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Welcome to the summer newsletter. It's a bit abbreviated this time as so much is going on, and equally, so much is still to come!

### **The Power of Three**

As we all know, Cycle Club Bexley is renowned for its tricycle riding and racing contingent, indeed, only last summer Ian Finch finished on the second step of the podium at The Tricycle World Championships. However, a new 'Tri' is sweeping through the membership, Triathlon. Swimming, cycling and then running are not the best of bed-fellows, but when training for all three disciplines the variation becomes really quite compelling. So far this year Jo Hovenden has competed in the Sevenoaks Triathlon and she, Angela Spencer and I, are racing at Leeds Castle this weekend. If you think that such a gruelling rite of passage should be left to younger athletes, Ken Gardner competed in his first ever event, The Whiteoak Triathlon, on 8<sup>th</sup> June and he has been drawing a pension for quite some time! Angela and I were officiating and lap counting on the run section in Swanley Park, Ken was clearly loving it, and in fact we had to stop him from running round for an extra 2km lap!



Well done Ken you did a great time, I am sure you are now looking for another race to

follow up with – there are some beauties coming up.

A club tri suit is available from our usual clothing suppliers; if you would like to order one, please see or call our bespoke tailor of all things lycra, Mick Morris.

### **Summer Barbecue Wednesday 2<sup>nd</sup> July**

It's that time of year again where we have a break from the Evening 10 Time Trial Series to lay on the Summer Barbecue. This year Andrew Elford is the head chef; our usual, Michelin-tyred chef, Mick Morris, is heading north with his caravan to soak up the atmosphere (and probably rain!) for the opening Yorkshire stages of the Tour de France. Assistant Head Chef this year will be Richard Boxall.

Large quantities of food will be on offer, but if you have specific dietary requirements, please feel free to bring your food of choice and closely supervise the chef whilst he cooks it for you. Make sure you take him a beer with your request!

### **Facebook**

We now have a Cycle Club Bexley Facebook page where we can post pieces of news and the odd photograph from a club run or the finishing area of the Wednesday night TT. If you use Facebook just search for Bexley, find the page and select 'Like' on the main site, it will then be added to your friends list and notifications and posts will come to you.

### **Membership Renewal Reminder**

Club membership is overdue for renewal, and a few members have yet to respond.

£12 Full Membership

£8 Social Membership Only

If you haven't renewed your membership yet please post a cheque payable to 'CC Bexley' to: Richard Boxall, 9 Wessex Walk, Dartford, Kent DA2 7WE

### **CC Bexley Evening 10 Series 2014**

The Evening 10 TT Series is well under way with an ever-growing entry list as the weather warms up and universities close for the summer.

The new finish up Beesfield Lane is proving to be popular, with many riders choosing to stay at the junction with Donkey Lane for a chat. Well done to CC Bexley's own Rolling Thunder, Gary Grayland, who had his maiden victory on Wednesday 28<sup>th</sup> May, posting a time of 23:31 – this is the first CC Bexley win on the course for quite some time.



The finish at this week's TT on Beesfield Lane

### **Marshals required for Evening 10 TTs**

A clash of holidays in the past couple of weeks has highlighted that we need a few more willing volunteers to marshal at the Wednesday evening time trials. Please see Ken Gardner at club nights, the start and finish of the Evening 10 Series, or call him on 01322 664566

### **CC Bexley Open 10 Time Trial**

The weather featured again this year! After the torrential rain of last year we were hoping for a nice warm day – sadly not. This time it was wind, gusting at up to 70mph, which did it's very best to try to blow your wheels out from under you. Needless to say, it didn't affect the fast riders, not even with disc wheels! We had a good showing from the trikes, but they too suffered terribly in the battering cross wind.

Gary Grayland was the fastest Bexley rider at 26:36 and the overall winner, was Mike Piper from San Fairy Ann who tore round in just 21 minutes and 36 seconds!

### **Club Runs**

All this talk of time trials and triathlons might make you think that the club is all about racing – far from it; we have a social ride every week.

We meet every Sunday at 10 o'clock at the post box by the river in Farningham village. We now have the option of a slower, shorter

club run that leaves at the same time as the main run and aims to meet up with the regular (elite?) riders at the coffee stop. If you have been thinking of coming along please call either myself on 01322 294984 or Mick Morris on 01732 822940

### **Calendar of up-coming events**

#### **Club Barbecue**

8pm on Wednesday 2<sup>nd</sup> July at the Horton Kirby Cricket Club

**NO EVENING 10 TIME TRIAL ON THIS NIGHT.**

#### **Smugglers Run, Romney Marsh**

Saturday 5<sup>th</sup> July. Meet at The World's Wonder public house, Warehorne TN26 2LU at 10:00 for a very social ride followed by a hearty lunch in The World's Wonder.

#### **Club 10 Mile TT Championship (all cats.)**

Wednesday 9<sup>th</sup> July. This will be held in conjunction with the Evening 10 Time Trial. First rider will be away at 7.15pm.

#### **Club Hill Climb and Free-wheel Competition**

Wednesday 20<sup>th</sup> August at Stanstead Hill. First rider will ascend the course at 6:45

#### **Club 12 Hour Time Trial Championship**

Sunday 7<sup>th</sup> September on Q12 – Bethersden. Entries to Esther Carpenter 01424 751581

#### **Club 25 Mile Time Trial Championship**

Rescheduled to the KCA event on Sunday 14<sup>th</sup> September on the Thanet Way

#### **Next Issue due around September 2014**

Please send any comments or content to the editor at [mandaspencer44@gmail.com](mailto:mandaspencer44@gmail.com)



See you at Farningham, 10 o'clock on Sunday.