



Weekly Newsletter – 4 August 2016

Hi Everyone

MEMBER AU REVOIR

No new members this week but Mike O'Donovan, our membership secretary, received a nice endorsement for the club and our unsung ride leaders in response to a membership renewal notice sent to Stuart Beney, who has moved away from the area:

“Hi, I have moved away and regrettably will not be renewing my membership.

A big thanks to Ron/Andy and Martin for all their help and assistance whilst being a member of this great club.

Wishing the club all the best for the future”

Andy was quick to respond: A very nice guy when he was riding with us, I hope he can find another local club to live up to our standards!

CLUB NIGHT FRIDAY 5TH AUGUST

A busy week with the club kit presentation but don't forget the monthly Club Night this Friday 5th August at All Saints Hall, Chapel Lane, Hawley GU14 9BW.

CLUB KIT PRESENTATION BY BIORACER 8.00 PM WEDS 3RD AUGUST



A busy night at the kit presentation evening by Bioracer. We will be sending an email in the next few days to all members with the full kit list and ordering process.



CLUB 30 MILE TT CHAMPIONSHIP

The nominated race for the Club 30 mile championship was the H30/1 West London CA race on the A4 between Theale and Thatcham last Sunday 31 July.

Our new Club Champion, Tim Duncan-Booth, who has been in scintillating form this year, finished 6th overall in a time of 1:08:13 – Chapeau Tim!

PRUDENTIAL RIDE 100

Congratulations to everyone who completed the Ride 100 last Sunday! Well done, it's a truly great feeling riding past famous London landmarks and up The Mall to the finish line.

Unfortunately the event witnessed many accidents one of whom was our own David Viney who ended up with screws in his hip after a rider veered across him without warning. We wish David and the other riders a speedy recovery, particularly those involved in the serious accidents requiring air ambulances and temporary closure of the course.

Sadly, in common with other mass participation events one competitor, Robin Chard, suffered a fatal cardiac arrest and passed away.

A Personal Note from the Editor:

The organization, marshalling and medical support for this event is first class but despite this in my opinion there is a huge difference between how safe it felt riding the first one in 2013 when 16,000 riders started and this year, when 27,000 for the full 100, plus 3,000 for the 46 mile course, started.

Closed roads and the excitement of the event results in a great many riders going faster than they would normally be able to and more than their bike handling and group riding skills are up to. That, combined with an intolerance by experienced cyclists (who should know better) of the slower sportive type riders when the road space has been halved by the doubling of participants, is what I believe lies behind this feeling of it not being safe and the unfortunate accidents that occurred.

It's impossible to vet entrants for skill levels and to control ride behavior but ensuring there is more space available on the roads will leave a greater margin for safety when the inevitable errors are made.

Just my own thoughts but I truly hope the organisers do something about it.



TRIATHLON RESULTS

Our resident ladies GB triathlete Morag McDowall competed at the Alpe d'Huez long course triathlon last weekend, achieving a great 2nd in age category despite a few ongoing injury niggles. This is her brief race report.

"Just back from the ADH long course triathlon. I nearly wasn't on the start line due to my continued bad cough putting my ribs and lower back out. Had to have emergency Osteo treatment out there.

Regardless, I raced. Well I completed TBH. On many painkillers. Only swim and run hurt me. Riding was fine.

Somehow I pulled a second in age category out the bag with the fastest age cat climb up Alpe d'Huez !!!! And fastest run (God knows how because I was in AGONY).

Recovery has been amazing - just my ongoing back stuff that I went with.

This race was utterly amazing, iconic and just beautiful. The 120k ride with ADH at the end of it was magical. It was a very hot day.

Course details: 2.2k swim in an alpine lake, 120k ride with ADH the final 14k, Half marathon at altitude"

Tim Carman was also in action (during a family holiday!) at the weekend finishing 2nd in his age category in the Cotswolds Standard Triathlon on Sunday. Here is Tim's report.

