



FARNBOROUGH & CAMBERLEY C.C.

Newsletter – November 2017

Welcome, dear member, to the latest edition of the club newsletter. This month we've got news for you about a new benefit for members, details on the upcoming annual club dinner, some track racing information and a cyclocross racing report, amongst other things. Read on and enjoy.

New Members

A very warm welcome to Atticus Wright, Charlie Bradford, Drew Rogers and Paul Beevers, who have all recently joined the club.

Committee News

The eagle-eyed amongst you may have spotted the new pages that we've added on the website for [Track Racing](#) and for [Cyclocross](#). We've already got a few interesting links and articles on those pages, but we intend to expand those over time. Please let the committee know if there's anything specific that you'd like to see there, or post on the forums to start a discussion.

We've also introduced a new page in the Social Riding section of the website on [safe riding](#) (and courteous riding) on the road. Again, we've put up a few links on this subject that we feel will be of interest, and will add to this over time.



FARNBOROUGH & CAMBERLEY C.C.

Club Annual Dinner - RSVP



Following the hugely successful 2016/17 annual dinner at the Frimley Hall Hotel we will be returning there again on 10 February 2018 for the 2017/18 celebration.

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.

Please do respond asap to the form that you should have received by now via email, or click the link here [Annual Dinner Registration Form - RSVP](#), so we can know either way whether you plan on attending or not. **This does not commit you to anything but it does give us information to take the planning forward.**

There will be a further form issued nearer the time that will include menu choices, together with payment options. We hope you can join us for what will be a great evening out!

End of Season Curry Night

Fourteen members turned out last month for the club Social curry night at WE Indian in Fleet. A big thanks to all who came, it was a great opportunity to shoot the breeze and put some faces to names.

The next social night is being planned, with the cuisine being Italian. Date and venue to be confirmed.



FARNBOROUGH & CAMBERLEY C.C.

Club Night



This Friday night, 3 November, is the next members' club night and it will have a mechanical theme.

We will have practical demonstrations of the following, amongst other things:

- rear derailleur adjustment (rear gears)
- gear hanger alignment (this can get easily bent and mess up your gears)
- wheel truing - on the bike and off the bike
- headset checking and adjusting, and changing stem height

As well as watching the demos, members can also bring their own bike along if they have a specific mechanical problem that they'd like looked at. We can't promise that we can fix every single problem on the night (it depends on time and resources as well as complexity of the issue), but we can have a look and hopefully at least diagnose the problem, if not fix it as well. If you would like your bike to be looked at, then please contact Steve Hammatt in advance at newsletter@fcc.org.uk and we'll deal with requests on a first-come first-served basis.

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 a club night, sizing samples of club kit will also be available to try on.

December's club night will be on Friday 1 December. The theme details will be confirmed soon.



FARNBOROUGH & CAMBERLEY C.C.

Last month's Pilates-themed club night was a great success. A good-sized group of members joined in the session to learn from Anna Lucarotti about Pilates exercises to specifically benefit cyclists. Much stretching and slightly unusual positions were practised by the attendees, but all seemed to agree that they could see the benefit of continuing with the exercises to help with their cycling. A selection of these exercises have been posted on [the website](#).

Member Benefits

We're always on the look-out for new benefits that we can offer to members.

A recent addition is a smart FCCC-branded RIPL training/running shirt – see [this link](#) for more details.



Club Kit

The kit from the latest order has now been received and will be available for collection at the 3 November club night. Failing that, you will be able arrange to pick it up from [Jeff Davis](#).

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.



FARNBOROUGH & CAMBERLEY C.C.

Cyclocross

This month we have a cyclocross report from Scott Heyhoe. Take it away, Scott ...



