



## Weekly Newsletter – 9 June 2016

Hello All

### New Members

A very warm welcome to Carl Shadrake who joined the club this week.

### **LAST REMINDER - CLUB TRACK CHAMPIONSHIPS 17th June at 8.15pm – Palmer Park Velodrome, Reading**

**We have disappointingly few entries for the Club Track Championships so far** (free wheel or geared machines) on 17th June at Palmer Park starting at 8.15pm prompt (make sure you arrive by 7.45pm).

The official events (Juniors, Seniors, Vets (over 40) and Ladies) are a sprint over 500m and a pursuit over 4000m. The pursuit could basically be called a time trial as the quickest rider wins. If there are enough riders there will be a bunch warm up race over 6 or 10 laps – like a road race on the track.

Please give it a try and **email Dick ([r.poole@btinternet.com](mailto:r.poole@btinternet.com)) by tomorrow 10th June** with your entry. *If there are insufficient entries by tomorrow the event will be cancelled which will be a crying shame.*

Help would also be greatly appreciated on the night so if you haven't done so already please email Dick ([r.poole@btinternet.com](mailto:r.poole@btinternet.com)) to volunteer.

### CLUB RIDES

Many of you will have seen this on our Facebook page already but for those who haven't take a look at the glorious weather and terrific turnout last Sunday.





## CLUB RIDE CAFÉ REVIEW

Thanks are due to Walter Bremner for his novel idea of writing a review of new café's visited by the Sunday Café Ride Group. Here's his first review from last Sunday:

### *FCCC Café Review*

*Bike Bean Café, Ashtead (<http://www.bikebeans.co.uk/>)*

*Eight of us rode this route <https://connect.garmin.com/modern/course/12603449> of around 103km to Ashtead and back.*

*This is a cycling focused café which serves coffee and cakes as well as sandwiches, paninis and a range of hot food to order. It is a lively place with cyclists from many different clubs. There are lots of bike racks and hooks giving it a busy and exciting look. There are a few tables inside and decking out front with tables and stools. I think we arrived at the end of a busy spell and the choice of cakes was a little limited. Kenny had the last slice of carrot cake again. My large latte and slice of chocolate fudge cake cost £5.35.*

*The Café has its own club with a rather attractive club kit with a stylised picture of the Surrey Hills on it.*



### Ratings

*Coffee and Cake 6/10. The cake was reasonable but on the small side. The coffee was OK, froth a little loose.*

*Service 8/10. Very friendly and helpful, orders brought to your table.*

*Ambience 9/10. Good atmosphere. Very bike friendly. I sat next to a Bike Bean cycle jersey signed by both Jens Voigt and Marianne Voss – I touched it! They have a large range of inner tubes, CO2 canisters pumps etc. There is a track pump available.*



*I think we would all be happy to visit again – did I mention Kenny had the last slice of carrot cake?*

Editor's Note: We'll probably add these to the new website as a valuable source of information when planning routes on the new website.

### CLUB 10 MILE TT CHAMPIONSHIP

Last Thursday saw the usual weekly time trial double up as the club's 10 mile championship with 20 club riders in a field of 23.

