FARNBOROUGH & CAMBERLEY C.C.

Newsletter – June 2018

Welcome, dear member, to the latest edition of the club newsletter. This month we need to urgently ask for your help in running the imminent National 12 hour RTTC Championships on Sunday 17 June. We also have updates across various areas of the club, including lots of excellent results from the road race team who have been very busy scoring points all over the place. Plus news about the new online membership and renewal process. Read on and enjoy!

RTTC National 12 Hour Championships 2018 – Sunday 17 June

Help!!! We really need your help on this one, please. We are desperate for more people to help us run this big, prestigious event down on the A31 between Farnham and Chawton. We're not expecting anyone to stay all day (the event runs from 0700 to 2030), but a couple of hours would really help us out a lot if you can spare it, and we'd be very grateful. We very much appreciate the offers from those who have stepped forward to help so far, thank you.

We urgently need additional volunteers to assist with:

- Lunchtime cover to allow other helpers to have a break
- Texting results to the HQ at Alton throughout the day (this could be a few people doing two or three hours each)
- Texting results back to the HQ from the finishing timekeepers (1600 – approx 2030) (six positions)
- Riders' refreshments (just looking after a table) throughout the day (again, could be a few people doing two or three hours each)

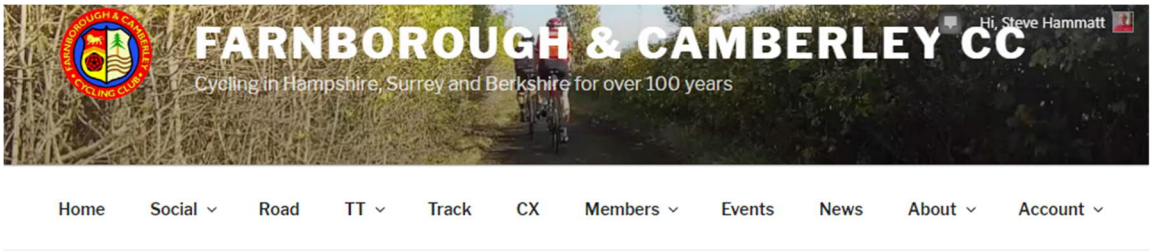
There are other additional task to be covered as well. Please email the organiser, Donald Ashton, if you can spare a little bit of time. There won't be any club rides that day since the ride leaders will be busy helping out at the event. Thank you in advance.

New Members

A very warm welcome to Keith Jenns, Mike Baker, Hannah Graham, Caroline Lovett, Teva Ewhrudjakpor, Paul Hosemann and Jason Benskin, who have all recently joined the club. Also welcome back to Carl Shadrake, who has re-joined.

Committee News

We're pleased to announce that the new online membership system is now up and running on the website, allowing new members to join and existing members to renew online in a few simple steps. Secure credit card payment and PayPal options are available, as well as online bank transfer. To renew your membership you can now go to Account -> My Account -> My Membership and then use the "Renew your subscription" link to renew simply and easily.



MY MEMBERSHIP
Edit

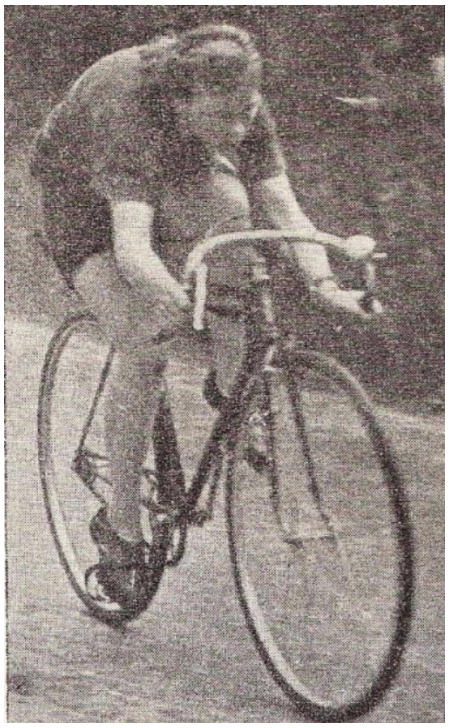
Status	Subscription	Expiration	Actions
Active	Senior Member	31 August 2018	Renew your subscription Upgrade or change your subscription

Invoice #	Subscription	Amount	Payment Status	Date	Actions
You have not made any payments.					

