FARNBOROUGH & CAMBERLEY C.C.

Newsletter – October 2017

Welcome, dear member, to the latest edition of the club newsletter. Apologies for the lack of a September issue, due to your editor being away on holiday, but we've got a bumper issue here to try to make amends. In this issue we have news on an upcoming social night as well as the start of our themed club nights, plus an interesting report on Derny racing and all the usual reports and updates.

New Members

A very warm welcome to Mick Oakey, Chris Read, Chris O'Sullivan, Joe Robson, Ian Stuart, Nathan Thompson, David Hillman, David Tyler, Don Blake, Tommy Hall, Jenny Kruger, Dave Thomas and Tony Garmston who have all recently joined the club.

Committee News

We are pleased to announce that Ollie Rastall has joined the club committee as social secretary, a post that has been vacant for some time. Ollie says: "*I'd like to bring together the different parts of the club: Road Race, TT, Club Rides etc and encourage more cross-over. Trying new things on the bike and in the company of new friends (club members) - it can add another dimension to your cycling.*"

Club Annual Dinner 10 February 2018 – Save the Date

Following the resounding success of the Annual Dinner earlier this year, with many members hailing it as one of the best ever, we will be returning to the Frimley Hall Hotel again on 10 February 2018.

We'll be announcing more details next month but in the meantime please **put the date in your diaries now**.

Club Night

The first of our themed club nights kicks off with “Pilates for Cyclists” on Friday 6 October 2017 at All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW, starting at 8.30 pm.

Anna Lucarotti will be presenting a Pilates class with explanations of basic principles and more specifically exercises that will improve posture and efficiency for cyclists, including time trialists.

Please bring a yoga mat or a couple of beach/bath towels and wear some loose fitting, comfortable clothing so you can join in with the practical exercises.

A brief note on Anna’s background:

“*I am passionate about Anatomy and Physiology and love working with people to improve correct body function and efficiency in their chosen sport.*

My aim through Pilates, Physical Training and Sports Therapy is to help people be injury free and ensure good flexibility, mobility and stability.

I really enjoy helping people to become more body aware and have an understanding of how they can work to improve their condition, whether it be in a disability or specifically for a sport.

I work with many people including those with conditions such as MS and Scoliosis and also people who wish to improve for a chosen sport. They include Lucy Shuker the British number 1 Paraplegic tennis player and more specifically for this presentation, FCCC's Jeff Davis who I’ve been helping this year to improve his time trial position.”

As usual for a club night, 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.

The following club night will be on 3 November, where we will have a mechanical, practical theme. If you have a specific mechanical topic that you would like to be considered, and/or if you’d like to contribute your technical knowledge on the night, then please email Jeff.

End of Season Curry Night

Join your fellow FCCC members from all disciplines as we bookend the 2017 season with a few Indian calories.

Please email Ollie at social@fccc.org.uk if you're keen to come along and he will book a venue according to the response.

Ride Leader Training

As part of the club's continuing efforts to make the club social rides as enjoyable and safe as possible, five more regular social riders took part in a "Club Leader" Cycling UK training course in August, run by the highly experienced Damian Bonsall. It was a full day-long session, with a morning of theory work followed by an afternoon practical session on the local roads. All the participants took away lots of valuable information and experience to feed into future club rides either as leaders or simply assisting the existing leaders.

Cyclocross is Here!

The CX season is ramping up with two Wessex League races in the books already, and the club is now officially affiliated to the Wessex Cyclocross League. As mentioned in previous newsletters, cyclocross is a great discipline for starting if you've never pinned a number on before. There are league races every weekend until January in the Wessex, London and Central leagues. There will be a few FCCC riders out there this year, get in touch with Josh or post on the forum if you're interested in racing or training rides.

Click here for a sampling of races in the area.

Club Kit

Thanks to everyone who ordered kit in the recent ordering window. It's great to see a sea of red on the social rides now.

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, how far/high has yours been? Here's a great photo from Tom Scott, from his travels. If you've got any pics of you in club kit on your travels, then please send them in to your editor.

All of the remaining heritage (blue/yellow) kit has recently been donated to the Africa Kit Appeal. This is a great cause, and their aims are as follows: "*Our mission is to provide the kids of our supported African countries with the cycling apparel they need, not only will this enable the current cyclists to fulfil their full potential, dreams & ambitions, but we hope we can also introduce some new faces into the world of cycling, a world that we love*."

Road Race Reports

Four members of the race team entered the British Cycling National Masters Championships at Rockingham on August 12. Ollie finished in 16th and Luke 20th in the Masters B category, Warren 27th in Masters D, Scott 24th in Masters E, with Tony (below) 13th in Masters F.

