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## **ROGER'S RAMBLINGS**

Have you been out cycling with SPOKES recently? Whilst we have rides most weeks it tends to be a core of twenty to thirty members who populate most of the rides. A typical ride having between five & fifteen cyclists, although occasionally numbers vary between three & thirty. Considering we have about one hundred & thirty full members plus another hundred family members, many are missing out on the rides.

Even though winter is coming, why not identify at least one ride in the Newsletter you would like to come on?

Of course many join because they support what we are trying to do in promoting cycling, that is fine, in fact I joined to support the cause, but never cycled with SPOKES for the first two years. But if you would like to come on a ride, please do so, we are a wide range of people who enjoy meeting others.

*continued* ➤

One of the committee's concerns is how we can improve our influence with the various local authorities to get better cycling facilities. Do you have an ideas? Do you try to influence the councillors or write to the press, maybe we should do more of this?

What the committee would like to do is to draw up a list of improvements members would like to see in each of the districts in South West Hertfordshire. If you have any suggestions please send them to a committee member or ***info@spokesgroup.com***

If you would like to write a short article on any aspect of cycling for the next newsletter please do so and send it to Iain.

I hope you enjoy some winter cycling.

## **The People's £50 Million Lottery Giveaway**

Sustrans needs you to **vote for Connect2**,  
one of four projects competing  
on ITV1 in the Big Lottery Fund,  
with the winner decided by public vote.

Online voting opened on 26<sup>th</sup> November:

***www.thepeoples50million.org.uk***

and telephone voting takes place  
over the weekend 7-10<sup>th</sup> December.


Call 0845 058 1373 or complete form at  
***www.sustransconnect2.org.uk***  
so Sustrans can remind you how and when to vote.

*Connect2 is our chance to transform walking and cycling  
in 79 communities UK wide, enabling many more people to  
walk and cycle for local everyday journeys.*

# Devon Coast to Coast

**by Mary Ann**

Diana and Brian and I spent two and a half days in August doing the Devon Coast to Coast route from north to south. The entire route is just over 100 miles, but because we wanted to travel by train not car, we started from Barnstaple station instead of the proper beginning in Ilfracombe. We cycled to Little Torrington on the first day, Bridestowe on the 2<sup>nd</sup>, and finished at the train station in Plymouth on the 3<sup>rd</sup> - just under 90 miles. It is a lovely route, alternating between flat dismantled railways and roller coaster lanes.

A photograph of three people and a dog. On the left, a woman with short dark hair wearing a light blue t-shirt is smiling. In the center, a black dog wearing a brown hat is sitting on a bicycle. To the right of the dog, an older woman with short white hair wearing a blue shirt is smiling. On the far right, a man with short grey hair wearing a white and blue polo shirt is smiling. They are standing in front of a building with a large sign that reads 'LAV' and 'HOT FOOD DRINKS BREAKFAST SANDWICHES'. The building has a modern, angular design with glass panels.

We started on the Tarka Trail, which runs on an old railway line beside the estuaries of the River Taw and Torridge. On the summery (*but showery*) day we were there, the trail was full of families out cycling.

After 16 miles of easy gradient, we left the trail to find our bed & breakfast farmhouse, and were shocked at the steepness of the first lane, which immediately had us off our bikes and pushing. When it finally eased, we found ourselves on an upland plateau, criss-crossed with deep, winding, tree-lined river valleys.

The next day, we continued across this rolling landscape to Okehampton and the edge of Dartmoor, where another railway line which travels around the west side, gave our legs a break. The line clings to the edge of Dartmoor, crossing river valleys on high arched Victorian viaducts.

Sadly, the weather deteriorated badly on the last day. It rained hard and would then ease off, raising our hopes, only to start pouring again. One of Brian's spokes went wonky and Diana had to brake hard and came off her bike, skinning her knees. We took refuge in a tea shop in Tavistock to recover and dry off for a bit, while the bike shop replaced Brian's spoke.

*continued*

The man in the bike shop advised against the next section of the Sustrans route, because it goes on a very steep off-road track which is extremely muddy in wet weather. Our variation was on a busy B road, where a car just missed Brian as it squeezed in after overtaking.

