



FARNBOROUGH & CAMBERLEY C.C.

Newsletter – December 2017

Welcome, dear member, to the latest edition of the club newsletter. This month we've got news for you about another themed club night, an upcoming change in the club committee, more cyclocross reports and how you might have won a club trophy and not even realised it!

Committee News

A date for your diary – the club AGM will be held on Friday 2 February 2018 at 8:30pm, at All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW. Any proposals will need to be submitted in advance, as usual, and more details of this and the meeting itself will be published in due course. But now would be a good time to start thinking of anything that you'd like to put forward as a formal proposal.

We are sad to announce that Bob Vineer, the club's General Secretary, is stepping down from his role soon. We are therefore looking for volunteers who would like to take over this important position. More information about what this would entail is available from the committee on request. We're very grateful to Bob for everything he's done for the club, mostly behind the scenes, over many years.



FARNBOROUGH & CAMBERLEY C.C.

Club Annual Dinner - RSVP



Thank you to everyone who has responded to the RSVP registration form that was sent out a little while back. If you haven't already responded, 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. Details below:

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!

Track Racing

Members continue to take advantage of the regular Tuesday and Thursday night road bike sessions at the Palmer Park outdoor velodrome. However, recently there have been a few problems with the floodlights, so please phone and check with [the velodrome](#) before setting off for a session there until they get this sorted.



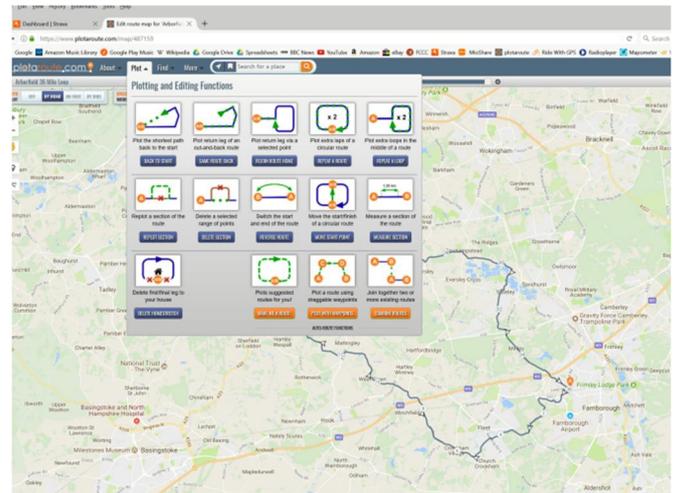
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Club Night

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.



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Last month's mechanical-themed club night was a great success, with over 20 members attending. Josh Orłowski did a sterling job demonstrating how to set up and tune gears and also how to true a wheel. A few members brought their own bikes along with some problems for Josh to look at after the main session, and all seemed to go away happy. We're very grateful to Josh for the effort that he put into this, and also to all the attendees for helping it go so well.

Club Kit

The new 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 about 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).

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).



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Trophies – Have you won one this year?



As a club we are fortunate to have a rich history that includes quite a decent trophy collection (far more than are pictured above), covering all sorts of categories - not just time trials but also road racing, hill climbs, track racing and even sportives.

The large number of trophies means that sometimes a member might have won something without even realising it! The full list of trophies and the rules for them (including exactly what is needed to win each one) is detailed in the [club rules document](#) (pages 5-9).

The onus is on members to come forward and claim trophies. Obviously if an award is for a particular club event (e.g. the annual hill climb championship) then the committee will already know about that and can present the trophy, but some of the categories are a lot less clear cut, and we really need members to come to the committee and say that they think they could be eligible for a trophy.

Here's an example - The Sportive Trophy, which according to the rules (page 8) is "awarded to the member with the greatest total distance ridden in sportives and audaxes. The time period to be 10 months from 1st February to 30th November." Now this is one where the committee will have no real idea who might have won this, and we need members to present their lists of sportives and audaxes to us. Someone out there has won this, and we want as many trophies as possible to be looked after and displayed by members and not to have to sit in a box in a storeroom somewhere!

The trophies are presented annually at the [club dinner](#) on 10 February.

Don't be shy in coming forward, and please [email the committee](#) if you would like to put forward a claim for a trophy.



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Cyclocross

This month we have an update from Scott Heyhoe on his latest CX adventures. Get in touch with [Josh Orlowski](#) if you want to find out more about cyclocross racing, and check out the club [CX web page](#).

Well, things were going swimmingly. As I mentioned last time, I returned to cyclo cross (CX) after a gap of 35 years. First race I came 63rd on my mountain bike. Then I bought a CX bike. Results improved race on race: 43rd, 39th, 21st. This is massively important as you get gridded in CX races, based on previous results. 21st, I thought: soon be in the top ten. But then disaster struck. For some reason unbeknownst to me, I arrived at RAF Halton near Aylesbury only to find that I was gridded in about 52nd place. Terrible! Now the thing is, it is hard to make up places in CX races, due to the narrow tracks and low speeds - no drafting is really possible.



