



2021 Autumn Newsletter - No. 109



Summer Ride along the Alban Way

Where can you go with Spokes?



Above: Pam's scenic ride via Whipsnade

Below: Taking a break at Ivinghoe during Katherine's "Curiosity around the Ashridge Estate" ride on 20th July



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Chat from the Chair - Autumn 2021

SPOKES cycling almost back to normal!

It has been good to have so many new and old members joining our recent rides. We have had to control the number of people on the rides, but there has been a benefit in leaders knowing in advance the names and contact details for those on the ride. If we had more members willing to lead rides, we could provide a greater range of rides.

An organisation like SPOKES depends on volunteers so, to be successful, we will be needing a few more members to be actively involved in the near future. Are you able to contribute, whether by leading rides, organising the rides programme, being the group's secretary or running our WordPress website?

I have decided that next year, after many years as Chair, I will stand down. I will be happy to continue as a committee member supporting others.

As this year is SPOKES 25th anniversary, a group of members have been involved in creating "Rides for all." This will enable members to view a large range of cycling routes on the SPOKES website. A special thanks to all involved with this project.

A Watford Cycle Forum meeting was held on Zoom in the summer. We were updated on the Watford and Three Rivers Walking and Cycling Investment Programme which aims to establish a network of safe cycling routes. We are told that, when complete, it will enable bids for central government funds to be made.

Locally we have been encouraged to comment on local cycling schemes for funds from the "Active Travel Programme". The two schemes in Watford were for the Stratford Road crossing of Hempstead Road and the National Cycle Crossing of Wiggshall Road. We



support both these schemes, particularly the widened shared path at the bridge on Wiggshall Road. *(Pictured above)*

Unfortunately little progress has been made by Three Rivers Council on sorting out the unsafe surface at the Rickmansworth end of the Ebury Way.

Chat from the Chair - Autumn 2021



Another interesting story I heard from a reliable source, about the “Route to Nowhere” is that, because the Highways Authority allows their contractor to decide where to spend the maintenance money, the contractor decided to remake the little used path to the county boundary. *(Pictured left)* I believe most of us would have preferred

to spend the money on a route that will be used.

Stay in touch with Spokes

Spokes Web Site: www.spokesgroup.org.uk

Information about Spokes, its ride events and links to its campaigning.

Spokes Facebook Group: www.facebook.com/groups/178161195994290/

Keep up to date with what other Spokes’ members are doing, find details of forthcoming rides, from the Spokes’ ride programme and ad hoc rides added by Spokes’ members, and discuss or share issues you are passionate about. Invite others to join you on a ride you are doing.

Spokes Campaigning Site: spokesswherts.cyclescape.org

Spokes’ campaigning activity for cycling.

Spokes Letsride Group: www.letsride.co.uk/groups/spokes-watford

Sign up to Let’s Ride and join the Spokes’ Group. Keep up to date with Spokes’ rides and invite others to join your rides. Spokes Members may, but do not need to, book on Let’s Ride. Members can just turn up on the day.

Spokes Strava Club: www.strava.com/clubs/Spokes_SW_Herts

See where other Spokes’ members are riding and, if you’re competitive, see how your cycling activity compares with theirs.

SPOKES ride arrangements

The relaxing of covid restrictions has enabled us to ease some of our ride constraints but we recognise that risks remain and are trying to balance caution with ease of access to rides. Our ongoing arrangements, including changes unrelated to covid 19, are below.

Booking Rides on Lets Ride will continue to be required for now. It gives easy access to track and trace information if needed and enables control of numbers.

Ride Numbers. Where agreed with the leader we have raised number limits on rides up to a maximum of 15 (including the leader). Any ride limited to 6 riders will exclude non-members.



Above: Great to see the rule of 6 riders relaxed at Latimer in July

Time Estimated for Rides. On Let's Ride we are required to give an estimated overall time the ride is expected to take. This can never be totally relied upon as it cannot take account of punctures, breakdowns or other potential delays, so it is our best estimate. However, to try and improve the accuracy, a column has been added to the rides calendar, enabling leaders to offer their estimate of time the ride will take. This should be better than me trying to estimate without full knowledge of, for example, lunch arrangements or the route.

