FARNBOROUGH & CAMBERLEY C.C.

Newsletter – March 2018

Welcome, dear member, to the latest edition of the club newsletter. After the very brief newsletter last month (due to being busy working on the new website), this month we're back to normal with news from lots of different areas of the club. Read on for reports from the annual dinner, from the AGM, road racing and time trial updates (including the return of Vernon's Chronicles of a Time Triallist), and more.

New Members

A very warm welcome to Tom Bettle, who has recently joined the club.

Committee News

As you will see from the AGM minutes (see the link below), Bob Vineer has stepped down from his committee role as General Secretary, and we'd like to thank Bob for his many years of service on the committee, most of which has been behind the scenes and gone unseen to members but has been of great importance in keeping the club running smoothly. We are very pleased to welcome Brigitte Padewski as the new General Secretary. Brigitte is fairly new to the club, only having joined last year, but you might have already met her on some of the recent social rides, and she's got experience of being involved with the running of a cycling club in her native USA.

In other news, we have a new member benefit to offer members, specifically a discount from Yorkshire-based online retailer Westbrook Cycles. See the Member Benefits page of the website for details of the code to use for a 10% discount.

Club AGM

The AGM was held on 2 February 2018. If you didn't attend, then you can read about what was discussed and decided in the AGM minutes in the Committee Minutes area of the website. You will have to be logged in to read these, since they are only available to club members. The updated club rules are now available on the website.

Club Annual Dinner

The club dinner and presentation evening was held at the Frimley Hall Hotel on 10 February. It was a most enjoyable and relaxed occasion, and we'd like to thank all those who attended. You can read about the trophy winners on the website, and those winners who could make it on the night are pictured below, looking justifiably happy and proud.

From left to right - Kelly Miller, Luke Stratford, Simon Hunt, Tony Clack, Ollie Rastall, Steve Hammatt, Paul Tippins, Giles Short, Warren Vye.

As a reminder, the club is very fortunate to have a large range of trophies (only around half of which are pictured alongside), and we rely to a greater extent on members to put in claims to the committee for these trophies. The rules for all the trophies, and how to claim, are detailed in the club rules document.

Introduction to Time Trialling: 8pm - 10pm, Thursday 22 March 2018

With the new TT season almost upon us we are running a one-off club presentation on time trialling for anyone who's interested in giving it a try. Members of the club's TT team will be on hand with their bikes and TT-specific kit for advice and questions after the presentation.

We're taking the opportunity of doing this on a **Thursday** night to see whether this is a more convenient than the usual Friday club evening. The venue is still the same though: All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW.

