



Weekly Newsletter – 2 June 2016

Hello All

New Members

A very warm welcome to Joel Theobald, William Flinn and Richard Brooke who joined the club this week.

UPCOMING EVENTS

2 June 2016 7:00pm: HCC216a - Club 10 Mile TT Championship (No need to register, just turn up 15 minutes before).

3 June at 8.30pm: Club Social Night Friday All Saints Hall, Chapel Lane, Hawley GU14 9BW

CLUB TRACK CHAMPIONSHIPS 17th June at 8.15pm – Palmer Park Velodrome, Reading

The Club Track Championships (free wheel or geared machines) is on 17th June at Palmer Park starting at 8.15pm prompt (make sure you arrive by 7.45pm).

Events for Juniors, Seniors, Vets (over 40) and Ladies. The official events will be Sprint and Pursuit and time permitting a short bunch race.

Please email entries to Dick Poole (r.poole@btinternet.com) by 10th June. **If there are insufficient entries by that date the event will be cancelled** so please get your entries in early.

Help would be greatly appreciated on the night so please email Dick (r.poole@btinternet.com) to volunteer to help.

ORDERING CLUB KIT

We have removed the menu link to the club shop from our old website as the stock list for kit is out of date and we'll soon be migrating to our new website. In the meantime please email Kelly Miller, our Clothing Secretary at kelsiphone@yahoo.co.uk for your requirements.

A Trip Down Memory Lane

Thanks to Ron Taylor again for this week's trip down memory lane with the club newsletter from Jun/Jul 1990. Click on this [link for the scanned pdf copy](#).



RACING NEWS – A BUSY WEEK

FCCC racers were at the forefront of the action on all fronts during the last week.

Golden Bank Holiday Weekend for FCCC



Morag, Matt, Vernon and Dave

Matthew Charlton completed a remarkable comeback after his shoulder injuries of a few weeks ago when won the 32 mile classic Tour of the New Forest. It was his first win at an Open and FCCC's first win for nearly 7 years. [A full report can be found here.](#)

Elsewhere on Sunday morning at the Hounslow and District Wheelers 100 mile TT Dave Triska finished among the top 15 in a full and competitive field in 3:52:26, bouncing back from an incident that left him with a dislocated and broken finger at 91 miles.

Vernon Schutte finished with a phenomenal 4:53:06 obliterating his Vets Standard on his 100 mile debut and continues to serve as an inspiration to anyone looking to join the Time Trial Team. (*Vernon's TT Chronicles continues in this week's Appendix with a "Two for one"*).

To round off brilliant weekend FCCC & GB Triathlete Morag McDowell finished a magnificent 8th in her category at the 2016 Lisbon ETU Triathlon European Championships. Morag said "It was the race of my life today. Absolutely nailed it!!! Top 10 - I'm super chuffed".

2016 Lisbon ETU Triathlon European Championships : May 29 2016 : 45-49 Female AG : Results

Choose a Result List

Pos	First Name	Last Name	Country	Time	Swim	T1	Bike	T2	Run
1	Brigitte	McMahon	SUI	02:11:36	00:21:23	00:01:11	01:10:15	00:00:56	00:37:49
2	Nicole	Best	GER	02:14:05	00:22:25	00:00:59	01:11:49	00:01:00	00:37:51
3	Catherine	Linney	GBR	02:16:35	00:23:24	00:01:09	01:11:09	00:00:54	00:39:58
4	Shella	Jansen	GBR	02:17:57	00:22:24	00:01:28	01:12:22	00:01:14	00:40:26
5	Karen	Watkins	GBR	02:20:46	00:25:26	00:01:24	01:10:57	00:01:02	00:41:55
6	Kai	Sachtleber	GER	02:21:49	00:22:22	00:01:13	01:15:59	00:00:56	00:41:17
7	Dorothy	Liviabella	GBR	02:22:11	00:26:03	00:01:19	01:13:19	00:01:01	00:40:27
8	Morag	McDowell	GBR	02:22:40	00:26:10	00:01:11	01:14:53	00:00:56	00:39:29
9	Emma	Hill	GBR	02:23:32	00:23:27	00:01:39	01:15:39	00:01:12	00:41:34
10	Ruth	Johnstone	GBR	02:25:53	00:24:55	00:01:41	01:14:49	00:01:10	00:43:16



Road Racing Team

The FCCC RR team was out in force again on Wednesday and Friday evening at Dunsfold in the Surrey League with even more BC points being picked up by Scott Heyhoe, Luke Stratford, Sue McFarlane (Sue's race report is in the Appendix) and Warren Vye with Tony Clack and Josh Orlowski chasing down the breaks. [Detailed results can be found here.](#)

Well done guys, great team work.



