



Newsletter of the Cycle Club Bexley

Issue 10: September 2015

Editor: Murray Spencer

mandaspencer44@gmail.com

The end of the Evening 10 Series always makes it feel like the summer is over, even though some of the best weather often comes in September. I hope that will be the case this year as fairly well every Wednesday evening has been windy with the event on 6th May even getting cancelled as the gusts of wind were too strong, so much so that Ken and Mick could barely stand when they were up at the start weighing up whether to put on the race or not. Thankfully it has stayed fine for all of the Sunday club runs which have taken in many of the beautiful hills and lanes of Kent.

We have also had a great season of events, so we have reports following on some of the club championships and club functions that we have put on this summer. Don't forget to check out the calendar on the back page for details of more rides and races leading up to Christmas, plus a date for the Annual Dinner and Dance. This will give you plenty of time to get ready and to buy a posh frock.

CC Bexley 10 Mile Time Trial Championships

Incorporated within the Evening 10 TT on 8th July we had a total of 12 club racers vying for the 10 Mile Championship. You will see below that the times were all very close and that, whilst 12 is a good number there are quite a few notable absences.



The CC Bexley Gladiators, along with a few other happy competitors on the evening. 2015 Champion, Gary Grayland, stands modestly at the back so that you can't see his fairly revealing aero skinsuit.

1	Gary Grayland	22:57
2	Michael Bebbington	24:19
3	Ian Finch	24:52
4	Lee Willard	25:47
5	Andrew Elford	25:57
6	Peter Nicoll	26:52
7	Jo Hovenden	28:22
8	Murray Spencer	28:29
9	Kenneth Gardner	28:43
10	Joe Cumberland	29:14
11	David Sutcliffe	29:43
12	Paul Ansell	32:00

So the most hotly fought-over title was retained by Gary 'Rolling Thunder' Grayland, but his winning margin is much reduced from previous years. His victory ensures that he and his family will have a very good reason to attend the Annual Dinner and Dance next February!

Club Triathlon Championships

This was the inaugural CC Bexley Triathlon Championship, decided upon as so many of our competitive members are either racing in triathlons or have been talking about taking up the multi discipline. So the scene was set, Blackshots Leisure Centre in Grays Essex, early on Sunday morning, 19th July. The rain came down as we were setting our bikes and kit out in transition – some of us were smart enough to lay our running shoes upside down, although there is not much that can be done about your cycle shoes elastic-banded and already clipped in to place ready for action.

Thankfully the weather soon cleared and by the time each of us ran out of the pool after our 400 metre swims the rain had stopped and, during the course of the 20 kilometre cycle section, the sun started to shine. By the end of the race the sun was blazing down and we therefore took the opportunity to sit in the sun and enjoy the rest of the event.

Some very impressive times were set by our competitors – and not just on the bike either, Joe Cumberland ran the final leg, the 5k run, in just 19 minutes and 24 seconds! That was the fastest run in his age category and 9th fastest over all.

Once the racing had all finished the prize-giving got under way, very pleasingly, during the presentation the announcement came "First in class, Female 25 to 29, Jo Hovenden, Cycle Club Bexley" She got the biggest cheer, and to say we were mighty proud of our girl is an understatement. Her brother, Chris finished a very creditable 12th overall, a position with which we were all delighted. However, Chris wasn't terribly happy with this result, stating that he felt tired and under the weather and hadn't completed enough training. Just two weeks later Chris was standing on the podium at the Castle Howard Triathlon, a big

national event in Yorkshire, having finished third overall in the Sprint race. He then followed that the very next day with first place in the Olympic Distance Relay event where his sister-in-law, Carly, completed the swim and his lovely wife, Donna, tore round the run. We can hardly wait to see what happens when he is happy with his training and level of fitness!



The Bexley Boys and Girls, basking in the glorious Essex sunshine

1	Chris Hovenden	1:02:27
2	Joe Cumberland	1:07:04
3	Gary Grayland	1:10:55
4	Michael Bebbington	1:13:44
5	Jo Hovenden	1:14:45
6	Murray Spencer	1:21:03
7	Kay Zhang	1:21:36
8	Angela Spencer	1:32:33

Ken Gardner and Andrew Elford did not finish.

