



www.spokesgroup.org.uk

No 84 – Spring: January/February/March 2015



Watford Breeze Ladies pay tribute to Billie Fleming

Billie Fleming, who died in May 2014 aged 100, has a unique place in the history of cycling. In 1938, she cycled every day and set the women's world record for the greatest distance cycled in a single year.

Born in Camden, London in April 1914, she developed a passion for cycling when she met a boy at a youth club who rode a bike and he taught her how to ride.

Read more about Billie Fleming Tribute:

www.tributetobillie.co.uk

Or call in at the Watford Cycle Hub to find out more about Breeze

Editorial – David Batchelor

Hello fellow “Spokers”. I am stepping in as your temporary editor whilst Roger is away on his annual family visits down under. You may have seen some of my early work in previous newsletters. My Spokes story is short as I didn’t get back onto a bike until April last year when I set off on a Moors Park Spokes Ride for the first time.

Since then I pretty well ride most weeks over the Chilterns and for my sins developed the web site, the forum and help out with other bits and pieces for both Spokes and the Watford Cycle Hub (see later).

In this issue we have the all-important call to arms to get more of you actively involved in Spokes. Get more of you riding for a start! I can tell you from personal experience that riding out from Watford with Dennis, Roger (Bee and Robbo), Brian and Steve is pure delight and after living in Watford for the best part of 30 years, I now see the country.

We also talk about the local campaigning issues especially the New Cassiobridge Station Area and Peter talks about the continuing Space for Cycling Campaign. We also introduce the Watford Cycle Hub, if you don’t already know them especially the Billie Fleming Tribute rides that are going on throughout the year. If you are a lady rider these events will be of special interest.

Anyway my temporary editorship soon comes to end as I can almost hear the sound of Roger’s plane coming into land. I know that you would have missed his zany cartoons!

David

P.S I hope to see you out on a Spokes lead ride soon. Cycling is booming take a look inside.

P.P.S While finalising this 84th edition I have just realised that the newsletter has reached its **21st Birthday!**

Our Annual General Meeting & Social Evening (AGM) will be held on Monday 20 April at the:

Watford Cycle Hub
Pavilion 2 (Small Pavilion)
Holywell Community Centre.
Chaffinch Lane, (Off Tolpits Lane) WD18 9QD

2015 AGM – Agenda

- 1. Welcome**
- 2. Any Apologies**
- 3. Minutes of the 2014 AGM**
- 4. Officers Reports:**

Chair -
Treasurer –

5. Election of Officers and Committee Members

3 x Officers: - the roles may vary

- Chairman
- Vice chairman/Secretary
- Treasurer

Up to 9 other committee members -- the roles may vary

- Membership secretary
- Meetings secretary
- Newsletter
- Information - Webmaster
- Rides co-ordinator
- Publicity & Promotion

Spokes needs your help!

At the AGM on April 20th several Committee members are standing down. One or two other long-standing Committee members are hoping to stand down in the next year or so.

We urgently need more members to get more actively involved in the group and to serve on the Committee.

Spokes has existed since 1996 and much has been achieved in that time, both to improve facilities for cycling in SW Herts and to encourage more people to enjoy cycling.

However, we need a well-functioning and vibrant Committee to continue to carry forward the aims of the Group.

At the AGM in April the following roles may become vacant:

Vice-chairperson
Membership secretary
Rides Coordinator
Webmaster
Publicity & Promotion officer

If you would be interested in taking on one of these roles and would like to find out what would be involved, please contact me on 01494 723024 or 07922 458196 or alternatively Roger Bangs on 01923 720143. If you prefer, you can email me at pammann@btinternet.com.

Please help us now, so that we can continue to work to improve cycling in SW Herts!

Pam Mann -- Treasurer & Honorary President

Roger's Ramblings & comments on the future

SPOKES was formed to promote cycling in South West Hertfordshire. This is done by organizing a wide variety of rides & campaigning for better & safer cycling routes.

