



Weekly Newsletter – 31st March 2016

Hello All

Gene Alexander – Cycling Weekly

The latest edition of Cycling Weekly celebrating their 125th Anniversary contained a lovely article on Gene celebrating her own 100th birthday and the fact that she still rides her bike, albeit a static one.

[Click on this link to see the article in full.](#)

British Duathlon Championships – 3rd April 2016

Morag McDowall, our Ladies Race Secretary is competing in the British Duathlon Championships at Windsor this Sunday, starting at 09.00 am. This is what she said about the forthcoming race:

“So it's my first big hit out of the season at the British Duathlon Championships. It's standard distance so 10k run, 40k bike, 5k run. It's going to show me how I've wintered. I'm not a duathlon specialist, pacing is a bit different to triathlon with 2 runs, so we will see! It's head down, hurt and hang on time!”

Good luck Morag!

Club Night 8 April 2016

A reminder that 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.

Road Racing Team

Another good weekend for the FCCC (RR) team with two members in the points again at Hillingdon (West Drayton Series).

Three members of the RR team entered at Hillingdon on Saturday **Warren Vye, Luke Stratford & Tony Clack** with Luke taking a very respectable 5th place just in front of Warren in 10th place.

Click [here for a short video of the race](#) and [here for a video of the sprint finish.](#)



Two members entered the Castle Coombe (Easter Classic) on Good Friday, **Sue McFarlane** and **Scott Heyhoe**.

Sue McFarlane also raced again on Saturday at the Lee Valley, Olympic Circuit, finishing a very credible 11th out of a field of 28. Well done Sue.

Detailed reports have been included below in the **Appendix - Road Racing Report**.

Time Trial Team

Also a good weekend for Matt Charlton and Dave Triska (sporting his brand new FCCC Time Trial Club Skinsuit - photos below).



Another top 10 placing this weekend for FCCC. **Dave Triska** finished 8th in the North Hampshire Road Club 18.2 Hilly Time Trial in 44:38. Conditions were unforgiving with rain and 40mph gusts. The event was won by Charles Mitchell (A3CRG) with 40:35.



FCCC's **Matthew Charlton** Bournemouth Arrow CC 10 The Good Friday event had a was won by James Copeland 21:10.



finished 5th in the Mile Time Trial in 21:46. full field of 120 riders and (Fareham Wheelers) in

16-Apr-2016 - FCCC Open 25 Mile Time Trial Registration

The club is hosting its second Open event (Type A) on 16 April at 2pm on the H25/8 course (between Farnham and Hollybourne on the A31). **Closing date for entries is 5 April** and entry can be made online at <https://www.cyclingtimetrials.org.uk/races/view/11455>

Volunteers are always needed to help out with Marshalling at the club's Open events (we have 2 busy roundabouts to monitor on this course plus HQ) so if you can help then please email Donald Ashton, our Time Trial Secretary (donald.ashton@ntlworld.com).



Re-arranged Free Track Night at Palmer Park Tuesday 5th April – 8.15pm to 9.45pm

Due to the inclement weather on Tuesday 29th March this event has been re-arranged for Tuesday 5th April. The instructions remain the same as before for the free night at Palmer Park Velodrome in Reading - 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.

Upcoming Rides

Thursday Night Club Time Trials

The club midweek TT races continues next Thursday 7th April at 18.45

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>
07-Apr-2016	18:45	HCC255a

We have enough helpers for tonight's (31 March) TT but need to make sure we have enough for all of our Thursday evening rides otherwise we will have to cancel at short notice. The CTT requirements this year include erection of more road signs placing an additional burden over previous years. If you can help please email Donald Ashton, our Time Trial Secretary (donald.ashton@ntlworld.com) by the Wednesday before.

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 3rd April - Club Rides

The weather is looking good on Sunday 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.

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.

Tip of the week: Let's make friends with motorists – try and win them over by remembering to thank drivers who are courteous to cyclists. A thumbs up for a driver as they go past when they have waited for an appropriate gap before overtaking will help the cause of all cyclists.

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

Good Friday 25.03.16 – Castle Coombe (Easter Classic)

Scott Heyhoe – Race Report

The race was too short today really. Kept the speed high as no-one wanted to allow even a small gap to appear. Was a head wind along the finishing straight. Made for a very twitchy race as people swung off the front as we entered the finishing straight.

