

NEWSLETTER

Hours of leisure
Miles of pleasure

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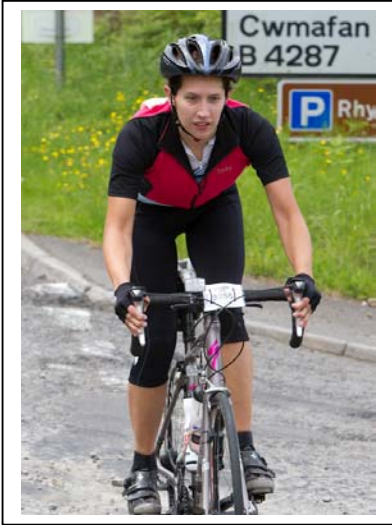
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HIGH ACHIEVERS

This edition highlights high achievement from Club members – whether in the form of time PBs, placings, just completing an event – an Ironman in one case, or just riding ‘high’. The order of the photos of our high achievers is in no particular order hereafter, but for me Steve’s achievement of 13.5hrs of continuous effort merits pride of place.



Steve Hunter on the bike. An Ironman = 3.8k swim, 180k bike ride and a marathon run! *Read his account later.*
(Is that a propeller under the seat? Sneaky!)



(photo courtesy of Mike Savage photography). Kate on her Dragon Ride sportif in Wales – 120k/75m in 4hr 29 mins



Mike Harrington set his PB of 30.29 – now just looking for those extra 30 seconds. (photo – Don Bardoe)

Results

MTB

National Masters (29-39) Series

Round 3 Berkshire

Richard Bettaney 15th

Sportifs

Action Medical Research Surrey

100m

Richard Bettaney 4th 5hrs 26

Time Trials

11/6/11 VTTA 25 E2/25
M Coulter (V) 1.00.12

12/6/11 G S Invicta Q25/8
A Gibson 27.07
(Roadworks shortened course to 11.5m)

14/6/11 GCC 10 Q10/24
J Tibbs 23.16 **PB**
P Williams 24.16
M Coulter (V) 24.37
G Moir (V) 27.22
S Harrington 27.29**PB**
K Ward (V) 27.40
C Burman (V) 27.41
C Bramley (V) 28.35
L Harrington 28.55
P Ashford 28.56
M Harrington(V) 32.07

21/6/11 GCC 10 Q10/24
P Benson (V) 24.43
C Burman (V) 28.24

27/6/11 GCC 10 Q10/24
P Benson (V) 25.31
C Burman (V) 28.10
K Ward (V) 28.22
C Bramley (V) 30.23

2/7/11 Whitewebbs CC F20/10
M Coulter (V) 23.03

2/7/11 Old Portlians G10/57
A Gibson (V) 24.10

3/7/11 Thanet CC Q25/10
M Coulter (V) 1.03.45

5/7/11 GCC 10 Q10/24
C Burman 26.24 **PB**
L Harrington 27.31
K Ward (V) 27.46
S Harrington 28.05
C Bramley (V) 28.37
M Harrington (V) 31.22

9/7/11 East Ldn Velo E2/10
M Coulter (V) 24.31

10/7/11 VTTA Q10/30
M Coulter (V) 23.31

12/7/11 GCC 10 Q10/24
J Tibbs 23.09**PB**
P Benson (V) 23.32**PB**
C Burman (V) 26.03**PB**
L Harrington 27.23
K Ward (V) 28.04
C Bramley (V) 28.20
M Harrington (V) 30.29**PB**

17/7/11 GCC/Ramsay Cup Q25/20
J Tibbs 1.1.56**PB**
P Benson (V) 1.2.49**PB**
M Coulter (V) (4th OAS) 1.5.19
K Ward (V) (fxd) 1.14.50
C Bramley (V) 1.16.53

19/7/11 GCC 10 Q10/24
J Tibbs 23.27
N Harrigan 24.41
M Coulter (V) 25.18
C Burman (V) 27.44
K Ward (V) (fxd) 28.34
C Bramley (V) 29.26

26/7/11 GCC 10 Q10/24
J Tibbs 22.57**PB**
M Coulter (V) 24.19
R Bettaney 25.21
L Harrington 28.00
S Harrington 28.03
C Bramley (V) 28.59
M Harrington (V) 31.20