Recently it has been difficult to maintain the SPOKES activities as several key people have left the group. If we are to continue we need a few more people to help organize our activities, which may be different to how things were done in the past.

The Future

I believe we need to liaise better with other cycling groups particularly the Watford Cycle Hub, which should be the starting place for more rides and a drop-in place social events & meetings.

Calendar of Rides & Events

We may have a way forward in developing a combined calendar of events for all local cycling activities by the use of google calendars. This would enable people to view all cycling activities in the area.

In past years SPOKES had a stall at the Rickmansworth Environment Fair This year it will be held on 16&17 May. These events help us to promote cycling & gain new members. Are you able to help on our Cycling Stall for a couple of hours. Please contact Clive on 07981924983 or myself.

SUSTRANS occasionally organises a maintenance ride on the Ebury Way and part of the National Cycle Route 6. Would you like to help keep the route clear & tidy this route, if so the next rides are on Sunday 22 & 29 March, see the rides program for details.

I hope to see you at the meeting (AGM) on Monday 20 April 2015. This is your opportunity to meet others & discuss the way forward for SPOKES

What's been happening locally

Cassiobury Park

No news or involvement recently, but we expect in this heritage development a cycling route to be provided over the bridges to the canal path.

Watford High Street

In the recent consultation SPOKES expressed our views supporting a contra-flow lane down to the ring road. We believe it is then safe to cycle across the ring road in the bus lane & continue along lower High St on the road, as there are low traffic volumes. It is not necessary to spend a lot of money on establishing cycling on shared use paths that may cause conflict with pedestrians.

Health Campus

We hope to see good quality safe access to the hospital & Oxhey park that encourage people to cycle.

Junction Station & Clarendon Road

Changes to be made improving access for pedestrians & cyclists. Many more cycle parking spaces are required at all local stations as the existing ones are always full in the working day.

The New Cassiobridge Station Area

Also known as the Western Gateway development area near Two Bridges. We have commented on the proposal to create a Shared-Use path along Ascot Road for cyclists going north towards the Morrisons Shopping Area. In this case we accept it is sensible to have a shared use path as it will be linking shared paths at each end. We do believe that the two crossing points for pedestrians & cyclist should be on raised tables.

At the time of writing a crossing toucan-crossing is being established over the Rickmansworth Road linking the recently established shared use path on the south side to an improved shared path that crosses the green on the north side near Two Bridges.

This should be a very useful link to Gade Ave. & the canal path & Cassiobury estate.

Space for Cycling Campaign - Peter Loader

April Meeting in Rickmansworth

The next SW Herts campaigning meeting will be at Roger's home on Monday 14th April 2015 at 19:30. Ring Roger on 01923 720143 (before 22:00) to let him know you are coming and find out where the meeting is. I will be sending out an agenda before the meeting and notes of what happened after it.

New Government Money for Cycling and Walking

The Government has announced “£100m of funding earmarked for the Highways Agency – soon to be converted to a Government-owned company – to improve cycling conditions along and across the Highways Agency's network of motorways and trunk roads.” In SW Herts, this covers the M25, M1, and A41. If you have suggestions about how to spend this money locally, please add them to Cyclescape at:

www.cyclescape.org/groups/39-spokesswherts

Also, parliament has now approved the Cycling and Walking Investment Strategy amendment to the Infrastructure Act. This imposes a legal requirement that future Government investments in cycling and walking should be treated in the same way as investments in road or rail, i.e. it should be spent as part of a long term plan and the money should be ring-fenced, protecting it from being spent on anything else.

Three Rivers Green Expectations

Both Spokes and CTC have suggested improvements to Three Rivers District Council's Sustainability and Climate Change Strategy (a document called Green Expectations). For details, see the Spokes Campaigning News forum at:

www.spokesgroup.org.uk/forum/viewforum.php?f=32



www.watforcyclehub.org.uk

Bicycle Service, Repair, Parts and Hire

Watford Cycle Hub are a social enterprise located in the King George V Playing fields and also are up and about in a modern purpose built vehicle.

