



Newsletter of the Cycle Club Bexley

Issue No 16: November 2016
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Welcome to the autumn edition of the club magazine.

Club Hill Climb & Freewheel Championships

The evening sun shone brightly over Stansted, bathing the hill in a warm glow for the final event of the C C Bexley Summer Time Trial Series. The hill, whilst appearing a reasonable challenge when ridden at a normal pace, becomes a beast that gets more and more punishing as you rise to the finishing line.

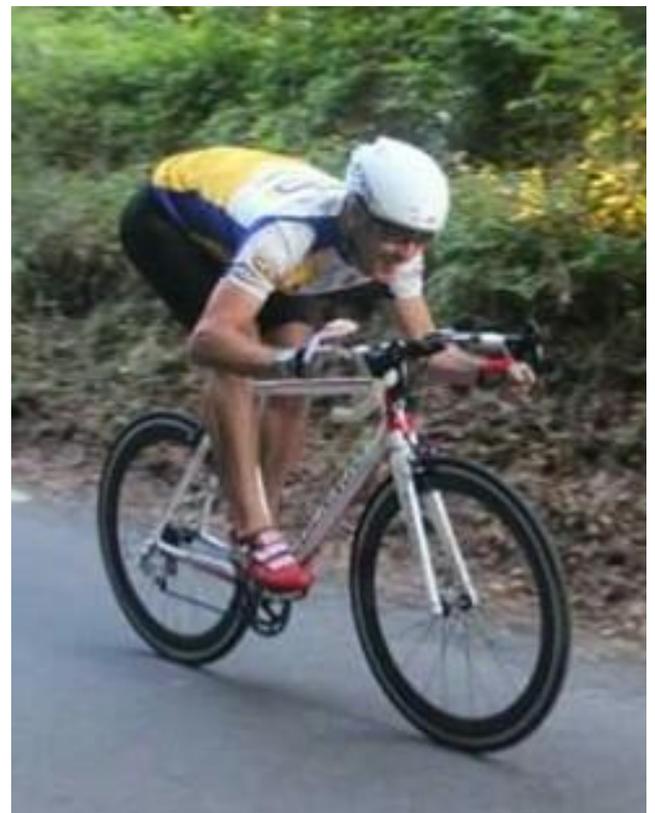


Hill Climb Champion 2016 – Michael Bebbington – going up in the world

I, very sensibly chose to photograph the event, a far preferable option to a three-plus minute suffer-fest of near-death wheezing! My trusty assistant, Angela, chased each competitor up the hill bellowing encouragement whilst accompanied by the heavenly chime of a cowbell. Photos of all competitors are published on the club’s Facebook pages.

The result was certainly one for the record books – we had a dead heat for first place. C C Bexley’s own Chris Hovenden equalled the time of the hill climb specialist, Daniel Pink of Bigfoot CC, with an amazing one minute twenty second ascent of Stansted Hill. Sadly, Chris has an agreement to ride for **Arctic Tacx Racing Team**, therefore, under the club rules, forfeits the impressive club Hill Climb trophy. The C C Bexley Club Championship results are therefore as follows:

1 st Place	Michael Bebbington	1:41
2 nd	Gary Grayland	1:47
3 rd	Andrew Elford	2:04
4 th	Steve Tinnams	2:06
5 th	Mark Starbuck	2:08
6 th	Paul Bailey	2:44



Going downhill fast – Gary Grayland retained the Freewheel Trophy

Bexley Members Going Up in the World

Written by Robyn Tearle

While the club hill climb was happening, we returned back to Dartford after doing 10 days of our own hill climbing challenge - just over 18,000m of it! French Pyrenees by bike, west to east coast. 820km, 28 cols. Mammoth. Excellent. Epic. Inspiring. Beautiful. If we hadn’t had to come back for work, we would have turned around and gone back the other way. It was a truly amazing experience.

Just got the newsletter, but as you are always asking for content, here’s a photo for the next edition...us cresting the top of the Col du Tourmalet, 18.6km long and 2,100m altitude. We did 3 cols that day, with

Tourmalet being the first, followed by Aspin (12km, 1,490m), and Peyresourde (9.8km, 1,563m).
we did a lot of lifting our bikes over our heads - 28 times to be precise!



