

**September / October 2017**



"Round the world cyclist noted in Kyushu, Japan"

**Ann Gregson, member of Essex CTC**

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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 5/2017se52

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

<u>Officer</u>	<u>Name</u>	<u>(preferred) Contact</u>
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	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
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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 November / December 2017 edition is on <b>15 October</b> 2017.
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The Editor reserves the right to edit contributions for reasons of space, clarity or libel.

## ***Editor's Foreword***

This issue is once again a rather thin one, but stuffed with lots of information and three essays. Unfortunately we lost another page of advertisers. So, if you know of anyone who would like to support the good cause of the hard copy magazine, please let me know.

The runs secretary of the SEG's asked me to put a correction in regarding their "alternative venue" on the day of the *Essex Summer Meet*. It appears that I wrongly transferred the runs-list provided: The "destination" should have read: "see above" (referring to the venue of the Summer Meet). My apologies, *Ed*.

The privileges to be the first to read the ride reports also give me the opportunity to comment (if needed...):

As you know, I prefer to leave reports mostly unedited in order to not influence the style of the writer too much. However, upon considerable deliberation I had to curtail one report quite a bit. The writer might notice and perhaps put an article in its own right forward about the issue with which he is discontented.

**Please note:** We will need a new Essex CTC Secretary this year. (p.20)

Of all the positions this is the most important contact point for HQ and community. Please don't expect someone else will do it. As most attending the AGM know about others previous contributions, we will be stuck until someone utters the words "OK, I'll do it then...". However, I hope that someone I haven't yet seen on the committee might give it a go!

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***

With the summer behind us and the events season almost over we look forward to autumn, and hopefully plenty of good cycling weather (some might say the best) still to come!

Still one riding event to come: the *Colchester 100/100* on the **24<sup>th</sup> September**.

Entry for the *David Doo Photo Competition* closes on **October 2<sup>nd</sup>** so get snapping!

AGM time is fast approaching for the individual groups and the **Essex CTC AGM** is on **November 4<sup>th</sup>**, during which the committee for the following year is elected, vital for the functioning of the club. So, if you'd like to help, don't be shy!

Prize giving and buffet follows.

So, no slipping on them autumn leaves, please! May the p\*\*\* fairy leave you alone, and the wind be behind you for another year!

***Dave Rowlands***  
*Presidente*

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## **Member Groups' Reports**

### **Chelmsford Member Group**

**Sunday 2nd July - The search for suitable pub** - Seven riders left Chelmsford led by Dave R. To arrive at the "Snug Café" at High Easter at 11 o'clock several loops were put in. Already there was birthday boy Adrian, who paid for all our refreshments, which were gratefully received! Both John B and Adrian had family commitments, so we were down to six for lunch.

Our route took us up a long straight beside Hatfield Forest. The whole area displayed double yellow lines to encourage people to use the NT car park and pay £6 for the privilege. At the end of this road we accessed the Flich Way and headed west. About three quarters of it had a pleasant smooth surface and then we came across a section of a loose material, which tested our sense of balance.

Our intention was to have lunch at "The George" in Little Hallingbury, but we were hit by the curse of the Sunday Roast. They were not very helpful, i.e. did not offer starters like soup, so we left. Dave then took us onto Hatfield Heath and we got the same response at "The Thatchers". That's two pubs to keep off the runs list. Personally, I will not be giving them any custom on weekdays. "The White Horse" did offer soup, but we decided to go for sandwiches at the Co-op next door.

Heading south after our cheap lunch we came across the annual car show at Matching Green, which explained the amount of traffic in the area.

Afternoon tea was taken at "Blackmore Tearooms".

By the time Dave and I got back to our cars in Meteor Way we had covered just over 61 miles. **Mel M**

**30th July 2017** - Only three riders turned up at the start. Martin C led Dave S and me to "Rayne Booking Hall". Here we met Dave R and later John and Maggie turned up. This was only Maggie's second time out on the tandem after her knee op.

I had come prepared for a ride to Great Yeldham, but no one was interested considering the wind strength. As a result Dave R and I

decided to go to “The Compasses” at Littley Green using the Flich Way as far as Stebbing Road.

