



Weekly Newsletter – 28 July 2016

Hi Everyone

Apologies for the absence of the newsletter last week but I was out of the country and although I had Wi-Fi it was mind-numbingly slow and totally useless.

DON'T FORGET - CLUB KIT PRESENTATION BY BIORACER 8.00 PM 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 GU14 9BD) 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.

A map of the location is included in the Appendix.

Put it in your diary now!

PRUDENTIAL RIDE 100

Good luck to everyone riding in this Sunday’s event when hopefully the success of Chris Froome, Mark Cavendish and Adam Yates will be reflected in the crowd and atmosphere and the performance of us amateurs. Don’t forget to wear your club tops and keep your fingers crossed the weather stays as currently forecast.





NEW CLUB WEBSITE

As Dave Triska mentioned in his Chairman's Update last week we will be going live with the new website in the first half of August. It is packed with modern features including training plans and metrics, Strava/Garmin Connect sync, club challenges and event planning. The developers are also hard at work on a fully functional app of the website for mobile devices that will be released later this year, it's a feature we think is pretty unique among cycling clubs.

We will keep you updated with further news but keep your eyes on your inbox for an invitation email in early August.

COMMITTEE CHANGES

We are very pleased that Andy Hale and Nick Wood, ride leaders for our regular club rides, have joined the club management as Ride Secretaries. The committee has long thought the club needs more representation from our club rides around the committee table and both Andy and Nick's experience and connection to our social members will be invaluable in this regard.

Please feed your ideas and thoughts about the club rides to them. Your views on our rides structure are crucial for the review we are currently undertaking in tandem with the ride leader courses members have signed up to. **By the way it's not too late to join the ride leader/assistant courses, just email me asap (fccc.newsletter@gmail.com). We need as many as possible. It's not a commitment to become a leader but it will improve everyone's ride if we have more riders with "the knowledge".**

OPEN TT RESULTS

A relatively quiet couple of weeks on the open TT event front but Vernon Schutte and Tim Carman were flying the FCCC colours competing in the Hounslow and District Wheelers 25 mile race on the H25/8 course at Bentley 17 July. Tim clocked his second fastest 25 mile time with 59:01 and Vernon came in with 1:05:52 (Vernon professed disappointment but it just shows how his rapid improvement is elevating his expectations).

And on 24 July Vernon smashed his 50 mile PB on the H50/8a at the Reading CC (Vernon's reports are in the Appendix, make sure you check out his new ride meter)

Well done fellas.



ROAD RACING

The FCCC road racing team continue their rise up the Surrey League Team Table, moving up from 23rd to 20th place.

The club are terrifically proud of the resurgence of the road racing group this year from a point of almost non-existence.

Well done again to everyone.



Tony Clack at Dunsfold 22/7/16

CLUB/TEAM RANKINGS 2016

ADMIN - 23RD JULY 2016

CLUB/TEAM OVERALL 0 COMMENTS

Club Ranking Overall : 2016

Pos.	Club/Team	Pts.
1	VC Meudon	839
2	London Dynamo	352
3	Addiscombe CC	278
4	Southdowns Bikes	266
5	VC de Londres	229
6	Paceline RT	209
7	Maison Du Velo	200
7	Sussex Revolution VC	200
9	Army Cycling Race Team	179
10	WyndyMilla	173
11	Dulwich Paragon CC	164
12	VC Godalming & Haslemere	159
13	Team ASL360	158
14	Crawley Wheelers	149
15	Norwood Paragon CC	138
16	Adalta CC	113
17	Twickenham CC	85
18	Kingston Wheelers	84
19	Charlotteville CC	78
20	Farnborough & Camberley	73
21	Handsling Racing Team	71
22	i-Team.cc	70

[Click here for the link to the full table.](#)

