



## Newsletter of the Cycle Club Bexley

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# The Club Shop is **OPEN**

### New Club Kit at the Club Shop

The new club strip is being very well received out there, I know it's expensive compared to a replica team kit purchased online, but remember, your shirt is one of only twenty or so, as opposed to one of a million, or so of Team Ineos, Sky or Astana. I'd say that is what they call 'exclusive'!

There is a full range of riding attire, skin suits and an Athletics T-Shirt (a few of us do Parkrun wearing the T-Shirt, it looks and feels great – Binz just goes out in his!) As always, make sure you check the Size Guide.



Visit the 'Club Shop' online at: [Yourclubshop.co.uk](http://Yourclubshop.co.uk) then, in the top righthand corner of the landing page enter **CCBEX990** and that will take you straight to the ordering pages.



Murray and Marc at the Lullingstone Parkrun, running 5k in style. It's a shame Impsport don't do a CCB dog jacket!

## The CCB Reliability Sunday 19<sup>th</sup> November 2023

The Horton Kirby & South Darent Village Hall  
Horton Road, South Darent DA4 9AZ

Entry Fee is £5.00 payable on the day, either in cash or using Contactless card payment.

### The Hall will open at 08:00

The first rider, for the 100km Long Course, will be set off at 08:30, with the 50km Short Course riders, departing from 09:00

We would love it for all of our members to be able to ride the event, but we do have a few marshalled checkpoints to cover, along with a few bodies to assist at signing on etc.

The Club Ladies always do an excellent job with the Tea Bar, they do however need cake, sandwiches and rolls, so if you feel creative, please think of the club and get busy in the kitchen. Every penny of profit goes to the Demelza and Ellenor Hospice Charities, so the more cake we sell, the more goes to such a worthy charity. Also, make sure you bring some change along with you, the Tea Bar is 'cash only'.

## CCB Christmas Social and Buffet Wednesday 6<sup>th</sup> December from 7pm

Bexley Park Sports and Social Club  
Calvert Drive, Dartford DA2 7GA

£5.00 per person, paid on the night, by cash or card.  
Drinks can be purchased from the bar.

## CCB Annual Dinner & Prizegiving Saturday 6<sup>th</sup> April 2024

Pedham Place Golf Centre  
London Road, Swanley BR8 8PP

Ticket costs to be advised.

We used this venue for the Dinner this year, the room is really nice, the food was good, the company was excellent. Mark this date in your diaries.

## CCB Club Championships

### Hill Climb

1 <sup>st</sup>	Chris Burch	1 minute 22 seconds
2 <sup>nd</sup>	Roger Lyons	1 minute 57 seconds
3 <sup>rd</sup>	Andrzej Bielski	2 minutes 17 seconds
4 <sup>th</sup>	Andrew Elford	2 minutes 23 seconds

### Open 10 Time Trial

1 <sup>st</sup>	Gary Grayland	23 minutes 17 secs
2 <sup>nd</sup>	Michael Bebbington	27 minutes 17 secs
3 <sup>rd</sup>	Andrew Elford	32 minutes 27 secs
4 <sup>th</sup>	Murray Spencer	34 minutes 16 secs
5 <sup>th</sup>	Michael 'Binz' Spicer	34 minutes 33 secs
6 <sup>th</sup>	Paul Blacker	37 minutes 29 secs



Gary Grayland – 10 Mile TT Champion

### Dave Ashdown Trophy

Michael Bebbington

Nearest time to Dave Ashdown's PB of 25:30 on an Open 10 mile Time Trial

### 25 Mile Time Trial

1<sup>st</sup> Gary Grayland

### 12 Hour Time Trial

1<sup>st</sup> Malcolm Strickland 159.91 miles

### Evening 10 Time Trial Series

1<sup>st</sup> Gary Grayland

### Evening 10 Time Trial Series – Vets

1<sup>st</sup> Gary Grayland

### Speedwell Trophy

Gary Grayland

### Mountain Bike - Men

1 <sup>st</sup>	Michael Bebbington
2 <sup>nd</sup>	Murray Spencer
3 <sup>rd</sup>	Marc Engall
4 <sup>th</sup>	Michael 'Binz' Spicer

### Mountain Bike – Ladies

1<sup>st</sup> Jo Hitchen



Marc Engall – 3<sup>rd</sup> Male Mountain Bike Championship

### Sunday Club Runs

We are all champions on a Sunday. We meet at the post box in Farningham Village ready to depart at 09:00. Ride distance varies depending on who is there and how we feel, but a coffee/lunch stop is a definite!

