



FARNBOROUGH & CAMBERLEY C.C.

Newsletter – April 2018

Welcome, dear member, to the latest edition of the club newsletter. This month, we're building up to the start of the time trialling and racing seasons with news of upcoming events for both. We've also got some exciting news for those who might have missed out on the ballot for the Ride London 100. Read on and enjoy.

Committee News

The club committee is keen to find out what members would like to see as the format for next year's annual dinner. For the past couple of years we've held it at the Frimley Hall Hotel, and whilst these evenings have been enjoyed by all attending, the committee would like to canvas the wider membership to see if there are other ideas for an annual social gathering. Look out for details of a short online survey soon. And of course if you have specific ideas or suggestions, then please forward them to the [committee](#), or have a chat to a committee member on a club ride or other club event. This is your chance to say what you'd like to see organised.

Quick Pace Social Ride

Please note that from Sunday 1 April, the Quick Pace Social Ride has moved back to its usual "summer" start time of 9:30am.



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STOP PRESS: Ride London 100

The club has been successful in being awarded a “male team” (apologies to our female members) entry of four riders for this year’s 2018 Prudential Ride London-Surrey 100 British Cycling Club Challenge.

Specific details from British Cycling are as follows:

Each rider within the team must pay their own entry fee (£69) and complete their own online entry form; all four riders in the team must have completed and paid for their entry by 17:00 Friday 25 May or the team will not be entered and not score in the club challenge. It is not possible to merge any incomplete teams. The club will be sent an entry link by 17:00 Friday 6 April.

Please note:

- *A team comprises of four riders.*
- ***Every rider in a team must be a current British Cycling member.***
- *Riders who hold an Elite or Category 1 British Cycling Race Licence are not eligible to enter the Club Challenge.*
- *Riders who have already secured an individual place through the original entry ballot or a charity place are not eligible to enter the Club Challenge.*
- *Once a rider has paid for their entry, they are not able to transfer their entry to another rider. Should riders no longer wish to take part, they can withdraw and defer their place to the 2019 event.*

As in previous years if you are interested in applying for one of these places please email Jeff Davis by the end of next Friday 6 April and we’ll make the draw over that weekend.



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Introduction to Time Trialling

With the new TT season almost upon us, Jeff Davis ran a one-off club presentation on time trialling on 22 March at All Saints Hall for anyone interested in giving it a try. We're grateful to several other members of the club's time trial team for bringing along their bikes and kit to show off, some of which can be seen in the background of the photo below. However, despite the lovely high-tech TT kit on show, the message from the talk was very much about starting off doing time trials on a road bike and not needing to go crazy with your credit card.

If you were unable to attend but are interested in seeing the content please email Jeff Davis and he'll send you a copy of his presentation notes.



FCCC – Introduction to Time Trials, the “Race of Truth”

Thirty seconds," the timekeeper calls out. The starter holds you up while you clip into your pedals. Deep breaths. "Ten seconds." Your pulse is rising, your mouth goes dry. "Five, four, three, two, one..." You're off! Out of the saddle, you're powering down the road to get on top of your gear.

For the next half an hour your lungs will work like bellows. Your legs will strain on the pedals. Your nose will run. You'll be effortlessly overtaken by a skinsuited cycling machine who set off four minutes back, his disc wheel roaring like a Star Wars fighter.

At the finish you'll suck in ragged gasps of air, feeling so shattered you want to be sick. So you'd be forgiven for asking: where's the fun?



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Club Night

The next club night is Friday 4 May, which will not have a specific theme. As usual for club nights, sizing samples of club kit will be available to try on.

We are in the process of organising a cycling-specific talk by an osteopathic consultant at either the June or July club night. Watch the club website and Facebook page for more details, as well as next month's newsletter.

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

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've recently closed an ordering window and have placed an order with Bioracer. But we'll open another ordering window once we have sufficient interest in further orders. Please email kit secretary [Tim Duncan-Booth](#) with what you'd like to order (no need to pay until we do open the ordering window), and bear in mind the lead time of several weeks – so start planning that summer kit now!



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Road Racing

The build-up to the main part of the road racing season continues.

Upcoming Club-run Road Races

Sunday 8 April (Surrey League) at Seale – Ollie Rastall will be racing for the road race team. The morning race (Cat 3) starts at 09:30, and the afternoon race (Cat 2/3, including Ollie) 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.

Your help would be greatly appreciated with any of the above, thank you.



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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:

14 April Ardingly
29 April Hillingdon



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FCCC Time Trial Team

Club Time Trials – The Season Commences

Thursday 5 April sees the start of the club's regular Thursday evening time trials with the first race on the HCC255a course in Hartley Wintney.



Starting at 6.45pm due to the current short evenings and only 8.5 miles in distance, it's the ideal place to give time trialling a go on your road bike.

If travelling by car please do not park at the start point as congestion on that road has in the past caused some unpleasantness from local residents. Either park in Hartley Wintney or Winchfield Station and ride to the start.

The next races during April are:

Upcoming Club Events	Distance	Start Time
5 April <u>HCC255a</u>	8.5	18:45
12 April <u>HCC255a</u>	8.5	19:00
14 April <u>HCC175</u>	10	10:00
19 April <u>HCC255a</u>	8.5	19:00
26 April <u>HCC255a</u>	8.5	19:00
3 May <u>HCC175</u>	10	19:00

The full club TT calendar can be found on the website [here](#)



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Open Time Trials

The club's promotion of Open time trial events got off to the worst possible start this year with the snow-enforced cancellation of our Chris Thain Memorial Open 10 mile Time Trial on 3 March.

This cancellation unfortunately has had a negative impact on our income this year which means making a success of our next Open 25 Mile TT on 21 April all the more important.



21 April 2018 - Your Club Needs You, Can You Help?

Once again, we rely on our members to continue the tradition of supporting our open time trials by volunteering to help marshal this event, so please if you are able to give a few hours to help from 2pm to 5pm on 21 April, email our Organiser and Time Trial Secretary, Donald, at timetrials@fcc.org.uk

We really, really do appreciate your support, thank you.

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

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	Xmas 10 – fancy dress encouraged!



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Track Racing

The regular Tuesday night road bike sessions continue at the Palmer Park outdoor velodrome (see our [track racing page](#) for more information). If you're interested in trying out racing at the velodrome on a track bike, then you may be interested in the Thursday evening sessions. Track bikes are available for hire, but before you can ride one at the velodrome you'll need to attend one of the accreditation sessions. Contact [Dick Poole](#) for further details.

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
- 9.30am: 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

Please note the change of time for the Quick Pace ride.

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.



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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

