



## Weekly Newsletter – 18 August 2016

Hi Everyone

### CORAL TAYLOR

Coral's funeral is to be held at Aldershot Crematorium on 30th August at 3.45. Dress is to be informal (no black ties), no flowers but donations to British Heart Foundation.

### NEW MEMBERS

A very warm welcome to Andrew Garner and Simon Ball who joined the club this week.

### CLUB KIT ORDERING WINDOW CLOSES 21<sup>st</sup> AUGUST

If you haven't already got your order in do it quickly because the window closes this Sunday 21st August at midnight.

**Don't forget that if you haven't paid by the closing date your order will not be passed on to Bioracer (we have received a couple of orders without the corresponding payments).**

### NEW WEBSITE

For those members who haven't seen this on FaceBook or the old website please read carefully:

*Farnborough & Camberley CC will be launching a new website at the end of August. Invitations will be sent to all our active members to enable them to register on the new site. To prepare for the launch, can all members take note of the following:*

*1. Invites will be sent from the new website by email at the end of August. If you receive an email today (11th August) from the committee, then we already have the right details for you. If not, then please log on to the existing site and update your contact details*

*2. Invitations will only be sent to paid-up (active) members. If your subscription has lapsed recently then you will need to renew in the next two weeks. If you are unsure when your renewal date is, then please contact the membership secretary*

*We hope you enjoy the new site and bear with us during the transition.*

*All queries to Mike at [membership@fcc.org.uk](mailto:membership@fcc.org.uk)*



## CAFÉ REVIEWS

Two more café reviews are included in this week's Appendix. Thanks once again to Walter Bremner for sharing these with the club. If you've missed the earlier ones you'll soon be able to see them on the new website.

## ROAD RACING

LVRC Road Race – Toachim Vets/PS+Cyclewear Series at Milburys, Hampshire (14.08.16)

With the summer weather finally arriving the A/B's followed by the C/D's lined up for the eleventh race of the series at Milburys, near New Alresford. Within Group B was Warren Vye and within Group C was Scott Heyhoe and Tony Clack. The race proved to be very tough with lots of riders attacking from the start the field and both groups started to split within the first couple of laps, Tony got caught out with a marshalling error and missed the split, Warren and Scott managed to finish the race but outside the points.

BC Race (Regional C) - Behind the Bikeshed Summer Series, Thruxton (16.08.16)

A great evening's racing on Tuesday with Ollie Rastall and Tony Clack entering the 4th Cat race at Thruxton, Tony finished just outside the points but Ollie's performance was outstanding with his first win of the season, he picked up the maximum points for the win and has now gained enough points for his 3rd Cat licence.

## TT RESULTS

4 riders from Team FCCC competed in the North Hants CC 25 mile TT on the H25/8 course on Saturday. Simon Hunt and Tim Carman led the way with impressively big gains for new PBs of 57:57 and 58:11 respectively. Well done chaps.

Gregor Lock and Jeff Davis completed the line-up, a particularly impressive performance from Gregor who was sporting assorted bandages and plasters after bouncing back from a pretty nasty accident during the week (unfortunately despite completing the course Gregor was given a DNF because of confusion over his rider numbering).



Team FCCC - Photos courtesy of Racing TT Pics Photography (<http://racingttpics.photodeck.com/>)

Sunday saw Tim Duncan-Booth complete his maiden 50 mile TT in the NEC VTТА race on the H50/8 course in a hugely impressive time of 1:55:43 for a top 10 placing. Great ride Tim!

### CLUB TIME TRIAL RESULTS

*11 August 2016 - Thursday Club TT on HCC257 20k*

Posn	#	Time	Plus	Name	Club
1	1	0h29'01"		Mr D Harrison	MountainTrax.com
2	14	0h29'04"		Mr L Walton	East London Velo
3	12	0h29'11"		Mr M Kirkbright	Albarosa CC
4	9	0h29'26"		Mr T Allen	Southampton University CC
5	4	0h30'29"	+0h02'04"	Mr J Smee	I-Ride Bianchi
6	15	0h31'29"	+0h01'23"	Mr S Hunt	Farnborough & Camberley CC
7	11	0h32'11"		Mr S Littlewood	Army CU
8	13	0h32'42"	+0h00'04"	Mr K Miller	Farnborough & Camberley CC
9	10	0h33'11"		Mr S Ward	Army CU
10	8	0h34'07"	-0h00'46"	Mr R O'Hara	Farnborough & Camberley CC
11	2	0h35'43"	-0h00'35"	Miss S Legates	none
12	3	0h36'50"	-0h01'08"	Miss C Smith	none
	7	D.N.F.		Mr S Smith	Farnborough & Camberley CC
	6	D.N.F.		Mr T Carman	Farnborough & Camberley CC
	5	D.N.F.		Mr G Lock	Farnborough & Camberley CC



## 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>
18-Aug-2016	19:00	<a href="#">HCC175</a>
25-Aug-2016	18:45	<a href="#">HCC255b</a> – note the earlier start time
01-Sep-2016	18:45	<a href="#">HCC255a</a> – note the earlier start time