We are professional bicycle engineers, qualified ride instructors and ...

We

Repair any bike

Service any bike

Help and instruct you to repair your bikes

Help you service your own bikes

Sell new and reconditioned parts and new accessories (**10% discount to Spokes members**)

Hire Bikes, off road, hybrid or whatever

Train and help you ride bicycles; organise rides and act as ride leaders for SkyRide

We have

- Sold over 300 bikes and regularly have a stock of 25+ bikes
- Serviced over 600
- And 800 people have joined rides with over 40% coming from outside the Watford area

We love cycling and love being with other likeminded souls.

Come and call on us or stop the van or just contact us. See if we can help you or you can help us!

Spokes Rides & Events

Remember to bring: water, spare inner tube, lights, reflective and 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.

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

Ride Speed Guide

Slow ----- Gentle pace up to 8 mph

Medium --- Average pace of 9 to 12 mph

Fast ----- Faster than 12 mph

MARCH 2014

Tuesday 3rd 10.00 Tuesday Morning Ride Harvester, Baldwins Lane
Cycle on minor roads to Flaunden, approx 10mph. Stopping for coffee on way back.
Medium 18 miles Roger 01923 720143

Sunday 8th 14.00 Ebury Way Meander Cha Cha Cha Cafe
Starting in Cassiobury Park, a nice, easy early Spring ride along the Ebury Way to the Aquadrome at Rickmansworth and back along the canal. Ideal for families and inexperienced cyclists. Approx 7mph. Mostly off road, so mountain bikes and hybrid bikes best.
Slow 10 miles Pam 07922 458196

Thursday 12th 10.00 Ride to Shenley Pump House, Local Board Rd.
Ride to Orchard Cafe in Shenley. Gentle ride through Wall Hall and Radlett. A few hills but nice ride and no hurry.
Slow 16 miles Dennis 01923 463898

MARCH 2014 (Continued)

Thursday 12th 20.00 Spokes Social Night Moon Under Water, High St. Watford.

Come down and enjoy a drink and meal and chat with other Spokes members. Final Social Evening before Christmas. Come and share your year's experiences with other cyclists. Wide selection of beers to choose from. Thursday nights at the Moon Under Water are Curry Nights. Non-members are also very welcome. Parking for bikes is available but do bring good padlocks.

Diana 01923 221955

Sunday 15th 10.00 Back of Sarratt and Back Watford Cycle Hub

A traditional route to Sarratt and then a loop around the back of Sarratt, a drink at a traditional pub and back to the Watford Cycle Hub. Quiet lanes and nice scenery. Expect to average 10mph.

Medium 14 miles Brian On day 07400 772113
Before 01442 832588

Sunday 22nd 10.00 SUSTRANS Maintenance Ride Rickmansworth Aquadrome Cafe.

A ride along NCR 6/61 to Bricket Wood carrying out minor maintenance ensuring the route is clear and signs correct and clean. Pub Stop

Slow 20 miles Steve Ball 07932 660121

Sunday 29th 10.00 SUSTRANS Maintenance Ride St. Albans Abbey Station.

A ride along the Alban Way Sustrans Route 6, carrying out minor maintenance ensuring the route is clear and signs correct and clean. Pub Stop

Slow 20 miles Steve Ball 07932 660121

APRIL 2014

Tuesday 7th 10.00 Tuesday Morning Ride Harvester, Baldwins Lane
Along the canal path, then uphill to Leavesden Country Park. Approx 10mph.
Medium 18 miles Roger 01923 720143

Thursday 9th 10.00 Elstree Airfield Pump House, Local Board Rd.
Potter through Wall Hall, Batler's Green and Letchmore Heath for a cuppa at the airfield cafe. Approx 10mph.
Medium 17 miles Dennis 01923 463898

