

## the BC edition

Admittedly you won't have waited 2012 years for this edition, but you will have waited some time for the outcome of these letters – which are **Bettaney**, Richard whose light is beginning to burn brightly, and **Cambrai**, Gravesend's town twin and their cycling club who visited us on the opening of the Cyclopark weekend.



(photo – courtesy of Roger Bettaney)

Richard winning the sprint for his **win/1<sup>st</sup>** place in the 3/4<sup>th</sup> Cat race at Cyclopark. He broke clear halfway through the race, then four others came up to him but he was able to sprint for the win. Not only is Richard coming good in road racing but his is being very successful in mountain bike racing. He has won his 3<sup>rd</sup> Cat licence and now trying for the 2<sup>nd</sup> Cat this season.

GCC members Mike Coulter, Roger Stevens and Jason Tibbs with the VS Cambrai riders at the opening of Cyclopark. Other GCC riders who were involved over the weekend were Tony Mack, Luke Harrington Len Brown, Derek Wright, Graeme Terry, Ian & Dorothy Stone also helped both days – thankfully with the language issues. From Cyclopark the riders went via Cobham, Higham, Cliffe for lunch at Cooling meeting there the other non-cycling town-twinning French visitors.



## RESULTS

### Time Trials

(The 10s have been affected by the bad weather and the time taken to complete the new bridge over the railway line)

#### **18/3/12 Kent Cycles Q25/20**

A Gibson 1.07.21

#### **25/3/12 Southern Counties G25/44**

A Gibson 1.06.17

#### **31/3/12 Tooting BC - 21 GS334**

A Gibson 1.02.36

#### **8/4/12 Eldridge Mem/Kent CAQ25/8**

N Harrigan 1.01.02

J Tibbs 1.04.18

A Gibson 1.06.01

#### **14/4/12 Farn & Camb CC H25/8**

A Gibson 1.02.10 (cse pb)

#### **14/4/12 West Kent 10 Q10/22**

K Ward (88" fxd) 28.59

#### **6/5/12 Wigmore CC Q25/8**

S Harrington 1.16.21

L Harrington 1.17.36

#### **15/5/12 GCC 10 Q10/24**

J Tibbs (v) 24.05

M Coulter (v) 27.38

K Ward (v) (fxd) 28.29

#### **16/5/12 CC Bexley Q10/26**

A Gibson 24/15

#### **22/5/12 GCC 10 Q10/24**

G Terry 24.50

L Harrington 26.56

S Harrington 28.01

K Ward (v) (fxd) 28.11

T Jacobs (v) (1<sup>st</sup> TT) 30.50

\*\* (unluckiest rider J Tibbs 25.00/23.33)\*\*

#### **23/5/12 CC Bexley Q10/26**

A Gibson 24.03

#### **29/5/12 GCC 10**

J Tibbs (v) 23.25

G Terry 24.04

L Harrington 26.04

M Coulter (v) 26.31

S Harrington 27.04

A Dennison 27.12

K Ward (v) (fxd) 27.25

D Barclay (v) (1<sup>st</sup> TT in ?? yrs) 30.52

### Sportifs

#### **13/5/12 Etape Caledonian 130km/81m**

Kate Savage 5h 16.01(PB)

#### **20/5/12 Castle 100 (106m)**

S Hunter 6hr.33m

### MTB

#### **22/4/12 National Points series Rd 2**

R Bettaney 22<sup>nd</sup> /100

#### **13/5/12 Southern XC regional champs**

R Bettaney 11<sup>th</sup> /60 (from being placed last on grid start)

### Road Racing – Cyclopark

**12/4/12** R Bettaney 1<sup>st</sup> race – dropped!!

**14/4/12** R Bettaney - in bunch – punctured

**19/4/12** R Bettaney - in bunch – crashed

**26/4/12** R Bettaney 11<sup>th</sup>

**3/5/12** R Bettaney – punctured

**10/5/12** R Bettaney 2<sup>nd</sup> – *well done*

**17/5/12** R Bettaney 5<sup>th</sup> - (which gave Richard enough points for his 3<sup>rd</sup> Cat licence)

**24/5/12** R Bettaney **1<sup>st</sup>**

(Moral of results – ‘if at first you don’t .....)

and if has certainly paid off for Richard.

Mind you, he has the ability)

***Excellent – well done.***

Richard is now trying to get enough points for his 2<sup>nd</sup> Cat licence this year.