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 21<sup>st</sup> 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:***

*“A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, “Why are you riding your bicycles?”*

*The first student replied, “The bicycle is carrying this sack of potatoes. I am glad that I do not have to carry them on my back!” The teacher praised the first student. “You are a smart boy! When you grow old, you will not walk hunched over like I do.”*

*The second student replied, “I love to watch the trees and fields pass by as I roll down the path!” The teacher commended the second student, “Your eyes are open, and you see the world.”*



*The third student replied, “When I ride my bicycle, I am content to chant nam myoho renge kyo.” The teacher gave his praise to the third student, “Your mind will roll with the ease of a newly trued wheel.”*

*The fourth student replied, “Riding my bicycle, I live in harmony with all sentient beings.” The teacher was pleased and said to the fourth student, “You are riding on the golden path of non-harming.”*

*The fifth student replied, “I ride my bicycle to ride my bicycle.” The teacher sat at the feet of the fifth student and said, “I am your student.”*

*Zen proverb*

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**





## APPENDIX

### FCCC CAFÉ REVIEWS

Winchester Cathedral Refectory (<http://www.winchester-cathedral.org.uk/planning-your-visit/visitors-centre/cathedral-refectory/>), by the Cathedral, Winchester. Takes your bikes in the right hand entrance for bike rack. [Google Map Link](#)



<https://connect.garmin.com/modern/course/12962128> at around 136km bridge to bridge. Ten started but with planned peel offs, folded chainrings, cramp and big time bonking it's still not clear how many returned.

This is a popular café right next to a very popular tourist attraction. It is quite large with indoor seating and a large courtyard. The clientele consists of tourists, churchgoers, locals and cyclists. Winchester has many cafes so this one is not too busy. The décor is understated stylish, as is the food. They have a good range of cakes, many of them gluten free, plenty of snack food and a proper lunch menu. As it was lunch time, and we were going long, I had an asparagus and goats cheese quiche and Gavin had a HUGE sausage roll (think Arctic Roll) – as well as cake. Cake, quiche and large latte was £8.50

#### Ratings

Coffee and Cake 8/10. Generous portions of coffee and walnut cake but a bit generic for my liking. My quiche was beautifully made with really good pastry but perhaps a bit light on the asparagus. Nick had the gluten free Carrot cake and did not notice the lack of glue. The latte was good.

Service 8/10. Self-service but queues not too long – except for Richard who timed it so that he was caught behind what looked like the complete congregation of the cathedral.

Ambience 9/10. I like a sunny courtyard. It wouldn't be hard to sit there for a couple of hours, maybe a beer...

Highly recommended.

Walter Bremner, August 2016





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### FCCC CAFÉ REVIEWS

*Boat House Café, The Swan, Streatley (<http://www.theswanatstreatley.com/hotel/boat-house-deli-cafe>) [Google Map Link](#)*



*<https://connect.garmin.com/modern/course/13300819> at around 110km bridge to bridge. Thirteen started but one peeled off and we split into two groups of six after helpful suggestions from friendly motorists.*

*First thing to note is that this café is in a beautiful setting on the river. On a warm summers day you could while away hours with a coffee watching the ducks and geese. I imagine people drive for some distance to have lunch here. This is a stylish café with lots of seating inside and very pleasant river terraces and a courtyard with a well tended garden. It is cycle friendly with plenty of bike racks – when we arrived there were even some of those people with baggy shorts and knobby tyres there. It is situated at the bottom of Streatley Hill, which at 20% is apparently in Strava's Top100.*

*They were running short of cakes when our first group arrived but also had a range of nice looking sandwiches and biscuits. There is no way of avoiding this – Kenny had the last slice of carrot cake! What is more he charmed the waitress into giving him a huge chunk rather than cutting it into two slices, thereby leaving Carl with what can only be described as a child's cookie\*. (By the time the second group arrived another Carrot Cake had appeared). Carrot cake and a large latte was £5.30.*

#### Ratings

*Coffee and Cake 9/10. Reasonable portions of really nice coffee and walnut cake. Terry also had a good looking sandwich but Carl's cookie looked a little meagre. The latte was good but could have been stronger.*

*Service 9/10. Self-service with a good system to avoid queues. Friendly but unaware of UCI Café regulations.*

*Ambience 10/10. We stayed far too long because it was so nice and comfortable. Will make a point of coming back and will probably take my family. My favourite of the year so far.*



*Highly recommended.*

*\* UCI Regulation 1.3.035 What is known as a “slice” of cake is in fact a sector whose central angle shall lie between 32 ° and 37 ° unless the rider is over 186cm when the angle shall not exceed 41 °.*

*UCI Regulation 1.3.036 No sector of cake shall be more than 5 ° larger than that purchased by the riders immediately before or after in a café queue.*

*UCI Regulation 1.3.037 No rider shall coerce any officials into giving favourable sectors of cake to the detriment of any other rider.*

*Walter Bremner, 14 August 2016*

*FCCC Café Review*