Big Events National B, Hog Hill Redbridge #3 E/1/2/3 - 6 August

1st Simon Alexander, Richardsons-Trek RT
2nd Joshua Andrews, Morvelo Basso RT
3rd Thomas Scott-Collins, Spirit Tifosi RT
4th Tom Stead, St Neots CC
5th Thomas Barningham, ViCiOUS VELO
6th Gareth Turner, Latchem Sunwise RT
7th Tom Lane, Latchem Sunwise RT
8th **Ollie Rastall, Farnborough & Camberley CC**
9th Toby Perry, Thanet RC RT
10th Greg Smith, Finsbury Park

Surrey League

Surrey League Rankings, as of 4 September 2017:

Pos.	Club/Team	Points	13	Kingston Wheelers	164
1	VC Meudon	712	14	VC de Londres	152
2	Southdowns Bikes CASCO	555	15	Sussex Revolution VC	149
3	London Dynamo	362	16	VC Godalming & Haslemere	142
4	Crawley Wheelers	355	17	Twickenham CC	141
5	Paceline RT	292	18	Morvelo Basso RT	140
6	Addiscombe CC	290	19	i-Team.cc	137
7	WyndyMilla	270	20	Norwood Paragon CC	116
8	Regent's Park Rouleurs	233	21	Adalta CC	115
9	Maison Du Velo	216	22	Farnborough & Camberley CC	112
10	Oxted CC	183	23	Army Cycling Race Team	91
11	The Cycleroom	174	24	East Grinstead CC	90
11	Retro RT	174	25	GS Vecchi	80

Round-Up

As you can see above, the team is currently sitting in 22nd (out of 55 clubs) within the Surrey League. Tony Clack is currently the club's top rider in the Surrey League, in 60th place (out of 489 riders). The full list of club rankings and rider rankings are on the Surrey League website.

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).

There are plenty of race preparation days coming up if you are planning to start racing in Surrey League or SERRL events in 2018. More details and links to book can be found at http://www.surreyleague.co.uk/race-preparation-training/ and dates/venues are listed below:

8 October	Hillingdon Cycle Circuit (Women Only)	25 November	Hillingdon Cycle Circuit
15 October	Hillingdon Cycle Circuit	2 December	CycloPark
21 October	South of England Event Centre, Ardingly	16 December	CycloPark
11 November	Hillingdon Cycle Circuit	30 December	CycloPark
11 November	CycloPark	13 January	CycloPark
		27 January	CycloPark

Upcoming Races

Surrey League (End of Season) Handicap Races x 3, Ottershaw 22 and 29 October and 5 November. See the Surrey League event directory.

Surrey League Points: n/a
BC Points: National B
Distance: 60 miles
Course: Ottershaw
HQ: Brook Hall, Ottershaw, Chertsey, Surrey KT16 0HG

Entry Fees: Surrey League members £20, Non Surrey League members £25

Track Racing

From the start of October, in addition to the regular road bike Tuesday 8:15 till 9:45pm sessions, there is also a Thursday night session at the same time at Palmer Park where you can bring along your road bike and get in some practice without any pesky traffic in the way. This will continue through to mid-March, apart from the Xmas closing. There are floodlights when it is dark, so the nights drawing in shouldn't stop anyone from joining in with the track practice if they'd like to. All you need to do is turn up with your road bike and a helmet, sign on at reception and read the instructions on track protocol.

An evening of Derny racing and pacing at Reading – by Keith Griffiths

Most people know the Derny bike which leads out the Keirin on the track. However their natural home is motor pacing in a Derny Race. This involves 6-8 riders each with their personal Derny to slipstream

making for high average speeds (~60km/h over a 40km race); tactics are generally worked out in advance between pacer and rider. In September Reading Track League ran some Derny races and as both a rider and one of the few local pacers I was going to have a busy evening …

Nowadays I race in C's (U14/U16, vets and new riders) and this evening all C riders were going to have two 10 lap races. I was seeded into the first of three heats. I'd pre-booked Pip Taylor (VC Meudon) to pace and as we'd drawn second on the start we agreed to aim for the front and slowly ramp up the pace, with me to shout HO (slow) if I was about to blow. By the end of the first lap we were in the lead and my HR was steadily increasing until on lap 7 I'd had enough (post-race viewing showed I had hit my max HR) and screamed HO, Pip heard me and eased off a fraction. We maintained our lead until the last lap where we were attacked and I finally blew resulting in second place.

I now had a lap to stop, quickly put on more clothes, different helmet and gloves whilst trying to recover my breath to pace the next heat. Running over to my Derny, I was very relieved that someone had jump started it for me. Dernys are evil beasts and always sense if you are in a hurry/stressed and refuse to start! I'd pre-planned tactics with my rider – go with the group, aim for a win. Here my relative lack of race pace experience suffered half way through the race: we took the lead but I didn't go hard enough, resulting in us being beaten to third in a final lap sprint.

For the third heat I had an U16 in his first Derny race, so we agreed I'd estimate how he was doing and decide how hard to go. We started from fourth place but the pace was slow, my rider looked comfortable so I lifted the pace and we went to the lead in lap 6 before easing off slightly. On the penultimate lap I made the same mistake of letting a rider pass by not responding quickly enough to the attack but immediately counter attacked taking the lead on the home straight to a 0.249s win.