A selection of photos – [more can be found here](#)

Scott Heyhoe also competed in the British Cycling Masters National Championships near Milton Keynes on Saturday 28th May. Read his race report in the Appendix for his tip on cramp and pickle juice!



Scott Heyhoe



Club Time Trial Results

26 May 2016 - Last Thursday's Club TT on CC255B 11.5 m

Posn	#	Time	Plus	Name	Club
1	13	0h25'41"		Mr M Taylor	VC Meudon
2	15	0h26'14"	+0h03'41"	Mr T Duncan-Booth	Farnborough & Camberley CC
3	6	0h26'53"		Mr D Ogden	Farnborough & Camberley CC
4	12	0h27'04"	+0h03'24"	Mr R Brooke	Farnham Triathlon Club
5	14	0h28'02"	+0h02'31"	Mr T Carman	Farnborough & Camberley CC
6	9	0h28'48"	+0h01'56"	Mr G Lock	Farnborough & Camberley CC
7=	7	0h28'49"	+0h01'29"	Mr R Cudlip	Farnborough & Camberley CC
7=	11	0h28'49"		Mr P Manning	Farnham Triathlon Club
9	8	0h29'10"	+0h01'08"	Mr G Short	Farnborough & Camberley CC
10	10	0h30'10"		Mr T Vandersluis	Farnborough & Camberley CC
11	5	0h30'23"	+0h01'00"	Mr R Matheson	Farnborough & Camberley CC
12	1	0h30'39"	-0h00'16"	Mr S Smith	Farnborough & Camberley CC
13	4	0h31'26"		Mr J Theobald	none
14	3	0h34'35"	-0h04'02"	Mr D Flesch	Farnborough & Camberley CC
15	2	0h35'07"	-0h03'24"	Mr M Vandersluis	Farnborough & Camberley CC



Some quick times from the FCCC boys (Tim Duncan-Booth, Dave Ogden, Giles Short and Tim Carman) in their new skinsuits!



Upcoming Rides

Club Time Trials

The next few club TT races:

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>	
02-Jun-2016	19:00	HCC216a	Club 10 Championship
09-Jun-2016	19:00	HCC257	

For those members who may have missed the full list of the club time trials in an earlier newsletter the full list can be found by following [this link](#)

No experience or special equipment is required to enter these club races, just turn up on your road bike 15 minutes before the start time and give it a go. And it's free for FCCC members.

Sunday 5th June - Club Social Rides

The weather is looking better this weekend for our Social, Café and Mid-Paced rides, all starting at 09.30am at Speedys in Cove. Keep an eye on the [Facebook](#) page and the [Forum](#) for more details.

Midweek Rides

There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm (register your interest on the weekly FaceBook event) and the usual Wednesday Social Ride (09.30) from Speedys.

Quote of the week: "To me, it doesn't matter whether it's raining or the sun is shining or whatever: as long as I'm riding a bike I know I'm the luckiest guy in the world" – Mark Cavendish

Safe riding!

Jeff Davis - FCCC Newsletter Editor





APPENDIX

Vernon's TT Chronicles

Farnham Road Club H10/8 10 Mile Time Trial – 21 May 2016

Having recovered from the painful 50 ml TT it was now time for a quickie.

There was a large field of riders on the start sheet and I was number 34. I checked the stats on the guys either side of me and decided I would not be catching anybody up but about 6 would be coming past me in the time it took me to get around the course.

The weather on the day was forecast for winds of about 16mph and rain at some stage of the afternoon. As a result a lot of riders cancelled. I figured I might manage to keep fairly dry and would deal with the wind. Time to Man Up! The start line revealed that 2 guys ahead of me were non-starters and several behind me also.

The countdown finished and off I went. Headwind on the outward leg meant pushing it on the long drag uphill from Bentley.

Doing the 50 a couple of weeks before is good because it means I know how much I can push myself.

I kept the pressure on and made my way to Alton for the turn. My speed was not higher than normal but good for pushing against the wind.

