FARNBOROUGH & CAMBERLEY C.C.

Newsletter – January 2018

Welcome, dear member, to the latest edition of the club newsletter. This month we've got a rather interesting article about Shakespeare's cycling background (honest!), details on this month's club night, another great cyclocross report and news on upcoming racing, as well as important information about February's AGM. Read on and enjoy!

New Members

A very warm welcome to Graham Lyons, who has recently joined the club.

Club AGM

Our Annual General Meeting will be held on Friday 2 February 2018 at 8:30pm at Club Room, All Saints' Church Hall, Chapel Lane, Hawley GU14 9EW.

Nominations for election, and any specific proposals you wish to be discussed, should be sent to the General Secretary, Bob Vineer, to arrive no later than Friday 12 January 2018.

Contact details are: Email: bobvineer@gmail.com or by post to: 60 Hawkesworth Drive, Bagshot GU19 5QZ

Below you can see a list of current committee positions which shows those posts currently vacant or to be vacated at the AGM.

A number of new members have joined the club during the year who may be able to contribute on the committee or as a club official and we would ask everyone to look at the vacant posts and ask themselves if they feel able to support the running of the club. If so, please let other members know or contact a member of the committee so that they may nominate you. Alternatively, you may know a member who you think would be a suitable candidate. Each nomination requires a proposer and seconder.

We very much look forward to receiving your nominations which must reach Bob by Friday 12 January 2018.

FARNBOROUGH AND CAMBERLEY CYCLING CLUB

Committee Posts - current holders

POST	Current post holder	Y/N	Notes/Vacancies
President	Dick Poole		
Vice-Presidents	Mrs G Alexander		
	Mrs A Miller		
	Mr F Beesley		
	Mr R Osborne		
	Mr J Wills		
	Mr Ron Taylor		
Chairperson	Jeff Davis		
General Secretary	Bob Vineer		***To be Vacated***
Treasurer	Jeff Davis		
Membership Secretary	Mike O'Donovan		
Social Secretary	Ollie Rastall		
Clothing Secretary	Tim Duncan-Booth		
Webmaster & Social Media Editors	Jeff Davis Mike O'Donovan Steve Hammatt		
Time Trial Secretary	Donald Ashton		
Track Secretary	Dick Poole		
Road Race Secretary	Warren Vye		
Newsletter Editor	Steve Hammatt		
Ride Leaders	Steve Hammatt		
	Chris Bagust		
	Terry Holmes		
	Jeff Davis		
Without Portfolios	Frank Curtler		
	Josh Orlowski		
Auditors	Ron Osborne		
	Chris Young		

Committee News

As you can see from above, the club needs a new General Secretary. This is an important role which is vital to the running of the club, but it is not an overly onerous or complicated one. If you would like more information about what the role entails then please either contact Bob Vineer directly, or any other member of the committee, for more information.

Club Annual Dinner - Frimley Hall Hotel 10 February 2018

We will be sending out the menu choices and details of how to pay in the next few days. Don't worry if you haven't made up your mind about going yet and responded via the RSVP form, as you'll be able to book straight from the menu choice form.

If you haven't already responded on the RSVP form, then here's a reminder that we wouldn't want you to miss out on a fun evening. Just ask anyone who went to last year's dinner and they'll tell you how much they enjoyed it. It's not too late to join in – please email Ollie and Jeff to put your name down.

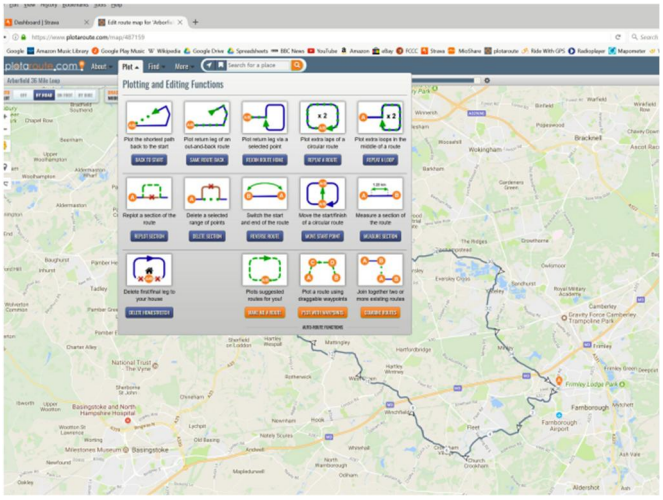
As was the case last year, the committee has decided to subsidise the dinner in order to keep the cost the same at £28 per person (which you'll know is a bargain if you've sampled the food at the Frimley Hall Hotel before).