We were relieved to get back onto the Sustrans route, even though it goes for a short while on the pavement next to the A386, and were looking forward to where the map says: "Follow tramway across common". What tramway? This muddy, water-filled, pot-holed track with chunks of ancient concrete paving? What common? The track petered out, and a grass path wound on through masses of gorse. We gave up, and cycled to a nearby road instead.

The rest of the Coast to Coast route goes on the Plym Valley Path, another railway that came up the River Plym. It was still raining, and the valley is heavily wooded, so it was rather dark and gloomy. Once at the coast to the east of Plymouth, we continued west to



Plymouth, through old dockyards, above some cliffs, and into the oldest part of the city, where the Pilgrim Fathers once set off in the Mayflower – of interest to Mary Ann, who is directly descended from four of the families.

Despite the rain, we enjoyed the trip very much, and are now planning our next one.

## **SPOKES Open Meeting about Cycling in South West Hertfordshire**

**7.30pm Tuesday 19th February 2008 at the Newton Price Centre**

**For all members hoping to meet local politicians to discuss the development of cycling in the area. Look on the web-site for further information.**

### **Discussion Themes:**

- 🚲 How Local Transport Plans encourage cycling & meet cyclists' needs
- 🚲 What local politicians can do
- 🚲 Making roads safer for cyclists
- 🚲 The National Cycling Network
- 🚲 Local Cycling Network - Enabling cycling to work, shops & school
- 🚲 Cycling for Health

# A Cyclist's Paradise

by Dennis

Yvonne and I managed to buy bargain price tickets to Brussels. We set off from home sufficiently early to wonder if it was a good idea. This did mean that we arrived before lunch and were able to continue our journey to Hasselt which is the capital of the province of Limburg in NE Belgium. This journey was included in the price of the Eurostar ticket. We had previously booked a night at a hotel which gave us security for the first night. After a good lunch complemented by some excellent Belgian beer we took ourselves off to the tourist office to enquire about cycle routes and bike hire. We bought a map for 7.50 euros and were ushered round the back of the Town Hall to hire bikes for 6 days at 5 euros per day. These were all one size, ladies model only, city bikes with fairly high hub gears and hub brakes. They were fine after I had adjusted my rear brake which was permanently operated. We did about 160 miles without any problems. The terrain was flat with excellent surfaces, usually fully metalled, occasionally compacted earth but always of a quality superior to the Ebury Way. Our map was completely marked with numbered waypoints.

The waypoints are found on a short post alongside the road. On it is a blue sign about 30cm by 20cm. This is marked with the number and an indication of the numbers and directions of the next waypoints. All you have to do to plan the route is look at the map, decide where you are going, write down the number of the waypoints and refer to them as you cycle along. The paths are along canals (*to the side of course*), rivers, through woods and occasionally along (*usually quiet*) roads. Unlike the motorists of SW Herts they do not drive or park in the cycle paths. Furthermore the cars seem to give way to cyclists very readily. They are also very courteous at zebra crossings. There are signs indicating the routes to cafés, hotels and



B & Bs. These of course are cheaper and better than the hotels.

Someone said to us, "Our food is better than the French". I think that they are right. We found the food to be of a very high quality and reasonably priced. The beer of course was excellent. For some reason we didn't really try the chocolate; I can't think why. Almost everyone speaks good English except for some elderly people. We encountered one cycle shop owner who didn't speak English. The only Flemish I know is draught (*beer*), so that wasn't much help. We needed a couple of cable ties to fix a bottle carrier. When I pointed to one on my handlebar bag he beckoned me into his workshop and offered me a bagful. I took two and asked how much in German. The reply was nothing. This was quite typical of the attitude of the charming people we met.

continued

It was one of those holidays when we always landed on our feet. The most difficult day was Monday which for many cafés is a rest day after the rigours of the weekend invasion. We passed 5 cafés that were closed. Yvonne was deprived of her mid-morning coffee. We were getting hungry and it was raining, when just as we needed it we found a café open and had the ubiquitous *Croque Madame*. On another wet day we enquired at a bar if they had a room for the night. They had and not only that, it was a suite with radiators that worked. These were soon draped with all our wet clothes and the 'Daily Telegraph' that I picked up on the train, used to stuff our very wet cycling shoes. Take it from me, I can tell you from long and bitter experience, this is the best way to dry wet cycling shoes.