Ride Categories on Let's Ride. We are required to choose if each ride is "Easy Going", "Steady", "Challenging" or "Mountain Bike". The Let's Ride definitions of these categories are clearly aimed at novice cyclists developing up to riding on the road. Most of our rides would be classified as challenging, which is unhelpful. There can be

SPOKES ride arrangements

no perfect solution as all the terms are subjective but we have agreed the following definitions for SPOKES rides.

Easy Going. SPOKES Slow Pace rides, up to 15 miles, flat and no busy roads.

Steady. SPOKES Slow Pace rides over 15 miles with some easy climbing and SPOKES Medium Pace rides which are 30 miles or less with some easy climbing.

Challenging. Any ride with challenging climbs. Any SPOKES Fast Pace ride and Medium Pace rides which are over 30 miles.

Mountain Bike. Off Road rides on unsurfaced trails.

I have done my best to use these definitions for the Autumn rides, but I expect accuracy to improve in the Winter programme when leaders have the opportunity to classify their rides themselves in the rides calendar.

Suitable for which Bikes? This one can be difficult. The Let's Ride choices are Mountain, Hybrid with off road tyres, Hybrid with road tyres and Road bikes. Another very subjective category. We are increasingly trying to clarify this by, for example, selecting all bike types, which then displays as suitable for any bike, then in the description adding phrases such as "not skinny tyres". It would be helpful if a Gravel Bike category was added, but we do not have that option to select.

Tips on Use of Let's Ride

Most of our rides are restricted to members of **Let's Ride Spokes SW Herts Group**. So, the first step to booking is to sign up to that group in Lets Ride, at no cost.

If the ride is full, do register on the **Waiting List** because cancellations do happen, even at the last minute. If you also email rides@spokesgroup.org.uk, we can sometimes find a volunteer to lead a second group or raise the ride limit to meet the demand. As we cannot view the waiting list, your emails are the only way we can identify an oversubscribed ride.

Messages to the Ride leader. Only the ride creator can see messages in Let's Ride "Notifications", which in most cases is me, not the ride leader. So, delays can occur in replying to you, if I first have to consult the ride leader. The leader can see messages in the ride conversation so, if you are booked on the ride, that is a good place to ask your question, the answer to which is often useful to others booked on the ride.

Accessing SPOKES' Rides on Let's Ride. There are various ways of searching for a ride on Lets Ride, but the easiest way of finding and booking a specific ride is to go Rides and Events on our website. (www.spokesgroup.org.uk) Scroll down to the ride you

SPOKES ride arrangements

want and click on the link: “Click Here to Book on Lets Ride”. That will take you direct to the ride you have selected.

Choosing Rides to join. We want to welcome as many members as possible, but recognise the importance of rides being within each rider’s limits. Hopefully the changes outlined above will assist you in selecting rides, but it is the responsibility of each of us to do our best to book on appropriate rides.

Rides Programme Success

I have kept a record of the take up of rides offered in the period April to July 2021 inclusive. This was prompted by a question from members at the AGM about non-members joining our rides. Despite the rides with a limit of 6 riders being restricted to members only, we have still attracted a good number of non-members, some of whom have subsequently joined SPOKES. It is great to welcome new members, and the rides offered continue to aid recruiting.

In the 4 months we offered 36 rides totalling 766 miles of riding. There were 258 riders, 234 of whom were members. So, a total of 5,609 miles ridden. A record I feel our club should be proud of and achieved by a small number of our members providing rides. Many thanks to Chris, Lorreine, John, Phil, Roger, Katherine, Pam, Emma and Rod for putting these rides on.

The Autumn programme has been achieved by even fewer members offering rides, just 7 of us. Great that we are able to offer a programme of rides throughout the year, but, obviously, we could offer much more, if more members felt able to help. Please consider offering rides you enjoy for others to enjoy with you.



