



Newsletter of the Cycle Club Bexley

Issue No 12: November 2015
 Editor: Murray Spencer
 mandaspencer44@btinternet.com

I am sometimes ribbed for publishing photographs, either here in the club magazine or on Facebook, that do not actually show any evidence of a bike, well, you will notice that bikes are clearly visible in each and every photograph in this carefully crafted issue. This was going to be a quick two page magazine, but as I started writing I realised just how much has been going on lately and just how much is still to come over the winter months.

Memberships are due for renewal at the end of the year. Fee is still £12.00 for the year. Pay at the AGM, Christmas Buffet or whenever you see Richard Boxall – alternatively send your cheque, postal order or cash to:

Richard Boxall
 Cycle Club Bexley
 9 Wessex Walk
 Dartford
 DA2 7WE

Cycling Weekly Visit to the CCB Club Run

On August Bank Holiday we had a visit from Cycling Weekly who joined us on our usual Sunday club run. The resulting article, published on November 12th was four full and beautiful pages of blue and gold. There are a few extra copies floating around if you missed it.



Look at that for a beautiful sight. You've no idea how hard it was to get that many people to stand still for the club selfie! Mind you, I had the help of two staffers from Cycling Weekly to assist with herding them!



The camera loved Ken! We even managed to get a trike in to the magazine

Club 25 Mile Time Trial Championship

We raced on the Thanet Way, starting from St. Nicholas at Wade, this was a rescheduling after the intended event, in June, was cancelled for the second year running due to road works. The new date clashed with one of defending champion 'Rolling Thunder' Gary Grayland's holidays, so a new champion was going to be crowned.

As it happened, of the six competitors that submitted entries to the KCA run event, only Ian Finch and Murray Spencer took to the start line at the crack of dawn. The CCB results went to the form book, with Ian 'The Animal' Finch beating Spencer by quite a margin. The podium celebration is pictured below.

Ian Finch	1 Hour	2 Minutes	2 Seconds
Murray Spencer	1 Hour	16 Minutes	44 Seconds



Murray Spencer was runner up to storming Ian Finch on the day.

KCA Reliability



Gathering outside the White Hart after the event, complete with our finishers' medals – Yes, Mick is smiling! We are quite worried about him!

We had good weather, considering it was late October (we usually have freezing fog and drizzle) but we still chose to ride the 50km route starting at Claygate, near Yalding. These Reliabilities always feel a lot longer than the actual distance, probably due to the hills they slip in to the route.

The event was won, as usual, by San Fairy Ann who gather all of their members from all of their club runs, including their race team, to compete in their local event.



Queueing up at the door – the White Hart pub still wasn't open at 12:10 so we went to the Wool Pack down the road instead and feasted heartily.

C C Bexley Reliability

Having moved to our new slot of mid-November, to take advantage of better weather than often enjoyed in January, we again had a good entry to the club's reliability, offering riders the choice of either a 100km or 50 km route. The event is run completely for the benefit of the two local hospices, Demelza House and Eleanor Lions. Only the clubroom hire costs comes out of the entry fee plus all of the takings from the tea bar are added in for good measure.

As always, the selection of cakes, sandwiches and rolls were very capably served by Debbie Boxall and Joan Holbrough with added assistance from Angela Spencer (who preferred the tea bar to braving the blustery winds out on the roads).

Club member and Cycling Weekly Technical Editor, Chris Hovenden, brought along two colleagues from CW Towers to sample the delights of C C Bexley.

The results are as follows:

Club	Points
CC Bexley	11
West Kent RC	10
VC Elan	7
Kent Velo Girls & Boys	6
Old Portlians CC	4
Woolwich CC	4
Dulwich Paragon	3
Gravesend CC	3
Meridian	3
Addiscombe CC	2
Patentsis Cycle Team	2
Gemini RC	1
CTC	1
Independents	7

CCB Travels

A good number of CC Bexley members are renowned for taking holidays (most of them without their bikes I have to say) so I thought it was time we celebrated those that take their bikes abroad and take on a challenge on foreign soil.....wearing club kit of course. Garry Dunn and Robyn Tearle are serial travellers, partly due to their jobs, touring with rock bands (they have special bikes and bike boxes that fit in the tour bus!) and when they are not out on tour they are keen to test their vertical fitness by ascending the monster climbs that we see on the Tour de France.



Garry Dunn scaling Mont Ventoux, taken by Robyn Tearle whilst she too was riding up that brutal and unforgiving mountain. They did all 3 routes!

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 December (Xmas Buffet), then....

Monday 11th January – 8pm

Monday 8th February – 8pm

Monday 14th March – 8pm

Monday 11th April – 8pm

From Wednesday 13th April the club night reappears every week immediately after the Wednesday Evening 10 races. These club nights extend right through the summer until the end of August.

Sunday Club Runs

Now that the clocks have gone back for the winter the Sunday Club runs will start at the later time of 10 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. 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 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.

