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Well, here we are at the end of the summer, the temperatures are unseasonably high and we have been getting in some good dry club runs. I am writing this editorial on Sunday 2<sup>nd</sup> November, today was the first time of being rained on during a Sunday club run since I can't remember when! Thank goodness it was still warm, so the rain, whilst heavy and undoubtedly wet, was not too unpleasant. Elsewhere in this issue is a roundup of the Evening 10 Series, the Club TT Championships, an account of the KCA Reliability, details of our own reliability, the AGM, Christmas Social, Roller Championships and the Annual Dinner and Dance. What a summer we have had?! ...and what an action packed winter we have ahead of us, it will be spring before we know it!

#### **Club 10 Mile TT Championship (all cats.)**

For the first time in many years the club's 10 Mile Time Trial Championships were held as part of a round of the Evening 10 Series, as opposed to a designated 10 Mile TT run elsewhere on another course by another club, with a view to encouraging greater participation from the members.



Paul Ansell, Ken Gardner, Angela Spencer, Gary Grayland, Paralympian Shaun McKeown, Murray Spencer and Andy Elford. Yes, that's Shaun's works Pinarello in the foreground.

On Wednesday 9<sup>th</sup> July half of the club were on holiday, so the entry was lower than we would have liked. Maybe next year we will run the championship round in early June.

The results were as follows:

<b>Champion:</b>	<b>Gary Grayland</b>	<b>23:56</b>
<b>2<sup>nd</sup> Place:</b>	<b>Andrew Elford</b>	<b>28:32</b>
<b>3<sup>rd</sup> Place:</b>	<b>Ken Gardner</b>	<b>28:40</b>
<b>4<sup>th</sup> Place:</b>	<b>Murray Spencer</b>	<b>28:50</b>
<b>5<sup>th</sup> Place:</b>	<b>Paul Ansell</b>	<b>32:17</b>
<b>Ladies' Champ:</b>	<b>Angela Spencer</b>	<b>29:17</b>

Do you think you can do better than this?

Make sure you plan your holiday according to the racing calendar next year and step forward to be counted. Discounting the winner, our own Rolling Thunder, just look how close the rest of our times were!

#### **Club Hill Climb and Free-wheel Competition**

I sacrificed competing in the Hill Climb in order to take photographs so that you would have someone else to look at in these pages.



Paul Bailey seen here giving all he's got on the hill. Half full water bottle Paul? That's where you lost your time!

#### **Results:**

<b>Champion:</b>	<b>Gary Grayland</b>	<b>1:42</b>
<b>Second:</b>	<b>Andy Elford</b>	<b>1:59</b>
<b>Third:</b>	<b>Paul Bailey</b>	<b>2:53</b>

These times might suggest that it's not worth the effort of the preparation and getting out to the start after work; ask Usain Bolt if his nine and a half seconds are worth all the effort!

I will definitely be there next year – anyone fancy taking the photographs? The freewheel competition, which is a bit of fun for after the Hill Climb, that involves rolling back down the hill, no pedalling, and up the other side of the valley was also won by Mr Grayland, who's thunderous quadriceps also assist when gravity points the other way, he crested the hill on the other side of the valley, went down in to the next valley and made it half way up the next hill! Besides being strong and fast Grayland NEVER touches his brakes.

### **Club 25 Mile Time Trial Championship**

This event was rescheduled to the KCA event held on Sunday 14<sup>th</sup> September on the Thanet Way after the Chilham 25 had to be cancelled due to road works. Our own open 10 event at Grain this year was threatened by road works too, but it's amazing what a crate of Guinness will do for clearing the road and removing the traffic lights! I think it would have taken more than a few beers on this occasion though as they were doing resurfacing work near Canterbury!

The Thanet Way event was a good substitute though, the course was fast and the tarmac smooth. However, this is a two lap event and, for the Bexley Boys, the wind got up causing a punishing headwind on the return run up the Thanet Way. The organisers must have known what times we would be doing, as the seeding spaced us such that at the finish each of us rolled through within just a few seconds of each other.



