



Newsletter of the Cycle Club Bexley

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Well that was a summer to remember! There is so much to talk about that this edition of the magazine has spilled over six pages – that probably means I will have nothing to say in the next one....unlikely though! Our membership continues to grow and the CC Bexley name is being seen in numbers, at events and races all over the place, and it is being noticed – I am receiving comments from other clubs and organisers that they have never seen so many CCB jerseys at an event – and that’s not just at our Evening 10s either.

Club 25 Mile TT Championship



You never grow out of schoolboy humour. ‘Man Mountain’ Mark Starbuck, at the event HQ and ready for action.

The CCB 25 Mile TT Championship was decided on Sunday 18th June at the Kent Cycling Association event held on the Q25/8 course at Chilham. The route has an undulating profile and runs out almost to Canterbury, back through to Ashford then back to Chilham.

The top two places went according to the form book, but 3rd place went to Jamie Georgiades, riding a road bike without any aero paraphernalia, he will certainly be one to watch when he makes himself slippery! A big ‘well done’ must go to John McFall who was racing in his first ever time trial – more accustomed to 100 mile sportives, John was probably quite unnerved by the lack of banners, feed stations, arrows and thousands of metres of climbing!

Positions below are stated for the overall placings in the event.

10 th	Gary Grayland	57:18
43 rd	Mark Vowells	1:03:17
54 th	Jamie Georgiades	1:09:24
56 th	Mark Starbuck	1:09:45
62 nd	Marc Engall	1:14:57
63 rd	John McFall	1:16:50
64 th	Paul Blacker	1:21:28

Good times all round – well done everyone.

Wednesday 12th July – 10 Mile TT Championship

This was probably the best turn out for a club 10 championship in many years, 12 riders, 4 of whom were ladies. It is a shame that so many other members were unable to attend on that evening. However, the championships went according to the form book, Gary ‘Rolling Thunder’ Grayland dominated the Men’s championship, as he has dominated the whole season. New member Stuart McMahon continued his good form he has shown all season with a solid second place, just a few seconds ahead of the reigning club Hillclimb Champion and gnarly mountain biker, Michael Bebbington. The Ladies Championship was a little closer, an off-colour Jo Hovenden just pipped Angela Spencer to the title, whilst Kat McVicar (popping in between almost daily marathons) and Kay Kapsalis keep plugging away and improving their times each week.

Men’s 10 Mile TT Championship

Gary Grayland	23:43
Stuart McMahon	25:51
Michael Bebbington	26:16
Mark Vowells	27:05
Jamie Georgiades	27:55
Andrew Elford	29:36
Murray Spencer	30:16
David Sutcliffe	32:45



The 2017 Cycle Club Bexley 10 Mile Time Trial Champion - Gary Grayland

Ladies 10 Mile TT Championship

Jo Hovenden	31:47
Angela Spencer	31:52
Kat McVicar	37:05
Kay Kapsalis	43:57

Is your name not on those tables above? Well, you have the best part of a year to get training. Mark your diary for the second Thursday in July 2018 and, if you have difficulty in getting away from work on time, book the day off or work from home!

CCB Summer Barbecue

This was a superb and well attended evening – I didn't see a single burnt sausage and, in fact, there was very little food left at the end of the evening, testament to the cooking skills of our resident chefs, Mick Morris, Andy Elford and lots of burger-flipping help from John McFall. Warm sunshine always helps, so members were spilling out on to the clubhouse veranda and on to the outfield. Thank you to Debbie Boxall for organising the evening and rounding up additional support to provide the cold and pre-cooked fare.



Andy is cooking up a storm - Paul Blacker is homing in on those sausages.

Sunday 23rd July – Triathlon Championships

The sun shone down for the C C Bexley Triathlon Championships taking place over at Grays, within the excellent East Essex Tri Clubs Wilkins Kennedy sponsored 'Sprint Distance' event.

Mark Starbuck got off to a good start, completing the 400 metre pool swim in 8 minutes 26 seconds, but naturally, Gary Grayland powered through the 20k bike leg in a blistering 32:31. Super-fast Michael Bebbington snatched back valuable time on the 5k run, completing the two laps of the gently undulating parkland course in 22:33. The end result was a win for Gary Grayland, completing the entire course in 1:08:45 and in doing so finishing an impressive 30th overall in a field of 200 triathletes. Michael Bebbington came in second placed CCB competitor with a time of 1:13:51, 61st overall. Angela Spencer had a race-long tussle with husband Murray for family honours and in doing so scooped the CCB Ladies prize.

The impressive claret jug trophies will be presented at the C C Bexley 51st Annual Dinner and Dance on 17th February 2018



Angela ahead of Murray, at this point, on the bike course. There was no drafting, I promise!

Talking of family, Jo Hovenden took second overall senior Lady and her brother, former member Chris Hovenden (now sponsored by Les Stables Triathlon Holidays and High 5 Nutrition), claimed second male overall. Jo had chosen to race in the colours of Medway Tri, a club with whom she is now very heavily involved.

