



Weekly Newsletter – 7 April 2016

Hello All

New Member

A very warm welcome to Phil Colby who joined the club this week.

16-Apr-2016 - FCCC Open 25 Mile Time Trial - Volunteers Needed

The club is hosting its second (out of 3 for this year) Open event on 16 April at 2pm on the H25/8 course (between Farnham and Hollybourne on the A31). HQ is Bentley Memorial Hall.

We have a record number of participants this year which will put even more strain than usual on our resources so please see if you can spare some time from about 1.30pm in the afternoon to assist us with the various tasks. These include Course Marshalls, Pushers Off, Traffic Counter, Parking Attendants, Rider Numbers and HQ Hall Helpers.

Please email me (fccc.newsletter@gmail.com) and Donald (donald.ashton@ntlworld.com) if you are able to help. The sooner the better so we know we are covered. Thanks.

Club Night 8.30pm Friday 8 April 2016 – Club Kit Sale and Trip to the Pub

The Club Night at the All Saints Hall, Chapel Lane, Hawley GU14 9BW will provide an opportunity for you to try and buy club kit from our excess stock at a temporarily discounted price of 30%. A pdf list of what's available is attached – just seek out Kelly, our clothing secretary, and grab yourself a bargain.

We will be adjourning afterwards for an informal chat and beverage at [The Fleet House Harvester](#), Cove Road, Fleet, GU51 2SH. Come and join us!

Club Social Night – 7.30pm Friday 22 April 2016

Matt Charlton, our Social Secretary, is organising an informal get together for all members at the Crab and Anchor in Southwood for 22 April so please make a note in your diaries. Click [here](#) for their website and menu.

Email Matt (surreyfinearts@yahoo.co.uk) with any queries or to let him know you are coming and if possible add your name to the event he has set up on our FB page so we all know who is coming.



British Duathlon Championships – 3rd April 2016

Morag McDowall, our Ladies Race Secretary had a very fine 5th place Age Group finish in the British Duathlon Championships at Windsor last Sunday, despite suffering her first ever crash.

Morag said the adrenalin kick from the crash got her to the finish but afterwards felt like she'd been hit by a train and didn't sleep at all on Sunday night. We wish her a speedy recovery from the bumps and bruises.

Well done Morag – no need to tell you about Rule #5!

Reports and Articles

We've received very positive feedback for the race reports included in the newsletters so a big thank you to all of our contributors. However we feel we are missing an opportunity for us all to share our social ride experiences and would love to hear from members with their own ride experiences, whether club social, organized sportives, foreign cycling adventures or your journey from non-cyclist to regular club rider so please don't be shy and email the Newsletter Editor (fccc.newsletter@gmail.com), together with a photo or two.

Road Racing Team

Another good turnout for the FCCC (RR) team last weekend with three members entering the (Surrey League) 3rd & 4th Cat races at Longcross, Tony Clack, Luke Startford and Scott Heyhoe.

Sue McFarlane also raced at Hillingdon and managed to get into the points with a 5th place. Well done Sue.

Detailed reports have been included below in the **Appendix - Road Racing Report**.

Time Trials

Thursday Club Time Trial

Last Thursday 31 March saw the first of our weekly club time trials on the 8.5m CC255A course. Check out our Facebook page for photos.



Posn	#	Time	Plus	Name	Club
1	9	0h19'32"		Mr T Allen	Southampton University CC
2	5	0h19'47"		Mr M Taylor	VC Meudon
3	4	0h20'22"	+0h02'01"	Mr R Brooke	Farnham Triathlon Club
4	2	0h20'30"		Mr D Ogden	Farnborough & Camberley CC
5	6	0h20'55"	+0h01'36"	Mr P Carpenter	West Drayton MBC
6	8	0h22'35"		Mr T Vandersluis	Farnborough & Camberley CC
7	3	0h22'46"	-0h00'27"	Mr G Short	Farnborough & Camberley CC
8	10	0h23'29"	-0h01'02"	Mr M James	Farnborough & Camberley CC
9	1	0h23'38"		Ms M McDowell	Farnborough & Camberley CC
10	11	0h23'52"	-0h01'29"	Mr S Smith	Farnborough & Camberley CC
11	7	0h26'45"	-0h03'24"	Mr M Vandersluis	Farnborough & Camberley CC

It was great to see so many club members turning out at this chilly time of the year and to see Dave Ogden shaving more than 2 minutes from his pb to finish 4th.

A special thank you is due to Donald Ashton without whom these races would struggle to take place and to those who assisted with the start and road signage. If anyone can help at one or two of these to share the burden over the summer please email me (fccc.newsletter@gmail.com) or Donald (donald.ashton@ntlworld.com) – there may even be a post ride beer in it for when the weather warms up!

ESCA 2-UP 23.9 Open TT

FCCC Team Mates Matthew Charlton & Dave Triska, sporting their brand new FCCC Speedsuits in this photo, finished 5th in the ESCA 2-UP 23.9 Open TT in 54:26. Mark Emsley and Pete Morris (TEAM ASL360) won the event with 52:25
Well done chaps.



