



Newsletter of the Cycle Club Bexley

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We have an action-packed magazine for you this time, the Club has had a winter of exciting events and activities and spring is bringing us time trials, club runs, triathlons, sportives and even a barbecue thrown in for good measure!

2015 Membership Renewals Due

Your 2015 membership was due to be renewed at 1st January 2015. I know that most of you have already paid, but for those few that have yet to pay up please send your cheque for £12.00 payable to C C Bexley to the Club Treasurer, Richard Boxall at 9 Wessex Walk, Dartford, Kent DA2 7WE

C C Bexley Roller Championships 4th February

The practice evening alone was a great night, the new frames to attach the forks to the rollers has made it all a lot more accessible, both to the less confident and has also made them free for everyone to warm up and race without fantastic bike control, nerves of steel or help and support from other club mates.

The Championship night was all about Gary Grayland, he swept all before him - those massive thighs have speed as well as power! Second place was much tighter, Andy Elford edged Ironman Charlie Lacroix by a wheel. Ladies honours went to Jo Hovenden as the victor of the first ever Ladies Roller Championships.



The Grand Final – Andrew Elford (left) and the victorious Gary Grayland

The Championship races normally spell the end of the roller nights. However, the new bike set ups have made them such fun that we threw in an extra night.



More Rollers just for the fun of it. Mick Morris demonstrates the margin by which he would have beaten Gary Grayland (right) had he been fit!

Old Portlians Reliability 8th February

Six intrepid members braved the elements to support the Old Portlians Cycle Club's winter reliability. The weather, as you would expect for February was cold, but it was a beautifully sunny day. The ride started from Knockholt Village Centre, quickly dropping down to the Pilgrims Way, past Knowle Park, up to Ide Hill, down past Bow Beach Reservoir, along the Chiddingstone Causeway, up through Edenbridge, and then the brutal, unrelenting ascent of Toys Hill. Finally the ride returns to the finish with one last upward incline, back up Poll Hill. It's tiring me out just recounting the ride! Thank you to the OPCC for laying on a most enjoyable event, a well-stocked cake table and even bacon sandwiches from the tea bar.



The delirious Team CCB after the roller coaster OPCC Reliability route.

C C Bexley Annual Dinner and Dance 21st February

There was a good turnout for the dinner this year, nearly 50, which included a table full of triathletes from the Dartford & White Oak Triathlon Club. After commencement of cross toasting by MC, Peter Holbrough, Paul Mephram then set about using his dry but razor-sharp wit to 'take wine' with just about all of us! The prize giving ceremony was just a little one-sided, Gary Grayland basically won everything, with the only other people who won a first place medal being Angela Spencer, for Ladies Time Trial Champion, and Jo Hovenden as the Ladies Roller Champion.

Even though we had fully subscribed to the excesses of the evening a few of us still managed to gather the next morning for a club run, all be it an hour later than usual. We tamed-down the ride that we had originally planned the night before whilst under the influence!



Drinking a toast to the medal winners. Chris Hovenden (red trousers) fancies his chances of snatching a few of these trophies next season.

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 Nights

Over the winter the club nights are reduced to just one a month. We meet at the Malt Shovel Public House in Eynsford on the second Monday of the month from 8pm – next meeting is 13th April. Once the time trials are up and running the club nights also return to every Wednesday evening at the Horton Kirby Cricket Club from 7:30. The Monday nights have been so successful and well attended that we are going to carry these on through the summer too. Incidentally, the food in the Malt Shovel is particularly good and very reasonably priced, many of us arrive at 7 o'clock and tuck in to the fine fare on offer.

Club Triathlon Championships (unofficial)

There are a growing number of triathletes in this club, some are new members and other existing members are taking to the swimming and running for a bit of variety. It therefore seems time to add a triathlon championship event to the club programme. As the donor of the trophy I have chosen this event, The Wilkins Kennedy Grays Triathlon on 19th July 2015, for a number of reasons. It is local and easy to get to, is a very friendly and well-run event, it is compact and ideal for friends and spectators to see you swim, transition, set off/return from the bike and also see you run and finish; you can also enter near to the date of the event and the entry fee is also a very reasonable (for a triathlon) £28.00.

Sadly, whilst the White Oak Triathlon, based in Swanley, would be the most ideal event there are members of CC Bexley who are also in DWOTC and, as a member of the later, they are obliged to marshal.



The euphoria after the finish of the 2014 event. Murray Spencer, Angela Spencer and Mark Hawkings bask in their own personal achievement.

The Wilkins Kennedy Grays Triathlon is a 'sprint' distance event, promoted by the very friendly East Essex Triathlon Club, comprising a 400 metre swim in a 33 metre pool (12 lengths where you switch lanes every 2 lengths so you can't lose count), a fast 20km gently rolling bike course (2 laps of 10km), ideal for a TT bike, and finally a 5km off-road run comprised of 2 laps around the lovely Blackshots Park. Enter at: www.entrycentral.com/wilkinskennedygraystriathlon

Sunday 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. This is a social ride and is tailored to suit those attending, generally they are between 40 and 50 miles and incorporate a café stop half way round. If you have been thinking of coming along please call either myself, Murray, on 07751 899921 or Mick Morris on 07753 105865. We never leave anyone behind and offer encouragement, help and guidance to less confident riders.



The weather is now dry enough to bring out your best bike. Jo and Angela were quite excited about taking their new bikes out for the first time.

Mid-week Club Runs

Wednesdays

Besides the Sunday club meet, every Wednesday many members also converge on the Jungle Café on the A20 London Road, West Malling ME19 5AL, meeting at around 10 o'clock. Due to the meeting time riders tend to ride to the café then join up to enjoy an extended ride home to burn off the cooked breakfast.