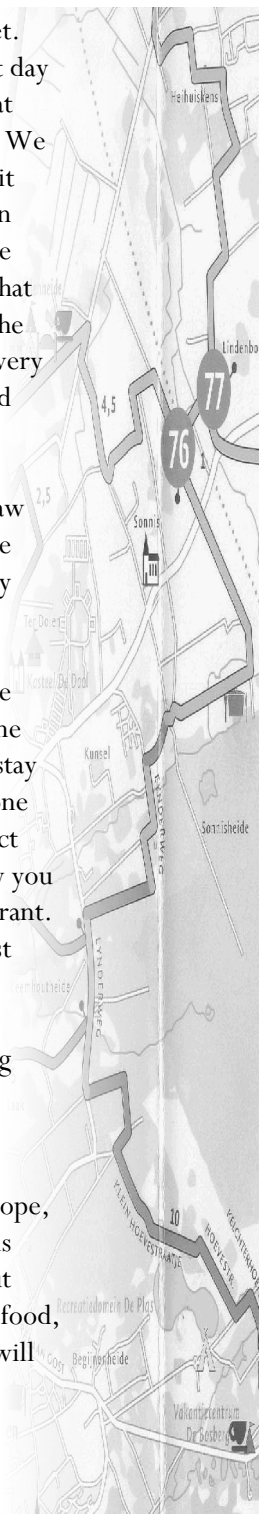
Sunday was a delight. Not only was it a fine sunny day but we saw dozens of cycling clubs and lots of cafés to cater for them. We drifted across the border into Holland and surprisingly, the way marking was not as good as in Belgium.

On our penultimate day we again struck lucky. We followed the signs to a café and B & B. This establishment was part of a scheme run by three guest houses. They organise a 6 day holiday. You stay at each guest house for 2 nights. This means that you move on one day and the next have either a circular ride or a rest. They collect your luggage and deliver it to the next guest house. They supply you with a packed lunch and in the evening take you to a local restaurant. They call it the 'Minerva Route'. We stayed in two of these guest houses and they are first class. We will be returning next year.

The only slight disadvantage was that the websites and touring information are almost all in Flemish. It didn't cause us too many problems though.

I have had many cycling holidays in the British Isles, Ireland, Europe, USA and Australia but this was one of the best. The weather is much the same as ours. If you like cycling on good paths without being harassed by traffic, seeing varied countryside, eating good food, supping good ale and meeting charming people I think that you will find Limburg very agreeable.

*Oh, and did I say that the terrain is **very** flat.*



# SPOKES RIDES & EVENTS

## DECEMBER / JANUARY / FEBRUARY 200<sup>07</sup><sub>08</sub>

Remember to bring:

*water, spare inner tube, lights & reflective/waterproof clothing as appropriate.*

**Disclaimer:** Participants of rides must be over 16 unless accompanied by a parent or guardian. Insurance is your responsibility.

**Spokes** cannot accept liability for you or your possessions.

It is your responsibility to follow advice and the **Highway Code** at all times.

Your participation is the acceptance of these terms.

Note: All telephone numbers without codes are Watford (01923).

*Please make sure you arrive in plenty of time at the start  
so rides can leave at the stated time*

### **Saturday 1<sup>st</sup> December 10.00am**

### **Ridge Ride**

Meet at Watford High Street Station. Ride through Aldenham, Radlett and Shenley to Ridge, returning via Moor Mill and Bricket Wood. Possible pub stop. A bit hilly and about 27 miles. Contact Alan B.

**CANCELLED**

**Saturday 1<sup>st</sup> December 1.30pm**

**Please Note - Diane's ride has been CANCELLED  
due to an unavoidable late commitment**

### **Saturday 8<sup>th</sup> December 9.15am**

### **Climate Change Cycle Protest**

Meet at Watford Junction Station to get the 9.25 train to Euston to join the cycle protest start in Lincolns Inn Fields at 10am. It is part of a global demo that day. Cyclists will do a route around central London and join the main march at 1.00pm in Trafalgar Square and continue to the rally at the American Embassy at 2.30pm. Return to Watford at about 3pm.