*Keep at it*

## **This & That .....**

**Congratulations** to **Keith Ray** who has been made an honorary Life Member of the VTTA, Veterans Time Trial Association

**Welcome** back to **Dave Barclay** after a long absence (15yrs?); and on completing his first 10 - note *completing*, we'll pass on the time! Can't keep a good man down!

**Welcome** back to **Ian Stone** who is now timekeeping at the Evening 10s again.

**Thanks** to **Don Bardoe** for his £20 donation from the sale of his paintings of Club members

**Well done** to **Neil Harrigan** who has won the Joe Eldridge Memorial Trophy, again, for 2012. Anyone seen him lately??

**Surprised me** when i) I was told by VTTA (Kent) I had won the Geoff Cook trophy for the highest aggregate age-standard plus for 3 x 10mTT ridden in VTTA events in Kent. They hadn't informed me and I only found out when finding out what had happened to the medals I won last year. (Ian do you know who Geoff Cook was - died 2002?) ii) when I went on the Kent CA website to track down some results only to see my picture staring back! It was only the kit that caught my eye so went back to see who they were featuring!!

**Thanks** to **Jason Tibbs** for putting signs out, **Roger Stevens** for marshalling, **Don Bardoe** for his photographs and of course to **Ian Stone** for timekeeping at the Evening 10s.

**Thanks** to **Tony Mack** for his efforts with the town-twinning/Cambrai cycling club (Velo Sante Cambrai) visit and to **Tony and Christine Mack** for hosting the meal for them; to **Luke Harrington, Len Brown, Ian & Dorothy Stone, Graeme Terry, Jason Tibbs, Derek Wright, and Mike Coulter** for their efforts in supporting the weekend visit of VSC Cambrai

**Good luck** to **Mike, Luke and Steve Harrington** on their impending trip to the Pyrenees. Bring back photos (small file size) and a story line for the Newsletter. I envy you. I certainly want to do the Pyrenees - perhaps next year for me.

## **CAMBRAI**

Cambrai is about 90 miles south south east of Calais and for those not in the know is town-twinning with Gravesend. The Cambrai cycling club Velo Sante Cambrai and Gravesend CC have visited each other successfully in the 90s so with the opening of Cyclopark Tony Mack thought it might be a good idea to see if they were interested in coming over for that opening and to try and revive the exchange.

Once the possibility of the idea was aired it seemed to take on a life of its own and before we knew where we were 13 French people were coming over. However where we assumed most would be from VSC, in fact there were only 3 cyclists and 2 non-cyclists from VSC, the rest being under the auspices of the town twinning umbrella.



Combined group ready to set off for the opening of Cyclopark. GCC members Graeme Terry, Mike Coulter and Jason Tibbs. VSC cyclists, including 1 lady, front row. The gentleman on the right, elderly, was great fun providing many songs at the Sunday lunch. He had taken great pains to cultivate quality rust on his chain and rear sprockets. He had ridden part of the way on Saturday.

The idea was that on the Saturday the cyclists would cycle up from Folkestone and GCC would meet them at the Great Danes/Tudor Marriot hotel, at the Leeds Castle junction, put their bikes in the trailer, drive to Aylesford Priory for tea, chat and welcome and ride with the GCC contingent – Tony Mack, Len Brown & Luke Harrington back to the Manor Hotel in Gravesend. However although the arranged meeting time was 1pm we weren't all assembled there until gone 2pm and then the road in Aylesford, which gave access to the Priory, was closed. Mike Coulter did get his car load to the Priory eventually, just as the GCC riders were giving up and about to depart for home. Dorothy took her group straight to the hotel though.

Tony Mack and his wife, Christine, kindly hosted a meal in the evening at their house.

Sunday saw GCC riders, Graeme Terry, Roger Stevens, Mike Coulter, Derek Wright, and Jason Tibbs take the cyclists to Cyclopark, lap the circuit a number of times before Roger and Mike took them via Cobham (Leather Bottle/Dickens and the old Cobham College), Cobham Hall and then Gads Hill house. Mike and the French cyclists then made their way to Cooling to meet up with the non-cyclists, Ian and Dorothy Stone for a very convivial lunch. Sunday was good.

Now we are getting to the nub of this piece. VS Cambrai host the annual Paris-Cambrai, 215km, cycle ride. It is more in the cycletourist vein in that it is not a race, but you can go as fast as you like. This year it is on **Sunday 2 September**. You can either ride the whole distance starting under the Eiffel Tower ( your bikes are transported there on the Saturday and you get transported from Cambrai 4am Sunday morning ready for the 7.15am start). However there are 3

intermediate possible starting points – D-en-Goele 180km from Cambrai, Theiscourt 100k from Cambrai and Peronne 40k – each with their own starting times. I am not wholly sure how one gets to the first two at the moment though. There is a registration form – 15E for P-C, 6E for Peronne-Cambrai. The atmosphere will be tremendous.