Upcoming Rides

Club Time Trials

There are 2 upcoming club TT races:

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>
09-Apr-2016	10:00	HCC175
14-Apr-2016	19:00	HCC255a



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 10th^d April - Club Rides

The weather is looking ok at the moment on Sunday 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 (post on FB or the Forum if you're going) and the usual Wednesday Social Ride (09.30) from Speedys.

Tip of the week: Thanks to club member Dave Ludgate for his feedback on these weekly tips, lamenting the lack of friendliness from many cyclists when out riding and his suggestion that we all do our best to promote the traditional friendliness of the cycling community by extending a wave of acknowledgment irrespective of whether it's reciprocated. We can only encourage change by setting an example.

Safe riding!

Jeff Davis - FCCC Newsletter Editor

PS. If you want to contact a committee member please use the email addresses on the Committee Bios document sent with the newsletter for 19th February.



Facebook and website – just click above to access



APPENDIX

FCCC (RR) Team Road Race Reports

Hillingdon - West Drayton Specialized Crit (Event 3, 35 mins plus 5 laps)

Sue McFarlane – Race Report

Well this was a different race altogether from the previous weekend. The weather was perfect with a slight wind but that didn't cause any problem. It started off with 4th Cat men's heading out for a fiery start with the women 2/3/4 starting 1 minute afterwards. The pace was pretty hectic from the start with some very strong girls at the front and the pace for the first few laps remained about 22 mph which is my eyes was pretty fast (well for me anyway). There was a surge from one of the front girls but I was able to hang on and it was at this point the group were split from the 10 that had entered to 6. Although there was only a few of us the pace was increased and attacks from the girls were constant, I managed to head to the front to take control (only for a short bit).

We were caught amongst the 4th Cat men's as we quickly crept up behind them, this then became awkward as they would increase the pace and then sit-up at some very awkward moments around the circuit. This led to some of the group becoming boxed in by the men unable to get through. After a few shouts from the girls we were soon back together only this time there were 5 of us and with only 5 laps to go the pace increased again, only this time I decided to sit at the front as sometimes it's easier that way. As we pushed the next few laps the pace got quicker and I suddenly found myself heading towards the finish line. I couldn't quite manage the final push and was subsequently overtaken - but not without a fight, respectable 5th place and decent 23.3mph avg pace.

The men's 4th Cat race ended up being made to do an extra 3 laps by the officials due to their impact on our race and the fact that some of them were wheel sucking from the girls as we went past - made me chuckle anyway.

Sue

02.04.16, (Surrey League) 4th Cat race at Longcross

Luke Stratford - Race Report

With a good warm up (well a short ride across the car park!) and 50 odd riders in front of us I suppose we will start at the back today!!

We set off behind our escort for a lap but are we racing? I'm not sure and either is anybody else, more like a sighting lap and the so called Longcross snake is fantastic making the course quite technical! Right up my street!



The race is 15 laps and the course 1.8 miles we should be looking at 27 miles race distance, so I spend a few laps scoping the circuit out and decide that the inside line is my mine and note where the pot hole is just as the track splits the head to the snake, keep tight and I can keep the power on. In the middle of the snake there is a set of rolling hills which grow in magnitude while snaking through the dense forest.

The peloton is coasting down the first decent and as they hit the second steep but short climb, there are some gears being murdered and some of these riders should be getting prison sentences for it! It really needs 3 gear drops but dropping 2 off load and getting out the seat gives me a smooth efficient ascent and gains several places and I move up easily every time, so I decide this is where I'm going to make my move as it's downhill after this to the finish straight. I drop back for a few laps to save some energy but it's messy back here and a little bit of panic causes some sudden braking catching me out and nearly having me off. Tony and I have a little team meeting and decide to move up. After 20-ish miles I try my final lap trick and instead of coasting down first hill of the snake I add a gear and 50% power then drop my planned 2 gear and jump from mid pack to 4th but I've started something and a break-away is formed! So I hang onto the break-away down to the start/finish straight but number 3 starts snaking side to side to shake me and quickly decide I'm not having any of that and back off only to see the last lap board! WHAT! What happened to the 5,4,3 and 2 lap boards!!!! We have only done 13 laps! There should be another 2 laps and I have just wasted loads of energy winding everybody up thinking I could have a rest before the last lap, I back off the gas and tuck back in.

I'm about 15th and there is a single rider break away. Mr 3 is leading the peloton doing his snake thing again as we enter the snake! As we start the first climb I hear the crash of carbon followed by the second crash half a second later maybe 10-20 meters behind me to the right. Sounds like half the field has been taken out! As we hit the summit it's time for my snake manoeuvre and I keep the power on drop my 2 gears, I power past them all apart from race leader popping up at the top like a fish out of water! It's still 1000 metres to the finish, I hesitate a few seconds as a few riders pass before getting on with it! I'm not going to catch a ride so I make the most of the downhill coming onto the straight 4th but that's a long straight. One by one the warning lights start coming on! Heart rate too high! Oxygen level too low! Where's ya wing man you berk! What are you doing at your age! Followed by man up! Which gave me a few seconds before system failure light started flickered on!!! I'm losing count of the riders passing me and finish 4 second after race leader. No points but I'll be back with a better plan in 2 weeks!

Luke