More details on **[www.campaignctc.org](http://www.campaignctc.org)** Contact Mary Ann.

### **Sunday 9<sup>th</sup> December**

**2.00pm**

### **Mince Pies & Mulled Wine**

Meet at Cha Cha Cha in Cassiobury park for a short ride of 8 -10 miles in the locality. Return to Alison's place for a warming drink and mince pies to celebrate the Christmas Season. Contact Alison by **Friday 7<sup>th</sup> December** if you would like to come so we have numbers for catering purposes.

*continued*



**Thursday 13<sup>th</sup> December 8.00pm****Spokes Social Evening**

Meet in the Moon Under Water pub - High Street, Watford - for a drink, Curry Club or other meal, and chat. We are normally in the dining area at the rear. Contact Diana.

**Saturday 15<sup>th</sup> December 10.00am****Denham**

Meet at The Pump House in Local Board Road for a ride via the Ebury Way, canal towpath and A405 service road to Denham. Return along Tilehouse Lane and Maple Cross. Some hills. About 20 miles. Contact Alan B.

**Sunday 16<sup>th</sup> December 12.30pm****Spokes Christmas Meal**

This year we have booked a table at The Essex Arms, Langley Way, Watford (*on the Cassiobury estate*) for lunch. There will be the choice of a 2 course meal for £7.99 or a 3 course meal for £9.99, excluding drinks of course!

See separate article for menu details.

Contact Pam before Friday December 7<sup>th</sup> if you are interested.

Look forward to seeing you all there.

*P.S. There will probably be a short ride to and/or from the pub.*

**Tuesday 18<sup>th</sup> December 10.00am****Wall Hall & Moor Mill**

Meet at Watford High Street Station for a wander up the paths or roads depending on how much mud is about 15 miles. Contact Dennis.

**Saturday 22<sup>nd</sup> December 10.00am****Hemel Hempstead**

Meet at the Harvester, Baldwins Lane, Croxley Green for a 25 mile ride via Belsize, Flaunden and Felden returning along the canal tow-path after a pub lunch. Contact Dennis.

*Merry Christmas and a Happy New Cycling Year*

**Friday 4<sup>th</sup> January****7.00pm****Jack and the Beanstalk**

A family outing to the Palace Theatre for Spokes members and families to see what happens when Jack is forced to sell the family cow, *Daisy*, but returns with some magic beans.

Pantomime tickets are £14 per adult and will need to be reserved as soon as possible and no later than **8<sup>th</sup> December** via David T.

*continued*



**Saturday 5<sup>th</sup> January      10.00am      Hockeridge Bottom**

Meet at Watford Metropolitan Station for a hard, hilly 22 mile ride along some of the best lanes around here. Possible pub stop.  
Contact Dennis.

**Saturday 5<sup>th</sup> January      7.30pm      Linden's 60<sup>th</sup> Bash**

*All Spokes members are invited to*

## *Linden's 60<sup>th</sup> Birthday Bash*

*Saturday 5<sup>th</sup> January 2008      Starts at 7.30pm*

*bring a dish to share  
for a buffet at 8.00pm*

*Music (not too loud)  
with dancing later  
(bring your dancing shoes)*

*No presents  
please*

*Contact Linden for details of the venue*

*RSVP by Friday 14<sup>th</sup> December*



**Sunday 13<sup>th</sup> January      10.00am      Merryhill Meander**

Meet at Watford High Street Station for a short ride of about 10 miles, mostly off road, ending at my house in Oxhey Village for coffee.  
Contact Mary Ann.

**Tuesday 22<sup>nd</sup> January      10.00am      St Albans via  
Bricket Wood & Chiswell Green**

Meet at Watford High Street Station for a ride to St Albans for a cup of tea or coffee, returning via Potters Crouch and The Noke.  
Contact Dennis.

