



Newsletter of the Cycle Club Bexley

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 Editor: Murray Spencer
 Murray.spencer@ccbexley.com

It's been a while since I sent out a club newsletter, sorry about that, I do most of my writing at the office and whilst feeling happy about everything; well, work hasn't made me so happy lately so it's making writing a bit more difficult. Thankfully, riding my bikes makes me very happy, it's just not so easy to record articles whilst out on the move!

Thanks to Paul Blacker for his insight in to taking on three wheels (I added punctuation so that you could take a breath whilst reading it), I think he is hooked!

C C Bexley Reliability Trial

This was a great day for club cycling, the weather was fresh and sunny and the riders came in their droves. 132 entered, plus we had the usual few who didn't enter but rode the course and paid their £5.00 as a donation to the event.



Happy days – Dave Sutcliffe and John McFall have a laugh before they set off whilst Pam, Luigi and John Hawes check the navigation.

We had amazing donations of food and cake for the tea bar, ably managed by the lovely Debbie Boxall with back up from Joan Holbrough, Angela Spencer and Michelle Whyte (all equally lovely). Besides bringing two cakes Michelle also brought loaves of bread and made up half a ton of sandwiches, including vegetarian options, and still managed to serve at the

counter! They got through 14 pints of milk - tea was the favoured hot drink.



Nearly all gone! The Tea Bar made a profit of £329.80

Thank you again for the other amazing cake donations from Jo Hovenden, Jo Hitchen, June Fowler, Joan, Debbie and Angela.

Thanks too must go to Pete Holbrough, Ken Gardner, Tom Wakefield and Richard Boxall for manning the signing on desk and to the hardy souls that stood out in the cold for hours manning the checkpoints:

Marshal Point 1 - John Healy & Joe Tingle

Marshal Point 2 – Unmanned

Marshal Point 3 - John Hastings & Peter Grainger

Marshal Point 4 - Roger Bunnett

Total profit for the day was £934.80 of which £329.80 was the takings in the tea bar, this will result in donations to both Ellenor and Demelza Hospices of almost £470 apiece.

Three Wheels on My Wagon – By Paul Blacker

So what's it like on a trike?

Now, there's a bit of a preconception that once you can't ride two wheels you're allowed to go onto three - not true. A couple of years ago at our Fab clubs Dinner and Dance, after seeing all the old club photos of trikes, I had a chat with John '1066' Hastings and Mark Vowells, our illustrious Chairman, who said "why not have a go?". After taking a loan trike from Mark I was off, almost literally! I could see now why Ken's comment that you can park the trike anywhere as no one will pinch it was true, it's too hard to ride!

They're an art to ride for sure. Counter intuitive... lean the wrong way ...weight on the other pedal... get off the saddle. But by the time I'd nearly been spat off into the hedge three times, all within the first half mile, I started to get to grips with it. Getting the 'Barrow' set up is still an ongoing project, with only one wheel drive if that one goes in the air forward propulsion stops! My first serious outings last year saw me win two handicap trophies, I'm after 1066's title of Handicap King. Watch out John I'm on my way!

If any of you two wheelers fancy a challenge get another wheel. Up the Bexley!



Blacker with his trike, clearly feeling quite pleased with himself.

Brian William Debonnaire

Our dear friend and fellow cyclist 'Deb' passed away peacefully on the 9th February following a long illness which included two strokes. His determination to fight the effects of the first stroke in 2005 continued throughout, demonstrating the sheer mental strength of the man that we all knew.

'Deb' was born in South-East London in November 1937. He won a scholarship to attend a Grammar School nearby.

His father was employed by Brabys so when The Company moved down to Crayford, so followed the family.

In 1955 Brian was persuaded by the local 'Chippy' Alan Binks, to join the then infant Thames Road Club, formed just 8 years earlier. Cycling at the time was a big participant sport, there being about 10 such clubs within a few miles. It took only a few years for 'Deb' to start turning heads and indeed, there is a club record of him winning his first club event with the caption beneath his photo, "The day that 'Deb' stopped smiling for the cameras".

His riding career was interrupted by a call for National Service where he served in the Army in Cyprus during the latter days of the EOKA crisis.

Returning home he carried on where he left off becoming the first club member to beat the hour. In

those heady days he often led our little club to team honours in Association and open events.

He met his future wife Rhonwyn whilst working for Safmarine in Cape Town. They married in July 1963 in her home town, Port Elizabeth, and shortly after that he was appointed to the board. When he returned to The UK to represent Safmarine at board level in Europe he found The Thames RC was now C C Bexley; it was riding under the Bexley colours that he produced some of his greatest rides, even then at nearly 40 years of age!

Clubmate, and fellow seeded rider Bob Mellor admitted once that 'Deb' was "a real class act"; as an example, Deb flew into London after a lengthy Board meeting in Geneva, Bob met him at the airport, drove off to somewhere on The Great North Road and they came first and second in a top 25 mile time trial. Our club records show that in 1975 Brian recorded the fastest 25 mile time in the UK of 53 Minutes 31 seconds.

