



Newsletter of the Cycle Club Bexley

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Here we are, summer is in full swing, the Club Championships are under way, the 10 and 25 TT titles have been decided, as has the Mountain Bike Championship, but we still have the longer TTs which are wide open, so why not give it a go? The entries are still open for the Triathlon too, all you have to do is swim 400 metres in the pool, ride 25 kilometres on the bike and finish off with a 5k run, all neatly arranged around the Blackshots Sports Centre in Grays Essex.

CCB Summer Barbecue

Friday 5th July from 7pm
Farningham Village Hall and Meadow

All members and guests are welcome. This is a free event, all food is supplied and cooked by the Club, unless you have very specific requirements, all you need to bring is your own drink..... and a deck chair..... and a sun hat. Supposing the weather isn't so good, we will do all the socialising and eating in the Village Hall.



Michael Bebbington setting off on the A20 with Ken Gardner on pushing duties. The photo was by Marc Engall (he does like a moody sky)

Evening Time Trial Series

The Evening 9s are coming along nicely, with a good turn out (relatively speaking) every week along with some great racing and some fine individual efforts. Thank you to all of the officials, timekeepers, marshals and pushers-off. The results can be found on Resultsheet.app or there's a photo of Roy's scorecard published on Facebook each week.

THERE WILL BE NO TT ON WEDNESDAY 3rd JULY



Jo Hitchen taking on the Evening 9 TT
 Photo courtesy of Barry Adams

CCB Open 10 Time Trial

Our annual 'Open 10', held on the Grain Course, also played host to the CCB 10 Mile Championship; again, the full results can be found at Resultsheet.app, but the important bit is below:

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



Gary Grayland laying down an impressive time on the Grain Course
 Photo: Barry Adams

Kevin Tye won the event overall, with a time of 22:01 – so that tells you how well our own Mr Grayland was going; cracking ride Rolling Thunder!

Mountain Bike Championship

The Club MTB Championship played out at Round 4 of the Travers MTB Series, held at Potash, near Southend. The course was in perfect condition but with plenty to test man (or woman) and machine. The Club championship went to the 'form book', with Michael Bebbington running away with the Male Championship and Jo Hitchen taking the Ladies Title; however, Mike 'Binz' Spicer took an early hold on second spot ahead of Murray Spencer. Binz showed no sign of relinquishing his position until, on an awkward and technical climb he faltered, just for a moment, long enough for Spencer to dart past, fuelled by adrenaline, on an even more awkward line. That advantage was enough for Murray to hold on to a small lead through to the finish of the four lap race.



Murray Spencer gritting his teeth to take 2nd CCB and 4th in Class
Photo courtesy of Basil Thornton

25 Mile TT Championship

Our 25 Mile Championship was contested on the Q25/10 course at St. Nicholas at Wade, promoted by the Thanet Road Club. As you would expect, Gary Grayland took the CCB honours, but the ride of the day must go to Malcolm Strickland who suffered a puncture in one of his tubs, he changed it by the side of the road and still managed ride in with a time of just over 1 hour 40 minutes! Well done Malcolm, that was a great effort.

CLUB CHAMPIONSHIP EVENTS

50 Mile TT Championship

Sunday 7th July on Q50/11 Ham Street
Promoted by the VTTA
Enter through the CTT website

100 Mile TT Championship

Any 100 mile CTT approved event will qualify.
Enter through the CTT website

12 Hour TT Championship

Any 12 Hour CTT Approved event will qualify.
Enter through the CTT website

Triathlon Championship

Sunday 14th July at Blackshots Leisure Centre
Grays, Essex RM16 2JU
This is a 'Sprint' distance event, 400m swim, 25km bike and a 5k run.
Enter through the East Essex Triathlon Club website

Hill Climb Championship

Wednesday 21st August at 18:30
Stansted Hill
Event HQ is at the Stansted Village Hall
Malthouse Road, Stansted TN15 7PJ
Enter on the line - £5.00 cash or card

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



Sunday morning wouldn't be the same without a photo at the post box
Photo: Murray Spencer