Thursday 9th 20.00 Spokes Social Night Moon Under Water, High St. Watford.
Come down and enjoy a drink and meal and chat with other Spokes members. Final Social Evening before Christmas. Come and share your year's experiences with other cyclists. Wide selection of beers to choose from. Thursday nights at the Moon Under Water are Curry Nights. Non-members are also very welcome. Parking for bikes is available but do bring good padlocks.
Diana 01923 221955

Tuesday 14th 19.30 Space for Cycling Campaigners Meeting. Roger's Home
Please let Roger know that you wish to attend and ask for address. 01923 720143 Call before 10.00.

Saturday 18th 10.00 Day Ride & Pub Lunch Harvester, Baldwins Lane
Cycling on lanes and tracks via Bedmond, Gorhambury and The Alban Way for lunch at Sleafshyde. Return via Napsbury Approx 10mph.
Medium 35 miles Roger 01923 720143

**Saturday 25th 14.00 Bluebell Ride Slow Watford Met Station OR
Medium Kings Langley Station**
An easy ride suitable for all with two starts to enjoy the lanes, woods, canal paths but mainly to experience the bluebells. Meeting for tea and scones at Blacketts, Rousebarn lane, Chandlers Cross before returning home
Slow 5 miles Maureen 01923 267416
Medium 8 miles Nigel 07760 478271

MAY 2014

Tuesday 5th 10.00 Tuesday morning ride Harvester, Baldwins Lane
Cycle down the Colne Valley to Denham. Coffee stop. Just one hill on the way back.
Approx 10mph
Medium 18 miles Roger B 01923 720143

Sunday 10th 10.00 Up Wendover Way Watford Cycle Hub
A great Chilterns day ride to Wendover. Fantastic views, lovely quiet lanes and roads with lunch stop at the Cafe In The Woods. For the most part the gradient is gradual but there are a few hills that will get your pulse racing. A relaxed ride and you can take your time on the hills. Suitable for any bike. See website for route.
Medium 49 miles Brian On day 07400 772113
Before 01442 832588

Thursday 14th 10.00 Denham Visitor Centre Watford Cycle Hub
Along the Ebury Way which can be (very) muddy and through the Aquadrome down a bumpy road (hot contender for worst in the district) and through Denham Village to the Visitor Centre.
Medium 20 miles Dennis 01923 463898

Friday 15th 19.00 Evening Ride Watford Cycle Hub
A 2 hour ride along the Ebury Way through the Aquadrome then quiet lanes. Don't forget to bring lights.
Medium 16 miles Roger B 01923 720143
07981 924983

Weekend 16th/17th All Day Rickmansworth Environmental Fair
Help at the Spokes stall at Rickmansworth Aquadrome promoting cycling and talking to potential members. Roger B 01923 720143
07981 924983

Sunday 24th 10.00 Leafy Lanes to Latimer & Beyond Watford Cycle Hub. A lovely ride, approx 10mph, through quiet tree lined lanes with some hills! We'll ride through the lovely villages of Loudwater, Sarratt, Flaunden, Latimer, Leyhill, Bovington Green and Chipperfield with a stop at Blackwells. See website for route.
Medium 26 miles Brian On day 07400 772113
Before 01442 832588



Join Spokes Today
Only £10 per annum
 £2 for each additional family member at the same address

You will receive regular details of our cycle rides, social events & other activities. You will also be helping us campaign for improved cycling conditions in the South West Herts area. When joining you agree to become a member of SPOKES on-line Forum and Cyclescape, unless you opt out by ticking the spaces below.

