



### Newsletter of the Cycle Club Bexley

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Welcome to the other side; this magazine was going to be sent out to you in March, however, a Microsoft Update froze my laptop, with the data stick still inserted, and to cut a long story short, pulling the data stick without being able to 'safely eject' has resulted in all of my club data being lost along with thousands of photographs. The stick is now with someone far cleverer than I to try to retrieve those files.

So, in the meantime I managed to uncover an old word file of a previous magazine and also managed to find the Ben Tulett article I had already written from an email I'd sent to Cyclist Magazine in March asking permission to publish a piece of their interview.

With the rest of the March Newsletter being a bit out of date now, here goes my latest effort to keep everyone up to date with club activities.



The voice of the Evening 10s, John 1066 Hastings, encouraging Andy Elford to "Wind it up!" and suggesting that he should use top gear all the way.

### Evening 10 Time Trial Series

It seems only a few weeks ago that it was April and the first event of the summer was about to take place,

now here we are with just 2 races to go until the end of the Series.

The weather this year has been very up and down, mainly down, very few evenings were warm and still, the norm was cooler conditions, with the obligatory cross wind and, of late, intermittent showers.

The racing has been particularly fierce this year with some amazing times posted and the results showing how very tight and fast the leading riders have been.

There has been a real mix in the Club Evening 10 Championship; as well as the usual suspect, Gary 'Rolling Thunder' Grayland, scoring maximum club points, new member Paul McDaid has shown some blistering pace and has bettered Grayland on a couple of occasions. When these two aren't racing Andrew Elford has been quietly racking up maximum points on those rainy and windy days, so the club championship is wide open to the lay observer – I am sure that the Club Recorder will have it all worked out, but we will have to wait and see who comes out on top.



Bob, Roy and Paul synchronising watches. Paul has been learning the fine art of Timekeeping from two of the best around. Well done guys.

Naturally, none of the racing would be possible without our band of enthusiastic volunteers who turn up come rain or shine to time or marshal whether there are five riders or twenty-five riders. Thank you all.

With the last of the Evening 10 TTs just days away I thought you might like to read an excerpt of an interview in **Cyclist Magazine**. The following clip was the journalist's opening question – praise indeed for the efforts of C C Bexley!

The full article can be found in the March 2021 edition of **Cyclist Magazine**; an even more in-depth recording of the entire interview can be found at:

**Cyclist Magazine Podcast Episode 14**

## Q&A

### Ben Tulett

Last year, aged just 19, Ben Tulett became the youngest rider to finish Liege-Bastogne-Liege in over century. Cyclist talks to a potential British GC star of the future

Words **JOSEPH ROBINSON**



**Cyclist:** You're a multiple cyclocross World Champion and a professional rider for Alpecin-Fenix, but arguably your greatest achievement to date is holding the Q10/27 Bexley 10-mile time-trial record with a time of 21:09. Would you agree?

**Ben Tulett:** Ha, of course! I set that record back in 2018. It's such a good 10: straight up for five miles and down for five miles. It's so savage, especially on the way out, where you have to climb all the way up to the roundabout at the five-mile mark.

I really enjoy giving that a good crack on a Wednesday evening. It's competitive, but everyone's just enjoying themselves. It's 20 minutes of sheer pain and agony and you just know you have to go really hard at the beginning if you want a decent time.

I also set that record on junior gearing so was spinning like crazy on the long decent to the finish. I think I will need to switch to a 55T chainring if I want to go under 21 minutes.

[Ben's older brother, Daniel, took the course record even lower on 22<sup>nd</sup> May 2019 to 20:53 – the junior course record is still safely down to Ben]

### Tokyo 2020 Olympic Games

I don't think I'm alone here in saying that the Tokyo Olympic Games were awesome, The Olympics are always awesome! Every four years the World's very best athletes wow us and inspire us to try new sports, to try harder in our chosen sport and to share the love of our sport with others.

Our fantastic Olympic Cyclists have inspired us all, let's hope that they have inspired others to take up cycling or uncover that old bike in the shed. We should all embrace the emergence of new riders and help them to love riding the way we do.

Our Club Runs are a great way of introducing riders to the members of the club and to help them improve on their riding and group riding skills. So don't be shy, come out on a club ride, we have fun and visit decent cafes, above all, we welcome everyone that comes along.

In line with Olympic success, we will be organising a mountain bike club run soon, probably meeting up at a forest park to make the most of the off-road facilities, and are also in the early stages of organising a trip to the 2012 Olympic Velodrome at Lea Valley.



First place overall went to Chris Fennell of Independent Pedlar/NoPinz with a blistering time of 18:29 - Fastest lady was Thanet RC's Sophie Driscoll with 25:18

← Murray Spencer, Gary Grayland and Andy Elford before the off.  
Below are Michael Bebbington and Mick Morris

### Dates for your diary

#### Hill Climb

Wednesday 25<sup>th</sup> August at 06:30  
Stansted Hill, Stansted, Sevenoaks Kent.  
Parking and signing on at the Stansted Village Hall,  
Malthouse Road, Stansted TN15 7PH

#### Club Mountain Bike Championship

November or December at Thetford Forest  
The event will be within a round of the Thetford Winter Series, chosen depending on the venue nearer to home.

#### CCB Reliability Trial

Sunday 28<sup>th</sup> November 2021  
Volunteers will be required to man the passage checks, signing on, start and, of course, the kitchen.

#### Christmas Social

December 2021  
Exact date and venue to be finalised shortly

#### Annual Dinner and Dance

February 2022  
Venue is yet to be finalised.

Another Newsletter will follow shortly once dates and venues have been confirmed. In the meantime, keep an eye on **Facebook** for the latest news.



See you in Farningham at **10 o'clock** on Sunday.

### C C Bexley Open 10 TT

The Club's Open 10 Time Trial went off without a hitch on Saturday 19<sup>th</sup> June, the only fly in the ointment being that the CTT's Covid Guide forbade serving tea and cake at the Event HQ, inside or out, which kind of took the shine off a usually very sociable event.

The event was also the CCB 10 Mile Championship - the results were as follows:

Gary Grayland	22:46	Mens Champion
Michael Bebbington	25:06	
Jo Hitchen	28:48	Ladies Champion
Andrew Elford	28:38	
Murray Spencer	31:12	
Bryn Matton	31:53	
Paul Blacker	34:58	
Paul Ansell on his Trike	40:27	

