



Weekly Newsletter – 5 May 2016

Hello All

New Members

A very warm welcome to Dalton Flesch who joined the club this week. And a very warm welcome back to Rob Matheson who rejoined the club this week.

Social Riding

At last! Spring looks like it may finally be with us with a lovely sunny day last Sunday and a good turnout for the club social rides.

My comment last week that we don't have any club social ride reports to go alongside the racing reports caused me to reflect on why that should be the case, maybe not in terms of producing weekly reports but certainly for special one-off long rides or for sharing other riding experiences. How about "my journey from non-cyclist to the Pru Ride 100" or "my first year with FCCC"? Don't be shy, get your thinking caps on and email them to me at fccc.newsletter@gmail.com

Club Social Night Friday 6 May at 8.30pm All Saints Hall, Chapel Lane, Hawley GU14 9BW

Kelly Miller, our Club Clothing Secretary, will be at tomorrow's Club Night for more kit bargains from our excess stock at the temporarily discounted price of 30%. A pdf list of what's still available is attached – just seek out Kelly.

Time Trial Reports

FCCC's Matt Charlton continued his recent excellent form in finishing 9th in the Hampshire RC Open 10 on Saturday with another PB of 20:12. The fast P881/10 course on the A3 attracted a full field with the top ten separated by just 30 seconds, and was won by Gary Chambers of Fareham Wheelers in 19:41.

[Click here for the full CTT Race Report.](#)



Road Racing Team

Four members of the FCCC (RR) team raced at Hillingdon on Saturday (BIG Event Series - Race # 1) with very commendable placings for both Warren Vye (4th) and Luke Stratford (9th).

Results, photos and race video:

big **BIG Events**
8 hrs · 🌐

And by no means least Cat 4 Results. One slight alteration made to the finishing positions once back up video was reviewed due to a problem with a timing chip. (Typos? Let me know).

1 46 Robert Cheng
2 11 Jack Duke
3 13 Hemar Kuntawala
4 43 Warren Vye
5 24 Oliver Lees
6 8 Arran Curran
7 12 John Fisher
8 28 Leon Parks
9 20 Mark Hughes
10 14 Peter Flint
11 21 Callum Irvine
12 39 Luke Stratford
13 18 Frazer Glew
14 19 Christopher Goslar
15 2 Elliot Banks



[Click here and check out the finishing line video!](#)

Luke's and Scott's race reports are included in the **Appendix – Race Reports** section below – check out the video again after you've read Luke's account of his finishing line scrape.



Club Time Trial Results

28 April 2016 - Last Thursday's Club TT on HCC255b

Posn	#	Time	Plus	Name	Club
1	1	0h27'14"		Mr T Allen	Southampton University CC
2	7	0h29'47"		Mr B Brad	Army CU
3	3	0h31'18"		Mr L Stratford	Farnborough & Camberley CC
4	5	0h31'35"		Ms M McDowell	Farnborough & Camberley CC
5	6	0h31'45"	-0h01'22"	Mr D Hud	Army CU
6	4	0h33'47"		Mr C Gibbon	none
7	2	0h33'59"	-0h01'45"	Mr P Stratford	Farnborough & Camberley CC

30 April 2016 - Last Saturday's Club TT on HCC175

Posn	#	Time	Plus	Name	Club
1	6	0h20'13"		Mr T Key	Southampton University CC
2	5	0h21'12"		Mr A Lockwood	Southampton University CC
3	11	0h21'37"	+0h04'22"	Mr T Duncan-Booth	Farnborough & Camberley CC
4	3	0h21'43"	+0h05'43"	Mr T Allen	Southampton University CC
5	12	0h21'55"		Mr D Triska	Farnborough & Camberley CC
6	4	0h22'17"		Mr H Chamberlain	Southampton University CC
7	13	0h23'08"		Mr J Elliott	Maidenhead & District CC
8	8	0h23'09"	+0h02'55"	Mr M O'Sullivan	Teddington & Turing Velo
9	7	0h23'39"		Mr D Dale	none
10	9	0h24'36"		Mr I Wright	Southampton University CC
11	10	0h25'00"		Miss A Morris	Southampton University CC
12	2	0h26'01"	+0h01'50"	Mr D Welling	Farnham RC
13	1	0h26'26"	-0h00'03"	Mr S Smith	Farnborough & Camberley CC

Upcoming Rides

Club Time Trials

The next few club TT races:

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>
05-May-2016	19:00	HCC216a
12-May-2016	19:00	HCC257
14-May-2016	10:00	HCC175



For those members who may have missed the full list of the club time trials in an earlier newsletter the full list can be found by following [this link](#)

No experience or special equipment is required to enter these club races, just turn up on your road bike 15 minutes before the start time and give it a go. And it's free for FCCC members.

Sunday 8th May - Club Social Rides

The weather on Sunday is currently looking like “shorts” weather with warm temperatures and a fair bit of sunshine at the moment for our Social, Café and Mid-Paced rides, all starting at 09.30am at Speedys in Cove. Keep an eye on the [Facebook](#) page and the [Forum](#) for more details.

Midweek Rides

There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm (post on FB or the Forum if you're going) and the usual Wednesday Social Ride (09.30) from Speedys.

Tip of the week: Eating energy bars while out on a ride is not the easiest of tasks. Opening the wrapper is tricky one-handed and invariably involves using your teeth which carries the risk of dropping the wrapper, bar or both. Try cutting a few bars into quarters and then put them in a small clear sandwich bag with a spoonful of loose sugar to stop the bite size pieces sticking together and give it a shake. The pieces are easy to remove from the bag while it's in your rear pocket and enable you to eat little and often giving you a more constant source of energy.

