FARNBOROUGH & CAMBERLEY C.C.

Newsletter – July 2018

Welcome to the latest edition of the club newsletter. There will be a brief hiatus for the newsletter after this issue – your editor will be on holiday at the time that the August newsletter would usually be published, but never fear, normal service will resume in September.

The committee would like to say a big thank you to everyone who helped the club to run the 12 Hour National Championships in June – without you, we couldn't have put on this event.

This month we have all the usual news for you about what the road racing and time trialling teams have been up to. Our next themed club night is approaching (September), and we have news about a new ordering window for club kit. Plus we have two detailed reports, the first from Scott Heyhoe about a training trip to the French Alps, and Vernon's write-up of his epic twelve-hour ride in the National TT Championships. Since it's July, we have a Tour de France trivia quiz too. Read on and enjoy!

New Members

A very warm welcome to Mark Jefferies, Mike Woodhead, Laila Al Adwani, Mark Nuttall, Samantha Taylor, Chris Springle, David Edwards, David Day and Darryl Fordham, who have all recently joined the club.

Membership Secretary Vacancy

After many years of dedicated work in keeping our membership records in order, Mike O'Donovan has reluctantly stepped down as Membership Secretary due to the time pressures of work.

The committee would like to place on record the club's sincere gratitude to Mike for his work in taking us through quite a few changes in recent years, not least of which was setting up the membership for the current and previous versions of our website.

Steve Hammatt has volunteered to take on the membership secretary role on an interim basis.

We now have two vacancies on the committee that desperately filling so please if can spare a little bit of time to give to the club as either membership secretary or general secretary please email committee@fccc.org.uk and we'll let you know what's involved. Neither of these roles are onerous so please if you can do help us all share the load.

Membership Renewals

We now have an online system to handle membership renewals, via the website (it's in Account -> My Account -> My Membership). Please do use this system to renew if you can, as opposed to renewing manually, since it's a lot easier for us to manage this way. It's quick and easy to renew online and pay securely via credit card or PayPal (or you can pay via bank transfer).

Club Kit – Open for Orders

Ordering status: OPEN FOR ORDERS until 20 July.

If you would like to order kit, please contact clubkit@fccc.org.uk with your order. Please get your orders in before the 20 July cutoff. Bear in mind that it will take several weeks for the kit to arrive, so even though we're in summer at the moment it would be worth thinking about ordering autumn/winter kit now. If you want to try on clothing samples, then these are normally available at club nights.

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

Club Night

The next club night is Friday 6 August, which will not have a specific theme. The following club night will be on Friday 7 September, and will include a talk and demonstration from an osteopath – see below. As usual for club nights, sizing samples of club kit will be available to try on.

Please put these dates in your diary:

Friday 7 September – We will be having a talk from local osteopathic consultant Alex Watson and his team, with cyclist-specific advice for looking after your back together with demonstrations of stretching techniques. This should be of benefit to all riders: social riders, road racers and time triallists.

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.

Road Racing

It's been another busy and very successful month for the club's road race team. Big congratulations are due to Matt Davies for winning the Surrey League race on 1 June, and also for gaining his 3rd Cat licence. Matt's win came via a solo break for three laps, and anyone who knows the lengthy and exposed circuit at Dunsfold Park will know what an awesome piece of riding that must have been! Congratulations also to our road race secretary Warren Vye for winning his Surrey League Vets' race on 13 June. Warren also finished in the top 20 (we are still waiting on official placings) out of 75 riders in the LVRC National championships at Nottingham on 24 June, a very fine achievement indeed.

In addition to those especially noteworthy results, the road race team have been achieving top ten finishes in many races as you will see from the results listed below. These events often have quite a large entry list and a top ten finish is a big achievement and usually scores points in the respective league/championship. The road race team is going from strength to strength – contact roadracing@fccc.org.uk if you'd like to find out more about how you could get involved.