What I am going to do is stay overnight in Cambrai on the Saturday,(perhaps a ride on the Saturday pm as well), then ride either directly to Peronne on the Sunday, or via a roundabout route, ready for the 2pm departure and the link up with thousands of other cyclists that have started from the previous points. I might drive back late on the Sunday or stay over.

It could be done in a day trip, especially if there is a non-cycling driver. There is no reason why once registered – by post – one could not stay in Paris Saturday night, then ride to Cambrai on the Sunday with the driver meeting them in Cambrai.

## Anyone else interested??

### Remember there are these events most weekends in the Pas-de-Calais or Nord

## FRANCE 2012

The bracketed letter after a place name indicates the nearest large town. A + indicates that it is further than the indicated main town. I have made a rough calculation that Boulogne (B) is approximately 20 miles from the Channel Tunnel, Le Touquet (LeT) 35 and St Omer (StO)30 miles, Calais (C) 5 miles. MTB means there are MTB routes/distances as well. Only E3-4 per ride; follow the arrows for your distance.

Date	Event name	Start venue	Distances	
<b>June</b>	3	Rand la Francois 1 <sup>st</sup>	Ardres (C)	25/65/105
		La Reinnette	Boulogne	50/75/100
		A travers bois et forets	Ledringhem (StO)	20/40/60/80
	9	Rand Samer-Le Crotoy-S	Samer(B)	95/145
	10	La Loconessoise	Longuenesse (StO+)	25/55/80/110/MTB
	17	Rand de monts/forets d'Artois	Isberques (StO+)	18/37/65/90
		Rand de al Fete de Peres	Calais	20/30/60/90/MTB
	Monts & Valles du Boulonnais	Boulogne	70/110/150	
23	Balade Etaploise	Etaples (LeT)	30/60/90	
<b>July</b>	1	La Ronde des Clochers	Hazenbrouck (StO+)	30/60/90
	8	Rallye de la Ducasse	Aire (StO+)	20/30/60/80/MTB
	14	A la source de la Lys	Merville (StO+) 18/35/60/70/80/105/MTB	
		Rand du Marquenterre	Berck (LeT+)	45/90
	15	Rand Estivale	Le Portel (B)	50/75/100
22	Rand de la Fete de la Moule	Wimereux (B)	40/70	
<b>August</b>	19	Rand de l'Oree du Bois	Berck (LeT+)	45/90
		Rand la Croissettoise	Croissette((LeT+)	30/50/80/100/MTB
	26	Ronde des la Fraudeurs	Steenvoorde (StO+)	25/50/80
<b>Sept</b>	2	Cape Gris Nez & Audomarois	St Omer	30/45/70/100/136/153/MTB
	11	Rand des As	Isbergues(StO+)	32/62/90/120/150
		Rand du Paarc de L'Aa	Gravelines(C)	40/60/90/120/150
		Rand D'Automme La Mer	Boulogne	50/70

## **This & That II .....**

From our erstwhile marshall – is the roundabout is getting to him – driving him round  
....no, no

### **1. At the evening '10' :**

- X. Won't be at the '10' next week; I'm on holiday.
- Y. OK. Where are you going ?
- X. To Suffolk.
- Y. That's nice. Are you taking your bike?
- X. No, I'm taking the wife.

### **2. At the 'Oasis' cafe:**

- A. Beautiful girls are solar-powered.
- B. Oh, why do you say that ?
- C. Because they only come out in the sunshine !

[ 'girls' may be replaced by 'guys' depending on you gender/inclinations ].

## **Bike 4 Sale - £800 (Based in Hartley; Dave on 07748 103405)**

A friend of Kate's is looking to sell his road bike as he is relocating. The details are:

Trek 5500 full carbon road bike  
Size large - I am 6 foot and fits me perfect  
Bontrager race wheels  
SRAM force combined levers  
SRAM rival rear mech  
Carbon seat post and bars  
Shimano hollow tech cranks, not sure if 105 or ultegra  
Shimano 105 brakes  
Charge spoon saddle  
Specialized armadillo tyres

Great condition, only ridden couple of times in last year, just not using enough.

## Richard Bettaney

Richard is getting to grips with the road racing as well as the National series mountain bike racing this year – and being very successful too. So well done to him.

