



Newsletter – 4 May 2017

Hi Everyone

NEW MEMBERS

A very warm welcome to Mark Huntley, Denise Hutchinson, Roman Zdziarski, Chris Armes and Fred Taylor-Young who have recently joined the club.

CLUB NIGHT

A quick reminder that tomorrow 5 May (Friday) night is the monthly club meeting at All Saints Hall. Club kit sizing samples will be on hand if you wish to go and try it ([Event Details](#))

CLUB NIGHT IDEAS

We are looking to formalise a program for club nights in order to make the evenings more attractive and provide a clear benefit to club members. So far suggestions have included:

1. First aid for cyclists
2. Mechanical problem solving night (Open workshop for members to get their steeds looked at)
3. Zwift racing
4. Social talks (hobbies and interests, lifestyle lectures)
5. Beginners guide to training
6. Sportive masterclass
7. Road racing - how to get started
8. Time trialling - how to get started

We'd be grateful if you could leave your own suggestions or comments on the above on the website article here <http://www.fccc.org.uk/club-nights>.

We want to make Friday club nights an event that we'd all want to attend and get something out of. Please help us do so.



CLUB KIT

The kit delivery is expected next week so keep an eye out in your inbox and on the forum page for confirmation and to arrange collection.

Anyone wishing to order more kit should 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: <http://www.fccc.org.uk/club-kit>

CLUB OPEN 25 MILE T 2PM 22 APRIL 2017 – REPORT

A great day for the TT Team at our Open 25 with a fistful of personal bests, including 5 riders breaking the 60 minute mark and 4th place for TT captain Matt Charlton.

Many thanks to our organisers but **in particular a massive thank you to our member volunteers for making such a big turnout from the FCCC TT Team possible.**

ROAD RACE TEAM RESURGENCE

It's been an excellent start to the season for the FCCC Road Race team (especially over the past couple of weeks), both in results and participation. The team has had 11 riders (Tony, Scott, Warren, Nick, Ollie, Tom, Luke, Josh, Paul, Billy & Sue) compete in 6 events, including circuit races at Thrupton and Hillingdon, a Surrey League Handicap race on Kitsmead Lane, the Stockbridge Road Race and the Thames Velo Spring Road Race. The highlight of the period came in the 3rd Cat race at Hillingdon on April 29, with Ollie Rastall going off the front for a win and Nick Hale rounding out the top 10. A short summary and photos of each race are included below.

It's important to put this season's success into perspective with where the club has been regarding competitive cycling over the past few years. While the club has maintained a strong time trialing base, participation in mass start events has been low. Last season saw road racing participation increase dramatically, and this year the team has expanded even further to 18- with 12 actively road racing, 2 undertaking Surrey league race training and 4 showing a very keen interest. The team has a full racing calendar for the next few months and we look forward to the early season results continuing through later events.

With the large number of active club road racers, it's never been easier to get started racing on the road (or off). If you're interested in toeing the line for the first time, reach out to Warren Vye or Josh Orlowski for more details on how to get started racing with the club. A sampling of upcoming races is below.



Upcoming Local Races		
Date	Race	Discipline and Categories
Tuesdays (recurring)	BC West Thames Series (Hillingdon)	Road- 3/4, E/1/2/3
Tuesdays (recurring)	Hargroves Cycles Goodwood Series	Road- 3/4, E/1/2
Wednesdays (recurring)	Surrey League Dunsfold Park Vet Series	Road- all 40+
Thursdays (recurring)	Surrey League Handicap Series (revolving locations)	Road- E/1/2/3/4
Fridays (recurring)	Surrey League Dunsfold Park Series	Road- Cat 4 only
14/5/17	Surrey League Road Race (Milland Hill)	Road- 3, 2/3
21/5/17	Battle in the Bowl	MTB/CX- Senior and "Fun"
28/5/17	Southern XC Rd 3 (Crow Hill)	MTB- All
18/6/17	Surrey League Road Race (Dunsfold)	Road- Cat 3 only
25/6/17	Surrey League Road Race (Cutmill)	Road- 3, 2/3

Race Reports and Photos

Thames Velo RR (30/4)

Josh (34th), Tom, Scott, Nick

Tom, Nick, Scott and Josh lined up with 86 other riders for the Thames Velo Cat 3/4 Road Race on Sunday. This was Tom and Josh's first race on open roads, and only Tom's second race ever. The pace started reasonably, however picked up sharply through the course of the 5 laps of the 9 mile circuit. Tom started strong, however the pace became too much during the second lap. A close call on lap 4 saw Josh's front wheel make contact with Nick's derailleur, unfortunately resulting in a call to neutral service and eventual DNF for Nick. A break that formed early in the race managed to stay away until the end, Josh crossed the line 34th overall, in the peloton behind the break. Despite a few close calls it was a good race, and it was great to see Tom, the youngest rider on the team, flying the FCCC colours on the road.

