



## Newsletter of the Cycle Club Bexley

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This newsletter is coming to you a little on the early side, but basically I just couldn't contain myself any longer, we're having such a fantastic summer and a number of our club mates are enjoying so much success I just had to tell you all. It also helps that I have saved a few pieces of news and photographs for the Late Autumn Edition!

### Evening 10 Time Trial Series 2016



10<sup>th</sup> August Evening 10 – Marc Engall, competing in his first ever TT is passed by Murray Spencer (centre) and Jo Hovenden. Photo Mark Starbuck

The C C Bexley Summer 10 Mile TT season has drawn to a close, always a sad occasion. The weather often seemed to take a dip on a Wednesday, wind and showers were regular features throughout the year. However, Mother Nature finally delivered the weather we had all been waiting for at the final round of the Series – a gentle tail wind blowing straight down the course, just enough to help but without hindering the return leg. Gary Grayland set the fastest time posted on the course this year, 23 minutes exactly, many of the other racers also carded PBs for this course.

The racing this year has been fierce and very hotly contested. The revised course has proven to be a challenge, but no less enjoyable, and not as dreadful as some people had feared, we are all learning to conquer 'The Hill' up past Scratches Lane and to make the most of the fast downhill finish. The full set of results for the series are all available on the website on an event by event basis.



So dedicated are our team of marshals that Peter Holbrough even took his post up at the roundabout on his birthday – here we are singing 'Happy Birthday'

Throughout the course of the year many of us have posted a number of times on this testing course, below are the best for each rider, although it is interesting, having gone through all of the results, how times have varied quite wildly week on week.

These times may indicate some sort of order for the Club Evening 10 Championship – I think it is safe to say that 'Rolling Thunder' has scooped the silverware again – but Ken Gardner's secret formula of who scored what points in the championship is a closely guarded secret, only to be revealed at the prize presentation at the Annual Dinner in February.

|       |                    |
|-------|--------------------|
| 23:00 | Gary Grayland      |
| 23:42 | Chris Hovenden     |
| 25:41 | Michael Bebbington |
| 26:24 | Mark Vowells       |
| 27:35 | Jo Hitchen         |
| 28:12 | Andrew Elford      |
| 28:31 | Steve Tinnams      |
| 29:09 | Jo Hovenden        |
| 29:59 | Murray Spencer     |
| 31:06 | Mark Starbuck      |
| 31:32 | Angela Spencer     |
| 31:55 | Dave Sutcliffe     |
| 32:37 | Robin Bell         |
| 33:08 | Paul Bailey        |
| 33:11 | Garry Dunn         |
| 34:00 | Paul Blacker       |
| 35:46 | Marc Engall        |
| 36:59 | Kat McVicar        |

All of this racing would not be possible without the dedication of our trusty band of volunteers who have turned out each week to marshal, keep the clocks and push-off, come rain or shine, to ensure a safe course for the competitors. One particularly wet Wednesday the number of officials outnumbered the competitors!

**On behalf of the riders – THANK YOU!**



There's always an opportunity for a photo at the Evening 10s – Check out our Facebook pages for more delights from beside the A20

### Club 25 Mile TT Championship

The 25 Mile TT Championship went according to the form book with our serial champion, Gary Grayland, once again thundering his way to an emphatic victory and also placing 11th overall and 5<sup>th</sup> on Age Standard in the excellent VTTA event. The three-pronged Chilham course enjoyed quite cool but still conditions for a change, so good times were set by all. Jo, Murray and Angela all recorded PBs for the distance. The sun came out once the racing was over to keep us all warm and to put maximum strain on our eyes whilst smiling for the club photo.



Gary got back to the race HQ long before the rest of us – at least he donned a club sweatshirt for the photo.

|                 |                                 |         |
|-----------------|---------------------------------|---------|
| 1 <sup>st</sup> | Gary 'Rolling Thunder' Grayland | 0:58:12 |
| 2 <sup>nd</sup> | Jo Hovenden                     | 1:11:07 |
| 3 <sup>rd</sup> | Murray Spencer                  | 1:16:32 |
| 4 <sup>th</sup> | Angela Spencer                  | 1:20:05 |
| n/a             | Mark Vowells                    | DNS     |

### Club 50 Mile TT Championship

Mick Morris was the only competitor from the club on the start line at Ham Street. The course proved particularly tough along the coast road at Camber where the headwind did its very best to bring racers to a halt. Mick is made of strong stuff however, and his time, recorded at 2:27:52 is testament to his grit and determination to keep it above 20mph at all cost.

### CCB Summer Barbecue



"I only burnt one sausage!" Mick Morris shares barbecue tips with Michael Bebbington whilst Robyn, Pete and Garry discuss the beer and the uncharacteristically warm and still weather for a Wednesday.

Warm sunny weather bought the CCB membership flocking to the Horton Kirby Cricket Club where tables were laid out on the lawns (pitch?) for the Annual Summer Sizzling Sausage Extravaganza. Once more Mick Morris and Andy Elford were in charge of the cooking. There was a report of just one sausage getting fully 'char-grilled' - enough fuel for the offending article to be displayed on the club's Facebook page, much to the delight of our followers!

### Club 10 Mile TT Championship

The weather played a part in the club 10 Championship, not least because the cold and damp conditions kept many away – a number of riders sported winter jackets on the course, choosing warmth over aerodynamics. Gary Grayland retained the Men's title with an impressive ride in less than perfect conditions. The Ladies' Champion is Jo Hitchen who has been demonstrating blistering form all year and confessed to 'feeling good' when discussing her ride at the finish.