Robyn clearly demonstrates her misguided allegiance to her mother New Zealand over C C Bexley - Garry, on the other hand, has his priorities right.

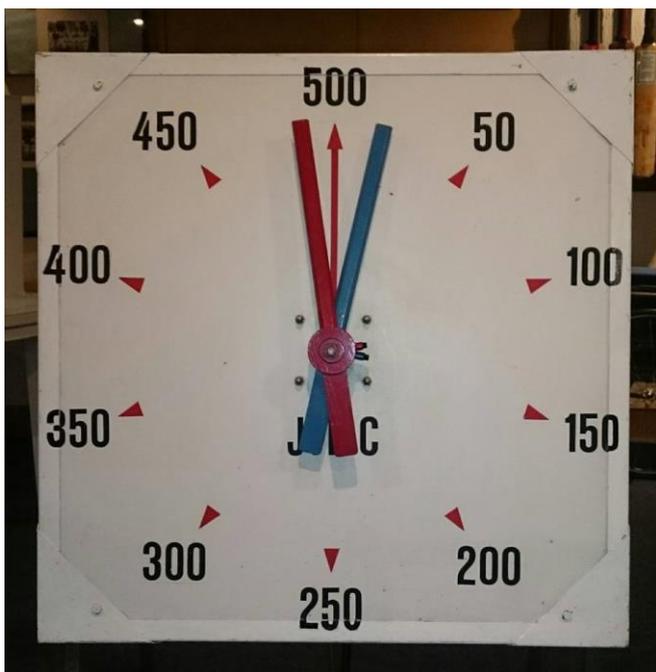
training in order to mount a serious assault on this title. Rollers is all about an explosive, high cadence burst of speed for 500 virtual metres. AThere is a video on the website of the 2015 Rollers Final between Mr Grayland and runner-up, Garry Dunn.

Club Shop is OPEN

The Club Shop at ImpSport is now open! This gives us all the opportunity to order and purchase club kit at bulk-buy discounted prices. Using the pictured skinsuit as an example, a one-off order for this item is £137.40 – taking advantage of the ‘Club Shop Open’ window, the same suit will be just £88.20 – the only difference to the process is that all garments will be dispatched to Mick Morris, individually labelled, for him to distribute, as opposed to the item being sent directly to you.

The bulk-buying window will be open until midnight on 20th November, ImpSport will then produce all of the clothing within their 8 week service agreement.

Rollers/Social Nights



We are holding regular Roller Nights in order for members to gather for fun evenings at the cricket club on the last Wednesday of the month over the winter to prepare us all for the Championship Races.

Roller/Social Nights on:

Wednesday 30th November – 7:30 start

Wednesday 28th December (TBC)

Wednesday 25th January

Wednesday 8th February – Club Championship

Wednesday 29th March

The 2015 Champion, Gary ‘Rolling Thunder’ Grayland, will be keen to defend his title; however, the margins are getting tighter and we have members fully in



Simply click [BUY NOW](#) for any garment on the club website, this will take you through to the Impsport site. Here enter the club code – **CCBEX990** – and you are in and ready to start shopping. Every garment has a sizing guide so please study the measurements carefully as there are no returns for purchases that don’t fit. As a test fitting, Angela and I had some sizing samples sent through for our inspection, we found that the garments came up to be a very good fit, exactly as the measurements on the charts suggested.

There will be future Club Shop openings over the winter and in to spring, these will be announced on the website and on Facebook, but if you need just one item in between these times Impsport will produce a one-off for you.

Club Memberships

Your annual Club Membership fee is due for renewal at 31st December. The price remains at just £12 – this basically covers the production and mailing costs of the perfectly crafted Club Newsletter, and that's all. All other events are self-funding.

**Please send your cheque, Postal Order or cash to the Membership Secretary, Murray Spencer at:
40 Harold Road, Hawley, Kent DA2 7SA**

A membership form is also enclosed for completion, this will allow us to update our details and ensure we have correct emails, addresses and phone numbers.

KCA Reliability

For the second year running, good weather blessed the first day of autumn, albeit after a misty start! C C Bexley had a group of ten riders out on the road, with Gary Grayland and Paul Bailey adding to their rides for the day by riding to and from the event.