Sitting at a bench on his own was Jon Collins. I had seen him earlier cycling into Wickford as I motored out. He explained the majority of the SEG returned after elevenses and only three had gone on. The other two, Martin Pipe and Martin Fuller, were still out there somewhere in Essex! They arrived quite late, just as we were about to leave.

I rode back in Chelmsford with Jon C. **Mel M**

**6 August 2017 - Ride to Abberton Reservoir and Copford** - A lovely sunny morning but only four of us turned up for the ride today. The first leg to Abberton was a little longer than our normal ride to elevenses at about 24 miles. This is slightly longer than the minimum distance, but I wanted to avoid busy roads where possible. However, we made good time and arrived at 11:07. The “Essex Wildlife visitor centre” has a very good café and we enjoyed sitting outside overlooking the reservoir.

The next leg to Copford was hard to plan, as it’s only about 5 miles away, but we managed to make it 9 miles! There we were joined by three more of our colleagues for lunch at “The Alma”, which is now serving the lighter snacks again on Sunday lunchtime.

As we had not used it before, I identified “Crossing Barns” as our tea stop and we rode there via Great Tey and Coggeshall with an increasing but manageable SW wind.

Having fuelled ourselves with cake and copious tea we set off for Chelmsford and I arrived back with about 63 miles on the clock. **Martin C**

## **Colchester Member Group**

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

## **Haverling Member Group**

**June 4<sup>th</sup>** - Thirteen riders turned up for our short ride to Thameside Thurrock at Mucking. Out via Fen Lane and Bulphan, loads of cyclists for company thanks to the *Thurrock Cycle Marathon*.



A quick cuppa stop overlooking the Thames then back home, a nice easy 30 miles.

**June 11<sup>th</sup>** - Six for a sunny elevenses at "Hall and Co Café", Ramsden Heath; then on to Paglesham Eastend via Rettendon and Battlesbridge.

Nice lunch at "The Plough and Sail" followed by a walk to the marina.

Back on the bikes and the sun stayed with us, but the wind we could have done without!

Back to Havering with 70 miles on the clock.

**June 18<sup>th</sup> - Too hot for Rayne!** - Three riders set off for elevenses at "The Snug Café", High Easter. With the temperature in the thirties the hot trio decided not to carry on to Rayne, so we headed back on melting tarmac with a cooling off stop at "Megarrys"!

**June 25<sup>th</sup>** - Eight Havering riders rode to the "Norton Heath Café", where they teamed up with S Herts CTC for the ride to lunch at Heybridge Basin. Threeses was at the "White Elm Garden Centre", Bicknacre.

Meanwhile - Gerald Howgate completed the 120K Windmill Audax ride.

**July 2<sup>nd</sup> & 9<sup>th</sup>** No report received.

**July 16<sup>th</sup>** - Kelvin led twelve to elevenses at "Blackmore Tea Rooms", then on to Good Easter. It was the weekend of the bicentennial cycling event, but we missed the best of the action, as this took place on the Saturday. So after a brief stop it was off to High Easter for refreshments.

Return via Gt Waltham and Writtle.

**July 23<sup>rd</sup>** - Six set off for elevenses at Ramsden Heath. Then it was off via the Hanningfields to Woodham Mortimer, where all the Essex CTC groups were gathered.

BBQ at "The Hurdlemakers" went well (Thanks to Brian Penny).

The clouds were gathering, so a quick photo-call. Then off we went, just as the rain started!

We took a more tree-lined route back, but still got a good wetting. Still, it wasn't too long before the sun came out and we were dry by the time we got home.

**July 30<sup>th</sup>** - Kelvin led the magnificent seven out nice and early for our hundred miler.

*continued on page 30*

## Forthcoming Events



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

Date	Event	Organiser
1 Sep	<b>[EMG] Photographic Competition</b> Entries open: 1 <sup>st</sup> Sept - Closing date: 2 <sup>nd</sup> Oct	Lynda Collins
25 Sep	<b>[EMG] Colchester 100 / 100</b> , start from Playgolf Colchester, CO3 4AU, OS168 TL973262, at 9:30	Des McCarron, 01206 870721
15 Oct	<b>[MG] Havering Group AGM</b> , 10.30 am Thames Chase Visitor Centre Pike Lane, Upminster, RM14 3NS	David Rowlands 07948 583979
8 Oct	<b>Submit your Events Card</b> Claim your Standard/Premier Award	Lynda Collins
21 Oct	<b>[EDARF &amp; VRC] - Autumn Meet</b> , at Langdon Hills Golf and Country Club, Essex RM14 3TY, 12:30, see p 21 for further information	Bernard Hand 020 8524 3356
4 Nov	<b>[EMG] Essex CTC MG AGM</b> , 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), see p.20	Lynda Collins, 01245 320 733

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

## Your Events Card is now due!



Your completed **Events Card** (evidence of events completed throughout the year) needs to be submitted to the Essex CTC MG Secretary, Lynda Collins, **by the 8<sup>th</sup> October 2017** to claim your Standard or Premier Award.