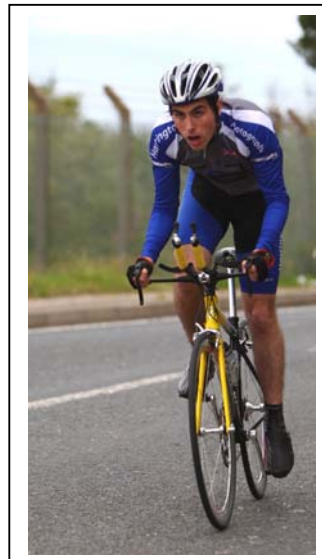
Jason Tibbs who has certainly hit a purple patch at the moment. Each week produces another PB in the Evening 10 – now at 22.57. He added a 25m PB in the undulating Ramsay Cup on the Harrietsham course with a 1.1.56. (photo courtesy of Don Bardoe)

Richard Bettaney, a new member to the Club this year and our MTB king, trying his hand at an Evening 10. He rode the first one on his MTB! His forte is with MTBing riding in the National Masters series. He has a high cadence and is very strong at going uphill and came 4th in the recent 100 mile AMR sportif around the Weald.



Colin Burman, another new member, in the Evening 10 series. He has already reduced his time from 27.41 to 26.03. Came across Jason and Steve on a Sunday Club run and asked if he could ride along. They couldn't get rid of him!! (photo courtesy of Don Bardoe)

Steve Harrington reduced his time to 27.29 for a 10 since the last Newsletter. Steve, with brother Luke, also compete in triathlons and will be in the London triathlon this weekend. Dad featured on the front page – seniority talks!! (photo courtesy of ... Bettaney)



This & That

- big *thanks* to **Andy Sangster** for putting on another successful Ramsay Cup Open 25.

thanks too to Marlene Sangster for the refreshments, Jacinta Sangster for data support functions (!), Dorothy Stone, Dave Abbotts for timekeeping, Graeme Moir for pushing off and Gordon Haymes for assistant timekeeping. Marshalls Kate Savage, Len Brown, Colin Pearson, Ian Stone and Patrick McMaster and to Mike Savage and Don Bardoe for photography, and to Jack Sangster for sorting the numbers.

thanks to Pat and Keith Ray for hosting Roger and Mike in their search for Gravesend club history. Keith's old photos and paperwork together with Pat's memory were very helpful in filling in early post-War GCC history.

thanks to Ian Stone for timekeeping, Roger Stevens for marshalling and Don Bardoe for photography at the Evening 10 events. They are certainly becoming more popular not only within the Club but with other clubs as well.

well done to Steve and Luke Harrington who complete in the Hever Castle Half Triathlon. Luke's times were 11.42 for the swim, 44.06 for the bike ride and 18.19 for the run, while Steve's times were 12.36 for the swim, 43.37 for the bike ride and 29.35 for the run – but he did go off course and run at least an extra km (*getting value for money eh?!*)

Len's Walks

These will start on the first Sunday in October led by the great man himself, Mr Len Brown. All welcome for this social event which always ends in a hostelry! Walks start at 10am; the walk leader notifies us in advance of the starting venue.

October	2	Len Brown
November	6	Mike Coulter
December	4	Graeme Moir
January	8	Colin Pearson
February	5	Mike Hickie
March	4	Peter Lloyd

Steve's Ironman exploits (in Nice, France)

The day started at 3am Sunday morning with final preparations and light breakfast to settle the nerves. I got to the event at 5.30am to check the bike out and hand in our 'special needs bags'. One hint I was given was to let the tyres down once the bike was placed in transition, this was to take the stress out of them being left fully inflated in the hot sun all day Saturday and puncturing as soon as you mount the bike in the race (as happened to a few people). So there was a frantic rush to get air into tyres and track pumps being passed around. Next time I expected to see the bike was about 8am.