*2 June 2016 - Thursday Club Time Trials - Club 10-mile Championship on CC216a*

Posn	#	Time	Plus	Name	Club
1	16	0h22'16"		Mr M Charlton	Farnborough & Camberley CC
2	17	0h23'11"		Mr L Walton	East London Velo
3	13	0h23'21"	+0h02'38"	Mr T Duncan-Booth	Farnborough & Camberley CC
4	23	0h23'26"		Mr M Cripps	Army CU
5	12	0h23'57"		Mr D Ogden	Farnborough & Camberley CC
6	8	0h25'36"	+0h00'56"	Mr T Carman	Farnborough & Camberley CC
7	9	0h26'02"	+0h00'39"	Mr G Lock	Farnborough & Camberley CC
8	11	0h26'14"	+0h00'31"	Mr J Norton	Farnborough & Camberley CC
9	21	0h26'15"	-0h00'06"	Mr S Hunt	Farnborough & Camberley CC
10	20	0h26'42"		Mr T Vandersluis	Farnborough & Camberley CC
11	5	0h26'43"	-0h00'25"	Mr G Short	Farnborough & Camberley CC
12	22	0h26'48"		Ms K Parton	RAF CA
13	6	0h26'54"		Mr L Stratford	Farnborough & Camberley CC
14	15	0h27'01"	-0h00'52"	Mr K Miller	Farnborough & Camberley CC
15	14	0h27'04"	-0h00'46"	Mr R Cudlip	Farnborough & Camberley CC
16	7	0h27'31"	-0h01'08"	Mr S Smith	Farnborough & Camberley CC
17	19	0h27'33"		Mr J Vandersluis	Farnborough & Camberley CC
18	3	0h27'35"	-0h01'08"	Mr M James	Farnborough & Camberley CC
19	18	0h27'59"	-0h01'23"	Mr R O'Hara	Farnborough & Camberley CC
20	2	0h28'22"		Mr J Theobald	Farnborough & Camberley CC
21	4	0h29'25"	-0h01'26"	Mr P Stratford	Farnborough & Camberley CC
22	1	0h29'48"	-0h03'16"	Mr D Flesch	Farnborough & Camberley CC
23	10	0h31'06"	-0h03'34"	Mr M Vandersluis	Farnborough & Camberley CC

Congratulations to our winners Matt Charlton (Senior), Tim Duncan-Booth (Veteran on standard) and Tom Vandersluis (Junior). Well done and thanks to everyone who entered.



## OPEN TT RESULTS

Vernon Schutte was flying the FCCC flag on Saturday in the North Hants CC 10 mile open on the H10/8 course and clocking another PB with 25:34

Matt Charlton followed his Club 10 win on Thursday with an excellent 7<sup>th</sup> place finish in the Portsmouth NE CC 25 on Sunday with a new PB of 51:44

Well done chaps!

## ROAD RACING REPORTS

### *Mid-season rankings*

All of the hard work put in by our resurgent road race team under Warren's captaincy is paying off with the latest British Cycling South East Regional Ranking Table putting the club in 46<sup>th</sup> place, a huge improvement on last year's finishing position of 66<sup>th</sup> and 2014's position of 90<sup>th</sup>.

The Surrey League have also just released their latest rankings showing the Club lying in 26<sup>th</sup> position in the Surrey League 2016 Club Rankings.

Well done to all!

### *Hillingdon - Moose.eu Series (04.06.16)*

Another successful afternoon's racing at Hillingdon, with Luke and Warren managing a top ten finish within the CAT 3 & 4 races, Ollie did some massive turns on the front and helped pull a three man breakaway back and Tony was doing a great job bringing up the rear in what was a fairly high paced race. Well done guys, more points on the board, keep it going.

Congratulations to Luke on gaining his Cat 3 licence. His race report is included in the Appendix below.

## TT KIT ORDER

Stay tuned for the next order of the excellent Bioracer TT kit which will be opening shortly. Details will be published on the Forum, Newsletter and on Facebook.



## BLENHEIM PALACE TIME TRIAL

7,000 people raced last weekend doing just ONE Sprint Triathlon in the beautiful grounds of Blenheim Castle but just one was not enough for new member Richard Brooke and 25 other crazy athletes racing all weekend in the “Weekend Warrior” by doing as many Sprint Triathlons as they could.



Unfortunately despite completing 4 sprint triathlons and lying in second place at the end of Saturday Richard then injured his ankle and was frustratingly forced to sit and watch on Sunday. An amazing achievement nevertheless – well done!

## NEWBURY ROAD CLUB – 12 HOUR TIME TRIAL 7AM SUNDAY 12 JUNE

You may remember from the [26<sup>th</sup> May edition of the newsletter](#) that Newbury Road Club are hosting their annual 12 Hour Time Trial on Sunday on the A31 between Farnham and Chawton.

