



## Weekly Newsletter – 26 May 2016

Hello All

### New Members

A very warm welcome to Richard Cudlip and Matt Rose who joined the club this week.

### Track Cycling – Palmer Park Velodrome Update

At last some better news - the track is open for limited use, from 8.15 or maybe slightly earlier until about 9.15 but at half price. Hopefully as the evenings get lighter it may be open for longer.

### Bryan Hygate – AKA “Sid The Cyclist”

Hot on the heels of Matt Charlton’s bad luck last week comes the more sobering, yet also uplifting tale of Sid the Cyclist, aka Brian Hygate and long term member of FCCC now residing in Gosport, who in 2012 was the victim of another lunatic van driver.

A former Royal Navy cycling record holder and National 24 Hour Championship Holder (454.86 miles podium finisher in 1970), Sid beat incredible odds to survive horrendous injuries suffered in a serious road accident and 3 years later got back in the saddle to race again.

Brian Hygate riding the Monsal Hill Climb - 2015



His remarkable story was featured prominently in the Spring issue of the Hampshire and Isle of Wight Air Ambulance Magazine. [Follow this hyperlink to read the full story.](#)

### Newbury Road Club – 12 Hour Time Trial 7am Sunday 12 June

Newbury Road Club, long time friends of FCCC, are hosting their annual 12 Hour Time Trial on Sunday 12th June this year. This is a magnificent event and a true test of an athlete. Due



to the duration of the race help is always needed and as we are one of the clubs local to the course at Bentley it would be great if members from FCCC could help.

There are now only 6 x 12 hr races per year, it would be awful to lose another so if you can, please contact event organiser Rachael Elliot at her Facebook page <https://www.facebook.com/rachaeljelliott?fref=ts> or the FCCC committee to offer help.

Food, drinks and even travel expenses are on offer.

Coincidentally club member Ron Osborne received an email from Hugh Culverhouse, a former local disabled rider now living in Munich, who is riding this event and has asked for encouragement and a little help if possible from any members who will be there. Not an unusual request you might think except that Hugh is disabled having had several hip replacements over the years, set a record for the fastest ride across the USA riding with one leg, and also runs marathons on crutches.

Hugh's email address is [hugh.culverhouse@t-online.de](mailto:hugh.culverhouse@t-online.de) so please let him know should anyone be able to help.

#### Morag McDowall – Triathlon Age Group European Championships, Sunday 29 May, Lisbon

Following her successful National Championships club member and GB Triathlete Morag McDowall is heading to Lisbon this Thursday 26th May to compete in the Triathlon Age Group European Championships at standard distance on Sunday morning around 0800. There's a possibility of live tracking which if Morag can get the link she will post to the club Facebook page so keep your eyes peeled for that and join us in wishing her the best of luck.

#### Road Racing Team

A very active week and weekend for the FCCC Road Race team with two members (Warren Vye and our new member Ollie Rastall) racing on Tuesday at Hillingdon, three members (Tony Clack, Luke Stratford and Warren Vye) racing at Dunsfold Aerodrome on Friday and on Sunday (Scott Heyhoe) entered the LVRC National Championships, (Josh Orłowski) entered an MTB Race while Sue Mcfarlane entered a Road Race at Banbury - Women's Champs Series.

Detailed race reports are in the Appendix, interesting as always and definitely worth reading.



## 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>	
26-May-2016	19:00	HCC255b	
02-Jun-2016	19:00	HCC216a	<b>Club 10 Championship</b>

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 29<sup>th</sup> May - Club Social Rides***

The weather refuses to warm up and Sunday is looking no different with a northerly wind forecast 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.

*Quote of the week: "You can't buy happiness, but you can buy a bicycle and that's pretty close." Anon*

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**





## APPENDIX

### **FCCC (RR) Team Road Race Reports**

#### ***Hillingdon - 3/4 Cat (BC West Thames Series)***

##### *Ollie Rastall – Race Report*

*On Tuesday I broke a few ducks; first event for FCCC, first event as a BC member and first event on a closed circuit. Thanks to some no nonsense recruitment from Warren, I found myself signed up to the Hillingdon BC West Thames Series as a fully paid up member of BC and FCCC, ready for my maiden spin on the due date of my first child.*

*Thrown in with the CAT 3's, my debut was a quick learning curve. The level of concentration required surprised me somewhat but I was able to adapt quickly. I didn't really know what I was doing, I was just trying to stay amongst it and copy what other experienced riders seemed to be doing. As it goes, this can be a red herring in some cases as a few cyclists talked a good game, but that's about it. After about 15 laps, the penny dropped that Warren knew the lines like the back of his hand so I tried to look out my fellow yellow jersey.*

*Some sketchy skills within the pack as we approached the final turns made for an interesting jostle for position but nonetheless a top 20 finish and pleased with that.*

*Look forward to getting out there again and riding with the FCCC (RR) team.*

*Ollie*

#### ***LVRC National Championships (50-54 age group)***

##### *Race Report - Scott Heyhoe*

*I'm reasonably pleased to say that I rode and finished my first National Championship today, at the age of 51. I'm annoyed that I'll yet again be using the C-word in a race report.*

*The course was altered in the week as the council had surface dressed one downhill section. The new course section had two 17% hills in it. It was also very narrow and twisty downhill in between the hills. The other change was that the race went up from 51 to 57 miles, and included 5 ascents of both hills. Other than that, there was not a single flat section on the course that I can remember. The word 'rolling' was made for this course. The countryside around Malvern is absolutely beautiful. Definitely going back.*

