



### Newsletter of the Cycle Club Bexley

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Greetings and welcome to the latest club communication, my apologies for the delay in getting this to you, I have had issues with too much fine weather, not much time in the office and lastly, a broken office printer! All is now right with the world and thus the newsletter is finally done.

In previous editions of the club magazine I had been encouraging people to enter the club's Road Race Championship, well, it all came to nothing in the end, the idea was that we would share the cost of the event with the West Kent RC, to be run at the Cyclopark, but unfortunately British Cycling had objections to a co-promoted closed-to-club event and refused to grant a licence. WKRC ran the event (which they do each year) for their few members.

**Please note:** in the Diary section on Page 4, besides the usual activities, it is the AGM on Wednesday 9<sup>th</sup> January 2019. Any items for the agenda need to be presented, in writing, to a committee member at least 10 days before, anything else you may have on your mind can be raised in 'Any Other Business'

Thanks to Jo Hitchen for the following report. She and Michael Bebbington are always up to something gnarly, they have many stories to tell....

#### Torq in Your Sleep – By Jo Hitchen

Torq in Your Sleep is a 12 or 6 hour cross country mountain bike race held in the grounds of Minley Manor, near Farnborough in Hampshire. Myself and Michael (Bebbington) raced in the 12 hour mixed pairs category, this started at 12 noon. Each lap consisted of an 8 mile loop which headed out through the woods, with twists and turns, roots, bomb holes and gullies, then back into camp, where Michael and I swapped over at "transition" after each lap. It pretty much rained for the whole 12 hours, turning the trails into an absolute mud bath! Transition

became a place to stand under a gazebo to shelter from the driving rain, with the wind whipping under it, just hoping that your team mate was going to turn up in one piece. Lap times were getting longer and racers became barely recognisable in their mud covered form.



This photo must have been taken early in the race – firstly, it's still daylight, and secondly, you can still recognize that it's Jo on the bike!

A few hours in to the race we were holding a solid third place and were closing the gap on second in class, but disaster struck. I was at the furthest point out on the course and something was going wrong with my drive train, resulting in it intermittently getting jammed. I hoped it was just chain suck from the mud caked all over the bike, so back in camp I washed the rear mech, cleaned and lubed the chain and got help indexing the gears. Despite my slow lap we were still in 3rd and when Michael got back to transition after his lap I set off again with my bike running ok.

Four miles out, the mechanical problems returned and the remainder of the lap was crazy tough, battling the mud and terrain with my back wheel progressively seizing up.

Once in camp I swapped my lights and bits over to my spare bike and watched the screen near transition to see our positioning. We had been overtaken and were now 4th. We would not have time to get in an extra lap. When Michael came in I had to tell him we were done for that race.

I once read this statement and it really struck a chord with me...'I never lose a race, I either win or learn from it'.

There are plenty of mechanical lessons for me to learn from this one and I intend to embrace them!

[Ed – Jo is the queen of understatement, so when she says that it was tough, it was REALLY tough! Incidentally, elsewhere but still on knobbly tyres, Jo placed second Vet Lady overall for the season in the Eastern Mountain Bike Race Series, run by Mud Sweat & Gears - Michael Bebbington and myself were not quite as successful in our respective age categories.]

## 2018 Evening 10 Time Trial Series

The decision to start the season a week earlier and end it a week later than in previous years was very well received, the weather this year also meant that we enjoyed a full season of racing up on the A20, with just one interruption due to roadworks.

This was a season to challenge the course record. It started on Wednesday (naturally) 2<sup>nd</sup> May When Gemini BC's Lee Metson posted an amazing 22:29, then, on 23<sup>rd</sup> May, a 16 year old lad arrived and, very politely, smashed the old record with an almost unbelievable 21:52. Afterwards Ben advised that he had never ridden a TT before! Two weeks later, on 6<sup>th</sup> June, Neil Lauder of PMR moved the marker again, this time with a superb 21:16! Just minutes later though, Junior Cyclocross World Champion (and now a member of C C Bexley), Ben Tulett smashed the record again with a blistering 21:02. As hard as he tried, Ben wasn't quite been able to better that ride again.



"Can we check that again? 21:02? That can't be right" Roy Canning and Bob Aves do a sterling job each week in keeping all the numbers in order.



Former Course Record Holder, Gary Grayland, with the current Record Holder, Ben Tulett.

## C C Bexley Open 10 Time Trial – Grain

Moved on from the usual May Bank Holiday date due to roadworks on the course the new date at the end of June promised much warmer racing conditions. On the day, a light headwind out to the turn rewarded the riders with a nice speedy return to the finish. With nearly a quarter of the entry made up of Bexley riders we were never short of a yellow and blue flash out on the course.

