



December 2016

**BROMLEY
CYCLISTS**

 [#bromleycyclists](https://twitter.com/bromleycyclists)

 [Bromley Cyclists](https://www.facebook.com/BromleyCyclists)

**LONDON
CYCLING
CAMPAIGN**



We'd love to meet you

Cycling is a hugely social activity, and never more so than among those who ride with us. Ask any of the regulars on our evening pub rides, the Wednesday Weekly Wanderers, or our varied weekend rides, and they will happily confirm how they tentatively dipped their toe in the cycling pond and soon found themselves drawn into a friendly social scene full of fun and healthy adventure, visiting bits of our borough they never knew existed. For an idea of what to expect if you've not been out with us, visit our website and read all about new member Sarah's recent experiences (<https://goo.gl/G6NpT8>).

Calling all members

You are one of more than 200 members of Bromley Cyclists, yet we have never met many of you. Whatever prompted you to join the London Cycling Campaign, it is likely to be something we enjoy or care about just as much. Our borough group offers many local benefits and opportuni-

ties, such as our Christmas Party (see over for more details). We'd love to meet you. Why not join us at one of our quarterly group meetings – the next one is in February – or come on one of our friendly bike rides (see the ride report at the bottom of this page to get an idea of what we're about or turn over to find out about upcoming outings).

CYCLING CAN SAVE THE PLANET...

Cycling is more than just a hobby or sport. It has a much greater contribution to make in our world by helping us deal with three global problems we face today: road congestion, declining public health and air pollution. However, one major obstacle prevents us from realising this potential. Despite a significant majority of people recognising that cycling is part of the solution to these issues, it's much harder for them to accept that they too must get on their bikes and actually do some pedalling!

...But more courage is needed

There is a desperate need for politicians of all persuasions locally, nationally and internationally to pluck up some courage and show some leadership. The Cycling and Walking Investment Strategy sits gathering dust in the government's 'too hard' tray and Bromley Council has cut the number of Cycling Forum meetings from four to three a year. Politicians wring their hands and call for more cycling and then authorise huge spending on other expensive or polluting forms of transport: High Speed 2, the Heathrow extension and the Silvertown Crossing. As stewards of our planet, we must do everything possible to pass on to our children and grandchildren a world that is not polluted beyond recovery. This generation is stripping our world of its natural assets without a care for those to come who will have no desire to raise their families in a trashed environment.

John Wood, Group Secretary

Another great outing (with cable car return)

The Rainham Marshes ride

It has long been an ambition of Bromley Cyclists to lead a ride over or through the Thames River Crossing at Dartford. The group secretary has tackled this ride in the past, but here was an opportunity to lead a group of riders through the crossing. The trip included a fantastic lunch stop at the RSPB's Rainham Marshes reserve. The area was closed to the public for more than a century while it was being used as a military firing range and it therefore qualifies as one of London's oldest natural landscapes. After visiting the reserve, we cycled to the ExCel exhibitions centre before returning south via the cable car. Visit our website for the ride report and photographs (<https://goo.gl/4Q6HOu>).



Come and join our rides...

Wednesday Weekly Wanders

Every Wednesday at 7.30 pm, we meet outside Bromley South Station to go for a sociable ride to a pub where we enjoy a drink and a chat. You can register for the ride on our website (but you don't have to). We have recently slightly restructured our wanders so that they always finish within four miles of the start point. We have done this to avoid some of the long rides home along dark,

country lanes that we felt were discouraging some riders, particularly women, from joining us. Since we introduced this change, we have noticed a marked increase in the numbers attending and our wanders are becoming the highly social occasions they should be. On many evenings, women outnumber the men. Why not come and join us.

Christmas outings



Our Christmassy Ride to Rochester on Sunday 11 December is fully booked and now has a waiting list. But there are other opportunities to celebrate a cycling Christmas with us. There is a Christmas Lights Ride into central London on Sunday 18 December and before that is our Christmas Party (see next item). If neither of those get you into the Christmas spirit, then you really must be a humbug!

For further information on rides, [visit our website](#) or email rides@bromleycyclists.org

Other news

CHRISTMAS PARTY This year's party is on Wednesday 14 December at the Papadam Indian restaurant in Tynley Road (BR1 2RL). We generally don't hold events at the same place two years in a row, but we were so well looked after by Hafiz and his team last Christmas that we have asked them to do our party again. A slide show of the year's events will be running, so come and enjoy a festive curry and see your pictures up in lights as taken by our group secretary on the various rides you have attended. Contact Eve at eve.evans10@btinternet.com to book your place.



CLEARING THE AIR A resolution calling on the London mayor to urgently improve air quality in the capital, which was seconded by former Bromley Cyclists group secretary Eve Evans, was adopted without amendment at the LCC Annual General Meeting on 15 October. It is clear that air pollution in London is finally forcing its way onto the campaigning agenda and into the media spotlight. All 50 of the UK's worst pollution black spots are in London, but a new study, which reveals the best speeds for cyclists to travel at to avoid the worst effects of air pollution, might help. Writing in the *International Journal of Sustainable Transportation*, Alex Bigazzi calculated minimum-dose speeds for different age and gender groups (<https://goo.gl/BSA2Bd>). Female cyclists under 20 were found to have the lowest pollution risk if they pedalled at an average of 12.5 kilometres per hour on the flat. For male cyclists in this age group, it's best to cycle at 13.3 kilometres per hour.

STREET MAGIC This summer, Transport for London painted 'virtual' speed humps on a road that appear as real, 3D obstacles to approaching motorists. This was part of an experimental 20 mph speed limit in Southwark (<https://goo.gl/HRLUDG>). "An initial study found that these road markings, which create an illusion, were very effective and show a reduction of up to 3 mph," transport commissioner Mike Brown said in a report to a TfL board meeting. "They are a cost-effective alternative to the traditional hump and are quick to install." Could these also calm traffic in Bromley?

QUIETWAYS ON THE QUIET Bromley Cyclists' Management Committee have been left stunned by the council's plans for Quietway cycling routes set out in a document accessible online (<https://goo.gl/fSlz16>). These plans have only come to light because of diligent detective work by committee member Richard Gibbons. One of the Quietways mentioned in the report for scrutiny by a committee covers three of the 'Asks' we submitted to the council in 2012, but no one has been in touch with us. Similarly, negotiations for providing the schemes appear quite advanced, yet Bromley Cyclists have not been contacted for an opinion or comment. While Sustrans, who are TfL's main delivery partner on the project, are apparently deeply involved, it seems discourteous to snub the group whose ideas these were to begin with.

DRIVERS PUSH BACK "I've thought it for a while, but now it's in the open. ...it looks like there's a campaign to roll back the progress London's made in cycling and reclaim space for the car." Read the rest of this article by Andrew Gilligan, former cycling commissioner for London, on Human Streets (<https://goo.gl/WGUEXO>).

Our public meetings

Bromley Cyclists hold public meetings four times a year. We'd love to see you at the next one. Please see our website for details of when and where this meeting will take place. Come along and make some new cycling friends.

Bromley Cyclists' Management Committee (Core officers are in bold):

Borough coordinator	Spencer Harradine	Rides coordinator	Tracey Parker
Treasurer	Linda Rampling	Communications	Richard Gibbons
Secretary	John Wood	Membership & goals	Eve Evans
Chair	Derek Mark	Transport, traffic & infrastructure	