The race was 1.5 hours, each lap about 1.5 miles. *“In the race I got away around the 50 minute mark, was on my own for two laps then three riders came across to me. All worked hard to get a big gap and the four of us finished in a sprint which somehow I won, really not built to sprint”.*

### Richard says – of his MTB racing

*Round 2 of the national point series at Dalby, 22/4, I finished 22nd of 100 starters. Not a great result as lost my confidence after my mate brook his back on the course. (This was prior to the start of Ricahrd's race). In the Southern regional championships, I finished 11th after I was placed dead last of 60+ starters (no previous points/results). Lost a lot of time getting past other riders on the first lap, would have liked a top ten and was only 10 seconds off, so with gridding and a good start I'll see what happen at some of the other regional races.*

*Last Sunday was the third round of the NPS at Hopton Woods in Shropshire, raced vets 39-49. The course was a 15 minute climb then 8 minutes working back down to the start. Was very hot around 27 degrees, was running in the top ten for two laps but dropped to 11th come the finish. The moves me up to 15th in the NPS Vets standings.*



### And of his road racing:

*I have been doing some road races at Cyclopark, learning the hard way with these. I've never done any road racing before but with the new Cyclopark so close I thought I'd have a go. These are 90 minutes races around 4 minutes a lap, average speed is 24mph so not hanging around.*



*In the first race I got dropped from the bunch after 30 minutes. Could not handle the acceleration out of the corners!! In the second race all was going well until I punctured at around 40 minutes but was still in the bunch so better than last week. Accident again in the third race - I was in the main bunch with 4 laps to go then taken down in a crash. Can't take a lap out after 5 to go so another dnf!*

*Better news now as I finished 11th in the bunch just outside the points. Starting to go better now and can handle the acceleration out of the corners now, but it didn't last as in the next race I punctured on the first lap so another dnf*

This is Richard at Cyclopark in his race winning SERRL race. (photo courtesy of Roger Bettaney)

*I finished 2<sup>nd</sup> in the next race, but break of two I got away with 45 minutes to go and almost caught the te. Then got lucky when one of them crashed on the last bend. The*

*next one ended in a bunch sprint and I finished 5th. Not really built for sprinting and never done one before so happy with that. **Also got enough points for my cat 3 licence now.** Then I won the next race in a bunch sprint! Me sprint!!!!*

*Really been enjoying the road races but still my main goal is cross country mtb races. Will try for my cat two licence this year now and see what happens. Would like to try some of the longer weekend road races as I think they will suit me better than the short crits.*

**\*\*\*\*Richard's top training tip\*\*\*\***

2 x 20 minute sessions in *your* 'Sweet Spot'. The 'your' is emphasized because it relates only to your power output/wattage or heart rate values. The SS is between 88-93%. Find your power output or heart rate at the end of a 20 minute sustainable/evenly paced time trial, multiply by 0.95 and then calculate 88-93% of this value. If you are just starting out on these start with a shorter time session and then gradually increase. Ideally it should be done over the winter period leading up to Spring and the racing season

## **Members musings.....!**

***Kate Savage** road her third Etape Caledonian and achieved a personal best time..... I completed the Etape Caledonia again on Sunday (13th May) which is an 130km/81 mile ride in the Scottish Highlands. I completed the ride in 5.16.01 which is a personal best for me for this race (3rd time I completed). I was 15th out of 43 in my age group category overall and 10th in my category for the King of the Mountain classification. Out of the entire entrants of around 5000 I came 2144th. It was a great ride, really well organised with beautiful scenery however the weather was awful with high winds and driving rain so overall I was pleased with my time as I was expecting significantly slower with the weather condition".*

(Ed: you are made of sterner stuff than I, but I suppose after having gone all that way the choice was made for you. Well done)

**Steve Hunter** of ironman fame (& fortune????) road the Castle 100:

*I completed the Castle 100 in 6hr 33m for the 106mile course. The ride was very enjoyable as the weather was kind with an average of 11C. The route was typically as challenging as the 8/10 difficulty rating that it has. 2100m of climbing. This year's route went via Strood and Rochester which had been bypassed for a few years. This allowed the journey through Cobham and past our Club meeting point at the Memorial then on through Shorne Village to the Gravesend Road A226.*

*The sun came out shining for our climb up Hollingbourne Hill and the wind changed direction after the lunch break and we headed out onto the Weald of Kent and those leg sapping rolling hills.*