*continued*

**Thursday 24<sup>th</sup> January 8.00pm Spokes Social Evening**

Meet in the Moon Under Water pub - High Street, Watford - for a chat, Curry Club or other meal, and a drink. We are normally in the dining area at the rear. Contact Diana.



**Saturday 26<sup>th</sup> January 10.30am Circuit of St Albans**

Meet in front of the Garston Medical Centre, (*located in Sainsbury's car park*), just off Cow Lane for a medium paced ride of about 23 miles with some off-road. Route includes London Colney, Smallford, the Alban Way and Sandridge. We will be stopping at a country pub for lunch.

We plan to get the train back from St Albans.

Contact Veronica or Iain.

**Saturday 2<sup>nd</sup> February 10.30am Bike it to Belsize**

Meet at Watford Metropolitan Station for a moderate 12 mile ride via Belsize. Contact Roger.

**Wednesday 6<sup>th</sup> February 7.30pm Spokes Committee Meeting**

*Contact Paul for more information.*

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**Thursday 7<sup>th</sup> February Deadline for Newsletter**

*Please send rides, reports, photos etc.*

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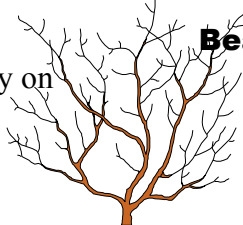
**Friday 8<sup>th</sup> February 10.00am My Favourite Lanes**

Meet at The Harvester, Baldwins Lane, Croxley Green for a good paced ride around Flaunden, Bovingdon and Sarratt. Contact Dennis.

**Saturday 16<sup>th</sup> February 10.30am Beaconsfield**

Meet at Bushey Station for a brisk ride mostly on quieter roads and cycle ways with some hilly sections. Lunch stop. About 35 miles.

Details David T.



**Thursday 21<sup>st</sup> February 8.00pm Spokes Social Evening**

Meet in the Moon Under Water pub - High Street, Watford - for a curry or other meal, chat and a drink. We are normally in the dining area at the rear. Contact Diana.

**Saturday 23<sup>rd</sup> February 10.00am Chiswell Green & Onwards**

Meet at Watford High Street Station for a ride through Bricket Wood and Verulamium to Gorhambury, returning via Bedmond. Hilly ride at a good pace. About 25 miles. Contact Dennis.

# Biking Coast To Coast

by Nick

Over the weekend 7-10 Sept my 18-year-old son, my brother, a friend and I rode the 145-mile Sustrans C2C (Coast To Coast) route from Whitehaven (Irish Sea) to Tynemouth (North Sea). We travelled there and back by train and stayed with friends at the start and then B&B in tiny villages Greystoke (where Tarzan came from!) and Rookhope. The scenery was breathtaking and the weather was really good, which made a big difference, I'm sure.

To plan this over the internet and reduce the number of long emails we set up a Google document at <http://docs.google.com>. We found that the essentials for doing this are The Ultimate C2C Guide book by Richard Peace (£7.95 ISBN 1 901464 17 2) and Sustrans route map (£6.99 ISBN 1 901389 65 0). There are, as always, a range of good websites too. I list a selection of these at the end of this account.

We live in Hertford so the east coast main line from Stevenage is the most direct link with the north. In addition GNER seem to be easier to deal with about bikes than Virgin. So we went up the main line to Newcastle. From there we took the scenic route west to Carlisle and down the coast to Whitehaven courtesy of Northern Rail. Strictly speaking they operate a 2 bikes-per-train limit but in both case the guards were understanding and we didn't have to split up.

We set off at 9.15am on Saturday morning from the quay in Whitehaven harbour. While we posed by the C2C start marker we saw our first gaggle of fellow riders there as they unloaded their mountain bikes from a Transit van. The route is very popular, especially at weekends. That means you can meet up with people several times and swap stories. There are plenty of bike-orientated shops, cafés and overnights stops along the way. The other thing to say is that by far the majority of C2Cers do it on off-road bikes. But that's life, nowadays, isn't it? As you can see from the photos, we are traditionalists and had narrow tyres and drop handlebars. Most of the route is on-road with some old railway track routes in and out of the urban areas. The dedicated off-roader can take route options with more serious rough stuff which quite a few of the MTBers we saw were avoiding. We coped well until (inevitably) the last day when I had 5 punctures on the nicely graded old railway line into Consett. Two of these, I should admit, were due to haste in pulling off the pump and tearing a hole in the inner tube at the base of the valve!

