



Weekly Newsletter – 18th March 2016

Hello All

New Member

A very warm welcome to Gregor Lock who joined the club this week.

FCCC Open 10 Mile Time Trial 12th March 2016

The weather gods were very kind on Saturday for the Club's first Open TT of the season. The sun was out and very little wind made for very good conditions for this time of the year.



Club members were out in force to provide help for organiser Charles Gray and to support the club's riders, not least of whom was club legend Gene Alexander who at 100 years of age was there with husband Vince to lend a helping hand, and proudly display her birthday message from the Queen!.



Huge thanks to everyone who helped out on the day!

In a field of 81, club members Vernon Schutte (new pb), Matt Charlton (course pb) and Tim Duncan-Booth (new pb) did themselves and the club proud with second place in the team competition. Matt finished 6th overall, continuing his fine form from the previous weekend, and Tim reaped the reward from his new aero position, impressively finishing 12th overall and 3rd best placed vet. Well done chaps!



Vernon



Matt



Tim

Click these links for more photos of:

[FCCC riders](#)

[Non-FCCC Riders](#)



Club Saturday Time Trial 12 March 2016

Considering the impending afternoon commitments it was great to see a good turnout for the club's Saturday morning time trial on the CC175 course starting at Ewshot. Great to see so many of our recently enrolled members taking part, including several of our road racers.

Posn	#	Time	Plus	Name	Club
1	5	0h23'14"		Mr J Turner	Viceroy's Triathlon Club
2	1	0h24'19"	+0h02'13"	Mr T Carman	Farnborough & Camberley CC
3	4	0h24'46"	+0h01'55"	Mr G Lock	Fleet Triathlon Club
4	3	0h25'03"		Mr L Stratford	Farnborough & Camberley CC
5	6	0h25'51"		Mr J Orłowski	Farnborough & Camberley CC
6=	7	0h26'10"	+0h00'49"	Mr T Clack	Farnborough & Camberley CC
6=	8	0h26'10"	+0h00'22"	Mr W Vye	Farnborough & Camberley CC
8	10	0h26'30"	+0h00'02"	Mr R Porter	Woking CC
9	9	0h26'31"	+0h00'01"	Mr W Flinn	Woking CC
10	2	0h27'02"	+0h00'57"	Mr P Stratford	Farnborough & Camberley CC
11	11	0h27'24"	+0h00'08"	Mr S Parker	Woking CC

Start slightly delayed due to fog.

With thanks to the non-riding visitor who erected the signs prior to the event.

East Surrey RC Hardriders 27.25 Mile Time Trial 13th March 2016

Also opening his account last weekend was club long distance champion Dave Triska at the East Surrey RC Hardriders 27.25 mile Sporting TT between Reigate and Dorking with a time of 1:06:46.

Vernon Schutte's TT Chronicles

Vernon is continuing his time trial reports this year, giving us all a unique insight into his time trialling journey.

Vernon's View from the Back: Season 2.

H10/8 12th March 2016.



Yes the new season of Time Trials has started and so I will once again keep you up to date on how my efforts to move out of the bottom ten progress. First race of the new season with Matt Charlton and Tim Duncan-Booth also trialling although they will be at the other end of the result sheet to me.

Last year ended with me buying Matt's TT bike, competing in the Xmas 10 and getting a new PB of 26:03. I was hoping that my purchase of a basic trainer and doing a bit of extra training was going to pay and help with improving on it.

The weather on the day was sunny with no wind. Every race on the Bentley course last year was quite windy so it was going to be interesting to see how it went.

I started at No. 1 and set off at a good pace. I got comfortable on the tri-bars and kept a steady cadence going. I usually struggle on this long drag to the Hen & Chicken, but with no wind everything seemed to be going smoothly. As I approached the dip before the H&C my minute man came flying past me. That woke me up as I realised my concentration had started to wander, something that usually does not happen at this stage of the trial.

I applied my mind to the job in hand and set off after him. My rhythm was steady and I felt that the new bike was really working for me. I made the turn at the roundabout and checked my timing. Under 14 minutes, so making good progress.

I have got to know the return leg of this course and what speeds I should be doing on the various segments. With the first slope approaching I worked on getting my cadence steady and going down the gears to keep it steady. Trying to save energy for the acceleration on the flat ahead.

I checked my speed near the top of the slope and saw it was slightly better than normal. My technique was improving!

Onto the run for the H&C. Here I really noticed the lack of wind. I hit my normal speed and then realised that this was as good as it was going to get. Disappointing, but it gave me a good idea of what I could do under my own steam.

On to the dip and once again dropping down the gears. Slower than normal up this rise but got to the top without being knackered and so quickly put the speed back on.

Hit the bypass and held about 27mph all the way but I just could not get any faster, damn the lack of wind. Need to work on my power levels, any advice on this is welcome.

Made it over the line in a time of 25:59. I had broken the 26 minute mark which is what I wanted to achieve. Only 4 seconds faster but with no tail wind to help it was all my own effort.

A new personal best and some more knowledge gained. Still in the bottom 10 but moving up.