Ladies Championship podium – Champion Jo Hitchen, centre, with Jo Hovenden (left) and Kat McVicar (right)

### **Men's 10 Mile TT Championship**

|                        |                    |       |
|------------------------|--------------------|-------|
| Winner:                | Gary Grayland      | 23:54 |
| 2 <sup>nd</sup> Place: | Michael Bebbington | 27:18 |
| 3 <sup>rd</sup> Place: | Andrew Elford      | 28:25 |
| 4 <sup>th</sup> Place: | Mark Starbuck      | 31:09 |
| 5 <sup>th</sup> Place: | Murray Spencer     | 31:20 |
| 6 <sup>th</sup> Place: | David Sutcliffe    | 32:00 |
| 7 <sup>th</sup> Place: | Paul Baily         | 33:53 |

### **Ladies 10 Mile TT Championship**

|                        |             |       |
|------------------------|-------------|-------|
| Winner:                | Jo Hitchen  | 27:45 |
| 2 <sup>nd</sup> Place: | Jo Hovenden | 29:25 |
| 3 <sup>rd</sup> Place: | Kat McVicar | 36:59 |



Our trusty Timekeepers, Bob Aves and Roy Canning, flank Men's Champion 'Rolling Thunder' and the Ladies runner-up Jo Hovenden.

### **Club Triathlon Championship**

For the second year running the Club's Triathlon Championships were held within the excellent and inclusive sprint event promoted by the East Essex Triathlon Club. The race, based around the Blackshots Leisure Centre in Grays Essex, is comprised of a 400 metre pool swim, a 25km reasonably flat cycle route and a 5km run on the grass paths around the Blackshots Leisure Centre Playing Fields.

Despite the early start, Andy Elford commenced his swim at 07:18, we all enjoyed warm sunshine out on the course. The gentle breeze was a definite advantage in the early stages of the bike route along the old A13, however, it certainly worked against you as the route turned back towards Grays. The fact that each club member was seeded well apart from the rest of his/her club mates meant that there was no opportunity for any comparison, it was therefore a case of going flat out all the way.

The Men's Champion, Mark Starbuck clinched C C Bexley honours by three minutes over second placed Murray Spencer. Starbuck took advantage of his strong swimming by seizing two minutes here, then extended his lead still further with a powerful showing on the scenic run section. The Ladies prize was won by Jo Hovenden who, besides scooping the prestigious C C Bexley Claret Jug, also won her age category by a

considerable margin. Second Lady, Angela Spencer, 20 years Hovenden's senior, put in a personal best on the day, she too claimed first in her age group. This was Andrew Elford's first ever triathlon, the nerves getting the better of him, causing a panicked wrong turn on the cycle route. Paul Blacker, now on his second event, was feeling the growing confidence, he will definitely be a force to be reckoned with in the coming years.



Any excuse for a photograph. We all had a fantastic day

#### **Men's Championship**

|                 |                |         |
|-----------------|----------------|---------|
| 1 <sup>st</sup> | Mark Starbuck  | 1:16:03 |
| 2 <sup>nd</sup> | Murray Spencer | 1:19:04 |
| 3 <sup>rd</sup> | Paul Blacker   | 1:29:16 |
| 4 <sup>th</sup> | Andrew Elford* | 1:22:17 |

\*(Incorrect Bike Route taken)

#### **Ladies Championship**

|                 |                |         |
|-----------------|----------------|---------|
| 1 <sup>st</sup> | Jo Hovenden    | 1:09:13 |
| 2 <sup>nd</sup> | Angela Spencer | 1:20:46 |



All Age Group winners! Not bad for a small, non-triathlon specific club.

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

Following varying levels of attendance at the Malt Shovel over the last few months we are going to try meeting on the first Wednesday evening of the month, as Wednesday is the traditional club night. On 7<sup>th</sup> September we will meet at the Fighting Cocks, The Street, Horton Kirby, Kent DA4 9BY

The Fighting Cocks is an award winning pub, both for the food and their hospitality, the restaurant is therefore very popular. Mick Morris has booked a large table for us on 7<sup>th</sup> September from 7:30pm. Due to the popularity we must confirm numbers with them, so please call Mick Morris on 07753 105865 by 23<sup>rd</sup> August (2 weeks' notice) to confirm your place.



The Fighting Cocks is a trial night and, with the requirement of 14 day's notice required for diners this may not work out. The committee is open to suggestions of good pubs that serve great food, have a warm, welcoming atmosphere and have ample car parking. For club nights from October onwards please see the club website, Facebook or call Mick Morris for confirmation of the venue.

#### **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.

#### **CALENDAR OF FORTHCOMING EVENTS**

##### **Club Hill Climb & Freewheel Championships**

Wednesday 19<sup>th</sup> August at 18:45

Stanstead Hill, Stanstead, Sevenoaks

**We have received permission from the Stanstead village elders allowing us all to park in the Stanstead Village Hall car park, located just around the corner (downhill) from the war memorial. The address is: Malthouse Road, Stanstead, TN15 7PH Please use the car park to avoid traffic congestion at the War Memorial junction and allow other road users to pass freely, thus helping to keep the local residents happy with the event running in their village and keep it just a bit safer for ourselves too.**

After completion of the Hill Climb and Freewheel Competitions we will adjourn to The Black Horse Public House which is located close to the Stanstead Church in Tumblefield Road, TN15 7PR

##### **Reliability Trial**

**Sunday 20<sup>th</sup> November**

50 and 100km route options

Start at Horton Kirby Cricket Club

##### **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 – Due around November**



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