

**AUGUST**

Wed 4th Easy  
AFTERWORKER.  
Meet on Green Bridge\* 6.30pm.

Wed 11th  
MONTHLY MEETING 7.00-8.30pm.  
Venue tba. All welcome. Followed by  
pub social from 9.00pm.

Wed 18th Easy  
AFTERWORKER.  
Meet top of Green Bridge\* 6.30pm.

Sat 21st  
OFF-ROAD RIDE. Ewelme in the  
Chilterns.

Sun 22nd EASY RIDE  
taking in Hastings near the Sussex  
coast.

Wed 25th EASY AFTERWORKER. Meet  
top of Green Bridge\* 6.30pm. Followed  
by pub social.

Sat 28th WHEELERS WORKSHOP  
11.00am-3.00pm at Limehouse Town  
Hall.

**SEPTEMBER**

Wed 1st EASY AFTERWORKER. Meet  
top of Green Bridge\* 6.30pm.

Sat 4th  
RIDE OUT TO THE CHILTERNES  
from Henley-on-Thames. Meet  
12.00pm at Henley-on-Thames station  
for 30 miles (moderate) or 7.00am on  
Green Bridge\* for 30 miles out to  
Henley +30 mile Chilterns section +  
optional ride back to London (90-miles  
in total).

Sun 5th  
EASY RIDE:  
Tour of Britain Final Stage Slow paced  
easy RIDE to Westminster to watch the  
final stage of the Tour of Britain. Meet  
top of Green Bridge; time tba. Contact  
Owen.

Wed 8th MONTHLY MEETING  
Meet at 7.00-8.30pm (venue tba)  
Everyone welcome. Followed by pub  
social from 9.00pm.

Wed 15th EASY

AFTERWORKER.  
Meet top of Green Bridge\* 6.30pm.

Sat 18th  
KENT RIDE TO SOUTH DOWNS  
and Weald. Cycle 30 miles to get  
there, or catch a train from London  
Bridge and meet us there; 30-mile ride  
once there; catch train back to London  
or ride back. Meet on Green Bridge\* or  
meet in Kent en route. Arrange with  
Steve.

Sun 19th EASY RIDE to Kew. 30 miles  
along riverside tracks. Hampton Court  
and Wimbledon Common (optional).  
Meet 10am on Green Bridge\*.

Wed 22nd  
EASY AFTERWORKER.  
Meet 6.30pm on Green Bridge\*.

Sat 25th  
WHEELERS WORKSHOP 11.00am-  
3.00pm at Limehouse Town Hall.

Wed 29th  
LAST EASY AFTERWORKER. Meet  
6.30pm on Green Bridge\*.

Sat 2nd  
MODERATE RIDE.  
Ashdown Forest and South Downs. 30  
miles. Meet on Green Bridge\*.

Sun 3rd October  
EASY RIDE meeting up with Little  
Green Ride. Further details nearer the  
time.

\*The Green Bridge is in Mile End Park;  
it crosses Mile End Road near the  
junction with Grove Road and is the  
one that's yellow underneath.  
Details of all events: venues, rides  
meeting times and train times are  
posted to the email group nearer the  
event dates. Otherwise phone Owen for  
further details of meetings and Steve  
for further details of rides and socials  
and to check that there have not been  
any cancellations. All contact details  
opposite.

Easy Afterworkers will be cancelled if  
rain or pending rain. All other rides will  
take place rain or shine.

**Tower Hamlets Wheelers**

34 Vermeer Court  
Rembrandt Close  
London E14 3XA

wheelers@towerhamletswheelers.org.uk

**COORDINATOR**

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owen@towerhamletswheelers.org.uk

**RIDES**

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**DESIGN, PRODUCTION & PRINT**

Steve Bradley

**Dr Bike's tip**

If you are a regular commuter  
and use a rucksack, make life  
easier on yourself, fit a rack  
and use a cycle pannier, you  
will be amazed at how much  
your quality of cycling life will  
improve

**news**

AUGUST/SEPTEMBER 2004

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

**EASTWAY MUST STAY**

One Saturday in early spring two Wheelers  
went to investigate our endangered local cycle  
circuit.

Turned down for a photo shoot by a  
cherub of an age when the bike looks at least  
twice the rider's size, a few steps back  
outside Lea Valley Youth Cycle Club's host  
clubhouse at Eastway Cycle Circuit reveals  
another possible subject. Just completing the  
last of 5 laps that round off a solid half hour of  
pedalling the nationally renowned mile-long  
undulating road circuit is strong-and-lean-  
limbed Kate, one of the club's teenage  
recruits. She dismounts her super-lightweight  
steed and agrees to having her photo taken -  
after she's had a drink. Kate has been training  
at the club only since August last year, when  
she finally gave way to the self-denying  
reluctance to tread on her younger brother's  
cycling toes that had stopped her from getting  
on the saddle sooner. Now she is a regular  
participant at club training sessions and  
events, both at home and away.