1 June - Full Gas 2018 Masters Circuit Races #1, Master E-F, Lee Valley

1	Robin Parker	East Grinstead CC
2	Mike Smith	Rapha Cycling Club
3	Edmond Irwin	Lky7 SD Racing Team
4	Jonathan Donald	Handsling Racing
5	Trevor Ormes	Rapha Cycling Club
6	**Warren Vye**	**Farnborough & Camberley CC**
7	Billy McNamara	Clarencourt CC
8	Jamie Davies-Evans	Adalta Cycling Club
9	David Farrow	Eagle RC
10	Nigel Stephens	Team Terminator

9 June - Big Events Hillingdon, Cat 3/4

1	Cameron Tappin	Team Vision Innovative Leisure
2	Jonathan Rennick	Brixton Cycles Club
3	Thomas Saminaden	Gregarios Superclub Ciclista
4	Benjamin Allen	Westerley CC
5	Mathieu Davy	Lky7 SD Racing Team
6	Ivan Jordan	Elitecycling
7	Callum Slade	WyndyMilla
8	Gregg Christy	
9	Simon Henwood	Lky7 SD Racing Team
10	**Mark Nuttall**	**Farnborough & Camberley CC**

10 June - LVRC Toachim Vets/PS+ Cyclewear Series #5, Hog Hill Redbridge, C

1	Paul James	Crawley Whs
2	Gianluca Capello	Sovereign Meudon
3	Robin Parker	East Grinstead CC
4	Paul Bird	CC Luton
5	**Warren Vye**	**Farnborough & Camberley CC**
6	Kieran Dibneen	VC Equipe
7	John Watson	Hitchin Nomads
8	Andrew Burman	Rapha CC
9	Andy Defrates	VC Norwich
10	Jon Harris	CC Basingstoke

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 is one more upcoming session as follows, which can be entered via RiderHQ:

18 August Ardingly

As noted in the earlier introduction, Matt Davies won his Surrey League race on 1 June, and he got a mention in the League newsletter as follows:

> *The 5th round of the series was again held in dry conditions and featured a separate event for women. In the 4th's race 25 riders took to the start line. From the outset, the race was lively with riders attacking and hoping to get into that winning move. It wasn't until the last lap where Matthew Davis, Farnborough & Camberley Cycling Club, broke free and managed to stay clear of the bunch. Working hard he managed to stay ahead of the bunch reaching the line first taking his well deserved win.*

Photos in this section: Surrey League

1 June 2018 - Dunsfold Park 4ths Series #5, 30 miles

1	**Matthew Davies**	**Farnborough & Camberley Cycling Club**
2	Will Allan	Worthing Excelsior
3	Tom Plowman	Horsham Cycling
4	Lewis Winston	London Dynamo
5	David Douse PB	Cycle Coaching Racing Team
6	Stuart Howard PB	Cycle Coaching Racing Team
7	Rob Hampson	Private member
8	Stuart Allan	Fiasco
9	**Giles Short**	**Farnborough & Camberley Cycling Club**
10	Peter Eveleigh	Maison Du Velo

6 June 2018 - Dunsfold Park Vets Series #6, ME/MF/MG/MH, 30 miles

1	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
2	Paul Hone	Addiscombe CC
3	Jeff Lamb	VC Meudon
4	Dave Larcombe	Pedal Heaven RT
5	Seamus Kelly	Southborough & District
6	Paul James	Crawley Wheelers
7	Andy Blackman	VC Meudon
8	**Warren Vye**	**Farnborough & Camberley Cycling Club**
9	Jon Spiers	Private member
10	**Tony Clack**	**Farnborough & Camberley Cycling Club**

7 June 2018 - Handicap #7, Kitsmead Lane, E/1/2/3/4, 30 miles

1	Paul Pickup	Meudon Sovereign Pedal Heaven RT
2	Henry James	Crawley Wheelers
3	Kevin Nelson	Crawley Wheelers
4	Joe Hickerton	Spokes BPC Racing
5	**Ollie Rastall**	**Farnborough & Camberley Cycling Club**
6	Chris Carroll	WyndyMilla
7	Paul James	Crawley Wheelers
8	Grant Fraser	Paceline RT
9	Lee Pendlebury	Crawley Wheelers
10	Daniel Roberts-Clarke	Nero Racing

13 June 2018 - Dunsfold Park Vets Series #7, ME/MF/MG/MH, 30 miles

1	**Warren Vye**	**Farnborough & Camberley Cycling Club**
2	Craig Wilson	Meudon Sovereign Pedal Heaven RT
3	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
4	Andy Blackman	VC Meudon
5	Jon Spiers	Private member
6	Paul James	Crawley Wheelers
7	Jeff Lamb	VC Meudon
8	Gary Bull	Bigfoot CC
9	Duncan Murdoch	Norwood Paragon CC
10	**Tony Clack**	**Farnborough & Camberley Cycling Club**