We reached the highest point of the ride, Black Hill (609m), just after lunch on Sunday and marked our visit by adding a stone each to the cairn. Earlier on Sunday we had conquered the major climb to Hartside. Travelling on that day introduced us to the motorcyclists from the area who race up and down the hill to the café at the summit. Later, on the stiff climb out of Garrigill, I came across an ambulance stationed there in case of motorbike accidents. I stopped for a chat (and a welcome break) and opened by asking if he could spare me any oxygen.





Once past the magnificent Newcastle city centre waterfront the end of the ride was frankly disappointing. Following the route along the north bank of the Tyne through dockside suburbs wasn't easy. This was not helped by our having split up and being in a rush after our multiple puncture morning. The easternmost Sustrans route marker is not at the water's edge at all so the ceremonial dipping of the wheel would have meant a further detour when we knew we ought to be heading back to Central station.

What next? We rather fancy Coast & Castles (NCN Route 1). But it's my brother's 50<sup>th</sup>

next year so we may do something more challenging – to get him back for his dragging me along a mountain stage of the Tour de France in July 2006.

#### References:

C2C Guide website <http://www.c2c-guide.co.uk/>

Carlisle station <http://www.visitcumbria.com/carlstet/carlstn.htm>

Castlerigg Stone Circle <http://www.visitcumbria.com/kes/casstone.htm>

First Capital Connect <http://www.firstcapitalconnect.co.uk>

GNER <http://www.gner.co.uk>

GNER bike reservation procedure

<http://www.gner.co.uk/GNER/YourJourney/cycles+on+gner.htm>

Google Maps Pedometer <http://www.gmap-pedometer.com/>

Keswick weather webcam [http://www.georgefisheronline.co.uk/gf\\_webcam\\_1.shtml](http://www.georgefisheronline.co.uk/gf_webcam_1.shtml)

Northern Rail <http://www.northernrail.org/>

Sustrans long distance rides <http://www.sustrans.org.uk/default.asp?siID=1150730270095>

thetrainline <http://www.thetrainline.com>

Virgin Trains <http://www.virgintrains.co.uk/>

W Cumbria wind turbines leaflet [www.windspots.org.uk/Resources/wind-turbines-leaflet.pdf](http://www.windspots.org.uk/Resources/wind-turbines-leaflet.pdf)

**An apology** – to those who either did not receive the last Newsletter or did receive it very late, and to those who had to pay extra postage to receive one.

The problems were caused by two separate factors; the first being the industrial action by Post Office employees, the other by some of the Newsletters being put in an envelope that was too large for letter postage under the recent postal charge changes. If you wish to claim for any extra postage paid please contact either Pam or Roger. Future Newsletters will be put on the web-site, but names & phone numbers will not be shown.

# Christmas Meal on Sunday 16<sup>th</sup> December

The Essex Arms, Langley Way at 12.30pm

**2 course meal for £7.99      3 course meal for £9.99**

As the price is reasonable, we are hoping that as many of you as possible will be able to come, so put the date in your diary now!

## Starters

1. **Soup of the Day** served with half a multi grain mini loaf.
2. **Baby Onion and Beetroot Tart Tatin** made with filo pastry, topped with sour cream, rocket and beetroot.
3. **Garlic Prawns** in garlic butter with white ciabatta roll.

## Main course

1. **Roast Turkey** with an apricot and cranberry stuffing, served with chipolata, roast potatoes, baby potatoes, roast parsnips, sprouts, carrots, gravy and cranberry sauce.
2. **Vegetable and Smoked Cheese Pancake Gateau (v)** made from herb pancakes layered with vegetables, fruity couscous and topped with smoked cheese. Served with baby potatoes, sugar snap peas and finished with red pepper coulis.
3. **Sirloin Steak** with skewered vine tomatoes, flat mushrooms and golden fried onion rings. Served with chips and peas.  
*Add a rich red wine and horseradish sauce for £1.60.*

## Desserts

1. **Christmas Pudding** served with hot brandy sauce.
2. **Chocolate Tart** filled with a rich chocolate, raisin and hazelnut ganache, served with clotted cream ice cream.
3. **Apple Crunch Tart** topped with a layer of crumble and caramel served with hot custard.

