



Weekly Newsletter – 19 May 2016

Hello All

Tonight's TT on HCC175 Cancelled

Regrettably due to roadworks on the course tonight's Time Trial has had to be cancelled.

New Members

A very warm welcome to Ollie Rastall, Paul Burcombe and Rod O'Hara who joined the club this week.

A Trip Down Memory Lane

Thanks to Ron Taylor for this week's trip down memory lane with the club newsletter from Oct/Nov 1987. Click on this [link for the scanned pdf copy](#) it's a very interesting read.



This photo is not exactly from that era but I would welcome suggestions for a suitable caption. Send them to me at fcc.newsletter@gmail.com

Speedy Recovery Matt Charlton

Many of you will be aware that Matt was involved in accident with a u-turning white van on the A30 last week, suffering a broken collar bone and significant damage to his bike (there's no truth in the conspiracy theories that it was a professional job ordered by his local TT rivals as a result of his strong early season form ☺).

Matt asked me to pass on some important advice for anyone else unfortunate enough to suffer at the hands of other road users: "no matter how fine you feel, get witnesses, medical attention and notify the police straight away as you cannot know the true extent of your injuries and damage to your bike".

I'm sure everyone will join me in wishing Matt a speedy recovery.



Time Trial Captain

The club has a long and successful record of organising both club and open TT Races thanks to the excellent work of our TT Secretary, Donald Ashton. However what we do not have is a go-to representative to advise members on the practical aspects of actually preparing and racing TTs, a role typically performed at other clubs by a Time Trial Captain.

The committee are pleased to announce that Matt Charlton has agreed to take on this new role in FCCC which will see him acting as figurehead, mentor, leader and a focal point of information for new racers.

If you're thinking of giving time trial racing a try then email Matt on surreyfinearts@yahoo.co.uk

Social Rides

Lovely weather again last weekend for the clubs Sunday rides with this particular photo showing the Café Ride enjoying the sun during their mid-ride stop at The Herb Garden, Sonning Common - sometimes it's all about latte.



Road Racing Team

The FCCC Road Race Team have been out in numbers with Road and Closed Circuit Races at Dunsfold, Hogs Hill and Hillingdon.



A very active week for the FCCC Road Race team with three members (Warren Vye, Tony Clack and Luke Stratford) racing at Dunsfold - Surrey League on Friday evening, two members (Scott Heyhoe and Andrew Knight) racing at Hogs Hill, Redbridge on Saturday with Andrew Knight managing to pick up some BC points with a 5th place. Well done



Andrew a great result on a tough circuit, and finally two members (Warren Vye and our newest member Ollie Rastall) also raced at Hillingdon - 3/4 Cat Race on Tuesday evening. Well done Ollie a very good opener and fantastic first race.

Time Trial Reports

Newbury Road Club 25 Mile Time Trial – 14 May 2016

Another strong showing from the club's TT team with Tim Duncan-Booth and Dave Triska finishing 8th and 10th respectively in the Newbury RC 25 on Saturday 14th May. Looking good guys!



Tim and Dave looking very “aero” in their club skinsuits!

