

# Pedal Power

The Newsletter of Greenwich Cyclists



Issue 56 September 2006

## Four days' cycling in East Anglia

### August bank holiday weekend

Four of our group (Ray, Nick, Nicki and Alan) set off early on Friday morning to Cambridge by train and cycled the rest of the way to Kings Lynn, where they camped a few miles outside the town. Craig and Stephen took the train up to Kings Lynn after work; Craig joined the campers while Stephen made use of a YHA voucher to claim a night's B&B in a hostel for the princely sum of 90p.

All reunited down on the quay on Saturday morning for a late breakfast, we set off following Route 1 northwards past Sandringham (does one doff one's helmet when passing the Queen on a bike?) and the lavender fields of Heacham, to Hunstanton where we took a tea (or milkshake) break at the naffest caff in town. Pressing on along a main road we eventually reached the planned lunch stop at Brancaster Staithe (distant view of the sea across the mudflats) but the pub had stopped serving meals so it was just a beer and a sandwich.

Still 30 miles to go to Cromer and no campsite booked in advance, but Nick's web-enabled phone came to the rescue and a few calls later the campers had a pitch for the night near Sheringham. Stephen had booked a farmhouse B&B just a couple of miles



Lunch at Brancaster Staithe well above the mudflats

away. Lack of mobile reception prevented us meeting up for an evening meal.

A slow start on Sunday and a tea stop in Cromer meant that it was afternoon when we headed south along the coast road. Stephen (the slowest of the group) had a head start, while in true hare-and-tortoise style Nicki and Alan, though faster riders, were lured by hedgerows full of ripe blackberries and were the last to rendezvous at Sea Palling for lunch. A following wind down the coast made for easier riding than the day before and we reached Lowestoft by 6pm despite the late start. Stephen headed for his last B&B (more of a boarding house for Polish workers as it turned out) while the campers headed for the African Adventure – with advice not

to pitch camp between the elephants and their water hole.

Stephen decided to take the slow train home on Monday for family reasons while the others had a more eventful day: Craig's bike packed it in, Alan had two flats and all (except Craig) just missed a major downpour. Ray thought it was "fun riding through the puddles with feet up around my ears".



Sightseeing at Horsey Mill

All-in-all a good introduction to cycle touring. Thanks to Ray for the organisation.

More photos are on the GC website:  
<http://ph.groups.yahoo.com/group/greenwichcyclists/photos/browse/4437>

🚲 Stephen Craven



## Rides & Events

Go to these websites for more ride details where indicated: **Greenwich URL:** <http://www.greenwichcyclists.org.uk/events/events.html> • **Lewisham URL:** <http://www.lewishamcyclists.net/Events.html> • **Southwark URL:** <http://www.southwarkcyclists.org.uk/social.shtml#now>  
*These websites will list more events and any changes to the rides and events below:*

🚲 **Thursday 14 September: Afterworker** Southwark Needle 18:30 – Barry 07905 889 005 [Southwark URL]

🚲 **Saturday 16 September: Greenwich to Southend** Meet Ladywell Fields 8:30 or CSG 9:00 – Ian 07986 872 205 [Lewisham URL]

🚲 **Sunday 17 September: Canals, Parks and Lakes** CSG 10:00 – Ray 07963 349 993 [Greenwich URL]

🚲 **Thursday 21 September: Afterworker** Southwark Needle 18:30 – Barry 07905 889 005 [Southwark URL]

🚲 **Saturday 23 September: Chichester and Goodwood Mountain Bike Ride** Meet London Victoria 8:00; East Croydon station 8:20 – Ian 07986 872 205 [Lewisham URL]

🚲 **Saturday 23 – 24 September: The Fabulous Whitstable Weekend** CSG 9:00 or Rochester station 12:30 – Barry 07905 889 005 [Southwark URL]

🚲 **Wednesday 27 September: Rides Meeting** Dog & Bell 18:30 – Ray 07963 349 993

🚲 **Saturday 30 September – Sunday 1 October: Salisbury/Bath overnight ride** – Craig 07881 883 472 [Greenwich URL]

🚲 **Sunday 1 October: Ride of the Falling Leaves** Herne Hill Velodrome 9:00–10:00 – Dulwich Paragon Cycling Club [bobski@email.com](mailto:bobski@email.com) <http://www.wallygimber.freereserve.co.uk/>

🚲 **Wednesday 4 October: Greenwich Cyclists monthly meeting** Armada Centre 19:30; 21:00 [Greenwich URL].