I managed to keep decent position for most of the race. The chicanes are a plague on this circuit and a few people got bumped off a few times. I managed to get blocked going into the first chicane on the last lap which was a pain. Fought my way back up and had a decent spot going into the second chicane. Figured it was 50-50 from that point. Important to keep out of the breeze a little bit. I picked a decent line and started to move up. Big switch at the front didn't help a lot, but there was just about enough space. I was tracking another rider who was making progress. Then we met a rider coming back at us. He'd completely given up. Nutter. So, three 90 degree turns later and I can finally start winding up the sprint. And then the line arrived. Darn it. Felt like I'd put a bit more effort in this week, but the race was just too short: 45 mins plus one lap. They had to shorten it so as to squeeze more races in. Suspect I was about 20th out of 100 starters.

Onwards and upwards.

PS. Sorry Sue, didn't realise you were racing at Castle Coombe today. I'd have stuck around - the ladies race was after mine.

Scott

Saturday 26.03.16 – Hillingdon (West Drayton Series)

Warren Vye – Race Report

It was an interesting race at Hillingdon on Saturday, weather conditions remained kind apart from the fairly strong southerly wind. Tony, Luke and I claimed our position on the front line, we all got a good start and the pace remained fairly steady. The head wind was always going to slow things down with nobody really wanting to put themselves forward and head the field. With a few laps gone a rider goes off the front, I was holding position at the front and said to the riders around me “let him go he will never get away in this wind” this was acknowledged and agreed. We proceeded for a few more laps allowing him to attempt his breakaway then reeled him back in, the race continued with the typical 4th Cat surges which were chased down ever time. Eventually the five to go lap board was displayed and the pace picked up, then on the last couple of laps the field started to get twitchy with some dodgy manoeuvres taking place. On the final lap and on the last corner I



got side swiped by rider who rubbed wheels with Luke seconds before therefore I had to react and take myself out of the racing line which knocked me back several places. I then had to put in a huge sprint to pull back places and found myself sprinting for 10th place! Fairly annoying as I believe I could have won this race or at a minimum second or third.

Warren

Sue McFarlane

Castle Coombe 1hr plus 1 lap:

Well this is my first season racing and whilst I have done several crit races on smaller circuits I entered this race to gain experience. What an experience it was, I wasn't too sure what to expect but it certainly gave me an eye opener as to where I need to be and where I need to focus my cycling training. I managed to stick with the group for approximately 35 minutes before I finally made the transition into a lonely TT. That didn't perturb me though as whatever happens in races like these I will always gain something from it and that is experience which you don't get from a book. I kept on going and I wasn't last and actually I don't think it was that bad considering I have not done any race specific training until the last few weeks. Lots to learn and lots of training to do and I will hopefully see that Cat 3 in the next few weeks.

CCHackney Primavera Crit Lee Valley s 5 laps (50 mins in total)

Well the weather on this race left a little to be desired, I knew it would be windy as I raced my first race here just before Christmas but that was something else. When I looked on the website at the entrants the evening before, the competition looked okay and I thought being in the top 10 would be achievable, however on the day a total of 28 females turned up on the start line. The race started at 1600hrs and the pace was set from the start by some very strong riders, after several attacks and sudden surges I found myself in no man's land again. The group split into 3 and I was somewhere on my own in the middle, however I didn't give up as I didn't want another race on my own. After 2 grueling laps I managed to hang back on to the second group for the duration of the race and here I actually learnt some valuable experience. I was able to dominate the group by better positioning in the wind and making attacks where I knew I was stronger than the others. I attempted to make a break away on the last lap but my sprint is awful at the moment and I was finally caught up by 3 strong riders. I managed to chase them to the finish line to gain an 11th position. Okay it's not top 10 but I learnt more out of this race than any other as I actually managed to race with a group of around 12 girls. This at the moment is more valuable than any points as I now can positively draw of my weakness and only progress into a better more tactful rider.

This is my first race report I have done so apologies if it seems slightly all over the place. My next race is in Hillingdon on Saturday so that should be fun.

Sue