Newsletter of the Cycle Club Bexley

Issue No 18: June 2017
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Welcome to the **CCB Summer Time Special** edition of our glorious newsletter, there is so much going on, and so much more to come, everyone is racing, two wheels and three, slicks and knobblies, and the Sunday Club Runs are a mass of blue and yellow.

Evening 10 Time Trial Series 2017

The 'smiling assassin' - Gary Grayland gets a good push off from Ken Gardner on a cold and rainy evening. Timekeeper Bob Aves keeps his head and hands warm.

Well, the season is properly under way now, but we are still waiting for that perfect weather window, the one where the temperature and air pressure are just right and there is just a breath of wind following you up the course. That's not to say that there haven't been some great times, we have also seen a strong presence from the Gemini, VC Elan and 4T+ Race Teams who are giving our own riders a serious run for their money.

On 12th April the course record tumbled - Mark Perry, from Look Mum No Hands, clocked a 22:35 in less than favourable conditions, Richmond Rogers of 4T+ also ducked under the old record that night carding a 22:47 - our own Gary Grayland, feeling rather off-colour that evening, was third with 23:44 (still not a bad time judging by everyone else's experiences).

We have seen up to thirteen Bexley riders out on these events, many of them new members who have joined the club in recent months (the established members of the club tend to work on them during the Sunday Club Runs) – we even finish some of the Sunday rides by riding down the TT course back to Farningham (we don't want to put them off by riding **UP** the course!!) It will be exciting to see just how many boys and girls will be competing for their respective 10 Mile Club Championships on Wednesday 12th July, this will be a great day indeed.

C C Bexley Open 10 Time Trial

The TT course at Grain is a fair test of cycling, 5 miles gently up hill to the roundabout and back again, only interrupted by a steep road bridge over the railway line which serves the power station. The fly in the ointment is always the weather as, being right on the Thames/Medway Estuary, wind is never far away.

Andy Elford receiving a good shove off the line on the Isle of Grain. Timekeeper Bob Aves maintains his concentration.

On 6th May the course was made more interesting by a strong tail wind which saw everyone rocket out to the turn - the second half however was a real battle against the wind which started the very moment the riders had rounded the turn to be greeted by the bellowing tones of John '1066' Hastings ordering them to "WIND IT UP!"

'Rolling Thunder' Gary Grayland was a very impressive second overall and first in his age group, Mick Morris took an emphatic victory in his age group and Angela Spencer was second Lady.

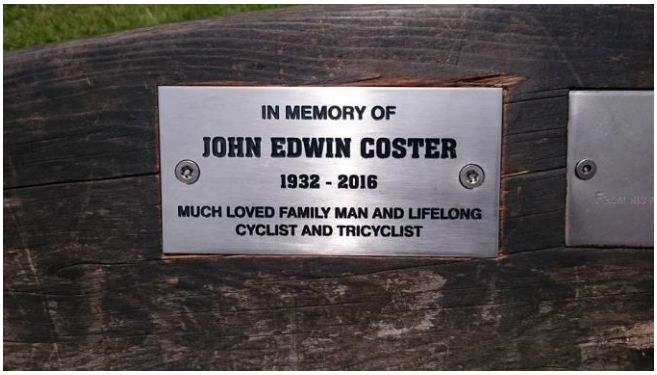
We must say a big thank you to all of the marshals, timekeepers, starters, and of course, the lovely C C Bexley Ladies providing tea and homemade cake in the canteen. Richard Boxall deserves extra praise for his duties as Secretary of the Meeting, a stressful task to say the least, so whilst we all enjoyed the event, he was glad and relieved when it was all over!

CCB Ladies at the Event HQ, the tea and cakes are all lined up ready.

Memorial Plaque - John Coster 1932 to 2016

The usual Sunday Club Run made an early detour to meet up with the rest of the club along with the Coster family and friends at Trosley Country Park. After a quick coffee in the Bluebell Café we all walked down through the beautiful country Park to the Bill Finch Memorial Seat. The 'Seat' is a very solid wooden bench cut in to the hillside which enjoys the most breath-taking views across Kent. The walk was quite a long one, particularly when wearing cycling shoes and cleats – it was no wonder Mick Morris popped home and returned on his mountain bike!

