

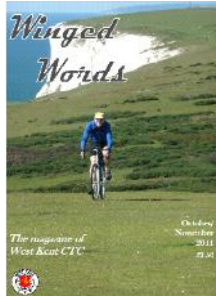
### SOCIAL EVENTS

The West Kent CTC Clubroom is in Sidcup and Club nights are on Thursdays from 8.30pm. Special evenings, including talks, slide shows, table-top sales, games nights and recipe swaps, are organised regularly and all evenings involve refreshments and chat.



West Kent's first club ride took place in 1924 and the first Sunday in March is reserved for the Anniversary Ride which is led by the President.

Each summer the events calendar features a Camping Rally and a Picnic with time for cycling games as well as relaxing.



The Club has always embraced photography into its activities and there are two competitions a year with exhibitions and awards.

As well as the website, the Club magazine, *Winged Words*, in publication since 1929, is produced bimonthly. It includes ride reports, members' contributions, news and features.

### ENJOY OFF-ROAD?

There are many excellent off-road and traffic-free routes through our area. If you have a suitable bike, it can be a great way to enjoy quieter cycling and a more challenging ride. Several groups include off-road sections in their programmes and will be happy to plan a route around the trails available.



Traditionally known as 'rough stuff', the Club organises an annual 25-mile Rough Stuff event in October.



Local off-road and mountain-biking facilities are available at Penshurst Off-Road Centre, Bedgebury Pinetum, Bewl Water and Kent's new CycloPark opened in 2012 to the south of Gravesend.

### OUTDOOR EVENTS

Each year West Kent CTC organises a series of Outdoor Events open to all members and non-members. These include Audaxes of 100, 160, 200, 300 and 400km, a 100km Grimpeur and 50km Hilly, a 25 mile Rough Stuff event and a Hill Climb. Details are listed on the Club website and Audax UK. As well as providing regular fitness challenges, they are also great social occasions. If you aren't able to participate, volunteers are always needed for marshalling and refreshments.



### CONTACTS

#### WEBSITE

[www.westkentctc.org.uk](http://www.westkentctc.org.uk)



#### ENQUIRIES

Club Secretary  
Martin Gill

[mrgill10@tiscali.co.uk](mailto:mrgill10@tiscali.co.uk)

01732 453823

#### CTC MEMBERSHIP

[www.ctc.org.uk](http://www.ctc.org.uk)

*CTC was founded in 1878. As its popularity spread, establishments welcoming cyclists for refreshments began to display metal CTC signs on their walls. One of the surviving signs is encountered here at a lunch pub stop.*



# Cycling with West Kent CTC



CLUB RIDES



CYCLING EVENTS

SOCIAL EVENTS



TRIPS AWAY



working for cycling

Your local CTC group

JOIN CTC TODAY



## WELCOME TO WEST KENT CTC



CTC is the UK's oldest and largest cycling organisation. Founded in 1878, it now serves over 70,000 members, campaigning for the rights and promoting the benefits of cycling. West Kent CTC is the local group serving the areas of West Kent and Southeast London. There are 15 groups providing rides of varying lengths, on different days of the week and to a wide assortment of destinations, so you are sure to find something to suit. Newcomers are always welcome, no one gets left behind and assistance is always available for those less confident. Enclosed are details of the different groups and rides, the cycling and social events we organise and the contacts you will need to participate. Visit our website at [www.westkentctc.org.uk](http://www.westkentctc.org.uk) for all the latest information.

For more information on CTC national organisation, go to [www.ctc.org.uk](http://www.ctc.org.uk)

### NEW TO CYCLING?

Cycling is a great way to keep fit and provides a cheap and environmental means of transport. An increasingly popular way to enjoy the outdoors, it can be even more fun in a group. To increase your stamina, up your mileage slowly and don't feel intimidated by the lycra whizzing past. We all started somewhere. You can find basic bike maintenance and safety information on the internet and on our rides there will always be someone to help you with the technical side if you need it.

For some gentle riding, try the Tonbridge to Penshurst Route (Cycle Route 12), the Forest Way between Groombridge and East Grinstead (Cycle Route 21) or the 27-mile Viking Coastal Trail (Cycle Route 15) in East Kent. You'll soon be clocking up the miles!