Lea Valley Youth Cycle Club (LVYCC) was  
set up in 1999 to provide a training facility for  
young local cycling talent, with the nurturing  
of national level champions as the ultimate  
goal. It caters for 4 to 18 year-olds. Children  
can join at any time between these ages and  
need not have had any experience previously.  
The club has eight British Cycling-qualified  
coaches. Training takes place on Saturdays  
between 10am and 12pm; membership is a  
trifling £6 per year + a small charge for each  
weekly training session. Bikes can be hired if  
necessary. Eastway is a great place to get  
children started cycling with its acres of safe  
quiet space.

This children's club is just one of a vast

range of cycling events  
and organisations that  
use the long-established  
Eastway Cycle Circuit  
(also known as the Lea  
Valley Cycle Circuit). The  
purpose-built outdoor  
cycling facility is open  
throughout the year and  
hosts not only road  
racing, time trailing,  
mountain bike and  
cyclo-cross racing,  
duathlon and BMX  
biking, at both national  
and international level,  
but also other  
community cycling  
activities, including cycle  
training for local school  
groups. It is also a venue  
for other outdoor leisure  
pursuits, including roller  
skating, archery, and  
cross country, among  
many others. Eastway  
records visitor numbers of around 25,000 per  
year, although actual numbers are estimated  
to be much greater.

Eastway began its existence as a cycling  
venue in the early 60s. It occupies 45 acres of  
open, and significantly, car-free parkland just  
to the east of Hackney Wick next to the A12.  
The site had been a rubbish tip, supplemented  
with blitz rubble and then later with road  
builders' rubble, before it was spotted as a  
potential cycling venue. The circuit was  
constructed using the contours left by the  
dumpers and that is surely what makes it so



Kate, one of the riders at Lea Valley Youth Cycle Club

Photo Carol Gray

special: this is not a designer landscape but a  
terrain that evolved from the chance of how  
the rubble happened to fall. The result is a  
uniquely varied off-road facility that is highly  
valued and loved throughout the cycling world  
and a road circuit with unusually varied  
topography.

'Perfect,' you might say. But all is not quiet  
in the planners' offices. Over this hugely  
important national sports training venue hover  
the ominously ambitious plans of the London  
Development Agency's bid for the 2012  
Olympics. Too few and too scant answers  
have been given to Eastway's guardians, the

Eastway Users Group, when they have queried the details of the developers' plans. While the Group welcome the new international-standard Velodrome and BMX track mentioned as a part of the bid, they are concerned that a large piece of land to the east of the present circuit will be lost to the Olympic village and not replaced with an equivalent acreage: if there is insufficient land, off-road races become unviable because the number of riders is then limited by safety regulations.

Another concern is that extensive public access is planned, with many footpaths running back and forth across the proposed road circuit and off-road area. This would have such serious safety implications that both on- and off-road racing would be compromised, probably heralding the end of racing at current levels – a racing cyclist can build up speeds of over 30 miles per hour. Currently the circuit has very limited public access, so this aspect of safety is not an issue.

The Users Group are also extremely concerned that proposals to leave hockey and baseball facilities within the cycle circuit after the games finish would result in conflicts of management between cycling and non-cycling activities and the loss of acreage essential to maintaining the length of cycle tracks. Under current plans, the integrity of the circuit is not guaranteed since it depends on the construction – or not – of a bridge link across the A12. Anything less than full access across the whole of the circuit would be unworkable for Eastway as a cycling venue.

Finally, London winning the bid would mean the area becoming all but a building site for more than half a decade. What would become of the training and competition needs of such an important centre as Eastway for such an extended period, and after all the upheaval what facility would they be assured of after the event has packed up and its visitors dispersed to their distant homes?

Should London's Olympic bid be successful, it is imperative that those in charge of redevelopment of the area realise that any international glory gained by a wondrous layout suitable for an Olympic village and stadium is empty and meaningless unless the 'post-event' needs of the community and especially of our own local and national up-and-coming athletes are considered realistically and sincerely.

Meanwhile the circuit rarely stands unused, and Kate and her brother, along with LVYCC's 50 or so other trainees, leave the circuit on a Saturday lunchtime looking happy and fulfilled. Long may this continue.

For further information about LVYCC, contact Marc Burden 020 8503 1227, Bob Griffiths 01708 550738 or Drew Jones 020 8471 9118. For further information about the vast range of cycling events and other activities at Eastway, phone 020 8534 6085, email [cycle@leavalleypark.com](mailto:cycle@leavalleypark.com) or visit their website <<http://www.leavalleypark.com>>

## News in brief...

### BEIGEL RACE KING CHECKS INTO PSYCHIATRIC UNIT

Following his gold medal victory in June, the winner of the Great Beigel Race suffered a serious breakdown after an injury to his gastrocnemius forced him to allow 3 other cyclists to pass him on his trip to work. A hospital spokesperson said he was in a stable condition and was expected to be leaving the Intensive Treatment Unit later that morning. The long-term prognosis is still not known.



## The (Islington) International Cycle Show

The International Cycle Show, that we reviewed in our last Nov/Dec issue, will be held this year again at the Business Design Centre in Islington. It is open to the public on Friday 24 September from 10am-7pm, Saturday 25th 10am-6pm and Sunday 26th from 10am – 4pm (Thursday 23rd Trade and Press only).