Club Night

The details for the next club night are as follows:

Friday 5 January – GPS Navigation and Route Planning, a talk by Jon Cooke covering subjects such as:

- How to find routes from the FCCC website
- What is a GPX file?
- Why you shouldn't use Garmin's website for route planning
- How to load routes onto a Garmin or other bike computer
- What other route planning sites are out there?



Club night is held at All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW, starting at 8:30pm. The details are also in the website Event Calendar.

As usual for club nights, sizing samples of club kit will be available to try on.

At the December club night, Ollie Rastall gave a fascinating talk about his experiences of his first year of road racing, with some useful additional input from veteran racer Scott Heyhoe.

There were plenty of questions from the audience and it was clear how much Ollie has learned over this past year, so we're grateful to him for helping to pass some of this on to other members.

Ollie's presentation is now available from the club website.

Club Kit

The 2018 club kit price lists (gents and ladies) are available from the website on the club kit page. Please note that in these new price lists **VAT is not included**, so **you'll need to add that on** yourself when submitting an order.

That same web page is also the place to find out the current ordering window status. At the time of writing we're just over halfway towards opening a new ordering window (i.e. when we get enough expressions of interest to exceed the minimum order value threshold). Please email kit secretary Tim Duncan-Booth with your expected order (no need to pay until we do open the ordering window), and bear in mind the lead time of several weeks – so start planning that spring/summer kit now!

As mentioned in the last newsletter, we have also had a couple of expressions of interest in ordering mitts (i.e. track mitts, the fingerless sort) in club colours, along with arm and leg warmers. However these items have a minimum ordering quantity (rather than value), so if you are interested in mitts and/or arm/leg warmers, then please email Tim and let him know (again, no need for payment at this stage).

Shakespeare Was a Cyclist

Some interesting research from Chris Bagust, the Wiggins Professor of English Literature at Manchester Velodrome, who writes as follows …

You've all heard of Bill Shakespeare, who founded Stratford and District Wheelers and held West Midlands Area records at many distances, but not many people know that Bill wrote plays in his spare time. Some of the plays survive to this day, and those that know about these things reckon that they are quite good.

I've studied some of Bill's works, and what I find most interesting is that he was unable to conceal his love of cycling – it kept showing itself in his plays. He probably worked out the plots of the plays while he was on the turbo in the shed of a winter's evening. I also find it astonishing how many 'modern' concepts were already well-known in those far-off days.

I shall now attempt to prove my theory by quoting from those plays that survive.

People tend to think that a structured training plan is a modern invention, but Bill certainly had an eye for the long-term strategy, as shown in Act V of 'Cymbeline': …. *these twenty years have I train'd up…* certainly points to the systematic approach, and he was always ready to share his knowledge and maybe to coach youngsters, as this line from Henry IV pt I shows: ….*we did train him on.*

The importance of good nutrition was understood, even in those days. Clearly this line from Richard III refers to a club-mate's poor time in an important event: *This news is bad indeed, O, he hath kept an evil diet long.*

And once more from Henry IV pt I: … *for your diet and by-drinkings*….Hydration is recognised also.

Moving on to the bikes and equipment of the day, a truly dramatic picture is painted here:
I am bound upon a wheel of fire, that mine own tears do scald like molten lead (King Lear).
I have spent many hours researching this line, and I believe that I have found the true explanation. In those days, phosphorus was used in the manufacture of brake blocks, and it seems clear to me that Bill was cobbing it down a hill when he saw a farm cart crossing ahead of him and he grabbed the brakes, with the inevitable result that combustion occurred. It was not long after this terrifying incident that the British Standard was changed.

It is clear that durable equipment was valued in Bill's time, what with the roads being almost as bad as they are today: *Tut, I am strong-framed, he cannot prevail with me.* (Richard III again)

Once a manufacturer came up with a good idea, it was bound to be copied:
One do I personate of Lord Timon's frame

Of course, a good wheel is of no value without a decent bit of rubber on it, and Shakespeare even went to the lengths of writing a whole play about the leading manufacturer - *Pericles, Prince of Tyre.* I can't help thinking that he was angling for a bit of sponsorship when he wrote that one.

Despite this, punctures were commonplace: …*thou hast worn out thy pump…* (Romeo and Juliet) and *….was punched full of deadly holes…* (Richard III).

Once again, it turns out that something that we think of as modern (the anatomical saddle) has been around for a long time. Henry IV pt II this time: *saving your manhoods—to buy a saddle.*

Bill understood the importance of lubrication, as he shows in The Tempest:
…where but even now with strange and several noises of roaring, shrieking, howling, jingling chains.