Picture left: “Just as we turned into Blackwells Cafe for our stop there was a huge bang like a gun going off. It was Neill’s tyre! The rim of his wheel had all bent out and pieced the inner tube. Never seen anything like that happening before. Luckily he was able to arrange a lift and had broken down where he could have lunch!” Phil ride leader.

Spokes Rides and Events Programme - Autumn 2021

Although Covid Regulations have been relaxed we are, for now, continuing with the requirement to pre-book on Lets Ride. Most Leaders are more comfortable with this for now and it gives us an easy Track and Trace contact list if needed. We are raising number limits and allowing non-members on most rides. Any rides which are limited to 6 will continue to be restricted to Members only but kept under review.

We would love to offer more rides, and route variations, but to do that we need more **Members willing to lead rides**. Please speak to Peter Jackson or email him at rides@spokesgroup.org.uk, if you are interested in others joining you on your favourite route/s. With the "SPOKES Rides for All" collection now on our Web Site there are ready made and checked routes you can adopt to lead.

September

Thursday 2nd 10.00am To the Waters Edge
Canal Fields car park, Berkhamsted HP4 2AL. Meet by the canal bridge, near train station. Free car parking (4-hour limit).

Join **Katherine** to ride all on road uphill out of Berkhamsted skirting the edge of Tring to Little Tring and Wilstone. Back via Aldbury, Dudswell and Northchurch. Refreshment at Waters Edge Café.

GPX of route at: <https://ridewithgps.com/routes/36878664>

20 Miles **Medium** Suitable for any bike.

Saturday 4th 9.30am Redbourn Ride
Watford Rugby Club, Radlett Rd, WD24 4LL
(Free public car park nearby)

Ride out with **Chris** through Bricket Wood, Potters Crouch on to Hemel, where we join the Nicky Line (disused unpaved railway line) to Redbourn Cycle Hub for a cuppa. Returning the more direct way through St Albans, not before stopping at the Redbournbury Watermill, where all different types of bread, flour and yeast is made and sold, so bring a rucksack.

26 Miles **Medium/fast** Suitable for any bike but not skinny tyres.

Tuesday 7th 10.00am Tuesday Ride
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Morning ride with **Roger** on roads though Cassiobury Park, Abbots Langley, Bedmond to Chiswell Green for Café stop. Return via Bricket wood and NCR6.

16 Miles **Medium** Suitable for any bike.

September

- Sunday 12th 10.00am Picturesque Chilterns**
Canal Fields car park, Berkhamsted HP4 2AL. Meet by the canal bridge, near train station. Free car parking (4-hour limit).
 Ride with **Pam** over Ashridge and down to Dagnell then past Whipsnade Zoo into Eaton Bray. Continuing the ride, crossing the Leighton Buzzard Road to Mentmore and then back to Berkhamsted through Cheddington, Pitstone and Tring.
 32 Miles **Medium** Suitable for any bike.
- Thursday 16th 10.00am Thursday Short Ride**
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX
 Ride out with **John** via Two Bridges and the Ebury Way to the Aquadrome. Then along the canal tow path to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Café, or Café @ Lock 81. Return via the Ebury Way and Watford Cycle Hub.
 12 Miles **Slow** Suitable for any bike.
- Saturday 18th 10.00am Watford Green Ring**
As part of the Watford and Three Rivers Green Week. Watford Town Hall Hempstead Road, Watford WD17 3EX
 (In front of the Library)
 Cycle tour around Watford on the proposed Green Ring cycle route. Cycle on roads and good tracks. Finish in Cassiobury Park. Two rides available, same start place and time:
 7 Miles **Medium** pace with **Roger**
Slow pace with **Peter** Both rides suitable for any bike.
- Tuesday 28th 10.00am Ley Hill Ride**
Outside The Café in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth WD31NB
 A challenging ride with **Phil** on mostly minor roads with a number of hills including Horse Hill and Pole Hill. Out via Chorleywood, Chenies, Latimer, Ley Hill and Bovington. Stop at Blackwells Chipperfield tea room. Return via Sarratt, Croxley Green, Loudwater and Chorleywood.
 23 Miles **Medium** Suitable for any bike.
- Wednesday 29th 10.00am Redbourn Sandridge Loop**
Riverside Park, Riverside Road, Watford WD19 4HU
 (Street parking nearby)
 Out with **Peter** via Cassiobury Estate, Chipperfield, Flamstead for refreshment at Redbourn Cycle Hub. Return via Sandridge, Gorhambury Estate (if open) and Bricket