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





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10.00am to 3.00pm

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## 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
Sep 17	Elsenham Golf	Wendons, Ambo	J Beaumont
<b>25 Sep</b>	<b>[EMG] Colchester 100 / 100</b> , start from Playgolf Colchester, CO3 4AU, OS168 TL972261, see p.21		Des McCarron
<b>Alt:</b>	Perrywoods	TBA on day	
Oct 01	Perrywoods Nurseries	Thatcher's Arms Mount Bures	
Oct 08	Andrewsfield	Steeple Bumpstead	
Oct 15	Hockley	Shoeburyness	Mel Martin
Oct 22	Jam Factory	Donkey & Buskins Layer DLH	
Oct 29	Billericay Wetherspoons	Stondon Massey Bricklayers	
<b>4 Nov</b>	<b>[EMG] Essex CTC MG AGM</b> , 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), see p.20		Lynda Collins, 01245 320 733
Nov 05	Blackmore Tea Rooms	Matching Tye Fox	Mel Martin
Nov 12	Blake End Timbers	Finchingfield Red Lion	
Nov 19	Blue Egg, Bardfield	Castle Hedingham	
Nov 26	BHN Rettendon	Maldon Wetherspoons	



## Havering Member Group – Runs List



**Secretary:** David Rowlands

david\_rowlands@hotmail.co.uk or ☎ 07948 583979

**Promotions Officer:** Kelvin Dane

[kelvindane@live.co.uk](mailto:kelvindane@live.co.uk) or ☎ 07922 111790

[www.essexcycling.co.uk](http://www.essexcycling.co.uk) & [www.haveringcycling.com](http://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
Sep 17	9am "The Three Elms" Chignall St James 60miles	Dave Rowlands
<b>24 Sep</b>	<b>[EMG] Colchester 100 / 100</b> , start from Playgolf Colchester, CO3 4AU, OS168 TL972261, <i>see p.21</i>	Des McCarron
<b>ALT:</b>	"The Three Elms", Chignall St James (60 miles)	Dave Rowlands
Oct 01	Short Ride, Beginners Welcome	Alison Hunnisett 07944 705870
Oct 08	To Be Decided	Kelvin Dane
<b>Oct 15</b>	<b>[MG] Havering CTC AGM</b> Ride from Upminster, or Meet at Thames Chase Pike Lane at 10.30	Dave Rowlands
Oct 22	To Be Decided	To Be Decided
Oct 29	White Elm Garden Centre Bicknacre	Dave Rowlands
<b>4 Nov</b>	<b>[EMG] Essex CTC MG AGM</b> , 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), <i>see p.20</i>	Lynda Collins, 01245 320 733
Nov 05	Short Ride, Beginners Welcome	Kelvin Dane
Nov 12	The Garnon Bushes, Coopersale	Dave Rowlands
Nov 19	The Rainbow and Dove, Hastingwood	Dave Rowlands
Nov 26	Roding Hall Tea Rooms High Roding	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](mailto:segssec@btinternet.com)

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

**Club Nights** are the 2<sup>nd</sup> & 4<sup>th</sup> 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 Elevesens venue, but not a specific pub for lunch, unless otherwise stated.