Dave Triska, our Club Chairman will be riding this as his 12 hour Time Trial leg of the 2016 BBAR competition in which he was the 10<sup>th</sup> best placed rider in the country last year. This is a grueling test of endurance as you can see from Dave’s account of his 2014 ride which I recommend you [read here](#).

Maintaining motivation and morale are huge challenges for the riders and it would be of enormous help for Dave and the others to see FCCC members offering their support during the day from 7.30am to 7.30pm. If you’re over that way please give them a shout - maybe our group rides could even consider taking in a short stop.



## UPCOMING RIDES

### ***Club Time Trials***

The next few club TT races:

<u>Date</u>	<u>Time</u>	<u><a href="#">Course (click for link to courses)</a></u>
09-Jun-2016	19:00	HCC257
16-Jun-2016	19:00	HCC175
23-Jun-2016	19:00	HCC255b

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 12<sup>th</sup> June - Club Social Rides***

The Social, Café 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.

## ROYAL ASCOT WEEK 14-18 JUNE

Thanks are due to Andy Hale for pointing out on the Forum that it's Royal Ascot next week so best to avoid the area if you're on a bike (or car for that matter). You'll probably be ok on a horse though!



*Quote of the week: “When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking” – Arthur Conan Doyle*

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**





## APPENDIX

### FCCC (RR) Team Road Race Reports

#### **Race 12 1st Cat 3at Hillingdon**

##### Luke Stratford – Race Report

*After best race of the season so far at Dunsfold last week, with the FCCC RR team chasing down every break away and with a little help from our friend from Dullage, I've now clocked up enough points for my CAT 3 license.*

*Although pleased I've got the CAT 3 I'm also nervous and will be facing my first CAT 3 race on my own. Due the M3 slip road being closed I arrive late with barely enough time to pin my number on and get to the start line. Starting at the back again!!! This is not funny and I'm kicking myself!*

*The start is fast but clean, I notice straight away the level of rider is much higher, not really speed but bike control. After 4 or 5 laps at the back I settle in. I don't know what the pace is as I forgot to put the computer bracket back on the handle bars but the internal heart rate monitor is giving me the thumbs up so it's time to move up and scope out the front runners.*

*It takes me a couple attempts to move up to 5th and I start rating the other riders, I'm looking for my lead out man but no one is standing out yet! I'm pushed back quite quickly but try and stay mid field watching the front runners and waving to my wife and daughter.*

*There has been a few break away attempts but no one has got away and when an opportunity arises in front of me with two riders making a break for it and before I know it I'm at full power chasing them down, I glance back, we have 20 metres on the peloton! I shout out "we are clear" to my break away riders but they pull off one by one leaving me to lead as I pass my stunned Wife, I hold the pace 30 seconds or so before switching back to Eco mode as I get swallowed back up,*

*I have picked 2 good riders to lead me out, but trying to get positioned behind one of them is quite hard as the 3 laps to go board pops up. Now normally in the cat 4 races the pace slows down near the end of the race but not today with the last 3 laps getting nearly 10 seconds quicker each lap!*

*My first choice lead out rider number 27 is within range but decides to lead nearly the whole second to last lap so he's out! I'm ahead of my second choice so we are just going to have to play it by ear as the bell rings for the last lap. I'm 5th at this point and well over my normal last lap pace at about 70-80% power output which is eating into my full power time for the sprint so I concentrate on my slip streaming trying to lower power output but maintaining position. It's hard! Sweat is running into my eyes as we enter the last two corners, this is where the race is won as a rider breaks formation and start to overtake me! Here we go it's full power time but I've only got another 10% which gives me an extra 3mph into a 8 mph head wind, I overtake a few riders but twice as many overtake me as I just scoop 9th!*



*I now join Scott on the CAT 2 challenge carrying over 1 point from Cat 4 and gaining another point today but this is going to be a lot tougher with another 38 points to go!*

*Thanks*

*Luke*