*First lap was a decent pace. A few riders attacked up some of the other slopes, but being a national champs, everyone was on their game and no-one got away. I decided to maintain position mid-bunch until we got close to the hills, when I moved up into the top ten. Always better to start at the front of the bunch up a climb. Even if you slip back, you'll still be in contention. I actually didn't slip back many places at all, and felt fine. The*



*second lap was almost a repeat of the first. Three riders tried to escape but were brought back. Second ascent was the same as the first. I'd noticed that riders were attacking on the downslope after the climbs and didn't want to get caught out, so I maintained a position near the front. Third ascent was when the damage was done. I couldn't get to the front as we hurtled down the bends after the first climb, and got caught out of position as we hit the second hill for the third time. The bunch split into three and I was in the third group. We chased and chased, but the gaps grew. Kept working hard for the remaining two laps, taking turns on the front of our 'grupetto'. I found that I was dropping my fellow riders on the longer slopes and was actually feeling fairly good. And you know what is coming next! Fifth time up the hills and cramp struck. This was after about 2 hours 30 mins, so quite a bit later than 'usual' for me. I had to chase really hard to catch up my group, but did manage to. Then we hit the final 200m which is all up hill. Pedalling with just my right leg and spinning like a sewing machine was the only way to get to the line.*

*Out of 50 starters, a few got dropped completely, and at least two crashed and I managed to finish 27th. Not bad for my first Nationals. The course was too narrow and too busy in my humble opinion for a Championship race. We had to brake hard on quite a few occasions for cars, horses and two tractors.*

*I've got a bit better sense as to what is causing the cramp, as it was much more in my left leg than right. Need to get a bit more strength in both legs I think. Unfortunately, the British Cycling National Masters Champs are next Saturday, so I don't have long to work on that! Should mean that I'm flying after the Alps.*

*Onwards and upwards.*

Scott

Full results can be found here: [http://www.lvrc.org.uk/race\\_results.asp?r=1462&y=2016](http://www.lvrc.org.uk/race_results.asp?r=1462&y=2016)

### **Dunstable Aerodrome - Surrey League**

#### Luke Stratford – Race Report

*After getting a little over excited last week it was time to knuckle down and obey orders! Tony is to lead us out and I am to lead Richard and Warren out halfway down the finish straight.*

*It's windy again but this time it's a tail wind slightly from the left down the finish straight but it's still a long straight so we will have to see how the plan pans out. A nice sensible start but I'm not leading the first lap again!*

*As we turn in to the head wind for the first time we already have a break away but they won't last in this wind that's for sure! And they don't. The pace is erratic with no one wanting to take the wind on! Every now and then there is a little push causing a chase but then a single rider makes a break for it at warp speed, now we*



*could chase him down but he really isn't going to last on this own with another 20 miles to go! After a lap he is pulled back in.*

*Our break away man makes another break a few laps later and with the wind behind me I take the lead and up the pace down the finish straight, not to break away myself but to encourage the pack but when I pull out to drop back it would appear no one is going to let me back in! Forcing me out and turn into the head wind, it's not the end of the world and I do squeeze back eventually, thanks guys!*

*We catch our get away guy and his buddy shortly after. The pace is still very slow (22.7 average) but I know everybody is saving themselves for the last half a lap! So I sit back and relax. Halfway around lap 8 of 10 Mr break away goes for it again! Did he not learn from the first 2 attempts? So we let him go (We have been duped!) and as we turned onto the finish straight the pace car slows us down so we don't affect the girls race. This increases to break away lead! It's now a top eight race now!*

*The plan is to take an outside line around the last bend before the finish but our lead out man is on the wrong side (or is he? After all he is the lead out man!) I'm not getting boxed in again so stay on the outside. Warren picked number 13 to lead us out but I lose him for half the back straight. As we enter the last corner he is mine again!*

*Now after trying to sprint the whole 800 meter finish straight last week (I won't do that again) I have picked a spot 30 seconds from the finish at normal pace to engage warp drive but I lose my lead out rider so I'm going have to start early and hope I can hang on to Warren when he passes. So as the stars start to blur the flaming rev limiter cuts in! So although my acceleration was quick I have topped out and at full power. A gear change is out the question.*

*With 150 meters to go it's going to be a long 9.2 seconds! The first 4 or 5 seconds were ok but one by one the warning lights start popping up but all the safeties are off (apart from the nav computer) so I keep going and going as the tunnel vision cuts! It would appear with the safeties off vision in not necessary! Well not all of it anyway! I'm still catching as I pass over the finish line and as the stars come back in to focus I think I may have got some points.*

*Now it had occurred to me earlier that I had put my number on the wrong side of my jersey and while traveling close to the speed of light reading the number as you pass the finish line is hard enough! Luckily though it is hard to miss a yellow blob with a blue bum flying past but with 3 of them standing around an official is forced to ask which yellow jersey finished 6th or 7th! Yes!!! It's me :) but I was actually 8th! And get myself 2 more points!*

*It would appear we were fooled into thinking our get away rider was easy to pull back and when he went the 3rd time the peloton let him go, his break away was allowed and successful and he won the race.*



Luke

Full results can be found here:

<https://www.facebook.com/groups/167557865966/permalink/10154391825875967/>

