



Newsletter of the Cycle Club Bexley

Issue 8: January 2015

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Happy New Year to you all. I hope that you have enjoyed the Christmas festivities and bulked up ready for the new season? I trust too that you have all had the opportunity to ride your bikes this year, we have had some lovely warm days so far...ok, we've had some cold wet ones too, but we have to stay optimistic! Spring is only a few weeks away! This will only be a short newsletter, the main purpose of it being to help populate your 2015 calendars you all got for Christmas (kittens or puppies?) and to enthuse you to attend the Roller Championships, the Annual Dinner Dance and Prize-Giving and to be ready for the start of the new TT Season.

New Year's Day Ride – Bell Inn, Kemsing

The New Year's Day club run is always held in conjunction with the Tricycle Association's New Year ride, followed by lunch in The Bell Inn at Kemsing. The idea is to justify the huge dinner, and pudding, by riding beforehand. There were only eight riders this year, the weather forecast wasn't too favourable, but the promised rain didn't materialise; thankfully, the arrival of the full-on roast dinner followed by sticky toffee pudding was more reliable than the BBC Weather Service.



Well done to Roy and Trevor who were dragging an extra wheel round. Thanks also go to John '1066' Hastings for the organisation.

KCA Reliability

Typically, for 4th January it was freezing cold. We sensibly opted for the 50k route, which felt considerably longer than that. Our club mates from Dartford and White Oak Tri Club chose the 80k route but, by the end, wished they had chosen the easier option! CCB's Mick Bebbington completed the 80k route in just 3 hours and 33 minutes – impressive.



London Olympic Velodrome Experience.

On Wednesday 21st January the quickest 12 riders (the 12 who replied to Ken quicker than everyone else) got to ride on the same hallowed boards as the likes of Chris Hoy, Victoria Pendleton and Laura Trott.



Pre-race nerves, as is sporting her best 'stage umbr', Angela is trying her bike for size, Andy is wondering "when do they fit the brakes?" and Terry is waiting for the mechanic to bring his bike to him. (Terry's Besley kit must be in the wash.)



Grins of complete satisfaction all round after the best hour of cycling most of us have had in quite a while. The experience was a heady blend of fun, excitement and absolute fear!

Facebook

The Cycle Club Bexley Facebook pages are broadcasting to the widening world, with short reports about club runs, TTs and triathlons along with plenty of photos. Hit 'LIKE' to receive all the updates and news.

Club Runs

We meet every Sunday morning at 10 o'clock 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. If you have been thinking of coming along please call either myself, Murray, on 01322 294984 or Mick Morris on 01732 822940. We never leave anyone behind and offer help and guidance to less confident riders.



On 11th January we rode out to Aylesford Priory via the cycle path across the Medway Bridge. Jo enlisted the help of the Abbott to take this photo, and what a divine image it is too!

CALENDAR OF FORTHCOMING EVENTS

Cycle Club Bexley Roller Championships

Practice Night: Wednesday 28th January

Race Night: Wednesday 4th February

Horton Kirby Cricket Club, Franks Lane 20:00

Gary Grayland is no doubt in full high cadence training for this one, having missed last year's races following a calendar mix-up. Garry Dunn and Mick Morris, both former winners, will have their work cut out if they want to defend their honour. Spectators are more than welcome, you definitely race harder with a bit of bellowed encouragement!

C C Bexley Annual Dinner and Dance

Saturday 21st February 2015 19:00

Walnut Lounge, Woodlands Suite, Swanley

Bring your dancing shoes and dress to impress. This evening is the annual awards presentation, so Gary Grayland had better bring a wheel barrow to take home his haul of

club trophies. I will take a wheel barrow to take home our amazing raffle prizes.

C C Bexley Evening 10 Series Begins

I hope you are already getting in your winter miles ready to focus your training. The first round of the new series will be on 15th April. Often the early rounds are the ones where club championship points are more readily available and weather conditions can be just right for that blistering time.

Please see Ken Gardner at club nights, or call him on 01322 664566 if you would be happy to help out with marshalling.

C C Bexley Open 10 Mile Time Trial Saturday 9th May 2015 at Grain 15:00

This is a good course and, barring a strong wind or driving rain, is an enjoyable time trial which concludes with 5 miles of fast downhill.

Club 50 Mile Time Trial Championship

Sunday 7th June – KCA Q50/11 Romney Marsh

Club 100 Mile Time Trial Championship

Sunday 14th June – KCA Romney Marsh

Club 25 Mile Time Trial Championship

Sunday 21st June – VTTA Q25/8 Chilham, Kent

Club Hill Climb Championships

Wednesday 19th August – Stanstead, Kent

Club 12 Hour Time Trial Championship

September – TBC – Romney Marsh Area

Next Issue due around May 2015

Please send any comments, photos & articles to the editor at the email address at the top of page 1. Only photos with me in get published!



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