Find Garmin GPX and TrackLogs TCX files of our rides on [www.velocipede.org.uk](http://www.velocipede.org.uk)

Date	Elevesens	Lunch Destination
17-Sep	Writtle (Lordship Tearooms)	Cock Clarks (Fox & Hounds)
<b>24 Sep</b>	<b>[EMG] Colchester 100 / 100</b> , start from Playgolf Colchester, CO3 4AU, OS168 TL972261, <i>see p.21</i>	Des McCarron
<b>ALT:</b>	Blackmore (Blackmore Tearooms)	Mill Green (The Viper)
01-Oct	<b>[IMG] Car-assisted: Viking Trail, Kent.</b> Meet 9.15am at “Le Café Crème”, Birchington CT7 9RA.	John Steer
<b>ALT:</b>	Little Baddow (Paper Mill Lock Café)	TBC
08-Oct	Writtle (Loubees Tearoom)	Littley Green (The Compasses)
15-Oct	Ramsden Heath (Hall & Co.)	Mundon (White Horse)
22-Oct	Maldon (Rose & Crown)	Little Totham (The Swan)
29-Oct	Margaretting (Saddlery)	Ramsden Bellhouse (Fox & Hounds)
<b>4 Nov</b>	<b>[EMG] Essex CTC MG AGM</b> , 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), <i>see p.20</i>	Lynda Collins, 01245 320 733
05-Nov	Rochford (The Beehive)	Ballards Gore (Shepherd & Dog)
12-Nov	Billericay (Café Deli 37)	Stondon Massey (Bricklayer’s Arms)
19-Nov	Chelmsford (River Café)	West Hanningfield (Three Compasses)
26-Nov	Woodham Walter (Bunsay Down GC)	Stow Maries (Prince of Wales)

### Mid-week Rides (Not Oct – Mar)

Wednesday at 10am for 10.30am 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](mailto:alanpalmer@phonecoop.coop)

All rides meet Leisure World Container by Skatepark at 9:30am

More information on [www.colchestercycling.uk](http://www.colchestercycling.uk)

Date	11ses	Destination	Leader
Sep 17	TBC	Paper Mill Lock Tea rooms	Ashley Ager
<b>24 Sep</b>	<b>[EMG] Colchester 100 / 100</b> , start from Playgolf Colchester, CO3 4AU, OS168 TL972261, <i>see p.21</i>		Des McCarron
Oct 01	TBC	Long Melford	Des McCarron
Oct 08	TBC	Brett Vale Golf Club	Paul & Caroline Avison
Oct 15	Earls Colne, Colne Valley Golf Club	TBC	Simon Brooks
Oct 22	TBC	Cressing Temple Barns (Apple Day)	TBC
Oct 29	TBC	TBC	TBC
<b>4 Nov</b>	<b>[EMG] Essex CTC MG AGM</b> , 10:30 am at the Chelmer Club hut, Meteor Way, OS167, TL698067 (refreshments are provided), <i>see p.20</i>		Lynda Collins, 01245 320 733
Nov 05	TBC	TBC	TBC

Please check the online runs-list ([www.colchestercycling.uk/runslist.html](http://www.colchestercycling.uk/runslist.html)) for the latest updates on destinations.

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 3<sup>rd</sup> Monday of the month, 8pm at “The New Inn”, Chappel St South (CO2 7AX).



The New Inn, Colchester



## **Member Groups' Reports – cont'd.**

Multiple strikes from the p\*-fairy delayed the action a bit, but we made it to our first stop at Sawbridgeworth namely "The Shed".

On through Bishops Stortford and Clavering then Arkesden and a surprisingly hilly last few miles to our target in Duxford.

Lunch was at "The Plough" and was rather good and served promptly. Over lunch we were buzzed by a Spitfire and a Flying Fortress as the clouds threatened rain. Said rain never materialised, but the wind made it hard work back!

We retraced to Stocking Pelham then headed for Much Hadham via Albury, where "The Catherine Wheel" has reverted to a pub. A very late threeses in a petrol station in Sawbridgeworth; then back via Ongar to Upminster just as the sun was setting.

I managed to lose Helen and Gordon! Reunited at Epping we made it home without further mishaps! Another fifty miles. **David Rowlands**

## **South East Essex Informal Member Group**

**25<sup>th</sup> June, Windmill Event** - Lynda C and myself once again were marshalling at Finchingfield for this event. Oh the pleasure of sitting/standing or whatever one does while waiting for riders to come to your checkpoint and being pestered by small flying insects. We signed and timed as the riders came through and did our up-most to stop the motorcycle brigade from parking in front of our patch. After the last rider went through we drove to Great Bardfield and unloaded our folding bikes. Our first port of call was at the "Blue Egg". Boy are they getting expensive! Then it was off for a short ride (10.6 miles) around some quiet lanes before returning to my car and our drive to Lynda's then home for me.