Title		First Name	
Surname			
Address			
Post Code			
Telephone		Mobile	
Member Email			
Second Family Member Name			
Second Member Email			
Other Family Members Names			
Amount £		Opt out of Forum	<input type="checkbox"/>
Donation £		Opt out of Cyclescape	<input type="checkbox"/>
Total £			
Signature		Date	



PTO

Please also indicate below if you would like to contribute to the following SPOKES activities:

Publicity <input type="checkbox"/>	Campaigning <input type="checkbox"/>
Assisting at Events <input type="checkbox"/>	Leading Rides <input type="checkbox"/>

Please make cheques payable to SPOKES and send to:

Richard Bulgin 82 Beacon Way,
Rickmansworth, Herts, WD3 7PD

You will receive a Membership Pack, including a SPOKES Membership Card, entitling you to discounts of 10% on repairs and spares at these locations:

<p>CycleoPedia 70-78 Merton Road, Watford, WD18 0WY 01923 221901</p> <p>www.cycleopediawatford.co.uk shop@cycleopediawatford.co.uk</p>	<p>The Bike Shop 66 Queens Road Watford, WD17 2LA 07941 800029</p> <p>thebikeshop66@outlook.com</p>
<p>Cycles UK 484/486 St. Albans Road Watford, WD24 6QU 01923 243707484</p> <p>www.cyclesuk.com watford@cyclesuk.com</p>	<p>Northwood Cycle Depot 118 Pinner Road Northwood , HA6 1BP 01923 824174</p> <p>www.norhwoodcycles.com northwoodcycles@tiscali.co.uk</p>
<p>Watford Cycle Hub Holywell Community Centre Tolpits Lane, Watford WD18 9QD 01923 223994</p> <p>www.watfordcyclehub.org.uk</p>	<p>Café in the Park Rickmansworth Aquadrome, Frogmore Ln. WD3 1NB 08456 800835</p> <p>10% discount, meals and drinks</p>

More people cycling in London than ever before



Record numbers of cyclists are pedalling their way around the capital, according to Transport for London (TfL), which said cycling levels were 10% higher in the three months to December than in the same quarter in 2013, and were the highest since records began in 2000. By the end of 2014/15, TfL forecasts a 12% rise from the previous financial year.

Last year was also a record for the number of hires from London's cycle hire scheme, with more than 10m journeys made – up 5% on 2012 (the previous highest year) and 25% on 2013.

The mayor of London, Boris Johnson, said: “Last week I announced my final intentions for the new east-west and north-south superhighways. These amazing numbers show how cyclists are becoming ubiquitous in London and prove, if further proof were needed, why we need to crack on with catering for them. Barclays Cycle Hire continues to grow in popularity and there can be no doubt that our trusty bicycles have changed the way people get around our great city.”

On 25 December almost 40,000 cycle hire journeys were made in the capital, beating the previous year's Christmas Day record by 41%.

There are now more than 10,000 bikes available from over 700 docking stations, up from 6,600 bikes and 400 docking stations when the cycle hire scheme launched in July 2010.

Committee Members

Chairperson

Roger Bangs 01923 720143 info@spokesgroup.org.uk

Treasurer and Honorary President

Pam Mann 01494 723024 treasurer@spokesgroup.org.uk

Meetings Secretary

Linden Sharpe 01923 460466 mail@lindensharpe.name

Membership Secretary

Richard Bulgin 01923 776143 richard.bulgin@ntlworld.com

Rides Co-ordinator

Steve Tarn 07973 305152 steve.tarn@hotmail.co.uk

Newsletter Editor

Roger Robbins 07952 339473 rrob@talktalk.net

Publicity and Merchandising Officer

Kate Jenkins 01923 448728 timme.jenkins@ntlworld.com

Hazard Reporting

Peter Loader 01923 712655 peter.loader@comma-freeware.org.uk

Watford Campaigning

Clive Jones 07981 924983 citoyencj@hotmail.com

Vice Chairperson

position vacant

Web Master

position vacant

Spokes is the local cycle club for South West Hertfordshire, formed to encourage cycling by organizing rides & campaigning for better & safer cycling routes.

Spokes campaigns both to get better conditions for cycling in SW Hertfordshire and to encourage more people to enjoy cycling. You are welcome to join our rides or help us out with campaigning.