



### Newsletter of the Cycle Club Bexley

Issue No 21: May 2018  
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With the clocks having 'sprung forward' we are all hoping that the weather will perk up a bit! The Evening 10s are well underway and our Rescheduled Open 10 will soon be upon us too. In this issue we will be looking back at the goings-on over the winter and looking forward to what is yet to come. In writing this I am thinking back to the Annual Dinner, what a good night it was, and in particular that Mick Morris was seen smiling all evening! You will be glad to hear that he is feeling much better now, although he was caught smiling again last Wednesday!



Mick presented the awards, but no one got a kiss!

My apologies for the late arrival of this edition of the newsletter, I have been struggling to get the motivation to get writing – rather like my motivation to get riding! I am sure that all will be well once the sun comes out and the temperatures soar!

Thank you to Marc Engall for sending me a little write up of his winter TT training - a column of writing, about 500 words apparently, makes my life a whole

lot easier – That and an accompanying photo (he loves this one) and we have nearly a whole page!

Have you got something to say? Email me:  
[murray.spencer@ccbexley.com](mailto:murray.spencer@ccbexley.com)

### 2018 Evening 10 Time Trial Series

Starting from Wednesday 11<sup>th</sup> April, this year we have added an extra week to the end of the season, the last round will be on Wednesday 15<sup>th</sup> August. The Hill Climb then takes place the following Wednesday, 22<sup>nd</sup> August.

### C C Bexley Open 10 Time Trial – Grain

The event had to be postponed due to road works (a collapsed manhole apparently) this has now been rescheduled for Saturday 23<sup>rd</sup> June – new entries are being taken if you missed out last time.

### C C Bexley Road Race Championship

How do you fancy a spot of road racing? We have been offered the opportunity to hold a closed to club road race in conjunction with a friendly neighbourhood cycle club; they hire the whole circuit at the Cyclopark every year in order to put on their own Club Road Racing Championships. If the appetite is there we could share the hire costs for the circuit and revive our own club's Road Racing Championship – we have a fairly impressive trophy, that hasn't been awarded for many years, all ready, polished and waiting.....for you. This will be an inclusive Championship, open to both male and female competitors, who are full 'first claim' members of C C Bexley riding solo bicycles.



The gallop for the line – do we have a budding Cavendish in our midst? I hope the weather is a little better than that in the photo above.

At the time of writing I don't have a date for this event just yet, so please talk freely with Mick and Murray so that we can gauge the level of interest. Remember, this could be a wide open championship, circuit racing is not all about time-trialling prowess, drafting is the name of the game, tactics play their part and, with any luck, the race will end up in a bunch sprint for the chequered flag, glory and your name engraved on that trophy.

## Christmas Social Evening

We pretty well filled the Rising Sun pub that night, and the generous buffet was well and truly grazed. I always tend to talk for too long after the food is served, so, when I got to the buffet the food was nearly all gone, but there were still plenty of chips. Well, as I turned to load some chips on to my plate Pam took the bowl and offered them round the pub! "Oi!" was amongst the words used. Thankfully more chips, more sandwiches and some more hot chicken appeared a few moments later.



Christmas jumpers – I am stylish for a few brief days a year.

## My TT Journey so far...

Written by Marc Engall

30:07 - That's the best time I managed to achieve on the CCB TT Evening 10's in 2017.

After spending a year with the club, thoroughly enjoying the Sunday rides with some excellent people, I decided it was time to try the TT season in earnest by buying a Planet X EXO 3 TT bike after the sale of my motorbike.

Unfortunately, that lead to an evening with Mick Morris where we both decided I needed a slightly larger frame, there I was the next day off to Sheffield to get the frame swapped. That lead to a season of 34's 33's and finally finishing on the 30.07, narrowly missing the "Under 30mins" goal for the year.

Whilst I spent 2017 mostly looking for distance, my training partner Mark "Montane" Starbuck suggested we focus completely on the TT's for the 2018 season and proposed a training schedule that involved turbo training (oh the pain and boredom) and every Sunday at the Grain TT track Q1024 for one or two runs to get our bikes set up and our TT ability improving. This did mean we missed out on the Sunday Club runs, however we made a decision and we are focussed. We intend to be back on the Sunday runs soon.

Our year started off with frost on the car every week and the air was so cold, we had to wear snoods over our faces to prevent frostbite (OK dramatic, but it was

very, very cold) and on one day we even had the wind in our face on the way out to the roundabout, making it incredibly hard going....until the turn, what an amazing experience having the wind behind you is, we got up to almost 36-38mph if my memory serves me!



Then March arrived and apart from my birthday cakes served on the Grain road in front of Gravesend Club who were on a warmup TT, I managed a personal best of 29.33, I was in heaven!

A few days later by chance I bumped into Gary Dunn, a Club member with many fast TT's under his belt over the years and a British Cycling Coach, he kindly offered to give me some coaching and sure enough there he was in the wet and cold to meet Mark and I at our usual Sunday session.