So, 35 years after my last cyclo-cross race, in late September, I took to the start line in Milton Keynes. Not the wooded mud-fest of North Lincolnshire that I recall from those black and white days, but a beautiful, sunny day, lots of barrier tape and literally 100s and 100s of riders. I've done quite a bit of mountain bike racing over the years and entered this cyclo-cross (CX) race on my mountain bike. The course was so 'non-technical' that there was zero advantage to having a heavy bike with fat tyres. Even less of an advantage was the heavy bloke with fat tyres, retained by a pristine FCCC skin suit.

CX races differ from most other forms of racing in that you are 'gridded' for the start. Race numbers are called out, based on previous race results. Oddly, the Central CX League took no notice of my pleading that I used to be "quite good in the 1980s". So, 80 riders, and me on the back/10th row of the grid. Blast on the whistle and off we go. Or at least off goes the first row, and then the second, and then after what seemed an age, the tenth row. Quick blast to get past some leisurely riders and hit the first hill. Memories of why I stopped CX racing came flooding back: metallic spit, burning thighs, stalling riders getting in my way. Anyway, 40 minutes later the bell goes for the final lap. Gave it a final blast and came in 63rd. Really enjoyed this late-season blast. Sat in the car in the car park and searched for "cheap CX bike" on my phone, called up the Giant store in Southampton, bought a CX bike and collected it next day. I was hooked.

I have since raced at Hemel Hempstead in a town centre park, back at Milton Keynes bowl, a school in Leighton Buzzard (literally eight laps of the school football field, rugby pitch and tennis courts - think of those cross country races you did at school, but with a bike). Last weekend, I raced at Bedford Lakes Country Park in Feltham. Probably the best course in terms of rideability. Every CX course



FARNBOROUGH & CAMBERLEY C.C.

seems to include some planks laid edgeways across the track. Just about possible to jump, but practically everyone dismounts, jumps over and remounts. The course at Bedfont included some wooden steps up a grassy slope. Most got off and walked/ran, but I did manage to recall some mountain bike skills and ride up on a few of the laps.

So, 63rd first race. 43rd second race, then 39th, 41st (some guy fell on me and cost me about ten places!), and last weekend: 21st place. I now get gridded on the 3rd or 4th row, meaning that I can challenge for top twenty places more easily. Will miss the race this coming weekend unfortunately, but have about three races left. The whole Central CX League has 14 or 15 races in total. The Wessex CX League is similar in many respects and hosts races in the Winchester, Basingstoke, Reading, Oxford area.

I'd definitely recommend giving CX a go. Entry available via the BC website, or enter on the line. Ride a mountain bike, or a CX bike, or a winter bike with knobbly tyres. The advantage to entering in advance is that you will be gridded after you've done a couple of races. This can make all the difference.

Get in touch with [Josh Orlowski](#) if you want to find out more about cyclocross racing.



FARNBOROUGH & CAMBERLEY C.C.

Road Race Reports



Surrey League

Final 2017 Surrey League Rankings:

Pos		Pts			
1	VC Meudon	740	13	Retro RT	179
2	Southdowns Bikes CASCO	598	14	Sussex Revolution VC	158
3	London Dynamo	386	14	Morvelo Basso RT	158
4	Crawley Wheelers	370	16	VC de Londres	155
5	Paceline RT	355	17	Twickenham CC	146
6	Addiscombe CC	303	18	VC Godalming & Haslemere	141
7	WyndyMilla	288	19	i-Team.cc	137
8	Regent's Park Rouleurs	274	20	Norwood Paragon CC	116
9	Maison Du Velo	230	20	Adalta CC	116
10	Kingston Wheelers	218	22	Farnborough & Camberley CC	111
11	Oxted CC	188	23	Army Cycling Race Team	104
12	The Cycleroom	180	24	Pedal Heaven RT	102
			25	East Grinstead CC	92

Round-Up

Congratulations to the road race team for finishing in 22nd place (out of 55 clubs) in the Surrey League. A special mention for Tony Clack as the club's top rider in the Surrey League, finishing in 64th place (out of 372 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:

11 November	Hillingdon Cycle Circuit	16 December	CycloPark
11 November	CycloPark	30 December	CycloPark
25 November	Hillingdon Cycle Circuit	13 January	CycloPark
2 December	CycloPark	27 January	CycloPark



FARNBOROUGH & CAMBERLEY C.C.

