



Newsletter of the Cycle Club Bexley

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Welcome to the spring edition of the club magazine. Summer is nearly here! You can already feel that the warmer weather is coming, we have even had riders out in shorts on the last few Sunday club runs! But, just to remind you of the fabulous winter we have had, here are some short reports and a few photographs of some of the events over the last few months. I have tried to keep pictures of myself to a minimum (4), but seeing as I took them all.... On the last page is a handy calendar of things to come this year, ideal for that pin board in the kitchen. Happy Riding!

**C C Bexley Reliability Trial
 Sunday 20th November**

Our event entry was devastated by a horrific weather forecast of extremely high and damaging winds along with torrential rain set to batter the area on this Sunday morning. To our relief the fabled weather didn't appear, sadly though, neither did the majority of competitors, all of whom took the advice of the BBC and Met Office and stayed at home. Thankfully, the faithful C C Bexley Sunday Club Run regulars all turned out along with just a few hardy souls to make the efforts of all the organisers, marshals and tea ladies worthwhile. This also meant that we all had to eat loads of cake from the tea bar, all of it expertly made by the C C Bexley Ladies.



The Bexley group was so large that we had to split in to a faster and a more social rides, all of us opting for the 50km route in order to get back for all those deliciously tempting cakes.

Roller Championship Races/Roller Social Nights

The closest roller race I have ever seen at the clubroom was between the defending champion, Gary Grayland and the ever-young Mick Morris. Grayland took the honours by about half a wheel with a final all-out burst towards the end of the 500 metre course but there was nothing to separate them all the way. Mick admitted afterwards that he wasn't even looking at the dial and later said "If I'd known it was that close I could have gone a bit harder" There again, we all say that don't we?



The race of the night – The semi-final between Mick Morris and the Club Champion Gary Grayland. Morris nearly stole Grayland's thunder.

New Year's Day Ride

Ten riders on New Year's Day isn't a bad turn out considering the night before and the early start on this cold morning. The reward for the commitment was a beautiful and sensibly moderate ride on virtually empty roads followed by lunch at the Bell Inn where we were joined by plenty more members. The photograph below was your standard line-up, but this time I put the camera on the floor for a slightly different take on the view – you can't see the faces too well, nor hear the laughter and banter as a car was coming in to the car park and heading straight for my beloved phone!



Motor car bearing down on the camera is just out of shot to the right – whilst laughing, everyone still managed to keep looking at the camera. I either have them well trained, or they didn't want to miss the 'crunch'

West Kent RC Reliability

What a difference a decent weather forecast makes to attendances! Starting from the same point as our Reliability of 20th November (Horton Kirby Cricket Club) the WKRC event was blessed with the promise of fine weather, and the result, over 100 riders! So many that the organisers ran out of time cards. We all had a good ride on their scenic route and made sure we all took full advantage of the bacon rolls on offer in the Cricket Club afterwards.



The ground was firm enough for a photo call on the cricket pitch. Dave Sutcliffe came along as a supporter whilst he recovered from an accident.

50th Annual Dinner and Dance

Saturday 18th February 2017

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

Paul Tuohy, the Chief Executive Officer of Cycling UK (formerly the CTC) was our very special guest of honour. Paul, a one time member of C C Bexley delivered a powerful and moving speech, so completely appropriate to our club and the positive effects of the inclusive nature of our wonderful club, and in particular the Evening 10s, can have on people who come in to contact with us.



Jo Hitchen receiving the Ladies 10 Mile TT Trophy from Paul Tuohy



Paul Tuohy presenting the Triathlon Champion, 'Man Mountain' Mark Starbuck, with the claret jug trophy. Jo Hovenden successfully defended her Ladies Triathlon Championship title.

Evening 10 Time Trial Series 2017

The first race of the CCB Evening 10 Series is on **Wednesday 12th April**, the first rider will be away at 6:45pm – entry numbers are limited for the first few weeks due to available daylight, so make sure you arrive early and get signed on.

The course record, from last year was 23:00 – set by Mr Grayland at the final round of the Series – Do you think you can match that? Pin your number on and take on the clock.

If you don't feel up to racing one evening, still come along and marshal, these events cannot run without the support of a band of volunteers and you will be surprised how enjoyable it is, and how quickly the time passes.



Rolling Thunder Gary Grayland is receiving all of the attention whilst Man Mountain Mark Starbuck tests the aerodynamics of the number 9.

Club Championships

We have a number of club championships to compete for, ranging from the 10 Mile TT to the 12 Hour TT Trophies, we also have a Triathlon Championship. The important thing to note is that to qualify you must be a paid up first claim full member of the club and have entered the event under the Cycle Club Bexley. Entering in the club's name is straight forward

enough, and most TTs now are done online, at www.cyclingtimetrials.org.uk so just make sure you choose the correct line in the drop down menu; for the Triathlon Championship you will be entering the Grays event online, here you will need to type in Cycle Club Bexley as the club is not affiliated to the BTF, therefore our club name is not on the pre-set menu. Time trials (except for our Evening 10s) have to be entered in advance, generally 10 days, so please prepare and don't miss out. It is also advisable to enter the Grays Triathlon in plenty of time, it's a great event and is getting ever more popular.