Contact Pam before **Friday December 7<sup>th</sup>**

Look forward to seeing you all on December 16<sup>th</sup>

# Quarterly Quotations

*The bicycle is the most civilised conveyance known to man. Other forms of transport grow daily more nightmarish.*

*Only the bicycle remains pure in heart."*

**Iris Murdoch**

*"I relax by taking my bicycle apart and putting it back together again."*

**Michelle Pfeiffer**

## *Weekend Cycling Break*

Is there any interest in a Spokes cycling weekend in 2008?

Based at a Youth Hostel or B & B  
with the chance to explore an area further afield.

From May onwards... Any preferred destinations?

If you are interested contact the committee.

# How To Help

How did you find out about Spokes?

Why do you cycle?

Can you help with any of the following?

- |  |  |
|--|--|
| <input type="checkbox"/> Organising cycle rides        | <input type="checkbox"/> Planning cycle schemes      |
| <input type="checkbox"/> Surveying of routes           | <input type="checkbox"/> Legal work                  |
| <input type="checkbox"/> Cartography / CAD             | <input type="checkbox"/> Social events               |
| <input type="checkbox"/> Newsletter articles / artwork | <input type="checkbox"/> Dealing with local councils |
| <input type="checkbox"/> Merchandise / advertising     | <input type="checkbox"/> Letter writing              |
| <input type="checkbox"/> Other                         |  |



The Spring Newsletter **Deadline** for  
submitting Rides, Articles and Photographs  
is **Thursday 7<sup>th</sup> February 2007**

Have a look at the Spokes website:  
***[www.spokesgroup.com](http://www.spokesgroup.com)***

It now has a very large selection of links to other websites that are of interest to cyclists, under the headings 'Bikes', 'Events' and 'General'. It also has the list of current rides, the current newsletter, the membership application form, and pictures of past rides and members' cycle holidays.



# How To Join

**SPOKES** membership is only **£8.00** per person per year, and just **£1.00** for each additional family member at the same address (*plus any donation you can afford*). For this amount you receive regular mailings on activities and actions and the satisfaction of helping us campaign for improved cycling conditions in the South West Herts area. We organise regular events and rides too. To join, complete form (*see other side too*) and send with cheque to:

**Dara Godivala**

**6 Highland Road, Northwood Hills, Middlesex, HA6 1JT**



**Name(s)** .....

**Address** .....

.....

.....

**Post Code** ..... **Telephone** .....

**Amount £**                      **Donation £**                      *Cheques payable to SPOKES please.*

**E-mail Address :**



## Report of The Bicycle Film Festival

Iain & Veronica attended the main day of the London showing of the 7th annual Bicycle Film Festival on Saturday 20th October. This year the festival is visiting a record 16 cities. The London festival has moved to a new venue at an Arts Centre in Bethnal Green. As previously we were encouraged by the number of young people arriving on their bikes, though they may have been attracted by the parties which happened at the end of each evening.

The Saturday was broken down into 4 programmes each of about 90 minutes in length starting at 1.00pm. We selected two of these programmes each of which contained an eclectic mix of cycle related films. Six films (*2 to 40 minutes long*) were shown in the first session, with the main theme being the benefit that bicycles can bring to poor communities in Africa. There was a touching part where a nurse in Ghana, who was to receive a recycled bicycle from the USA, is determined to learn to ride.

The second programme consisted of a marathon 13 films (*3 to 20 minutes*). Several of the films featured 'urban riders' speeding through various city centres. These were filmed with a 'helmet-cam' producing a feeling that you are in the saddle yourself.

There was also an accompanying art show inspired by the bicycle and a Bike Polo Championship which was to be held the next day.