Safe riding!



Jeff Davis - FCCC Newsletter Editor



Facebook and website – just click above to access



APPENDIX – RACING REPORTS

FCCC (RR) Team Road Race Reports

Race 7 Hillingdon BIG Events – Saturday 30 April

Luke Stratford – Race Report

The race was delayed by some twenty minutes which caused three line ups. On the second line there were some moans as FCCC had moved up and placed themselves on the front line however only the team boss managed to get on the front line for the real start.

Now normally this hasn't been a big problem as the starts have been quite slow. NOT today!!! Corner one and the front runners are out of their seats going for the break away. So when in Rome and all that, one must buck up one's game!

With a strange wind that seemed to be blowing against us for 3/4 of the lap (mainly a cross wind) there was little shelter from it. The average speed was around 27mph for the first 5 laps until it calmed down a little bit but still lapping at 25mph.

There are some strong riders here today but we have also got the wobbly ones too! One guy who I'm ashamed to say was also riding a Boardman (the best one they sell mind) was so unpredictable. I quickly made a rule up that if he was in front of me I need to move up, just as he cuts Warren up (who may have told him politely to buck his ideas up).

Now having a rule is one thing, executing it is another thing. It's hard to find a place to move up so I decide to take the outside line at the top of the track, this means I'm going to have to take the long way around 2 of the 3 bends at the top but I have plenty of space and go for it! I jump up 10-12 places on the first bend and hold my position through the next two. It feels a lot safer up in the top 10.

To spice the race up there's a "black sheep lap" about 3/4 of the way through the race which offers 20 notes for the rider that crosses finish line first on that lap,

The top 5 riders make a break for it and if I let them go it's going to be nearly impossible to catch up so I give chase but number 5 gives up leaving me out on my own. To catch number 4 up would blow energy reserves and send my heart rate through the roof. I need to save that for the sprint finish and I'm going to need everything I've got today!

Fortunately as the race leader passes the finish line collecting his well-earned £20 he slows off to recover but this may have cost him a race win!

We have a slightly slower recovery lap, then it's back on with warp speed only for my fellow Boardman rider to start coming past me again. Temporary rule actioned and I use my outside overtaking route again.



The 5 lap board appears so it's time to start planning the finish, we are going to need to be top 15 at least as we enter the last 2 corners before the finish straight.

I spot that someone has dropped a gel wrapper mid corner on the racing line and make a mental note not to take that line, the last thing you want is for the front wheel to slip out on the last corner!

It's hard work maintaining position and the speeds around 36mph down the back straight it tricky to move up but I'm still in the top 15 as the last lap bell rings.

Warren is well placed on the inside line about 8th and holding his position with brute force! However I feel like I am being pushed around a little on the outside line and there's not the clear path ahead of me I had hoped for on the back straight. I start my move slightly earlier than planned but chicken out a little as we approach the last two corners as I am on the line that's going to take me over that bloody gel wrapper! Backing off slightly allows me to go wide of it but I'm going to pay for that now as I have allowed a few riders to pass on the inside.

There's still some juice in the tank so as soon I straighten up its full power, I start catching riders but it's like negotiating an asteroid field! The nav computer is plotting a course but the asteroids start coming quicker.

Now asteroid's usually stay on the same course unless struck by another asteroid but these are riders and as we approach the finish line there is a back-marker having a gentle afternoon ride slightly to the right on the middle of the track! The nav computer quickly identifies going past him on his right will be the quickest and safest route which will then leave me a clear route to the finish line. However our afternoon rider suddenly decides to keep right (where he should have been in the first place) at this point the anti-collision system cuts in violently braking the rear brake and putting the bike into a swerve to avoid our moving asteroid. This is great but I'm heading off the track just meters before the finish as the brace of impact the warning light comes on. I can only grit my teeth and wait for the impact now! BANG, BANG! I hit a small kerb-stone blowing out both tyres and narrowly avoiding the spectators! Still picked up 11th but felt a little robbed. Warren scooped a very respectable 4th in what was a tough race!

Luke

Scott Heyhoe – Race Report

On the start line for the 3rd Category race at Hillingdon on Saturday. Small field of 20 riders as the organisers use timing chips and they only reserved 20 for this race. Looking around me, I asked out loud, "am I the oldest rider?", to which the response from a fresh-faced 20-something was "you mean here today, or in the world?"

Off at a frantic pace. Hillingdon is a lovely circuit to ride, especially in a clockwise direction as today. Two punchy little climbs and a longish downhill section before two flat sections back to the finish. Numerous attempts to break away, all of which were brought back. I saw four riders get a small gap on about lap 15, sprinted to join them and thought we might get away. I shouted that we had a gap but oddly, no-one wanted to work, so we got caught within a lap.



"5 laps to go" board was held up after an hour's racing. Massive increase in speed as one rider tried a long attack. He was caught, only to try again twice more. Caught twice more. All together and two laps to go. Snail's pace now as everyone saving themselves. Last lap, bell, sprint up the first climb, good position, sweep left at high speed, second climb and lose a bit of position but still ok. Darn it, rider in front lets the wheel go and five of us are caught out. Sprint to catch the front group up, drag other riders with me. Big speed around the last corner and my legs just won't respond. Used up a bit too much to chase. Finish at the back of the group. Legs sore but I'm not out of breath! Time to rest perhaps, give my poor old legs time to recover. But no! Next day I do a 58-mile ride through the North Downs, some 50 minutes faster than I did the same ride end of Feb. Love it!

Scott