As mentioned last month, we're still in need of a new general secretary. The club relies on volunteers to keep it running, and whilst this isn't an overly onerous job we do need someone behind the scenes to write up committee meeting minutes and to help organise the AGM. Please have a think about whether you can spare some time, and contact Jeff Davis if you'd like to find out more.

Gene Alexander 1916-2018

Gene's funeral was held on Thursday 17 May 2018, at Easthampstead Crematorium. It was extremely well attended, with a lovely service which included many mentions of her cycling activities, as well as family tributes and all the other aspects of her very long and full life. Many current and past members of the club were present, including several other cycling legends from the club's history.



Gene in action on the track.

Your editor was honoured to meet two of Gene's fellow club legends, Frank Colden (centre) and Kevin Fairhead (right), after the service. If you don't know who they are, check out the Achievements page on the website!

Club Night

The next club night is Friday 1 June, which will not have a specific theme. The following club night will be on Friday 6 July. As usual for club nights, sizing samples of club kit will be available to try on.

We also have a couple of upcoming themed club nights, so please put these dates in your diary:

> Friday 7 September – We have arranged a talk from a local osteopathic consultant and his team, with cyclist-specific advice for looking after your back together with demonstrations of stretching techniques.
>
> Friday 5 October – Scott Heyhoe will be giving an “Introduction to Cyclocross” talk. This could be good timing for anyone thinking of taking the plunge into cyclocross in the forthcoming CX season, or just for anyone curious about the subject.

If you have specific ideas of themes for future club nights, then please speak to a committee member to pass them on.

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

Club Kit

The most recent kit order was delivered to members earlier in May. We are continuing to take expressions of interest for the next order – remember, the sooner you tell us that you want to order some kit, the sooner we can hopefully hit the minimum order threshold and open a new window to be able to get an order placed.

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. As mentioned above, we will 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 formally open the ordering window), and bear in mind the lead time of several weeks.

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.

Road Racing

The road racing team has been extremely busy, with at least one team member taking part in a race almost every day of the week! They have been in action all over the south-east, including at Goodwood, Dunsfold, Portsmouth, Thruxton, Hillingdon and Milland Hill. Just some of their results are listed below.

Particular congratulations go to Atticus Wright for gaining enough points to win his Cat 3 licence, and to Nick Hale for winning his Cat 2 licence. The club has been rapidly rising up the Surrey League rankings table, as you will see below, and also has riders well placed in various other racing league tables.

A very big thanks to all those who helped out at the FCCC-run LVRC (League of Veteran Racing Cyclists) event at Dunsfold Park in early May – we couldn't run events like this without you, and it's much appreciated. We hope you enjoyed the glorious weather that we arranged especially for the occasion! Our lovely volunteers were having a very tough time of things, as you can see from the picture below.

Photos: Frankie Snell

1 May 2018 - Southdown Velo Goodwood Summer Series #2, 3/4 Cat

1	Thomas Treagus	Hargroves-Ridley-Montezuma's
2	Jack Ferrell	Racing Club Ravenna
3	Stanimir Bolyarov	HuntBikeWheels.com
4	David Bone	Racing Club Ravenna
5	Tony Boness	Blazing Saddles Cycles
6	Anthony Hall	The Cycle Room
7	Russell Speight	Sotonia CC
8	Jonathan Deutsch	Blazing Saddles Cycles
9	Stuart LeTissier	DHCyclesport
10	**Nick Hale**	**Farnborough & Camberley CC**

