



Weekly Newsletter – 14 April 2016

Hello All

New Member

A very warm welcome to Steven Boughtflower who joined the club this week.

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

Apologies for repeating last week's plea but if you can help this Saturday and haven't let Donald know yet would you please email him (donald.ashton@ntlworld.com). Full details are in last week's newsletter ([click here to see it again](#)).

Club Social Night – 7.30pm Friday 22 April 2016 – Crab and Anchor

There has been a good response so if you want to come join us please let Matt Charlton, our Social Secretary, know by this weekend so he can confirm the numbers with the restaurant – email him at surreyfinearts@yahoo.co.uk The restaurant's website can be found [here](#).

FCCC Club Social Ride Leaders and Assistants Training

Club Chairman Dave Triska recently sent an email to all members outlining the club's desire to support the club's ride leaders by sponsoring training courses for both them and other members who are interested in both supporting their ride leaders and deputising for them in times of absence.

We would like to see as many members as possible take advantage of this free offer of training irrespective of whether they end up leading a ride - this will enhance and improve the quality and safety of all our rides so please don't be shy and sign up (I for one will be participating).

Please email Dave (davidtriska@doctors.org.uk) to find out more details.



Road Racing Team

Well done to Road Race Team member Sue McFarlane for gaining her Cat 3 licence! No mean feat and a great achievement!

We have six members of the Road Race team racing at Longcross, Chobham this weekend (Saturday 16.04.16) with the first race starting at 09:00am. Being a reasonably local race it would be great if we could have some FCCC supporters to cheer them on, link below.

[https://www.britishcycling.org.uk/events/details/142358/Surrey-League-Road-Race-\(London-Dynamo\)](https://www.britishcycling.org.uk/events/details/142358/Surrey-League-Road-Race-(London-Dynamo))

Email Warren Vye, our Road Race Secretary for further details - warren.vye@ntlworld.com

Detailed reports of last weekend's races have been included below in the **Appendix - Road Racing Report**.

Club Time Trial Results

Thursday and Saturday Club Time Trial

Unfortunately last Thursday's TT was a wash out but the Saturday TT was well attended. Well done to clubman Tim Duncan-Booth who not only PB'd by 28 seconds but came joint second with a time of 21:19

Full results:

Posn	#	Time	Plus	Name	Club
1	7	0h21'12"		Mr J Bickell	Farnham RC
2=	9	0h21'19"	+0h06'07"	Mr T Allen	Southampton University CC
2=	2	0h21'19"	+0h04'40"	Mr T Duncan-Booth	Farnborough & Camberley CC
4	5	0h23'13"		Mr M Posac	Southampton University CC
5	10	0h24'02"		Mr D Brown	Southampton University CC
6	3	0h24'19"	+0h02'13"	Mr T Carman	Farnborough & Camberley CC
7	4	0h24'22"	+0h02'19"	Mr G Lock	Farnborough & Camberley CC
8	1	0h25'24"		Mr L Stratford	Farnborough & Camberley CC
9	8	0h30'13"		Miss I Bickell	Farnham RC

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](#)



VTTA (Veterans Time Trial Association)

Club president Dick Poole asked me to remind our over-40 riders they are eligible to join the VTTA. Plenty of good information particularly with the Standard Tables that are applied to veterans in TT races. Becoming a member also allows entry to the over-40's only races.

[Here is the link to the VTTA website, our local group is Wessex.](#)

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>
14-Apr-2016	19:00	HCC255a
21-Apr-2016	19:00	HCC255a
28-Apr-2016	19:00	HCC255b

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 17th April - Club Social Rides

The weather is currently looking good 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: How many of us stand a chance of getting our Garmin Edge back if we lose them? Improve your chances by displaying your name and contact number on it – [follow this link to find out how](#).

Safe riding!

Jeff Davis - FCCC Newsletter Editor



Facebook and website – just click above to access



APPENDIX

FCCC (RR) Team Road Race Reports

LVRC - Echelon Cycles Road Race, Group C/D (10.04.16)

Scott Heyhoe – Race Report

I made the journey over to Worcester yesterday, for an LVRC race. I race in the age 50-60, or C/D category. LVRC races can be fairly hard as there are ex-professionals, as well as current British Cycling 1st category riders. On the other hand, there are plenty of 'normal' riders like me, and I learn a lot in these races, and I normally finish top ten. Most of these LVRC races are within an hour of Farnborough and Camberley, but I also like riding new courses against different riders.

The weather was bright but cold, with an increasing breeze. The course was rolling, and 16 miles long. We did 3 laps. As my race was being held on open roads, at the same time as two other LVRC races, the police had limited the field to 80 riders across those three races. This made for a tough race as there were only about 30 riders in my race. Nowhere to hide even if I'd wanted to!

Three riders crept off the front after about 5 miles. The bunch just let them go. I was taking my turn on the front as the pace picked up, but there were only three of us working, with 20-odd others taking what shelter they could. The group of three were never far away, but we never caught them either. The bunch split into two on the last lap. I'd been feeling fine up until that point, but then cramp set in. This is something that I often battle with. Seems to kick in after about 1 hour 45 mins. I've tried everything from stretching to core exercises to electrolyte drinks and still it causes me grief. Still, I plugged away in what was now the third group on the road, and finished about 12th overall.

Feeling pleased that my speed is good, and that my climbing is getting there. Annoyed about the cramp!

More aggression in the final part of the Longcross race next weekend. This is a great race to come along and watch. We'll have riders in two or three of the races, and we come past the finish line around every 5 minutes.

Scott

BC Race - 60th Archer Spring Criterium 3/4 Cat (09.04.16)

Warren Vye – Race Report

Whilst out in Mallorca last week enjoying the warmer weather, I decided to enter the 60th Archer Spring Criterium, which is a prestigious race with former winners including Bradley Wiggins, Matt Stephens and Roger Hammond etc.



I entered the 3rd / 4th Cat race along with eighty other riders! Whilst signing on I noticed that most of the entries were 3rd Cat riders. I arrived at Hillingdon with plenty of time in hand and warmed up as normal, got to the start line with a few minutes to spare but only managed to get onto the second line, I then looked back at the size of the field which in my opinion was big for such a small circuit. I managed to get a good start and the race started at a steady pace, within a few laps most of the riders had settled in and the pace started to creep up and then stayed fairly high for the remainder of the race at an average speed of just under 27mph. I held position (top twenty) for the whole race but found it extremely difficult to move up the field and I missed a couple of early moves on the inside which was disappointing. I then decided that I would try and make the same move with about five laps to go, however it would seem everyone else had the same idea. I felt fairly strong and started to get a little frustrated as every time I made my move I found myself being driven onto the grass verge. I attempted the move over and over again without success and on the final lap decided to be a little more aggressive and managed to get onto a good wheel, "great" I thought moving swiftly up the inside and then within seconds a couple of riders just in front of me got themselves tangled up and ended up on the grass verge. I had to brake fairly hard to avoid them and missed the move, at this point I reckon I was in about tenth. I came out of the final corner and started my sprint, I quickly realised that I was not going to get into the points so decided to sit up and cruise over the finish line. Overall it was a really good, positive race and a strong field, I finished the race with plenty still in the tank and a little frustrated as I know if I had made my move earlier I would have contested the sprint.

Longcross next Saturday.....try again!

Warren