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

CLUB TIME TRIAL RESULTS

14 July 2016 - Thursday Club TT on HCC257 20k

Posn	#	Time	Plus	Name	Club
1	12	0h28'39"	+0h04'01"	Mr T Duncan-Booth	Farnborough & Camberley CC
2	13	0h29'03"		Mr M Taylor	VC Meudon
3	10	0h29'18"		Mr D Ogden	Farnborough & Camberley CC
4	11	0h30'53"	+0h01'59"	Mr S Hunt	Farnborough & Camberley CC
5	2	0h31'14"	+0h03'09"	Mr J Davis	Farnborough & Camberley CC
6=	14	0h31'26"	+0h01'49"	Mr T Carman	Farnborough & Camberley CC
6=	9	0h31'26"	+0h02'06"	Mr J Norton	Farnborough & Camberley CC
8	4	0h31'42"		Mr C McQueen	VC Meudon
9	8	0h31'48"	+0h00'58"	Mr K Miller	Farnborough & Camberley CC
10	5	0h31'55"	+0h01'37"	Mr G Lock	Farnborough & Camberley CC
11	7	0h33'02"	+0h00'02"	Mr D Hird	Army CU
12	1	0h33'03"	+0h00'06"	Mr S Smith	Farnborough & Camberley CC
13	3	0h34'55"		Mr T Vandersluis	Farnborough & Camberley CC
	6	D.N.F.		Mr L Walton	East London Velo



21 July 2016 - Thursday Club TT on HCC175 10m

Posn	#	Time	Plus	Name	Club
1	9	0h20'17"		Mr M Taylor	VC Meudon
2	10	0h20'19"		Mr B Elliott	Paceline RT
3	16	0h20'54"	+0h05'10"	Mr T Duncan-Booth	Farnborough & Camberley CC
4	15	0h21'06"		Mr M Cripps	Army CU
5	6	0h21'37"		Mr D Ogden	Farnborough & Camberley CC
6	12	0h21'48"		Mr B Houston	East Grinstead CC
7	7	0h22'06"	+0h04'30"	Mr S Martingale	Sotonia CC
8	11	0h22'23"	+0h04'22"	Mr R Charles	Blazing Saddles RT
9	8	0h22'41"	+0h03'46"	Mr R Brooke	Farnham Triathlon Club
10	14	0h22'52"	+0h03'17"	Mr K Miller	Farnborough & Camberley CC
11	5	0h23'21"		Ms K Parton	RAF CA
12	3	0h23'39"		Mr C McQueen	VC Meudon
13	4	0h23'55"	+0h02'50"	Mr G Lock	Farnborough & Camberley CC
14	1	0h24'28"	+0h01'59"	Mr S Smith	Farnborough & Camberley CC
15	2	0h26'15"		Mr M Llewelyn	Army CU
	13	D.N.F.		Mr W Vye	Farnborough & Camberley CC

PALMER PARK VELODROME, READING

Good news at last! Apparently work has started on installing new lighting, it is hoped to be finished in 6 – 8 weeks which means the track should be available for the Tuesday and Thursday winter road bike sessions.

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>
28-Jul-2016	19:00	HCC255b
04-Aug-2016	19:00	HCC216a
11-Aug-2016	19:00	HCC257

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 31st July - Club Social Rides

The Social, Cafe 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.

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: "This Tour has taken place against the backdrop of the terrible events in Nice and we pay our respects once again to those who lost their lives. Of course these events put sport into perspective but they also show why the values of sport are so important to free society. We all love the Tour de France because it's unpredictable but we love the Tour more for what stays the same – the passion of the fans for every nation, the beauty of the French countryside and the bonds of friendship created through sport. These things will never change." – Chris Froome, TDF 24 July 2016

Safe riding!

Jeff Davis - FCCC Newsletter Editor





APPENDIX

FCCC (RR) Team Road Race Reports

Scott Heyhoe – Race Report

Hillingdon

Evening all,

My car said that the temperature was 40.5 degrees when I got into it today. Granted it's black and gets hot, but it still read 35 degrees when I arrived at Hillingdon racing circuit.

This is a fast and flowing course, with plenty of sweeping bends and a couple of tiny little hills. A fairly challenging course when there are 30-40 riders, but the warm weather brought 70 riders out this evening. Figured I'd better start near the front of such a big bunch, so nudged my way onto about the 3rd row.

Off we went, only for the guy in front of me to not move at all and spend an age getting one foot into his pedal before he even set off. This put me back in about 50th place which was no use. I gradually worked my way up to about 10th spot, having witnessed three near misses, and three riders running off the track in the first three laps.

I held that position for a few laps when I saw three riders clip off the front. They didn't attack as such – it was more that the guy in fourth spot couldn't hold their wheels – but opened up a gap of about 50 metres. I was feeling good, so sprinted across to them.

