 Fixed gear bicycle nickname

[I have no idea of the completed solution, Ed.]

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
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
Bike-packing and cycle touring journeys	www.ridethebike.co.uk

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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:



Third Prize at the Dave Doo Photographic Competition 2016
Ian Mather, member of Southeast Essex CTC
"A long climb to the top from Chartierville, Canada"

"Having the rider as central point allows the impression of the long climb especially given through the arrangement of the telegraph masts. Losing the road on the left down into the distance also extends this effect supported by the undulating Hinterland."

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