2600 entrants lined up along the stone/pebble beach of Nice's Promenade des Anglais for a mass start of huge proportions. I'd been in the mass start of London Triathlon but nothing as big as this.

http://www.youtube.com/watch?v=5bDOsR-hNq0&feature=youtube_gdata_player



Once through the melee of being battered and swam over, pulled and pushed, I managed to settle into a swimming stroke that got me to the 1km marker and the first of 6 turn buoys. At this point I realised there would be a 'coming together' and another battering, 5 more to go! Exiting the water after 3.8km was a great experience, especially to see my time of 1hr 9mins displayed on the large overhead clock. I'd PB'd the swim in a 'washing machine' of a race.

T1 is the transition from swim to bike and the only sensation I can liken it to is the game where you run five times round a stick and then try to run in a straight line, the head is still swimming (*nice play on words!*) and disorientated. I changed into my bib-shorts and top and made my way to my bike. The trick here is to set easy recognisable land markers to know which row to turn down and count the paces to your bike. Relying on the French is never a good thing, my marker was the very big blue Euro flag on the Promenade at the end of my row, which was now not there! But I found it, apparently the older you are the less you have to run to your bike from the swim (so my not-so-mate told me later).

The cycle route and the weather are the challenging parts to the Ironman Nice event. 180km of lovely roads with 1985m of climbing and the first was a 10% only 30km in.

<http://connect.garmin.com/activity/95410341#.ThgovDiDKdg.email>

This was my longest ride out on my new TT bike which I built as a project over the winter period and it was behaving very well. I really enjoyed the bike ride and paced myself to try not to push too hard on the hills and burn the legs out as the dreaded run was to follow. There was a 'special needs' station at 80km after a steep climb where you could collect your food bag and top up your bike held supplies of gels and bars.

Somewhere around 90 - 100km on a fast right hand corner I was clipped by another rider's handlebars and had to change direction suddenly. The accident was not on my race plan and so quick. The carbon brakes took most of the speed off but the bike and I separated as I flew over the bars to complete my Ukemi (judo breakfall) with the tarmac and rock gully followed by my bike. I landed on my head (saved by the Giro

helmet) and stood up with only road rash down my right side. Am I alright; can I finish?. Panic! How's the bike? I expected puncture, broken wheel or snapped frame and was so lucky to only have to move the handlebar stem back about 30 degrees and back in line with the front wheel. Checked everything over and I was good to go again. The next episode was the flying thing - you see it in the distance coming towards you expecting it to pass by, but in true kamakazi style it heads straight for you, so I turned my head and ducked - straight into my right ear it went to sting me! That instantly took the pain away from my side and the clean air was filled with blue language.

When I got the chance to relax and enjoy the ride the scenery and road surface (trust me on that one) were excellent. Some roads were closed, some were open with very little traffic; the people in the towns and villages came out to cheer and even the local fire brigade used their tender to spray cooling water over the riders at the top of a climb. The 20km descent back into Nice was time to focus on the run, top up on food and drink. The ride was over quicker than I expected at 6h33m and I felt OK for the run (sort of). Thanks go to the GCC Sunday riders for their support, training tips and hill sessions which I know helped me round this course.

T2 bike to run transition was long, 16 minutes, checking out my cuts as I changed to run clothes, adding factor 50 cream to exposed skin and taking time to stretch. My run was very much an 'Ironman Shuffle' of run for a while then walk. Four flat 10km laps of the Promenade with lots of supporters lining the road side and regular drink stations. Can't say much about the run except hot(!), long and difficult to train and plan for. 5h19m marathon I was happy with as I crossed the finish line some 13 hours 25 minutes after the start.

Some stat's:

1st Ironman event

1444th overall

78th in my age group

2600 starters

530 DNF's, that's 20% of the field!

1 blister = happy

(Ed — I certainly admire Steve's fortitude and perseverance. This is certainly 'off my radar', to coin a cliché. Steve is a Vet (post 40) in cycling. I might register 13.5hrs training a **week** once in a blue moon, but in one event! Hats off to you Steve, well done. But don't expect the rest of us to make up a team!!!!!!!!!!!!!!)



Jason and Mike riding 'high' – 2067m to be precise on the summit of the Col de la Croix de Fer – 2hrs of riding uphill for virtually 18 miles in the Alps. This was the first day's ride – good though and marvellous scenery. An account in the next Newsletter.

