FARNBOROUGH & CAMBERLEY C.C.

Newsletter – August 2017

Welcome, dear member, to the latest edition of the club newsletter. In this issue we've got news for you of some changes to social ride leaders, exciting news from the road racing team, plus a cyclocross update and much more besides.

New Members

A very warm welcome to Marcus Cuthbert and Steve Davies, who have both recently joined the club.

Committee News

Andy Hale, our busiest social ride leader (with two gentle pace rides to plan and lead each week) has recently moved to Cheshire. We're sorry to see him go, but we're very grateful for all that he's done for the club (including a great deal behind the scenes) over the last few years and we hope that he settles well into his new home and finds a nice local club to continue riding with. Andy's shoes are pretty large ones to fill, but Chris Bagust and Steve Hammatt have stepped up to the challenge and will be leading future gentle pace rides, and hope to build on Andy's success in bringing more people into the social rides.

In "ouch"-related news our chairman, Jeff Davis, unfortunately took a little tumble recently and is going to be out of action for a few weeks. We wish him well in his recovery and hope to see him back out on his bike soon.

Adult Beginner/Novice Rides

The club's second beginner/novice ride was held on 30 July. Thanks to Rosie, Roland, Elise, Anita and Adrian for joining club members Mike, Jon, Keith and Jeff for 30 very pleasant miles and a cafe stop at the new Hart Leisure Centre - we even managed to avoid the rain!

Rosie commented on our Facebook page "*We really enjoyed it too. Lovely countryside route. See you soon*".

We're hoping to see Rosie, Roland, Elise, Anita, Adrian, Karen (who was on our first ride but away for this one) and Simon (who had to withdraw on the morning due to an injury) plus any others who might be interested on our next ride, details of which will be posted on the club website and our Facebook page nearer the time.

Group Riding Workshop

On 22 July we held a workshop on group riding skills which was very well attended, with twenty members learning a lot of useful tips about riding as a group on the road. The workshop was run by Greg Woodford from Avanti Cycling and included plenty of lively discussion on many of the points. Everyone seemed to leave with some new information under their belts, even the most highly experienced cyclists. And the cake provided went down a treat!

Some of the attendees' comments:

"*It was a refresher I needed both from a group riding perspective and solo. I realise much of what I was taught as a child on my cycling proficiency would now be viewed as risky at best … Even when riding solo I know this course will have changed my riding for the better*"

"*I have been riding on my own for the past two years training and so to understand how you should and should not ride with a group was invaluable. I also know that it will help me when I am cycling on my own*"

Ride London 100

Several club members took part in the Ride London 100 event on 30 July. You can read their interesting stories on the form in this thread.

Cyclocross

A reminder that the cyclocross season is fast approaching, with several of our local leagues starting up in late September. With the Wessex League (http://www.wessexcyclocross.co.uk/), Central League (http://centralcxl.org.uk/) and London League all active in our area, there is no shortage of opportunities to race from September through to January.

If you've ever kicked around the idea of racing, CX is a great place to start. The competition is friendly, the crashes are slow and used bikes can be picked up reasonably (or races can be done on a mountain bike). If you have any interest in racing with the club, or are interested in skills sessions or mixed-surface training rides, email Josh Orlowski.

Club Kit

If you wish to order club clothing, then please email kit secretary Tim Duncan-Booth with your expected order and we will open a new ordering window as soon as we have exceeded the minimum order requirement. Check the Club Kit page for the current status and detailed ordering process.

Talking of club kit, have a look at this photo from the archives. You can see an older version of the club kit which is predominantly red, just like the current kit. If you can name anyone in the photo, or if you're in the photo yourself, then please let me know at newsletter@fccc.org.uk

Club Night

The next club night will be on Friday 1 September at 8:30pm, at All Saints Hall in Hawley, GU14 9BW. Club kit sizing samples, both for men and for ladies, will be on hand if you wish to try some on. Event details can be found on the website.

Isle of Wight Quick Pace Social Ride

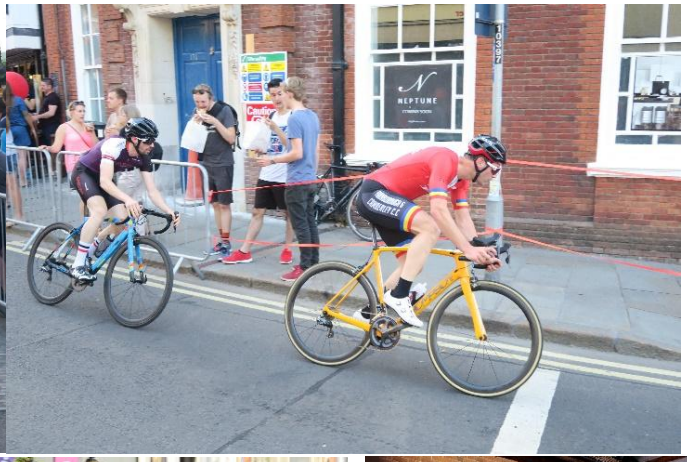
The Quick Pace ride on Sunday 27 August (a bank holiday weekend) is going to be an Isle of Wight special. The idea is for riders to make their own way down to the island to meet up for the ride. Keep an eye on the forums for full details, including suggested ferry times.