5 May 2018 - BIG Events, Hillingdon, May Day Magic, 3rd Cat

1	Cameron Tappin	Team Vision Innovative Leisure
2	Nick Spencer-Vellacott	CC London
3	**Nick Hale**	**Farnborough & Camberley CC**
4	Ashley Harvey	CC London
5	Jacek Nowosielski	London Dynamo
6	Noah Faiers	The Cycle Room
7	Bob McGlue	High Wycombe Cycling Club
8	Robin Basford	WyndyMilla
9	Peter Smith	Cowley Road Condors
10	Stefan Atanasov	VC Colets

9 May 2018 - Portsmouth Evening Circuits #6, Cat 3

1	Stuart LeTissier	DHCyclesport
2	Tim Blackmore	Racing Club Ravenna
3	Harry Johnson	The Hub Cycleworks
4	Thomas King	Cycle Club Ashwell (CCA)
5	Jay Eastwood	Hargroves-Ridley-Montezuma's
6	Oliver Wise	Solent Pirates
7	Thomas Treagus	Hargroves-Ridley-Montezuma's
8	**Nick Hale**	**Farnborough & Camberley CC**
9	Ben Dixon	Royal Navy & Royal Marines CA
10	Russell Speight	Sotonia CC

12 May 2018 - Hillingdon, Spring Crits #3 Masters 50+

1	Chris Jubb	Pearson Cycling Club
2	Barry Bonnett	
3	Daren Austin	Twickenham CC
4	Patrick Warren	Ellmore Factory Racing
5	Chris Reeson	Royal Air Force CA
6	Robin Parker	East Grinstead CC
7	Kieran Dineen	VC Equipe/FlixOralHygiene/Propu...
8	Andrew Lowe	Team Corley Cycles
9	**Warren Vye**	**Farnborough & Camberley CC**
10	Edmond Irwin	Lky7 SD Racing Team

29 May 2018 - Southdown Velo Goodwood Summer Series #6 (3/4)

1 Rhys Thomas
2 Nick Hale Farnborough & Camberley CC
3 John Cordner
4 Nick Barber
5 Nicholas Bell
6 Robert Taylor
7 Noah Faiers
8 Stanimir Bolyarov
9 Chris Wilson
10 Jack Ferrell

Photo: Shaun Boggust

30 May 2018 - Portsmouth Evening Circuits #9, Cat 3

1	Jay Eastwood	Hargroves-Ridley-Montezuma's
2	Chris Brettell	Yeovil CC
3	Ben Williams	I-Team Cyclists' Club
4	Stuart LeTissier	DHCyclesport
5	Luke Jerome	Racing Club Ravenna
6	Sam Stewart	Racing Club Ravenna
7	**Nick Hale**	**Farnborough & Camberley CC**
8	Chris Wildon	BournemouthCycleworks UK-Biking
9	Tim Blackmore	Racing Club Ravenna
10	Harry Johnson	Hub Cycleworks

Surrey League

The race calendar for the Surrey League is on their website.

Anyone who might be still interested in Surrey League's Race Preparation Training sessions (mandatory for new entrants to 4th Cat), there are two more upcoming sessions as follows, which can be entered via RiderHQ:

23 June	CycloPark
24 June	Ardingly

Many thanks to all those who helped make the FCCC-run Surrey League event at Dunsfold Park on 4 May a big success by giving up their free time – we really do appreciate your contributions. Events like this rely on volunteers, without whom they wouldn't be able to take place.

Just some of the recent Surrey League results are listed below. Of particular mention regarding club successes, we had three riders finishing in the top 10 on 2 May, and then on 4 May a fine 2nd for Atticus Wright plus a creditable 8th for Tony Morancie in his first road race. Also we had an impressive six road race team members all in action in club colours at Dunsfold Park on 16 May.

