



## Weekly Newsletter – 26 February 2016

Hello Fellow Members

Any fully paid up member who didn't receive last week's newsletter please email on [newsletter@fcc.org.uk](mailto:newsletter@fcc.org.uk) and we'll send it to you directly.

### John Mosedale RIP

Unfortunately we start this week's newsletter with the sad news that former member John Mosedale has passed away at the Phyllis Tuckwell Hospice in Farnham. John will be fondly remembered by many as a stalwart of the club during the 90's when he was a regular leader of club rides.

John's Funeral will take place at Easthampstead Crematorium, Wokingham on Tuesday 8th March at 12.00 Noon.

### Dave Triska - BBAR Results 2015

The results of the 2015 BBAR (Best British All Rounder) have just been published by the CTT (Cycling Time Trials) and we are delighted to report that our new chairman, Dave Triska, was placed 10<sup>th</sup> in the country.

## BBAR Tables (Men) - 2015

	Name	Club	50	100	12hr	MPH
1	Adam Topham	High Wycombe CC	01:38:10	03:22:40	313.87	28.774
2	Peter Harrison	GS Henley	01:44:20	03:37:19	292.15	26.903
3	Joel Wainman	Team Swift	01:43:13	03:33:25	276.09	26.729
4	Neil Skellern	Team Swift	01:44:26	03:38:38	282.84	26.580
5	Mark Turnbull	TORQ Performance	01:44:49	03:39:07	280.50	26.460
6	Ian Holbrook	Stone Wheelers CC	01:45:06	03:37:36	277.04	26.401
7	Dave Green	Team Velovelocity.co.uk	01:44:58	03:40:42	280.27	26.374
8	Dave Lazenby	Baines Racing Silverstone Cycle	01:45:02	03:42:03	278.39	26.261
9	Tom Glandfield	Lewes Wanderers CC	01:49:16	03:45:26	285.56	25.956
<b>10</b>	<b>David Triska</b>	<b>Farnborough &amp; Camberley CC</b>	<b>01:49:01</b>	<b>03:42:12</b>	<b>279.29</b>	<b>25.932</b>

Congratulations to Dave for such a great result and kudos for putting FCCC's name on such a prestigious roll call.

For a more explanation of what the BBAR involves follow this link:

<http://www.cyclingtimetrials.org.uk/Contents/view/26>



### New FCCC Time Trial Kit

While on the  
on our Club  
new club kit  
representing  
Triska and  
promoting this  
in early April



subject of TT's and although it features  
Facebook page you might like to see the  
that will be worn by TT riders  
FCCC this season. Thanks go to Dave  
Matt Charlton for designing and  
to the committee. Delivery is expected  
so look out for these in local TTs.

### Prudential Ride 100 – Charity Places

The club has been contacted by several charities offering sponsored places in the Ride 100. Details of these will be posted on the club website Forum page.

### Club Night – Meet the Committee and try out Kickr



and Zwift



The next club night is Friday 4 March so make a note in your diary and come meet the new committee, we are looking forward to meeting you and hearing about your cycling exploits.

**PLUS** - Indoor turbo training has changed dramatically since electronic turbos and specifically designed virtual cycling software were introduced and one of the most popular combinations right now (certainly the case with quite a few on our committee) is the Kickr turbo and Zwift cycling software. We will be demonstrating how this and other training aids such as TrainerRoad work and can help you improve both your cycling and reduce the boredom of old fashioned turbo training (click the Kickr or Zwift logo for more information). So if you want to find out how it all works and give it a try we will have a few turbos there for you. Just bring along your bike and shoes and give it a go. Alternatively please do just come along and tap into the minds of our club experts about this or other training ideas.

Start time is 8.30 pm and the venue is All Saints Hall, Chapel Lane, Hawley GU14 9BW.

An early warning to note in your diary that the next club meeting has been moved from the 1st to the 8th of April.



### Upcoming Rides

This Sunday 28 Feb is looking dry albeit a little chilly at the moment for our Social (09.30), Café (10.00) and Mid-Paced (09.30) rides. There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm and the usual Wednesday Social Ride (09.30) from Speedys.

It's always good to know who is coming, particularly for the Chaingang, so if you're attending please try and add your name on the Facebook page or the club website Forum. If you're unsure how to post on the Forum just follow the attached pdf guide.

*Tip of the week: A split in your tyre wall usually means the ride is over and the cavalry called to transport you home. Cut a 3 inch section from an old tyre, wrap it around a CO2 canister in your pocket and should catastrophe arise you can use it inside the tyre to cover the hole and get you home. If it happens and you don't have the piece of tyre then try a couple of empty gel wrappers inside the tyre instead.*

Safe riding!

### **FCCC Committee**



**Facebook and website – just click to access**