Club Time Trial Results

12 May 2016 - Last Thursday's Club TT on HCC57

| Posn | # | Time | Plus | Name | Club |
|------|----|----------|-----------|----------------|----------------------------|
| 1 | 21 | 0h27'53" | | Mr M Taylor | VC Meudon |
| 2 | 24 | 0h30'14" | +0h02'26" | Mr W Jesse | none |
| 3 | 20 | 0h30'15" | +0h02'49" | Mr R Brooke | Farnham Triathlon Club |
| 4 | 17 | 0h30'36" | +0h02'39" | Mr T Carman | Farnborough & Camberley CC |
| 5 | 7 | 0h30'41" | +0h02'23" | Mr J Goward | Four4th |
| 6 | 22 | 0h31'03" | +0h01'43" | Mr S Hunt | Farnborough & Camberley CC |
| 7 | 16 | 0h31'07" | | Mr P Butler | Farnborough & Camberley CC |
| 8 | 15 | 0h31'20" | +0h02'12" | Mr J Norton | Farnborough & Camberley CC |
| 9 | 11 | 0h31'26" | | Mr B Bradley | Army CU |
| 10 | 5 | 0h31'39" | +0h01'13" | Mr B McPherson | VC Meudon |
| 11 | 12 | 0h32'59" | | Mr T Sherratt | Army CU |
| 12 | 10 | 0h33'10" | -0h00'06" | Mr D Hird | Army CU |
| 13 | 14 | 0h33'14" | -0h00'05" | Mr M James | Farnborough & Camberley CC |
| 14 | 19 | 0h33'41" | -0h00'55" | Mr K Miller | Farnborough & Camberley CC |
| 15 | 9 | 0h33'50" | -0h00'52" | Mr K Griffiths | Farnborough & Camberley CC |
| 16 | 2 | 0h33'57" | +0h00'12" | Mr R Matheson | Farnborough & Camberley CC |
| 17 | 23 | 0h34'19" | -0h00'58" | Mr R O'Ham | Farnborough & Camberley CC |
| 18 | 8 | 0h34'22" | +0h00'46" | Ms L Gubb | none |
| 19 | 1 | 0h35'18" | -0h02'09" | Mr D Flesch | Farnborough & Camberley CC |



| | | | | | |
|----|----|----------|-----------|---------------|----------------------------|
| 20 | 3 | 0h35'31" | | Mr J Theobald | none |
| 21 | 4 | 0h41'46" | -0h06'38" | Ms C Barnes | none |
| 22 | 6 | 0h43'26" | | Ms M McDowell | Farnborough & Camberley CC |
| | 18 | D.N.F. | | Mr G Lock | Farnborough & Camberley CC |
| | 13 | D.N.F. | | Mr S Smith | Farnborough & Camberley CC |



A great turnout for a midweek time trial. Thanks as always to Donald for organising and thanks to Dave Ogden for stepping in at the last moment to push-off after Matt's accident.

14 May 2016 - Last Saturday's Club TT on HCC175

| Posn | # | Time | Plus | Name | Club |
|------|---|----------|-----------|---------------|----------------------------|
| 1 | 7 | 0h20'33" | | Mr T Key | Southampton University CC |
| 2 | 6 | 0h21'31" | +0h05'55" | Mr T Allen | Southampton University CC |
| 3 | 5 | 0h23'21" | +0h03'11" | Mr T Carman | Farnborough & Camberley CC |
| 4 | 3 | 0h24'18" | +0h02'23" | Mr G Lock | Farnborough & Camberley CC |
| 5 | 4 | 0h25'03" | +0h01'06" | Mr K Miller | Farnborough & Camberley CC |
| 6 | 2 | 0h26'44" | | Mr J Theobald | none |
| 7 | 1 | 0h26'55" | -0h00'14" | Mr D Flesch | Farnborough & Camberley CC |
| 8 | 9 | 0h29'47" | | Mr G Barnes | Charlotteville CC |
| | 8 | D.N.F. | | Mr T Vaux | Team Wiggle |

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> | |
|-------------|-------------|---|--|
| 19-May-2016 | 19:00 | HCC175 | Unfortunately cancelled due to roadworks on course. |
| 26-May-2016 | 19:00 | HCC255b | |
| 02-Jun-2016 | 19:00 | HCC216a | Club 10 Championship |

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 22nd May - Club Social Rides

The weather on Sunday is looking slightly changeable at the moment 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 (register your interest on the weekly FaceBook event) and the usual Wednesday Social Ride (09.30) from Speedys.

Pru Ride 100 Charity Places

You may have seen another post on the Forum for places being offered by Oxfam at a reduced fundraising commitment. Go to this [Forum post](#) for details but please be sure to confirm the lower fundraising target because their web-site T&C's commit you to £550.

Tip of the week: Sadly, the cycling tip library is looking rather bare so if you have any tips of your own that you would like to share please email them to me at fcc.newsletter@gmail.com for inclusion at a future date. In the meantime the "Tip of the week" will be replaced by:

Quote of the week: "Nothing compares to the simple pleasure of riding a bike" – John F Kennedy

Safe riding!

Jeff Davis - FCCC Newsletter Editor