**2<sup>nd</sup> July, Maldon to Kelvedon** - I rode this morning to the start at Wickford (the first time in ages). We met up with Lynda at the elevens stop in Maldon. I was going to return home after elevens, but Lynda persuaded me to go on the Kelvedon by offering me a lift home from her place. Lynda lead the ride taking us on a route used by Ian. She got it spot on and we arrived on time. All week I had been pouring over my maps and I had decided on a new route back. This I put to Lynda.

At the pub a table had been reserved outside. Luckily, it was a warm and sunny day. Four of us enjoyed our lunch and being pestered by two ducks for treats (which Jon supplied). After our lunch between Lynda and myself we worked out the new route back going via Rivenhall End

and Witham. Then working our way down to Woodham Ferrers and my lift home.

**9<sup>th</sup> July, Missed Event** - Five of us missed out on the Peggy Thorndyke event. Yes, this is the right spelling as told to me by Peggy. *[Thanks for providing this info Ed. / PT-event organiser]* Instead we went to “The White Elms” tea rooms.

**16<sup>th</sup> July, An event a week late** - Jon, Lynda, Ron and I met at Wickford to ride the 100k route of the week previous, as we didn't fancy the idea of riding around Brentwood to South Weald Park. This turned out to be the longest ride I have ridden this year (67.9 miles in total). These shorter rides are due to me having moved nearer to Wickford by 8 miles, which is 8 miles each way. That is 16 miles less per ride, when I lived in Shoeburyness. I would often clock up 70/100 plus miles on a Sunday.

**23<sup>rd</sup> July, Summer Gathering** - Our group set off for the “Moulsham Café” in Chelmsford. Some corrections had to be made to one members’ Memory Map device, as it can be difficult to plan it on a computer. But we arrived in good time and found the café to be reasonable priced and good service. After our grub stop we walked (well some did) across Chelmsford to the river and then followed it through to Sandon, East Hanningfield. After Bickenacre we nearly lost Mike C, but I thought he was right behind me, as I moved out to centre of the road ready to turn into Slough Road.

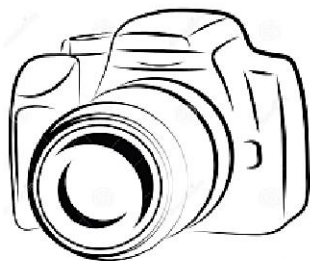
It turns out Mike stopped to let the following cars go past him before the turn and nearly missed us turning. (He should have stayed on my wheel!) Next after our left turn towards Woodham Mortimer Brian and I could hear Stefan shouting, we stopped again and waited for Stefan, Lia and Mike to join us once again.

It looks like the job of a tail-end Charlie has to be reiterated, so that manners of communication are clear to those who decide to stay at the back.

The Essex groups gathering was very well attended as was the very heavy rain later in the afternoon, the BBQ was OK. But as for the salad the lettuce was well passed its sell by date. After the photo shoot I went to complain to the young lady, who served me but found the BBQ counter closed. That's the third time I have been disappointed in “The Hurdlemakers” pub. The only thing going for it was the large marquee, in which we sheltered while it rained. **John S**

## 2017 David Doo Photographic Prize

*By Lynda Collins*

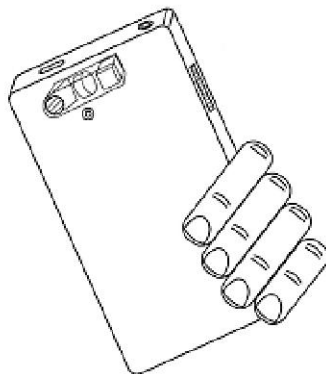


This year, we are once again organising the David Doo Photographic Competition - named in honour of the late Chelmsford member, who was also a keen photographer. The competition is intended to be a fitting annual tribute to him.

Cycling and photography are complementary hobbies, as the frequent use of cameras on tours and Sunday rides amply demonstrates. Our beautiful countryside and the camaraderie of wheelman ship are natural photographic subjects.

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.

The winner, whose name will grace an Annual Challenge trophy, will be announced at the Essex CTC AGM in November. There will also be a small trophy to keep.