Most of us continued the social nature of the day by adjourning to the very welcoming Anchor public house, beside the narrow bridge over the river at Yalding, and enjoyed their amazing pie and chips – we will be going there again, that's for sure!



Photo courtesy of Lise Taylor-Vebel – there are plenty more, all published on the cbexley.com website at the bottom of the KCA Reliability page.

This excellent season-opening event leads us on nicely to the **C C Bexley Reliability**, again being run at the earlier part of the season, on **Sunday 20th November**. The start, as always, is from the Horton Kirby Cricket Club. The testing 100km route sees riders depart from 09:00 and the 50km riders depart from the event HQ at 10:00. As is now our tradition, the Bexley Ladies will be serving up some of the very best cake, hot and cold drinks and sandwiches before, during and after the event.

Mick Morris will be leading the Bexley riders who wish to complete the challenging 100km Route, whilst Murray Spencer will be leading those happy to complete the much shorter 50km Ride. Please let the ride leaders know if you will be coming along so that the leaders have an idea of numbers and who we are expecting to arrive at the Cricket Club.

Editor's Comments

I start writing the next club magazine the very day after I send out the last one, everything gets written down as I experience it.....or receive it. This month's comments are not at the beginning of the Newsletter this time because the first two pages fitted rather well together, so I didn't want to upset the flow!

The Annual Dinner and Dance is coming up fast and I hear that many of the founding members will be in attendance along with quite a few who haven't been to one of these excellent functions for a year or two, so please make sure you book your place with Debbie Boxall to avoid disappointment. Please call Debbie on 01322 523956. The club membership is growing all the time, so do all please take the time to welcome our newer members, most of whom will be at the dinner, some of whom too will be picking up their first ever award or teophy, nearly all of them having thrown themselves straight in to the club's championships and the summer TT Series.

Winter Club Social Nights

We meet on the first Wednesday evening of the month, Wednesdays are the traditional club nights and follow on nicely from the Summer TT Series.

We meet at the Fighting Cocks, The Street, Horton Kirby, Kent DA4 9BY.

The Fighting Cocks is an award winning pub, both for the food and their hospitality, the restaurant is therefore very popular. Mick Morris books a large table for those who wish to have dinner from 7:30pm. Due to the popularity we must confirm numbers with them, so please call Mick Morris on 07753 105865 at least 2 weeks before the night to confirm your place. Drinkers and socialite should meet in the front bar for about 8:30pm



The committee is always open to suggestions of good pubs that serve great food, have a warm, welcoming atmosphere and have ample car parking.

Sunday Club Runs

The Sunday Club runs start at 10 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. 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.



Taken at the top of Exedown – the relief is clear to see.
Left to Right – Marc Engall, Murray Spencer and Mark Starbuck

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.



Taken at the finish of the KCA Reliability – We had a good day out.
Angela Spencer with Marc Engall, Paul Blacker and John McFall

Mid-week Club Runs

Every Wednesday many 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

C C Bexley Reliability Trial

Sunday 20th November

Entry Fee is £5.00 with all profits going to the Demelza and Ellenor hospice charities

50km and 100km route options
Start at Horton Kirby Cricket Club

Links to GPS maps for both routes are just a click away on our beautiful website.

Extra volunteers and helpers will always be welcomed
Call Mick Morris on 07753 105865

Christmas Buffet

Wednesday 7th December from 7:30pm

Rising Sun Inn, a beautiful 17th century
Fawkham Green Road, Longfield, Kent DA3 8NL
£5 per head

Roller/Social Nights on:

Wednesday 30th November – 7:30 start

Wednesday 28th December (TBC)

Wednesday 25th January

Wednesday 8th February – Club Championship

Wednesday 29th March

50th Annual Dinner and Dance

Saturday 18th February 2017

Holiday Inn, Bexley (also known as The Black Prince)

Book your tickets, at just £35.00 each, with our Social Secretary, Debbie Boxall by calling 01322 523956

Dress to impress. Rooms at the Holiday Inn are available should you wish to make an even bigger night of it.



Dress up, you may win a trophy at the Annual Dinner and Dance. Here the Hovenden Siblings are pictured scooping the 2015 Triathlon Championship claret jugs. Did they do enough to pick them up again in February? If not, there is always the raffle!

Next Issue – Due February 2017



Another image from the KCA Reliability

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