20 June 2018 - Dunsfold Park Vets Series #8, MC/MD, 30 miles

1	Simon Laws	GS Vecchi
2	Keith Henderson	Southborough & District
3	Simon Jodrell	Morvelo Basso RT
4	Toby Chapman	Norwood Paragon CC
5	Gary Brind	Southdowns Bikes CASCO pet Racing Club
6	Steve Calland	Southdowns Bikes CASCO pet Racing Club
7	Paul Pickup	Meudon Sovereign Pedal Heaven RT
8	Philip Malam	VC Meudon
9	Chris Lockyer	Private member
10	**Luke Stratford**	**Farnborough & Camberley Cycling Club**

20 June 2018 - Dunsfold Park Vets Series #8, ME/MF/MG/MH, 30 miles

1	Craig Wilson	Meudon Sovereign Pedal Heaven RT
2	Paul James	Crawley Wheelers
3	Gianluca Cappello	Meudon Sovereign Pedal Heaven RT
4	Jeff Lamb	VC Meudon
5	Jon Spiers	Private member
6	Simon Worthington	GS Vecchi
7	Duncan Murdoch	Norwood Paragon CC
8	Mark Jeffery	PB Cycle Coaching Racing Team
9	**Tony Clack**	**Farnborough & Camberley Cycling Club**
10	David Carter	GS Vecchi

27 June 2018 - Dunsfold Park Vets Series #9, ME/MF/MG/MH, 30 miles

1	Paul James	Crawley Wheelers
2	Craig Wilson	Meudon Sovereign Pedal Heaven RT
3	Jeff Lamb	VC Meudon
4	Jon Spiers	Private member
5	Mark Bremner	VC Meudon
6	Simon Worthington	GS Vecchi
7	Andy Blackman	VC Meudon
8	Gary Bull	Bigfoot CC
9	David Carter	GS Vecchi
10	**Scott Heyhoe**	**Farnborough & Camberley Cycling Club**

Surrey League Dunsfold Park Vets Rankings after 9 rounds

40+ Rankings (57 Riders)

1	Simon Laws GS Vecchi	50
2	Simon Jodrell Morvelo Basso RT	47
3	Gary Brind Southdowns Bikes CASCO	46
4	Steve Calland Southdowns Bikes CASCO	44
5	Andy Critchlow Norwood Paragon CC	30
6	Paul Pickup Meudon Sovereign Pedal Heaven RT	27
7	Simon Mcnamara Southdowns Bikes CASCO	24
7	Jason Edwards Southdowns Bikes CASCO	24
9	Anders Christensen Meudon Sovereign Pedal H	23
10	Ken Prince Meudon Sovereign Pedal Heaven RT	20
11	Chris Parker VC Godalming & Haslemere	18
12	Austyn Tusler Norwood Paragon CC	16
13	Dean Corney Meudon Sovereign Pedal Heaven	14
14	Dominic Maxwell Worthing Excelsior	10
15	Fergus Brady PB Cycle Coaching Racing Team	9
15	**Luke Stratford Farnborough & Camberley CC**	**9**

50+ Rankings (42 Riders)

1	Gianluca Cappello Meudon Sovereign Pedal Heav	62
2	Craig Wilson Meudon Sovereign Pedal Heaven RT	52
3	Paul James Crawley Wheelers	46
4	Andy Blackman VC Meudon	41
5	Dave Larcombe Pedal Heaven RT	37
5	Jeff Lamb VC Meudon	37
7	**Warren Vye Farnborough & Camberley CC**	**31**
8	Jamie Davies-Evans Adalta CC	18
9	**Scott Heyhoe Farnborough & Camberley CC**	**16**
10	**Tony Clack Farnborough & Camberley CC**	**15**

FCCC Time Trial Team

Open TT Results

North Hampshire RC 10m H10/8 - 26 May 2018

Nick Cosgreave	42nd	0:26:21

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

James Goward	50th	0:52:18

Newbury RC 10m H10/17R - 16 June 2018

Nick Cosgreave	54th	0:25:39

RTTC National 12 hour Championship (Farnborough & Camberley CC) H12H/8 - 17 June 2018