Road Race Reports

The road race team was very busy in July. They took part in the Guildford Town Centre Races at the start of the month, and there's a great video that includes some of our riders in action over the cobbles in Guildford at this link.

Big congratulations to Ollie Rastall, who not only won one of his races this month, but also scored enough points to gain his Cat 2 licence, which is a fantastic achievement. We look forward to seeing a lot more pictures in the future like the one below.

Farnham also had their own criterium on 2 July, and that again gave our team some good racing experience on a very tight town centre circuit. You can read a report of this event in in this forum thread. Josh and Martin had a go at the hill climb too. These events were all part of the Farnham Festival of Cycling – look out for that again next year!



LVRC Toachim Vets/PS+Cyclewear Series (League of Veteran Racing Cyclists)

Round 9 Newbury 23 July – Group B

1. Martin Smith
2. Jeff Lamb
3. Simon Collins
4. Christopher Crowthe
5. Gianluca Capello
6. **Warren Vye**
7. Chris Smith
8. Andrew Martin
9. Tony Owen
10. Warren Hannington

Round 10 Hog Hill, Redbridge 30 July – Group B

1. Antony Wallis
2. Gianluca Capello
3. **Warren Vye**
4. Ken Prince
5. Patrick Hawkins
6. Chris Crowther
7. Phil Malam
8. Mark Church
9. Charles Kennedy-Scott
10. Ian Dawson

LVRC Current Standings, Group B

1. Simon Collins, Dulwich Paragon, (8) 103pts
2. Jeff Lamb, VC Meudon, (6) 63pts
3. Gianluca Capello, GS Vecchi, (7) 61pts
4. Patrick Hawkins, Dulwich Paragon, (6) 53pts
5. Vince Divine, Finchley RT, (4) 49pts
=6. Christopher Crowther, Army CU, (6) 45pts
=6. Ken Prince, GS Vecchi, (6) 45pts
=6. Antony Wallis, Ciclos Uno, (3) 45pts
9. Mark Daly, Colourtech RT, (4) 29pts
10. **Warren Vye, Farnborough & Camberley CC, (4) 27pts**

Hillingdon Tuesday League #15 Cat 3/4 - 18 July

1st **Ollie Rastall, Farnborough & Camberley CC**
2nd Peter Chapman, Thames Velo
3rd Dylan Hubble, Thames Velo
4th Robin Mould, Canyon UK
5th Alex Jones, Sigma Sport.co.uk
6th Alistair Gurney, CC London
7th Danny Lake, Cotswold Veldrijden
8th Jose Soler, Sarmiento Handsling Racing
9th Adrian Braun, London Dynamo
10th Joseph Gillies, Twickenham CC

Velo Club Venta Summer Criterium #2 Cat 3 Winchester - 23 July

1st Oliver Winwood Bratchell, Velo Club Venta
2nd Tom Budden, Sotonia CC
3rd John Woyton, Pro Cycle Hire UK RT
4th **Ollie Rastall, Farnborough & Camberley CC**
5th **Nick Hale, Farnborough & Camberley CC**
6th Garth McColville, Honister '92
7th James Cocker, Velo Club Venta
8th Chris Hutchings, Velo Club Venta
9th Tim Blackmore, Southdown Velo
10th **Luke Stratford, Farnborough & Camberley CC**

SURREY LEAGUE
www.surreyleague.co.uk

Surrey League:

Dunsfold Park Vet's ME/MF/MG/MH Race #10 - 5 July

1st Craig Wilson, VC Meudon
2nd Paul James, Crawley Wheelers
3rd Gianluca Cappello, VC Meudon
4th Jon Spiers, Private Member
5th Billy McNamara, Clarencourt CC
6th Chris Hewitt, Sussex Revolution VC
7th Andy Grant, GS Vecchi
8th Andy Redding, i-Team.cc
9th David Carter, GS Vecchi
10th **Tony Clack, Farnborough & Camberley CC**