John Coster Memorial Sunday 28 May at 11.00

Bill Finch Memorial Seat, Trosley Country Park
Bob Aves has produced a memorial plaque commemorating the life of John Coster, a long-time member, who sadly passed away last year after a period of ill health. We propose to place the plaque on the Bill Finch Memorial seat at the Trosley Country Park. After speaking with John's wife Beryl, a date of Sunday 28 May has been agreed for the unveiling of the plaque. Beryl has also invited all club members to her home in Meopham for a barbecue after the unveiling. The proposed times are 11.00 for the unveiling of the plaque, and 13.00 for the barbecue. Beryl has asked that we provide indicative numbers for the barbecue one week before.

I hope as many club members as possible will be able to attend, and that we will be able to have at least one club run on the day and hopefully two, one starting at usual spot in Farningham and another, shorter run, from Meopham for riders who are looking for a slightly easier ride, I am happy to lead this.

Mark Vowells, Club Chairman

My First Year, By Paul Blacker

So, what's it been like to ride with the friendliest club in England? Absolutely brilliant is all I can say, absolutely brilliant! From the very first meeting with a load of older members at the Jungle Cafe on the A20 I've been made to feel fantastically welcome. My knowledge of other riders' back wheels is now second to none, as each in turn has taken the time to ride along with me when I am at the back, which is most of the time. One day I keep saying, one day, usually along with encouraging words from Murray saying "come on Blacker.... It's all in your mind", to Mick saying "Push a bigger gear!" while he glances down at his rear view mirror to see where I am. The club is growing and along with it is my ability to ride, hills are still a work in progress, but when I'm on form it's a joy to spin along the country roads in the club colours, absolutely fantastic. I have never once been left

behind, the group always waiting for me at the next junction, with whoever else has decided to keep me company and encourage me. "Keep it up" they all say, "you're doing fab", so off I ride on my own for a bit to allow for a head start, and one by one everyone out rides alongside me smiling, chatting and catching up, then off into the distance, and the next takes over, to the next junction. 12 months in I've got a lot of catching up on Mick, but I'm here with CCB for good. Up the Bexley!

Paul Blacker, Club Web Master

Club Social Nights

The next club night is on Thursday 6th April at the Rising Sun in Fawkham, anyone wishing to dine should call Mick Morris on 07753 105865 to reserve a space, we will be taking our seats at 7:30pm. Socialites and drinkers can congregate in the bar from 8pm

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. 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. To join in the WhatsApp group ask Murray or Marc Engall to add you to the mayhem.

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 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.



Warning – You will be photographed if you come out on a club ride with us

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.

Club Kit

The Club Shop at ImpSport is always open, but from time to time a 'Club Shop Window' is opened in order to bulk the orders together to take advantage of the discounts available, generally around 30%, the only difference to the process is that during the 'window' garments will be dispatched to Murray Spencer, individually labelled, for him to distribute, as opposed to the item being sent directly to you. ImpSport will then produce all of the clothing within their 8 week service agreement.



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. Ladies should pick by dress size. Everyone that has ordered so far has been very pleased with their purchases.

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

I do have a very small stock of short sleeved jerseys, available to buy at the discounted price (once the latest order is delivered) ideal for new members eager to sport the club's glorious colours as soon as possible.

Call The Clothing Secretary, Murray, on: 07751 899921 if you have any questions.

CALENDAR OF FORTHCOMING EVENTS

Club Championship Dates

Sunday 4th June – **50 Mile TT** within KCA Q50/11
Hamstreet on Romney Marsh

Sunday 11th June – **100 Mile TT** within KCA Q/100
Hamstreet on Romney Marsh

Sunday 18th June – **25 Mile TT** within VTTA Q25/8
Molash, Near Canterbury

Sunday 12th July – **10 Mile TT** within Evening 10
Q10/25 - Lay-by on the A20 at Charton Manor

Sunday 23rd July – **Triathlon Championships** within
Wilkins Kennedy Grays Triathlon, Blackshots Leisure
Centre, Grays, Essex

Wednesday 16th August - **Hill Climb** and Freewheel
Stansted Hill, Stansted, West Kingsdown

Sunday 20th August – **12 Hour TT** within KCA Q12
Romney Marsh Area

C C Bexley Open 10 Time Trial

Saturday 6th May Q10/24
HQ at Lower Stoke Village Hall, Isle of Grain

Memorial Plaque unveiling in memory of John Coster

Sunday 28 May - 11.00 at the Bill Finch Memorial
Seat, Trosley Country Park, with a barbecue at Beryl
Coster's home to follow.
All club members are welcome. Bookings for the
barbecue to Mark Vowells by 19 May please. Details
of club runs to this event will follow on the Website,
Facebook and other social media.

CCB Summer Barbecue

Wednesday 5th July – Horton Kirby Cricket Club

Next Issue – Due May 2017



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