Summer Barbecue

The sun shone and there was no wind – it was a perfect night for a TT – and a perfect night for a barbecue; so nice in fact, that we all carried tables and chairs out on to the grass outfield and spent the evening under beautiful clear skies. The food was good, and surprisingly well cooked and the drink flowed, very capably served by Mick Morris’s (and Ann Heasman’s) granddaughter Charlotte.



Joe Cumberland and Joe Hovenden receive their burnt offerings, Mick is probably imparting good advice on bike handling to Joe who is politely listening and agreeing. Andy is confirming that the photographer would like another sausage. “The one with less black on it please!”

Trike and HPV Time Trial at Fowlmead

Now known as the Betteshanger Country Park, Fowlmead race track is a regular venue for Trike and Human Powered vehicles to race on closed roads. We had 3 members racing on their three wheelers, Ian Finch, Mick Morris and John Hastings. Mick had always stated that he would never ride a trike, but here he was having a go! Ian Finch finished 2nd overall and John Hastings managed to count the correct number of laps this time. Mick was very proficient at getting the power down on his beautifully restored Bill Finch trike, but his cornering abilities left something to be desired! Clearly, riding and racing a trike is a bit more of a science than propelling a solo around the same course!



“Wind it up! Top gear all the way home! GO GO GO!” - I feel sorry for John ‘1066’ Hastings, he has no one to shout at him with such encouragement.

C C Bexley Evening 10 Series

New course record (Beesfield Lane finish) is 20:56 set by Michael Barnes of Velo Club Refined on the first evening of the season. Virtually every other week the victor was Josh Lawless of PMR@Toachimhouse who set very consistent short 21s mostly in conditions not conducive to a quick time!

The grass triangle at the bottom of Donkey Lane has proved a very popular gathering point for post-race discussions and, of course, the obligatory club photograph to go on to Facebook.



The mandatory post-race photo shoot at the bottom of Donkey Lane.

Regrettably, a written complaint from a local resident was received by the regional TT directorate pointing

out the dangers of racing in to and up Beesfield Lane, this in turn highlighted certain dangers and fears that the insurers would swerve their obligations perhaps suggesting that we were aware of the risks. So, to try to reduce the risk the final few Evening 10s were run with extra marshals at the Beesfield Lane turn and another three marshals up the lane by each of the groups of houses. These officials therefore also witnessed many of the dangers highlighted by the resident and, after much discussion amongst the club committee and the racers at the final rounds of the Evening 10 Series it has been decided that we have little option but to return the course to an older layout, the original Q10/25. This course starts in the large lay-by at Charton Manor Care Home on Gorse Hill, proceeds to the usual turn roundabout then returns to finish dead opposite the start. Various comments were made about the steep hill up past Scratchers Lane and rider safety once they had crossed the finish line.

In the interests of research, and maybe eking one more Wednesday evening out of this summer, a few of us put on a 10 mile club run up the 'New' 10 course to try it out. We timed ourselves using our Garmin computers to see how the changes might affect our times. Needless to say the times were slower, the 'hill' is unpleasant, but it passes surprisingly quickly. The flip side of all that uphill is that from the Oasis Café it is pretty much all downhill all the way home!



The 10 mile club runners. Jo and Chris Hovenden, Murray Spencer, the club's new friend and professional racer, Josh Lawless and the ever-present Andrew Elford.

Josh completed the 10 miles in exactly 24 minutes, he feels that the course is 2 minutes slower. Chris, riding a titanium test bike, posted a 26:25, Andy didn't have a computer or a watch, but he did finish on Wednesday. Jo posted a 31:26 and you magazine editor trailed a further 1 minute and 2 seconds behind her at 32:28. The course was enjoyable to ride and is an absolute joy as you approach the finish. Riders have plenty of room to slow down and either turn in to Horton Kirby or Eynsford before carefully returning to the lay-by. We also agreed that the finish timekeeper ought to stand opposite the finish line, in the lay-by, as this is safer for him/her and will also allow the

sociable gathering at the finish whilst the riders pass through and return to their vehicles and check their times. This will also gather everyone together nicely for the inevitable selfie for the Facebook page.