4 May 2018 - Farnborough & Camberley - Dunsfold Park 4ths Series #1 - 27 miles

1	Jason Ashby	Kingston Wheelers
2	**Atticus Wright**	**Farnborough & Camberley Cycling Club**
3	Lee Hollingworth	Charlotteville CC
4	Tom Plowman	Horsham Cycling
5	Horatio Holloway	Brighton Mitre
6	Richard Sells	Private member
7	Antonio Silano	WyndyMilla
8	**Tony Morancie**	**Farnborough & Camberley Cycling Club**
9	Lloyd Griffin	Horsham Cycling
10	Andy Dixon	Epsom CC

Photos: Ian Stuart

2 May 2018 - Velosport CC - Dunsfold Park Vets Series #1 - ME/MF/MG/MH - 27 miles

1	Andy Blackman	VC Meudon
2	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
3	**Scott Heyhoe**	**Farnborough & Camberley Cycling Club**
4	**Warren Vye**	**Farnborough & Camberley Cycling Club**
5	Gavin Francis	London Dynamo
6	**Tony Clack**	**Farnborough & Camberley Cycling Club**
7	Jamie Davies-Evans	Adalta CC
8	Jose Soler	Handsling Racing
9	Jon Spiers	Private member
10	Billy McNamara	Clarencourt CC

Photo: Jon Kelley

9 May 2018 - The CycleRoom - Dunsfold Park Vets Series #2 - ME/MF/MG/MH - 30 miles

1	Dave Larcombe	Pedal Heaven RT
2	Paul James	Crawley Wheelers
3	Craig Wilson	Meudon Sovereign Pedal Heaven RT
4	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
5	**Warren Vye**	**Farnborough & Camberley Cycling Club**
6	Jeff Lamb	VC Meudon
7	Jamie Davies-Evans	Adalta CC
8	Gavin Francis	London Dynamo
9	Jon Spiers	Private member
10	Andy Blackman	VC Meudon

Photo: Jon Kelley

11 May 2018 - Horsham Cycling - Dunsfold Park 4ths Series #2 - 30 miles

1	Horatio Holloway	Brighton Mitre
2	Karl Chandler	VC Godalming & Haslemere
3	Oli Woodcock	VC Godalming & Haslemere
4	Graham Winstanley	Sussex Revolution VC
5	**Atticus Wright**	**Farnborough & Camberley Cycling Club**
6	**Matthew Davies**	**Farnborough & Camberley Cycling Club**
7	Richard Sells	Private member
8	Lee Hollingworth	Charlotteville CC
9	Fergus Brady	PB Cycle Coaching Racing Team
10	Jan Schnitker	Charlotteville CC

16 May 2018 - Imperial RT - Dunsfold Park Vets Series #3 - ME/MF/MG/MH - 30 miles

1	Dave Larcombe	Pedal Heaven RT
2	Paul James	Crawley Wheelers
3	Andy Blackman	VC Meudon
4	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
5	Craig Wilson	Meudon Sovereign Pedal Heaven RT
6	Jamie Davies-Evans	Adalta CC
7	**Scott Heyhoe**	**Farnborough & Camberley Cycling Club**
8	Jon Spiers	Private member
9	**Warren Vye**	**Farnborough & Camberley Cycling Club**
10	Richard Simmons	VC Meudon

23 May 2018 - Epsom CC - Dunsfold Park Vets Series #4 - MC/MD - 30 miles

1	Paul Pickup	Meudon Sovereign Pedal Heaven RT
2	Andy Critchlow	Norwood Paragon CC
3	Gary Brind	Southdowns Bikes CASCO pet RC
4	Steve Calland	Southdowns Bikes CASCO pet RC
5	Simon Jodrell	Morvelo Basso RT
6	Ken Prince	Meudon Sovereign Pedal Heaven RT
7	James Wakelin	Vicious Velo
8	**Luke Stratford**	**Farnborough & Camberley Cycling Club**
9	Jason Edwards	Southdowns Bikes CASCO pet RC
10	Fergus Brady	PB Cycle Coaching Racing Team