- The competition is open to all Essex CTC members and there is no entry fee.
- Photographs should be submitted digitally or can be hard copy and sized 7x5in or 6x4in.
- Entries are limited to one photograph per person.
- **Entries** open on 1<sup>st</sup> September 2016 and **close on 2<sup>nd</sup> October 2017.**

Please forward your prints to Lynda Collins 142 Hullbridge Road, South Woodham Ferrers, Chelmsford, CM3 5LL. 

## Essex CTC Member Group AGM

		The **Essex CTC Annual General Meeting** will be held		
		at the **Chelmer CC Clubhouse**		
		in Meteor Way, Waterhouse Lane, Chelmsford,		
		(OS167, TL698067)		
		on **Saturday**, the **4<sup>th</sup> November 2017**		
		commencing at **10.30am**.		
		Nominations for office are accepted on the day. Propositions		
		must be received by Lynda Collins by **27<sup>th</sup> October**.		
		If propositions are sent by email, please ensure a seconder is		
		present on the day.		
		The Prize-giving will take place after the meeting with some food		
		to stop you getting hungry.		
		Please support Essex Cyclist's Touring Club!		
		[www.essexcycling.co.uk](http://www.essexcycling.co.uk)		



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**Saturday, 25th November, at 7.30pm**

Thorpe Bay Methodist Church, The Broadway, SS1 3HQ

**Tickets £8 (students £5) available at the door,  
01268 772842 or [www.southendbachchoir.org.uk](http://www.southendbachchoir.org.uk)**

## **EMG Event & "Old-timers' Meet"**

### ***The Colchester 100 m / 100 km Tourist Competition***

**Sunday, 24<sup>th</sup> September 2017 from 8.00am**

Start / Finish venue: **Playgolf Colchester** on Bakers Lane

The route is largely unchanged from last year: <https://goo.gl/mGyvpo>

Entry form, route sheet, and GPX files are ready to download:

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

**Advanced** entry is **£3** - **Entry on the line** is **£4**

Contact the organiser **Des McCarron** on **01206 870721**

## ***EDARF & VRC - Spring Meet***

**SATURDAY 21<sup>th</sup> October 2017**

***Langdon Hills Golf and Country Club***

*Essex RM14 3TY*

**12.30 noon for 1.00 pm**

***£21.50 for a 3-course Carvery***

**Bookings please by 14<sup>th</sup> October to**

**Money to be paid to**

**Bernard Hand (Treasurer)**

**169 Normanshire Drive,**

**Chingford,**

**London E4 9HB**

**Bernard Hand**

**020 8524 3356**

**bernardsidneyhand@tiscali.co.uk**

**Cheques** to be made payable to **EDARF** by the 14<sup>th</sup> October

## **Circumnavigating the Isle of Mull**

*By Paula Rosewarne*

Sunday, 25th September 2016 –  
**Craignure to Pennyghael (20 miles)**

The 3-hour train journey from Glasgow to Oban passed quickly, as my friend Sam and I chatted away. This is such a picturesque journey, up along the firth of Clyde before heading west along Loch Awe. We changed on-board into our cycling gear, and were all set to get going straight away after arriving in Craignure, our first calling point on Mull.

From the ferry we headed south towards Fionnphort, almost immediately entering a long, slow climb. Soon the road turned westward and traced along a river for much of the route, which took us across moorland, quite bleak terrain, especially given the foreboding grey clouds periodically obscuring the mountains ahead, and a decidedly chilly south-westerly wind. However, it was very beautiful in its bleakness and this part of the island is particularly wild. Towards the end of our day, as the light started to dim, a lone stag crossed the road in front of us which topped off the scene perfectly.

We were relieved to drop down towards the coast and pass the Pennyghael sign. We hurriedly checked into our B&B, a plush and happily warm and welcoming place called “Craigrowan” with a great view over the sea. After a quick, very hot shower we were scurrying down the road to the restaurant, where we feasted on local mussels and seabass, all washed down with a nice bottle of red and followed up with a cheese course of Tobermory blue and Mull cheddar, both excellent.