Dunsfold Park Vet's MC/MD Race #10 - 5 July

1st Steve Calland, Southdowns Bikes CASCO
2nd Gary Brind, Southdowns Bikes CASCO
3rd Simon Laws, VC Meudon
4th Simon Jodrell, Morvelo Basso RT
5th **Warren Vye, Farnborough & Camberley CC**
6th Ken Prince, VC Meudon
7th James Barrell, VC Godalming & Haslemere
8th Lee Mead, VC Meudon
9th Austyn Tusler, Norwood Paragon CC
10th Chris Parker, VC Godalming & Haslemere

Dunsfold Park Vet's ME/MF/MG/MH Race #11 - 12 July

1st Craig Wilson, VC Meudon
2nd Gianluca Cappello, VC Meudon
3rd Gavin Francis, London Dynamo
4th Duncan Murdoch, Norwood Paragon CC
5th Keith Griffin, Paceline RT
6th Jon Spiers, Private Member
7th Paul James, Crawley Wheelers
8th Greg Barber, VC Meudon
9th **Tony Clack, Farnborough & Camberley CC**
10th Tim Powell, VC Godalming & Haslemere

Dunsfold Park 4th Cat Race #11 - 14 July

1st George Kingaby, Addiscombe CC
2nd Jonathan Melville, Epsom CC
3rd Lloyd Molton, Kingston Wheelers
4th Ryan Hawking, Hoops Velo
5th **Giles Short, Farnborough & Camberley CC**
6th Steven Bryant, Redhill CC
7th Adam D'Arcy, Kingston Wheelers
8th Martin ONeill, Brighton Mitre
9th Gary Spicer, VC Godalming & Haslemere
10th Peter Eveleigh, Maison Du Velo

Surrey League Rankings (pts):

1	VC Meudon	724	11	The Cycleroom	163
2	Southdowns Bikes CASCO	445	12	Twickenham CC	145
3	Crawley Wheelers	318	13	Kingston Wheelers	144
4	Addiscombe CC	261	14	VC de Londres	138
5	London Dynamo	260	15	Morvelo Basso RT	135
6	Paceline RT	254	16	VC Godalming & Haslemere	134
7	WyndyMilla	236	17	Retro RT	126
8	Maison Du Velo	213	18	Adalta CC	118
9	Regent's Park Rouleurs	204	19	i-Team.cc	116
10	Oxted CC	177	20	**Farnborough & Camberley CC**	**113**

Round-Up

As you can see above, the team is currently sitting in the top twenty (out of 55 clubs) within the Surrey League, ahead of local rivals such as Charlotteville CC and Pedal Heaven RT. The full list of club rankings and rider rankings are on the Surrey League website.

Additional results :
Castle Combe Summer Series #10 Cat 3/4 13 July, 3rd **Ollie Rastall**
Portsmouth Evening Circuits #12 Cat 3 19 July, 2nd **Ollie Rastall**
Thruxton Series #11 4th Cat 25 July, 10th **Giles Short**

Warren Vye is 10th in his group (B) with the LVRC Toachim series. In the Dunsfold Park Vets 40+ series, Warren Vye is 11th with Paul Tippins 31st, and in the 50+ series Tony Clack is 14th with Scott Heyhoe 16th.

Track Racing

On Saturday 12 August, Palmer Park Velodrome (at Reading) is hosting their annual Derny Fest meeting, together with a leg of the Women's Omnium Championship. Derny Fest brings together some of the best Derny-paced riders and is very exciting with nine Dernys on the track at once racing at speeds of about 40mph. It's well worth seeing and is free to watch. More details at the velodrome website.

In last month's newsletter we said that we weren't 100% certain that there would be enough entries for the event to be run, but we're delighted to confirm that the organizers have told us that they've now got a great field of entrants, and the event is definitely going ahead.

Also on track racing, don't forget the regular Tuesday evening sessions at 8:15pm at Palmer Park where you can bring along your road bike and get in some practice without any pesky traffic in the way. The longer summer evenings are ideal for this, and there are floodlights when it is dark.

FCCC Time Trial Team

July was a frustrating month for the club Thursday night TTs with both the 20th and 27th events having to be cancelled due to roadworks. Although very much a problem across the club scene generally, it does mean we're missing a vital part of our social TT side. Fingers crossed for a clear run through August.

Meanwhile on the Open TT front, Matt Charlton put in another great ride in the National Championships 100 mile TT on 9 July with 12th place and alongside it the title of LWDC 2017 District Champion. Congratulations Matt!

Vernon completed the FCCC team for the 100 but unfortunately was still feeling the effects of his epic 12 hour TT a few weeks previously (more details in Vernon's report below).