Photo: Surrey League

30 May 2018 - Cranleigh CC - Dunsfold Park Vets Series #5 - MC/MD - 30 miles

1	Steve Calland	Southdowns Bikes CASCO pet RC
2	Simon Jodrell	Morvelo Basso RT
3	Chris Parker	VC Godalming & Haslemere
4	Andy Critchlow	Norwood Paragon CC
5	Dean Corney	Meudon Sovereign Pedal Heaven RT
6	Chris Lockyer	Private member
7	Fergus Brady	PB Cycle Coaching Racing Team
8	**Paul Tippins**	**Farnborough & Camberley Cycling Club**
9	Rob Thatcher	Southborough & District
10	Paul Pickup	Meudon Sovereign Pedal Heaven RT

30 May 2018 - Cranleigh CC - Dunsfold Park Vets Series #5 - ME/MF/MG/MH - 30 miles

1	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
2	Craig Wilson	Meudon Sovereign Pedal Heaven RT
3	Jeff Lamb	VC Meudon
4	Jamie Davies-Evans	Adalta CC
5	Bruce Hodges	CC Romford
6	Paul James	Crawley Wheelers
7	Gary Bull	Bigfoot CC
8	**Warren Vye**	**Farnborough & Camberley Cycling Club**
9	Gerry Kinalty	Cranleigh CC
10	Jon Spiers	Private member

Surrey League Dunsfold Park Vets Rankings after 4 rounds

40+ Rankings (27 riders)

1	Gary Brind Southdowns Bikes CASCO RC	27
2	Simon Laws GS Vecchi	24
3	Paul Pickup Meudon Sovereign Pedal Heaven RT	21
3	Andy Critchlow Norwood Paragon CC	21
5	Simon Jodrell Morvelo Basso RT	18
6	Jason Edwards Southdowns Bikes CASCO RC	17
7	Steve Calland Southdowns Bikes CASCO RC	15
8	Ken Prince Meudon Sovereign Pedal Heaven RT	13
9	Austyn Tusler Norwood Paragon CC	8
9	Simon McNamara Southdowns Bikes CASCO RC	8
11	Colin Gunn Paceline RT	6
11	**Luke Stratford Farnborough & Camberley CC**	**6**

50+ Rankings (22 riders)

1	Andy Blackman VC Meudon	29
2	Dave Larcombe Pedal Heaven RT	27
2	Gianluca Cappello Meudon Sovereign Pedal Heav	27
4	Craig Wilson Meudon Sovereign Pedal Heaven RT	17
5	Paul James Crawley Wheelers	16
6	**Warren Vye Farnborough & Camberley CC**	**13**
7	**Scott Heyhoe Farnborough & Camberley CC**	**12**
7	Jamie Davies-Evans Adalta CC	12
9	Gavin Francis London Dynamo	8
10	**Tony Clack Farnborough & Camberley CC**	**7**
10	Jeff Lamb VC Meudon	7

Surrey League Club Rankings

1	Meudon Sovereign Pedal Heaven RT	251
2	Southdowns Bikes CASCO RC	240
3	Kingston Wheelers	163
4	Crawley Wheelers	160
5	Addiscombe CC	130
6	Blazing Saddles	114
7	Twickenham CC	83
8	Worx Factory Racing	82
9	VC Meudon	79
10	London Dynamo	75
11	Norwood Paragon CC	74
12	Paceline RT	73
13	**Farnborough & Camberley CC**	**72**
14	WyndyMilla	70
15	GS Vecchi	56
16	Morvelo Basso RT	55
17	Dulwich Paragon CC	53
18	Charlotteville CC	52
19	VC de Londres	50
20	PB Cycle Coaching Racing Team	48
21	Maison du Velo	47
22	VC Godalming & Haslemere	38
23	Adalta CC	29
24	Brighton Mitre	28
24	Pedal Heaven RT	28
24	Worthing Excelsior	28
24	Horsham Cycling	28
28	Velosport CC	26
29	Unknown Rider Development Team	24
30	Bigfoot CC	21