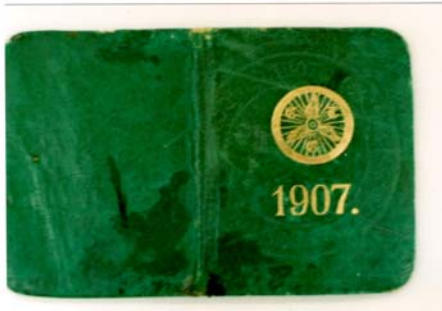
Cycling History – Roger Stevens

Gravesend Cycling Club has a long and amiable relationship with the CTC, back as far as its formative years in the 1920's. Whilst doing research on the Club's history, I came across this early CTC membership card of a Gravesend man. A little digging resulted in the following brief 'biog.' which I hope is of interest.



William Henry Merritt [A Gravesend member of the CTC]

The CTC membership card of William Henry Merritt measures just 4" x 2.1/2" opened out, as pictured. It is dated 1907. On one page is his photograph. On the other his membership number and address; also the make of his machine - a CENTAUR - with its frame number.



In the Town directories, William is first listed in 1903. His address is 42, New Road, Gravesend, described as 'hairdresser and baths.' [Prior to 1903 the premises was occupied by H. Hales, who carried out the same trade]. From 1910 onwards the description is simply 'hairdresser' - the 'baths' reference has been dropped. William continues to be listed at this address as hairdresser until at least 1939, by which time

the business was 'ladies hairdresser, fancy & leather goods.' By 1953 he no longer had the business, and was living in Singlewell Road, presumably enjoying his retirement.

The CENTAUR was a quality machine, with several radical features. It did not come cheap. We don't know what model he rode, but the 'Featherlight' was a popular choice for the serious rider. In 1907 these sold for £15-10s - a considerable sum, and generally beyond the reach of the manual worker. Several local traders of the time were offering basic roadsters from £5 - £6.

It is not known if he was a member of Gravesend's first cycling club - The North Kent Bicycle Club [formed 1877] or St. George's Cycle Club [active c.1900 – 1910]. He is not mentioned in connection with the current Gravesend Cycling Club, but this was not formed until 1923.

SLAYING THE GEESE, LAYING THE GOLDEN EGGS?

Don Bardoe

At the time of writing the 15th stage of the Tour De France is but a day away. I can't think of a more exciting Tour that I've ever seen, each day brings new surprises and exciting finishes.

However I can't help wondering if the organisers, sponsors and all concerned with staging the Tour are in danger of slaying the geese laying the golden eggs?

It seems to me that there are more narrow twisting roads and lanes and general hazards than before, thus far the weather has not been too bad. But with the world's weather becoming less predictable it may be sheer luck there has not been even more crashes and incidents.

While it's true it make for great television with death defying descents drawing viewers keen to see the spectacular crashes it seems to me at least the organisers are deliberately engineering many of these incidents. Surely we don't want to see racing cyclists on the Tour and other big stage races wearing protective clothing?

At the race HQ of the Ramsey Cup on Sunday the 18/7/'11 Len Brown, Colin Pearson and I were discussing all above. Colin pointed out crashes in motor cycling races and in F1 motor racing make them very spectacular and many spectators attend just to see them, I'm sure that when watching track racing at Herne Hill in the late 50's and early 60's many spectators were there hoping to see the crashes. But motor cyclists clad in leather also have Kevlar protection sewn inside in the most vital places, *(as well as inflatable crash bags for their upper body, Ed)* plus, as pointed out by Colin, they are taught how to fall and survive crashes that not so long ago would have seriously damaged or killed the riders. The same thing goes for the modern F1 driver, they crash and mostly walk away from the most horrendous pile-ups in racing and practicing, often calling in the pits for new parts or another racing car.

Do we want to see racing cyclist out on the roads with Kevlar pads sewn into their strips, padded knees and elbows?

Ok, we know that mountain bike riders and downhill racers when competing do so and also rugby players now use upper body protection and shoulders with Kevlar armour, but racing cyclists?

Seen from above some of the twist and turns that more often than not double back on themselves are more than I can ever remember. With fields as big as they are it can only be a matter of time before a very serious accident happens on the closed roads through villages and between towns even if it may make for 'good television' to up the viewing figures and please the advertising companies.