Monday, 26th September 2016 –  
**Pennyghael to Fionnphort & rtn, then to Salen (55.3 miles)**

We had a grand plan to leave most of our luggage at the B&B, take the 9.30-bus to Fionnphort, explore Iona, then bike back to pick up our gear. We waited... and waited, ... 9.30 came and went, and then I re-checked the timetable. It turned out that I had failed to notice a little ‘NM’ beside the 9.30: ‘Not Mondays’ we presumed. Grrr... So, we formed a revised plan to bike there and get the ferry back. The road was single track all the way with frequent passing places, but quite busy at times. Iona is a real draw for visitors with 500,000 going there each year. The ride was pleasant enough, quite undulating. Unlike the rest of Mull, which is dominated by large estates, this south-west corner is characterised by smaller farmsteads and crofts.

We arrived at Fionnphort with 45 minutes to wait until the next ferry, so grabbed a cup of tea. There was a little snack cabin selling across the street so Sam went to investigate. She returned with some crushing news: the buses were now on the winter timetable and the next one was not until 3.30pm. Total dismay! Our only options were to get a taxi (£75 was the estimate) or cycle back to Pennyghael. So the latter it was. We decided Iona could wait for another day....or never. We'd seen it from across the water now and after reading about how St Columba, who set up the monastery there, held women in poor regard and banished them all to the neighbouring island it seemed less appealing anyway!

We fortified ourselves with excellent crab sandwiches and coffee from the little cabin, and set off back along the road just so recently travelled. The return trip seemed shorter (as it always does) and the sun came out for us towards the end, so we reached Pennyghael with our spirits mostly restored. After collecting our bags and enjoying a sunny lunch sitting on the beach we were ready to embark on our next part of the journey – 32 miles down, 24 to go!

Our route took us north and west, initially tracing the coast along a lovely, mostly flat road. Few vehicles use this, the scenic route, and those that do are mostly slow-moving tourists. We frequently criss-crossed with a minibus carrying a group of friendly, earthy-looking folks on a wildlife tour. They kept stopping to look out for sea otters. After a while the road turned north, gradually climbing up through a forested area, very pretty. Once over the highest point it was a glorious descent towards the coast again and the rest of the ride was just stunning, following the coast eastwards before crossing the 'neck' of the island to reach Salen.

*continued in the next issue*

## **Costa Rica and Panama, a Bicycle Tour**

*By Steve Gregson*

In [early] 2017, for our winter tour, my wife and I decided to ride the missing links in 20 years of cycle tours between Ecuador and Belize.

South of San José, the Costa-Rican capital, mountains rear up to 3490mtrs and with weather forecasts showing daytime 6°C temperatures at the top, carrying throwaway longs and vests seemed prudent as did a stay part way up. A rustic cabin, just off the road had hot water and the farmer's wife supplied meals. It had a veranda looking out over distant hills and closer, tree-covered hills. Humming birds in amongst red flowers, orchids rooted in the bushes. It was here I noted my saddle had

a split along its top. With lots of spares back in UK, a temporary repair would be best, thank goodness for good old toe-straps.

The mountain's upper levels were actually not too cold, so on finding a broken down lorry at the top with its driver sleeping in his vehicle, he was glad of my surplus clothes and I was glad to be rid of extra weight. The 28 miles descent of Cerro de la Muerte was really thrilling with long sweeping bends and a good surface. It proved to be our longest day at 57 miles.

A long climb west over to the Pacific Ocean was made interesting by coming across a folk Museum / snack bar with many 1920's photos of the coffee industry, together with bicycle acetylene lamps and all manner of old stuff hanging from the ceiling.

Down on the coast, the road was not flat, incessant short 10% inclines fatigued the leg muscles but the Panama border was only three days ride away. What a border! To find a hotel, barber's and restaurant, we must have crossed and re-crossed it many times unofficially after our initial quick and efficient entry. No problem. As in Costa-Rica, it was always possible to sit outside early mornings with a cup of freshly brewed coffee listening to the dawn chorus and taking some photos of the many different bird species.

In Panama, hard mountain days to Vulcan, then boutique hotels at Caldera and Valle de la Mina and down to Chiriquí Grande and its trading activities / launches out to the Caribbean islands. Quite photogenic. These days had not been easy mainly from lack of an accurate map. Distances to anywhere were in 'hours by car' not in kms. From Almirante we had a boat trip, no bikes, out to Bocas del Toro Islands for a rest day.

Back into Costa Rica, finally a few flat days along the Atlantic Coast, often between banana plantations before more hilly days taking the old road from Pto. Limón, a busy port, crossing into beautiful valleys via Pavones, Orosí, Cartago and back to San José.

