



# NEWSLETTER

Hours of leisure  
Miles of pleasure

## RETURN OF THE WIZARD OF OZ!

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With seemingly little respect for Queen, Country or Club, Mike Clucas 'Tardis'd' in from Oz, dispensed some Aussie medicine to monster us all and then just left, without so much as a 'G'day mate' to prove his credentials.

It was good to see and speak to Mike again. Mind you he has the credentials to back up his previous Club riding and membership as he still holds the Juvenile and Junior 10 and 25 records set in 1981 and 1983 respectively. His Juvenile 25 record is 58.27 set on the Cobham-Black Prince course while the Junior 25 record of 57.24 was set on the F1. His Junior 10 record was set on the Tonbridge Bypass of 21.53, also in 1983. Shortly after Mike emigrated to Melbourne. He make sporadic returns, this time for his parents 50<sup>th</sup> wedding anniversary.

His efforts this time were just as successful. He rode the VTTA 10 on the Harrietsham course clocking 22.08 for 3<sup>rd</sup>, then the Club 10 on Grain with 22.29 to win and then the CC Bexley 10 with 22.06 to win that! In between this he came out on his TT bike for the 50m Club run on the Sunday. He didn't bring his bike over but hired this one.

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That famous international Club Run of 11 riders – 10 GCC members. From the left then – Graham Terry (2<sup>nd</sup> cl), Richard Bettany, Adrian Dennison (new memb and 1st ride out), Jason Tibbs, Phil Cooper, Mike Coulter, Graeme Moir, Mike Clucas, Kate Savage, Brian Perry taking photo and Alan Teale who came shortly after. Route - Camer, Meopham, Harvel, Vigo, Fairseat, A20, Exedown, Igtham, Seal, Otford, Eynesford, Pilgrims Way, Wrotham, Ryarsh, Snodland, Cuxton. (It would be nice to see some more Gravesend club clothing though!)

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**Results**

<b>2/8/11 GCC 10</b>	<b>Q10/24</b>	<b>16/8/11 GCC 10</b>	<b>Q10/24</b>
J Tibbs (V)	23.13	J Tibbs (V)	22.55 <b>PB</b>
M Coulter (V)	24.34	N Harrigan	23.55
C Bramley (V)	27.46 <b>PB</b>	C Burman (V)	27.02
K Ward (V)	28.12	K Ward (V)	27.54
A Dennison (1 <sup>st</sup> event)	29.02	L Harrington	27.56
(G Terry 2 <sup>nd</sup> cl)	24.21)	C Bramley (V)	28.11
		(G Terry 2 <sup>nd</sup> cl)	24.11)
<b>3/8/11 CC Bexley</b>	<b>Q10/26</b>	<b>17/8/11 CC Bexley</b>	<b>H/C</b>
J Tibbs (V)	23.05	A Gibson 2 <sup>nd</sup>	1.33
<b>6/8/11 VTTA 10</b>	<b>Q10/22</b>	<b>20/8/11 GCC Open</b>	<b>Q10/24</b>
M Clucas (3 <sup>rd</sup> )	22.08	J Tibbs(V)	23.25
M Coulter (3 <sup>rd</sup> OAS)	24.22	N Harrigan	23.33
		S Hunter(V)	26.22
		L Harrington	26.24 <b>PB</b>
		K Ward(V)	28.26
		(B Perry 2 <sup>nd</sup> cl)	27.53)
<b>9/8/11 GCC 10</b>	<b>Q10/24</b>	<b>23/8/11 GCC 10</b>	<b>Q10/24</b>
M Clucas (V)	22.29	J Tibbs (V)	23.06
J Tibbs (V)	23.44	N Harrigan	25.12
M Coulter (V)	25.05	C Burman (V)	25.54
C Bramley (V)	28.17	L Harrington	26.31
K Ward (V)	28.31	K Ward (V)	27.21
S Harrington	28.49	S Harrington	27.42
M Harrington (V)	32.14	C Bramley (V)	28.32
C Burman (V)	35.32	(G Terry 2 <sup>nd</sup> cl)	24.21)
(G Terry 2 <sup>nd</sup> cl)	24. )		
<b>10/8/11 CC Bexley</b>	<b>Q10/26</b>	<b>3/0/11 GCC H/C</b>	<b>QHC/1</b>
M Clucas (V) 1 <sup>st</sup>	22.06	N Harrigan	3.24
J Tibbs (V)	23.32	J Tibbs (V)	3.52
A Gibson (V)	25.14	R Stevens (V)	5.40
		(Graham Terry 2 <sup>nd</sup> cl)	4:34)
<b>14/8/11 a3crg 25</b>	<b>P881/R</b>	<b>10/9/11 GCC</b>	<b>Q10/24</b>
A Gibson (V)	1.02.10	J Tibbs (V)	23.12
		N Harrigan	25.26
<b>14/8/11 KCA 50</b>	<b>Q50/1</b>	K Ward (V)	28.15
N Harrigan (3 <sup>rd</sup> )	2.03.04		
M Coulter(V)(2 <sup>nd</sup> OAS)	2.17.04		

