



### Newsletter of the Cycle Club Bexley

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Editor: Murray Spencer  
Murray.spencer@ccbexley.com

Well, here we are in May and summer has finally arrived. It is time to wheel out the best bike and expose those milk-bottle white arms and legs to start working on this year's 'Cycling Sun Tan'.

The annual membership subs are now overdue. Those of you that have yet to pay, please send your cheque for £12.00 payable to C C Bexley to the Club Treasurer, Richard Boxall at 9 Wessex Walk, Dartford, Kent DA2 7WE. I would hate it for you to miss out on all the exciting club news communicated to you through the carefully prepared newsletter.

### New Website

We have launched a new website, thanks to our new member, Paul Blacker, who is a web builder, amongst his many other businesses and talents, he has constructed a brand new modern website for us which you may wish to visit for a look around. The address for the new site is [www.ccbexley.com](http://www.ccbexley.com) so this will be much easier to remember and find. The old site address will host a single page with a clear link to take you directly to the new web pages.



A free coffee mug is being given to every member of the club who has paid his/her subs for the 2016 year. If you haven't been handed your limited edition memento please see Ken Gardner who will happily present you with this beautiful piece of porcelain.

### Obituary

It is with great sadness that we write to advise that John Coster, a founding member of C C Bexley, passed away on Wednesday 11th May, he was 83. John still managed to ride his trike up to the Bluebell Cafe at Trosley Country Park to meet with his club mates right up until the last few weeks, he remained positive and cheerful through great adversity. John will be sorely missed by his family and many friends.

A service is being held at 11:00 on Tuesday 24th May at the Sittingbourne Natural Burial Ground, Deerton Street, Teynham, Sittingbourne ME9 8QJ. John's Grandson, Barney Tedder, will be leading a club run on that morning to the burial ground, starting from the pub where we will later be having lunch, the Plough Inn, Lewson Street, Sittingbourne ME9 9JJ. The ride will be a short route of 2 miles there and maybe 10 or so (optional) back, riders wishing to take part should meet at 10:00 for a 10:15 departure. Car parking is permitted at the pub.



**John Coster – 12/10/1932 to 11/05/2016**

Continuing the 1966 to 2016 theme I have published another photo from 'way back when'. Here we have Mick Morris in the November 1978 cyclo-cross event at Marion Wilson Park in Charlton.

If you have a clear photo of an event, race or annual dinner from the Club's history please contact the Editor and I will see if we can fit it in to the next edition of this beautifully crafted magazine.



Mick Morris, in 1978 proudly wearing his CCB club kit (I know a few members that still ride in this strip!). Mick is either pictured here in the Charlton cyclo-cross event or still on Shooters Hill before London County Council decided to tarmac the road.

### **Social Club Nights – Change of Day**

The social club nights are being moved, on a trial basis, to the **second Thursday of the month** with immediate effect. The Malt Shovel has introduced a 'Thai Night' every Monday. Whilst the Thai food is quite honestly amazing, the atmosphere of the May club night was compromised due to diners all around us. We will still meet at the Malt Shovel Public House in Eynsford from 8pm. Dates for the next few months are as follows:

**Thursday 09<sup>th</sup> June – 8pm**

**Thursday 14<sup>th</sup> July – 8pm**

**Thursday 11<sup>th</sup> August – 8pm**

**Thursday 08<sup>th</sup> September – 8pm**

The weekly Wednesday club nights are now in full swing, taking place immediately after the Evening 10 Time Trials. These club nights extend right through the summer until the end of August.

### **Sunday Club Runs**

The Sunday Club runs start at 10 o'clock, meeting by the post box beside the River Darent in Farningham village. Any change to that arrangement, including cancellation, will be notified as soon as possible on Facebook. These are social rides and are tailored to suit those attending, generally we ride between 40 and 50 miles and incorporate a café stop half way round.

If you have been thinking of coming along please call either Murray, on 07751 899921 or Mick Morris on 07753 105865. We never leave anyone behind and offer encouragement, help and guidance for less confident riders.

### **Mid-week Club Runs**

Every Wednesday many members converge on the Jungle Café on the A20 London Road, West Malling, Kent ME19 5AL, meeting at around 10 o'clock. Due to the meeting time, and location, club mates tend to ride to the café then join up to enjoy an extended ride home to burn off their hearty cooked breakfasts.

### **Roller Racing**

In the few weeks prior to the Annual Dinner we hold two evenings of roller racing, first a fun/practice evening, then the Championship Races taking place the following Wednesday – this is a battle for CCB bragging rights and an impressive trophy presented to the victor at the Dinner and Dance a week later.



There was a good attendance and plenty of fun on the Practice Evening. Opinion has it that the yellow track bike, being ridden here by Paul Bailey and beautifully maintained by Mick Morris, is the faster machine – or is it that it is nearer the heater and therefore a more comfortable ride in the chilly room?

Once more, on Race Day, our high cadence hero, Gary Grayland, came out on top, his combination of brute power and phenomenal leg speed united perfectly for this discipline. The minor places were a much closer affair; second place changed hands between Murray Spencer and Garry Dunn, with Dunn claiming the higher step on the podium judged on race time aggregate. Fourth place went to Andy Elford who was just a whisker away from a win in each of his races.