The weather was always dry during our pedalling, always nice and warm (winter warmth always good for the joints. Friendly folk, no security scares, we were pleasantly surprised that traffic was light-ish although Anni was hit a glancing blow on her bars, but did not fall (driver was on social media). The TV was giving out lots of advice for motorists to leave cyclists 1.5mts. No stomach upsets, accommodation always with private



bathroom. 789 miles covered on 22 cycling days. Must say there were many hilly and hard days with short 6-10% climbs where our legs did not recuperate on the short downhill. No punctures, just the split saddle.

So, again, Central America had proved a relaxing and interesting cycle touring area. A final thrill, part way up Volcano Poás, a restaurant had many, many humming birds feeding a couple of feet away from our dining tables. ☺

## **Useful Website Links**

Essex CTC Member Group	<a href="http://www.essexcycling.co.uk">www.essexcycling.co.uk</a>
Cyclists' Touring Club / Cycling UK	<a href="http://www.ctc.co.uk">www.ctc.co.uk</a> / <a href="http://www.cyclinguk.org">www.cyclinguk.org</a>
Chelmsford City Member Group	<a href="http://www.chelmsfordctc.co.uk">www.chelmsfordctc.co.uk</a>
Colchester informal Member Group	<a href="http://www.colchesterctc.co.uk">www.colchesterctc.co.uk</a>
Havering Member Group	<a href="http://www.ctchavering.btck.co.uk">www.ctchavering.btck.co.uk</a>
Chris' route planning resources	<a href="http://www.velocipede.org.uk">www.velocipede.org.uk</a>
Cafés for Cyclists	<a href="http://www.lebidon.co.uk">www.lebidon.co.uk</a>
Yet Another Cycling Forum	<a href="http://yacf.co.uk">http://yacf.co.uk</a>
Bike-packing and cycle touring journeys	<a href="http://www.ridethebike.co.uk">www.ridethebike.co.uk</a>

## **Advertisers' websites**

(a to z)

Basildon Timber (Decking & Timber)	<a href="http://www.basildontimber.com">www.basildontimber.com</a>
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The Ingatestone Café (Café)	<a href="http://www.ingatestonesaddlery.co.uk">www.ingatestonesaddlery.co.uk</a>
The Cycle & Toy Centre (Cycle Shop)	<a href="http://www.thecyclecompany.co.uk">www.thecyclecompany.co.uk</a>

## **A few words on the Mildenhall Cycling Festival**

*By Dave Rowlands*

Mildenhall Cycling Festival moved to a new venue, West Row village hall. Last year for one day, this year it reverted to the full three days. So yours truly decided to pay a visit.

Off to a late start on the Friday I headed via familiar lanes to Sawbridgeworth for a (very) late elevenses at "The Shed". Then on to Duxford for a quick stop at "The Plough". Then, apart from a bit of a lump at Cherry Hinton, a mostly flat ride to West Row.

After signing in I had just enough light to put my tent up, then a quick fish and chips supper before turning in!

Saturday morning I checked out the two mobile catering facilities: ok, but not as good as the school canteen at Mildenhall!

On the road for a ride into the Fens before turning towards the forests. Through busy Brandon and on to Thetford for a visit to the *Dads Army Museum* including a cuppa in "The Marigold Tea Rooms"! More forest action via Elveden, much more peaceful now as the horrid A11 no longer goes through it; through Kings Forest to West Stow, then back to the Festival and a bite to eat followed by a rummage at the cycle jumble.

Sunday I stayed local, as I wanted to save my legs for the ride home on Monday. A ride into Mildenhall, then an exploration of the Mildenhall Woods, tea and cakes at "All Saints Church", Worlington, then back to camp for a look at the trade show and the racing. A couple of jars in the village hall, then turned in.

Monday and the tent was packed away for the return trip with a stop at "The Devils Dyke" to take some pics and Cambridge, where I examined the inside of a train!

Back on the road at Sawbridgeworth for the ride home...

The Mildenhall Cycling Rally has been diminishing for the last few years and at its new venue seems less than ever, fewer stalls, fewer visitors (I did see a few Essex faces) less catering, but West Row seemed popular among those who attended, so maybe it can build up again.

Will I be back next year? Probably. 🚲

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