



Weekly Newsletter – 24th March 2016

Hello All

New Member

A very warm welcome to Nigel Herbert who joined the club this week.

Club Website

We are pleased to announce that a new club website has been commissioned. This will be a modern, easy to use portal with club information, activity feeds and in due course a phone app to bring the club's web presence up to date. In conjunction with our Facebook page this will make it the easiest it has ever been to find out what is happening within Farnborough and Camberley CC. Stay tuned over the next couple of months as the beta version is rolled out for testing.

Club Night 8 April 2016

The next Club Night is Friday 8 April and not the usual first Friday of the month. We will revert to the first Friday of each month in May.

Free Track Night at Palmer Park Tuesday 29th March – 8.15pm to 9.45pm

Instructions for the free night at Palmer Park Velodrome in Reading on Tuesday 29th - On arrival at reception you will be asked to sign in, when you do so tell the receptionist that you are Farnborough & Camberley and put FC against your name. If you've not been before Dick Poole, our President and Track Secretary, will be at the entrance to the track to tell you what to do – it would be a good idea if the experienced riders got a club “line” going so that the “new boys” could join in later.

Road Racing Team

Great to see our FCCC (RR) Team out representing the club last weekend with lots of positive comments from the organisers with regards to seeing the FCCC jerseys out in numbers again. Detailed reports have been included below as a **Road Racing Report Appendix** but many thanks to our racers, Scott Heyhoe, Tony Clack, Warren Vye and Luke



Stratford (road races) and Josh Orlowski (his first ever MTB race) for taking the time to share their experiences with us. They are a great read.

Well done to Scott and Warren who picked up their first points of the season – [click here for their results](#)

Time Trial Team



FCCC's Matt Charlton continued his fine start to the season with his first podium this year taking 3rd Place at the ESCA Hardriders Open 15.1 TT.

Well done Matt!

[Click here for the CTT Report](#)

Upcoming Rides

With it being Easter this weekend the recent dry weather is forecast to flip with Good Friday looking to be the driest so if you're riding and want some company put a post on the club [Facebook](#) page.

Sunday 27th March - Club Rides

The weather will be no barrier to our hardy club members on 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.

Thursday Night Club Time Trials

The first of our club midweek TT races starts next Thursday 31 March.

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>
31-Mar-2016	18:30	HCC255a

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.

Tip of the week: Engaging your core on hills for more efficient riding. Try holding your cross bar lightly when going up long hills, it will allow you to feel how important your core is for a full pedal stroke and stop the upper body moving around and wasting energy. Steep gradients won't allow you to do this as you'll need to shift your weight and pull on the bars but it's a useful exercise to try out on shallower climbs.

Safe riding!

Jeff Davis - FCCC Newsletter Editor

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 above to access



APPENDIX

FCCC (RR) Team Road Race Reports

LVRC Vets Race Group C/D – Dunsfold Aerodrome (GS Vecchi)

Scott Heyhoe & Tony Clack – Race Report

So, my Mallorca training camp was perfect preparation for today: windy and cold! First time I've ever raced in leg warmers. It was dry, although I could have sworn that I saw snow at one point. Anyway, Dunsfold Aerodrome is as you'd expect a windswept kind of place.

The race got off to a sedate start until one rider from Luton CC attacked. A long way to go in this 75 mins plus 3 x 3 mile laps, and it was windy, so no one chased him. He got a decent gap but never too far away. Then three riders attacked and got a small gap. This was with about 20 mins plus 3 laps to go. They didn't look too well organised so no one chased them for a lap, and then another three riders jumped away. I should have gone with them really. I'd been feeling fairly ok, and sheltered from the wind fairly well. The riders all appeared to join up, making seven. I think that two or three of them got dropped though, and that a group of 4 or 5 stayed away. Again, they were not a particularly long way away but we never quite caught them. I did a couple of turns on the front, but we were not at all organised.

Last lap and a bit of jockeying for position. I'd not seen Tony for a few laps I think he got caught a little bit windward half way through the race. I was a bit more sheltered. The bunch split into two trains. I picked the right hand one and was as patient as I could be. It really was windy. Put the hammer down with about 250m to go and gained quite a few places. Think I was about 10th or 12th in the bunch of probably about 40 riders that were left. Sitting here typing this, I don't feel whacked, which means that I didn't really give it my all. Kicking myself that I didn't go with the winning move. Just needed a bit more confidence I guess.