Upcoming Races

Surrey League (End of Season) Handicap Race, Ottershaw, 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

It's good to hear of members taking advantage of the regular Tuesday and Thursday night sessions at the Palmer Park velodrome where you can use your road bike on the floodlit outdoor track. The basic track protocol instructions are listed below, and can also be read via a link on our new [track racing page](#) on the website. Another common area of confusion can be track positioning and overtaking, so Dick Poole, our resident track cycling coach, has written a short summary of the subject (which is also linked on the website):

Positioning and Passing on Palmer Park Track

Positioning. If you are riding slower than the majority of the other riders, you should ride about 1 metre from the fence. **FASTER RIDERS SHOULD NOT PASS THE SLOWER RIDE ON THE OUTSIDE** i.e. between the slower rider and the fence. The fastest riders should keep to the inside of the track on the white line.

Passing. Normal procedure is to pass slower riders **BELOW** or on their **INSIDE**, however, when approaching a slower group that is riding in the middle of the track around the blue line, **ALWAYS** look back down the track to ensure the track is clear for you to pass safely. If a line is approaching on the white line, wait until they have passed before passing inside the group in front.

Riders on the white line who find their way blocked by slower rider(s) should shout "inside" – the slower rider(s) should then move higher up the track to allow the faster rider(s) through.

ALWAYS LOOK OVER YOUR RIGHT SHOULDER WHEN SWINGING OFF A LINE TO ENSURE YOU ARE NOT IMPEDING OTHER RIDERS.



FARNBOROUGH & CAMBERLEY C.C.

Track Protocol

1. Your bicycle must be in a safe and serviceable condition.
2. Correct protective headgear must be worn at all times on the track.
3. Before opening one of the gates and crossing/joining the track, look and check that it is safe to do so, giving priority to those already on the track.
4. While on the track, check clearance to other riders, especially overtaking riders, and always look behind you before changing your line.
5. When moving out from the front of a “string”, only reduce speed after your manoeuvre is complete. This will prevent the rider behind you suddenly overlapping your rear wheel and crashing as you move out.
6. Never overlap the wheel in front of you.
7. If you get a puncture or other mechanical trouble, try to hold your position on the track and hold a hand up allowing other riders to pass you until it is clear for you to leave the track.
8. Free-wheel and fixed-wheel bicycles will not be mixed in the same session unless the fixed-wheel machines are fitted with a brake.
9. Specific “Derny” protocol will be given at the start of all “Derny” paced training sessions.
10. All riders, coaches and assistant coaches must sign the attendance sheet.

IF YOU ARE A TRACK NOVICE, PLEASE MAKE YOURSELF KNOWN TO A COACH



FARNBOROUGH & CAMBERLEY C.C.

FCCC Time Trial Team

We have two Club TT events left for 2017:

11 November	10am	HCC175
9 December	10am	H10/8

Xmas Open 10 TT – 10am, 16 December 2017



We still need a few volunteers to help with this event so please help if you possibly can. It's only couple of hours at most and doesn't require prior knowledge or skills. HQ is the Bentley Memorial Hall and event details are [on the website](#).

Please email committee@fcc.org.uk if you can spare a few hours to help.



FARNBOROUGH & CAMBERLEY C.C.

Sunday Club Rides

Please note that the start time of the Quick Pace Social Ride has changed to 10am as of Sunday 29 October. This is the usual change for the winter months, to change back next spring.

- 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. 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.



FARNBOROUGH & CAMBERLEY C.C.

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 Orlovski

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

Happy (and safe) riding!

Steve Hammatt - FCCC Newsletter Editor