2<sup>nd</sup>: Mick Morris (left) 1:11:07 – CCB Champion: Gary Grayland (centre) 1:00:50 – 3<sup>rd</sup>: Murray Spencer (right) 1:18:40

Again, weddings, holidays, injuries and the World Tour of One Direction depleted our championship race.....Next year our entry is going to be awesome!

### **Facebook**

The Cycle Club Bexley Facebook pages are broadcasting to the world, with mini reports about TTs, triathlons and club runs along with plenty of photos. If you use Facebook just search for Bexley, find our page and select 'Like' on the main site, it will then be added to your friends list and notifications and posts will come to you. If you need proof that the world is watching, check out the following photo, we have a new friend, Aaron Chan; he has come all the way from Hong Kong with his beautiful fixie especially to be part of the phenomenon that is the CC Bexley selfie!



Murray – Angela – Aidan - Andy (not smiling) – Aaron and Mick (yes! Mick is smiling!)

### **CC Bexley Evening 10 Series 2014**

Over the course of this year's Series we had a total of 13 members competing, and our first C C Bexley victory for quite a few years! Yes, Gary Grayland, our own Rolling Thunder, roared to his first win, and has otherwise has been very well placed all season.

The Club's best times this year are as follows:

Gary Grayland	22:57
Barney Tedder	23:40
Mick Bebbington	24:19
Mick Morris	26:12
Garry Dunn	26:41
Ken Gardner	27:22
Andy Elford	27:42
Murray Spencer	27:43
Angela Spencer	28:42
Jo Hovenden	29:10
Dave Sutcliffe	29:46
Paul Bailey	29:56
Paul Ansell	30:56

The 'New Course' 10 Mile Record (with the finish in Beesfield Lane) was set on 16<sup>th</sup> April by Ben Wimpory of PMR@Toachimhouse, clocking an impressive 21:07.

Do you think you can better any of these times above? The 2015 Evening 10 Series starts next April, enter and let the truth be known.



The final TT selfie of 2014, hence the chequered flag – do you like what I did there? Jo Hovenden made celebratory cupcakes with 'CCB' on them! Ken is holding them, Andy wants another!

### **Marshals required for Evening 10 TTs**

A clash of holidays this July has highlighted that we need a few more willing volunteers to marshal at some of the Wednesday evening time trials throughout the summer. Please see Ken Gardner at club nights, or call him on 01322 664566 if you would be happy to help.

### **Club Runs**

We meet every Sunday morning at 10 o'clock by the post box beside the river Darent in Farningham village. We now have the option of a slower, shorter club run that leaves at the same time as the main run and aims to meet up with the regular (elite?) riders at the coffee stop. If you have been thinking of coming along please call either myself, Murray, on 01322 294984 or Mick Morris on 01732 822940. We never leave anyone behind and offer help and guidance to less confident riders. Fast riders who get to the café first can always reserve a table and get the drinks in!

### **IAN MASTERSON**

**2 July 1926 – 30 May 2014**

All club members will be aware that Ian died at the end of May, after a period spent in hospital following a fall at home in April. Ian grew up in Gravesend, and after leaving school during the war years, he became an engineering apprentice at a cement works at Cliffe. He regularly cycled the eight miles each way to work and back. Then in 1946 Ian joined the army, enlisting with the Royal Engineers, where he would be based at Brompton Barracks for seven years. During