I have to give credit here, Gary's experience and style of coaching seems to be just the ticket for Mark and I, his advice is very logical and the slight adjustments he advised for tweaks to our bikes and our training made a huge difference. In fact, as I write this, I'm still trying to come down after completing the Grain Sunday TT course in a blistering 27.55! Which might not sound huge, but It's a massive improvement to me.

I'm looking forward to the Bexley TT on Wednesday evening and hope to see you all there, who knows I might even catch our very own Mister "Rolling Thunder" although I may need much more training, my own bodyweight in gels and an E-bike 😊

### Sunday Club Runs

The Sunday Club runs start at 9 o'clock, now that the clocks have gone forward, meeting by the post box, just across the River from the Lion Hotel in Farningham. 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 in to the mayhem.

Club Runs 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.

### CCB Annual Dinner & Dance

The Annual Dinner is everyone's chance to get dressed up for this special occasion. The club's championship trophies and prizes are awarded, along with a few surprises and a particularly generous raffle.



Yes, Grayland did win a large proportion of the trophies, his lovely wife Yvonne only goes to help him carry them all home afterwards.



Who needs a CCB backdrop when the hotel supplies plenty of interesting backdrops for you!



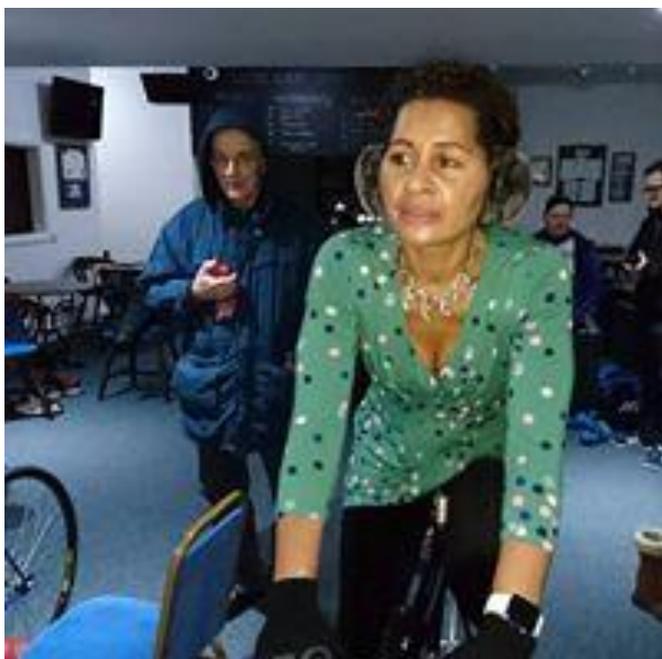
Joan Holbrough was awarded with 'Club Person of the Year'. Husband, Peter, is Master of Ceremonies, keeping the evening running smoothly.



The gnarly couple, Michael Bebbington and Jo Hitchin – their mountain bikes were outside in the van, they rode that day and the next.

### Wednesday 7<sup>th</sup> February - Winter Roller Racing

I loaded a short video on to Facebook that evening, it wasn't the most professional of movie productions but.... it is said that a picture paints a thousand words, well Pete Holbrough hanging on to his hat said it all for me! The final race, between veteran Mick Morris and Club Champ Gary 'Rolling Thunder' Grayland went right down to the wire – Grayland took the title by the width of a tyre!



Pam even had a go, wearing a dress....with a pair of cycle shorts underneath. This girl goes out prepared!

**THE CLUB SHOP IS NOW OPEN**



Visit the following link and type **CCBEX990** in the 'Club Log In' box. <https://www.yourclubshop.co.uk/>  
Kit will be discounted by around 40%% of list prices. And remember - this order will be delivered towards the end of July, so, whilst we still have memories of that long cold and wet autumn, winter and spring,

think about your kit requirements for next winter too! The Shop Window will close at midnight on Sunday 27<sup>th</sup> May, so get your orders in now.

### 2018 Cycle Club Bexley Club Championship Dates

- 50 Mile TT**      **Sunday 3<sup>rd</sup> June**  
KCA
- 100 Mile TT**    **Sunday 10<sup>th</sup> June**  
KCA
- 25 Mile TT**      **Sunday 17<sup>th</sup> June**  
VTTA Q25/8
- 10 Mile TT**      **Wednesday 11<sup>th</sup> July**  
CCB Evening 10
- Triathlon**        **Sunday 15<sup>th</sup> July**  
Wilkins Kennedy Grays Triathlon
- Hill Climb**       **Wednesday 22<sup>nd</sup> August**  
Stansted Hill, Sevenoaks

### CALENDAR OF FORTHCOMING EVENTS

**C C Bexley Open 10 Mile Time Trial**  
**Saturday 23<sup>rd</sup> June 2018 – First Rider off at 15:01**  
Event HQ will again be the Lower Stoke Village Hall.  
Entries Secretary: Richard Boxall.  
Entries, online only, via the CTT website.

**Wednesday 4<sup>th</sup> July - Summer Barbecue**  
Horton Kirby Cricket Club

**Wednesday August – Hill Climb**  
Stansted Hill

### Next Issue – Due July 2018



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