Cycle Club Bexley Hill Climb incorporating the C C Bexley Hill Climb Championships and the C C Bexley Freewheel Championships



Yes, that is Peter Nicoll in a blue wig and a tutu – don't encourage him!

We had 12 members competing in the Hill Climb this year, and, whilst the overall winner ran true to the form book, Darren Pink of Bigfoot is a hill climb specialist the rest of the results were very close indeed:

1 st D Pink – Bigfoot	1:21
2 nd Chris Hovenden – C C Bexley	1:22
3 rd Josh Lawless – PMR@ToachimHouse	1:24
Michael Bebbington	1:38
Joe Cumberland (held up by a tractor)	1:40
Ian Finch	1:40
Gary Grayland	1:47
Andrew Elford	1:52
Peter Nicoll	2:04
Jo Hovenden	2:14
Paul Bailey	2:22
Murray Spencer (I was holding up the tractor!)	2:32
Paul Ansell	2:38
Jo Hitchen (punctured on the hill so ran most of the way pushing her deflated bike to the top.	

The Freewheel competition also ran to the form book. Our own Gary Grayland once again thundered down the hill without a thought for his brakes and used the colossal mass of his quads to give him the rolling momentum up the other side. Chris Hovenden did not have the advantage of weight behind him but, due to skilful bike handling and his slim-build aerodynamics, he finished runner-up.

Club Kit

Mick Morris will be placing another kit order with BioRacer in the near future, please let him know if you would like to order any items. If you have not tried the samples for your sizing please let him know, as we have sample kit from every range for you to try on. If

you may want to buy some other piece of kit at a future date tell him now and we can size you up and therefore save time when you do want to order the other item. Please bear in mind that there is a 6 to 8 week lead time from the date of order, therefore it may be getting on towards Christmas before the new kit is received.

Mick Morris can be contacted on: 07753 105865 and can normally be found at the club nights, club events and all of the club runs.

Facebook

The Cycle Club Bexley Facebook pages are being enjoyed by followers from around the world, we publish short reports about club runs, TTs and triathlons along with plenty of photos. Select 'LIKE' on the main club page to receive all the updates and news as soon as it gets published.

Club Nights

Over the winter the club nights reduce to just one a month. We meet at the Malt Shovel Public House in Eynsford on the **second Monday of the month** from 8pm. Dates for the next few months are as follows:

Monday 14th September	Monday 12th October
Monday 9th November	Monday 14th December
Monday 11th January	Monday 8th February
Monday 14th March	Monday 11th April

Sunday Club Runs

From 5th July we will meet at the slightly earlier time of **9 o'clock** 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. This is a social ride and is tailored to suit those attending, generally they are between 40 and 50 miles and incorporate a café stop half way round.

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

Mid-week Club Runs

Wednesdays

Every Wednesday many senior (and otherwise not gainfully employed) 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 25 Mile Time Trial Championship

Sunday 13th September, first Rider off at 07:30
Entries to: Ian Ferrell, 7 John Tapping Close, Walmer, Deal, Kent CT14 7QY - Tel: 01304 367325
Entry fee is £8.00

Smugglers Run

Saturday 26th September 2015 – start at 10:00 from the Bonny Cravat Public House, Woodchurch, Ashford, Kent TN26 3QQ

This is a social ride followed by a very sociable lunch. Speed is definitely not of the essence on these rides, preferring to cover pleasant and quiet roads with good views followed by a pub lunch at the end. Please confirm your attendance to John Hastings with a quick call to 01322 402361.

KCA Reliability

Sunday 25th October – The 50km route starts at Claygate, near Yalding, the 100km starts from Ashford.

C C Bexley Reliability

Sunday 15th November – Start at Horton Kirby CC

Christmas Buffet

Monday 14th December – 8pm at the Malt Shovel Public House, Eynsford, Kent

Annual Prize-Giving, Dinner & Dance

20th February 2016
Walnut Lounge, Woodlands Suite, Swanley.

Next Issue due around December 2015

Please send any comments, photos & articles to the editor at the email address at the top of page 1 – or type and post if you prefer.



See you in Farningham at **NINE** o'clock on Sunday.