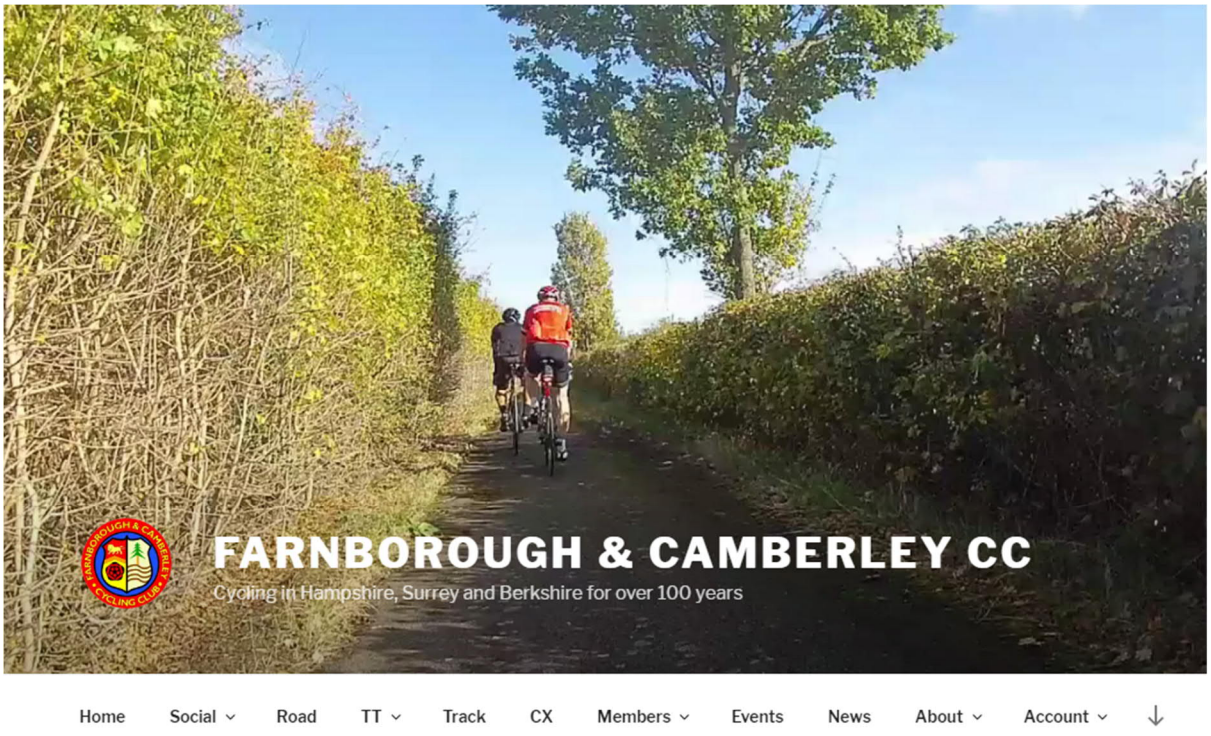
Club Night

The next club night is this Friday, 2 March. Unlike recent club nights, we don't have a specific theme for this one, but members are still welcome to come along for a chat. As usual for club nights, sizing samples of club kit will be available to try on.

Club night is held at All Saints Church Hall, Chapel Lane, Farnborough GU14 9BW, starting at 8:30pm.

Back at the start of January, we held a club night on the topic of GPS navigation and route planning, where Jon Cooke kindly did an excellent talk and demonstration on the subject.

New Website



The new website was launched a few weeks ago, and seems to be working well so far. We've previously sent out details on how to login to the new site, which is in the same place as the old site – you need to use your email address as your login name, and then use the "Forgot your password" link to reset your password (it will send you an email with a link for this). If you don't log in then you won't be able to view any of the member content, such as the forums and member-only discount details. Please do login and get your new password setup, or if you have any problems then please email the web team and we'll assign you a temporary password which you can then change to something else.

You'll find that the new site works a lot better on mobile devices than the old site. If you have any queries them please email the web team, and keep an eye on the new Website forum for news on new features and tips on how to use the new site.

Right now it's not possible to join the club directly through the new site, but we're planning on introducing that feature just as soon as we finish testing it and we're happy with it.

Club Kit

The 2018 club kit price lists (gents and ladies) are available from the website on the club kit page. Please note that in these new price lists **VAT is not included**, so **you'll need to add that on** yourself when submitting an order.

That same web page is also the place to find out the current ordering window status. We have just opened a new kit ordering window, which will be open until 16 March. This means that we're now taking orders up till that date, and then we'll be closing the window and sending off an order to Bioracer.

Please email kit secretary Tim Duncan-Booth with your expected order, and bear in mind the lead time of several weeks – so start planning that spring/summer kit now! If you've previously emailed Tim to express interest in some kit, then he'll be in touch about payment and you don't need to submit that request again.

Road Racing

Nick Hale (above left), Luke Stratford (above right) and Chris O'Sullivan have been representing the club in the Hillingdon Winter Series run by Full Gas Cycling. Nick finished in an excellent fifth place in 3rd Cat on 3 February and eighth on 20 January, giving him some valuable British Cycling points. Luke also picked up a point on 24 February with a tenth-place finish, also in 3rd Cat.

Ollie Rastall (2nd Cat) and Luke Stratford were also in action at Thruxton on 18 February in a Behind the Bike Shed Racing event, finishing outside the points but getting in more race practice and experience.

Picture credit – Frankie Snell's Photography

Upcoming Club-run Road Races

Sunday 8 April (Surrey League) at Seale - we have three members of the road race team who have entered. The morning race starts at 09:30, and the afternoon race starts at 13:30. If anyone would like to help FCCC & Wyndymilla host this race by being a marshal then please contact the road race secretary.

Friday 4 May (Surrey League) at Dunsfold Airfield - we have several new Cat 4 members racing for the first time and this is the first race of the season at Dunsfold. We have sufficient helpers and marshals for this race however it would be great to have a few FCCC supporters and possibly a few more line marshals at the finish line.