The four of us worked fairly well for a few laps, but eventually got reeled in. The race settled down into a fairly even pace with a few surges. It was hard to maintain position in such a large group, and I was a bit far back when the 3-laps-to-go board was held up after about 35 minutes of racing. I tried to move up, but couldn't really get a clear run. Still, I was in about 30th place and the speed picked up loads, so I just kept going, hoping that someone might sit up and I could find some space. No such luck, but I finished strongly enough for about 20th place I guess.

Was a fun and fast race at times. Definitely recommended for riding and spectating alike. Good changing and catering facilities and we lap every 2-3 minutes. There are a few races to come there on Tuesday and Wednesday evenings all the way to the end of August. Give me a shout if you fancy coming along. They have 3/4 races and E/1/2/3 races.

Scott



APPENDIX

Vernon's TT Chronicles

Hounslow H25/8 18/7/2016

Well it had been 3 weeks since I had last raced and I have to admit I had not done a lot since then. No proper training and some 8 -10 mile commutes instead of the normal 2.5 ml ride each way for work.

There were 120 entrants and I was off at number 34. It was a clear warm morning, with a westerly wind of 8/9mph. This meant there would be an angled headwind on the run down to Holybourne. Oh joy inclines with a headwind my favourite conditions, NOT!

I set off and decided not to push too much on the outward legs as I did not want to blow out early like Richie Port on the TDF time trial.

The bypass went well as I held about 20mph all the way to the start of the incline where I dropped to about 16mph by the time I finished the climb.

Having passed the H&C the open section of countryside allowed the wind to take its toll on me. I put some effort in to try and hold a respectable speed and got into a steady cadence but it was pushing my heart rate up higher than I liked.

As I reached the roundabout number 35 came up behind me and overtook as we went round it. 14 minutes plus at this stage, a bit slow but I had been surprised that it took so long for the rider to catch me.

With the run to Coxbridge ahead I started to wind up my speed. On the run back to the H&C I got into a really good pace. Holding about 28mph by the end of the section. I went down and up the dip and on towards the bypass. I accelerated down the slope hitting almost 32mph and onto the flat. Here my lack of fitness started to show itself as my speed slowly dropped back to about 28mph and my cadence dropped down to the low 70's .

I passed The Bull and got back into a steady rhythm. The rest of the run to Coxbridge went without a problem.

My minute man was Roger Chapman from Farnham RC. Last year we had been fairly equal and had played win some lose some all season. This year he had beaten me by a couple of minutes on a 25. I had been keeping an eye open for him as I headed towards Coxbridge and as I approached the turn I spotted him on the other side of the carriageway. This put him less than a minute ahead of me. I was gaining on him!

Due to Dave Triska's injuries and early withdrawal this season he had kindly leant me his Flo Disc and front wheel for the rest of the season. This was why I was holding higher speed despite my lack of power.

I made my way back towards the start line and passed it at just under 38 minutes, an average pace for me. I was struggling with the saddle on this ride and I kept having to adjust my position.



I struggled up the incline away from Bentley finding it hard to get any speed and steady pace. Onto the open section and a slight slower speed than before but also a lower heart rate. I make the turn and number 37 comes past me and continues to pull away from me. This spurs me on to go after him. He slows as he makes the climb and the gap between us does not increase. I keep him in sight and gain a bit more on the flat.

The dip after the H&C causes me to lose ground again despite having to get out of the saddle to make the climb. The run down and onto the bypass allows me to shorten the gap again. I am making the most of the last 3 miles and hit maximum speed.

That's to say maximum for the condition I am in, which somehow turns out to be almost 30 mph, the wheels are doing their thing.

I make it to the finish and know it has not been my best day.

Official time of 1:05:52 .

I felt let down at first, but on reflection realise that I am still getting under 1:06 which seems to be my level this year. Also my 2 circuits of the 10mile circuit were both close to my normal 10 times but the wind was slowing me down on the return from Coxbridge.

Chapman finished 46 seconds ahead of me so I was happy that I had made a gain on him. I think I finished about 9th from bottom so not out of the slowest 10 this time.

Got to get some training in this week as I have a 50 next Sunday and I definitely need to be in better condition for that.

