



Newsletter of the Cycle Club Bexley

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Editor: Murray Spencer
murray.spencer@gmx.com

Membership Renewal Due Now - £15.00

Yes folks, it's that time again. You will have noticed that the membership fee has crept up a little; this was ratified and agreed at the AGM and is a result of all the affiliation fees rising this year.

You can renew through the website, in cash, direct to Richard Boxall, or by online transfer (Richard or I can furnish you with the bank account details)

Should you choose not to renew, your membership will lapse and at 5th April you will be deemed to have resigned from the club.

Club Annual Dinner and Prizегiving

Saturday 5th 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.

Our Chairman has spoken

Marc Engall is a fan of IT, just as well as that is his field of expertise. The following article - was requested by him and produced by AI – Artificial Intelligence.

The elixir of eternal youth or just cycling?

Ah, middle-aged cycling—the last bastion of Lycra-clad dignity, or at least that's what we tell ourselves. There's something deeply satisfying about straddling a bike in your 40s or 50s, huffing up hills, and convincing yourself you're outrunning old age, if not exactly outrunning time itself.

But science, bless it, backs us up. A 2017 study in *Aging Cell* found that older cyclists maintained muscle mass, strength, and immune function comparable to much younger individuals. Regular

cycling strengthens the heart, reduces the risk of cardiovascular disease by 46% (British Heart Foundation), and torches around 600 calories an hour, which helps keep that burgeoning waistline in check.

Then there's the mental health bit. Cycling increases endorphins—those magical mood boosters—while lowering cortisol levels, helping stave off depression and anxiety. A 2018 study by the University of Basel revealed that cycling also improves cognitive function and slows age-related memory decline.

And let's not forget longevity. A *BMJ* study showed regular cyclists had a 15% lower mortality rate over 10 years compared to non-cyclists.

So, yes, we middle-aged pedal-pushers may look, to some, absurd in bright yellow and blue Lycra, but we're fitter, sharper, and likely to live longer—and if that's not winning, I don't know what is!



The next step up from an E-bike

Evening 9 Time Trials

The evening 9s get under way from 30th April
We always need helpers to marshal at the turn and a steady hand to help with pushing off. If you would like to learn how to keep time, Bob and Roy will be only too happy to give you tuition.

Xmas Social and Buffet



Merry Christmas and Seasons Greetings from all of us at C C Bexley to all of us at C C Bexley. Wednesday 4th December was our Christmas Buffet, it was so good to see everyone dressing accordingly. The food was, as always, excellent and all washed down with club priced drinks. Thank you to Debbie Boxall for all the organisation and to Bexley Park Sports and Social Club for always making us so very welcome.

C C Bexley Reliability Trial

Thank you to our excellent organising team, officials, marshals and tea ladies - also a big well done to all of the riders who paid their entry fees and bought tea and cake; all of the profits from today will be donated to the Demelza and Elenor Hospice Charities.



Checkpoint No.1 – manned by Michael Binz Spicer and David Sutcliffe.

There were 33 entries, however, 15 did not finish the course in time chosen. 1 rider did not start. Seeds and West Kent RC were tied on 6 points each. Woolwich CC were third with 4 points. Scoring was calculated on 2 points for the 100k and 1 point for the 50k finish within time. The event raised £115.52 which will be split between the two Hospice charities. Thank you to all the

marshals, other helpers, plus a special thanks to Debbie, Angela and Debbie's granddaughter Bee who served the drinks and cakes, which were generously donated by club members.

The Club also owes a huge debt of gratitude to Richard Boxall who handled all of the admin, permits, routes and just about everything else, thank you Richard.

10 Mile Time Trial Championship

31st May 2025 – First rider away at 15:00

Course: Q10/24 - Grain (CCB Open 10)

Event HQ is:

Stoke Village Hall, Mallard Way, Lower Stoke, ME3 9ST

This is held within the CCB Open 10 TT

25 Mile Time Trial Championship

22nd June 2025

Course: Q25/10 – St. Nicholas at Wade

50 Mile Time Trial Championship

6th July 2025

Course Q50/11 – Ham Street

100 Mile Time Trial Championship

Any 100 promoted on behalf of the CTT

12 Hour Time Trial Championship

Any 12 Hour promoted on behalf of the CTT

Hill Climb Championship

Wednesday 20th August 2025

Course: QHC/5 Stansted

Triathlon Championship

Sunday 13th July – First athlete away at 07:00

Event HQ is:

Blackshots Leisure Centre, Blackshots Lane, Grays, Essex RM16 2JU

Mountain Bike Cross Country Championship

Date TBC

This event will be held within The **MTBeast** Series

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 Tuesday

NOTE THE DAY CHANGE – yes, Tuesday

20:00 at the Malt Shovell, Eynesford

Social meet up every Wednesday

09:30 at Spadeworks, Offham