Incidentally, whilst triathlon is known for it's 3 diciplines, Swim – Bike – Run, there is in fact a fourth dicipline – Transition – the time it takes to go from the swim to unracking the bike and exiting, and then, after the ride, racking the bike, donning running shoes and exiting the transition zone. Well, here there was a clear CCB winner, Murray Spencer, he tore through the transition zone in just 39 seconds each time, and that included him having difficulty removing his bike from the rack because the saddle is so high, and then, on the return from the bike, went down the wrong isle to get to his running shoes! Room for improvement....

There are plenty more stories though, poor Mark Starbuck aggravated an old hamstring injury (and that's a big hamstring!) and had to walk the second lap of the run, and Marc Engall had to stop on the bike as the chainset he borrowed from Mick Morris started to come apart as the chainring fasteners bouncing down the road behind him.

With the prize presentation done and dusted the CCB contingent adjourned to the Treacle Mine pub for a well-earned beer.



Everyone's a winner – Pam and Luigi came along to cheer us all on.

Evening 10 Time Trial Series 2017

There was a strange weather pattern this year, it would be nice every day of the week except for Wednesdays! A few events were lost to inclement weather and poor visibility, and a few also had such bad weather forecasts that there were more marshals than entrants! But in amongst all that inclemency we still managed to get in some fantastic racing.

Naturally, Gary Grayland thundered to overall victory in the C C Bexley Series Championships, however, the rest of the places throw up more than a few surprises, I will save the results for Ken Gardner to announce at the Annual Dinner and Dance on 17th February. Thank you to the Timekeepers, the Marshals at the turn and to the Pushers-Off, without whom none of this would be possible.



Timekeepers have to look good too you know! Bob Aves adjusts his hair for the camera whilst Roy Canning keeps his hands warm for the finish.

Wednesday 16th August - Hill Climb and Freewheel

The Stansted Hill record tumbled on this evening. Dartford RC's Ewan Touhy summited the hill in just 1 minute 10 seconds beating the record by two seconds. The best CCB rider on the night was Gary Grayland clocking a 1:50 - Grayland also defended his title as the Freewheel Champion, once more, rolling nearly in to the next county.

With all the racing, gasping, shouting, ringing of cowbells and chatting at the top done we all decamped to the Black Horse PH to see the evening out.

Loads of photos of all the riders have been published on our Facebook page and are free to copy and share as you wish.

Now, we have had enough photos of Mr Rolling Thunder in these pages, so below are images of two of our newer club mates, Pamela Darko and Luigi Fumarola, who took on the hill for the first time, at racing speed, this August.



Pamela Darko, too out of breath to answer back whilst we cheered her on – a rare occurrence indeed!



Powerhouse Luigi Fumarola doesn't look too impressed with the hill. He will, without a doubt, come back next year with renewed vigour.

We rode up Stansted Hill during one of our club runs in July to give everyone an idea of what they would be taking on. It's amazing how much steeper it gets when you try riding it a lot harder, and with the clock ticking!

Thank you to the timekeepers, pushers-off and marshals for making this yet another memorable event put on for the good of cycle sport.

Anne (Annette) Heasman



It is with great sadness that I write to advise you all of the loss of a pillar of C C Bexley. Our dear friend Anne Heasman finally succumbed to the ravages of an illness she had been fighting for a number of years. Anne was born and bred in Newbarn and, with nothing for a young person to do there, she took to riding her bike to get everywhere and quickly got in to cycle racing and time trials.

Anne is particularly remembered for always riding with a handkerchief tucked up the leg of her shorts to ensure that she was never caught with a runny nose – I am sure that it also doubled up as a makeshift field dressing should it be required. When she left school she went to work for the British Cycling Federation for a while, perhaps this is where she discovered her interest in organisation and timekeeping, no one really knows for sure.

Anne was actually the first Lady Timekeeper in Britain to time a National Championship Time Trial, at the time a lady timekeeper really was quite an unusual sight.

As a founder member of C C Bexley Anne has been a member of Cycle Club Bexley for all of its 50 years and during that time she has been the Club Secretary, Social Secretary and on a number of occasions both Club and Social Secretary for much of that time. She leaves behind a strong example for us all to follow.

Our thoughts are with Brian and all of her family at this sad and difficult time.



Anne Heasman 1943 to 2017

Club Social Nights

The next club nights are on Thursday 5th October and Thursday 2nd November, meeting at the Rising Sun public house in Fawkham. Anyone wishing to dine should call Mick Morris on 07753 105865 to reserve a space, we will be taking our seats at around 7:30pm. Socialites and drinkers are always very welcome.

Bex Abroad

So, a few days into my Les Stables triathlon training holiday in the Dordogne, Southern France, Mike, one of the cycle guides who lives out there, said "Jo, do you fancy doing a triathlon next Sunday? Just a little sprint, beautiful lake, it will be fun!" – 23 Euros later and I'm entered! I know nothing about the course, distance, laps, undulation.... eek!

The day before the race, and during a 65 mile "beasting" of a bike training ride, I manage to find out a few more race details – a 750m lake swim (1 lap), a 2 lap 25k bike and a 6k run. Oh, and a 5.30am pick up!