*This was a training ride for the Outlaw Ironman event 1st July and I managed a small run circuit around Tonbridge as a consolation for finishing. (Ed. How does your wife let you get away with it – you can't have any energy left for the Hoovering/household chores etc? We'll have to send Dorothy round to give her some 'advice'!!)*

### **Luke Harington emails**

*"think you and most other people made the correct decision on Sunday and chose not to ride the Wigmore 25 as it was a race I'm sure I'll never forget. Not the race, but sadly the being soaked through and the coldness afterwards and the fact that I dropped my chain and got it stuck between my crank arms and my chain rings. Needless to say Steven won't let me forget about beating me which is added motivation for the next 25 we ride".*

### **Graham Terry writes**

*"It was a cloudy windy afternoon out on the Grain Q10/24, course for the DE LAUNE Open. Jason and Neil were out for Gravesend and once again Jason had a problem with his LOOK Time Trial Bike. This time it was the stem again and he now discovered why it was dropping. The splines were all sheered off and it was just lucky he was not racing when they went or it could have been a disaster. Luckily he had his old TT bike in the van so made a quick change and was ready for the start. I arrived just in time to lend Neil my TT helmet and he was off to warm up.*

*I'm told conditions were good and the wind was in the best direction for this windy course. Little did I know that Jason had a sore throat and was coming down with a cold and Neil felt terrible later that evening. If I get that there will be trouble guys. I brought 2 of my boys along to support and had a go at taking some pics. All I can say is its harder than it looks getting a shot of a TT bike doing 25mph . So well done Don for all the great shots you get, man that's tricky stuff. I did get lots of pics of an empty road though if anyone wants one. Winning time and new course record Steve Berry team Swift 20.31!!*

### **Sunday Club Run 01/04/12**

*4 riders out on Sunday on a chilly sunny morning I thought there would be more but maybe the early cold conditions kept them away. It soon warmed up, and myself f, Jason, Kate and a new guy, Jim, set off to do Len's ride backwards, leaving the Memorial and heading down to Cuxton and over the M2 bridge. Jim was doing well and said he was doing around 40 miles on his own so this route would be ideal even though he did say it was a little hillier than his usual rides.*

*As we got to Aylesford we were stopped buy an oncoming train and met up with some Wigmore guys that were out including Richard Masters . They joined us over to West Malling and then we headed onto Borough Green then joined the A25 to Seal, which is a challenging hilly road to say the least, but with a fast descent at the end as you enter Seal . Here we turned right and stopped to regroup, my speedo showing and impressive 14 degrees and the sun was quite warm - shame I was still dressed for winter conditions! We headed up to the Pilgrim's Way where we turned right and headed towards the climb at Terry's Lodge Road. After giving Jim a bit of encouragement he managed the climb and we told him the good news it was all down hill from here back through Stansted and onto the Green Man in Longfield. Well there may have been a few little digs which he was not happy seeing on the way.*

*We all stopped at Meopham, Jim had done a cracking ride as many would have given up and turned off so well done for sticking with it. Got back to the Memorial with 43 miles on the clock".*

## GCC RACING PROGRAMME 2012

March	4(Sunday)	10	Q10/24	1030
	17	10	Q10/24	1400
April	<b>8</b>	<b>25(Champ-Eldridge)</b>	<b>Q25/8(KCA)</b>	<b>0700</b>
	10	10	Q10/24	1830
	17	10	Q10/24	1900
	24	10	Q10/24	1900
May	1	10	Q10/24	1900
	<b>6</b>	<b>25 (Champ)</b>	<b>Q25/8(Wigmore)</b>	<b>0630</b>
	8	10	Q10/24	1900
	15	10	Q10/24	1900
	22	10	Q10/24	1915
	29	10	Q10/24	1915
June	<b>3</b>	<b>50(Champ)</b>	<b>Q50/11(KCA)</b>	<b>0600</b>
	5	10	Q10/24	1915
	12	10	Q10/24	1915
	<b>17</b>	<b>100(Champ)</b>	<b>Q100/ (KCA)</b>	<b>0600</b>
	19	10	Q10/24	1915
	26	10	Q10/24	1915
July	3	10	Q10/24	1915
	10	10	Q10/24	1915
	<b>15</b>	<b>25(Champ)</b>	<b>Q25/8(GCC)</b>	<b>0630</b>
	17	10	Q10/24	1915
	24	10	Q10/24	1915
	31	10	Q10/24	1915
August	7	10	Q10/24	1915
	<b>12</b>	<b>50(Champ)</b>	<b>Q50/1(KCA)</b>	<b>0630</b>
	14	10	Q10/24	1915
	21	10	Q10/24	1845
	28	10	Q10/24	18.45
Sept	<b>1</b>	<b>H/C(Snr Champ)</b>	<b>QHC/1(GCC)</b>	<b>1400</b>
	4	10	Q10/24	1400
	<b>16</b>	<b>25(Champ)</b>	<b>Q25/10</b>	<b>0730</b>