September

Wood. Mainly quiet roads with some cycle ways and a short stretch of the busy A5183. 2130 ft climbing, some challenging.

Route GPX at: <https://ridewithgps.com/routes/34017188>

48 Miles

Medium

Suitable for any bike.

October

Saturday 2nd

10.00am Making Tracks to Stockwood Park

Dacorum Cycle Hub, Redbourn Road, Hemel HP2 7BA

(Opposite Co-op petrol station. Height barrier may be in place!

Free parking)

A circular route with **Katherine** out on the Nicky line to Harpenden and upper Lea Valley Way to the edge of Luton. A steep hill brings us into Stockwood Park for coffee and cake. Back on country lanes through Slip End, Markyate and Gaddesden Row. Half the ride is on traffic free tracks/paths.

Route GPX at: <https://ridewithgps.com/routes/35993264>.

Bring a **STURDY** lock as bikes cannot be taken into the Café area but must be locked to bike racks outside the visitor centre.

22 Miles

Medium

Ideal for Hybrid/MTB/Gravel bikes, not skinny tyres

Tuesday 5th

10.00am

Tuesday Ride

Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Ride with **Roger** on roads and tracks though Cassiobury Park and the Colne Valley route to Shenley Café. Return via Letchmore Heath.

20 Miles

Medium

Suitable for any bike.

Sunday 10th

10.00am

Scenic Chilterns

Canal Fields car park, Berkhamsted HP4 2AL. Meet by the canal Bridge near train station. Free car parking (4-hour limit).

Ride out with **Pam** from Berkhamsted to Chesham and back through the villages, Ballinger Common, Lee Common, St Leonards and Cholesbury.

22 Miles

Medium

Suitable for any bike.

Monday 11th

10.00am The Royal Standard of England

Outside The Café in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth WD31NB

Ride with **Phil** on road via Mill End, Chorleywood, Chalfont St Giles and Penn to The Royal Standard of England pub at Forty Green. Return via Beaconsfield, Jordans, Chalfont Common (return to be finalised due to HS2 work).

Approx. 24 Miles **Medium**

Suitable for any bike.

October

Thursday 14th **10.00am** **En Route to Rootz**
Kings Langley Community Centre The Nap, WD4 8ET
(Free parking.)

A Circular route riding with **Katherine** out via Flaunden, Chenies to Chorleywood. Back via Chandlers Cross, Langleybury and Hunton Bridge. All on road.

Route GPX at: <https://ridewithgps.com/routes/33724515>

20 Miles **Medium** Suitable for any bike.

Thursday 21st **10.00am** **Thursday Short Ride**
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Ride out with **John** via Two Bridges and Ebury Way to the Aquadrome, then the canal tow path to Springwell Lake., cycle path to Mill End, Springwell Lane to Aquadrome Café, or Café @ Lock 81. Return via the Ebury Way and Watford Cycle Hub.

12 Miles **Slow** Suitable for any bike.

Wednesday 27th **10.00am** **Autumnal Burnham Beeches**
Outside The Café in The Park, The Aquadrome, Frogmoor Lane,
Rickmansworth WD31NB

Out with **Peter** via Chorleywood, Gerrards Cross and Hedgerley to Burnham Beeches Café. Return via Beaconsfield, the Chalfonts and Maple Cross. Mainly quiet road, but major roads to cross and short stretches of major road. 1519 feet of climbing, some challenging.