Tom's Race Report:

My first race.

I came into my first race with two goals in mind: stay upright and finish in the top 50 (there were 49 riders in the cat 4 race), in the end I managed both. The circuit at Thruxton was relatively straightforward, just shy of four kilometres per lap with a few flowing corners, its most notable feature was a slight uphill drag and then a chicane just before the finishing straight.

The pace was steady as we set off for the first of 9 laps and it seemed to remain fairly steady throughout the race, my expectation was that I would be on my limit throughout the whole race, but sitting tight in the bunch you just tend to get pulled along. With three laps to go the



pace slowed some more and two guys jumped off the front with a third in pursuit. I was still feeling good at this point so came up on the outside to see if I could get on the wheel of the third guy. It didn't work; I ended up pulling everyone along behind me as I was dreaming of glory. Oops. The pace was then unrelenting all the way to the finish, with the guy in front of me being unable to keep up the pace on the final drag, leading to me panicking and changing my line slightly, which caused a few quick adjustments behind me. Thankfully this averted to nothing and I was reprimanded by the rider behind me, there were no hard feelings – you live and learn.

The final results were Giles in 29th place, Tony 31st, Paul 38th and finally myself bringing up the rear of the peloton in 42nd. All in all it was thoroughly enjoyable and I am already looking forward to my next race, this time on open roads, on 30th April.

Tom



TOM STARTING

JOSH TURNING IN

JOSH AND NICK

BIG Events Hillingdon (29/4)

Ollie (1st), Nick (10th), Scott (18th), Warren (21st), Tony (30th)

There was a great turnout on Saturday, with FCCC starting 5 riders across 2 races at the BIG Events Hillingdon race. Ollie, Nick, Scott and Warren raced in Cat 3, with Tony riding the Cat 4 race. The highlight of the day was when Ollie accelerated away from the group out of the last turn, created a gap and held it the whole way to the line. Nick crossed in 10th, Scott and Warren followed in 18th and 21st, respectively. Tony finished 30th in the Cat 4 race. Ollie's win marks the first FCCC Cat 3 victory in several years, and the clubs first road racing win since Ollie took 1st at Thruxton last summer.



EVERYONE



OLLIE



OLLIE



NICK



TONY

Surrey League Handicap (27/4)

Ollie, Nick, Josh (results pending)

Thursday saw 3 FCCC riders line up for the first Surrey League Handicap race of the season on our local Kitsmead Lane circuit. Handicap races are open to all categories and see riders grouped by ability (generally), with slower riders setting off ahead of the faster groups. The goal is to cross the line first- earlier groups try to stay away and later groups try to catch up. Nick and Ollie were set off in group 2, Josh started 30 seconds later in group 3.

The pace was furious from the start- Ollie stuck with his group for the longest but was eventually overtaken by the winning group.



OLLIE PASSING THE PELETON

FCCC ROAD RACE TEAM EVENTS AT DUNSFOLD

The Road Race Team are promoting the next two Friday evening Surrey League Circuit races at Dunsfold Aerodrome (5th and 12th May) and would welcome some home support and any offers of help in running the events.

The races start at 7pm - please contact Warren Vye or Josh Orłowski if you can support our racers.



MTB/CX RACING INTRO

May 21st is the annual "Battle in the Bowl", a gravel/cyclocross/mountain bike race held at Matterley Basin (near Winchester).

This event has 2 category options, a 20 mile option open to all bikes and geared at less serious racers, as well as a 2 hour race open to CX bikes only. This is a great local event to get started at if you're new to riding or racing off road. No BC license is required, and the course will be less technical than many pure MTB or CX events.

Club racer Josh Orłowski will be out offering support during the "Fun" race and racing the Super CX race. Discounts and pit areas are available if we can get a team of 4+ riders, please contact Josh (josh.orłowski@gmail.com) if you're interested or have any questions.

More details and a course preview are available on the event website at <http://battleinthebowl.cx>

FCCC TT TEAM

April was a fantastic month for the club with regular participation by our riders in various open events from High Wycombe down to the South Coast. A particular highlight was the FCCC open 25 where the club fielded 8 of its own riders with most of them producing PB's along the popular Bentley course.

Matt Charlton's early form continued with 3 top four finishes including a win at the Bossard Wheelers 10, also racing were Kelly Miller and David Triska as the FCCC trio also won the Fastest Team prize. The following day saw Tim Duncan-Booth take a top 10 place at the VTTA 10 with Jeff Davis unlucky to DQ with a PB time of 22:36.