Picture credit : glnphotography.com/bluesharkimages.com

Still, this race was taking place in the grounds of the stately home where the Royal Flying Corps was founded, and is now an RAF training establishment. Beautiful grounds, beautiful course. A mix of woodlands and mown, carpet-like lawns. Some drops that scared a lot of riders and had them dismount to climb down. Plenty of rooty single track through the woods. A man-made pile of sand to add to the fun, and the obligatory planks to run over. Loved every minute. Felt more like a mountain bike course. One upslope was impossible to ride. Steeper than your stairs at home, muddy and about three feet after the aforementioned planks. So muddy was it after all the juniors had raced that it was a real deep-breath, bike on shoulder scramble. Older viewers of Gladiators will well-remember the travelator at the end of the final obstacle course. Five times up that sorted out the riders. I did well enough, moving up from 52nd to finish 37th and seemed to be getting quicker every lap.



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Last weekend I raced at Milton Keynes Bowl. Now, my nice new bike was still nice and new, even after six races.

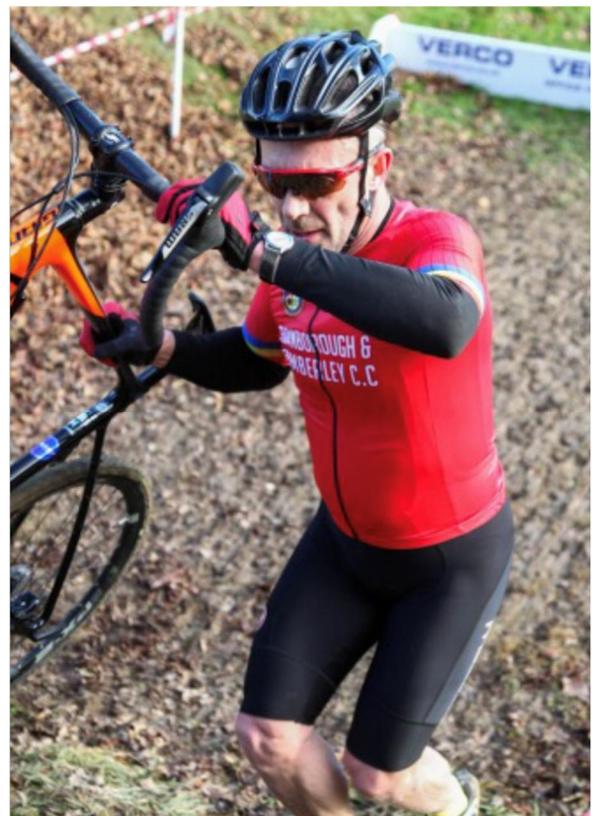


Picture credit : glnphotography.com/bluesharkimages.com

The weather has been kind and most of the courses have been on grassy ground. No longer. Look away now if the idea of having to jet wash what is effectively a road bike with disc brakes and fatter tyres fills you with dismay. It was muddy. Two sections were ankle deep. How do I know? Because I tried to ride them, ended up like Scooby Doo making a quick getaway: pedals and wheels spinning like mad with zero forward motion, and had to dismount, carry the bike and run. I prefer faster, rolling courses with some technical stuff thrown in. Milton Keynes is therefore my worst nightmare. Artificially twisty, a mud fest after rain and sections that can't be ridden. I was

given a rubbish grid position and ended up roughly where I started, in 47th place. A bit annoyed with the gridding. More annoyed with my own lack of application. Still, I've really enjoyed this return to CX racing. My bike handling has improved, my fitness is still good at the end of November, my fun factor has improved no end, and I'm as competitive as ever. And, erm, I bought another bike. Ho hum.

One last race for me this weekend at Abingdon and it's the Central Region Championships. I was aiming for top ten but that will be a tall order. All depends on the course, the weather, oh and the rider!



Picture credit : glnphotography.com/bluesharkimages.com



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Road Racing

The British Cycling 2018 race season is starting up again this month, with the Hillingdon Winter Series running through till February. More information is available at [this link](#).

The League of Veteran Racing Cyclists (LVRC) have announced the return of their popular Toachim Vets/PS+Cyclewear Series for 2018. FCCC will be promoting and helping to run a race at Dunsfold Aerodrome (the home of the Top Gear TV show) on 6 May, where helpers and supporters would be very welcome.

See the [LVRC website](#) for more information on this racing series.



Surrey League

If anyone would like to attend the Surrey League Prize Presentation on 3 December then please see the details on the [Surrey League Facebook page](#).

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:

2 December	CycloPark	20 January	Ardingly
16 December	CycloPark	27 January	CycloPark
30 December	CycloPark	25 February	Hillingdon
13 January	CycloPark	10 March	Hillingdon



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FCCC Time Trial Team

We have one Club TT event left for 2017, as well as the Xmas Open:

9 December 10am H10/8

Xmas Open 10 TT – 10am, 16 December 2017



We have over 60 entries so far for this event, so we're expecting to see a lot of riders enjoying this annual TT, to be taken seriously by some and perhaps not-so-seriously by many others.

A big thank you to everyone that has volunteered to help us run the event, it is much appreciated, and we look forward to seeing you there. If anyone wants to come along and spectate and to cheer on the riders, then you'd be very welcome. HQ is Bentley Memorial Hall and details are on [the website](#).

CTT needs Timekeepers, Assistant Timekeepers and Course Measurers

The governing body of time trials in the UK needs help. The West London district (the one that FCCC falls into) currently has a shortage of volunteers to help out with the above functions. So if anyone would like to help put something back into the sport in this area, then please contact either [Donald Ashton](#) or [Bob Vineer](#) for more information.



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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 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.



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 Orlowski

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

Happy (and safe) riding!

Steve Hammatt - FCCC Newsletter Editor