FCCC Time Trial Team

Open TT Results

VTTA National Championships (150 Riders) 10m F11/10 - 7 May 2018

Jeff Davis	86th	0:22:45

Dulwich Paragon CC 18.6m GS/484 - 7 May 2018

James Goward	14th	0:43:57

Western Time Trials Association (WTTA Hardriders) 31m U871 - 13 May 2018

James Goward	10th	1:14:15

Sportzmad (Men) (240 Riders In 2 Events) 25m R25/3H - 13 May 2018

Vernon Schutte	74th	1:06:53
Jeff Davis	51st	0:57:37 PB

Westbury Wheelers (WTTA Hardriders) 26m U32R - 19 May 2018

James Goward	5th	1:02:51

Round-Up

Well done to James Goward who has put in an impressive set of Open TT event rides this month, including a 5th and a 10th place. Also to Jeff Davis for setting a new 25 mile PB on the fast R25/3H course in Wales, just 9 months after breaking his hip last summer.

Unfortunately, Vernon Schutte was thwarted in his 100 mile ride leg of his 2018 BBAR on Sunday 27 May by a drunk driver who rolled his car and forced the A31 to be closed and the

race to be abandoned. Fortunately, no one else was involved and no one was injured (even the driver walked away from the crash but straight into the arms of the police).

The Thursday night Club TT has been continuing, and included a big turnout of 18 riders in the fast HCC175 on 3 May.

Full results are on the website here

The club races for June include the 10 mile Club Championship on 21 June (remember that there are trophies for both the Ladies' and Mens' winners):

Date		Course	Distance		
7 June	Thursday	HCC175	10	19:00	
14 June	Thursday	HCC257	20 km	19:00	
21 June	Thursday	HCC216a	10	19:00	**FCCC 10 mile Club Championship**
28 June	Thursday	HCC255b	11.5	19:00	

The full club TT calendar can be found on the website here

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

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!

Get Involved!

If you are interested in Time Trialling, come to one of FCCC's own local events held every week (see the calendar link above). Free for all members, just turn up, pin on your number and enjoy.

For any other questions then simply send all enquires to: timetrials@fccc.org.uk

Vernon's Chronicles of a Time Triallist - Sportzmad 25ml TT R25/3H 13/5/2018

Having ridden this event last year and had a good result I decided to do it again this year. Last year five club members went down but this year only Dave Triska and myself from that group made the return trip. We did however convince Jeff that it would be worth his while to go down to experience this fast course.

It starts on a side road near Rhigos, heads down to the main roundabout and from there does an out and back run along the A465. A fairly standard dual carriageway slog, you might think. There are two things that standout on this course. The first is The Bank, a slope that runs for over 3.5 miles and hits 7% for sections of it. The second is the wonderfully smooth pothole- free surface that is willing you to go fast along the long straights that are linked by gentle curves along the valley floor.

The outward leg is 15 miles with 6 miles of it on a downhill gradient that starts at The Bank and just goes on and on. The return of 10 miles takes you back along the valley floor with only the last five starting to lead you up to the base of The Bank where the finish is.

Having stayed overnight at a hotel on the edge of Bridgend we only had a 45 minute drive to the venue with our approach following the A465, enabling us to recce the turn which is a bit tricky if you don't know it.

The morning was bright and sunny with a light wind so hopes were high for good results. The hills looked verdant and inspiring, it was a shame the scenery was spoilt by the Port Talbot steel works and the acres of housing estates with pebble dash rendering.