As I made the downhill approach to the roundabout the lousy road surface and bumps caused my bars to slip downwards out of position. Damn I had not tightened them enough when I adjusted them earlier in the week. I made the turn and checked my time, 13mins 35 seconds. Not bad considering.

With the wind behind me and my bars pulled back into position it was definitely showtime. The rain had set it by now but at least it was not in my face.

I decided on trying to keep an even pace going rather than going for it and then running out of energy on the inclines. At this point I stopped looking at my Garmin and just got on with it. Other than my minute man coming past me after 6 mins or so I had not seen any other riders.

On the approach to the Hen & Chicken I spotted a rider in front of me as I caught up and passed him I noted his number. He had started 5 minutes ahead of me, I was not expecting that! (Turns out he was 85 years old, so Kudos to him.)

I pressed on to the bypass and worked on keeping an even cadence to maintain my speed, the bypass came and went and I was on the downward slope to the finish line.



I put all my effort into it and crossed the line. I did not even think about checking my Garmin until I was well past the Bull.

My official time was 25:59, 49th place out of 59 starters. Equal with my PB but a good result on a wet & windy day with 34 non-starters.

Well done to Nick Cosgreave who got 25:13. I am gaining on you from last year Nick!

Hounslow & District H100/88 100 Mile Time Trial 29/5/2016

I felt I had it in me and in a moment of madness I went online and entered my first ever 100mile TT .The week before the event was spent spending more money getting extra equipment for the bike.

Rear bottle cages that fit on the back of the saddle so that they are in your slipstream, An aero handlebar mounted bottle that goes between your Tribars that can be refilled easily using the bottles stored at the back . A small bag that fits behind the stem to hold energy bars and gels and another small bag to fit under the saddle to hold tools and phone in case of emergencies. My pump bracket fitted on the rear bottle cages. The existing bottle cage was removed from the frame to increase aerodynamics and the deep flange carbon front wheel was retained.

All these changes were on the advice of Dave Triska our club expert on long distance TT 'ing.

I had struggled before with the front wheel but Dave's advice was "Go Deep it's worth it in the long run"

There was a field of 120 riders and I was number 10 which meant a 7:10 am start. The morning came dry and sunny but with a strongish wind that was blowing from Farnham down to Chawton.

The start was at the Hen & Chicken with the finish on the Farnham bound side just under ½ a mile before the H&C.

The route basically was 5 laps of the A31 from the H&C to the Coxbridge roundabout back down to the Chawton Roundabout and head back to Farnham. Not the most exciting of routes but at least I had a good knowledge of the course.

At 62 my Veteran Standard time was 5:12:00 so I figured if I could average 20mph I would do it in 5 hours and be safely within time towith spare if things went Pete Tong at the end.

My number was called, the countdown called and I was off! Up the incline away from the H&C onto the main road and down the dip and up the other side. It made for the slowest start to a TT I had done.



The run down to Coxbridge from here is basically a gradual drop in elevation that everyone makes the most of to make up time on a 25 or 50 mile TT. Today there was a wind that was not head on but close enough to mean getting into aero position was the easiest way to beat it.

Holding 20 mph average was fairly easy as I was working at a heart rate of 140+ whereas my normal Time Trial rate is about 154.

Made my first turn at Coxbridge and headed back to Chawton. With the wind behind me it made the long drag up from Bentley and the drag past the waste transfer station a bit easier.

An early start meant the road was quiet and with the sun shining it felt peaceful to be moving along at a steady rhythm. Straight over the Alton roundabout and onto the Chawton Roubaix bottom loop of the course.

I managed to find a reasonable course avoiding the worst of the bumps by riding on or close to the white line at the edge of the road. A gamble between getting a puncture from the rubbish at the kerb or moving further out and hitting all the bumps and getting a pinch puncture.

The first turn at Chawton arrived and as I came around the curve the wind suddenly hit me. It was quite a shock that first time. Carry on round and start the run back to Farnham, sections of this side of the A31 are good with shelter from the wind and other bits are bumpy and blowy that made me work at keeping my pace. As I cycled along I realised why I had seemed to make good progress the other way as the wind was giving me a good boost on a section that I often struggled with.

I made it back past the H&C as the hour came up and number 70 came of the start line.

At this point I felt I needed to up my pace a little as I was not going to leave room for errors if I stayed at this speed. So far I had been mostly on my own but on the run to Coxbridge I started to see other riders ahead of me and others coming past me. This spurred me on to keep the higher pace as it meant I would not get lost in my own thought and lose concentration and pace.