Advance tickets: Adults: £10.00 Children (5 - 16): £6.00; Under 5's: Free; Family Ticket (2 adults, 2 children) £25.00. Tickets on the door: Adult: £12.00; Concessions: £10.00; Children (5-16): £7.00; Family Ticket: £30.00. To book (no fee), phone 0870 126 1788 or go to <<http://www.cycleshow.co.uk>>

## POLICE AND COUNCIL ALLOW EXPANSION OF STOLEN BIKE TRADE

You may have heard about the recent sharp increase in bike theft in Tower Hamlets. You may well have been a victim of this crime. The far greater scandal that supports this crime is the selling on of stolen bikes from far and wide that has taken place on Brick Lane and the nearby streets on Sundays with impunity for several decades. We wonder how it is that the police, local trading standards and the council have done NOTHING AT ALL (or if they have it has only served to allow the trade to increase!) to crack down on this criminal activity in our midst, which must certainly feed into the more evil strains of crime that invade our local communities, both engaging particularly our young people.

One Wheeler, one of many who have had their bicycles stolen from outside Tesco on Bethnal Green Road over the last 4 or 5 months, has drafted the following letter, that you may like to copy and send to one or more of the contacts listed below, should you feel strongly about this situation.

*Be aware: The thieves targeting*

### CONTACT ADDRESSES

#### Oona King MP

Westminster Office, House of Commons, London SW1A 0AA

#### Mayor Ken Livingstone

Mayor of London  
Greater London Authority  
City Hall  
The Queen's Walk  
London SE1 2AA  
Email: [mayor@london.gov.uk](mailto:mayor@london.gov.uk)

#### Jenny Jones

GLA  
City Hall, The Queen's Walk  
London SE1 2AA  
Email:  
[jenny.jones@london.gov.uk](mailto:jenny.jones@london.gov.uk)

#### John Biggs

GLA  
City Hall  
The Queen's Walk  
London SE1 2AA  
Email:  
[john.biggs@london.gov.uk](mailto:john.biggs@london.gov.uk)

#### Met Police Commissioner

Sir John Stevens  
New Scotland Yard  
Broadway, London

### CONTACT ADDRESS

Dear .....,

I am writing to voice my concern over the trading of stolen bicycles that routinely takes place at Brick Lane Market and the surrounding area on Sunday mornings.

It is common knowledge that this activity is going on - even the local police advise visiting the area if you have your bicycle stolen - yet nothing effective is being done about it.

According to the Metropolitan Police's own crime statistics there have been 1198 bicycles stolen within Tower Hamlets alone in the last 12 months.

At an average of £400 a bike, that is nearly half a million pounds worth of bicycles stolen from one borough alone.

What is perhaps more worrying is that the number of thefts is on the increase. The 12-month running totals for the last 3 years read as follows.

To month of May (year)	2001-02	2002-03	2003-04
Bicycle thefts in Tower Hamlets	730	849	198

This equates to an increase of over 60% in three years.

Police action in this area is poor, with an average of only one incident clear-up per month. That is a paltry 1.4%.

These theft figures could easily be reduced if the outlet for the re-sale of the bicycles is closed down. I have visited the area surrounding Brick Lane market on a Sunday market and am appalled to see how many bicycles are being sold on. I would estimate there are over a hundred bicycles changing hands per week, most of which are too clearly much too large in size for the person selling them.

I am writing to ask you to take action on this issue and request that this unofficial market for bikes in shutdown immediately. I believe that this would greatly reduce the number of bicycle thefts in the surrounding boroughs. I would be grateful if you could contact me to let me know what is being done.

Yours faithfully,

SW1H  
OBG

#### London Borough of Tower Hamlets:

Chair Living Safely Scrutiny Panel  
Cllr Manir Uddin Ahmed  
C/O Scrutiny Group  
Town Hall, Mulberry Place  
5 Clove Crescent

**Weavers Ward (ward in which Brick Lane market is located)**

*Tescos (daily) seem to have been using liquid nitrogen and are freezing open the strongest £80 heavy bare metal chain and padlock within 30 minutes. Good quality U-locks have been broken in 10 minutes. A rubber/plastic-covered lock slows down the freezing process. The flexi plastic-covered £50 type might be a good investment. If you must shop in Tesco, return to the front of the store every couple of minutes to check on your bike's welfare.*

YOUR ADDRESS  
DATE

#### Cllr

**Louise Alexander**  
C/O Town Hall, Mulberry Place  
5 Clove Crescent  
London E14 2BG

#### Cllr Abdul Matin

London Borough of Tower Hamlets  
74 Columbia Road  
London E2 7NN

#### Cllr Timothy O'Flaherty

C/O Town Hall, Mulberry Place  
5 Clove Crescent  
London E14 2BG

The councillor covering your area can be found at:  
<http://www.towerhamlets.gov.uk/data/your-council/index.cfm>

#### Trading Standards

London Borough of Tower Hamlets  
Tower Hamlets Council  
Southern Grove, London  
E3 4PN  
Email: [trading\\_standards@towerhamlets.gov.uk](mailto:trading_standards@towerhamlets.gov.uk)