Grabbed a coffee and a bacon and egg roll, and watched Warren's race. Not too dissimilar in many respects. Four had got away; six were chasing the four; the bunch, with Warren looking good, was cruising along. I'll let Warren give us his views. Warren did very well yesterday too. Two races in two days a man on a mission clearly!

[Check out the race photos here.](#)

Scott

LVRC Vets Race Group A/B – Dunsfold Aerodrome (GS Vecchi) & British Cycling Race – Hillingdon (West Drayton Series)



Warren Vye – Race Report

Well done Scott. It's been a good weekend for all the FCCC (RR) Team with lots of positive comments from the organisers with regards seeing the FCCC jerseys out in numbers again.

I wanted to test my fitness this weekend and decided to race with a younger member of the FCCC (RR) team at Hillingdon so we entered the West Drayton Series (4th Cat BC Race) on Saturday which is always interesting. I made sure that Luke and I started on the front line, we both got a good start, pace was sensible-ish for a while! but unfortunately four/five laps in Luke gets a puncture. I was going well and maintaining the typical 4th Cat surges so decided to push up and hold position at the front, even chased down a few breaks. I stayed close to the front with a group of six/eight riders which kept me out of trouble for the whole race, a single rider went off the front with two laps to go and had the strength to stay away, I got involved in the final sprint and managed a top ten finish (I think!).

Completely different race on Sunday and always much better racing with the Vets. I turned up with the intention of just hanging on today especially after yesterday but was surprised how good I felt, pace was quick but steady with plenty of riders going off the front early but being chased down fairly quickly. Four riders eventually got away and were very strong, we chased and chased but fairly quickly realised that we were not going to bring them back, I wasn't too worried as the four riders were outside of my age group. The race continued at a fair pace then another break formed, a group of six riders this time a mix of A/B riders, I was still feeling good at this point and with the main field chasing them down for a few laps I decided to try and bridge the gap, me and another rider decided to go and we got within spitting distance of the six riders by taking our turn on the front but the other rider suddenly blew up during his stint on the front which left me in no man's land, I had two choices, one really hard push to get on the back or sit up and filter back into the main field, so decided the latter as I was worried that the push might actually take too much out of me, so I filtered back in with the main field for the last three laps and then contested a bunch finish, I have no idea where I finished but managed a good sprint.....therefore generally pleased with my performance, it's been a long come back but finally feel that I have turned a corner.

[Check out the race photos here.](#)

Warren

British Cycling Race – Hillingdon (West Drayton Series)

Luke Statford – My Second Race

My day started with a completely flat rear tyre! Which was odd as it was fine when I tucked the bike away last week!

Having plenty of time I sat in the warm and checked the tube which had a split on the inside 1/3 from the left of the valve, I quickly spotted the rim tape had not covered the spoke hole completely. The only way to make sure



this was not going to happen again was to get some new rim tape. £4 later new rim tape and a nice new tube. Super!!!

It's a little windy (13mph) and a lovely 8 degrees so out pops the brand new FCCC club kit, with my blue bibs and my short sleeve jersey I actually look like I know what I'm doing this time, with a little warm-up down Hayes high street (won't do that again!!) and one lap of the circuit we (Warren and myself) boldly claiming our front row position on the starting line. With both of us in full kit it catches some attention and we received some complements.

Off we go into the head wind, nice clean start and we position ourselves in the top 10! The pace is steady but peloton drops some 5mph on the start finish straight causing quite heavy braking! No one wants to front the peloton in the head wind! A young lad make a break for it on the second lap, he didn't last long!!

The fear of the head wind continued and on the 5th lap the peloton splits with half on the inside and the other half on the outside! I find myself in the middle. My heart rate is low so I don't mind taking a go but on the inside group Warren is also fronting the head wind! I up the power and place myself in front of Warren (no point both of us taking the wind) our group takes the lead and then!!!! With no warning disaster strikes! I look down is my rear tyre I have spent an hour fixing is completely flat!