Cheers Vernon

Reading CC H50/8a 24/07/2016

My second 50 of the year and hoping to improve on my time from earlier in the year. After last week's lack of power I put in some short training sessions to get the leg muscles working again.

Reading CC decided to modify the route to avoid using the Chawton Roubaix section. This meant that it went from a 2 lap ride to a 4 lap ride. This suited me as it meant I had 3 runs of the Holybourne to Coxbridge where I could gain time.

The Start had shifted to a layby just before the dip that takes you on past the H&C. I had number 14 again so another early start for me. The weather was forecast to be warm with light winds with sun breaking through later.

Off I started and immediately felt out of rhythm. Although the new start saved me having to do the long slog across the bypass and up the incline, it also meant I was straight into the dip and onto the H&C section. I was struggling with my breathing all the way to the run down to the Holybourne turn.



Having made the turn I settled into a more comfortable rhythm. My heart rate was still high but my breathing felt regular.

I decided that rather than push hard and then lose time on the hills through being tired I would keep some in reserve on the flats.

The club TT riders with power meters said that I was trying too hard on the hills and then running out of energy on the flat. Not having a meter meant I was working by the strain I was feeling through my knees. Not exactly scientifically measurable but a good guide to how much effort I was using on the hills.

The first run through the dip after the H&C went well with my kneometers letting me know when to go up a cog to keep the pressure at a constant level.

Onto the bypass and again I kept a limit on how much I was pushing. Even so Dave's wheels were helping and I was keeping up a good rate of speed.

As I approached the Coxbridge turn I could see riders 12 & 13 on the other side of the carriageway. With number 13 quite close behind 12. I had gained a few seconds on them. Make the turn and head back towards the bypass and my first go at the long incline.

My speed drops on this return run but my heart rate stays in the low 140's. My cadence has been staying in the middle to high 80's and I am settled into a comfortable ride.

I pass the start line as number 52 is setting off and watch as he accelerates away from me. I follow him down the dip and as we come up the incline he starts to slow and check his bike. My front wheel seems to be wobbling and I wonder what's going on. I slow down as I crest the rise to check if my spindle is loose or if there is another problem. Number 52 has pulled off and is checking his bike. I decide that it must have been the road surface and accelerate away (apparently 52 suffered a puncture and withdrew 200 yards into the race).

Down to the turn and back towards Farnham. Once again I held off going flat out and seemed to make it up the climb from the H&C without resorting to the small ring. The run across the bypass and on past the Bull goes as before and as I watch the other carriageway near the turn I can see that 13 has now passed 12 and I have lost ground to them.

I make the turn and immediately find that the wind has increased and I now have a definite headwind to combat. The first 25 miles have passed at 1:05 which is better or par with my full 25 TT time.

Maintaining my knee strain gauge I keep up my pace and make my way to Holybourne. I am starting to slow slightly and there is now a steady stream of the high numbers coming past me.

Round the turn at Holybourne and head back to Coxbridge for the last time. I manage to make up for lost time on the flats again and find I have gained on number 12. I head back into wind boosted by the knowledge that there is only 12 miles left.



As I reach the bypass I catch and pass 12 and push on for the incline. As we make the climb he comes past me and I have to slow a little and move out of his slipstream. I allow him to pull away so I cannot be cited for drafting. Once on the flat I manage to pass him but he comes past me again on the slight rise past the transfer station. I keep after him and take him before the run down to the roundabout. I make the turn and make even more ground on him.

I take the run down to the bypass and try to accelerate to full speed. My legs are not going to let me so I settle for what I can get. I cross the finish line and glance at my Garmin.

My mind is playing tricks on me as I have it in my brain that I am slower than my PB. I head back to HQ and do an online check of my May event result.

Oooh wee! My previous time was 2:23:26. Today I managed 2:14:28 nearly 9 minutes faster!

So amazed. A combination of a more suitable course, good wheels and a better strategy paid terrific dividends.

Over the 50 miles I had an average cadence of 83, a heart rate of only 145 and a speed of 22.4 mph.

I still ended in the bottom 10 but am really chuffed with my result.

Some interesting facts about thee Reading 50:

- *70 entrants , 56 finishers*
- *25 riders under 2 hours.*
- *21 riders improving on their entry times (presumably PB 's off CTT site)*
- *I finished 47th.*

Cheers Vernon



APPENDIX

Location Map for All Saints Hall