Vernon Schutte	45th	190.404 Miles

Old Portlians cc 25m G25/93 - 24 June 2018

James Goward	5th	0:57:41

Reading Cycling Club 25m H25/1 - 30 June 2018

Nick Cosgreave	39th	01:08:03

Club 10 Mile TT Championship HCC216a – 21 June 2018

SENIOR RESULT

Position	Name	Gender	Time	Start No	Average Speed
1	James Goward	Male	00:23:20	7	25.71
2	David Ogden	Male	00:23:42	2	25.32
3	Simon Hunt	Male	00:24:15	4	24.74
4	Tim Carman	Male	00:25:05	5	23.92
5	Rob Matheson	Male	00:26:15	1	22.86
6	Tom Vandersluis	Male	00:26:24	3	22.73
7	Giles Short	Male	00:26:43	6	22.46
8	John Norton	Male	00:27:20	8	21.95
9	Rod O'Hara	Male	00:27:36	9	21.74

VETERANS RESULT

Position on Standard	Name	Gender	Time	Start No	Average Speed	Male Standard Time	Standard Plus/Minus
1	James Goward	Male	00:23:20	7	25.71	00:26:32	+03:12
2	David Ogden	Male	00:23:42	2	25.32	00:25:59	+02:17
3	Simon Hunt	Male	00:24:15	4	24.74	00:26:23	+02:08
4	Tim Carman	Male	00:25:05	5	23.92	00:26:41	+01:36
5	Rob Matheson	Male	00:26:15	1	22.86	00:26:54	+00:39
6	Giles Short	Male	00:26:43	6	22.46	00:26:27	-00:16
7	John Norton	Male	00:27:20	8	21.95	00:26:54	-00:26
8	Rod O'Hara	Male	00:27:36	9	21.74	00:26:45	-00:51

Round-Up

Many congratulations to James Goward on winning both the **Senior** and **Veterans FCCC 10 Mile Time Trial** titles this year in a time of 23:20 closely followed by David Ogden with 23:42 and Simon Hunt with 24:15.
James continued his impressive form in the club championships with 5th place in the Old Portlians CC 25m Open TT, and it was great to see Nick Cosgreave flying the FCCC flag again at CTT Open TTs during June.

Full club TT results are on the website here

2018 RTTC 12 Hour Time Trial National Championship

Vernon Schutte focused his June racing on the 12 hour National Championship on 17 June, another event in the bag for his BBAR attempt this year. Vernon's frank and insightful race report is included below or can be accessed on the website here.

Congratulations to Vernon, with 190 miles, and Dave Triska (2nd claim FCCC member), with 269 miles, on their epic rides and to winners Alice Lethbridge (DRAG2ZERO), with 290 miles, and Adam Duggleby (Vive Le Velo), with 321 miles, both of which are new competition records.

Particular mention must go to club member Brian Hygate, riding in the colours of Fareham Wheelers CC, who at the age of 80 years old continues to astound everyone with his record-breaking feats, this time collecting the Wessex 80 year old 12 hour record with 191 miles.

Make sure to watch this video of his ride – it's truly inspirational.

Donald Ashton, our Time Trial Secretary, took on a huge responsibility in promoting this event for FCCC on behalf of the London West District after the original promoting club had pulled out, so sincere thanks are due to Donald and the other organisers, timekeepers, HQ helpers and course helpers/marshals for giving up their time to help with the event. This was a massive undertaking for all involved, not least of whom were the riders, in difficult windy conditions.

FARNBOROUGH & CAMBERLEY C.C.

Club races for July/August:

Date		Course	Distance	Time
5 July	Thursday	HCC175	10	19:00
12 July	Thursday	HCC257	20 km	19:00
19 July	Thursday	HCC216a	10	19:00
26 July	Thursday	HCC255b	11.5	19:00
2 August	Thursday	HCC175	10	19:00
9 August	Thursday	HCC257	20 km	19:00
16 August	Thursday	HCC216a	10	19:00
23 August	Thursday	HCC255b	11.5	19:00
30 August	Thursday	HCC255a	8.5	18:45