April 2017 FCCC TT Team Results:

A3CRG Sporting - 9th April

David Triska 26th 1:03:14

High Wycombe CC 10 - 14th April

Tim Duncan-Booth 31st 21:22

Bournemouth Arrows 10 - 14th April

Matthew Charlton 2nd 20:48



**FARNBOROUGH &
CAMBERLEY C.C.**

Kelly Miller 28th 23:02

A3CRG 25 - 16th April

David Triska. 32nd 56:11

Farnborough & Camberley 25 - 22nd April

Matthew Charlton 4th 50:08
Tim Duncan-Booth 23rd 54:43
Kelly Miller 42nd 56:09
Tim Carman. 53rd 57:58
Jeff Davis 64th 58:42
Gregor Lock 83rd 1:02:02
Nichols Cosgreave. 94th 1:04:29
Vernon Schutte 99th 1:06:33

Bossard Wheelers CC 10 - 30th April

Matthew Charlton 1st 19:55
Kelly Miller 14th 21:39
David Triska 16th 21:41

VTTA 10 - 1st May

Tim Duncan-Booth 8th 20:39
Jeff Davis DQ 22:36

The month of May looks to be even busier with the FCCC TT Team competing in the following open events:

Hampshire RC 10 - 6th May

Charlotteville 50 - 7th May

A3CRG 10 - 10th May

Farnham 10 - 20th May

North Norfolk 100 - 20th May

North Hampshire 10 - 27th May

Sportzmad 25 - 14th May

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 race calendar details are in the below link:

<http://www.fccc.org.uk/static/pdf/67e29c766555e03e86f69f48498f4097.pdf>

Any other questions then simply send all enquires to: timetrials@fccc.org.uk

Vernon's FCCC 25 mile Open TT Report - H25/8 22/4/17

Time for my first 25 miler of the year our own clubs open event.

I had been struggling to get fast times on the 10's and hoped to improve on this event.

I had been training for the longer events later in the season, my last session was doing 80 miles in less than 4 hours. Knowing I could hold just over 20mph for that distance I felt I could put more power into 25 miles.

The weather was dry but there was a crosswind of 7mph. This meant no wind assistance and I would be relying on my legs alone.

I was given number 68 with Kelly 2 minutes behind me at number 70. In discussion before the start I had said I was aiming to hold an average of 200 watts. During my long training session I had been averaging 180 watts so I wanted to up the power for the shorter distance.

I set off and settled into a good pace of over 21mph across the bypass with my power averaging 229 watts through to the H&C. By the time I got to the turn my average watts was down to 223 and my heart rate was about 157, higher than my usual levels. Time wise I was about 12 ½ minutes so going well.

Just after the turn Kelly came past me, a couple of minutes later than I thought he would, which cheered me up. Now for the run to Coxbridge.

My heart rate was back in the low 160's as I pushed towards and past the H&C and did not drop back down to mid 150's until I was nearing The Bull Inn. From there to Coxbridge I was holding a steady 25mph at a wattage just below 200. Still feeling strong I made the turn and headed back towards Holybourne.

Working hard at trying to keep up a good pace of about 22 mph I got past the start line after about 38 minutes. This is a good pace for me and I was happy with the way it was going. Getting across the bypass and up the incline proved a bit harder and my speed dropped compared to my first time around. By the time I was passing the waste transfer station I as



definitely feeling it. My power levels were dropping and I pushed hard down the slope but was struggled whilst making the turn.

Once I had made it I felt the boost of knowing I was on the home run now. I tried to push hard along the section to the H&C but could not manage to hit the speeds I wanted.

Once on the run down to the bypass I started to regain my pace. I love that section of road as it's got a smooth surface and I can get into a good steady rhythm so I push up my power again and try to regain some lost time. Past The Bull Inn and keep going to the finish line.

Time off 1:06:33, average speed 22.539 mph. Not as fast as I hoped at over 2 minutes off my PB but 30 second faster than I was this time last year.

My power averaged out at 200watts so I got the level I wanted and now know that I need to work on sustaining a higher level to improve my times.

I finished 99th out of 114, out of the bottom 10 and happy to finish close behind a contemporary

who has been beating me on the 10 mile courses.

The rest of the FCCC Team achieved PB 's on their times and are looking strong this season.

Thanks to the club members who helped out at the event and made it possible for a lot of the team to take part in the event.

Cheers Vernon

SUNDAY CLUB RIDES

Club rides:

- 9.30am - Gentle Paced Social Ride – 35 to 40 miles with a café stop at an average speed of 13 to 14 mph
- 9.30am - Mid Paced Social Ride – 40 to 45 miles with a café stop at an average speed of 14.5 to 15.5 mph
- 9.30am - Quick Paced Social Ride – 45 to 50 miles with a café stop at an average speed of 16.5 to 17.5 mph
- 9.30am - Fast Paced Non-Stop Ride – 50 to 65 miles at an average speed of 18.0 to 19.5 mph

As always keep an eye on the website Forum and Events pages and Facebook for details.



**FARNBOROUGH &
CAMBERLEY C.C.**

MIDWEEK RIDES

There is also a Wednesday Social Ride (09.30am) from Speedy's. Check the website Forum for details.

Safe riding!

Jeff Davis - FCCC Newsletter Editor