After a short break it was back for my second heat, start positions in reverse finishing order which means I should have had a rider behind me, except the previous winners exertions meant he was still feeling unwell and pulled out of the race. After nearly blowing mid-race in the first heat we agreed to start steady and attack on lap 8, then for me to hang on with whatever Pip decided was the best tactics. However as the race progressed the pace was too slow, and I was concerned we could have ended up with three Dernys abreast ahead of me and therefore being blocked in. Therefore on lap 5 I shouted Allez, Pip responded with a closed fist action and opened the throttle, and within a lap we'd swept into the lead. Fortunately he eased off the pace increase, a quick peek back showed two riders were unable to respond to the increased pace, then on the final lap we were attacked but Pip eased up the pace to ensure we won by a comfortable 0.3s margin.

After another mad kit change again the Derny was pre-started for me, the tactics were simple - my rider wanted to win or blow up. I moved to the front early and steadily increased the pace until lap 9 when Leigh shouted Allez so I further increased the pace, then we were attacked by two riders and at 250m I received another Allez but just 50m later Leigh completely blew, the imaginary elastic linking Derny to rider snapping, resulting in him dropping 80m back in those few remaining seconds of the race and finishing in third place despite me crossing the line in first place by a wheel length. However he was happy with the result after pushing himself beyond his limit.

For the final race I managed to grab the tactics from the rider off the line, "I want to go faster than last time". Now that is a very stupid thing to say to a pacer! We started in last place due to the previous win but I slowly increased my pace from lap 5 resulting in the lead by lap 8. A quick look back showed we were starting to build a little margin, so once I had a quarter of a lap I deemed it safe to see how fast the kid could go and steadily increased the pace knowing there would be time to recover the win if he blew. By the end of the race we had more than half a lap lead on second place and were about to lap the slower riders.

A thoroughly enjoyable evening for all, with the racers wanting more Derny races next year, despite the physical challenge.

FCCC Time Trial Team

Injuries and holidays have had an impact on club riders participating in open events since July hence we have just a few results to publish:

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

…a3crg P883 10 16 August 2017

Matt Charlton	8th	19:41

Didcot Phoenix 10 H10/181 19 August 2017

Nicholas Cosgreave	54th	26:33

Charlotteville 10 H10/181 2 September 2017

Nicholas Cosgreave	27th	26:33

Club Evening TT 10 HCC175 10 August 2017

With 27 entries, a great turnout for an evening club TT event, FCCC's Matt Charlton romped home in first place in 19min 51 sec, beating Alex Paton of the professional road cycling team Madison Genesis in second with 20min 7sec. Well done Matt.

Club 25 Mile Championship H25/88 9 September 2017

Congratulations to this year's champions Tim Duncan-Booth and Morag McDowall (Morag knocked 2 minutes off her PB in pretty windy conditions).

Club Hill Climb Championship HHC018 23 September 2017

Even though this is only one mile in length, it's an extremely tough challenge and to do it with a personal best as Simon Hunt did in successfully defending his Hill Climbing Champion title on 23 September is a huge achievement. Many congratulations Simon!

Apologies from the photographer, Simon – didn't know you were hiding until too late!

The Race Season Draws to a Close

The hill climbing championship signals the winding down of the time trial season and the perfect time to cast a reflective eye over the FCCC team's achievements.

Plenty of personal bests were achieved across the board but two riders in particular deserve a special mention.

Matt Charlton had a stellar season, finishing 1st three times, 2nd once, 3rd once, 4th four times and 8th once in his 13 open events. 12th place in the National 100 (becoming LWDC Champion) and 31st in the National 50 as well as breaking the Club 25 mile and 100 mile records. Wow!

Meanwhile Vernon Schutte completed the monumental task of completing the BBAR (British Best All Rounder) competition requirements of one 50 mile event, one 100 mile event and one 12 hour event. We won't know where Vernon finished in the national standings until the end of the year but just to complete the set of rides is beyond most of us mere mortals. And he had time to keep us entertained with his fantastic race reports.

Upcoming Events

We have three Club TT events left for 2017:

7 October	10am	H25/88 – this will be run on the amended course used for the Club Championship on 9 September.
11 November	10am	HCC175
9 December	10am	H10/8

Xmas Open 10 TT – 10am, 16 December 2017

We also have our hugely popular and successful Xmas Open 10 mile TT on Saturday 16 December at 10am. This is a great event to spectate at, with some innovative fancy dress outfits – at past events we've had a devil in head to toe red, an angel in white complete with wings and even one competitor who towed a Christmas tree around the course.

We're hoping for a good presence of FCCC riders but as ever that can only be possible with the help and goodwill of other club members to marshal the event. If you could spare a few hours on that Saturday morning to help we'd be extremely grateful (please email chairman@fccc.org.uk if you can).

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.

A little reminder about bikes – the club ride guidelines say that inappropriate cycles should not be used on club runs. We've recently clarified this to say that time trial bikes (where the brakes are on the "horns") are not permitted due to safety reasons. Clip-on aero bars that are mounted on normal handlebars are fine as long as the aero bars are not used during the ride.

If anyone would like to contribute to the cafe reviews page on the website (located on the "Social" menu), then please post them up on the forum and we'll add them.

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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