🚲 **Saturday 7 October: East Grinstead & Lewes Loop** Details TBA [Lewisham URL]

🚲 **Sunday 8 October: 2006 Cycle Show at ExCel** Southwark Needle 10:00; CSG 11:00 – Barry 07905 889 005 [Southwark URL]

CSG = Cutty Sark Gardens, Greenwich

### Maintenance Classes

✂ **Tuesday 12 September:** Removing wheels, tyres, basic checks

✂ **Tuesday 26 September:** Gears: adjusting, replacing cables, lubricating

✂ **Tuesday 10 October:** Brakes: adjusting, replacing pads and cables

✂ **Tuesday 24 October:** Hubs: adjusting, stripping and rebuilding wheel hubs.

✂ **Tuesday 7 November:** Wheel truing, spoke replacement

**Contact:** [Julian@jdobson.demon.co.uk](mailto:Julian@jdobson.demon.co.uk)

**Venue:** Armada Centre (see map overleaf)

**Cost:** £5 per class

**Pay online:** <http://www.greenwichcyclists.org.uk/Maintain/maintain.html>

# Cyclists and pedestrians



Pedestrians and cyclists do share paths, some legally, others quasi-legally, illegally, or when the law is unclear.

Footpaths in council-run parks are subject to council bye-laws which may vary from borough to borough. Cyclists are generally permitted to cycle on park paths in Lewisham and Southwark but not in Greenwich' (at present). Thus a law-abiding cyclist from another borough may unwittingly break Greenwich bye-laws.

Cyclists under 16 cannot be prosecuted for riding on "pavements" (footpaths alongside a road) and although since 1999 there is a fixed penalty of £30 for cycling on pavements, the Home Office has issued guidelines that this should only be applied "where a cyclist is riding in a manner that may endanger others"; the legislation was not aimed at "responsible cyclists who sometimes feel obliged to use the pavement out of fear of traffic and who show consideration to other pavement users when doing so".

Sadly, there are some cyclists who are inconsiderate, either from ignorance or attitude, to other pavement and road users. These are known as "lycra louts" or "yobs on bikes".

## How cyclists can be considerate

1. Do not ride on pavements, unless absolutely necessary. (You may be fined.)
2. Remember that pedestrians have right of way on all paths, including shared ones.
3. Avoid frightening pedestrians by riding too close to them. If you need to warn them ring your bell, or call out greetings.
4. Have a loud bell as often pedestrians do not hear the tiny tingaling ones. Be aware that bike bell ringing may frighten or startle some pedestrians and/or be considered aggressive, even though you rang your bell as a courteous warning.

<sup>1</sup> In royal parks, such as Greenwich Royal Park, cyclists are allowed to ride *only* on designated paths.

5. If you do have to pass close to a pedestrian, slow down and apologise with an "Excuse me", or "Pardon me". Do not rush past.
6. If a shared path is really crowded it is better to dismount and become a pedestrian yourself.
7. Anticipate what a pedestrian may do and give yourself enough room and time to react. For instance if you ring your bell a pedestrian may instinctively move to the left (if British) or to the right (if from continental Europe).
8. If you are riding at 18 miles per hour or more you should ride on the road,<sup>2</sup> not on a shared or segregated path – nor *any* pavement.
9. Use lights at night, at dusk and dawn.
10. Park your bike so that people don't trip over it.
11. Be courteous. Discourteous cyclists are yobs on bikes.

## Changing perceptions

Pedestrians are still getting used to the huge increase in the number of cyclists in London over the past few years, but perceptions are changing. Most pedestrians in the City of London now look before they step onto the road – a vast improvement from last year.

Pedestrians may like to consider the following:

1. Cyclist/pedestrian accidents are rare.<sup>2</sup> Even the most loutish of yobs would not want to collide with you because such a collision usually does more damage to the cyclist and the precious bicycle. (Boris Johnson was more injured than the pedestrian who caused the accident.) Nonetheless, loutish, yob behaviour can still be frightening and startling.
2. If you do hear a bell, or a greeting, look behind you to see where the cyclist is. Do not step to the left or right without looking first.
3. Look *before* you start to cross any road.
4. Walk on pavements rather than roads. If you are on a segregated path, keep to the footpath and off the side for cyclists.

<sup>2</sup> Department of Transport.