## RIDING GROUPS

These are the riding groups of West Kent CTC. You are welcome to come along and try any of them. If you choose to continue riding with us, you will be expected to join CTC. Current 'Runs Lists' with starting places and times can be found on the website. Unsure where to start? Email Club Secretary Martin Gill - [mgill10@tiscali.co.uk](mailto:mgill10@tiscali.co.uk).

### Bexleyheath

Varied Sunday rides of 30 to 50 miles at a moderate pace. Mike Friday: [linandmickf@talktalk.net](mailto:linandmickf@talktalk.net) 0208 8597617

### Easyriders

First and Third Wednesday of the month, distance 12 to 16 miles, home mid-afternoon. Meet: First—Otford Pond; Third—various. Check with Margaret Tate: 01622 752008

### Family

Moderately paced rides, 15 to 25 miles, Sundays half day. Starts from the Sevenoaks area. Lunch carried. Nicola Tobin: [nicky@innovaprocess.com](mailto:nicky@innovaprocess.com). 01959 564231

### Gravesend

A variety of rides for all. Every Wednesday (relaxed pace), every Thursday evening (moderate pace, some off road in Summer) and most Sundays (reasonable pace). Steve Dyer: [steve@gravesendctc.org.uk](mailto:steve@gravesendctc.org.uk) 07973 884313 [www.gravesendctc.org.uk](http://www.gravesendctc.org.uk)

### Hardriders

Brisk paced full-day Sunday rides for the fitter rider starting from the fringes of Southeast London. 60 to 80 miles in winter; longer in summer. Some off road. Weekends away. Martin Gill: [mgill10@tiscali.co.uk](mailto:mgill10@tiscali.co.uk) 01732 453823

### Intermediates

Moderately paced Sunday rides of 40 to 50 miles with pub lunch. Meet at Orpington railway station. Frank Harvey: [frankharvey90@hotmail.com](mailto:frankharvey90@hotmail.com) 0208 4649553

### Medway

Steady paced full-day rides from the Maidstone area, including some ad-hoc off road. Sunday rides average 60 to 80 miles so would suit the fitter cyclist. Shorter rides held on other occasions. Lunch carried. Bob MacDowall: [bob.macdowall@gmail.com](mailto:bob.macdowall@gmail.com) 01474 533629



Each year Group Get-Togethers see West Kent members meet up for joint rides to favourite destinations



### Medway Towns

Sunday rides from 40 to 80 miles starting at 9am from Rochester Castle steps. Geoff Hunt: [geoffcyclier@hotmail.com](mailto:geoffcyclier@hotmail.com) 01634 719504 [www.medwaytownsctc.moonfruit.com](http://www.medwaytownsctc.moonfruit.com)

### Moderates

Moderately paced Sunday rides; 30 to 40 miles. Lunch carried. Peter Scott: [pepasco8@btinternet.com](mailto:pepasco8@btinternet.com) 01474 833123

### Orpington

Tuesday evening rides; 15 to 20 miles to a pub. Meet 7.30. Peter Woods: [peterhwoods@msn.com](mailto:peterhwoods@msn.com) 01689 821475

### Saturdays

Moderately paced rides of 40 to 50 miles from Orpington/Sevenoaks area, some car/train assisted to get further afield. Pub lunches. Some weekends away. Heather Ashlee: 0208 300 7183

### Sevenoaks

Easy paced Saturday rides about 30 miles. Some weekends away. Lucy Bentley: [Carol.Lin@tfl.gov.uk](mailto:Carol.Lin@tfl.gov.uk) 01322220212

### Sunday All-Day

Moderately paced rides of 50 to 80 miles for the reasonably fit rider. Colin Atkins: [colin@atkins44.orangehome.co.uk](mailto:colin@atkins44.orangehome.co.uk) 0208 460 3447

### Tonbridge and Tunbridge Wells

Meet Sunday, 9am at Tonbridge Railway Station for easy morning rides of 20 to 30 miles. Rob Seall: [r.seall@gmail.com](mailto:r.seall@gmail.com) 01732 850664

### Weekdays

Moderately paced rides of 50 to 60 miles once a month on Thursdays for the reasonably fit rider. Starts from various railway stations in Kent. Pub lunches. Eric Watts: [ericwatts@talktalk.net](mailto:ericwatts@talktalk.net) 01580 892855