Sunday 6 May (LVRC, League of Veteran Racing Cyclists) at Dunsfold Airfield - this is a full day's racing and FCCC will be promoting and organising this race. It will be a fantastic day of racing with some very experienced riders and definitely worth coming to watch. See this page for details. If anyone would like to be part of this spring classic circuit race by offering to help or just come along as support for the FCCC road race team then please contact the road race secretary for more details. See the LVRC website for more information on this racing series.

Surrey League

The provisional race calendar for the Surrey League is on their website. Online membership for 2018 is available via RiderHQ.

Race Preparation Training

A few years ago the Surrey League introduced Race Preparation Training sessions. These have the aim of introducing basic and advanced group riding skills to all novice 4th Cat riders (men and women) so that they are more prepared for competitive racing. Once novice riders have attended two of these sessions, the Surrey League will grant them permission to ride any 4th Cat Surrey League event.

These training sessions will be run by qualified British Cycling coaches, with the help of a number of experienced riders, on various traffic-free circuits in the Surrey area. More details are available on their website and you can enter the sessions via RiderHQ. The dates/venues are listed below:

10 March	Hillingdon	14 April	Ardingly
25 March	Hillingdon (women only)	29 April	Hillingdon

FCCC Time Trial Team

The 2018 time trial season is already under way with a few hardy souls completing the monthly Saturday Club TT's in January and February (results on the website) and Vernon Schutte kicking off his season last weekend (read his report below). We also have lots of club events coming up and dates for this year's club championships that you can put in your diaries.

In addition, we have the great honour of running the National 12 Hour Championships on Sunday 17 June, where riders from all across the country will be competing to become the National Champion.

We're very pleased to announce that **Kelly Miller** has taken over the role of **Team Time Trial Captain.** Kelly is a hugely talented rider and has an encyclopaedic wealth of knowledge on all things to do with equipment and riding time trials. Feel free to contact him by email on timetrials@fccc.org.uk

Upcoming Club Events		**Distance**	**Start Time**	
10 March	HCC175	10	10:00	
5 April	HCC255a	8.5	18:45	
12 April	HCC255a	8.5	19:00	
14 April	HCC175	10	10:00	
19 April	HCC255a	8.5	19:00	
26 April	HCC255a	8.5	19:00	
Club Championships				
21 June	HCC216a	10	19:00	FCCC 10 mile Club Championship
8 September	H25/88	25	10:00	FCCC 25 mile Club Championship
22 September	HHC018	1.5km	10:30	FCCC Hill Climb Club Championship
Club-Run Open Events				
3 March	H10/8	10	09:00	**NOTE – Likely to be cancelled due to bad weather**
21 April	H25/8	25	14:00	(B)
17 June	H12H/8	12 Hr	07:00	(B) RTTC National 12 Hr Championship
8 December	H10/8	10	10:00	

Open 25 Mile TT - 21 April

Although still almost 2 months away, please give consideration as to whether you'd be able to help us with running our annual 25 mile TT on 21 April. As stated many times before, these events would not be possible without the goodwill and help of you, our members, so if you think you will be able to help for a few hours starting at 2pm for this one please put a note in your diary and drop us an email on timetrials@fccc.org.uk.Thank you!

Vernon's Chronicles of a Time Triallist - Andover Wheelers Hardriders 24 mile TT (Road Bike category) 25/2/18

I am starting early in the season doing some road bike trials. These courses are on a mixture of A roads and unclassified lanes and involve some hill climbs as well.

I was allocated number 8 so my start time was 9:08. The start was on the edge of Ludgershall, which is between Andover and Tidworth. An early rise and departure was needed to get to the HQ to sign in, get changed and do a bit of warm up on the road leading to the start.

The morning is bright and sunny and the temperature is just about -1 to -2 degrees. We line up in order at the start, all trying to stay out of the shade for as long as possible to maximise what warmth we can get from the sun.

My turn comes. I clip in and then it's off with a push from the starter.

Heading off down the main road that I had driven up, I try not to push it too much. There is a 15mph headwind blowing so I am aiming to get into a comfortable pace. The first 5 miles pass at about 19mph with the course being on a gradual descent with small inclines to make it that bit harder.

I make the first turn and now have a crosswind to contend with and the first short sharp climb that takes me to the next junction.

Across the roundabout and onto the next section that consists of a 4 mile drag that climbs slowly, culminating in a section listed as "the drag to the end of the world".