Route GPX at: <https://ridewithgps.com/routes/33518193>

33 Miles **Medium** Suitable for any bike.

November

Tuesday 2nd **10.00am** **Apsley Ride**
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Ride with **Chris** out along the canal towpath to Hunton Bridge, up Gypsy Lane to Abbots, along Bedmond Rd, through Bedmond and Pimlico. Dropping down to Nash Mills then to Apsley for a breather, before the climb up Featherbed Lane (challenging) to Chipperfield, where we stop at Blackwell's for refreshments. Home through Sarratt and Croxley.

20 Miles **Medium** Suitable for any bike.

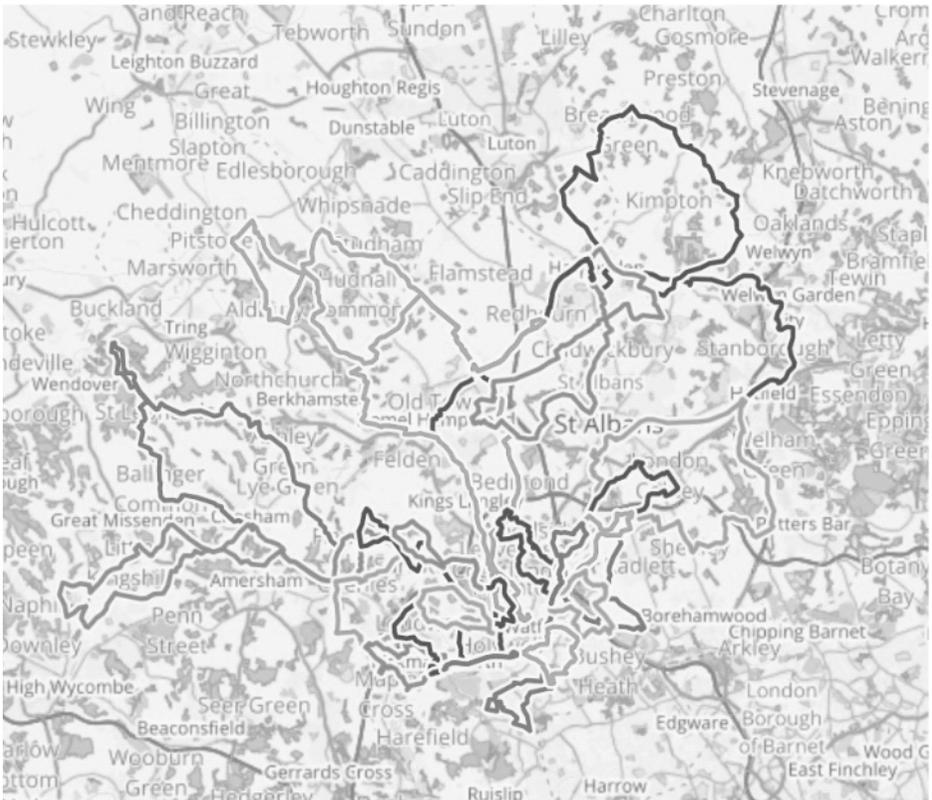
Tuesday 9th **10.00am** **Tuesday Ride**
Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

SPOKES Rides for all

822 Miles of Hertfordshire Cycle Routes – Launch Date 27th August 2021

Success! Brian Johnson came up with the idea of celebrating SPOKES 25th anniversary with a collection of rides on the SPOKES website and the project, SPOKES Rides for All was born. Brian has plotted 53 rides. Most are from the two SPOKES ride books known as Yellow Book (2004) and Blue Book (2008). Some have been modified due to changed road or trail access and there are some new rides contributed by members.

We anticipate that, by the time this newsletter is published, members will have checked more than 40 of these rides. David Edmondson has prepared the website and Brian is now putting the rides onto the website. By the launch date the website will offer 822 miles of riding, with routes ranging from 4 to 46 miles, offering a mixture of road and traffic free rides. Thanks to Brian, David and all of the members who have checked and given feedback on each ride.