Are the organisers pushing things to and beyond the limit? Cycle racing has always been dangerous without it being made even more so, ask Keith Ward our in-house broken collar bone expert, Bob Crayford a fractured skull, and me? A broken neck...never did me any harm...

(Seems like a case for Health & Safety to me - minimum distance between riders fore and aft and beside; perhaps even a small bell to warn of approaching hazards - 1 ding for

GCC RACING PROGRAMME 2011

(to be confirmed)

March	5	10	Q10/24	1400
	19	10	Q10/24	1400
April	10	25(Champ/Eldridge)	Q25/8(KCA)	0630
	12	10	Q10/24	1830
	19	10	Q10/24	1900
	26	10	Q10/24	1900
May	3	10	Q10/24	1900
	8	25 (Champ)	Q25/8 (Wigmore)	06.30
	10	10	Q10/24	1900
	17	10	Q10/24	1900
	24	10	Q10/24	1915
	31	10	Q10/24	1915
June	5	50(Champ)	Q50/11(KCA)	06.00
	7	10	Q10/24	1915
	14	10	Q10/24	1915
	21	10	Q10/24	1915
	26	100(Champ)	Q100/5(KCA)	06.00
	28	10	Q10/24	1915
July	5	10	Q10/24	1915
	12	10	Q10/24	1915
	17	25 (Champ)	Q25/8(GCC)	06.30
	19	10	Q10/24	1915
	26	10	Q10/24	1915
August	2	10	Q10/24	1900
	9	10	Q10/24	1900
	14	50 (Champ)	Q50/1(KCA)	06.30
	16	10	Q10/24	1915
	23	10	Q10/24	1845
Sept	3	H/C(Snr Champ)	QHC/1	1400
	10	10	Q10/24	1400
	11	25(Champ)	Q25/12(VTTA)	07.30

S E CLUB EVENTS 2011

August	2	Gravesend	10	Q10/24	19.00
	3	Wigmore/SAF	10	Q10/22	19.00
		CC Bexley	10	Q10/26	19.30
	4	7 Oaks Tri	10	Q10/26	19.30
	9	Gravesend	10	Q10/24	19.00
	10	Wigmore	10	Q10/22	19.00
		San Fairy Ann	10	Q10/5	18.30
		CC Bexley	10	Q10/26	19.15
	11	G S Avanti	10	Q10/26	19.15
	13	De Laune	10	Q10/22	08.30
	16	Gravesend	10	Q10/24	19.00
September	4	Catford	10	Q10/3	08.00
	10	Gravesend	10	Q10/42	14.00
		Sud Whs (max 40)	10	Q10/19	07.15
	17	Southboro (max 40)	10	Q10/19	07.15
		7 Oaks Tri	10	Q10/7	08.00
	24	Southboro (max 40)	10	Q10/19	07.15
	25	Catford	10	Q10/18	08.00

S E OPEN & ASSOCIATION EVENTS 2011

August	6	VTTA		Q10/22	07.30	£8
	14	KCA		Q50/1	06.30	£8
	20	Gravesend		Q10/24	15.00	£8
Sept	3	Velocity		Q10/22	07.30	£7
	4	KCA	12 hr		06.00	£12
	11	VTTA		Q25/12	07.30	£8
	18	KCA		Q25/10	07.30	£8
	25	West Kent GP des Gents & 25		Q25/12	07.30	£15/8

GCC CLOTHING

Armwarmers		S/M	1	14
Sweatshirt/fleece	l/s	M	1	15
Polo-neck shirt	s/s	L	1	12
Jacket Roubaix		M	1	47.50
		L	1	47.50
Jerseys	l/s	l/z 3	1	35
	s/s	s/z 4	1	30
		M	-	-
		L	1	37.50
Bibshorts		2	2	20
		M	1	44
		L	1	44
Gilet		-	-	-
Skinsuit		4	1	40
	l/s	6	1	30
Shorts - (non bib)		3	1	15
		4	1	15

OLD STOCK/DESIGN

Shorts		5	4	10
		6	1	10
Skinsuits	s/s	3	2	30
	l/s	6	1	20

Clothing Manager: Derek Wright 01474 834201