Having reached the end of the world it's a on to a 14% downhill run into the village. The road surface is not good and I decide that 40mph whilst freewheeling is quite enough, as I hang on to the bars trying to keep on track and brake enough to get round the blind bend and still make the turn into the narrow side road that is about 20 yards from the start of the corner. Just to make it even more eventful there's a car coming down the lane as well. Too late to do anything, so it's head down and pedal past him.

The next six miles are a gradual uphill gradient that rises 300 feet along a country lane taking me to around the 17 mile mark.

As I am using my Storck road bike I am running on basic information. My Garmin is giving me average speed, time and heart rate. No power or cadence, so I am running totally on feel. I had hoped to get around 19 mph average but find that with the gradients I am nearer 17mph. Whilst this means I am not going to get the time I hoped for, I know that I need to save my energy for later so concentrate on keeping a good rhythm and changing gears whenever I think my power is getting too high or my cadence is dropping.

The next 2 miles are a gradual descent along more country lanes. This is such a great course, with very little traffic and scenic villages and hamlets to ride through.

But the honeymoon is over with the last 4 miles taking me up onto a ridge with magnificent views. The problem is to get to those views I have to overcome a 2 mile incline that peaks at 15% about halfway up and makes me struggle as I creep on up at 4 mph. It's then onto the ridge and down the other side, holding an average speed of 25mph as I swoop down then up and down again towards the next climb which I push up strongly.

With less than a mile to go the last rider, number 28, comes past me and I realise that he has gained 20 minutes on me, and that I pushed too hard on that last hill and am struggling to get up this one and won't be sprinting strongly for the finish line.

I cross the line and shout out my number. It's over and done.

There were 29 entrants but only 20 starters. I achieved 1:22:11. Position 20th. Average 17.522mph.

I had a great time riding a course that pushed me to work hard. Hills are not my strong point but this course has a good mix of long slopes that did not feel like a grind and steep ramps that made me think about not maxing out my power and keeping some in reserve for that gradient that was just over the crest.

My winter training has paid off as my leg muscles, which caused me to cut short the season last year, did not give me any trouble. My strength has not increased compared to last year, but my leg muscles are now working correctly which is one of the main things I wanted to find out today.

Cheers, Vernon.

Track Racing

The regular Tuesday and Thursday night road bike sessions continue at the Palmer Park outdoor velodrome (see our track racing page for more information). The Tuesday night road bike sessions continue throughout the year, but from Thursday 22 March the track training sessions will be starting, so from that day onwards it'll be only fixed wheel track bikes that are allowed on a Thursday night (but road bikes are still ok on a Tuesday night).

The first accreditation session is full as all the bikes are spoken for, but if anyone is interested the next one will be in early May and is already starting to fill up, so please contact Dick Poole if you'd like to book one of these sessions.

Sunday Club Rides

- 9.30am: Gentle Pace Social Ride – 35 to 40 miles with a cafe stop, average speed 13 to 14 mph
- 9.30am: Mid Pace Social Ride – 40 to 55 miles with a cafe stop, average speed 14.5 to 15.5 mph
- 10am: Quick Pace Social Ride – 45 to 60 miles with a cafe stop, average speed 16.5 to 17.5 mph
- 9.30am: Fast Pace Non-Stop Ride – 50 to 60 miles, average speed 18 to 19.5 mph

As always, keep an eye on the forums and the events page on the website, and on Facebook, for full details of routes etc. Further details on social rides are on the social riding page of the club website and we also have some tips on safe road riding there too.

Midweek Rides

There is also a Wednesday Gentle Pace Social Ride (9.30am). Check the forums for details.

FCCC – Who's Who

President – Dick Poole

Committee members and roles:

Chairperson – Jeff Davis
Clothing Secretary – Tim Duncan-Booth
General Secretary – Brigitte Padewski
Membership Secretary – Mike O'Donovan
Newsletter Editor – Steve Hammatt
Press Officer – Jeff Davis
Ride Leader – Chris Bagust
Ride Leader – Steve Hammatt
Ride Leader – Tony Morancie
Road Race Secretary – Warren Vye
Social Secretary – Ollie Rastall
Time Trial Secretary – Donald Ashton
Track Secretary – Dick Poole
Treasurer – Jeff Davis
Webmaster – Jeff Davis/Mike O'Donovan/Steve Hammatt
Committee Member Without Portfolio – Frank Curtler
Committee Member Without Portfolio – Josh Orlowski

You can contact the committee as a whole via committee@fccc.org.uk

Happy (and safe) riding!
Steve Hammatt - FCCC Newsletter Editor

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