This was the second time that I had entered the Cotswold Olympic distance event. The last time was in 2015 where I completed the 1500 metre swim, 41K bike and 9 K Off road run in 2 hours 12 minutes and came 2nd in the above 40 class. As always, I was hoping for better this time as my bike power is better following Fccc Thursday evenings.

The Swim - temperature was just below 22 degrees so we were allowed to wear wet suits. A big plus as so much slower without. A couple of people were obviously from a swim back ground as they were way out in front. Bit of a concern but I usually catch them on the bike/run my stronger disciplines. I came in in a group of 5 towards the front. Although my sighting was not great as I kept swimming off course my swim was about the same as last year.

The Bike - Well, the reason I joined FCCC 12 months ago was to get better at time trialling. Pre FCCC it was always my weakest discipline.

It was a 2 lap course and within the first 10K I over took 5 people. Then, just before start of the second loop, I over took one of the two swimmers who were way out in front. So I was in second in the group by the end of



the bike. Averaged 232 watts (237 NP) which was 10 watts better than last year but down on my average on the H8 (264 watts). So, bit disappointing really.

The Run - It was a 6 lap course which proved difficult for some to count. A bit uneventful as I didn't manage to catch the leader. Looking at the lap times post-race he made + 3 minutes 20 seconds on the swim, we were fairly equal on the bike and then I was catching him 30 seconds a lap on the run. So he beat me by 20 seconds in the end.

So 2nd in the above 40 class and 9/170 overall. I was 2 minutes quicker than last year. But I need to find a bit more power on the bike (250 watts for the win). More trainer road in the winter I think + maybe a session with the AeroCoach which Tim DB and Dave have been promoting recently.

It's great to see our triathletes doing so well, especially with their improvements in the cycling leg of the events – no doubt due to their rides in our club TTs ☺.

ROAD RACING

Hot on the heels of their rise up the Surrey League Team Table, FCCC are now 46th in the recently published table for South East Region of the British Cycling 2016 Regional Club Road & Track. [Click here for the full table.](#)

Thruxton – Behind the Bikeshed Summer Series (02.08.16)

Another fantastic turnout for FCCC Road Race team at Thruxton on Tuesday evening with Ollie Rastall, Giles Short & Tony Clack entering the 4th Cat race and Luke Stratford & Scott Heyhoe entering the 3rd Cat race.



Ollie Rastall, Luke Stratford, Tony Clack & Giles Short at Thruxton



It was a great evening's racing with Giles (a new member of the road race team) entering his first circuit race and Ollie finishing within the top ten within his race.

[Click here for a video of Ollie Rastall & Tony Clack sprinting for the finish line with Ollie picking up his first BC points.](#)

CLUB TIME TRIAL RESULTS

28 July 2016 - Thursday Club TT on HCC255b 11.5m

Posn	#	Time	Plus	Name	Club
1	6	0h25'40"		Mr M Taylor	VC Meudon
2	4	0h26'39"		Mr M Kirkubright	Albarosa CC
3	2	0h29'01"	+0h01'22"	Mr G Short	Farnborough & Camberley CC
4	3	0h29'22"	+0h01'01"	Mr R Cudlip	Farnborough & Camberley CC
5	1	0h29'32"	+0h01'17"	Mr G Lock	Farnborough & Camberley CC
6	9	0h29'52"		Mr L Stratford	Farnborough & Camberley CC
7	7	0h29'54"		Ms K Parton	RAF CA
8	5	0h33'15"		Mr S Ward	Army CU
9	8	0h34'27"	-0h02'13"	Mr P Stratford	Farnborough & Camberley CC

A DIFFERENT TYPE OF RIDE

Many of you will be familiar with Scott Heyhoe's regular race reports in the newsletter but this week Scott has kindly taken the time to write about the joys of riding a mountain bike on the Downslink from Guildford to Shoreham-by-sea. Thanks Scott.

"The great thing about Surrey, Sussex and Hampshire, is that there are as many great off-road tracks as there are great country lanes. One such track is the Downslink, which connects the North Downs Way near Guildford, with the South Downs Way near Shoreham-by-Sea. For the most part, this follows the old Guildford to Shoreham railway, and is therefore flat and completely traffic free. In fact, on the 39-mile outward leg, we only saw 4 cars!