## S E Club Events 2012

<b>June</b>	5	Southboro & D Whs	10	Q10/18	1930
	6	CC Bexley	10	Q10/26	1930
		VTTA	10	Q10/38	1000
		SFA	10	Q10/22	1900
	7	Wigmore	10	Q10/20	1900
		G S Avanti	10	QS/30	1930
	13	CC Bexley	10	Q10/26	1930
		Wigmore/SFA	25	Q25/20	1900
	20	CC Bexley	10	Q10/26	1930
		Wigmore/SFA	10	Q10/22	1900
	24	Catford	10	Q10/18	0800
	27	CC Bexley	10	Q10/26	1930
		Wigmore	10	Q10/12	1900
<b>July</b>	4	VTTA	10	Q10/38	1000
		Wigmore/SFA	15	Q15/20	1900
	11	CC Bexley	10	Q10/26	1930
		Wigmore/SFA	10	Q10/22	1900
	12	Sydenham Whs	10	Q10/26	1930
	18	CC Bexley	10	Q10/26	1930
		SFA	10	Q10/22	1900
		Wigmore	10	Q10/20	1900
	25	CC Bexley	10	Q10/26	1930
		Wigmore/SFA	10	Q10/22	1900
	26	G S Avanti	10	Q10/18	1930
	29	Catford	10	Q10/18	0800
	31	Gravesend	10	Q10/24	1915
<b>August</b>	1	CC Bexley	10	Q10/26	1900
		Wigmore/SFA	10	Q10/22	1900
	2	7oaks Tri	10	Q10/26	1930
	7	Gravesend	10	Q10/24	1900
	8	CC Bexley	10	Q10/26	1900
	9	G S Avanti	10	Q10/26	1900
	14	Gravesend	10	Q10/24	1900
	15	CC Bexley	10	Q10/26	1900
		Wigmore	10	Q10/22	1900
	16	7oaks Tri	10	Q10/26	1900
	19	Catford	19	QS/30x2	0800
	21	Gravesend	10	Q10/24	1845
	22	CC Bexley	H/c	QHC/5	1900
28	Gravesend	10	Q10/24	1845	
<b>Sept</b>	1	Gravesend	H/c	QHC/1	1400
	8	Gravesend	10	Q10/24	1400

## Open and Association Events – 2012 – South East DC

<b>June</b>	10	GS Invicta	25	Q25/9	0630	£8
	17	KCA	100	Q100	0600	8
	23	Thanet RC	10	Q10/42	1500	8
	24	VTTA (Kent)	25	Q25/8	0630	8
	30	San Fairy Ann	10	Q10/22	0730	8
<b>July</b>	1	Thanet RC	25	Q25/10	0630	8
	7	KCA	10	Q10/42	1500	8
	8	VTTA(Kent)	10	Q10/30	0700	8
	15	Gravesend CC	25	Q25/8	0630	8
	22	VTTA (Kent)	50	Q50/11	0630	8
	29	De Laune CC	25	Q25/8	0630	8
<b>August</b>	4	VTTA (Kent)	10	Q10/22	0730	8
	12	KCA	50	Q50/1	0630	8
	18	Gravesend CC	10	Q10/24	1500	8
	19	VTTA (Kent)	25	Q25/12	0630	8
<b>September</b>	2	KCA	12hr	Q12	0600	12
	16	KCA	25	0730	0730	8
	23	West Kent RC	25	Q25/20	0730	8
	30	Wigmore	H/c	QHC/11	1030	8
<b>October</b>	6	GS Avanti	H/c	QHC/1	1100	8
	7	VTTA (Kent)	15	Q15/20	0800	8

### GCC CLOTHING

Road Jersey	(FZ/SS)	2	M	£39
	(SZ/SS)	1	4/L?	33
Bibshorts		1	2/S?	20
		2	M	44
		1	L	40
Skinsuit		1	4/L?	40
		1	M	66
Gilet		1	M	33
Roubaix Jacket		1	L	49
		1	3/M?	45
Overshoes		5		12 pair
Armwarmers		4	S/M	14

Clothing Manager: Derek Wright 01474 834201