John Coster's memorial plate was attached to the back of the bench in a carefully prepared inlay. John's widow, Beryl, said a few words then gently kissed the plaque before it was attached to the bench, this was moving moment, certainly for your editor (it helped moisten the contact lenses), we all then drank a toast to John and to the camaraderie and fellowship of cycling. After a short while of contemplation and taking in the sheer beauty of the surroundings we all decamped to Beryl's 'chocolate box' cottage for a barbecue in her lovely garden, all bathed in the warm afternoon sunshine. There were roaming ducks and chickens and a goat along with countless ponds within the gardens to add to the warm, relaxed and happy atmosphere.



50 Mile TT - Sunday 4th June

There were no C C Bexley entries for this event, we have therefore saved a few quid on engraving. Next year we need to have a club outing to Romney Marsh!

CCB Summer Barbecue

Wednesday 5th July – Horton Kirby Cricket Club

From 7:30pm Food and Admission: Free

Come along for another of our excellent social evenings. Marvel at the cooking of Head Chef Mick Morris, along with his sidekick, the Boy Wonder, Andy Elford. Last year only one sausage got burnt, plus, every piece of food was eaten, impressive I think you will agree!

Sunday 23rd July – Triathlon Championships

Within Wilkins Kennedy Grays Triathlon, Blackshots Leisure Centre, Grays, Essex

This is how good you feel at the end of a triathlon – we went to the pub shortly after this photo was taken to carry on the high spirits.

Club Social Nights

The next club night is on Thursday 3rd August, meeting at the Rising Sun public house 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 are of course also very welcome.

The July Club Social will be within the Club Barbecue being held on Wednesday 5th July from 7:30.

The barbecue is free, Call Debbie on 01322 523956 to give her an idea of the numbers attending.

100 Mile TT

We had one member out on this event, our Club Chairman Mark Vowells. Our championship was held within the KCA event on the Q/100 starting from Hamstreet on Romney Marsh (a longer version of the 50 course). Unfortunately Mark withdrew during the race, he said "100 miles was too far!". The club was also represented by John '1066' Hastings, Bob Aves and Gary Grayland who were all marshalling at a turn near to the Ashford Outlet Centre.

Mark Vowells powers his way through the Ashford Turn, complete with a bottle of radioactive energy drink.

Sunday Club Runs

The Sunday Club runs start at 9 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.

Down by the river, near the post box, in Farningham. Marc Engall's enormously swollen head has, thankfully, gone back down again now.

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. Faster riders will not be out on their own or disappointed.

Sunday Club Run takes a pause to regroup at the top of Grey Ladies.

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.

Getting comfortable – Kelly Holmes' 1809 Café at Hildenborough

CALENDAR OF FORTHCOMING EVENTS

Wednesday 5th July – CCB Summer Barbecue
Horton Kirby Cricket Club
From 7:30pm - Barbecue food is free
To ensure that we have enough, or not too much, food for the evening. Please call our Social Secretary, Debbie Boxall, with the number in your party on 01322 523956 Family and guests are very welcome.

Wednesday 12th July – 10 Mile TT Championship
within our usual Evening 10 on the Q10/25
This is your time to step up and race for the honour of the club. Wouldn't it be amazing if every single active rider in the club pinned on a number?

The CCB 10 Mile TT Champion, Gary 'Rolling Thunder' Grayland – he takes some beating! Racing is close though and is always friendly and fun.

Sunday 23rd July – Triathlon Championships within Wilkins Kennedy Grays Triathlon, Blackshots Leisure Centre, Grays, Essex.
This is an ideal event for anyone new to triathlon.

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

Michael Bebbington is the reigning Club Hillclimb Champion – he ascended Stansted Hill in 1 minute 41 seconds – can you do better?

Thursday 7th December – CCB Christmas Social
Rising Sun Public House, Fawkham from 7:30
Buffet £5.00 per head. Again, please call Debbie Boxall, with the number of people in your party on 01322 523956 so that the buffet is generous enough.

Christmas jumpers are positively encouraged at the Xmas Club Buffet

Saturday 17th February – CCB Annual Dinner & Dance
Get dressed up and put on your dancing shoes. Trophies and medals for all of the Club Championships are awarded on this evening. Admission will be around £35 per head, booked in advance. Please call Debbie Boxall to reserve your places on 01322 523956

CCB Ladies Triathlon Champion 2016 – The awards on that evening were presented by Paul Tuohy, Chief Executive Officer of Cycling UK

The Dinner is such a good night even Mick Morris can manage a smile!

Next Issue – Due September 2017

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