Round Coxbridge for the second time without any slowing and on back towards Chawton. I have been suffering with tendonitis in my right arm and holding aero position was starting to cause it to become painful. I decided that on the inclines I would come off the tribars and revert to sitting up.

This would make me a fraction slower, but I was not aiming for high speed, and it would ease the pain in my arm. Chawton came and went but I was ready for the wind this time round. Riders are coming past me in dribs and drabs and I am still holding to target. I push on and ignore the speed of the others, stick to the plan is my motto. 2 hours in and I have passed the start line and am further along than the first hour. Time for an energy boost as my knees are starting to feel it.

Dave Triska had told me to get some caffeine boost as it would help. I had 2 SIS Coffee flavour gels with added caffeine. The instructions suggest you take no more than 2 a day so I figured one at 2 hours and one at 4 hours



would work. I took the first one and Oh do they work! Apart from having the wonderful taste of coffee the caffeine does wonders for my knees. Making use of the high I push on even more and on my 3rd lap I start to actually overtake a couple of people. The first I must say had my respect as I watched him pedalling as I approached. He seemed to have an odd pedalling style which once I got closer I could see why. He was basically pedalling with one leg.

He was riding a traditional road bike with the left hand crank as an L shaped crank. This meant that whilst the right leg made a full length circle the left did a small turn of about 5" dia.

Obviously he had strength problems with the right leg and this enabled him to pedal in an almost normal way. (His finishing time was about 5 ½ hours). I chase down a couple of other riders on this lap still feeling good. Riders are coming past in groups now, a batch of 90's had earlier been going past me as if they were on a 25 TT. It's really good when you are on a straight section to look down the road and see about half a dozen riders stretched out over about 400 yards with sunlight shining off frames and helmets.

As I head away from the Alton Roundabout near the end of my 4th lap there is a clatter from behind me.

I realise that my pump has shaken loose. I cannot risk having a puncture and not being able to fix it so I stop and run back down the road. I retrieve the pump and realise that it is only the plunger that has come off. Sure enough the bumping has caused it to unscrew itself and leave the rest of the pump still attached to the bike. I put it back together and remounted with a bit of cramp twinging at the top of my calves. God I hope this is not what happens when I eventually finish.

I am now getting on for 3hours 50minutes and 80 miles and once again the rise leading away from the Alton roundabout does its worst and spasm of cramp at the top of my right thigh hits. Not again I curse!

I work it off as I approach the H&C and decide it is time for my second boost of caffeine. It works wonders and soon I am back on pace making the final run for Coxbridge. I have been watching my stats and realise that I am well ahead of target and start working out when to make my final push.

The run down to Alton goes well as I have managed to retake number 6 who had passed me when my pump fell off. He had been following me for almost a lap. Now the last 5 miles or so of a time trial is when I start winding up for the final run in but today with the Chawton loop being so rough as I make the climb out of the first dip I was tiring and all the bumping on the saddle caused both my thighs to cramp. I went into my routine but could not clear it completely all the way round the loop and the bumpy surface just caused me difficulties.

Number 6 had re passed me whilst I sorted myself out. Once over the Alton roundabout I felt better with only a mile left to go. A climb up to the finishing straight is not my idea of fun but I took it steady and then once on the flat made the run in for the finish line.

It was over and I had survived all that was left was a slow ride back to the HQ that would work out the cramp and tightness in my muscles.



It was a case of Veni Velo Vici as I had managed to achieve a time of 4:53:06. I had beaten my Vet standard by 18:54, To give you an idea of how good that is for me, the standard for a 47 year old male is 4:53:33.

I think I was about 6th from bottom but do I care? NO! I finished and in a good time.

My thanks go to Dave Triska for the advice beforehand and the rest of the F&CCC time trial team for their encouragement.

The new team skin suit not only looks good but it works really well and I am sure helped towards my good time.

Cheers Vernon

FCCC (RR) Team Road Race Reports

British Cycling Masters National Championships, Newton Longville, Milton Keynes – 28 May 2016

Scott Heyhoe – Race Report

My second National Championship of the season, and probably the more prestigious of the two. A superbly-organised event with rolling road closures, very well marshalled junctions, motorcycle out-riders, convoy of cars, 'proper' signing-on taking place on the stage of the HQ hall, proper finishing straight with crowd barriers. And 76 riders from all over the uk.