A full run down of the other Open TT results below include some good placings and PBs in the Reading H25/1 on 8 July where Kelly, David and Jeff finished (unofficially) in the team event.

Kelly and Simon rounded off a good month with further top twenty placings in the Andover P612/10 for Kelly (16th), Newbury H15/1 for Simon (11th) and as a two man team in the Farnham H25/8 2-Up (10th).

Reading 25 H25/1 8 July 2017

Kelly Miller	18th	56:44
David Ogden	19th	56.47 (Course and distance PB)
Jeff Davis	28th	58:02 (Course and distance PB)
Simon Hunt	29th	58:08
Tim Carman	41st	1:00:12

National 100 H100/88B 9 July 2017

Matt Charlton	12th	3:42:54
Vernon Schutte	70th	5:34:47

Oxonian Cc H10/17R 15 July 2017

Nicholas Cosgreave	51st	25:21

Andover 10 P612/10 16 July 2017

Kelly Miller	16th	21:28

Newbury 15 H15/1 22 July 2017

Simon Hunt	11th	34:48

Reading 50 H50/8A 23 July 2017

Vernon Schutte	45th	2:23:48

Farnham 25 2-Up H25/8 30 July 2017

Simon Hunt & Kelly Miller	10th	58:00

FCCC TT Team Events for August 2017

Reading CC 10	5 August
North Hampshire RC 25	12 August
National Championships 12 hr	13 August

If you are planning to enter an event that you'll need support for, e.g. a 12 or 24 hour event, or one of the longer distances, then please make sure you ask for help from club members (e.g. to pass you food) as far in advance as possible. Plenty of club members may be more than willing to help you out, but they might be unable to do so if you ask at the last minute!

Get Involved!

If you are interested in Time Trialling, come to one of FCCC's own local events held every week. Free for all members, just turn up, pin on your number and enjoy. Time Trial details are on the website at this link.

Our updated list of club records can now be found at http://www.fccc.org.uk/club-records (you need to be logged in) – we're sure there are some, especially on the ladies side, that are ready to be broken. You could get your name into the club's history books.

If you have any other questions then simply contact timetrials@fccc.org.uk

Vernon's Chronicles of a Time Triallist - Hounslow & District Wheelers National 100 9/7/17

I did my first 100 last year at the Hounslow event and did well with my time of 04:53:06.

With the 12 hour under my belt my hill climbing had improved and my legs felt stronger, so I was feeling confident that I would do even better this year.

HQ was at Alton Sports Centre so to warm up I rode there from Aldershot. It would also give me an idea of course conditions with regard to temperature and wind.

I was number 11 so was setting off at 07:11 which meant an early start from home. I was delayed leaving the house and so had to push a bit more than I intended to get to the HQ on time.

As I rode down the A31 the wind was a negligible crosswind but I also noticed that my left knee felt stiff and tight. This was not a good sign, but I figured it would loosen up as I progressed.

Due to my delayed departure it soon became clear I was cutting it fine to make my start time. I found the sign in table eventually, down the stairs along the corridor and into the main sports hall.

Dump my bag and rush back upstairs, grab the bike and head for the start. I get to the start just as number 12 is lining up, damn!

A one minute penalty added and I am told I will have to wait until the number 34 spot. Obviously a non starter. Suddenly I am being called forward as number 14 is a no show. He passes me later in the day, so another latecomer.

Great, I am off down the road getting into an early rhythm. My aim is to average 21 mph to achieve my goal of 4 hrs and 45 minutes.

The course is 5 laps that run from Chawton up to Coxbridge and back. I make the first lap averaging 20.5 mph and feel fairly happy knowing I can make good speed on the outward leg between Holybourne and Coxbridge.

Sure enough on the second lap I am up to 22.7 mph on this leg. On the return leg I have started to slow a bit. The wind is picking up a little, whether that is affecting me I am not sure.

On to lap three and speed is back up to 21 mph average. Making the turn at Coxbridge I am really getting the hang of the turn and pedalling all the way round and not coasting part of it as I used to. 50 miles done and everything is going well.

On the return leg it all starts to fall to pieces. My power which had been around 150-160W has dropped to 117W average and my speed down to under 16 mph. My left leg has not loosened up as I had hoped. I am starting to get a pain at the back of the knee which is affecting how much pressure I can put on the power stroke.

I make the full lap and start on lap 4. All this time riders have been passing me at a steady rate.

Matt Charlton has passed me shouting encouragement, and by now can see I am struggling so continues to shout at me as he passes by on the other side of the carriageway. He is going at a fair rate and I am fairly certain he passes me a second time on this lap meaning he is now 20 miles ahead of me on the course.