November

Ride out with **Roger** along Chiltern Lanes via Belsize and Bovington to Café at Chipperfield. Return via Sarratt.

20 Miles

Medium

Suitable for any bike.

Thursday 11th

10.00am

Lazy Llama

Outside The Café in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth WD31NB

Ride with **Phil** via the Ebury Way and Abbey Way to Lazy Llama and return. Alternative, if you wish to join the ride in Watford, let Phil know by putting a comment in the ride "Conversation" on Let's Ride and be at the Watford Rugby Club, Knutsford Playing Fields Radlett Road by 10.30am. If you start and finish at the Rugby Club your ride will be about 12 miles.

24 Miles

Medium

Suitable for any bike.

Wednesday 17th 10.00am

Flourish Via Leavesden

Riverside Park, Riverside Road, Watford WD19 4HU

(Street parking nearby)

Out with **Peter** via Cassiobury Park, Leavesden and Meridan Estate to Flourish Café/Bakery. Return via Colne Valley Cycle Route.

GPX of route at: <https://ridewithgps.com/routes/36727245>

14 Miles

Slow

Suitable for any bike.

Thursday 18th

10.00am

Thursday short ride

Outside the Harvester, Baldwins Lane, Croxley WD3 3RX

Ride out with **John** via Two Bridges and Ebury Way to the Aquadrome, then the canal tow path to Springwell Lake, cycle path to Mill End, Springwell Lane to Aquadrome Café, or Café @ Lock 81. Return via the Ebury Way and Watford Cycle Hub.

12 Miles

Slow

Suitable for any bike.

Saturday 27th

10.00am

Redbourn Ride

Watford Rugby Club, Radlett Rd, WD24 4LL

(free public car park nearby)

Ride out with **Chris** through Bricket Wood, Potters Crouch, on to Hemel, where we join the Nicky Line (disused unpaved railway line) to the Redbourn Cycle Hub for a cuppa. Back the more direct route through St Albans, stopping at the Redbournbury Watermill, where bread is made and sold, along with flour and yeast, so you may want to bring a rucksack!

28 Miles **Medium to Fast** Suitable for any bike but not skinny tyres.

SPOKES Rides for all

The website will be launched on Friday 27th August, the day before the SPOKES 25th Anniversary Gathering. Brian is working hard to get all 53 rides up on the website by then. If any have not been checked they will be tagged to show that.

Within the website you will be able to find a ride based on your selections of, for example, distance and ride category (family ride etc.). There is a downloadable GPX for each ride or, if you prefer, a printable cue sheet. The map of each ride will show points of interest, refreshment stops and toilets. Most rides will also have one or two photos taken on the route.

Way Forward: This is a project which will need maintaining and growing. Brian and I will complete the current rides, but we seek a volunteer or volunteers to carry it forward. The job involves receiving route suggestions from members, plotting the routes and coordinating volunteers to check them, then adding completed routes to the website. Brian is producing an administration guide to assist whoever is willing to take this project forward.

What Members will be able to do **from 27 August**

- 1 Enjoy the rides and tell friends about them
- 2 If you find something has changed e.g. café closed or long term route diversion. Please email ridesforall@spokesgroup.org.uk. so the route can be updated or a note added.
- 3 We still have a number of rides in the process of being checked and others ready for checking. If you would like to check out a route for us, please email ridesforall@spokesgroup.org.uk
- 4 Suggest rides to be added by emailing ridesforall@spokesgroup.org.uk. The map with this article offers an indication of the area covered by some of the routes.

Peter Jackson (Article written 1 August)

Your club needs you!

More ride leaders are urgently needed!

To find out more, please contact Peter, the Spokes rides co-ordinator:-

rides@spokesgroup.org.uk

Spokes Rides and Events - Information

Spokes Rides.

