



**Newsletter of the Cycle Club Bexley**

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“Is it still UP THE BEXLEY?” – the words of Pete and Joan Holbrough in my birthday card - maybe a polite prompt to get a newsletter out!

**CCB Open 10 Time Trial**

**CORRECTION**

In the last newsletter I published an incorrect set of results; somehow I missed my best mate, Michael ‘Binz’ Spicer, out of the results, so here’s the correct version:

CCB Champion:	Gary Grayland	Time	22:39
2 <sup>nd</sup> Place	Michael Bebbington		25:55
3 <sup>rd</sup> Place	Andrew Elford		29:26
4 <sup>th</sup> Place	Michael Spicer		34:43
5 <sup>th</sup> Place	Paul Blacker		35:46
6 <sup>th</sup> Place	Murray Spencer		38:13
CCB Ladies Champion:	Jo Hitchen		31:29



Michael ‘Binz’ Spicer giving his all on The Isle of Grain

**CCB Triathlon Championship**

We use a ‘Sprint’ distance event, which is a 400m swim, a 25km bike and a 5k run, this makes it an achievable target for anyone to aim for. We have chosen the Grays

Triathlon because it is a lovely event, run by lovely people and is a nice compact route that allows any friends and spectators to catch the competitors at every stage of the race.

So, here’s how the club championship played out.

	<b>Marc Engall</b>	<b>Andy Elford</b>	<b>Paul Blacker</b>
Swim	10:23	18:40	8:27
T1	0:49	2:23	1:09
Bike	47:41	47:35	51:53
T2	0:40	1:32	1:01
Run	26:42	24:48	38:06
<b>Total</b>	<b>1:26:18</b>	<b>1:35:00</b>	<b>1:40:37</b>



The CCB crew, euphoric after their titanic battle.

Triathlon is a sum of its parts, there are actually four disciplines – swim, bike, run AND transition.

Swim – 400 metres in the pool: starting at one minute intervals you swim up and down lane one, under the lane rope, up and down lane two and so forth until you get to the other side, get out as quickly as possible, speed walk out of the pool and in to transition 1.

The ideal T1 is – helmet on, grab bike, OUT – your shoes should already be clipped in to the bike with thin elastic bands holding the shoes in alignment ready for you to vault on to the bike and slip your feet in, the first revolution of the pedals snaps the elastic bands. There’s no time for socks or gloves.

Bike – Ride as hard as you can, you’ll be amazed how many people don’t, pool water will be leaking down from your helmet and down your legs from the small pad in your tri suit. Upon approaching the end of the bike leg you can take your feet out of your shoes and pedal with your feet on top of them, then as you are nearly at the dismount line simply step off, ‘postman style’ and run in, barefoot, with your bike.

We then have T2 – IN, rack bike, helmet off, shoes on, OUT. Again, there’s no time for socks.

Run – Knees up, your legs will feel like jelly with the different action to the cycle. It’s only 5k, but you are pretty tired by now. Dig deep., every second counts.

Finish – The euphoria of completing the course will negate all of the exhaustion. There’s nothing else to do

now, except to holler encouragement to the other competitors and club mates.

I hope this has given you an insight in to the sport which forms one of our club championships. Maybe it will inspire one or two of you to have a go next year; until then, try running with no socks on!

### **Hill Climb Championship**

Chris Birch defended his CCB Hill Climb title with a run up Stansted Hill in just 1 minute 31 seconds, well done Chris, that was a great time.

The Club Championship results are as follows:

CCB Champion	Chris Birch	01:31
2 <sup>nd</sup>	Roger Lyons	01:59
3 <sup>rd</sup>	Michael Spicer	03:09

Overall victory went to hill climb specialist, Ewan Tuohy, who summited the course in an amazing one minute and nine seconds!



Roger Lyons knows the pain he is about to endure.

### **Annual General Meeting**

**Wednesday 27<sup>th</sup> November 2024**

**starting promptly at 19:00**

**Bexley Park Sports and Social Club**

**Calvert Drive, Dartford DA2 7GA**

If you have a suggestion for the club, or wish to be part of the committee, simply email Gary Grayland, the Club Secretary, at [garythebike@btinternet.com](mailto:garythebike@btinternet.com) at least 14 days prior to the meeting. Let's be positive about suggested changes, we are all here on a voluntary basis and do it for the love of the club and our beautiful sport.

The agenda has already been emailed out to you by Richard Boxall.

### **C C Bexley Reliability Trial**

Sunday 17<sup>th</sup> November

The Horton Kirby and South Darenth Village Hall

Horton Road, South Darenth DA4 9AZ

Hall opens at 08:00

Entry Fee is £5.00 on the day by cash or contactless.

We will require a few marshals to man checkpoints plus helpers in the event HQ

Donations of cake, sandwiches or rolls will also be very gratefully received.

All profits from the day are rounded up by the club and donated to the Demelza and Elenor Hospice charities.

### **Xmas Social and Buffet**

Bexley Park Sports and Social Club

Calvert Drive, Dartford DA2 7GA

Wednesday 4<sup>th</sup> December from 19:00

The buffet can be enjoyed for a mere £7.00 per head.

Come along, this is a fantastically sociable evening and the buffet food is excellent. Drinks are available from the fully licenced bar.

The wearing of Christmas jumpers is encouraged but optional.

### **Club Annual Dinner and Prizegiving**

Saturday 5<sup>th</sup> April 2025

Pedham Place Golf Centre

London Road, Swanley BR8 8PP

Tickets are just £30.00 and available now to book through Debbie Boxall.

Wear your best dress, suit or tuxedo, this is a most enjoyable evening.

We also have the following weekly meet-ups, just come along and join in:

### **Club rides every Sunday**

09:00 at the post box in Farningham

### **Social meet up every Monday**

20:00 at the Malt Shovell, Eynesford

### **Social meet up every Wednesday**

09:30 at Spadeworks, Offham