The discussions whilst we warmed up were of tactics during the race and how to tackle The Bank. Dave's coach had suggested micro bursts of 10 secs flat out pedalling and 3 seconds resting then repeat, until you start leveling off. Jeff and I weren't sure whether we were up for this but we all agreed to try and stay on the extensions and keep low.

I was off first and set off down the road determined to thrash it all the way to the turn. Heading to the main road my cadence was up to around 100, my speed at about 28mph and my heart rate rising from 125 bpm all the way to stay at 164 bpm. I was definitely thrashing it.

I had a clear entrance onto the dual carriageway and kept up the pace. The slight gradient leading to the downhill slope caused me to lose a little speed despite heart rate and cadence staying high. My heart rate pumped up to 180 as I approached the slope and worried about crosswinds and speed wobbles.

Then it was down I go and commit to a tactic. I decided to try Dave's method as I felt I wasn't going fast enough. I got down as low as I could and pedalled in bursts . The front wheel started a small shake so I tucked my head down and it smoothed out. If I brought my head up the weave started to set in again so I kept it low and started to put the power back on as the steepness disappeared. As I've already said the road surface is smooth, this enables you to concentrate totally on your cadence and power. Along the valley floor my cadence is around the mid eighties and my heart rate has dropped down to the low 150's. Speed is down to around 22 mph but my power is fluctuating. I am trying bursts of power with short rests so I am hitting between 210 and 220 watts, well outside my normal levels.

The slip road is here and I go down the gears. The roundabouts are on a flyover so you have a curving slope to climb to reach the first one. I have gone down too many cogs in my rush to avoid getting too high a power output. As I am thrashing my legs round a rider comes past me shouting encouragement. I am still putting out high power, I should have just gone for it and stood up and climbed it as a normal hill instead of staying on the extensions. Too late now, I am onto the flyover and heading for the slip road down.

Accelerate down the main road only to have my speed knocked back by a slight gradient. I get over the rise and push the speed back up again. I can't seem to hold it and am back down around the 22mph mark again. I am also having the same trouble as last year with my shorts and am moving around on the saddle trying to get comfortable. I don't know if it's being on a downward gradient for so long on the out leg that you sit differently and end up with your pad sticking to the wrong bits, but it's definitely not comfortable.

It's now a 10 mile TT home ride so I am pushing as much as I can. I have average speed showing on my Garmin and I have watched it drop from 26.5mph in the early stages to below 23mph now. The clock is ticking on and I know I am not going to beat last year's effort, so I make the best of it and push for the line with the last uphill section forcing me to go up another rear cog and push my cadence up as I just can't push any harder.

I am over the line in 1:06:53, coming in 74th out of 75. Not at all what I wanted. Last year was 1:04:00. I am feeling down at that and start the 6 mile ride back uphill to the HQ to sign out. Cramp starts to hit my calves so it's ease off the power and go onto the easiest gears. It soon wears off and I am onto the level and feeling OK.

Jeff got a PB of 57:37 and Dave a PB of 50:49 gaining him 12th place.

On looking at my stats I got a PB on the out leg by 1minute 29 seconds but struggled on the return. No tailwind to help this year.

From the results and the race reports even the fast guys were 1 to 2 minutes off their best times . The crosswind although only about 6mph caused problems for everyone.

Studying my results from the last two years it looks like A465 on a bad day is about the same as the A31 on a good day for me, but so much better to ride with its low traffic levels and super smooth surface. Everyone seems to enjoy the course because I haven't had so many shouts of encouragement as riders passed me on any of the other courses.

I need to work on my power levels. Before the power meter I just thrashed it and went by feel. Since the power meter I try to keep a steady level but end up going slower overall. Either that or I'm just getting old.

I shall have to experiment on the Club Thursday night TT's.

To put the results into context, the previous week the weather was perfect and a new National record was set at 42:58 at an average speed of 34.9mph. This weeks winner did 49:08 which would have been 15th place last week.

Cheers Vernon

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

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 – vacant
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

Find us on Facebook