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

Club Championships

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

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

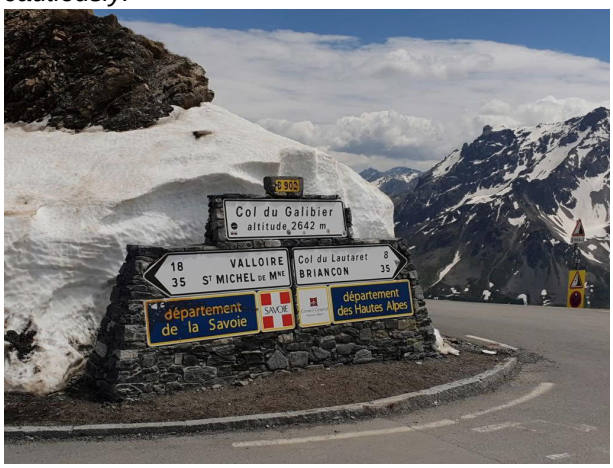
Alps Trip, June 2018 – by Scott Heyhoe

Every second year, a mixed group of riders heads for le Bourg d'Oisans in the French Alps. This is a bit of a Mecca for cyclists, being as it is at the foot of the climb to Alpe d'Huez. That particular climb is not unlike Box Hill in many respects: everyone wants to climb it, it's what everyone in the office will ask you about, but there are far better climbs in the area.

Getting to Bourg is straightforward enough, though you need to allow a day. We opted for the 06.20 train from Folkestone, meaning that we left Staines at 04.00. Gives you just about time to grab a sausage and egg muffin at the Eurotunnel terminal before driving onto the train. After having nearly convinced newcomer Luke to watch out of the window for fish, we popped up in Calais. Then it's about 600 miles in nine hours including stops. Four of us put the wheels back on the bikes and rode up to Alpe d'Huez. It's about an hour for speed merchants like Nick, and 80-100 minutes for everyone else. It is a great climb with the famous "21 bends" and great views all the way up. With no cafes open, and the cloud coming in, we turned around and headed down in 15 minutes or so.

Now, the valley used to be a lake as little as 800 years ago, so there are roads clinging to the cliffs – so-called balcony roads. We took one of these to reach the foot of the Col de Sarenne. This is a hard and rugged climb, and most of us were hard and rugged by the time we reached the top, especially those that chose to pass cliff-side of a large dumper truck. You then descend into Alpe d'Huez village. That was a bit of a construction site: some repair and window-dressing for the upcoming Tour finish, and some expansion following an extended snowy season.

Day three saw us tackle "the big one", the Col du Galibier. After a 40km climb up the Col du Lauteret, the road heads more vertically for 8km. I climbed up there once, dodging fridge-sized lumps of ice (and the "road closed, danger of death" signs, it has to be said), only to find that the snow-plough driver had headed home and left the final 500m under four feet of snow. No danger this time, and the summit was teeming with sweating cyclists, shivering motorcyclists and freezing open-top car enthusiasts. There seemed to be some "Grand Tour" taking place of classic sports cars. Panoramic views and then a swift and scary drop to the café at the top of the Lauteret for quite possibly the best omelettes on the planet. Then a very rapid team time trial back to the dam. From here, it is usual to head back along the valley road to Bourg, but a few km of climbing part-way to Les Deux Alpes will take you to a superb wooded descent through Bons back to the valley road. Phillipe Gilbert famously skidded off on one corner. Lightweight. Last time I went down there I rode horizontally along the retaining wall. No such luck or fun this time, as I'd broken a spoke on the balcony road and was descending very cautiously.



Day four and some beautiful and brutal climbing. The out and back road to Oulles is brutal (built in 1962 according to the local who opened his coffee shack just for us). He was an architect who had attended university in Stockholm, apparently. Then a beautiful climb up to Villard Reymond and lunch on the terrace of the café run by the farmer's wife. One set menu, and little English spoken. Today's menu was vegetarian (courgette and goat's cheese soup, grain salad with homemade hummus). Great for Nick; not so great for Luke who is allergic to nuts and doesn't really like salad it transpired! After lunch, a real highlight of the trip: the gravel road to Villard Notre Dame. A short and bumpy climb, followed by a fast descent down an unmade "emergency access" track, built for when snow or avalanches or landslides block the main road access to Villard Reymond. Next a short road section that almost lead to disaster. Luke "I've got disc brakes" went hurtling down the hill, and around a blind bend. Nick "I haven't" was on his tail. A car coming up the road stopped as Luke tore around the corner. Nick jammed on the anchors, went over the bars and head-butted the car. His bike was thrown into the rock face. Apart from a few bumps and scrapes, Nick's bike was thankfully fine. Sometime later, we checked on Nick and he was also fine.