this period the Korean War broke out and Ian served in both Korea and Japan. After leaving the services, Ian became a draughtsman at GEC, Erith, a profession he continued with right up to his retirement, when he was working for Npower at Tilbury Power Station. In 1950, while still in the army, Ian joined the Medway Wheelers, and so began his life-long involvement in the world of club cycling. Ian's family say he was not a strong competitor, but I know he enjoyed all aspects of the sport and pastime in those early years, in particular the all-day club runs that were a feature of the period. And it was through cycling that Ian met his future wife Clarice, who belonged to the Gravesend CC. Ian and Clarice married in 1955, and while Clarice went on to enjoy great success in time trialling, setting many national tricycle records, Ian became a reliable and efficient timekeeper, as well as supporting Clarice with her racing. Ian and Clarice remained actively involved in cycling, and became associated with several other clubs and associations. They were regular timekeepers on the finishing circuit of the KCA '12', and Ian was an ever-present timekeeper in local Tricycle Association events for more than 30 years. Ian and Clarice became club members in 1993, which led to Ian putting his timekeeping skills to good use over many years in the club evening '10s'. After Clarice died suddenly in July last year, Ian's health began to decline, and although he was due to time the Bill Finch Memorial '25' in April this year, it was not to be, as he suffered his fall and went into hospital two days before the event. Ian's family describe him as a reserved person, but also as someone who could speak with authority on many subjects. We offer our condolences to Ian's brother-in-law Joe, and to their family.

**Mark Vowells**

### **CALENDAR OF FORTHCOMING EVENTS**

#### **C C Bexley Reliability – Sunday 9<sup>th</sup> November 100k start 09:00 – 50k Start 10:00**

Entry fee is £5.00 with profits being split equally between Eleanor Lions and Demelza House Hospices. This is the good value equivalent of a sportive, without the goody

bag and feed station. However, tea, coffee, homemade cake and sandwiches are on sale at very reasonable prices. Start and finish is at the Horton Kirby Cricket Club, Franks Lane, Horton Kirby. If you would like to enter please call Mick Morris on 01732 822940 to put your name down.

#### **AGM - 20:00 Wednesday 3<sup>rd</sup> December at the Horton Kirby Cricket Club**

Amongst other matters to discuss, we are looking at forging closer links with the Dartford and White Oak Triathlon Club, we would welcome your thoughts and comments on this subject, along with other items to be entered on to the agenda. If you have something you would like to be included in the agenda please submit it in writing to the committee by 19<sup>th</sup> November.

#### **Christmas Buffet & Social – 20:00 Monday 8<sup>th</sup> December at the Malt Shovel, Eynsford**

We are coming up in the world! No longer do we all need to bring something to the buffet, this year the spread will be laid on by the gourmet chefs at the Malt Shovel. Arrive at 8 o'clock to make sure there is a full buffet and a full evening before you. There may be a small charge to cover the cost of the food.

#### **Olympic Velodrome taster session. Queen Elizabeth Olympic Park, Stratford Date to be decided.**

Please call Ken Gardner on 01322 664566 to check the date and to book your place

#### **C C Bexley Roller Championships February 2015 20:00 – Exact date TBC**

Grayland will be cadence training for this one, mark my words. Garry Dunn and Mick Morris, both former winners, will have their work cut out if they want to defend their honour.

#### **C C Bexley Annual Dinner and Dance Saturday 21<sup>st</sup> February 2015 19:00 Woodlands Suite, Swanley, Kent**

Bring your dancing shoes and dress to impress. This evening is the annual awards presentation, so Gary Grayland had better bring a wheel barrow to take home his haul of club trophies.



2013 Championship trophies were fairly well distributed at this year's dinner – I will have to teach Gary to take his own selfie with all of his trophies won in 2014 – Good work Gary.

#### **C C Bexley Evening 10 Series Begins**

I hope you are already getting in your winter miles ready to focus your training come next February. The first round of the new series will be in April. Often the early rounds are the ones where championship points are more readily available and weather conditions can be just right for that blistering time.

#### **C C Bexley Open 10 Mile Time Trial**

##### **Saturday 9<sup>th</sup> May 2015 at Grain**

First rider will be away at 15:01

Entry fee is £8.00 – This is a good course and, barring a strong wind or driving rain, is an enjoyable time trial which concludes with 5 miles of very fast downhill.

#### **Next Issue due around January 2015**

Please send any comments or content to the editor at the email address at the top of the first page. As I took all the photos you may have noticed that I am in nearly all of them!



See you at Farningham, 10 o'clock on Sunday. (Except for Sunday 9<sup>th</sup> November – it's the CCB Reliability Ride – meet at Horton Kirby Cricket Club at 9:30 for registration)