**Clothing order is in and it is looking like the end of October for delivery.  
If you still want to order anything let me know within the next 10 days latest.**

## Diary dates

**1 – the Awards Presentation.** Patrick, while we speak, is sorting out the menu and price. Note the diary date though – it is a good social event. Hopefully all award winners will be there.

**2011 Gravesend CC  
Dinner & Awards Presentation**

November 26,  
7 for 7.30

Jolly Drayman  
Wellington Street  
Gravesend

*Guest of Honour - John Clarey*  
(local cycling celebrity and Tour de France rider)

contact: Patrick McMaster 01474 356181/pmcmaster@blueyonder.co.uk

## 2 – AGM

**November 14, Harden Hall, Colyer Rd, Northfleet – 8pm.**

This year there are a number of issues to resolve so it is important that there is a good turnout and also so that your views and ideas can be heard.

## This & That.....

A **big thank you** to all Club members for their best wishes from the Batman & Robin of the Evening 10 series – Ian & Mike – over their recent health demises. While I am thanking all for their best wishes, I should add in our grateful thanks to Dorothy for ‘overseeing’ Ian’s recovery and for Dorothy then helping out at the 10s when Mike was laid low. A picture to warm the cockles of your heart! Dorothy probably had her foot firmly planted on Ian’s - hence his grimace – oops, sorry, smile! Under Dorothy’s ‘guidance’ I am sure we will see Ian functioning on all cylinders again next season. Read Dorothy’s thoughts on the next page.



Also a **big thank you** to Paul Mephram (V C Elan/Harry Perry Cycles) who stepped in to help out the time-keeping on the Evening 10s once Ian was unable to do it.

Again a **big thank you and well done** to **Graeme Moir** who stepped in and took over the running of the Gravesend Open 10 on Ian’s demise. The event may well have been compromised further when Graeme had his laptop stolen from the car. He was going in cancel the event but found he had enough information to revive it. A good field of nearly 60 too.

**Thanks** also to the helpers in the Open 10 **Dave Abbotts and Dorothy Stone** for timekeeping, **Paul Benson** for pushing off, **Colin Pearson, Len Brown and Roger Stevens** for marshalling, and **Marlene Sangster and Wendy Collins** for the refreshments. **Jason Tibbs** put up the signs. Thanks also to **Roy Canning** of the Bexley for also timekeeping.

**Thanks to Jason Tibbs** who took over putting up the signs etc for the Evening 10s and the Open 10 on Mike’s demise. Also for Jason keeping the Club Runs alive during the summer.

**Thanks to Roger Stevens** for sourcing our Guest of Honour at the Awards Presentation in November – John Clarey

**Thanks to Dave Abbotts** for timing the Hillclimb and the last Open 10.

**Welcome to new members Tony Jacobs, Keith Bellehue and James Roberts.**

**Remember** Club Runs start again on 2 October. 9am, War Memorial, Cobham. Contact Keith Ward for details.

Erstwhile 2<sup>nd</sup> claim member and regular Club run rider, Evening 10 competitor and overall good guy, Graham Terry, reports *‘On the last 2 club runs 2 people have been stung by wasps, myself on the forehead and poor old Paul Benson in the mouth, which was rather worrying as Jason said his tongue swelled up to twice its size. They had to search around for a shop for some medicine but all the shops were closed. so Paul decided to ride back home, Jason did offer to ride back with him but he said he was fine’.*

***Dorothy writes:***

I would like to say a big thank you to everyone in the GCC, as well as members of other cycling clubs who have been so supportive to Ian and me since his stroke on 28<sup>th</sup> July.