Weather was warm and the course a very challenging, rolling 65-mile parcours. Rolled out of the HQ, rode one mile neutralised so that we could all settle down, flag dropped, lead car horn tooted, and we were off. Pace picked up immediately. I'd decided no heroics today – long way, hot day, big peloton. Three riders tried their luck, but with long downhill sections following long uphill drags, it was hard to get a gap. The pace ebbed and flowed for three out of the six laps. Comedy moment when a dog ran through the middle of the bunch in one village.

Lap four and as we rounded a tight left hand turn, the pace picked up at the front, at the start of one of the longer drags. A couple of riders struggled to hold the wheels in front, and before I knew it, about twenty riders were about 50 metres up the road. Darn it. I was determined not to end up the wrong side of a split and sprinted as hard as I could. Two other riders joined me and we worked very very hard. Gap down to about 10 metres at the top of the drag. Quick spurt over the brow of the hill and made contact on the descent. Not quite sure what happened behind, we were eventually joined by other riders as the pace slowed at the front again. Suspect some riders were dropped. Four riders seized the opportunity and blasted away. Time checks from marshals indicated that these four were about 30 seconds ahead. The chase was a bit sporadic. Some half-hearted attempts to jump across to them, and no real organisation at the head of the peloton.



Lap five and I had a few twinges of cramp. Latest research shows that pickle juice might be helpful – yup, the stuff left in the jar when you've eaten all your dill pickles. Nothing to lose, so I had a few swigs from a small bottle that I had in my back pocket. Yeuch! Salty vinegar. Made me cough and splutter but oddly seemed to do the trick.

Last lap, pace picking up. 6 miles to go. Feeling good. Maintaining good position in about 15th place. A few more cramp twinges. A couple of riders tried a final break, but the bunch was onto them like a flash. Penultimate drag and my legs started to cramp a little bit. No pickle juice left! Span down the other side trying to loosen them. Final 250m drag and legs hurting now – quads in spasm. Knocked it down a gear and kept spinning. Rounded the last right hander and 250m to go. Legs started working again, and I was overtaking riders. Awaiting official results, but I suspect there were about 30 riders in front of me.

Probably not as well-placed as I was last week overall, but much closer to the front of the race at the end, and on the verge of sorting out this cramp issue. 65 miles at 25mph average on a course with no flat sections. Got to be pleased with that.

Scott

Dunsfold Crit 26 May 16 W3/4

Sue McFarlane – Race Report

Well this was quite interesting: this was the first Dunsfold race that I have done and didn't quite know what to expect as usually I have entered races whereby I can see the entrants beforehand and know the field I am up against.....but nope not this time.....entry on the day.

I probably arrived slightly too early compared to my previous races but this worked out fairly good as I actually had time for a warm up - however I was too interested in the super cars that were parked in the middle of the airfield. Anyway once I registered it was almost a game of counting the females that were turning up right until the start line, it filled me with happiness to know that we had a reasonable turn out on the start line.

I didn't actually know how I felt for this race as I have never raced in the evening, I felt slightly fatigued from work and had the worst race prep you could imagine - full fat coke, haribos and a stale chicken and stuffing sandwich from the local garage.....not the best race prep. So after all that I suddenly found myself on the start line feeling slightly unwell, the whistle went and then we were off.

I actually found myself at the front and just thought 'bugger it' let's set a pace! So I went off at around 40kph - sound impressive right? Well after half a lap I found the group still on my wheel and kind of thought I needed to reign it in as I am no racing snake. I sat quite far back in the bunch and let the ride just go - all was steady for about 3 laps with a few attacks thrown in from the Windymilla girls but we were all able to stick with that, then on the 4th lap at the beginning of a small incline the big attack happened and that was that.



It was at this point I found myself fighting hard to stay with the four girls that had gone and thankfully I managed to get on a wheel. From here we saw a very well collected group of 5 girls working together to keep the pace and stay away from the other group.

At this point I thought the pace would lessen but that didn't happen but it was good to work together, suddenly I found myself on the last lap and as we turned the corner for the home straight to the finish I completely missed judged the distance and went for a sprint finish.....well that didn't work to well as I blew up about 100m from the finish, got overtaken by two other girls but still managed a 3rd place position. I certainly won't be doing that this Friday.

All in all a very good race!

Point to note here is eat crap before a race and don't get too excited too early before the finish line.

Sue