Matt & Tim both turned out personal best's so a good day had by Team Farnborough and Camberley.



Road Racing Team

Club members will be racing in club colours this coming weekend:

Saturday 19-Mar-2016 - Two members of the FCCC (RR) team will be racing at the Hillingdon Circuit (British Cycling – West Drayton Specialized Crit Series) this Saturday 19.03.16 with the first race starting at 2:15 pm

Sunday 20-Mar-2016 - Three members of the FCCC (RR) team will be racing at the Dunsfold Airfield (LVRC – Toachim Vets Points Series) which is being organised by GS Vecchi RR and is taking place on Sunday 20.03.16 with the CD race starting at 11:00 am and the AB race at 12:00 pm

If you're considering road racing and are curious of the format then come along and watch, support is always welcome.

Alternatively if you're looking at racing this season then please do not hesitate to contact Warren Vye, our Road Racing Secretary (warren.vye@ntlworld.com).

Club Time Trials Calendar – Updated with Club Championship Dates

A full list of club run events can be found on the website [Home Page](#) and as an addendum below at the foot of this newsletter, and the course details can be found [here](#).

The **Club Championship Dates** for your diaries are as follows:

02-Jun-2016 19:00 hrs HCC216a Club 10 Championship

10-Sep-2016 10:00 hrs H25/88 Club 25 Championship

24-Sep-2016 14.00 hrs HHC018 Club Hill Climbing Championship

10-Jul-2016 The club 50 championship is the WLCA 50 event – [event and entry details](#)

31-Jul-2016 The club 30 championship is the WLCA 30 event – [event and entry details](#)

As they are externally run events, results for the 30 and 50 championships will need to be submitted to D. Ashton, Time Trial Secretary.

Upcoming Rides

Sunday 20th March - Club Rides

The weather is currently looking dry but grey for our Social (09.30), Café (10.00) and Mid-Paced (09.30) rides. Keep an eye on the [Facebook](#) page and the [Forum](#) for more details.



IMPORTANT NOTE: With effect from Sunday 3rd April the Café Ride will be starting at 09.30 am alongside our other Sunday rides, and not at 10.00 am.

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.

Date for Your Diary - Tuesday 29th March

The Club will be hosting the first of our quarterly free road-bike sessions, open to both FCCC members and non-members alike, at the Palmer Park Velodrome in Reading on 29th March. Further details will be provided nearer the date.

Sports Massage

The Club has received an offer of 10% discount on their first 6 treatments for members of the club from Michelle at <http://www.resolve massagetherapy.com/prices>. Please note this does not constitute a recommendation from the club, we are merely passing on the offer.

Tip of the week: Saddle Height – we would always encourage all riders to go for a professional bike fit but if you are ever unsure about saddle height (e.g. spinning studio or hire bike) a quick approximation can be found by adjusting the saddle height to the point where, with your heels on the pedals, your legs are straight at the bottom of the pedal stroke and your hips do not rock when you pedal backwards. When you then move your heels off the pedals and you clip in properly your legs should be have approximately the right angle.

Safe riding!

FCCC Committee

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 to access



Addendum - List of Club Time Trials

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>	
31-Mar-2016	18:30	HCC255a	
07-Apr-2016	18:45	HCC255a	
09-Apr-2016	10:00	HCC175	
14-Apr-2016	19:00	HCC255a	
16-Apr-2016	14:00	H25/8	Type-A
21-Apr-2016	19:00	HCC255a	
28-Apr-2016	19:00	HCC255b	
30-Apr-2016	10:00	HCC175	
05-May-2016	19:00	HCC216a	
12-May-2016	19:00	HCC257	
14-May-2016	10:00	HCC175	
19-May-2016	19:00	HCC175	
26-May-2016	19:00	HCC255b	
02-Jun-2016	19:00	HCC216a	Club 10 Championship
09-Jun-2016	19:00	HCC257	
16-Jun-2016	19:00	HCC175	
23-Jun-2016	19:00	HCC255b	
30-Jun-2016	19:00	HCC175	
02-Jul-2016	14:00	H10/8	Type-A District Event
07-Jul-2016	19:00	HCC216a	
14-Jul-2016	19:00	HCC257	
21-Jul-2016	19:00	HCC175	
28-Jul-2016	19:00	HCC255b	
04-Aug-2016	19:00	HCC216a	
11-Aug-2016	19:00	HCC257	
18-Aug-2016	19:00	HCC175	
25-Aug-2016	18:45	HCC255b	
01-Sep-2016	18:45	HCC255a	
08-Sep-2016	18:30	HCC255a	
10-Sep-2016	10:00	H25/88	Club 25 Championship
24-Sep-2016	14:00	HHC018	Club Hill Climbing Championship
08-Oct-2016	10:00	H25/88	
12-Nov-2016	10:00	HCC175	
10-Dec-2016	10:00	H10/8	
17-Dec-2016	10:00	H10/8	Type-A
14-Jan-2017	10:00	H10/8	
11-Feb-2017	10:00	H10/8	