Ian's stroke was on the left side of his brain, an area responsible for speech, understanding, reading and writing. Communication has been difficult but with therapy Ian's speech is improving. Three very pleasant speech therapists (all looking as if they should be in school) are helping him to regain his lost communication. It was devastating for Ian when he could not tell the time, do simple sums (your Treasurer!), say his name or remember his address. He has worked hard and can now do all of these tasks. His handwriting has returned - terrible at first, but now almost back to normal. His intelligence remained unchanged and those of you who have met with him recently have seen his frustration. The words are all there but he has difficulty in saying them. At one point he remembered "Oh my word", repeated this often, then everything was "marvellous". He has progressed to short sentences spoken slowly and with great thought. They don't always come out right - but there is no rush.

We are told it will take some time for Ian to regain his former vocabulary and speech patterns. He is working conscientiously as he always has done with everything and becomes very impatient with himself. He has to learn to make haste slowly - very difficult for such a man. We can only hope and pray for a full recovery. We are not the only ones with a problem and the old adage - one day at a time - is very appropriate.

We have to give a special mention to Graeme Moir, who, at a moments notice, took over the running of the GCC Open '10' held on 20<sup>th</sup> August. What a triumph after the disastrous theft of his laptop with all the race information on it. Graeme, you removed a huge load from Ian's shoulders and I thank you for it.

Paul Mepham also deserves a big thank you for taking over the timekeeping of the evening '10's. Thank you, too, to Jason, Roger, Keith, Paul and others who worked to keep the races going.

It has been amazing and heart warming to receive cards and letters from all over the country. Thank you so much. We have even received emails from Spain and France. The house is overflowing with your concern for Ian. For me, it shows what a well-loved and respected man Ian is.

On the lighter side - Ian never lost his ability to play the piano (a bit Les Dawsonish at first,) but he is back to his normal capable self. Isn't the brain a clever thing? He has also forgotten his dislike of carrots and chicken and will eat these with no complaint. MARVELLOUS!

Thank you everyone,

Dorothy

## Hill Climb



Where did they get those legs...or shorts? Anyway despite this timekeeper Dave Abbotts presents the Shield to winner Neil Harrigan, while the 2011 participants - Graeme Terry, Neil Harrigan, Roger Stevens and Jason Tibbs – can't believe Dave's multi-tasking skills – and are left wondering if he can take a photo with a phone what will he do with his stopwatch next

### *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	Graeme Moir
December	4	Colin Pearson
January	8	Mike Coulter
February	5	Mike Hickie
March	4	Peter Lloyd

Indeed the great man himself has just declared that the **October walk will start** from the **car park in Trottscliffe/Trosley Country Park**, 10am. Map ref: 633605

*Mike Coulter says thanks very much for the cards. Visits and well wishes.*

## ***OK - SO I GOT IT WRONG BUT.. Don Bardoe***

Ok, so I was wrong. Nobody died during the recent Tour De France but as someone once said "It was a dam close run thing" or words to that affect. One or two riders did however do their best to frighten us to death on the descent of one mountain, ending up in a villa's garage area. If they had crashed it would have made 'good television' and drawn future viewers to the Tour, thus pleasing the advertisers.

It was around the 16<sup>th</sup> stage of the Tour De France when my last article appeared in the last Newsletter, about the same stage as the Tour of Spain is at the time of writing.

I said then and I say now, Bradley Wiggins has lost far too much weight to retain overall strength, and now the same thing is happening to him in the Tour of Spain as he's just been beaten by his number 2, Froome, the rider meant to look after him, lead him out, do all the work to get him to the front in a winning position.

Wiggins should not have reduced himself in weight at this stage of a three week tour, he should have planned to lose weight over the length of the race. He has just been beaten in a time trial he was expected and relying on to win by Froome, his number 2, who was probably riding within himself and from now on the tour get's harder with no time trial to make up the lost time for Wiggins.