## Help develop cycle routes in Greenwich

Two cycle route inspection meetings (CRIMs) are being held soon by consultants to Greenwich Council. If you have an interest in these routes, the CRIMs are an opportunity to have your say on their development:

### 1. Link 60 (postponed from August)

**Aim:** to review the Link's alignment, conditions for cyclists, and possible improvements along the route.

**Where it is:** Link 60 crosses Greenwich from the B226 Grove Park Road (Bromley) to the A211 Footscray Road (Bexley).

### CRIM to be held in October

**Contact:** Robert Gallagher 0117 925 1027, rgallagher@mayerbrown.co.uk to find out the start time and place.

### 2. LCN+ Link 59

**Aim:** improved cycle route between Greenwich Peninsula and Rochester Way as part of the London Cycle Network Plus (LCN+).

**Preliminary short questionnaire:** to be completed by 15 September 2006.

### CRIM to be held late September/early October

**Contact:** Ian Murdoch 020 7974 8702, ian.murdoch@camden.gov.uk to obtain further details and a copy of the questionnaire.

## You can help improve Greenwich's cycling facilities

If you want a new cycle path, bike parking, better road access for bicycles, etcetera, please let us know by emailing your suggestions to Greenwich Cyclists' Planning Officer, Anthony Austin anthony.austin@reuters.com

## In brief

### Foot tunnel lifts at Greenwich & Woolwich

Anthony Austin of Greenwich Cyclists asked Greenwich Council on 26 July about the shocking unreliability of the lifts at Greenwich and Woolwich foot tunnels. He reports:

Clr Peter Brooks, Cabinet Member for Regeneration and Transport, confirmed that the north lift at Greenwich was closed 24 April–10 July this year to replace the pulley and doors; the south lift was out from 8 May–10 July for door replacement and lift car improvements.

"The lifts, installed in 1992, have suffered from two chronic defects," he said. The doors were replaced this summer at a cost of £45,000. The motor room controllers, which control the movement of the lift, have been increasingly unreliable, especially in warm weather.

"Usage of the lift, measured on a Tuesday, Saturday and Sunday in January 2006 and extrapolated to give an annual figure, showed 825,000 people per year including 225,000 cyclists," he added in a written reply.

The Council has submitted a bid to Transport for London to fund major refurbishment of both Woolwich and Greenwich lifts.

I asked if it would not be preferable to outsource the lift and tunnel services to an independent operator who could promote them as a tourist attraction. Clr Brooks said it was Council policy to keep such services "in house".

### Royal Naval College update

While the path along the riverside is being repaired, cyclists can use a temporary path through the Old Royal Naval College which starts, after hours, at the Lewin Gate on the waterfront at the west and comes out via another gate near the Trafalgar Tavern. Between 8:00 and 18:00 the path's west entrance is the Cutty Sark Gate, the east one is the main East Gate. During these hours cyclists are asked to dismount and walk their bikes through the College.

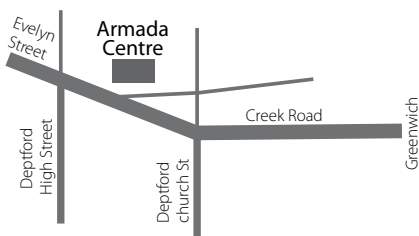
Meanwhile the Foundation which manages the site is talking to Greenwich Council about funding and technical aspects of a permanent shared-use cycle and pedestrian path which will largely follow the route of the temporary path.

### Bicycle parking

The installation of 39 new bike stands in Greenwich town centre has been further delayed due to "logistic" reasons. Installation should have commenced in March. The Council is unable at present to say when installation will take place but a spokesman has said it will start "soon".

### I'm at GR39...

Cyclists and pedestrians using the Greenwich part of the Thames Path may have noticed these signs placed at varying distances along the path. Each has a unique, sequential, number starting with GR1 at the Deptford/Greenwich border. The signs are intended to help emergency services, but they can also be useful for people letting others know where they are on the path and also for stating just where repairs are needed. At GR87, for instance, repairs to the path have still not been completed after serious subsidence several years ago. GRR.



## Contact us

We meet on the first Wednesday of every month (next meeting 4 October) at 19:30 at the Armada Centre, 21 McMillan Street, Deptford. See our website [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk), or join our mailing list <http://groups.yahoo.com/group/greenwichcyclists/>, or email:

**Chairperson** Julian@jadobson.demon.co.uk

**Maintenance** Julian@jadobson.demon.co.uk

**Newsletter** ppeditor@dsl.pipex.com

**Planning** anthony.austin@reuters.com

**Rides** Ray@dccnet.com

**Secretary** stephen@stthomas.greenisp.org

**Training** liz.delap@teslaeurope.com

**Treasurer** derekmark@hotmail.com

**Webmaster** abraben@email.com