A slightly more reserved descent led us to the magical tunnels on the balcony road on this side of the valley. These are pitch black. Imagine putting your hands over your eyes, sitting in the understairs cupboard with the lights off and a blanket over your head and listening to Dark Side of the Moon whilst thinking about the state of the North Korean economy. Yes, that dark. Luckily, one super-generous super-hero (me, in case you're wondering) had brought his full volume mountain bike night-riding lights – and lugged the flippin' batteries up to Oulles and Villard Reymond. Like a mother duck pursued by cute, cuddly and worryingly thankful ducklings, I carefully picked my way through the longest tunnel (some 400m). Then it was an easy descent back to Bourg.

We were staying on the La Piscine campsite right at the bottom of the Huez climb by the way. Very well-placed and very good chalets.

Fifth day was something a bit different. We drove over to the Maurienne valley to a town called La Chambre (which I guess means the bedroom for some odd reason). This is at the foot of the "HC" Tour de France climb, the Col de la Madeleine. My right knee packed up after only an hour's climb. Everyone else made it up there, including Nathan, who was so pooped after 2.5 hours of climbing that he rode his bike right into the mountain top café, to the wild applause of cyclists and hairy bikers. Chapeau Nathan. Luke on the other hand, disgraced himself and the club, by falling over not once but twice in the car park. Both times in front of the same lady, and badly squashing his banana in the process. You made your own jokes there, didn't you? But actually, Luke had a banana in his back pocket that exploded as he hit the deck. Luckily, we'd driven to La Chambre in my car, so Luke was able to wipe his jersey on my car seat, though not before we'd reassembled in La Chambre and ridden along the valley a few km to ride up the Lacet de Montvernier climb, made famous in Le Tour a couple of years ago. The pros are riding up it again this year. A short 3.5km climb, but many concave ramps and hairpins, too narrow for team cars in the Tour.

Last day, we all wanted to do slightly different things. Luke and Nick had a gentle ride around the lake, lunch in Allemont and then a quick climb up the "quiet route" to Huez via the Pas de la Confession. This is via another balcony road, though much higher up the rock face. Gary, Nathan, Rick and Steve had a rest day in mind, but ended up climbing up the 21 bends. I on the other hand wanted to try out the old road to Italy – the Col du Sabot. This was easily the hardest and best climb of the trip. A tough 13-15% climb to Vaujany along the main road, followed by a more sedate 8-10% road for maybe 6km. Then over a cattle grid to a rough road reminiscent of the Yorkshire Dales. And the road just kept heading up and up, getting narrower and narrower and colder and colder. I got to the top only to be met by a glum French bloke telling me that the road was impassable due to snow. He was right! The final 200m or so were flat, but covered still a mix of ice and slushy snow. I tried to walk on this but it was dangerous. So, I headed back down, only to meet Mike and Dave who had taken a wrong turn earlier but decided to try the Sabot too.

Fantastic trip. Somewhere around 300km of riding, 9507m of climbing, and some 11548 additional calories burned (and consumed!). Happy to share the .gpx routes, campsite details and recommended eating places. Just drop me a line. No-one wants to wait the usual two years for the next trip, so we are already planning a trip to the Pyrenees in June next year. Watch this space.

Vernon's Chronicles of a Time Triallist - National Championship 12 Hr 17/6/18

Summer is here with its long periods of daylight. The season of the year when 12 hour time trials take place. Once again I had thrown my hat in the ring and entered this long distance event.

In the last couple of weeks before the event I had been taking it easy and saving my energy. The abandoning of the Hounslow 100 mile event left me unsure about my level of fitness. I had been intending to use that as a guide to how well I thought I would do.

I had been appointed number 59 out of 80 entrants. This meant I had more of a lie in due to the later start. If you can call getting up at 5:00am a lie in.

I dumped my car at the Hen and Chicken, got changed, loaded 4 hours of supplies onto the bike and cycled down to the HQ at the Alton Assembly Rooms. Signed in and numbered up, I set off for the start down at the Chawton roundabout.

7:59 and off I start. I have done some calculations and to beat last year's distance I need to average around 18.5mph. I am holding this for the first 2 1/2 hours but then decide I am not going to be able to keep it up.

The Chawton to Farnham leg is fine but the return leg is into a 13mph headwind which is making it hard work. I decide that what I should do instead is try to get an average power output of 120 watts. This will get me to around the same distance as last year, hopefully.

At around 3 1/2 hrs I decide the headache over my right eye is telling me I need to stop for a pee break. Pressure relieved I carry on for another 1 1/4 hours before calling a stop for my first break to reload the bike. I have covered 85 miles, the same distance as last year, but I am nearly 20 minutes slower.