Thank you to all of the officials, timekeepers, marshals and, of course, the CCB Ladies in the tea bar.

## CCB Solos

Michael Bebbington	24:39
Jamie Georgiades	26:18
Peter Nicoll	26:36
Mark Starbuck	26:57
Jo Hitchen	27:11
Phillip Edwards	27:40
Michael Morris	27:49
Marc Engall	29:03
Murray Spencer	29:34
Andrew Elford	29:42
John Hawes	32:04
Paul Ansell	35:57

## CCB Trikes

Mark Vowells	25:10
Paul Blacker	36:19



Murray, John, Michael, Jamie and Marc – all ready to take on the course.

## 25 Mile TT Championship

Congratulations to Mark Vowells, adding the Club 25 Mile TT Title to his 50 Mile Title gained the previous weekend. Times for the CCB members at the VTТА event at Chilham on Sunday are given below:



Mark Vowells	1:02:44
John McFall	1:18:52
Paul Blacker	1:28:32
Mick Morris	DNF
Murray Spencer	DNS



## 10 Mile TT Championship

The Club's 10 Mile TT Championship took place on very quiet roads and with near perfect weather conditions. Entries overall were a little down on usual due to the England Football World Cup semi-final match in Russia, but race winner, Ben Tulett put in a ride just 2 seconds shy of his course record. It was great to see Gary Grayland returning to racing having just recovered from a fractured pelvis.

Champion	Ben Tulett	21:05
Runner-up	Gary Grayland	25:14
3 <sup>rd</sup>	Mark Vowells	25:47
4 <sup>th</sup>	Daniel Ellis	28:49
5 <sup>th</sup>	Andrew Elford	31:06
6 <sup>th</sup>	Paul Blacker	35:37



The fastest man on the A20 – Ben Tulett

## CCB Triathlon Championship



Wilkins Kennedy Grays Triathlon

The C C Bexley Triathlon Championship was settled on a blazing hot day in July at the excellent Wilkins Kennedy Grays Triathlon, run by the lovely and very friendly East Essex Tri Club. The event is based at the Blackshotts Leisure Centre in Grays, Essex, just a short drive from the Dartford River Crossing. There was drama in the men's category when the

favourite for our title, Marc Engall, crashed on the bike leg after his chain jumped off of the oval chainring whilst at full speed. Grazed and battered Engall remounted to limp in to the finish to come a close second behind Murray Spencer, who claimed the coveted Claret Jug.

Meanwhile, in the Ladies Championship, Angela Spencer took an emphatic win with Pamela Darko, competing in her first ever triathlon, taking the runner-up spot.



High Five – Paul Blacker runs in to complete the final leg of his race.

## C C Bexley Hill Climb

As the time-trialling season draws to a close the hill-climbing season has a brief spell in the spotlight, our event is one of the first in this very short season.



Peter Nicol, the new Club Hill Climb Champion with Gary Grayland

Hill-Climbing Specialist Ewan Tuohy of Dartford R C took another emphatic victory at the C C Bexley Hill Climb at Stansted, pushing Hugh Smith from the



Woolwich in to second place, just 2 seconds behind. The rest of the leader board was equally as tight. On Facebook I have published plenty of photographs of every rider on the hill in an album, so if you are looking for a good cycling picture of yourself gurning in agony, this is the place to look. Thank you to the marshals and timekeepers who, as always, make these events possible.



Finish Line Timekeeper, Roy Canning, discusses the results.

<b>CCB Results:</b> Champion Peter Nicol	1:56
Mark Starbuck	1:57
Phillip Edwards	2:03
Marc Engall	2:08
Jo Hitchen	2:26
Paul Blacker	2:59

### Martyn Whyte – A Ride Across Britain

Congratulations to Martyn Whyte on completing the epic ride from Lands End to John O'Groats in early September, his route would take in 982.6 miles, 53,694ft of climbing (twice the height of Everest) and all in just nine days!



It's all over now. Martyn finally gets to relax at John O'Groats.

### Sunday Club Runs – Winter Start Times

As the clocks 'Fall Back' for the winter so do the start times for our club runs, moving back to 10:00. The first winter club run will be on 4<sup>th</sup> November.



Dame Kelly Holmes makes a welcome appearance at the Café 1809

### CALENDAR OF FORTHCOMING EVENTS

#### C C Bexley Reliability Trial

Sunday 18<sup>th</sup> November from 09:00  
Horton Kirby Cricket Club  
Entry Fee £5.00

#### Christmas Social Buffet

Wednesday 5<sup>th</sup> December from 7:30pm  
The Rising Sun Public House, Fawkham  
£5 per head.

#### Annual General Meeting

Wednesday 9<sup>th</sup> January 2019  
Horton Kirby Cricket Club  
8:00pm sharp start.

#### Next Issue – Due December 2018



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