



Weekly Newsletter – 14 July 2016

Hello All

NEW MEMBERS

A very warm welcome to Simon Notley who has joined the club this week.

CLUB KIT PRESENTATION BY BIORACER WEDS 3rd AUGUST

Bioracer are now confirmed to give their presentation on the kit range and choices at our club night venue, All Saints Hall (located at the junction of Chapel Lane and Fernhill Road, Farnborough) on Wednesday 3rd August at 8.00pm.

Make sure to plan ahead for the Autumn and Winter by looking at their full range including the pixelated (reflective), warm and waterproof garments (they have their own “cheaper” versions of Castelli’s Elemento and Gabba jackets for example).

Bioracer will also be bringing kit samples for you to try for sizing purposes and we’ll have swatch samples for you to see the colours in the flesh.

Put it in your diary now!



CAFÉ SOCIAL RIDE SPECIAL SUNDAY 17 JULY

This Sunday’s café ride will start at the earlier time of 8.30am for a longer ride out to Winchester Cathedral. 85 miles with over 3,000 feet of climbing at an expected average of around 16 to 17 mph. Meet at Speedys – don’t forget at the earlier time of 8.30am.

The route will be posted on the Forum and Facebook.

A TRIP DOWN MEMORY LANE

Thanks to Ron Taylor again for this week’s trip down memory lane with the club newsletter from Apr/May 1995. [Click on this link for the scanned pdf copy.](#)



CLUB CHAMPIONSHIP 50 MILE TT 10 JULY

This event was unfortunately cancelled due to a fatal car accident on the course prior to the race. At present it looks unlikely that we will be able to find a convenient replacement race to nominate.

CLUB CHAMPIONSHIP 30 MILE TT SUNDAY 31 JULY

A reminder that the 30 mile Club Championship nominated event is the West London CA on 31-Jul-16 starting at 8am on the H30/1 course at Aldermaston. Closing Date for entries is midnight on 19 July 2016. [Click here for course details and online entry.](#)

OPEN TT RESULTS

David Ogden continued his impressive run of form this year with classification 5th place and 15th overall in pretty wet and miserable conditions recording a time of 21:45 in the Andover Wheelers 10m race on the P612/10 (A303) course last Sunday.

Well done Dave!



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ROAD RACING

The FCCC road racing team continue their rise up the Surrey League Team Table, moving up to 23rd place. [Click here for the link to the full table.](#)



Determined concentration at Dunsfold last week.

Well done everyone!



Race reports are included in the Appendix below as per usual.

As always thanks to you all for the race reports but special mention must go to Scott Heyhoe who, in order to make this morning's publishing deadline, has written yesterday's (Wednesday) race report before riding it! Sounded like quite a race 😊.

"A bright and sunny day today, until we took to the start line, when it started raining. Luckily, Warren and I were still fired up from being called 'old gits' by Luke "Skywalker" Stratford. We also both wanted to add to the points total that Josh and Sue had added to in recent races. Tony had fitted puncture-proof tyres as his recent form had been fantastic, and he definitely wanted to be in the points this week. Or at least to finish. I patted the leader of the GS Vecchi team on the back, secretly sticking a photo of Luke "The Force" Stratford onto his back. Off we went. Warren, Tony and I attacked immediately and gained a lap on the field. Into the final lap, and Warren kindly led out the sprint. With a combined age of 110, Tony and I were having none of that, and linked arms with Warren, for a F&CCC 1-2-3 dead heat, and 30 points in one go. The guys from the Vecchi asked if they could keep the photo of Luke "I am your father" Stratford. Suspect we'll see it stuck to a Norwood rider's back next week."

CLUB TIME TRIAL RESULTS

7 July 2016 - Thursday Club TT on HCC216a 10m

Posn	#	Time	Plus	Name	Club
1	15	0h22'55"	+0h03'23"	Mr M O'Connor	Boutique Cycles
2	10	0h23'32"		Mr D Ogden	Farnborough & Camberley CC
3	13	0h24'07"	+0h02'57"	Mr I Neville	Boutique Cycles
4	18	0h24'51"	+0h01'22"	Mr S Hunt	Farnborough & Camberley CC
5	14	0h25'02"	+0h01'30"	Mr T Carman	Farnborough & Camberley CC
6	6	0h25'22"	+0h02'04"	Mr J Davis	Farnborough & Camberley CC
7	17	0h25'30"		Mr L Thompson	none
8	9	0h25'59"	+0h00'46"	Mr J Norton	Farnborough & Camberley CC
9=	5	0h26'01"	+0h00'17"	Mr G Short	Farnborough & Camberley CC
9=	12	0h26'01"		Ms K Parton	RAF CA
11	11	0h26'08"		Mr C McQueen	VC Meudon
12	7	0h26'13"	-0h00'04"	Mr K Miller	Farnborough & Camberley CC
13	16	0h26'32"	+0h00'09"	Mr G Lock	Farnborough & Camberley CC
14	3	0h26'35"	-0h00'08"	Mr S Smith	Farnborough & Camberley CC
15	4	0h26'52"	-0h00'25"	Mr M James	Farnborough & Camberley CC
16	2	0h27'26"	-0h00'50"	Mr R O'Hara	Farnborough & Camberley CC
17	1	0h28'58"	-0h02'26"	Mr D Flesch	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>
14-Jul-2016	19:00	HCC257
21-Jul-2016	19:00	HCC175
28-Jul-2016	19:00	HCC255b

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 17th July - Club Social Rides

The Social and Mid-Paced rides all start at 09.30am at Speedy's in Cove this weekend. Keep an eye on the [Facebook](#) page and the [Forum](#) for more details.