## Annual Prize-Giving, Dinner & Dance

This year Club's Annual Dinner was moved to the Clock Tower Suite after the Woodlands Suites were closed down at very short notice. The new venue was well received and seemed to be exactly the right size for our function. I for one would like to extend a massive THANK YOU to Debbie Boxall for again organising an excellent and most enjoyable evening.



Racing Secretary, Ken Gardner (left) presenting just about every trophy to our serial champion, Gary Grayland.

## C C Bexley Open 10 Mile Time Trial

This was the most successful Bexley-run open TT for a few years, we had an impressive 72 entrants of which 12 were C C Bexley members, the highest placed of these was Gary Grayland in 6<sup>th</sup> place posting a very respectable 22 minutes 55 seconds whilst Chris Hovenden finished in 7<sup>th</sup> just 7 seconds behind. Jonathan Parker from Team Bottrill (the pre-race favourite) won the event over all, setting a new course record of 20:23 in the process. Mick Morris won his class (Age 70+) then immediately having crossed the finish line jumped in to relieve the event's finish timekeeper, Dave Abbotts, who rushed to the scene of his son's crash, just after the railway bridge. Sadly Cameron Abbotts suffered a broken collarbone and a few scrapes caused when he was taken off

balance by a series of potholes and a protruding drain grate. We understand that Cameron is recovering well.

The trike event was a glorious victory for our Club Chairman, Mark Vowells, who propelled his Roberts to the turn and back in just 26 minutes 24 seconds.



Mark Vowells was 'Man One' on the road and also headed the results sheet. Here he is receiving belated encouragement from Ken Gardner and our Race Timekeeper, Bob Aves as he powers away from the line.

## CALENDAR OF FORTHCOMING EVENTS

### Evening 10 Time Trial Series 2016

Races continue throughout June and July. The start times vary as the daylight hours extend. Check the new website – [ccbexley.com](http://ccbexley.com) – for race times. The calendar is published on the front, Home Page, and in its own 'Calendar' tab.

The last race of the year will be on Wednesday 10<sup>th</sup> August. The following week – Wednesday 17<sup>th</sup> August is the Hill Climb which starts on Stanstead Hill at 18:45



Gary 'Rolling Thunder' Grayland riding like lightning around the turn whilst Pete Holbrough offers some advice and encouragement as he speeds past.

### Club 50 Mile TT Championship Sunday 5<sup>th</sup> June

Being run within the KCA 50 mile event on the Q50/11 Entries should be made online through the Cycling Time Trials website. Don't forget that entries close almost 2 weeks before the event.



Angela Spencer being launched in to the fray at the CCB Open 10 at Grain

### **Club 100 Mile TT Championship Sunday 12<sup>th</sup> June**

Being run in association with the KCA 100 mile TT on the Romney Marsh.

Entries should be made online through the Cycling Time Trials website. Don't forget that entries close almost 2 weeks before the event.

### **Club 25 Mile TT Championship Sunday 19<sup>th</sup> June**

Incorporated within the VTTA event held on the Chilham course Q25/8

Entries should be made online through the Cycling Time Trials website. Don't forget that entries close almost 2 weeks before the event.

### **CCB Summer Barbecue**

**Wednesday 6<sup>th</sup> July** from 8pm at Horton Kirby CC.

Our mid-summer social event will be upon us before you know it. Head Chef, Mick Morris, will be in charge of the blazing cooking station whilst his sidekick, 'Boy Wonder' Andrew Elford, will be making sure that everyone gets a fair share of the burnt offerings.



Mick and Andy, dressed like chefs, serving up freshly prepared sausages.

### **Club 10 Mile TT Championship**

**Wednesday 13<sup>th</sup> July.** The championship race is incorporated within the Evening 10 Time Trial on this date. Enter on the line £3.00

### **Club Triathlon Championship Sunday 24<sup>th</sup> July**

Our championship race is being run within the Wilkins Kennedy Grays Triathlon, Blackshots Park, Grays, Essex. The triathlon is a 'Sprint' event, comprising of a 400 metre pool swim, a 25km reasonably flat road cycle and a 5k run on grass paths within the park.

There is a link on the new website – [ccbexley.com](http://ccbexley.com) – to take you directly to the East Essex Triathlon Club's event details and entry pages.

**Eligibility for the CC Bexley Club Championship is dependent upon you being a first claim member and entering the event under Cycle Club Bexley.**



2015 C C Bexley Triathlon Champions – Men's Champion, Chris Hovenden (bearded) and his Ladies Champion sister, Jo Hovenden.

### **Club 12 Hour TT Championship Sunday 21<sup>st</sup> August**

Flat Romney Marsh course, the wind can play a big part in your distance and morale on this course. Entries should be made online through the Cycling Time Trials website. Don't forget that entries close almost 2 weeks before the event.

### **50<sup>th</sup> Annual Dinner and Dance**

**Saturday 18<sup>th</sup> February 2017 – Venue TBA**

Mark this in your diary to avoid disappointment.

### **Next Issue - September**



Arty photograph at the start of the club run. Angela Spencer (far left) looks far too comfortable on the bench. Daffodils were planted just for us.

See you in Farningham at ten o'clock on Sunday.