We turn finally to racing, rivalry and dirty tricks. The quotes require little explanation.
Had you not lately an intent,—speak truly,— To go to Paris? (All's Well that ends Well)
That drug-damn'd Italy hath out-craftied him. (Cymbeline)
How now, noble Pompey! What, at the wheels of Caesar? art thou led in triumph? (The lead-out train in Measure For Measure).

This quote from Coriolanus hints at some obscure race tactics:
the Volsces held me in chase, that I was forced to wheel three or four miles about.

In Cymbeline the commissaires confer: *Sir, the event is yet to name the winner: fare you well.*

There left behind and settled certain French who, holding in disdain the German….(Henry V)

A 24-hour event is mentioned in King John: *….into the drowsy race of night….*

But I, that am not shaped for sportive tricks…. (Richard III)

France is a dog-hole. (All's Well that ends Well)

Cyclocross

This month we have another update from Scott Heyhoe about his return to CX racing. Get in touch with Josh Orlowski if you want to find out more about cyclocross racing, and check out the club CX web page.

Central Region Cyclocross Championships, 3 December 2017

My wonderful "out of retirement after 35 years" cyclocross (CX) season ended with a decent showing in the Central Region CX championships at Dalton Barracks near Abingdon. Some of you might have done road races there on the runway and boundary roads. This time, I parked on the runway as the course was on the adjoining land. Turns out that the military do some off-road driver training there, providing a perfect CX course.

As I mentioned in my last CX report, your position on the starting grid is absolutely key to success in CX races. Since this was a championship event, many of the 'casual' competitors stayed away, leaving a smaller than usual field of maybe 40 riders (usually 60+ riders) in the over-50s category. With some decent results in the League races, I ended up on the third row of the grid - with around eight riders per row. The starter has a great habit of saying "the race will start within the next 60 seconds". This is a bit like sitting in the Stealth ride at Thorpe Park - seemed like a great idea when entering the race in the comfort of my home. Now, the wait seemed to last forever, nervous tension was building, the chat amongst the riders had turned from jovial banter to gallows humour. Short blast on the whistle was followed by a short blast along the tarmac to the first off-road section. I got a good start and was well-placed going into the twisty, grassland section. With recent rain, and previous races, this was like an ice rink. I was running my tyres at about 25 psi, but even this was too high. So I lost a couple of places on this section. We then crossed the runway to a very technical mud and sand section. This was much harder on the arms and legs, with lots of small ridges to climb, and lots of off-camber slopes - a favourite amongst CX course designers. It was hard to keep the momentum

going at times, but I held my position well enough. Then onto a section with more gravel than mud, and a lot straighter. My basic straight line speed helped me a lot here, and I made up a few places. There was a small knot of riders about 100m ahead of me, and my intention was to reel them in slowly.

My race continued like this for the next three laps. I'd lose a place or two on the grassland section, and gain a few places back on the flat gravel section. One lap to go, and a rider came belting past me. I figured he must have saved himself for a final push, so I put in a big effort to latch onto him. We started to gain on the small knot of riders in front. It was hard to keep up with him on the grassland, but I got past him on the gravel section. Looked like we'd catch the small group in front of us. Alas, no! Just into the final 500m or so, and we lapped a back marker. My companion managed to get past, but I tried to overtake on the outside of a hairpin and ended up on the ground. Jumped back up and put the hammer down to finish in 14th place. If only I'd caught the small group, I'd have placed top ten. Still, not a bad result for my first season in ages. One of the riders in front of me is the current World Champion, so in exalted company! Have loved every minute of every race - including the one-minute warning. Definitely targeting the League and the Championship next season. Starts up again in September, and finishes the Saturday before Christmas. Maybe I'll run a club evening in August with information for anyone that wants to give it a go ...

Road Racing

It might only be early January, but the British Cycling 2018 race season is already under way, with the Hillingdon Winter Series running through till the end of February, and with Nick Hale competing for the club. Nick came in a creditable 4th in 3rd cat in the first round on 2 December. More information on the Hillingdon Winter Series is available at this link.

Dunsfold 6 May - We Need Your Help Please!

This next event might seem quite a long way off, but it's only a few months away and the club is promoting and helping to run it, so we'd be grateful to anyone who can step forward now and put their name down to help. We want to put on a great event. It's the League of Veteran Racing Cyclists (LVRC) Vets' race at Dunsfold Aerodrome (home of the Top Gear TV show) on 6 May 2018. Even if you can't commit to help, it's an exciting race to watch and supporters would be most welcome. If you do offer to help then you're almost certain to learn more about how road racing events work, which can be interesting in itself, as well as getting to see the action close-up.