I stop for about 5 minutes whilst the support team (Dave Triska's parents) reload the bike and give me my comfort food. Whilst on the move I ate Clif bars, and a caffeine gel when I felt I needed it.

The comfort food gave me a change of texture. I had mini pork pies, mini scotch eggs and couple of strips of Bourneville chocolate. Rested and mentally refreshed from a couple of minutes conversation it was back to it.

The circuits continued with riders passing me at regular intervals. Some I knew, others I didn't, but many of them shouting encouragement as they passed. The wind stayed steady, meaning the down leg was a slow slog for me with gradients being taken on the horns and flatter sections on the extensions.

The hours passed and I worked out where I needed to push and where to ease off and make use of downward slopes and tailwinds. Holybourne to Coxbridge I was averaging 20 mins, and Coxbridge to Holybourne was taking 30 minutes.

At around 7 1/2 hours and another pee break I decide to have another 5 minute break. By now my wife had also joined the support crew which boosted my morale. Only 125 miles had passed and I was not sure if I would even reach my age standard at 179 miles.

The general consensus amongst the supporters was that the headwind was taking its toll on the riders. I talked with Angie about my power levels and that my ambition was just to finish and not worry about mileage.

The wheels on the bike went round and round, all day long.

After 7 laps of the 20 mile main circuit I was glad to see the sign at Holybourne telling me I could now stay on the Finishing Circuit of 14 miles, 8 3/4 hours done.

I was struggling and decided I needed a short rest so as I got to the support team at the Hen and Chicken I pulled up, 9 hours done. Queries about was I giving up were met with a request for chocolate. I confirmed that I was finding it hard going which they said they could see as I had slowly gone past on the down leg heading for Alton.

A 3 minute break and I set off again. The bypass was calling, I could cruise at 23 mph with 100 watts of power and feel relaxed all the way to Coxbridge.

This continued until I was coming back past the H&C at 11 hours in. Another chocolate stop and morale boost. Tactics were discussed. I reckoned a 14 mile lap was taking about an hour so I should finish with them on the next lap.

One lap left but definitely no burst of energy or power was forthcoming. In the previous 2 hours I could feel the onset of cramp in the hamstrings if I pushed hard on a gradient or tried winding up the speed. If I kept my power around 120 watts max into the wind and avoided going above 140 watts when on a gradient, I could avoid cramp completely.

The H&C was approaching with 5 minutes to go. I had not got my timing right so it was on to the next set of timekeepers at the end of the bypass. Part way along my 12 hours were up so on reaching the next timing mark I could stop.

Down the slope to the crossroads at the Bull Inn, cross over and congratulate Dave Triska who was waiting for his parents to come and pick him up.

Total distance 190.404 miles. Average speed 15.867mph. Last place out of all the finishers.

Did the fact that I did a little bit less training cause me to be slower or was the constant wind slowing me down? I am not sure, there was a stronger wind last year although it built up during the day as opposed to being constant.

I can only say that I was not as shattered this year and I have not suffered with the muscle damage I had last year .

That's my lot for 12 hour time trials. I won't do it next year. It's hard and takes more training than I am willing to do. I would say that it is a good test of fitness and mental stamina. Work your way up to it by doing 50 and 100 mile TT's, and if you find you like the endurance side of time trialling give it a go.

Next year I shall concentrate on doing more of the 50's and 100's.

My thanks to all the club members and helpers that made it possible for a bunch of nutcases to thrash up and down the A31 for 12 hours ☺

Cheers Vernon

Tour de France trivia

How many can you get without looking up the answers?

Who was the first non-French rider to win the Tour?

Eddy Merckx did not ride the Tour in 1973, meaning that his five wins were not consecutive. Who did win in ’73?

Why is the race leader’s jersey yellow?

Not counting Armstrong, only one rider has won five in a row. Who?

Greg Lemond won in 1986 but was absent in ’87. Why?

Gino Bartali, winner in 1938 and 1948 was doing something special on his training rides during the war. What?

Who was the first non-European to win one of the three main jerseys?

Who was the first King of the Mountains, and in which decade?

Stephen Roche (Ire) won the Tour, the World Championship, and what other major event in 1987? Who is the only other rider to have done this?

Constant Ockers (Bel) won two Green Jerseys and a second place overall. By what name was he more commonly known?

Name one of the two Netherlands riders to win the Tour.

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 – vacant
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/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