When Peter Williams and I met the late, great, Tom Simpson behind the stands at Herne Hill, chatting to him for some ten minutes we could see that he was almost a walking skeleton. Tom Simpson leather-like skin stretched over a frame very much the build of Wiggins, one could see every tendon, and muscle and sinew he was all but transparent!

Our own Roger Wilkings carried very little excess weight, but at about 12 stone he had brute strength to power him up hills, and won at least one road race by jumping away after the neutral zone and time trialling to the finish. Another successful rider of both time trials and road races was Tim Stevens he also relied on hauling his 12 stone body up hills by great strength to weight ratio.

A build great for climbing and mid distance time trailing, but suitable for long distance stage races? Did that cause poor Tom's 'Death on a mountain'?

Many Champion boxers excluding heavyweights have lost their hard won titles not because they were beaten solely by a better or younger opponent but because they had trouble maintaining their ideal fighting weight. They go into the ring right on the weight limit hoping for a quick win and not forced to go the full distance. Most brain injuries in the ring come from being forced to sweat off the excess weight leaving their brains unprotected by water.

That can be likened to Bradley Wiggins contesting long stage races he is not built for. To keep up with the natural climbers he loses too much weight and that affects his natural time trialling ability; he is however a natural one day rider and track rider, and I don't think he has the mental ability to cope with being beaten by his number two.

Another thing not in Wiggins favour this season is that the Spanish have made their Tour harder with the aim of making it a race in its own right and not a warm-up races for the 'World's' just as the Italians have also beefed-up their tour not wanting it just known as a warm-up race for the Tour De France.

## Bike Safety

Coincidentally three items re bike theft have just come in.

One is from the North Kent Neighbourhood Watch Association Newsletter promoting **free** bicycle marking packs from North Kent Police Station, Thames Way, Gravesend, Gravesend Contact Point, Civic Offices, Gravesend, The packs contain a Bike Passport leaflet, wrap around label and UV marker pen, plus you will need to be able to take a photo of your bike.

The second comes from **Roger Stevens** and follows his Archive Trivia snippets. It came from a May 1926 edition of the Kent Messenger and is entitled **Constable's Exciting Chase**.

*An exciting chase after a man on a bicycle by a constable was described at Rochester Police Court on Saturday, when John Samuel Elliott, 45, labourer, of no fixed abode, was charged with stealing from outside the public library on Friday evening a Raleigh bicycle, value £4.10.0d, the property of Robert Passmore of Borstal Rd.*

*P C Halls, Ifield, stated that on Friday at 7.50pm he was in plain clothes at Singlewell when prisoner came along on a cycle. Witness followed on his machine and as prisoner refused to stop witness pushed him into the hedge. Prisoner ran across a field and witness followed and caught him. Prisoner said he had come from Hall Farm, Meopham. Prisoner remanded for a week and the Mayor complimented P C Halls on making such a smart capture.*

(I quite like this as I can imagine Spike Milligan or the Goodies producing some irreverent sketches-Ed)

The third is from **Brian Perry** and his association with Reading CC. It is written by a Hampshire police officer:

*I am investigating a series of mountain bike thefts from around the Farnborough area, which has resulted in us arresting three people and recovering approx 60 frames. I am now in the process of identifying them. Many have been reported to Hampshire Police, and these are currently being identified by their lawful owners.*

*There are some very nice carbon frames which may not have been reported to us or may have been reported to another police force as we are close to the border with Surrey Police and Thames Valley Police.*

*From what we have recovered the value of the original complete bikes is currently estimated to be at least £90,000. Of which I think I have approx £50,000 unidentified.*

*What was happening the bikes were being stolen, stripped and the components sold on, making things difficult, however the frames were not and I am now in the process of trying to identify the owners.*

*Could people please contact me if they have had a bike stolen from within 30 miles of Farnborough valued over £600 (MTB, Hybrid, Racer) since October last year? If that is the case, I'd appreciate if they could email me with crime reference number, make, model, colour and frame number and anything distinguishable about the frame.*

*Just to give you a sample of the frames, I have: a Giant trance X and Giant trance XI, a Scott Scale 35, a Scott Genius, a Scott spark 40, a Trek EX9 and EX9.5 a Scott G-zero and a black and gold S-works, all of which I know are someone's pride and joy.*