Now I show my lack of experience! I have 35/40 guys behind me and I'm on the racing line. I stick my indicator on and try to pull over to the right!! I'm then told stick your arm up and keep you line! Ok I'm out :(

I'm at the furthest point from the club house, it's going to take 5-6 minutes to get back there, there is no way I'm going to get back there get repaired and back in the race,

I start walking back and thought sod it I will watch from the start finish line. As I get there the group is coming past me. The race starter asks me what's wrong and offers a spare wheel!! Bang it's on the in less than 20 seconds but by now the group must be 60 seconds ahead of me. I foolishly decide to try and catch them up my first lap I match their pace but lap two they have pulled away by 10 seconds and another 10 on lap 3! I'm now racing on my own and might as well make the most of it and push hard! I catch eyes on the girls. I'm reeling them in over the next 3 laps, again they are slow in the head wind so I take a wide berth and pass as they get there 5 lap board. Now the girls unhappy about being overtaken by a back-marker give chase less than 30 seconds later plough past me with thereafter burners on full! But you can't beat the laws of physics and with an extra 25kg helping me down the hill I give my own after burners a quick flick and with gravity on my side I fly past again. Fair play though!

I then have a group of 4 lads pass me at warp speed, I'm not going to get on the back of them after passing the girls with the after burners on! But the main peloton passes shortly after! It's time to see what I am made of! Afterburners re-engaged but they are already half depleted, they give me 15 seconds but I still haven't caught on the back. But with a corner approaching I have any line I want so I dig in and take the corner like a pro and without any power I catch the last man! And engage Eco mode and sit at the back. I can't believe how much



easier it is in the peloton and after a lap I'm recharged. I push up with the aim to help my team mate out and take a stint at the front against the head wind hoping warren would follow. After the straight I peel out and count riders, warren is 7th and on the finish straight he goes for it, I'm out because I'm 2 laps behind so I keep out of the way.

I hope Warren got some points and I am gutted my puncture fixing skills let me down! (Rim tape had slipped over leaving half a spoke hole open to puncture the brand new tube!)

Luke

MTB Race – Southern XC Series (Black Park, Slough)

Josh Orlowski – Race Report

I thought I'd try something a little different today so I went for my first ever mountain bike race. I had the itch to get out and race this weekend but wasn't feeling quite where I wanted to be on my road bike so I thought I'd give it a shot. I raced motocross before any bicycles so I've always had a passion for the dirt. Never mind that I'd only ridden my MTB slowly with the dog for the last 3 months....

I took my On-one 456 that I'd put together as a cheap winter bike out to Rd 1 of the Southern XC series at Black Park in Slough. I entered the Open class with 51 other riders. The course is almost completely flat, a mix of pretty tight trees and fire roads with a few big holes thrown in. I got there early to scout the course and found 2 sections with an A (hard) and B (easy) line that I hoped I'd be able to make some time on during the race. Unfortunately coming to the end of my practice lap I had a stupid fall and skewered my legwarmer with a 2" branch! Not how I wanted to start but I was thrilled that it wasn't my calf.

The start was a grid with lines of 6 riders, I put myself about three rows back and was hoping to maintain that spot into the first woods section. I wasn't sure how I'd slot into the group but hoped that mid-pack would be achievable. It started with a bang when the whistle went off and I quickly found myself sprinting down the opening straight (faster than I imagined). About 75 yards in I locked bars with another rider- I managed to hold on but the other guy wasn't as lucky. After a quick glance back over my shoulder I got to the first woods section in about 35th.

Like my first CX race, I was surprised at how slowly the bunch was moving through the first wooded sections. I now know to give it everything on the start for off-road races. After being stuck single-file for the first 5 minutes, I managed to pick up about 6-7 spots through the first "A line". I settled into a good pace halfway through the first lap. I spent the next 2.5 laps picking up spots where I could, falling once a lap and eventually finishing in 23rd.



I'm satisfied with the finish - I put in 3 relatively consistent laps, paced myself well and finished decently for my first time out. I realistically could have picked up 3-4 more spots with a better start and without the falls but the laps times dropped significantly after that. I still have more training to do for Longcross.

The main pics should be up tomorrow but here's one for now.



The yellow wasn't quite as bright by the end.