Mondays (British summer time)

Once the evenings get a little lighter a number of riders meet at 6:30pm at The Rising Sun Public House at Fawkham Green DA3 8NL and ride out from there for the duration of the available daylight, after which the pub has plenty of food and refreshments for the tired riders.



Another Sunday club run – no one takes photographs on a Wednesday!

CALENDAR OF FORTHCOMING EVENTS

For those that are not full members of C C Bexley, particularly those members of the Dartford and White Oak Triathlon Club, the following 'Club Championship' events are still open competitions, but, as per the inter-club rules, you will not be able to compete for the Cycle Club Bexley Championship; a simple joining form and the passage of £12 will open the door for you to have a crack at the club's trophy cabinet. The Evening 10 series also has a club championship series concealed within, if you join the club during the season points will only be counted from the date of joining, no points can be counted retrospectively. At the Evening 10 races triathletes may enter under DWOTC (unless you are CCB and going for championship points). At open time trials DWOTC triathletes will need to enter as C C Bexley.

C C Bexley Evening 10 Series 2015 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 **Wednesday 15th April**, the first rider will be away at 6:45pm. Often the early rounds are the ones where club championship points are more readily available, so get your season cracking early. Start time moves to 7pm from 29th April as the evenings get lighter. Entry fee is just £3.00 for CCB and DWOTC members, all other entrants pay £4.00

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



At the end of every Evening 10 there is always time for a club selfie! So famous are our club photos that even the course record holder, Ben Wimporoy (dressed in black), and Team GB athlete and London 2012 Paralympic Silver Medalist, Shaun McKeown (second right), stick around to join in.

San Fairy Ann Sportive

Monday 4th May 2015. 118km (74 miles) in aid of Kent Air Ambulance. Enter in advance for £15, or £20 on the day if entries are still available. The start is at The Vestry Hall, High Street, Marden, Kent, TN12 9DR and the route winds it's way through Kent and Sussex to Rye before returning for a fast and fairly flat run in to the finish. Enter at:

www.britishcycling.org.uk/events/details/83080/San-Fairy-Ann-CC-Cycloportive

C C Bexley Open 10 Mile Time Trial

Saturday 9th May 2015 Q10/24 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. £8.00 entry fee to Richard Boxall, 9 Wessex Walk, Dartford, DA2 7WE – Tel: 01322 523956

Club 50 Mile Time Trial Championship

Sunday 7th June – KCA Q50/11 Romney Marsh 06:00

£8.00 entry to Steve Gooch, 2 Robyn Cottages, High Halden, TN25 3NQ - Tel: 07970 742272

26th White Oak Triathlon

Sunday 7th June – White Oak Leisure Centre, Hilda May Avenue, Swanley. Entry fee £35.00

Enter at: entries@whiteoaktri.co.uk

Event enquiries to: 07702 222 154

Dartford & White Oak Triathlon Club are promoting both a Sprint distance and a Standard distance event this year. C C Bexley members are welcome to enter. We will be equally welcome to marshal.

Club 100 Mile Time Trial Championship

Sunday 14th June – KCA Q100 Romney Marsh 06:00

£8.00 entry to Peter Hayes, 95 Marvels Lane, Grove Park, London SE12 9PH - Tel: 0208 857 1878

Club 25 Mile Time Trial Championship

Sunday 21st June – VTTA Q25/8 Chilham, Kent 06:30

This is a good testing course, gently undulating, but due to the three pointed out-and-back route you will be with the wind one way and into it the other!

£7.00 entry to Bob Giles, 91 Park Way, Coxheath, Maidstone ME17 4EX – Tel: 07905 086613

Summer Barbecue

Wednesday 1st July at 7:30pm – Horton Kirby Cricket Club

After a year's absence the flame-boyant head chef, Mick Morris, will be making his triumphant return. All food is supplied by the club and cooked to your requirements. Come along to the CC Bexley Sizzler!

Club Triathlon Championships (unofficial)

Sunday 19th July 2015

Wilkins Kennedy Grays Triathlon, Blackshots Leisure Centre, Grays, Essex RM16 2JU £28.00 entry at:

www.entrycentral.com/wilkinskennedygraystriathlon

Club Hill Climb incorporating the C C Bexley Hill Climb Championships and the C C Bexley Freewheel Championships

Wednesday 19th August – Stanstead, Kent



Andy Elford on Stanstead Hill at the last kick up before the finish. It would have been a lot easier if he hadn't ridden up there carrying his pump! That was 2 seconds right there Andy!

First rider ascends the Stanstead Hill at 6:45pm.

First rider descends the hill after the last rider has completed the course.

This is a fantastic season finale, the route may be short but the test is certainly a stern one, you are required to give your all for just 2 minutes! It is also a very sociable event, at the bottom, at the top and at the pub afterwards.

Club 12 Hour Time Trial Championship

September – Event to be confirmed

Romney Marsh Area

This Club Championship trophy has not been fought over for a few years, but Mick Morris is siting this event as one of his goals for the season.

Time trials are 'The Race of Truth' – it is just you against the clock. Riders are set off at one minute intervals and your task is simple - complete the course as quickly as you can.

Many of us in the club love time trialling, if you would like to hear more about the discipline or would like advice on technique, training, machine choice and preparation we will all be delighted to share our experiences. There are dozens of time trials running every Saturday and Sunday, along with a fair few on mid-week evenings. If you would like advice on good events to enter, maybe for a fast course, a scenic course or just one run at a good time of the day, then try calling Mick Morris on 07753 105865, he will be more than happy to give you a few pointers.

Next Issue due around June 2015

Please send any comments, photos & articles to the editor at the email address at the top of page 1.

Note: Only photos with me in get published!

Also note: 50% of the photographs in this issue do not include me! Normal service will be resumed for the next magazine.



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