Always highly disciplined, always a true amateur, always a loyal clubman, always a good friend. Brian leaves the lovely Rhonwyn and their four children, Andrew, Tracey, Alan and Richard and a growing band of Grandchildren to whom our expressions of love and sympathy are extended.

David Nash, clubmate and life- long friend.



Brian William Debonnaire, 1937 – 2019

Loss of Cafes

The regulars on the Sunday club runs are all saddened by the recent news that the 1809 Café at Hildenborough, one of our favourite stop-offs, has been closed down. This news followed just a few weeks after we heard that the Westerham Cyclery and its café had closed their doors for good.

We have been talking about having a section on our website detailing all of our favourite cafes and our chosen routes to and on from those establishments, well, both 1809 and Westerham would have been right up there at the top of the pile.

Since I started writing this piece (I write bits and pieces here and there) I have now learned that the Beach Hut Café at Grain has also closed! Keep your eyes and ears open for good cafes that are open on Sundays and Bank Holidays, we need to use them or lose them.

Annual Prize Giving and Dinner and Dance

With the unfortunate accident which befell our serial Club Champion, Mr Grayland, this year's prize presentation was far more varied than normal.



Check out Blacker in the background! We'd 'had a few' by this time!



2018 Triathlon Champions – Angela and Murray Spencer



A line-up of the club's racers, award winners and boozers



Gary 'Rolling Thunder' Grayland still managed to scoop the overall and First Vet in the Evening 10 Series Championship.

Mark Vowells picked up all of the 'Distance' Time Trial Championships whilst Peter Nicoll was fastest up Stansted Hill, pipping Mark Starbuck by just one second. Junior World Cyclocross Champion, Ben Tulett was, unsurprisingly, the Club 10 Mile TT Champion, he set a time just 2 seconds off of his own course record on the Championship evening.



Our Honourable Treasurer and Social Secretary – Debbie Boxall organised it and Richard Boxall counted the money. What a beautiful couple?

Well done to Marc Engall for sourcing the C C Bexley backdrop and taking all of those fantastic photographs that were interwoven with photos from the last few years of CCB'ers in action, all being projected on the screen throughout evening, I believe it really made the event something special and added a real sense of professionalism to the array of portrait photos and selfies being taken during the night.

We are looking for a new Racing Secretary

Would you like to be a little more involved in the running of the club?

Below is a job description for the Club Racing Secretary and his/her Responsibilities on a Month by Month basis:

January

Arrange trophy and medal engraving. Attend the club AGM and agree dates for club championships for the forthcoming season.

February

Submit club event police notices (all events go one form with dates of each event. The start and finish of the series is determined by the available light). Also submit a notice for the club hill climb.

March to October

Liaise with other members to arrange timekeepers and all marshals and other helpers for club events. Record the results of all club events (help may be available for this) and also details of all racing results by club members in open events.

August

Work out all evening '10' overall results (help may be available for this).

September

Submit the club open '10' application to the CTT SE District

October

Attend the South East DC AGM (not essential - other delegates can be nominated for this)

November

Submit the club event applications to the CTT. Attend the South East DC national AGM mandating meeting (not essential - another delegate can be nominated)

December

Work out all club championship results and other medal winners in time to allow time for the engraving of trophies and medals in January.

Notes:

Other club members are willing to assist with some of these tasks and there is much support available from the committee and other club members.

The open '10' promoter (Richard Boxall) submits his own police notice.

There is also a lot of useful guidance in the South East DC District Handbook.

Sunday Club Runs will start at 09:00 as BST Begins on Sunday 31st March

Start is at the usual spot, by the post box in and village sign, by the river, in Farningham.

With the skill and speed level varying quite a bit these days the club run will divide in two after departure, reconvening at an agreed coffee stop, after which the longer faster riders will carry on to ride a longer loop whilst the 'Social' group will ride back to the starting point via a more modestly planned set of roads.

Club Championships - 2019 Events Schedule

10 Mile TT Sat 22nd June on Q10/24 - CCB

25 Mile TT Sun 16th June on Q25/8 - VTTA

50 Mile TT Sun 2nd June on Q50/11 - KCA

100 Mile TT Sun 9th June on Q100 - KCA

12 Hour TT Sun 8th September – Q12 KCA

Triathlon Sun 14th July – Wilkins Kennedy Grays Triathlon. Sprint Distance Event – 400m Pool Swim, 20k Bike and 5k Parkland Run. Enter online now at: entrycentral.com

Hill Climb Wed 28th August – Stansted Hill
Enter on the day. First rider away at 6:45pm

All of the above time trials are entered online at: cyclingtimetrials.org.uk - GO ON, APPLY NOW!

CALENDAR OF FORTHCOMING EVENTS

First Evening 10 Time Trial

Wednesday 10th April - First Rider is away at 6:45pm
Arrive early, spaces are limited due to the availability of reliable daylight. Social gathering at the Cricket Club follows every Evening 10.

C C Bexley Open 10 Time Trial

Saturday 22nd June from 15:00
Lower Stoke Village Hall, Isle of Grain

Barbecue hosted by Beryl Coster - Meopham

Sunday 26th May from 13:00 at Beryl's Cottage

Next Issue – Due June 2019



See you in Farningham at 9 o'clock on Sunday.