Jo leaving for the race at stupid o'clock in the morning. Murray and Angela still got up to see her off though.

Race day came... up early as all would expect! There was a fantastic atmosphere at the race, but it was very strange not understanding a word! (My French is terrible) but I think I must just have a "chat

to me" face because ladies and men would be chatting away to me, with me nodding along, without a clue what they were saying!

Everyone started heading into the lake, was it the start? No a Warm up - (15min) - everyone was in the lake, wow it was so clear and warm! I defiantly didn't need a wet suit, but I was in it now! All I knew was women start to the left! (Last minute tip from Mike)

The French voice over the tannoy became excited and I guessed it was the countdown... fingers crossed I didn't get lost because I hadn't understood a word of the briefing! I was off... what felt like a few minutes in I panicked, had I gone wrong? There were only 2 people near me (I've never been that far up in a swim, the training must be paying off) 2nd out the water a record for me... then on to the bike.

Thank goodness for our French friend Stephane spectating as he was able to translate the instructions as I left-transition.... (there was no one in front 😊) and French signs aren't as clear to an English country girl 😊

Doe-se-doe all through the first lap with another lady, making sure no drafting (I have never seen so many officials in my life (the boys even said they had 3 referees in the swim with them). In honesty I didn't have the legs to keep accelerating and easing if as we passed, i had very tired legs from my heavy training over the run up weeks/days.



Off the bike and on to the run, even getting an "ooh-la-la!" for my dismount - they actually say this in France 😊

So I'll get my excuses in now... I've been carrying an Achilles tendon injury, creaking following any run, every time I tried to up the run pace... ankle said No. I was pleased I didn't have to stop and walk due to discomfort, so crossing the line was a relief and a wakeup call I needed to give this time to properly heel. I'd lost track with where in the field and no idea where my final position would be! - the boys just said oh I don't think there were many girls before you.

2 days later in true laid-back French style I was able to see my result on line, 4th lady 😊... I was over the moon!

All in all a slightly novel way to spend a Sunday in the South of France! I'm not sure I learnt much French but a cool enamelled tin mug, a sun tan later and a need to rest my Achilles I am a very happy girl.

Jo Hovenden

(Editor's note: I hope you read the above article at one hundred miles an hour, in true Jo style. I had to add some punctuation so that you had time to breathe! Thanks Jo, great energetic race report – Ooh la la!)

A letter from Tom Wakefield

Hello Murray

Please find enclosed a collection of dated postage stamps which I thought might help in constituting an article for your Magazine, say, comparing the old with the new modes of bicycle transport.

I came across these by way of my sister who is now partnered with a philatelist, who actually gave me the idea in the first place upon learning of my contact with the 'cycling fraternity'.



For example: You could print from the pair on the penny farthing, "This was Angie and I setting out to join CC Bexley" then a few years later (couple on the safety machines – red skirt) after acceptance and

going on to become editor. Then on to the 13p one –
“Finally made it; the beating of Gary.



Yeah, it may be a silly idea Murray, but desperate for material magazine matter drives us all crazy at times I am sure.

Best Regards, Tom

Sunday Club Runs

The Sunday Club runs start at 9 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. We have a couple of WhatsApp groups running too, these allow us to directly communicate news on rides and also goad each other in to entering sportives and races. This is particularly useful for people wishing to notify of late arrival or absence from a club run. Photos also share easily using this tool.

To join in the WhatsApp group ask Murray or Marc Engall to add you to the mayhem.



We regroup regularly to make sure that nobody gets left behind. Here we are at the top of the hill at the back of Shoreham and Otford.

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. Faster riders will not be out on their own nor will they be disappointed.

CALENDAR OF FORTHCOMING EVENTS

Thursday 5th October – CCB Social Night

Meet at the Rising Sun public house at Fawkham. Anyone wishing to dine should call Mick Morris on 07753 105865 to reserve a space, diners usually take their seats at 7:30pm. Socialites and drinkers are of course also very welcome.

Thursday 2nd November – CCB Social Night

As always, meet at the Rising Sun

Sunday 19th November – CCB Reliability

08:00 Start for the 100k Riders

09:00 to 09:30 Start for the 50k Riders

A few volunteers are required to man the checkpoints

Thursday 7th December – CCB Christmas Social

Rising Sun Public House, Fawkham from 7:30

Buffet £5.00 per head. Again, please call Debbie

Boxall, with the number of people in your party on

01322 523956 so that the buffet is generous enough.

Wednesday 10th January – C C Bexley AGM

8pm Prompt start at the Horton Kirby Cricket Club.

Any proposals to be raised at the meeting are to be received by the Club Secretary by 29th December

Winter Roller Racing

Keep an eye on Facebook and WhatsApp for announcements. There should also be a club magazine in December, we will know the dates by then.

Saturday 17th February – CCB Annual Dinner & Dance

Get dressed up and put on your dancing shoes.

Trophies and medals for all of the Club Championships are awarded on this evening. Admission will be around £35 per head, booked in advance. Please call Debbie Boxall to reserve your places on 01322 523956

Next Issue – Due December 2017



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