Mountain Bike Club Run

Do you have a mountain bike in the back of your shed? Maybe you use it regularly already, maybe it needs a good clean and oil like mine does. Well, those of us that regularly attend the Sunday club runs have been talking about having one of our Sunday runs on knobbly tyres, maybe starting from Farningham, or possibly taking advantage of ready-made trails at Bedgebury Forest or Thetford Forest. Please speak to Murray on Sunday or at the club nights to add your thoughts. This is partly due to Michael Bebbington and Jo Hitchin winning an MTB event recently and goading Angela and I to get out on an off-road event again and partly due to Andy Elford picking up a tasty little Boardman which was on special offer at Halfords the other week.

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.

Velodrome Track Taster Session

Yes, we are going to go to Stratford for another session on the boards. Our last visit there at the beginning of the year has been a topic of discussion all year long and all who attended loved the experience and can't wait to go again.

To put your name down for a place please speak to Ken Gardner on 01322 664566 or grab him at one of the Sunday rides. Be quick, these places will go very fast – as will you when you are on the boards!

We haven't set a date yet, we will get the names first and then book a mutually agreeable date from there.

Trike and HPV Time Trial at Fowlmead

John '1066' Hastings was kind enough to share a photo taken at the trike races reported in the previous issue of the club newsletter.

Evidently my report was a little incorrect as our Club Chairman, Mark Vowells, was also racing that day. I also said that John had completed the required number of laps, having done an extra one last year – well, he did an extra lap again this year! Needless to say, Mr Hastings was the recipient of a fair amount of leg pulling! I do hope I get the opportunity to question his counting abilities in the future – I will keep that one on the back burner.

The event was really geared towards the Human Powered Vehicles which came in all shapes and sizes, all generally covered in aerodynamic shells which roared around the purpose-built cycle racing track making the most unearthly noises.

So I'm told, the timekeepers didn't even record the times for the trikes! I think they just made up the results sheet based on an agreed rider seeding!



John '1066' Hastings (far right) beside Mark Vowells, Tom Wakefield (in civvies) Ian Finch and Mick Morris. The competitor on the left was allowed in the photo as he was wearing blue and yellow.

Evidently trike racing is enormous fun and very sociable, Mick Morris, who always swore he would never swing his leg over a three-wheeler had and absolute ball. Speak to any of the above gentlemen if you would like to know more.

CALENDAR OF FORTHCOMING EVENTS

AGM

Wednesday 9th December 8pm prompt.
Horton Kirby Cricket Club
Have your say in the running of the club, maybe even get involved. We are looking for a new Clothing Secretary.....and a Webmaster would be useful too.

Christmas Buffet

Monday 14th December – 8pm at the Malt Shovel Public House, Eynsford, Kent. £5.00 per head.
This is a very well attended evening and a great opportunity to give your favourite Christmas jumper an early outing!

Roller Racing

Wednesday 3rd February 8pm – Fun/Practice Night
Wednesday 10th February 8pm – Fun/Championship Races for CCB bragging rights and a trophy presented to you at the Dinner and Dance a week later.
Bring your 'A Game' for the racing, laughing and cheering! There may well be free beer too.
Entry fee - £0.00 yes, FREE!

Annual Prize-Giving, Dinner & Dance

20th February 2016 at 6pm
The Clock Tower Suite, Swanley. (TBC)
Call Debbie Boxall 01322 523956 to book your place at the best party in town. £35.00 per head (TBC)
Dress code is 'Lounge suit/business Dress' although black tie and posh evening dresses are starting to take hold, the evening is well worth getting dressed up for.

Evening 10 Time Trial Series 2016

First Race - Wednesday 13th April 6:45pm Start
June & July will be 7:30pm Starts
Last Race – Wednesday 10th August
Hill Climb – Wednesday 17th August 6:45pm Start
I hope you are all following your training programmes now, the unbeaten run of Gary 'Rolling Thunder' Grayland may be under threat next year, however, I know Gary has no intention of relinquishing his title just yet, indeed, the Evening 10 Trophy has pride of place on his mantelpiece and is a permanent fixture in the Thunder household.

C C Bexley Open 10 Mile Time Trial

Saturday 7th May 3pm Start – Isle of Grain
All C C Bexley members are welcome/encouraged to take part. Entries on line £9.00 on CTT website.
Secretary of the Meeting:
Richard Boxall - 01322 523956
I know that this announcement is a little early, but this is a great event on a great course. The out-and-back route is generally a light upward incline, possibly in to a gentle headwind all the way out to the turn, then,

the return leg is an absolute speed-fest, with very high speeds enjoyed all the way back to the finish line. The tea bar at the event HQ is also manned (?) by the lovely CC Bexley Ladies.

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 to:

Murray Spencer
40 Harold Road
Hawley, Dartford
Kent DA2 7SA

So much goes on in this club that I am not aware of it would be a shame not to share some of those moments and rides with the rest of the club.



The Club will be 50 Years old in 2016, we formed in 1966 following the union between Long Valley Cycle Club, Ruxley Wheelers and The Thames Road Club. Do you have memories of that time? Do you have a good photo of when you had hair? I would love to see it and share some of your memories with our members, many of whom were not even born in 1966!



Aye aye Captain! It's nice to see Peter Nicol saluting the Hon. Editor

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