See the LVRC website for more information on this racing series.

Surrey League

The presentation evening for the Surrey League was held last month, and Paul Tippins attended on behalf of the FCCC road race team. Paul picked up the club's winnings from Louis Rose-Davies, the National Junior Men's Road Race champion.

Race Preparation Training

The Surrey League have introduced Race Preparation Training. All novice & 4th cats (both men & women) must attend two of these training sessions before they can ride in any Surrey League events (except time trials).

Surrey League or SERRL events in 2018. More details and links to book can be found on their website and dates/venues are listed below:

13 January	CycloPark	25 February	Hillingdon
20 January	Ardingly	10 March	Hillingdon
27 January	CycloPark		

The provisional race calendar has just been published by the Surrey League, see the news section of their website. Online membership for 2018 is available via RiderHQ.

FCCC Time Trial Team

We had two brave entrants for the final club time trial of the year on 9 December, and they faced very cold conditions in the 10 mile event on H10/8. Vernon Schutte was the sole club representative, coming in first ahead of the other rider who was from Charlotteville CC.

Club Open 10 Mile Xmas TT 16 December 2017

Huge thanks to event organiser Kelly Miller and the many club volunteers for the successful staging of our popular annual Xmas 10 TT last Saturday.

Unfortunately, early sub-zero temperatures meant that about 40% of the field decided the risk of ice was too big to take (and no-one would blame them for that) and so did not start.

The start was delayed by 30 minutes to allow for the temperature to rise a fraction but the consequent disruption didn't seem to affect the fast riders' preparation, with some very quick times given the conditions. The winning times were Pat Wright of Paceline RT with 19m 51s for the men, and Vicky Gill of DRAG2ZERO with 23m 42s for the winner of the women's category.

Full results can be found on these links for the individual and tandem categories. Once again there were some impressive fancy dress entries on show.

Open TT Events For 2018

CTT have just published the open events calendar for 2018 on their website, but the TT racers among us may find it easier to download and save this Excel spreadsheet of all the events from Aerocoach where you can scroll, sort and filter.

Track Racing

The regular Tuesday and Thursday night road bike sessions continue at the Palmer Park outdoor velodrome (see our track racing page for more information). The Tuesday night road bike sessions continue throughout the year, but from Thursday 22 March the track training sessions will be starting, so from that day onwards it'll be only fixed wheel track bikes that are allowed on a Thursday night (but road bikes are still ok on a Tuesday night).

The first accreditation session is virtually full as all the bikes are spoken for, but if anyone is interested the next one will start early May so please contact Dick Poole if you'd like to book one of these sessions.

Sunday Club Rides

- 9.30am: Gentle Pace Social Ride – 35 to 40 miles with a cafe stop, average speed 13 to 14 mph
- 9.30am: Mid Pace Social Ride – 40 to 55 miles with a cafe stop, average speed 14.5 to 15.5 mph
- 10am: Quick Pace Social Ride – 45 to 60 miles with a cafe stop, average speed 16.5 to 17.5 mph
- 9.30am: Fast Pace Non-Stop Ride – 50 to 60 miles, average speed 18 to 19.5 mph

As always, keep an eye on the forums and the events page on the website, and on Facebook, for full details of routes etc. Further details on social rides are on the social riding page of the club website and we also have some tips on safe road riding there too.

Midweek Rides

There is also a Wednesday Gentle Pace Social Ride (9.30am). Check the forums for details.

FCCC – Who's Who

President – Dick Poole

Committee members and roles:

Chairman – Jeff Davis
Clothing Secretary – Tim Duncan-Booth
General Secretary – Bob Vineer
Membership Secretary – Mike O'Donovan
Newsletter Editor – Steve Hammatt
Press Officer – Bob Vineer
Ride Secretary – Chris Bagust
Ride Secretary – Steve Hammatt
Ride Secretary – Terry Holmes
Road Race Secretary – Warren Vye
Social Secretary – Ollie Rastall
Time Trial Secretary – Donald Ashton
Track Secretary – Dick Poole
Treasurer – Jeff Davis
Webmaster – Jeff Davis/Mike O'Donovan
Committee Member Without Portfolio – Frank Curtler
Committee Member Without Portfolio – Josh Orlowski

You can contact the committee as a whole via committee@fccc.org.uk

Happy (and safe) riding!
Steve Hammatt - FCCC Newsletter Editor

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