As per above the Café ride will be starting at the earlier time of 8.30am for a longer ride out to Winchester.

Midweek Rides

There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm (register your interest on the weekly FaceBook event) and the usual Wednesday Social Ride (09.30) from Speedy's.

Quote of the week: As it's TDF time a few from the pros

"As long as I breathe, I attack." Bernard Hinault

"The race is won by the rider who can suffer the most" – Eddy Merckx

"If you go (with a break), you can either win or not win. If you don't go for it, you definitely won't win" – Jens Voigt

Safe riding!

Jeff Davis - FCCC Newsletter Editor





APPENDIX

FCCC (RR) Team Road Race Reports

Sue McFarlane – Race Reports

Naseby Women's Team Series Road Race v Thrupton Crit Race (9th July & 12th 2016).

I thought I would put these two races together as a comparison.

My race at Naseby was full on, great contenders from the start and the fact the national Elite were racing didn't put me off at all. So okay at the start line I felt I was ready, we then preceded to neutralisation for approx 2 miles and the race begun. This was very quick with an average speed of 23mph, I managed to sit quite happily within the middle of the bunch until the 2nd hill - where I got caught up in a crash!! Never happened before but I hung on, got up the hill and got back to the bunch. I was so happy with that effort as although the course was easy I struggle with hills. After the 5th time around I couldn't keep up on this hill as I am not built for climbing, more for speed and when you are in a higher end road race - they take no prisoners. The drop was hard going as it was very windy but I took on board 2 very junior riders and we worked together to finish the 50mile course.

I love road racing but then on Tuesday seen a different event! Road racing is all about confidence and tactics but the Thrupton race was all about thrust and determination. Give me a short sharp race any day - until I realised I was competing against very strong riders. They were off from the start, the 2nd lap there was a break away which I couldn't quite get onto but I held my own and pushed 4 other girls that sat on my wheel. They couldn't actually believe that I was able to push through the windy conditions but I wasn't bothered about that by then it was more about a training session. I was in a bunch of 5 girls and we all worked together throughout until the last lap and we saw the lead group - we made our progress and then attacked. I managed 7th place which I am happy with but the whole experience makes me realise how different road racing is to Crit racing.

Sue

Weekend of 9 -10 July

Josh Orlowski – Race Reports

Surrey League Dunsfold 4ths

More points. Tony and I met up at Dunsfold on a clear but windy evening, with a moderately sized field of 28. The pace through the first 4 laps was ~30 with the wind, dropping to 20 into the headwind on the back straight. One guy went off the front a couple times but was reeled back in. The pace dropped significantly for the next few laps once it looked like it would likely finish in a sprint. We dropped to 16 on the windy side more than once. I took a few pulls and made an uncommitted break attempt but eventually sat in heading to the last lap.



My positioning wasn't great and I got bumped a lot coming into the last few turns. As we got onto the last straight and started to wind it up, someone shot across in front of me and I had to slam on the brakes. I'd lost a lot of momentum but managed to get across in 9th. Unfortunately that was my last one at Dunsfold for the year, but anyone who is considering racing should definitely do the Surrey League training days and get out there next Spring. It's a relatively safe track and the 4ths only (but with at least a little training) makes for good racing.

Southern XC- Matterley

Sunday was round 7 of the Southern XC MTB series at the Matterley Estate. I'd raced the last round that was here and was excited to see the new course layout. They still had some of the muddy sections from the last round, but also pulled in bits of the motocross track (! takes me back to my roots) and added some cyclocross? grass sections for this one. I managed the preride without incident this time and was gridded near the back of the 45 rider field.

The start is a 300 meter uphill drag and I managed to get up to the top 3rd of the group before the first wooded sections. I surrendered a number of spots about half a lap in when I realized I wouldn't be able to hold the current pace for a full hour. I settled into a pretty consistent pace for the next 2.5 laps with 2 small tipovers. The only real excitement came on the MX track on lap 2. A poorly executed "scrub" over the stepdown led both the kid spectating and myself to think I was going over the bars hard (see educational photos below). I managed to ride it out, settled back in and finished 24th.



Good



Bad

The Southern XC races are very well run- they have chip timing, good facilities and fun tracks, another good place to get out to if you're considering racing.

Josh