Spokes' members put together a varied programme of social rides. Ride descriptions normally include speed, distance and hills information to help you find rides that suit you. We ride in a group that chats and enjoys a sociable break en route or at the end of the ride. If you are struggling on the day, you will not be left behind. Spokes' rides tend to be smaller sociable group rides. Rides may be added to the programme and details will be added to the web sites and Facebook.

Disclaimer

As a participant of Spokes' rides you must be over 16, unless accompanied by a parent or guardian. You need to be capable of riding in a group on the highway. Spokes cannot accept liability for you or your possessions. Your safety and well being is your responsibility. It is your responsibility to follow the Highway Code at all times. Your participation in the rides is acceptance of these terms.

What to bring on a ride?

Please come to rides with appropriate clothing for the weather, and with water, snack, spare inner tube and pump. Bring lights if appropriate. Please carry something that gives your name, address and emergency contact details and note the phone number of the ride leader.

What if the weather is bad?

If bad weather is forecast, or in other exceptional circumstances, the ride may be cancelled or changed. Unless the change happens at the very last minute, notice of the change or cancellation will be posted on our web site and our Facebook page.

Therefore, please contact the organiser before you travel to the start of a ride, if the weather looks bad, but try checking Facebook first.

Rides leave on time!

Please turn up at the start location for a ride, ready to leave at the scheduled time.

Ride Speed Guide

Slow ----- Gentle up to 8mph

Medium ----- Average of 9-11 mph

Fast ----- Average over 12 mph

How to pay for membership?

To pay your subscription please set up an annual standing order payable on the 1 July. This will save administration for you and us. Alternatively you can make a bank transfer.

Payment should be made to SPOKES, sort code **20-91-79**, account **63401626** giving your surname as the reference.

When you have paid, please inform the membership secretary by email: membership@spokesgroup.org.uk

You will receive a Membership Pack, including a SPOKES Membership Card, entitling you to discounts of 10% on bike repairs and spares at the locations shown below.

Any queries please contact the Membership Secretary.

<p>Cycles UK 484/486 St. Albans Road Watford, WD24 6QU 01923 243707 www.cyclesuk.com watford@cyclesuk.com</p>	<p>Northwood Cycle Depot 118 Pinner Road Northwood , HA6 1BP 01923 824174 www.northwoodcycles.com northwoodcycles@tiscali.co.uk</p>
<p>Watford Cycle Hub Holywell Community Centre Tolpits Lane, Watford WD18 9QD 01923 223994 www.watfordcyclehub.org.uk office@watfordcyclehub.org.uk</p>	<p>The Bike Shop 66 Queens Road Watford, WD17 2LA 07941 800029 thebikeshop66@outlook.com <i>(N.B. discount discontinued)</i></p>
<p>Ride St Albans 318 Watford Road Chiswell Green, St Albans AL2 3DP 01727 614778 www.ridestalbans.com mike@ridestalbans.com</p>	

Where can you go with Spokes?



Above: Celebrating SPOKES 25th anniversary in July 2021

Below: Puncture repairs during the Burnham Beeches ride





Join Spokes today
Only £12 per annum
 £3 for an additional family member at the same address

Benefits of membership?

You will receive regular details of our cycle rides, social events and other activities in our quarterly Newsletter. You will also be helping us to campaign for improved cycling conditions in the South West Herts. area.

Our membership year is from 1 July to 30 June.

If you would prefer to receive an electronic rather than posted paper copy of our Newsletter, please inform the Membership Secretary.

To join, please complete the form below and email a scanned copy to the Membership Secretary: membership@spokesgroup.org.uk.

This information is kept for membership purposes only. It will not be given to other organisations.

1 st Person Name	
Address	
Post Code	
Phone Number	
1 st person mobile	
1 st person email	
2 nd person name	
2nd person mobile	
2 nd person email	
Total subs due £	
Donation £	
Total £	
Signature	
Date	



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01923 223994

<https://watfordcyclehub.org.uk/>

07340 866123