Dave Wroe and I parked up at Newlands Corner, on the A25 Guildford to Dorking Road, and set off riding just before 9.00am last Friday morning. My back wheel was wobbling for some reason. Now, I'm a great believer in the 4th anthropic principle: things only exist when they are observed. So, I had a very quick look, figured that something major was probably wrong, but that the more I looked at it, the worse it'd get. So, West along the North Downs Way we went to St Martha's church. Quite sandy here and hard going, especially as you climb up to near the Church before picking up the signs for the Downslink. The first few miles are very different to the rest of the route, as you drop down a bumpy track, and then between close hedges and nettles, crossing a couple of roads and the Wey navigation, before joining the old railway track. Turn left here and keep going



until you see the sea! This track is perfect for traffic-free riding, chatting the whole way, with only the occasional dog-walker and horse-rider to let you know that you're nearing a town. The surface is mostly good, with some tarmac and some more 'dirt and stone'. There are a couple of detours from the old railway bed. One is over Rudgwick Hill, where the train used to pass through a tunnel, and there are two short road sections where the track has become overgrown and impassable for bikes. For many miles, you are riding under a canopy of trees. Lots of bridges that you pass under where a road goes over, and lots more bridges that you cycle over as the railway track crosses streams and rivers.

The Downslink was opened in 1984 and has been well-maintained ever since. There are lots of new mile-posts and direction signs making navigation really easy. You pass by all of the old railway stations at places such as Baynards and West Grinstead. Some are very well-maintained: one is a house, another a basic museum (though I couldn't tell if the museum was still operating). After around 30 miles of Downslink, you come to the South Downs Way and coincide with it for a mile or so. The SDW heads up over the hill toward Eastbourne, whereas the Downslink picks up the railway line again for the final, tarmac path to Shoreham. Very picturesque here with the fields and South Downs and the river. The 'official' end of the Downslink is suddenly upon you in the shape of a white and red-painted buffer stop. You are then plonked somewhat incongruously into a development of new seaside apartments, and outside the Giant bike store! Onto the busy seafront road for half a mile until you see a pedestrianised street with several very nice cafes. We opted for Teddy's Tea Rooms - a favourite stop as they do superb all-day breakfasts of varying sizes and shapes, for riders of varying sizes and shapes. 39 miles in a tad over 3.5 hours. Shows how flat the route is as 11mph on a mountain bike is a decent pace, and we were certainly not pushing on at any point.

A nice all-day breakfast for me, eggs benedict for Dave, a huge cafetiere of coffee and some walnut cake and we were well set for the return leg. The route is quite sheltered for most of the way, but the breeze sprang up and pushed us along quite nicely. Hence we completed the return in 3 hours, arriving back just before 5pm. Just had time to check my back wheel properly: the main suspension pivot had detached from the frame. Yikes! Glad I didn't look at it properly before setting out!



Definitely recommend this route if you want a fairly gentle but satisfying day ride on the mountain bike. You will need all day, and you will need a mountain bike if you start from St Martha's church. However, you could easily do the main part of the route on a cyclo-cross bike, or even a road bike with decent tyres. We saw several riders on road bikes. Just join the route at Peasmarsh, south of Guildford."



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>
04-Aug-2016	19:00	HCC216a
11-Aug-2016	19:00	HCC257
18-Aug-2016	19:00	HCC175

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 7th August - Club Rides

The Social, Cafe and Mid-Paced rides all start at 09.30am at Speedy's in Cove this weekend. 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 Speedy's.

Quote of the week:

In the light of a report I read this week that women in Iran have been banned from cycling in public I thought this quote rather appropriate.

"I'll tell you what I think of bicycling. I think it has done more to emancipate women than any one thing in the world. I rejoice every time I see a woman ride by on a bike. It gives her a feeling of self-reliance and independence the moment she takes her seat; and away she goes, the picture of untrammelled womanhood."

Susan B. Anthony, 1896

Safe riding!

Jeff Davis - FCCC Newsletter Editor