About 65 miles in and I am getting cramp in my left thigh so have to go onto the larger rear sprockets to work my way through it. The run from Holybourne to Coxbridge and back is now taking 14 minutes longer than my first lap. Sitting up just aggravates it more so I have to ride in aero position to ease the tightness.

Onto the final lap and I have given up on worrying about time and am now just concentrating on getting to the finish line. Both legs are feeling tight and I am keeping my watts down to avoid cramping. On the stretch between the Bull Inn and Coxbridge I pass a woman rider who had just passed me. She has pulled over and is thumping the backs of her thighs trying to cure her cramping.

She passes me a short time later on the return leg. I am now on the small ring and struggling to stop the muscles from seizing. I pass her again as she has pulled into the layby at the top of the rise past the Bull. I carry on and reach the Bentley slip road and have to pull over to massage my thighs which are giving me grief. The she pulls up behind me and gives me a salt capsule as she doesn't need it any more - she is giving up. I take the capsule and thank her.

I make my way to Chawton and the finish line. The capsule has worked and eased the cramp in the right leg. I cross the line in 05:34:47 with a position of 70th place (Lantern Rouge). From a line up of 102 entrants there were 17 non starters and a further 15 non finishers.

The temperature peaked at 25 degrees and the wind reached 8 mph. The heat took its toll on the riders but the fast guys seemed to battle through it. Matt Charlton achieved 12th place with a time of 03:42:54.

It was a ride that came under the classification of "A bad day at the office" and only through stubborn refusal to give up did I make it round. I kept telling myself that if I could do a 12hr then I could finish this.

It was back to HQ to grab a coffee or two and stretch my legs, very disappointed that there was no cake. I saw Mark Ashton who was head timekeeper, he said they were wondering what had happened. The first two laps were close but the 3rd lap seemed to take ages and the 4th even longer. They thought perhaps I had given up.

Once I was feeling good it was then back on the bike and a slow ride home.

Cheers Vernon

Vernon's Chronicles of a Time Triallist - Reading CC H50/8 23/7/17

Another 50 miler up and down the A31. Unlike the early season one, this does not use the Chawton end but uses a variation on the 25 mile course. It starts further along in a small layby after the long climb from the Bentley bypass. I achieved my best time for a 50 on this course last year, 2:14:28.

I rode to the HQ from home to warm up and check wind conditions. There was a light wind but it was forecast to rise from 4 mph to 8 mph before I would finish.

I started at 8:24, near the middle of a field of 60. This meant that as I was finishing the last few starters would probably be crossing the line at about the same time.

Away from the start line and straight down and up the dip near the Hen & Chicken, my breathing is laboured as I get onto the level section. Having to go straight into a high cadence downhill off the line has not allowed me to get into my normal rhythm.

I recover quickly and head for the first turn. To achieve a new PR I must hit an average speed of 22 mph. My minute man passes me at about 4 1/2 minutes in, the 2 minute man at 11 minutes, not a good sign.

By now I am on the run from Holybourne to Coxbridge and holding a steady pace. At the turn I am averaging 22.5 mph, so far so good.

As I head back towards Alton the wind is freshening and my speed is dropping to 20 mph. The turn at Holybourne is 17 miles and I need to really get some speed up on the return leg. I reach Coxbridge and I have not put enough speed on.

I am trying a different way of making this turn by taking it wide and pedalling steadily all the way round. Analysis afterwards shows me this is actually slower than my normal method. Usually I go in hard and close to the centre, coasting round the tight turn and accelerating out. It will be back to that style on the next race.

The next loop of the circuit passes much as the previous one. I struggle to find power and riders keep passing me at intervals.

40 miles done and less than 30 mins to go. My legs are feeling stiff and I do not seem to be able to sustain high speeds for as long as I want to. The efforts of the 12 Hour TT have indeed taken more of a toll on me than I realised. I push through the last 10 miles as hard as I can but am spurred on by the higher numbered guys who are coming past me shouting encouragement that I am nearly there.

I cross the line in 2:23:48, even slower than I was at the beginning of the year. Not the slowest on the day but 9 minutes slower than last year.

I recover enough to cycle home avoiding the steep hill and promise myself to get my legs sorted.

It turns out I have not damaged anything just put too much strain on the muscles at the knee. 6 weeks off from competitive riding and a few weeks before I can do any club rides, which means my season is over as far as open competitions are concerned.

I am formulating plans for my winter training to come back stronger next season.

Cheers Vernon

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
- 9.30am: 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. General details on social rides are on the social riding page of the club website.

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
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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