FARNBOROUGH & CAMBERLEY C.C.

Weekly Newsletter – 22 December 2016

CHRISTMAS EDITION

Hi Everyone

CLUB ANNUAL DINNER - 18 FEBRUARY 2017 - DON'T MISS OUT

The Annual Dinner is promising to be a great night out with over 50 places now registered.

If you haven't registered yet then get your name on the list now by following this link Club Annual Dinner - RSVP.

CLUB OPEN 10 MILE XMAS TT 17 DECEMBER 2016

Huge thanks to event organiser Chris Young and the many club volunteers for the successful staging of our popular annual Xmas 10 TT last Saturday.

Foggy conditions meant the start was delayed by 30 minutes but the consequent disruption didn't seem to affect the fast riders' preparation with a joint fastest time of 19m 10s by 2 riders for the men and 21m 19s for the winner of the women's category.

Full results can be found on these links for the individual and tandem categories. There were also some impressive

fancy dress entries on show.

Thanks to Vernon Schutte for his last race report of 2016 that can be found on the website forum here (http://www.fccc.org.uk/forum/tt-race-results-and-reports-781/fccc-xmas-10-.race-report-181933) and is reproduced in the Appendix below.

ROAD RACING

A reminder for our road racing team of the Surrey league race preparation dates and venues for CAT 4's to kick off the 2017 season:

January 7th @ Cyclopark circuit: Race Training Day

January 21st @ Cyclopark circuit: Women Only

February 11th @Cyclopark circuit: Race Training Day

February 12th @ Hillingdon Cycle Park. Race Training Day

February 19th @South of England Event Centre, Ardingly: Novice Racers Training Day

March 4th @ Hillingdon Cycle Circuit: Novice Racers Training Day

March 11th @ @South of England Event Centre, Ardingly: Novice Racers Training Day

This is a great time for any members thinking of taking up road racing to make that New Year resolution and give it a try. If you are then come and join our friendly bunch of racers and email Warren Vye at roadracing@fccc.org.uk who will point you in the right direction.

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HERITAGE (YELLOW AND ALTERNATIVE BLUE) KIT SALE

We still have a selection of discounted kit available for sale. Full details can be found on the website link here http://www.fccc.org.uk/forum/for-sale-or-wanted-800/heritage-kit-sale-of-stock-181924

FESTIVE CLUB RIDES

With Christmas Day and New Year's Day falling on the next two Sundays the normal club run calendar will not be in operation until 8 January 2017.

However the traditional very leisurely Boxing Day Social Ride will be taking place at 11am on 26 December. Check this Forum link for details http://www.fccc.org.uk/forum/social-rides-forum-782/boxing-day-ride-181913

Feel free to post any ad-hoc rides during the holiday hiatus on the website Forum and Facebook page.

SEASON'S GREETINGS

Finally and on behalf of the Committee we would like to thank all of our members for their continuing support during a year that has seen many changes and wish you and your families a Very Merry Christmas and a Happy New Year for 2017!

Jeff Davis - FCCC Newsletter Editor

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FARNBOROUGH & CAMBERLEY CYCLING CLUB

APPENDIX

Vernon's TT Chronicles

H10/8 The Farnborough and Camberley Xmas 10

I was planning to do this TT on my steel framed 1981 Claud Butler as it was the end of season and you get all types of entrants. But having recently bought a power meter for my TT bike I felt it would be a good opportunity to try it out in race conditions without the full season pressure.

I did a Threshold Test the week before on my trainer and got a result of 204 Watts which seemed a bit low compared to some online Virtual power tests I had done before.

I was allocated number 17 but with the number of tandem entries it meant my start time was 10:28

I rode to the HQ through the morning mist and tried to work out my power readings. The theory is that you hold back on the climbs so that you have plenty of power to accelerate back up to speed once you are over the top.

Riding over my power just kept rising on any grade of incline, and I tried going along some sections at my normal pace to see what the levels on the flat were.

I picked up my number got changed and went off for a warm up. Riding up and down Bentley 'high street ' I continued to evaluate my readings. Having done my warm up I went to the start line to find it looking rather empty. Apparently due to the misty conditions the start had been delayed by half an hour.

I headed back to the HQ to put another layer on under my speedsuit as I had felt the cold whilst warming up. I headed back out to the start and joined the queue of starting riders.

10 seconds, five seconds and off I set. I had removed my speed reading on my Garmin and replaced it with my power reading. I was working on keeping my cadence high whilst watching how my power reacted as I went down the bypass and made the climb towards the H&C. I followed advice and tried to keep the power off on the incline.

By the time I was on the run down to the roundabout I had a fair idea that 230 watts was around the power I needed to maintain on the flats.

I made the turn at about 13 .5 minutes, not bad, but not as fast as I would like. Number 20 passed me shortly followed by number 21. I started my run to the finish line with the mist still hanging in the air so no tailwind to help me gain speed. I pushed on back towards the H&C but could not hit my best speed. I tried going down onto the small cog but could not hold it and had to come back up 2 more.

Even across the bypass I could not get my legs pushing hard enough to get up into top gear.

Over the hump and down the hill to the finish line. Done and dusted. With only the 2 faster riders passing me I was happy that numbers 18 &19 had not passed me.

Official time of 26:41,

I was hoping to be quicker but a mixture of no cycling for at least a week before and low level training meant my power was not there when I needed it.

On the plus side I finished 66 out of a field of 82. Out of the bottom 10 and towards the top of the next 10.

Kelly Miller achieved 22:35 finishing 32nd

Bob Raikes achieved 29:31 finishing 78th

Thanks to the club members for organising, running and marshalling the event.

Cheers Vernon